



Training guide






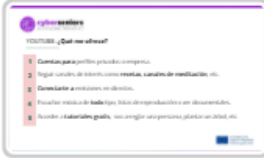
Module 3/ ICT Applications for mobiles and tablets I (leisure, health, communication)

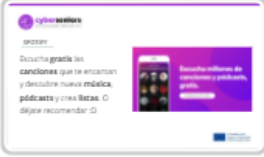


Before the session


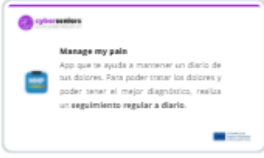
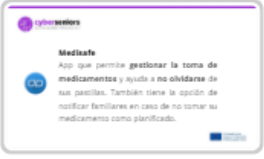


- Have all the necessary material ready (computer, presentation, pendrive, etc ...)
- Prepare your presentation well
- Have a positive and motivating attitude
- Be punctual
- Have all the necessary material ready (computer, presentation, pendrive, etc ...)



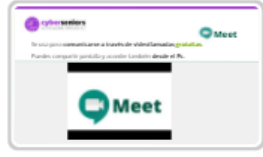



During the training

Duration	Main session - 55 mins	Relevant presentation slide
2 mins	<p>During the session:</p> <ul style="list-style-type: none"> ● Welcome your audience and introduce yourself to create a good atmosphere. ● Be aware of timekeeping at all times so that you can cover all the material. ● Leave a space at the end to answer questions ● Act with empathy, patience and closeness ● Try to make sure from time to time that your audience follows your explanations 	
3 mins	<p>We will explain that Cyberseniors is a project co-funded by the European Commission through the Erasmus+ Program, with the main objective of creating training resources for people over 55 years of age, on how to manage a smartphone, and useful applications for an active aging and a higher autonomy. We remind that all info, as well as these resources, are available at www.cyberseniors.org</p> <p>Then we explain the index of today's session with the content that we are going to discuss, and we inform that we are on the third of the four modules.</p>	

<p>15 mins</p>	<p>We will introduce the initial topic, Leisure Applications</p> <p>For this we will remind you that thanks to new technologies, today, we can enjoy many leisure options from our mobile devices or tablets, which gives us additional advantages such as that we can do it from anywhere, at any time.</p> <p>We explain that we are going to comment on some of the apps that we believe can contribute the most, although there are thousands that can be searched and downloaded according to their tastes, preferences and hobbies.</p> <p>The icon you see on the left will help you identify it for downloading.</p> <p>We will remind you how to download the app depending on whether you use android or ios.</p>	 
	<p>We will start with Radio Fm, this app allows the live transmission of more than 30,000 radio stations of all kinds of genres and programs at any time, anywhere.</p>	
	<p>Mature People Mingle,</p> <p>App for people over 40 years old. It provides a simple, fun and safe interface for meetings between older people, who still believe in love.</p>	
	<p>We put the video, clicking on the image</p> <p>Youtube: Social network to share and view audiovisual content, such as music, movie scenes, trailers, blogs (video blogs), etc.</p>	
	<p>What do you offer?</p> <ul style="list-style-type: none"> • Accounts for private or company profiles. • Follow channels of interest such as recipes, meditation channels, etc. • Connect to live broadcasts. • Listen to music of all kinds, playlists or watch documentaries. 	

	<ul style="list-style-type: none"> • Access free tutorials, be it fixing a blind, planting a tree, etc. <p>We will explain that to use it you do not need to have an account, although it is always interesting since by having it you can subscribe to different channels, save songs or lists and receive suggestions according to your tastes, as well as access to the history and even manage your own videos.</p> <p>To do this, your Gmail account would suffice.</p> <p>You can download the app and also use it on your PC</p>	
	<p>Spotify is one of the best known music and podcasting platforms.</p> <p>We can also use it on mobile devices or PC, in this case we will have to have an account, although registration is simple.</p> <p>The operation is very similar to what we have seen on YouTube, but in this case, the platform is only for audio.</p>	
	<p>We will now talk about Google Flights, we can access the live tool by clicking on the image * recommended</p> <p>We will access by browsing, that is, it is not an app.</p> <p>With this Google tool we can find flights, trips, accommodation, etc., in a simple way, we will simply enter and fill in the necessary data.</p>	
	<p>Using this website offers a series of advantages, that is:</p> <ul style="list-style-type: none"> • Very fast search engine. • You can find flights from multiple airports. • Check hotels or lodging in the area. • Get information about what they recommend to do in your destination. • Use the search engine to see destinations on the map. 	

<p>20 mins</p>	<p>We move on to topic 2 of today's session, which deals with the health and care app.</p> <p>Likewise, the apps that we show are a small sample of the many options that exist.</p> <p>We will talk about Manage My Pain, it is an app that helps you keep a diary of your pain.</p> <p>To be able to treat the pain and to have the best diagnosis, carry out regular monitoring on a daily basis.</p> <p>Medisafe, arises to remedy forgetfulness and allows you to manage the taking of medications. You also have the option of notifying family members if you do not take your medication as planned.</p> <p>We will talk about another app, in this case aimed at mental and emotional health, thanks to Headspace we will cultivate practices related to meditation and sleep hygiene that will bring us great benefits,</p> <p>We will discuss the options provided by the app:</p> <ul style="list-style-type: none"> • Hundreds of guided meditations including stress, concentration, and relationships. • Stories, Soundscapes and music to help you sleep soundly. • Receive a new meditation on your phone every day. 	  
<p>We play the video,</p> <p>Headspace is a special app to improve our mental health, through meditation, exercises, etc.</p> <p>What does it offer?:</p> <ul style="list-style-type: none"> • Hundreds of guided meditations including stress, concentration, and relationships. • Stories, Soundscapes and music to help you sleep soundly. • Receive a new meditation on your phone every day. 	<p>Headspace is a special app to improve our mental health, through meditation, exercises, etc.</p> <p>What does it offer?:</p> <ul style="list-style-type: none"> • Hundreds of guided meditations including stress, concentration, and relationships. • Stories, Soundscapes and music to help you sleep soundly. • Receive a new meditation on your phone every day. 	 

20 mins	<p>We come to the last topic of today, communication app,</p> <p>We will explain that as you already know there are specific applications to make video calls such as Meet, Zoom, Skype, etc. and they can also be done from Social Network applications such as Facebook, Instagram, in this way we can keep in touch with our friends and family, wherever that they are, through two different channels, either by phone or with a video call.</p>	 
	<p>Meet: It is used to communicate through free video calls, you can share screens and also access from the PC.</p>	
	<p>Zoom: It is used to communicate through free video calls up to 40 min, in work, family and friendship environments. Being able to share screens and also accessing from the PC.</p>	
	<p>WhatsApp</p> <p>It is used especially to be able to “chat” without additional expense or time limit with anyone who is in our contacts and who has WhatsApp installed on their device. It also offers the creation of groups, broadcast lists, calls and video calls from anywhere in the world and at any time.</p> <p>They will be able to enjoy conversations with their family and friends from anywhere and at any time, thanks to video calls.</p>	 

	<p>In the following slides, we will explain how to make calls and video calls from WhatsApp.</p>	
	<p>Facebook: You can use Facebook to communicate through free video calls with family and friends.</p>	
	<p>Messenger is the official messaging application of the Facebook social network, which allows you to have text conversations, calls and video calls with all our Facebook user friends.</p>	

	<p>We will explain how to make a video call from Facebook, based on the slides explained below.</p>	
	<p>We encourage you not to lose your curiosity, do research to access other tools that allow you to make your life easier;)</p>	
5 mins	CONCLUSION	
	<p>We will leave some time until the end of the session to resolve doubts or concerns about what was seen in today's session. We will appreciate their participation and we encourage them to practice at home so as not to forget what they have learned today.</p>	

THANKS SO MUCH