



cyberseniors

ACTIVE AGEING THROUGH ICT



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

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SYNTHESIS
CENTER FOR RESEARCH AND EDUCATION

**Vienna Association
of Education Volunteers**

**Age &
Opportunity**

Duration: 55 minutes

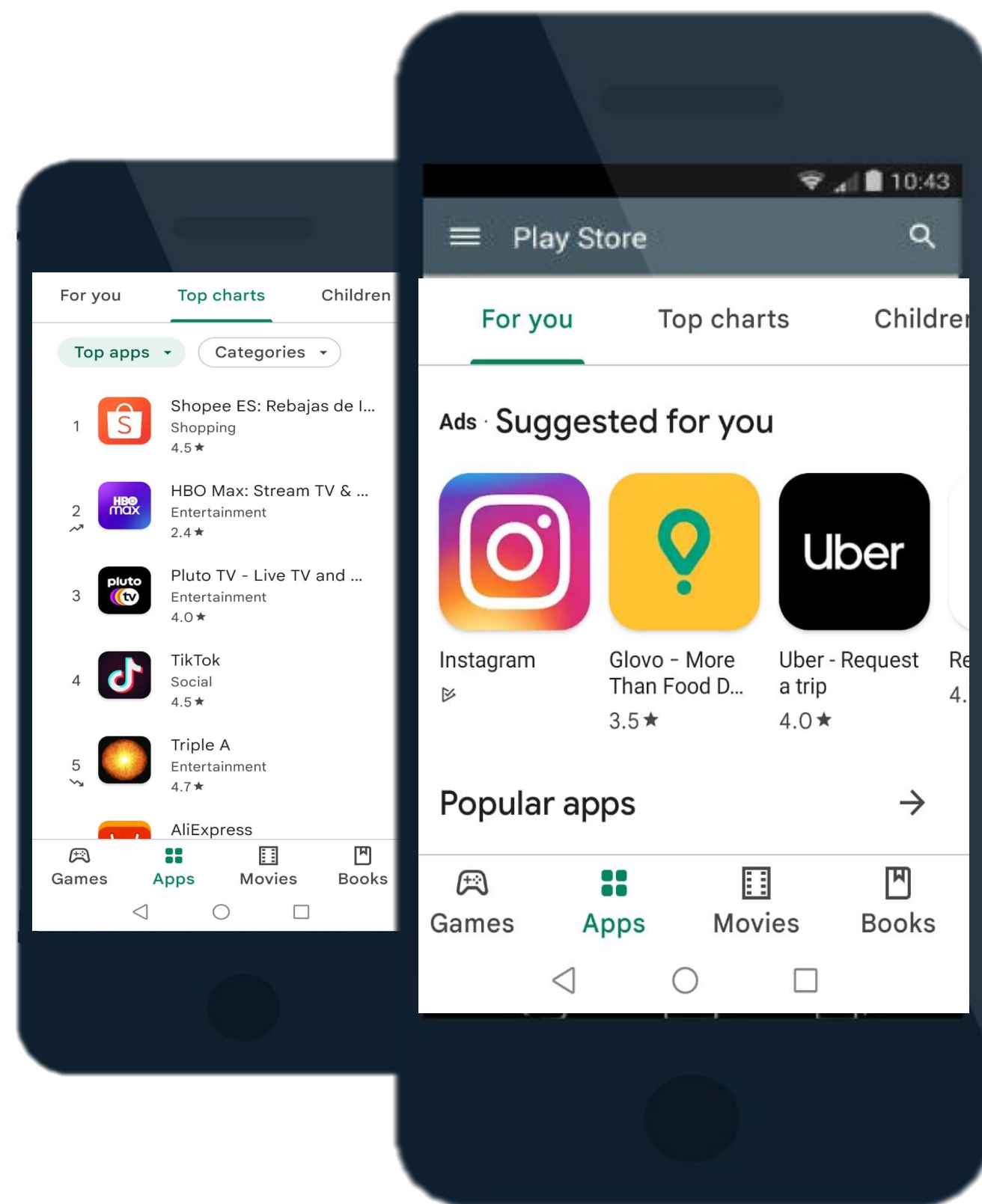
Index of contents

- 1. Leisure (Radio FM, Youtube, Spotify, Google Flights, Mature Dating...)*
- 2. Health (Manage my pain, Medisafe, Headspace...)*
- 3. Communication (Meet, Zoom, Whatsapp, Facebook...)*

3.1

Leisure

Remember where to download ...



The most popular app download sites are



PlayStore
Android



App Store
iOS

Radio FM



This app allows the live transmission of more than **30,000 radio** stations of all kinds of genres and programmes at any time, anywhere.

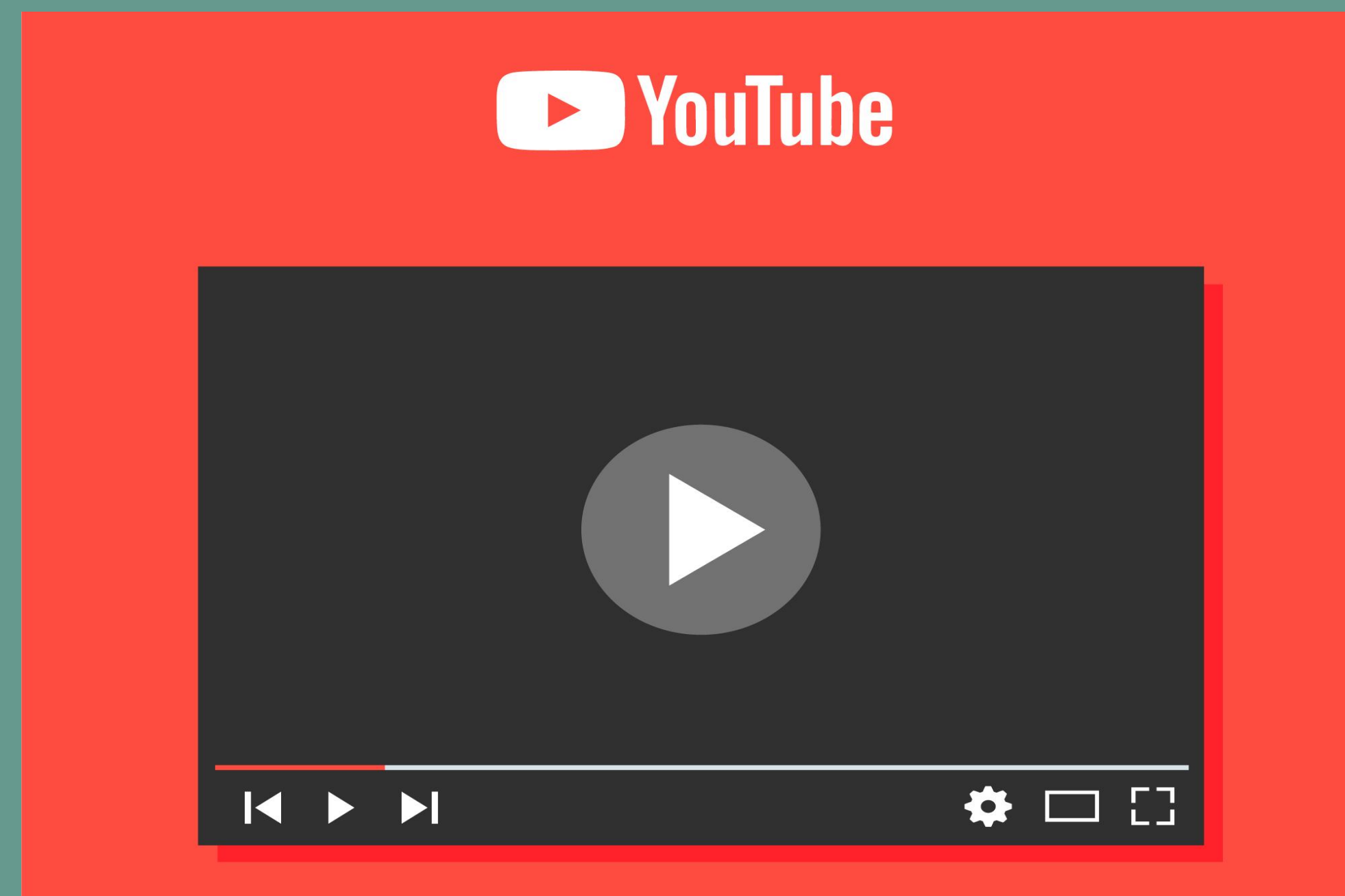
Mature People Mingle



App for people over **40 years** old. It provides a **simple, fun and safe** interface for **meetings** between older **people**.

YOUTUBE

Social network to **share and view audiovisual content**, such as music, movie scenes, trailers, blogs (video blogs), etc.

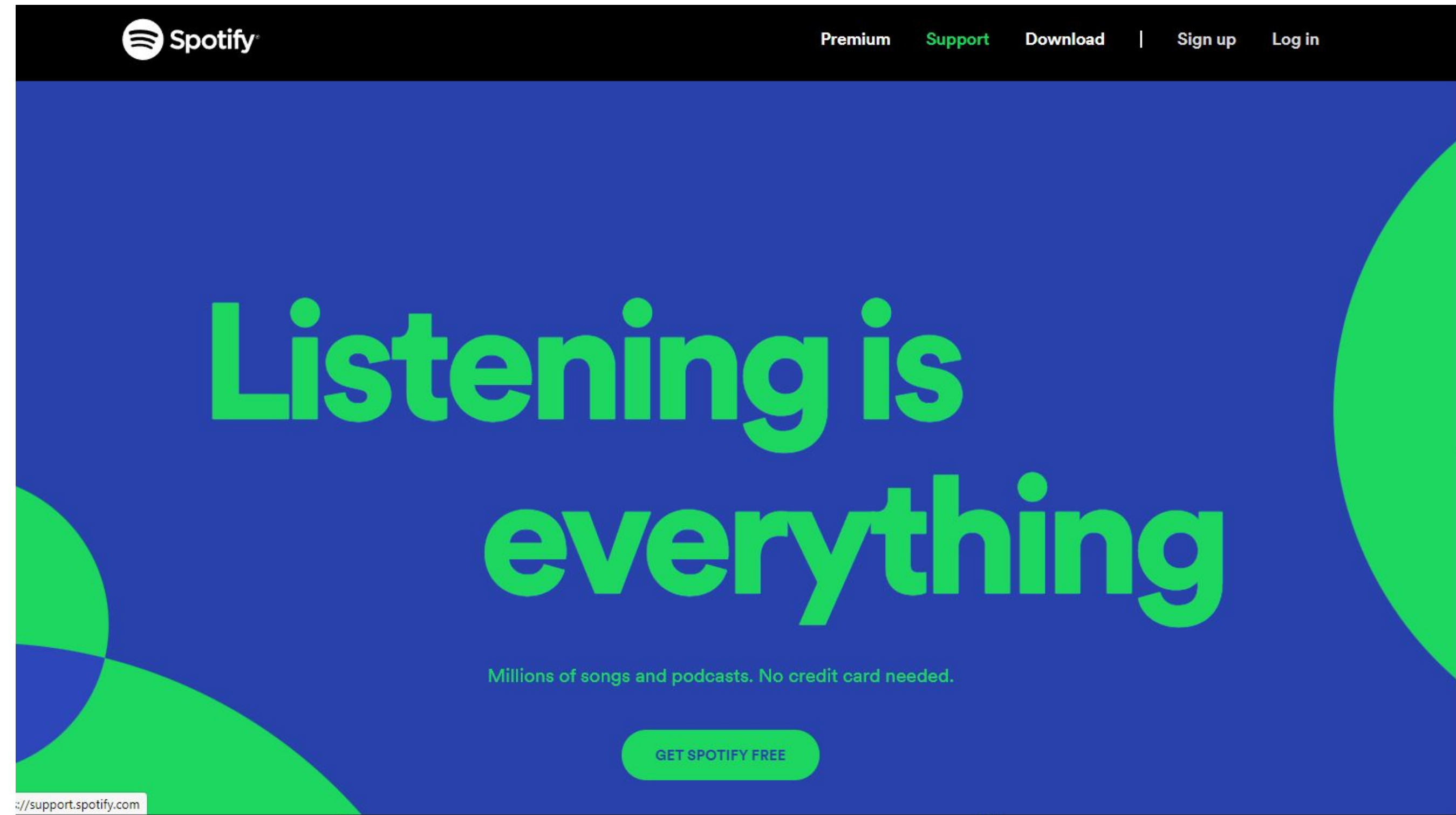


What does **YouTube** offer?

- 1** Accounts for **private** or **company** profiles.
- 2** Follow **channels of interest** such as recipes, meditation channels, etc.
- 3** **Connect** to live broadcasts.
- 4** Listen to **music** of all kinds, playlists or watch documentaries.
- 5** Access **free tutorials**, be it fixing a blind, planting a tree, etc.

SPOTIFY

Listen to the songs you love for **free**, discover new music, podcasts and create new playlists. Or let yourself be **advised** on something :D





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Google Flights



Sign in



Travel



Explore



Things to do



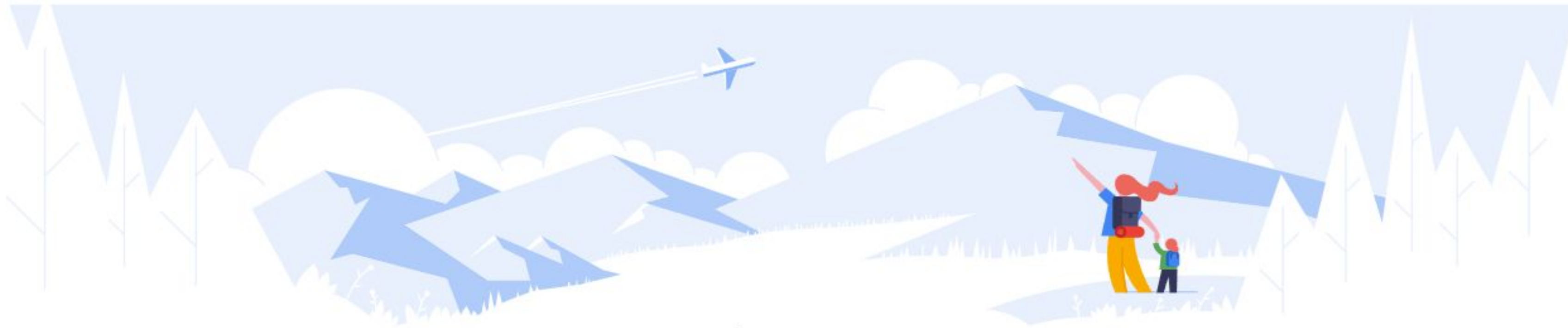
Flights



Hotels



Holiday
rentals



Flights

Round trip 1 Economy

Vancouver



New York



Fri, 24 Sept < > Tue, 28 Sept < >

Search



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Google Flights: Advantages

- 1** Very **fast** search engine.
- 2** You can find **flights** from multiple **airports**.
- 3** Check hotels or lodging in the **area**.
- 4** Get **information** about what they recommend to do in your destination.
- 5** Use the **search engine** to see destinations on the map.

3.2

Health

Manage my pain



App that helps you keep a diary of your pain. To be able to treat the pain and to have the best diagnosis, carry out regular **monitoring on a daily basis.**

Medisafe



App that **allows** you to **manage** the taking of **medicines** and helps you not to forget your **pills**. You also have the option of notifying **family** members if you do not take your medication as planned.



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ACTIVE AGEING THROUGH ICT



Find more joy



**Get more
goodnights**



**Make every day
happier**



headspace

Catch your breath, relax your mind, and feel 14% less stressed in just 10 days.

Put your mind to bed, wake up refreshed, and make good days your new normal.

Do it for yourself, and everyone you love. It only takes a few minutes to find some headspace.



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HeadSpace: What does it offer?

- 1** Hundreds of guided meditations including stress, concentration, and relationships.
- 2** Stories, soundscapes and music to help you sleep soundly.
- 3** Receive a new meditation on your phone every day.

3.3 Virtual Communication

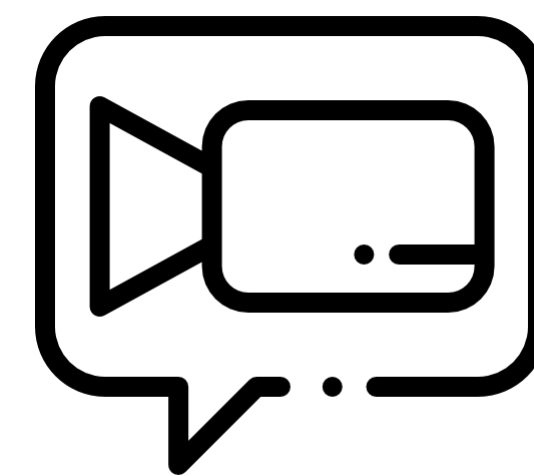
There are **specific applications** to make video calls such as **Meet, Zoom, Skype**, etc.

Video calls can also be made from **Social Network** applications such as **Facebook, Instagram**.

In this way we can keep in touch with our friends and family, wherever they are, in two different ways:



Voice calls



Video calls

It is used to communicate through **free video calls**.

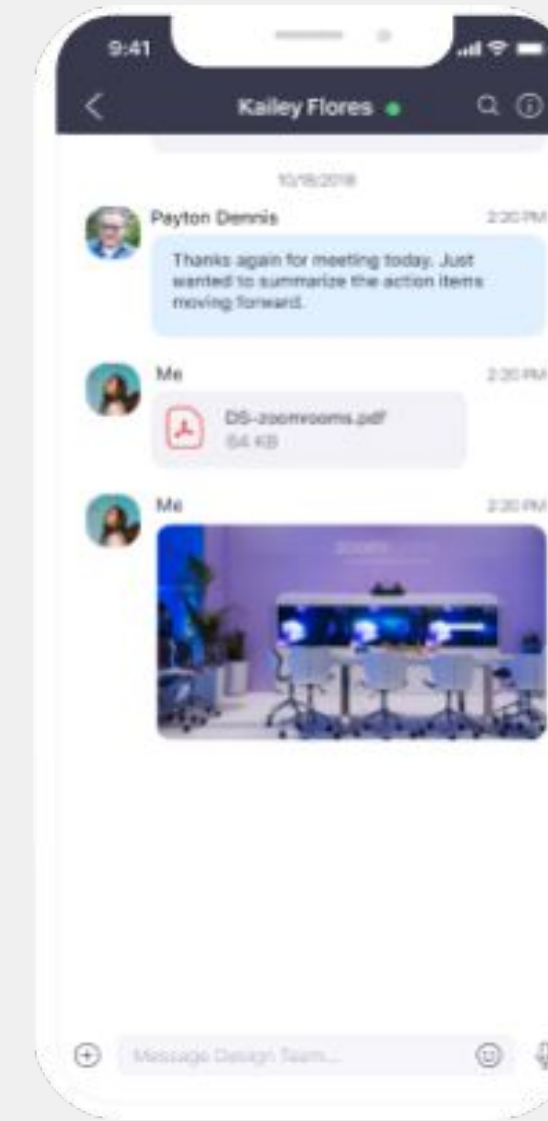
Function to share screen and also to be accessed by computer.





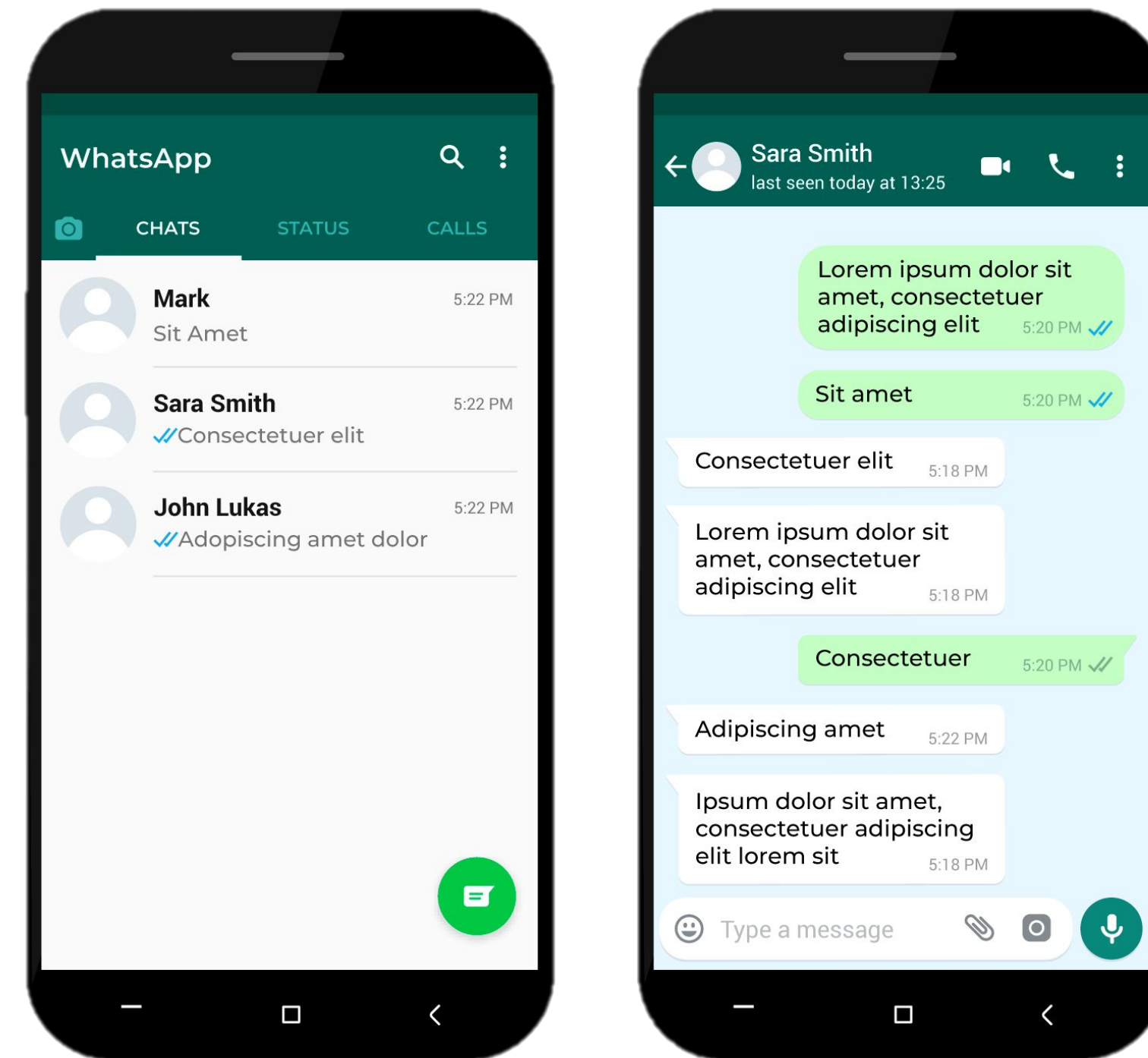
It's used to **communicate** through free video calls up to 40 min, in work, family and friendship environments.

There is also a function to **share screen** and also be accessed by **PC**.



WhatsApp

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 both **voice calls** and **video calls**.



Download and discover WhatsApp!

WHATSAPP TO MAKE CALLS AND VIDEO CALLS

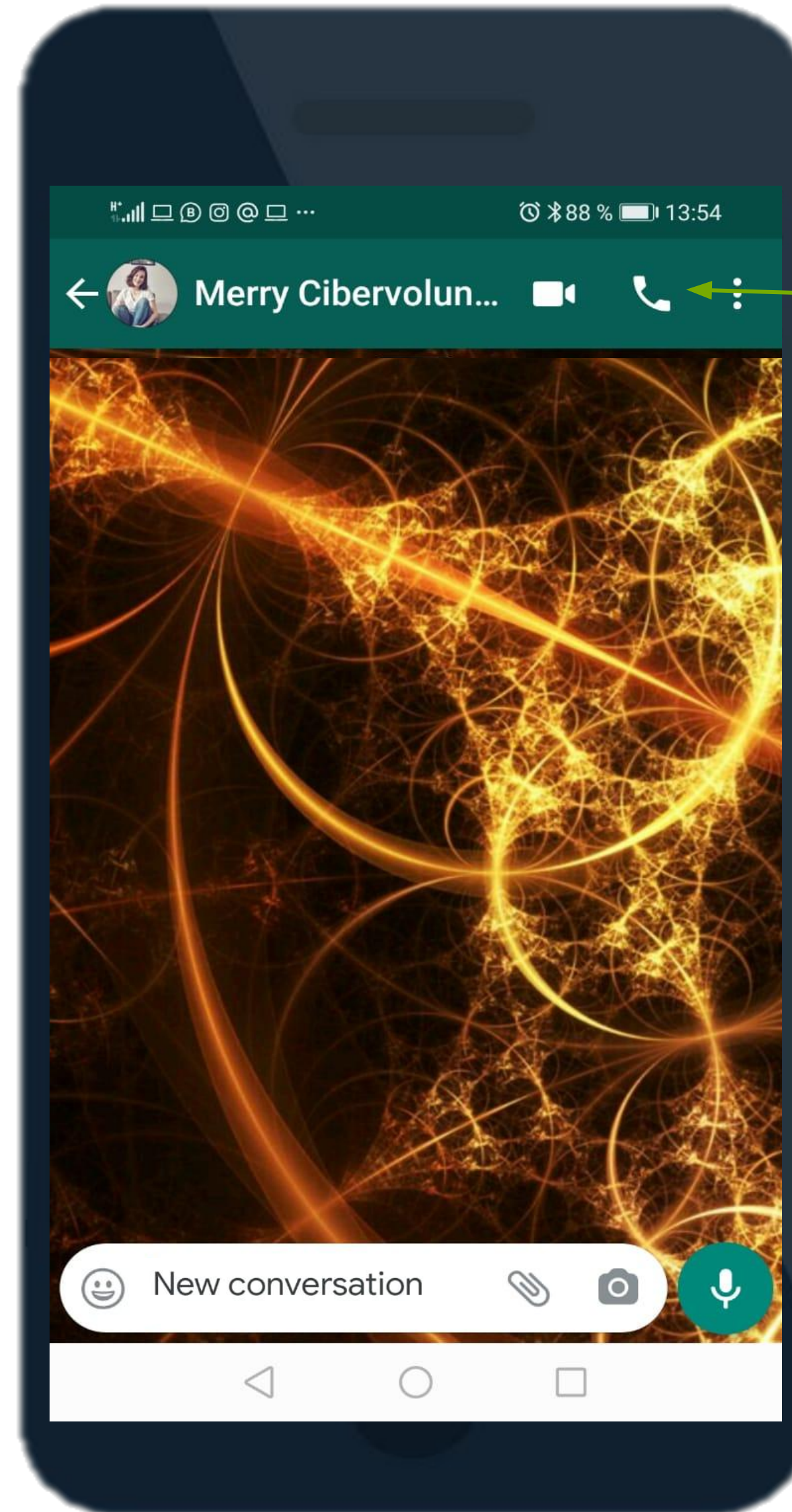


Enjoy conversations with your family and friends from anywhere and at any time, thanks to **video calls**.



WHATSAPP

MAKE A VOICE CALL



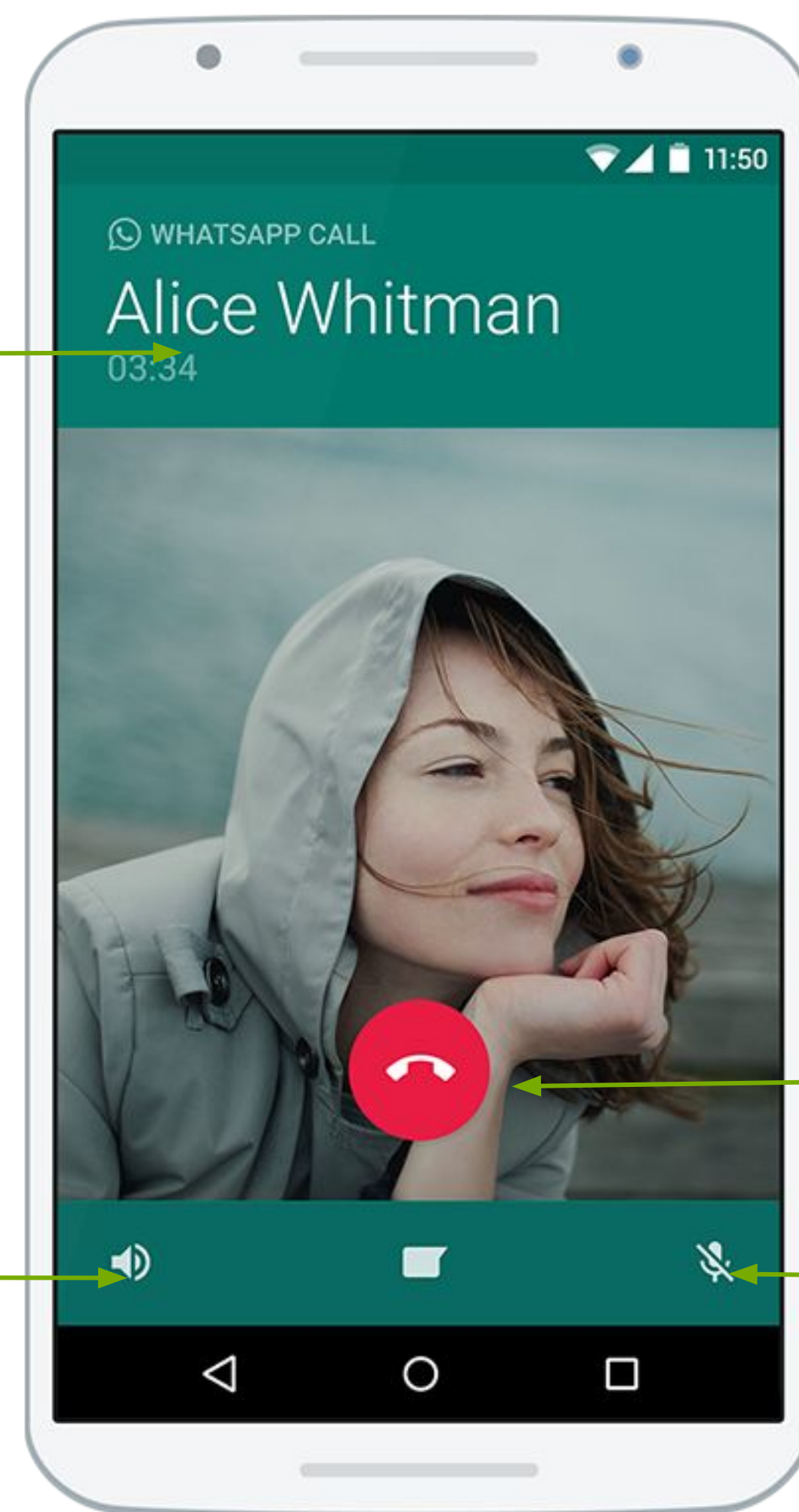
1. Choose the contact
2. Click on the phone icon to start the call

WHATSAPP

MAKE A VOICE CALL

Call contact

Mute audio



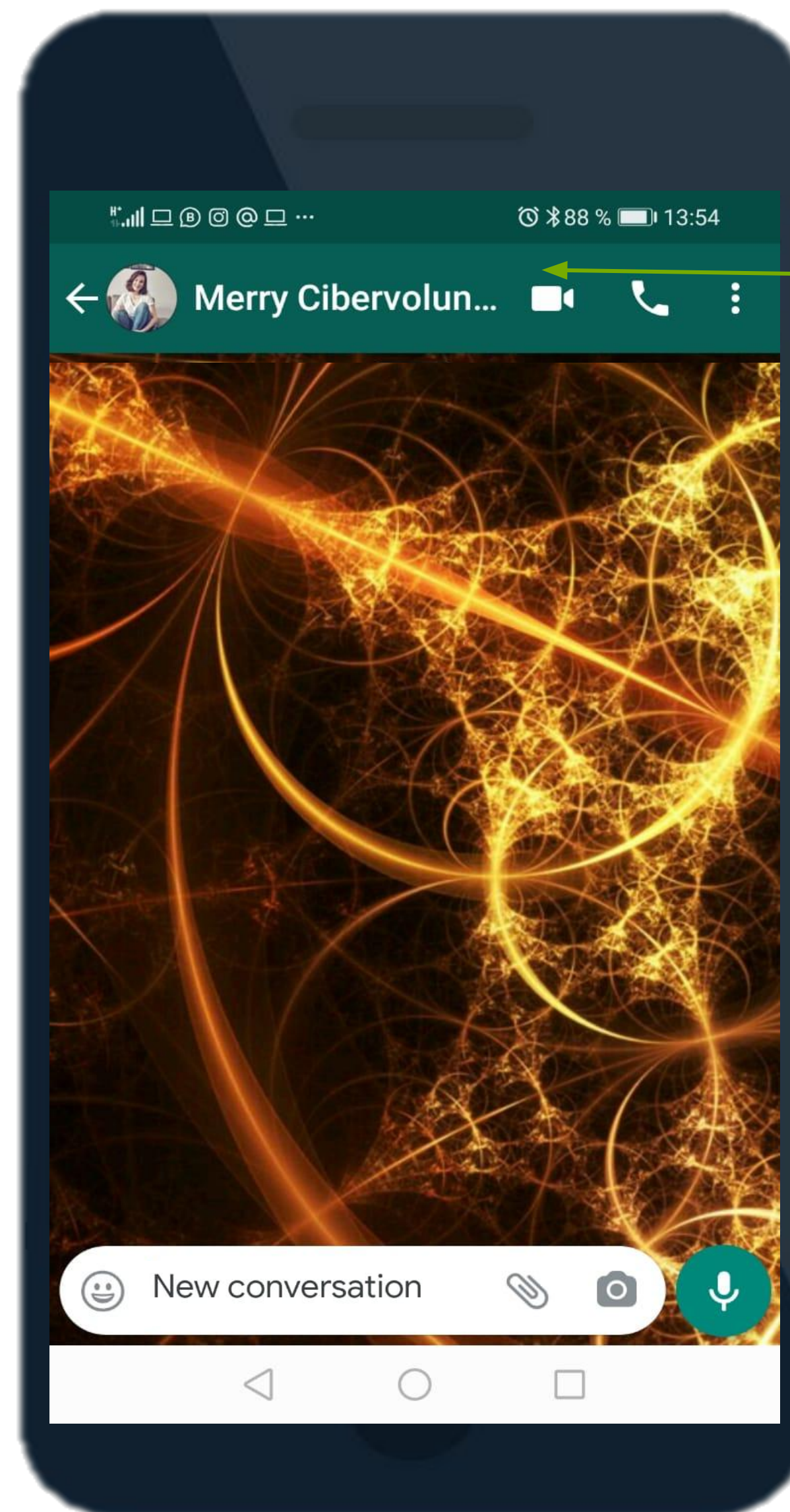
Hang up the call

Mute your microphone



WHATSAPP

MAKE A VIDEO CALL

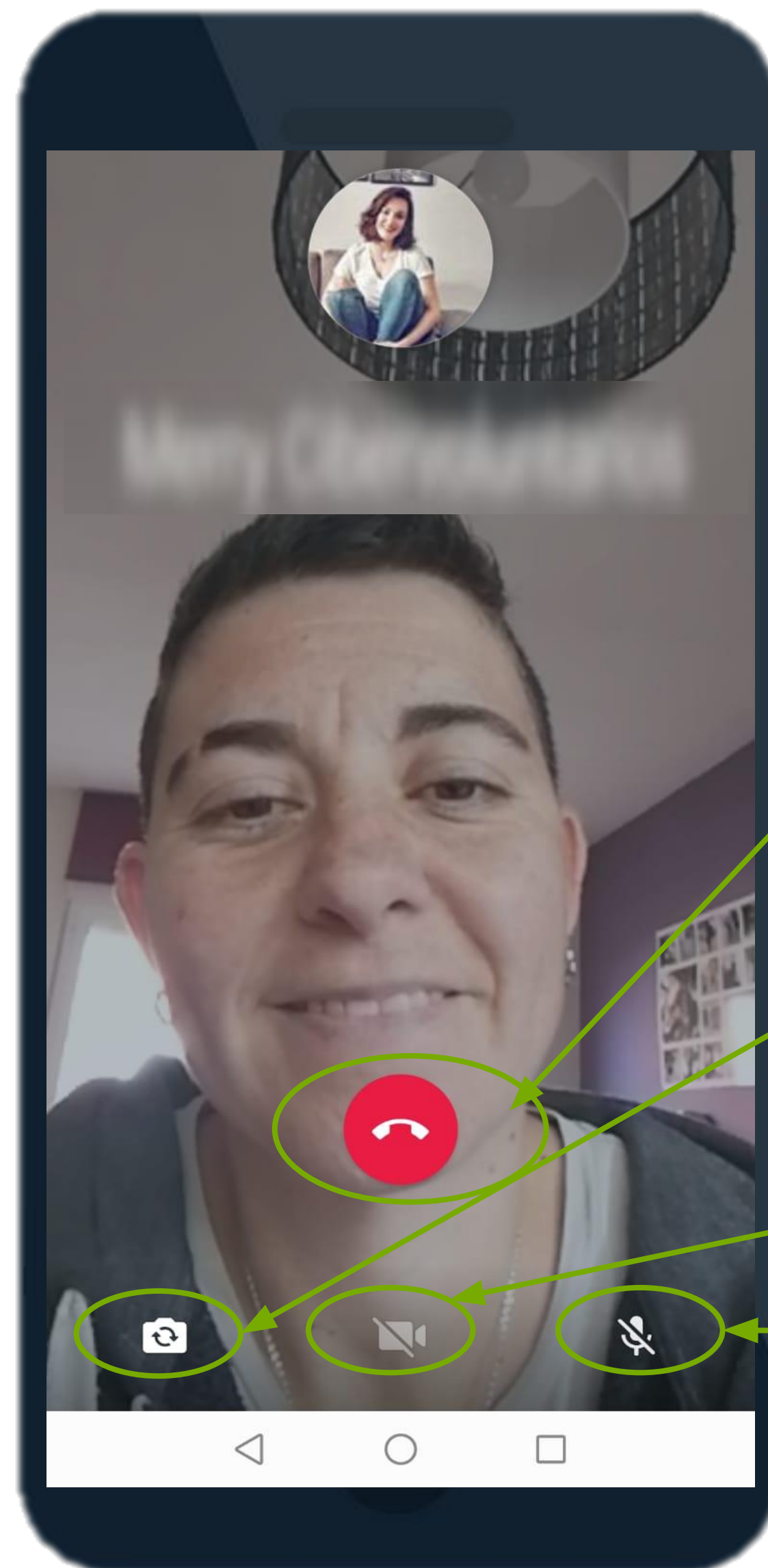


1. Choose the contact
2. Click on the camera icon to start the video call



WHATSAPP

MAKE A VIDEO CALL



Click here to hang up

Flip the camera

Turn the camera on or off

Turn your microphone
on or off

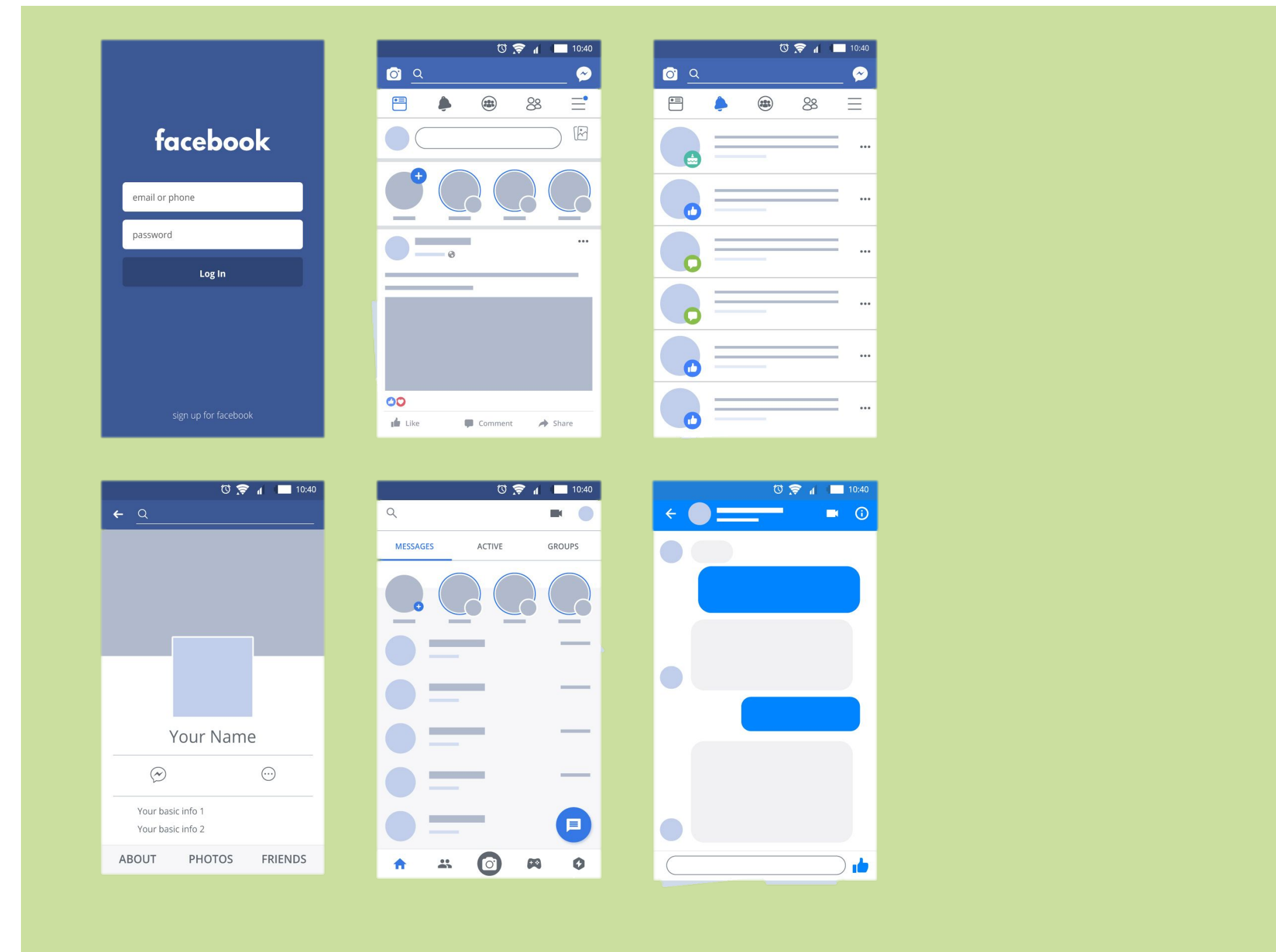


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FACEBOOK

Social network in which files are usually shared: videos, photos, opinions, links to other web pages (press articles, blogs, etc.) to keep in touch, and follow what it is happening in your family and friends lives, through a personal timeline.

It also helps to **reconnect** with old friends.

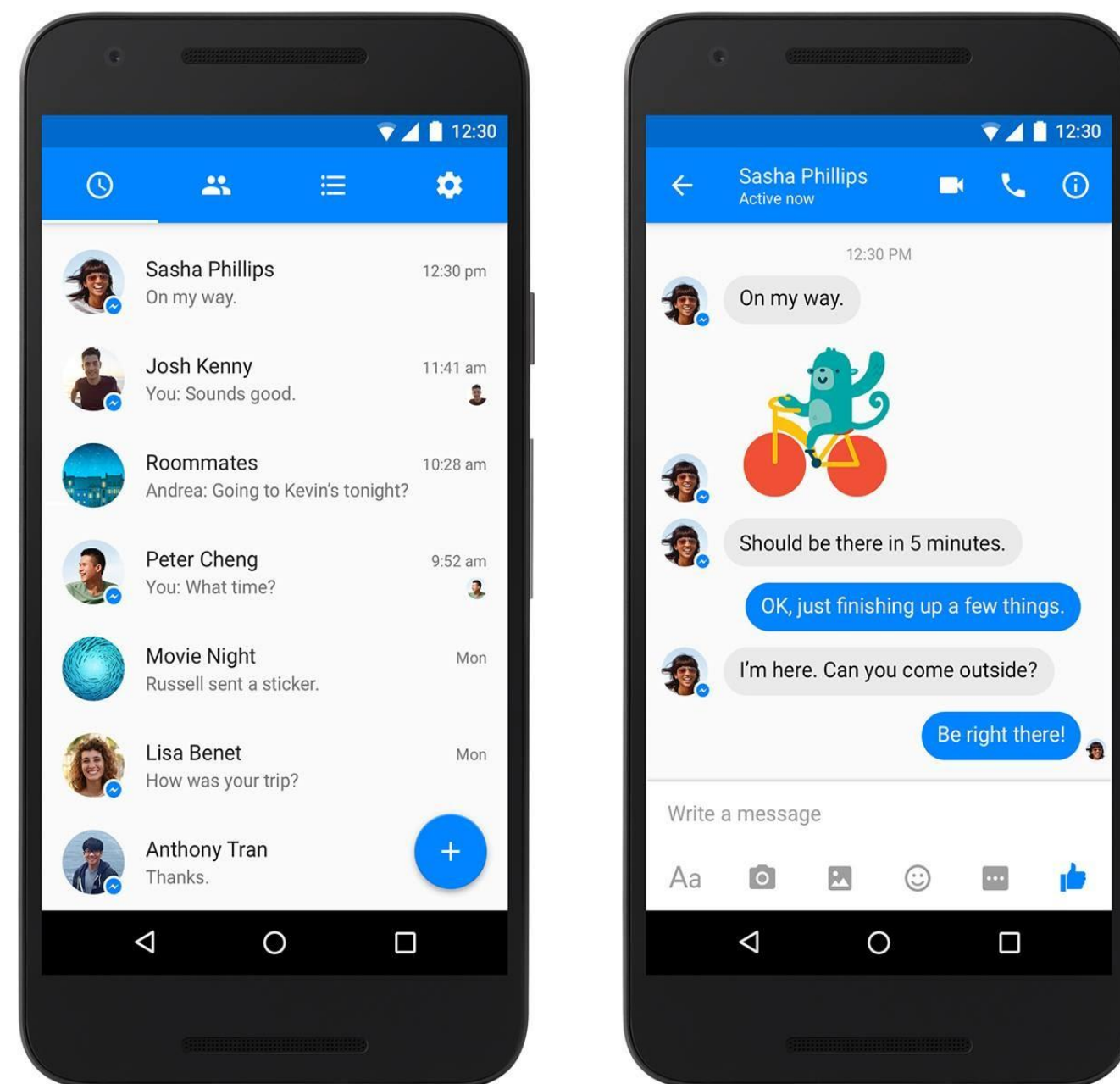




It is a social network designed to connect people, you can use Facebook to communicate through **free video calls with your family and friends.**



MESSENGER

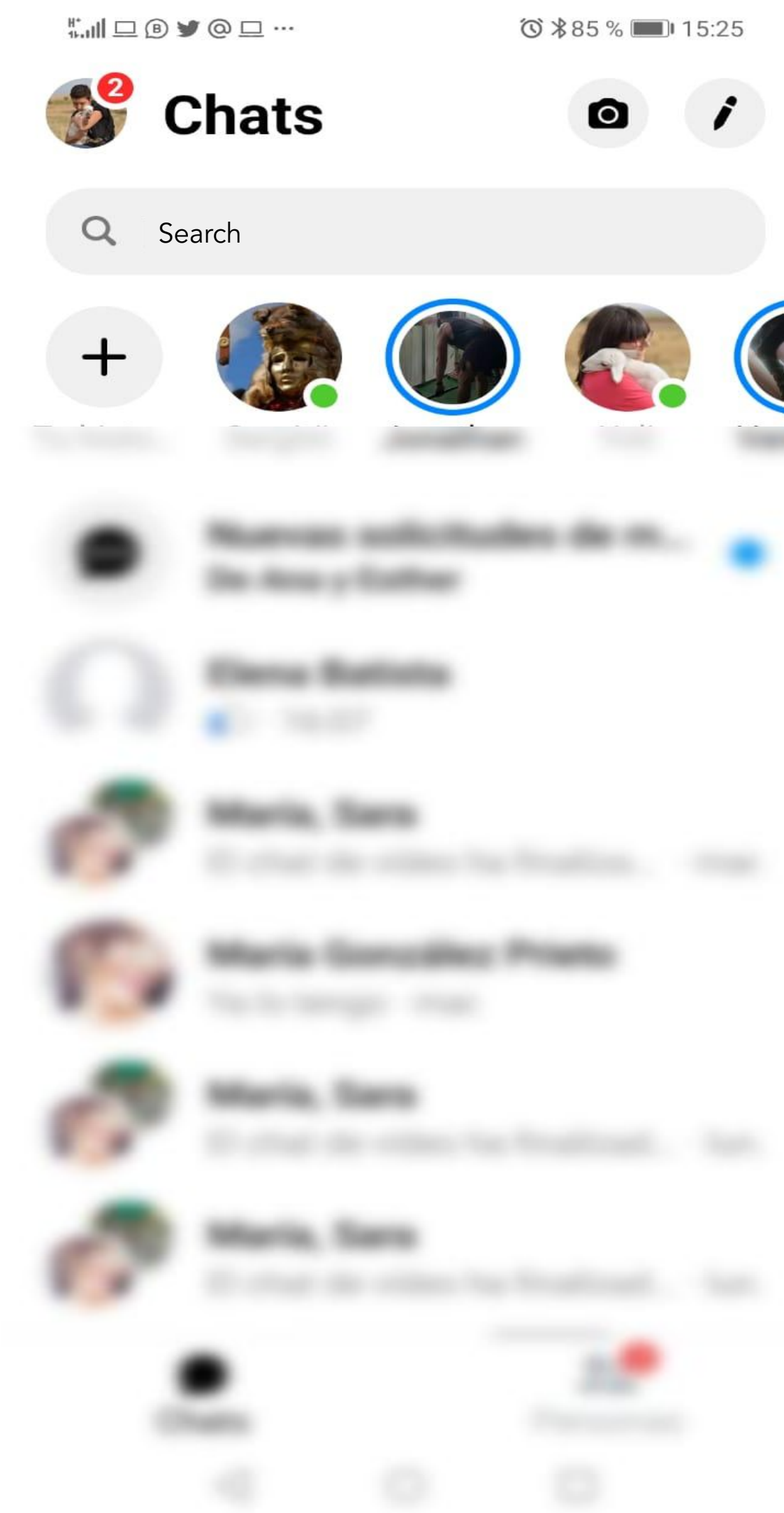
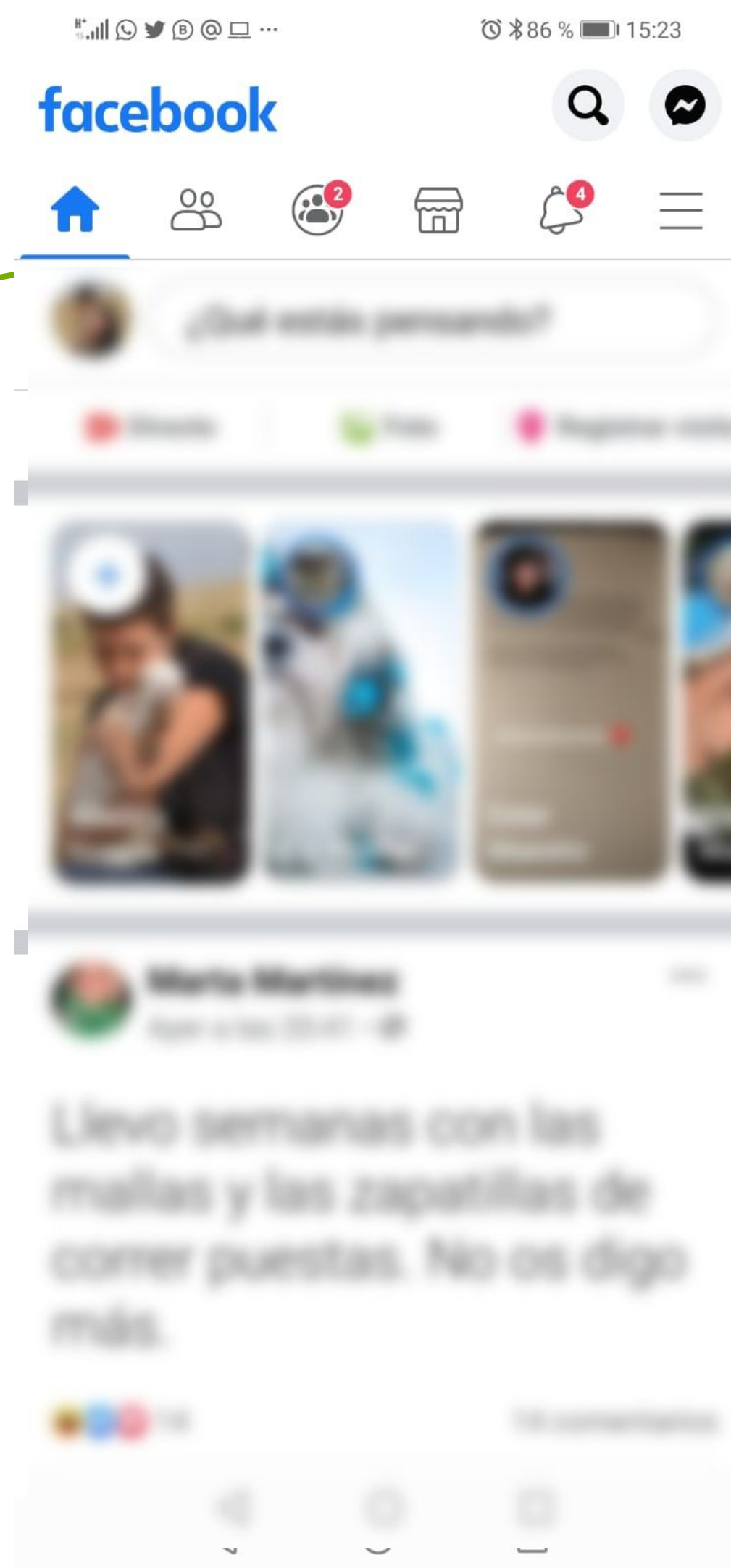


It is the official **messaging** application of Facebook social network, which allows you to have text conversations, calls and video calls with all our Facebook user friends.

MESSENGER

VIDEO CALL

Find the contact you are going to call from Direct Messages



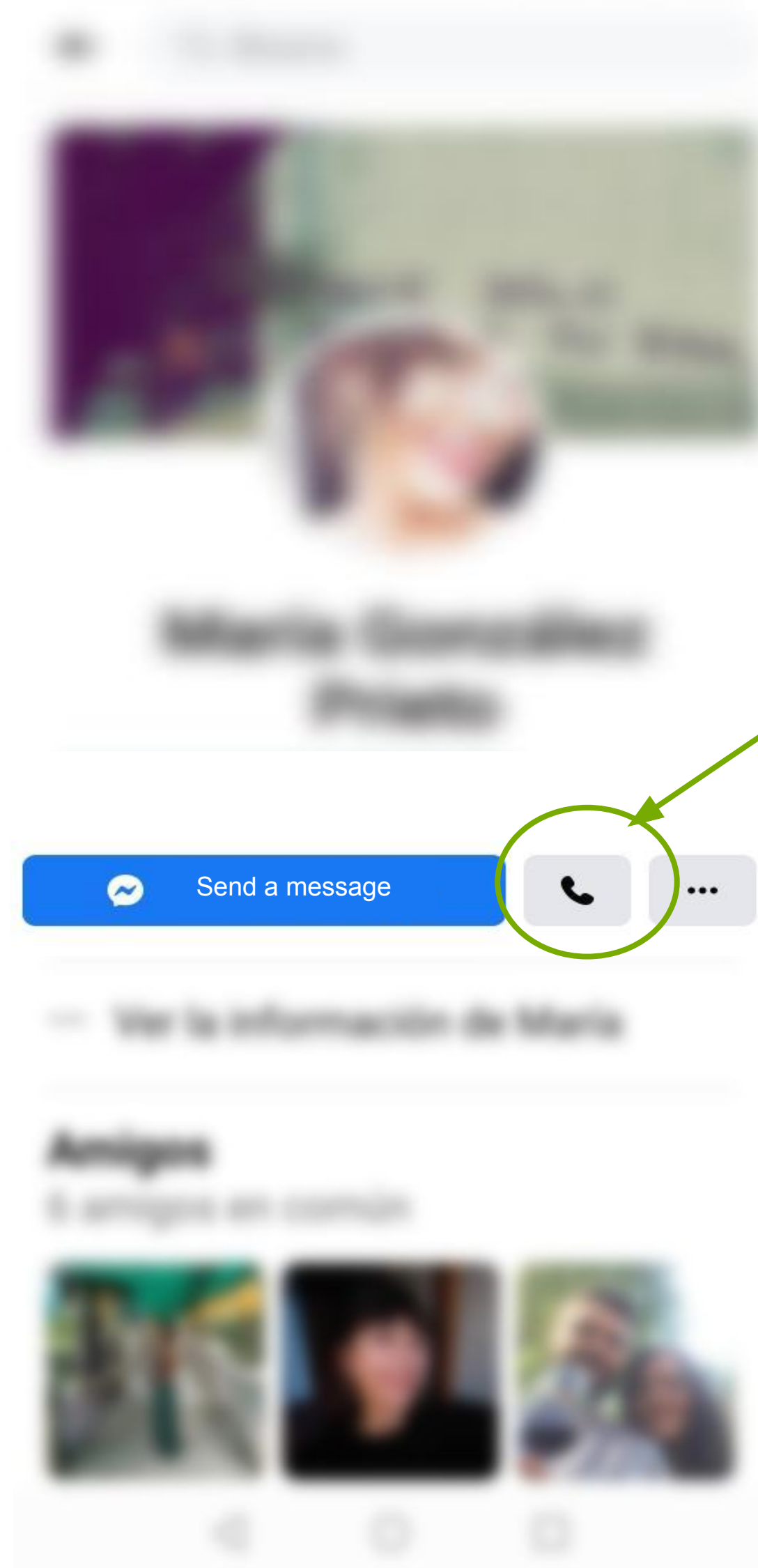
Press on the contact you are going to call



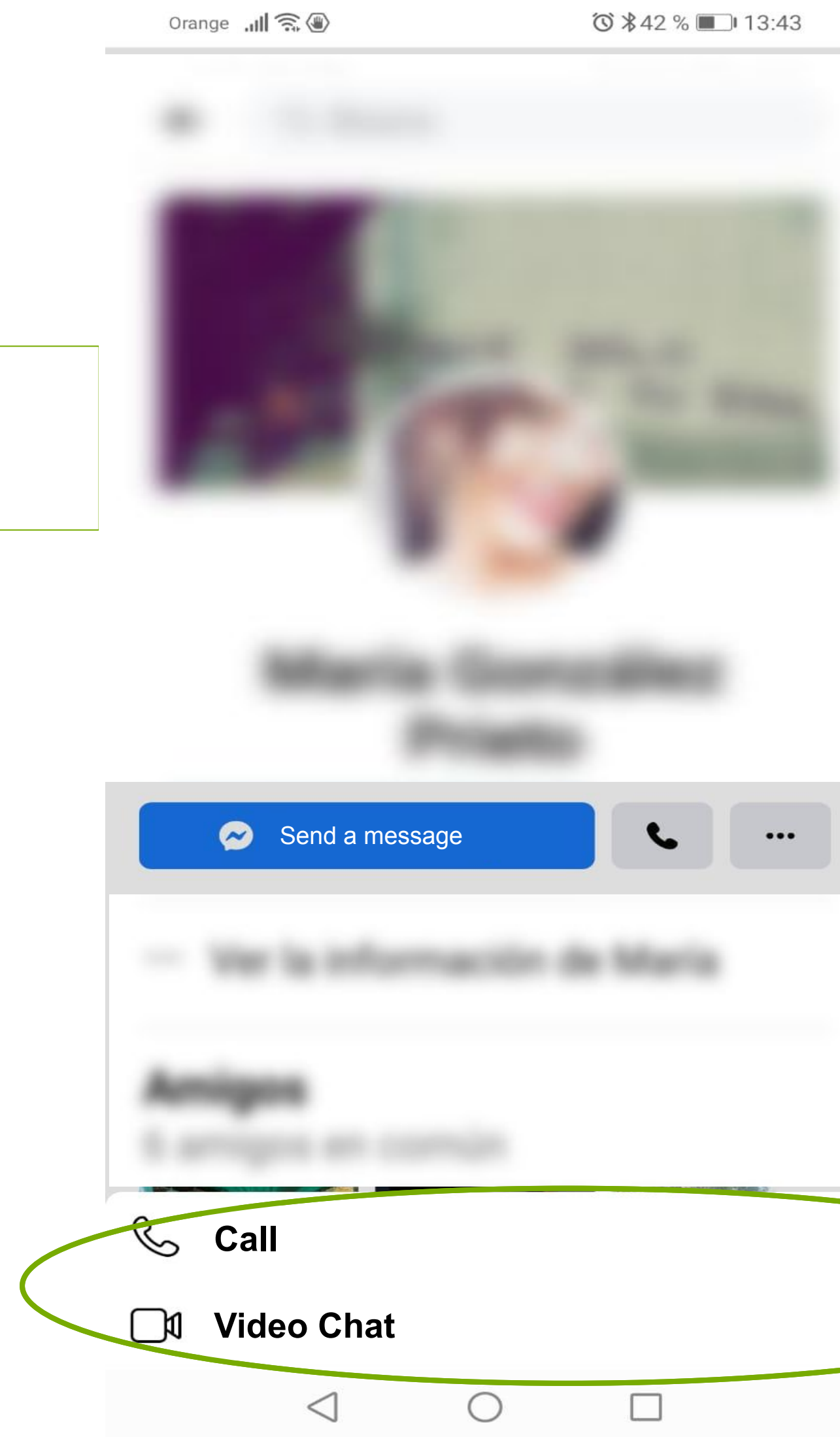
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MESSENGER

VIDEO CALL



Tap on the
phone icon



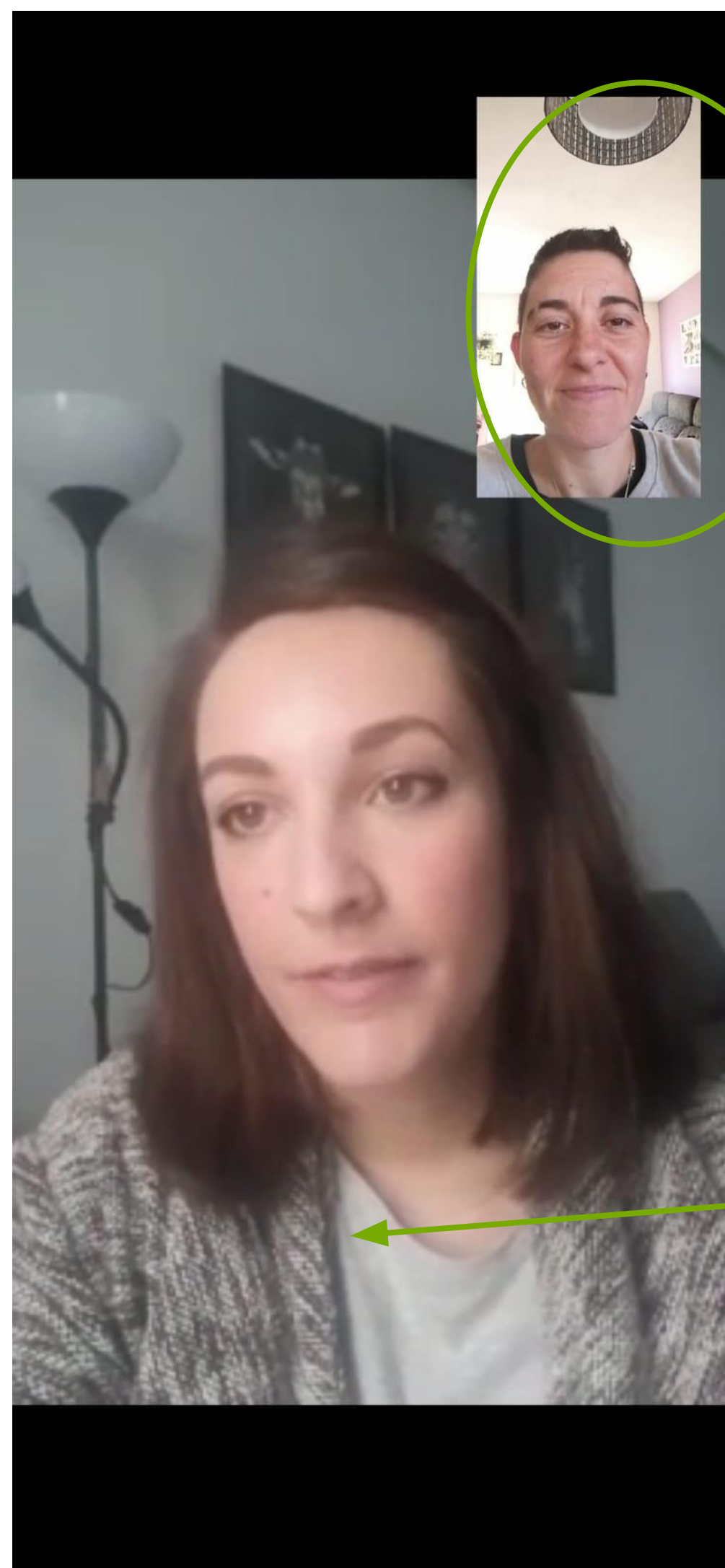
Choose Video
Chat



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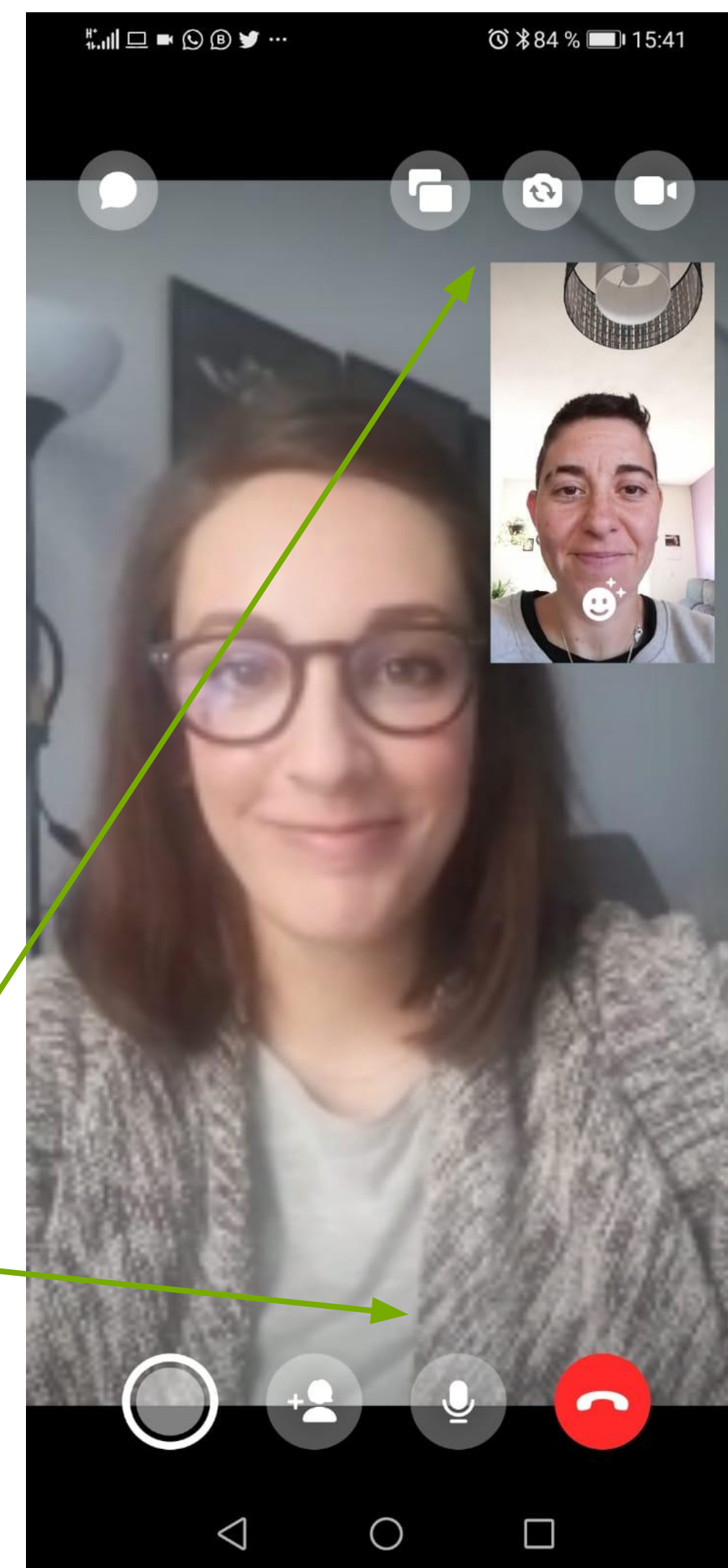
MESSENGER

VIDEO CALL



By clicking and dragging
you can move your
image to any point

By pressing on the
screen, the hidden
buttons will appear



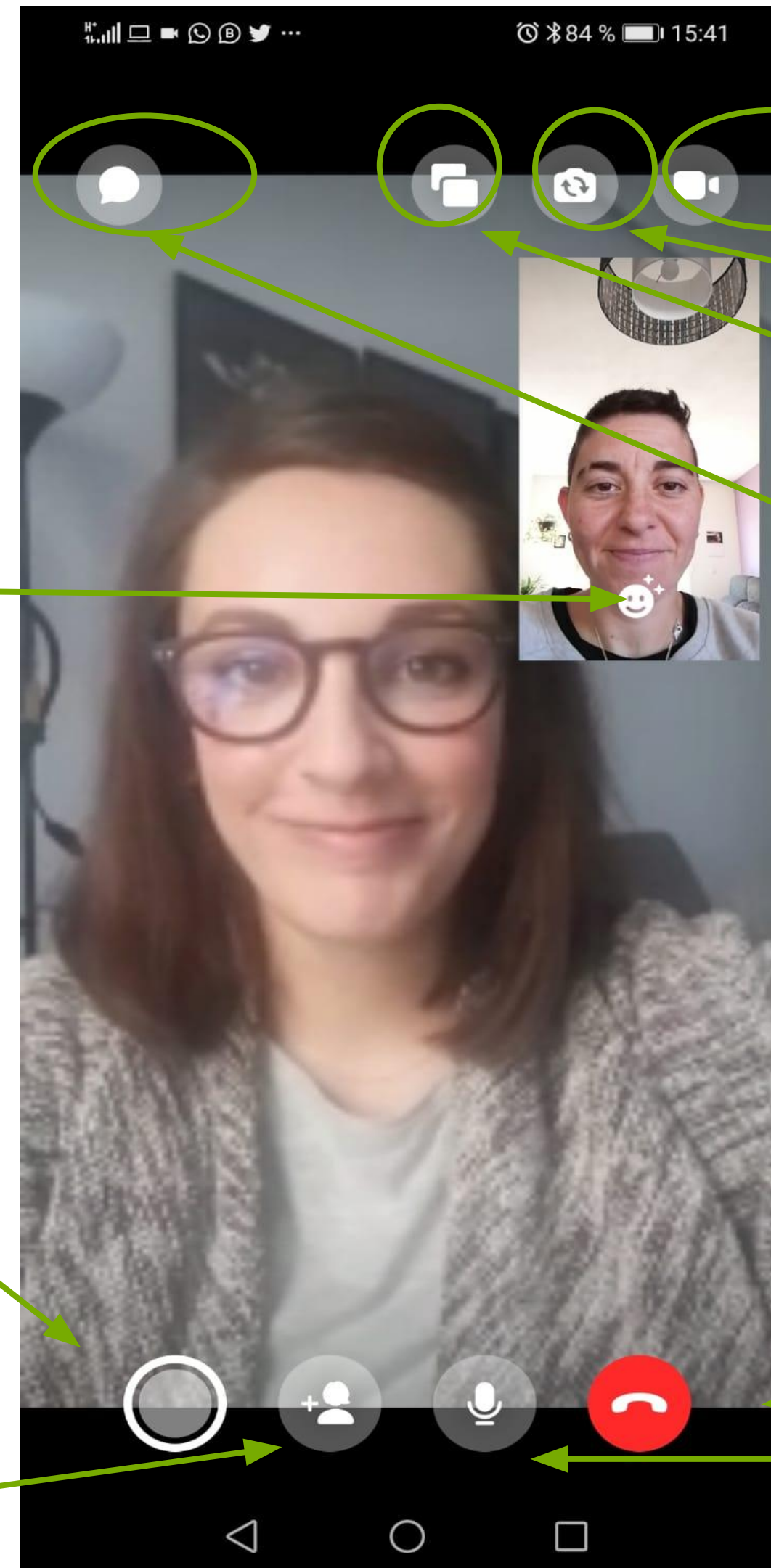
MESSENGER

VIDEO CALL

Open the effects menu

Press to take a
screenshot

Add more people to
the video conference



Turn the camera on or off

Flip the camera

Share your screen with
others

You go to the main
menu, and they will stop
seeing you

Hang up the call

Activate or deactivate
your microphone



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Keep learning!





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THANK YOU

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