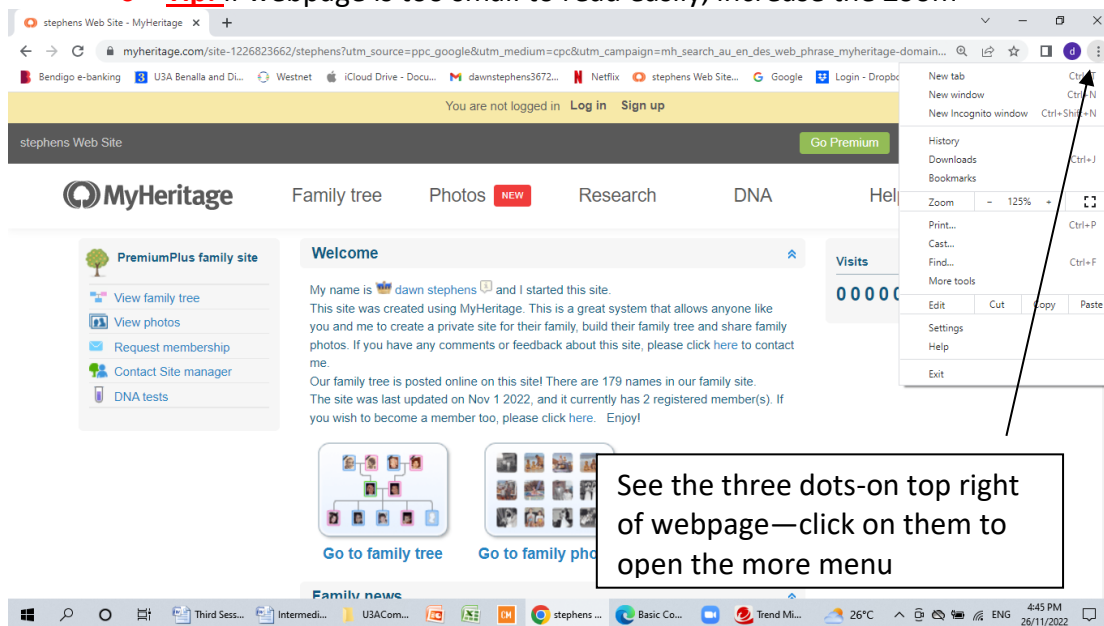


Enjoying the Internet Third Session-April 2023

Third Session-

1. Pains & Gains & review last session.
 2. Some examples of how we use and enjoy the internet: On the internet you can read the news, shop, pay bills, send emails, social media, watch television programmes and more. We'll look at just a few more today.
 - a. Shopping. —check delivery, returns, payment options
 - Groceries online <https://shop.coles.com.au/a/wangaratta/home>
Security code sent to my phone via SMS
 - Clothing/shoes not available locally etc Uniqlo
<https://www.uniqlo.com/au/en/>
 - Peters of Kensington
<https://www.petersofkensington.com.au/Public/Default.aspx>
 - Ebay <https://www.ebay.com.au/>
- Things to consider:**
- Security
 - How do you pay
 - Cost, returns, delivery
- Discussion:** What are some of your favourite sites/experiences?
- [Online Shopping Advice - YouTube](#) View video
 - **Tip:** while on webpage, bookmark, refresh or look at history as required. Benalla Weather-refresh.
 - **Tip:** if webpage is too small to read easily, increase the Zoom



- b. **Discuss:** Banking who does online banking?
 - Security
 - Check all movement in and out, pay accounts, transfer payments. Know what limit you have set for withdrawal/movement.

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Tip: Group banking Apps on your mobile devices. Some good Apps to use: **Stocard** (All your loyalty cards in one app) <https://stocardapp.com/en/au> and **Wallet** (The **Wallet app** lives right on your iPhone. It's where you securely keep your credit and debit cards, transit cards, boarding passes, tickets. It is also available on Android)

c. **Browsing Privately** <https://www.youtube.com/watch?v=4FHPSnMzIRo&t=3s>

Note: change subtitles etc for your video in settings(on bottom of video screen)



Browse in private.

On your computer, open Chrome.

At the top right, click More. New Incognito Window.

A new window appears. In the top corner, check for the Incognito icon

Would any of you do this?

d. **Communication**

o **Emails**

- Right clicking, block sender, Flags, mark as unread, forwarding, BBC, security
- Attaching Pictures-size etc
- YouTube' as a resource for learning. such as '[How do you attach photographs to an email](#)' (this is about 7 minutes-may watch at home??)
- This led to discussion on the **current \$250 Power bonus** available to all. This is the link: visit <https://powersavingbonus3.energy.vic.gov.au/> to complete the online application form. If you are unable to do this online, you can contact Victorian Energy Compare on 1800 000 832.

Tip: Zoom in to increase font on webpage, via the “more” button, and for Word documents the zoom slider is bottom right of page.

- o **Social Media-Facebook, Instagram, WhatsApp, Dating Apps?** etc [Free Facebook Tutorial Global](#) This is quite a long tutorial-you may look at it in your leisure-- Learn how to create, use, and maintain a Facebook page, including understanding the social media site's privacy policies and settings.

View Video on getting started with Facebook:

<https://www.youtube.com/watch?v=ocO31AcSLng&t=7s>

Discussion: who uses social media, your experience with it? Local news? Community Pages? Etc.

o **Telehealth**

- HotDoc **Log in** to your **HotDoc** patient account to book an appointment with your preferred Doctor, GP, Dentist or Healthcare Specialist today. <https://www.hotdoc.com.au/medical-centres/login>

- o **Zoom video meetings** U3A and various clubs/organizations used Zoom during Covid Lockdowns <https://support.zoom.us/hc/en-us>

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- **SMS** on phone (or tablet, or Mac) Use **Facetime** on phone. (for medical consultations, friendship chats etc.)
- e. **YouTube—we looked at this last session, but any questions here? Note: The controls on YouTube videos—pause, play, volume/mute, full screen, and the system control for more options. *See the small diagram above.***
 - **Q Can we look at some “how to” videos? Or something of your choice/suggestion?** When we moved to our home 5 years ago, we had modern toilets and no idea how to tighten the loose seat!!!-The “how to” video was first rate!!
- 3. **U3A website: <https://u3abenalla.weebly.com/>** last session is up for your review **Look under the Col-G tab & click on Enjoying the Internet**, then the links to our various sessions



- 4. **Q: Any special areas of interest? Or something you would like to share?**
- 5. **Next session** we can look at My Health, My Gov accessing health records and blood tests etc