

Enjoying the Internet Fourth Session-May 2023

Fourth Session-

1. **Pains & Gains.** Look at last session.9 of us here today, and I used iPad & phone with the U3A Wi-Fi and the apple TV
2. **Some more examples of how we use and enjoy the internet.**

I. Entertainment. —

- **ABC listen App -Discuss & Demo on phone.** The ABC listen app connects you to the best podcasts, live radio, and audiobooks from the voices you know and love. (or maybe not!!)
<https://help.abc.net.au/hc/en-us/sections/360000198495-ABC-listen-app>
- **Various TV stations, iView etc** <https://iview.abc.net.au/> . You will need to log in, <https://7plus.com.au/> . Smart TV, or older TV's using **Chromecasts** - plug into your TV via the HDMI port and it works with all major streaming apps, like Netflix, and YouTube.
- **Netflix** <https://www.netflix.com/au/> You will need to log in & have a subscription.
- **Music** any suggestions?
- **Streaming services.** [Streaming Video Services - YouTube](#) watch video Note 😞 1.) **Hulu & Vudu streaming service** mentioned in this video are not available in Australia.

But we have:Kayo, Stan, Foxtel, Netflix, various TV stations, and **you can look at this guide by clicking on the link:** [The ultimate guide to every Australian streaming platform](#)

II. My Health

- **MyGov** <https://my.gov.au> you will need to sign in and will be sent a code to either your email or phone via SMS.
- **Access to blood tests, vaccinations etc—My Health Record.** Are all doctors using it? File your Advance Care Document.

III. **Discuss: Some Apps you may enjoy—for health!!**-use your watch and/or phone

- **Steps**—most likely to have this App on your phone, (connected to a watch!!), for convenience and portability.
- **Exercises** maybe you use YouTube or an App??
- **Yoga** maybe YouTube or App??

3. **How to make a QR code to share your WiFi** (I emailed this document to our group.)--
Discuss: QR= Quick Response. We use this for flight tickets, theatre tickets. You can print an E-ticket or save to phone for scanning. I

4. **Photo books Discuss**

<https://www.snapfish.com.au/store/home>,
<https://www.vistaprint.com.au/>

5. **Drop Box/Cloud Storage** <https://www.dropbox.com/home> handy for accessing files online from anywhere.

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Why do people use Dropbox instead of Google Drive?

<https://www.jotform.com/blog/dropbox-vs-google-drive/>

<https://www.jotform.com/what-is-dropbox/>

6. U3A website: <https://u3abenalla.weebly.com/> last month's session up for your