

" VSCA BE CONNECTED" PROGRAM

Objectives

"Be Connected" is a program initiated by the Australian Government to assist seniors in using the Internet and digital technology confidently and safely.

The program helps seniors improve their understanding and proficiency in digital technology, including the use of:

- Desktop computers (PCs),
- Laptops,
- Tablets (notebooks), and
- Smartphones

to stay updated on information in various areas of daily life.

Additionally, participants will also learn about the Internet, web browsers, website addresses, and search tools to access information more effectively.

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Content

- Accessing current news from newspapers, television, weather forecasts, health information, and preventive health measures
- Keeping up with educational news, updates on children's learning and exams
- Updating knowledge about finance, banking, real estate, and investments
- Connecting and interacting with family and friends online
- Composing documents, editing images, videos, and creating artistic content

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Topics

The Program will be implemented with various topics, including:

1. Basic Concepts About Smartphones
2. Gmail (Google) / Outlook (Microsoft) /

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1. **Basic Concepts About Smartphones**

- Internet Updates
- Introduction to software and applications
 - Online Conferencing: Viber, Zalo, WeChat, WhatsApp, Facebook
 - Making free international calls using internet-based communication apps
 - Configuration settings

2. **Email Gmail (Google) / Outlook (Microsoft) / Yahoo (Yahoo)**

Sending emails, messages, and media files instantly over the internet, eliminating the need for physical postage:

- Spam emails: unsolicited messages, often promotional. Email providers categorize and filter these messages into a **spam/junk folder** and may even delete them automatically.
- Strong password: essential to protect your accounts from hackers and unauthorized access
- Scam emails: the most common targets to trick people into providing personal

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3. **Online Services**

Online Services provided via the internet:

- Online Shopping: eBay, Amazon, Temu, Coles, Woolworths and 5% off Wish gift cards _
- Paying Bills (supermarkets, restaurants, eateries) using credit cards or debit cards
- Paying Utility Bills (Gas, Electricity, Water)
- Booking Hotels both domestically and internationally
- Purchasing Airplane Tickets, High-Speed Train Tickets for international travel
- Making Friends, Chatting, or Traveling

4. **Online Security**

Protecting personal information, data, and accounts while using the internet. A guide to safer online shopping:

- From traditional retailers to e-commerce platforms like eBay, Amazon
- Using secure accounts for online payments and managing passwords

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5. **Online Banking**

Managing bank accounts, transferring money, paying bills, and conducting financial transactions online without going to the Bank

- Conduct transactions anytime, anywhere, without waiting in line at the bank
- Fast money transfers
- Safe and secure
- Easy financial management
- How to use PayID

6. **Emergency Contact Information & Sharing Your Location via Google Maps & Tracking Devices**

- Emergency contact information is vital in unforeseen situations such as accidents, illness, or loss of contact
- Share your location via Google Maps with a Wi-Fi connection, and ensure you have the other person's consent to respect their privacy rights
- Tracking Devices – A key finder and ultra-thin tracker that connects to your phone via Bluetooth (around \$50) helping you track and locate important

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7. **Mental Health, Technology, and You**

Using wearable devices such as smartwatches and phones to track, monitor, and set health goals (step count, heart rate, sleep hours, etc.), while also utilizing online resources to improve mental health.

8. **Introduction to Home & Home Security Control**

Technology can help you with everyday tasks:

- Set up a smart speaker, train it to recognize your voice
- Set up TV to watch your favorite shows
- Set up a mobile Wi-Fi security camera (around \$50).
- Set up a front door camera to check who is outside.
- Set up motion sensors to detect movement inside the house and alert you in case of intruders.
- Set up remote door locking/unlocking to monitor who enters and exits the house.

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9. **Downloading and Storing Documents from Websites**

Documents, images, videos, and YouTube content can be easily downloaded to your computer, phone, or stored online..

10. **ChatGPT / Google Gemini**

Both ChatGPT and Google Gemini are advanced artificial intelligence (AI) systems designed to generate natural text and engage in conversations. They can answer questions, assist with writing, translate languages, explain concepts, and perform many other language-related tasks.