

Learning About Your Technology

The Tech Savvy Seniors
Self help files and videos

Members who are unable to attend U3A Bendigo Learning About Your Technology [LAYT] sessions run or those wishing to revise some basics at their leisure, may wish to make use of an excellent set of videos available online or from the local municipal library.

Victorian Tech Savvy Seniors training DVDs

a joint project between Telstra and the Vic Government Seniors Card agency. The eight topics covered are:

Computing & email	Internet
Tablets	Social networking
Learning E-Readers	Internet security
Using a mobile phone	Home networking

Whether you watch the videos online or borrow the set of dvds from the local library you will be able to choose which section you are interested in and inside that program further select a specific aspect to learn about or simply watch them all in one go. The length of each "mini" section varies from 3 to 6 mins with each of the 8 technologies having 3 to 5 of these little teaching sessions. The beauty of this material is that you can rewind, replay or even organise a friend to watch with you to share understandings.

The set can be accessed online via either of these two links:

Telstra

<https://www.telstra.com.au/telstra-seniors>

Seniors online [Vic Gov]

<https://www.seniorsonline.vic.gov.au/seniors-card/age-friendly-partners-program/tech-savvy-seniors>

The title to ask for at the library is: *Victorian Tech Savvy Seniors Training DVDs*.