



BRIDGING THE
DIGITAL GAP THROUGH
REVERSE MENTORSHIP



Guidelines for the volunteer consultant

Consultation topic – SMART DEVICES

How can I help to get rid of the fear of technology and make everyday life easier for my community?



LANGAS | ATEITJ

IT-GUIDE



Nordic Network for
Adult Learning



Nordic Council of Ministers
Office in Lithuania

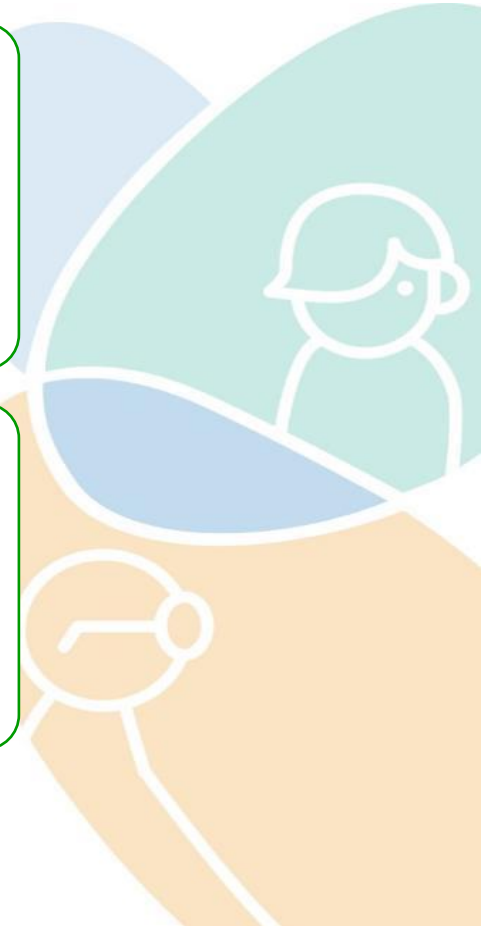
Discover the intricacies of smart devices!



Most of the time, people limit themselves to the basic functions of a smart device, without realising how much more there is to explore.



You can introduce seniors to smart devices, not only the basic functions, but also show them the "tricks of the trade" (how to connect to free wifi in the library or coffee, how to copy and paste text, how to take screenshots, etc.!).



Ask if the seniors is aware of these opportunities?



Wi-Fi, mobile data

Weather

Muting the sound

Notebook

Dictaphone

Radio

Transferring files to
other media
(computer, USB, etc.)

Music

Calculator

Copy and paste

Calendar (reminders about
events, visits, etc.)

Bluetooth



Start with how you connect to the internet



• WI-FI

Explain what Wi-Fi wireless is and how to connect.

Wireless in public spaces (library, airport, cafés, etc.)

Usually a free service (in some countries).

Devices: phone, tablet, computer, etc.



• Mobile data

Explain what mobile internet is and how to connect (on your phone, tablet, etc.).

Mention that it is a paid and usually limited service (depending on the plan you choose).

Mention that YouTube and video views use a lot of mobile data.



Mobile hotspot

Explain what a mobile hotspot is and how to activate it (on your phone, tablet, etc.).

Don't forget to mention that this is the same mobile data that comes with your chosen mobile operator plan and may be limited.

Top smart apps – check if they're using them

Each year, a list of the most popular apps is published, based on the number of downloads and usage.

For several years in a row, the following apps have never been out of the top spot:



Google Maps



YouTube



Most popular smart apps

TIP

Explain more about one smart app that a senior citizen already has on his/her smart device or is interested in; show how easy and fun it is to share photos, videos (e.g. messenger, whatsapp, etc.);



You'd be surprised, but not everyone knows how to add a smile or other emotion icon. Share your knowledge!

For more information, see:
(in Lithuanian language)



www.epilietis.eu

It can be difficult to tell you about all these apps... Take advantage of the useful website www.epilietis.eu !

Here you will find a wealth of information on apps that you can download to your smart device for free and learn how to use them!

- Independent learning

<https://www.epilietis.eu/kursai/populariausios-programeles-ismaniajame-telefone/>



Social networks and other communication tools



Social networks and other communication tools



TIP

Explain more about one social network that seniors are already using or interested in; show how easy and fun it can be to communicate!

Show senior the website
www.epilietis.eu

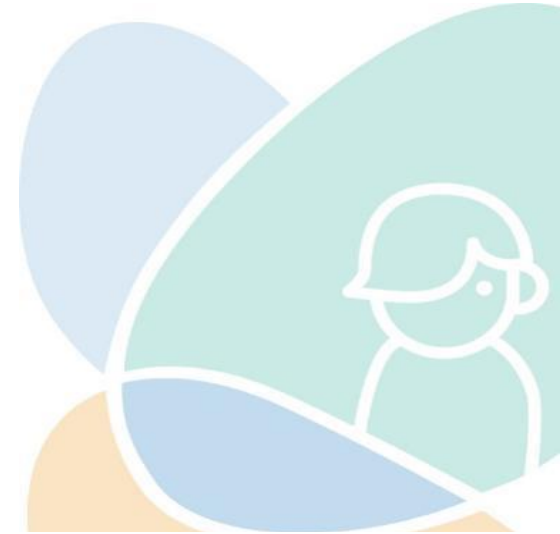
Courses on social networking:
<https://www.epilietis.eu/kursai/socialiniai-tinklai/>

And don't forget to talk about safety on social networks!



Advice

- Think carefully before you publish.
- Don't publish "embarrassing" information.
- Do not click on suspicious links.
- Adjust your social network settings.
- Check what the internet knows about you.
- Activate your critical thinking!



A place for your creativity and ingenuity...

• Remember...

Think how else you could make life easier for seniors with smart devices!



Safety is always more important than fun

www.epilietis.eu
A website full of useful information (in Lithuanian language)!



GOOD LUCK!

Link to the initiative description and all materials:
<https://norden.lt/en/project/it-mentorship/>

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