

# Equipment? Check!



## **How do you choose the right devices and connections?**

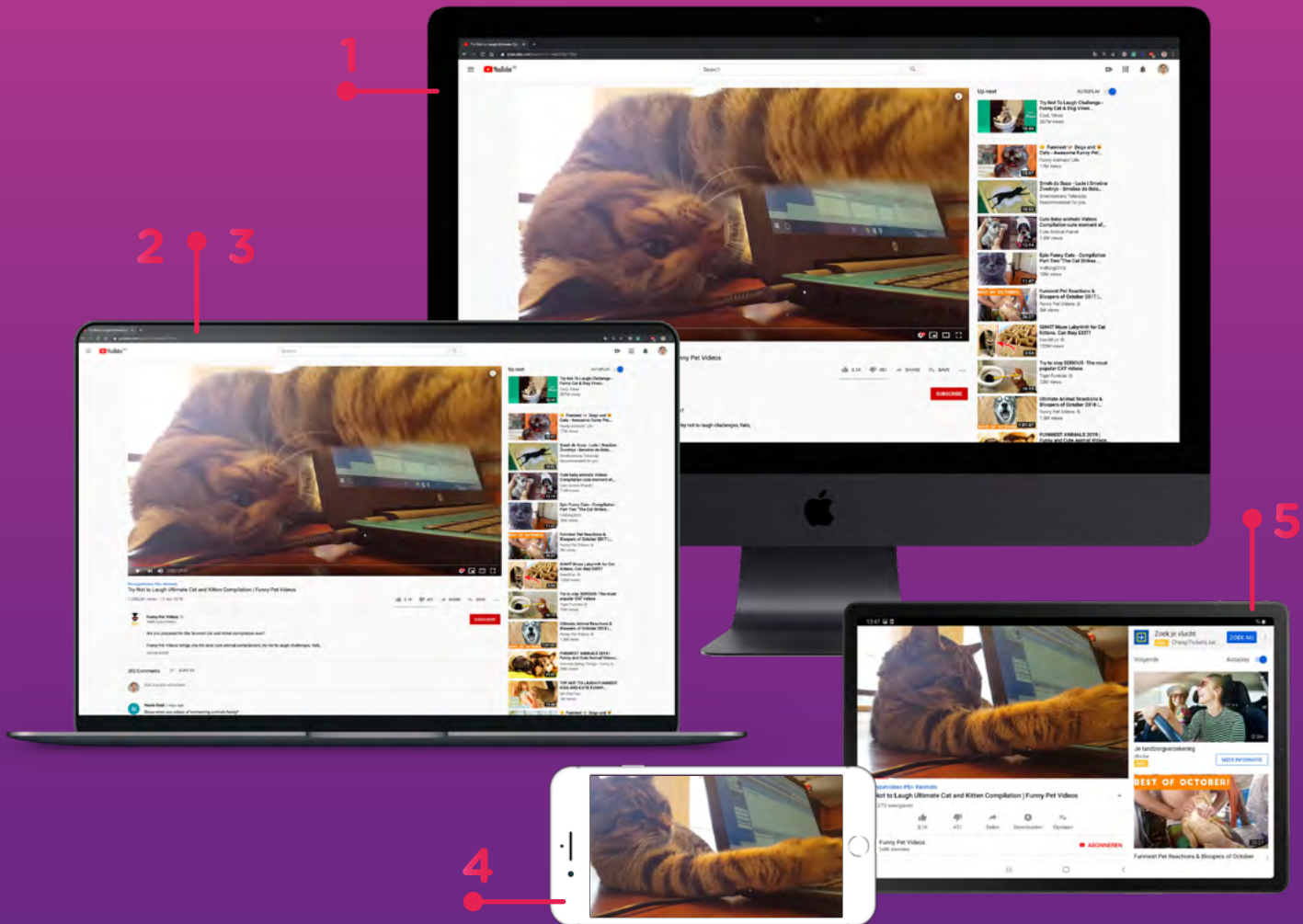
Wow, the internet really is a wonderful place! If you have the right equipment and the right connection to surf. To get the most out of it, you need a few extra things. We'll explain why!

**diggit**

**proxi**mus

# What to pick?

Computer, laptop, notebook, tablet, smartphone... **Stress levels rising!**  
Help, what to choose?



- 1 A computer (or pc)** the 'big bro', with a fixed computer block and a separate monitor. You usually find them in the office or at home. And you can't easily take it with you. 😓
- 2 A laptop** is smaller and it is a pc in one piece. You can easily take it with you, for instance when you go on holiday. Some laptops allow you to disconnect the screen and use it as a tablet.
- 3 Notebooks** are even smaller and lighter. They are usually not used professionally, but they're perfect to surf the internet.
- 4 A smartphone** is a 'smart' mini-computer that you can also use as a phone. You can take it anywhere and even put it in your pocket.
- 5 A tablet** is a little larger and ideal for watching videos, drawing or typing. Or as a smartphone for people who really think a phone's screen is too small.

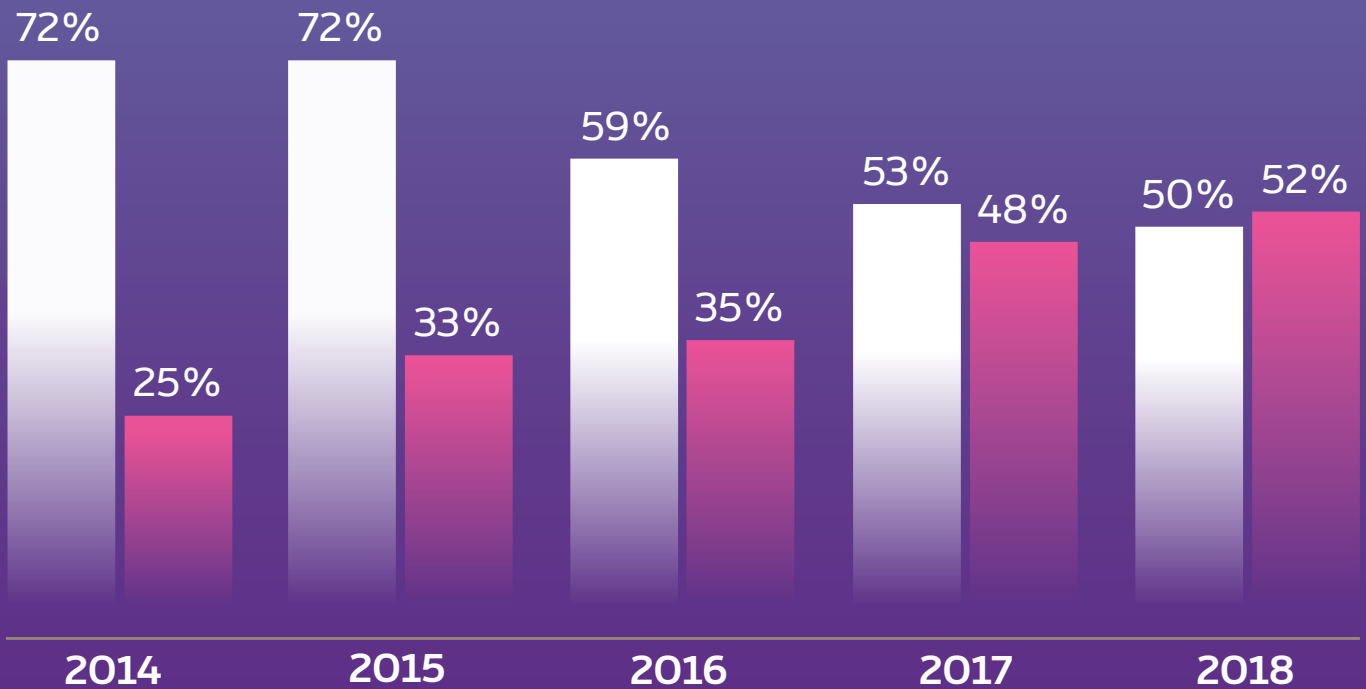
# Smartphone on the rise

For the first time ever, there are more people over 65 with a smartphone than with an 'old' mobile phone. Last year, about half the seniors had a **smartphone**. It means there's still some work to be done to help the other half cross the line.

Ready to spurt together and catch 'em up with the rest? With a cane if necessary! 🙌



## Percentage 65+ with mobile phone or smartphone



MOBILE PHONE SMARTPHONE

Source: Digimeter 2018 IMEC





# Get connected

Finally! You've got your favourite device. Time to connect it to the internet. But do you choose **Wi-Fi**, **3G** or **4G**? There's the stress of choosing once again!



**Wi-Fi** uses a local, wireless network and has the following **advantages and disadvantages**



You don't use data for Wi-Fi, so it's cheaper.



Wi-Fi can only be used in a limited area and is not always protected, so you have to be careful with the information you share.



**3G** or **4G** uses the mobile telephone network and also has **advantages and disadvantages**.



3G or 4G can be found almost everywhere, especially in Belgium. With 4G, you can surf ultrafast.



3G and 4G use data. Data consumption can increase rapidly, so be careful!

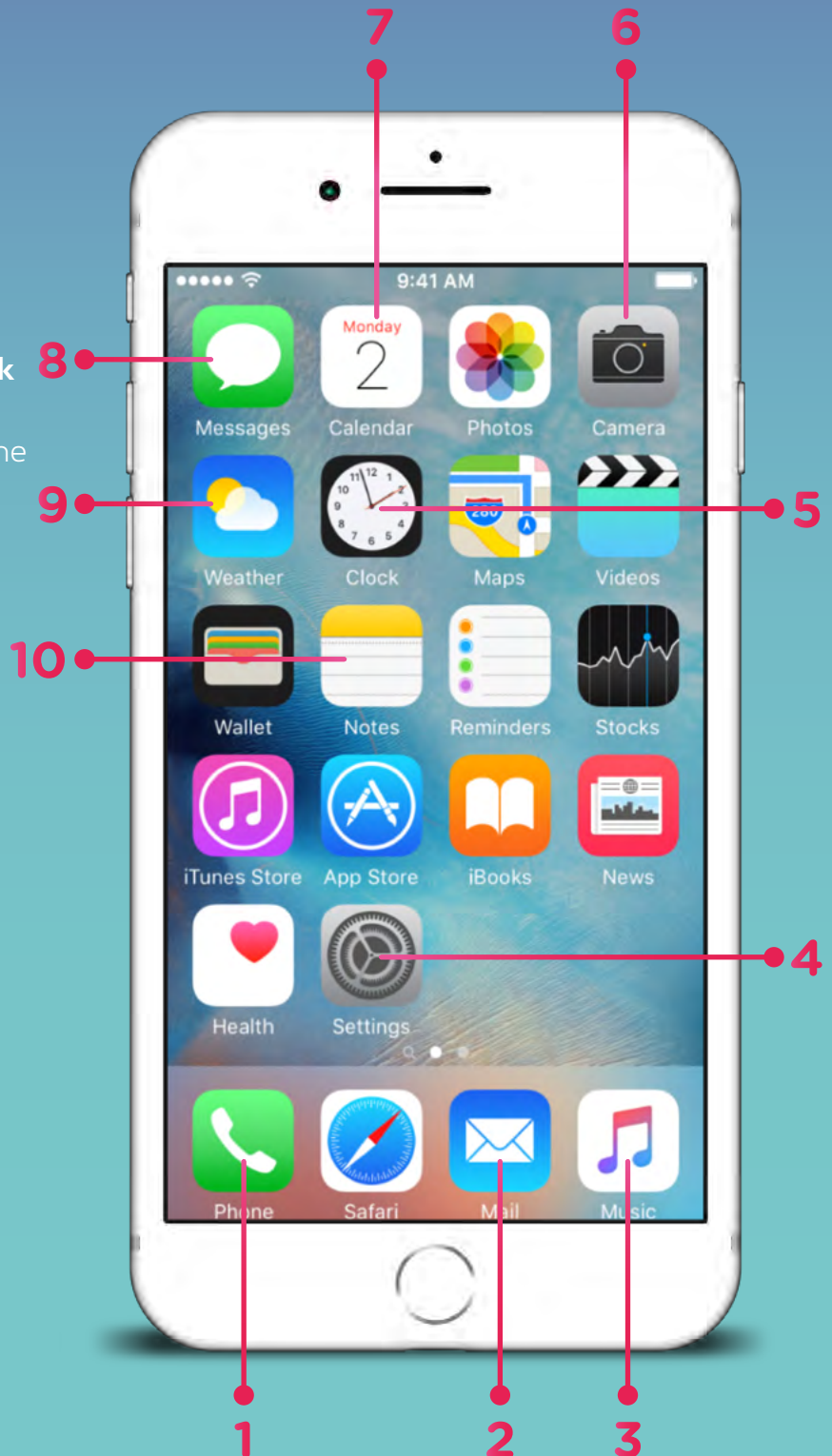
So, the choice depends on where you are and what you need. It's cool, though, to have **both options**, right?



# Off you go!

Once you have chosen your smartphone or tablet and your connection, you can finally get started! Already on the **home screen**, you can do plenty of things.

- 1 **Call**, call, call
- 2 Send **e-mails**
- 3 Listen to your fav **music**
- 4 Adapt the **settings** of your smartphone and all your apps
- 5 Beep! Beep! Set your **alarm clock** to get to school on time. Or track your best running lap with the **stopwatch!**
- 6 Take **pictures** and **selfies**
- 7 Plan all your **dates**
- 8 Send **texts** (even if that's soooo outdated!)
- 9 **Check the weather** for the next few days
- 10 **Write down** your thoughts and make list



Enough to keep you busy  
**for hours** 🕒

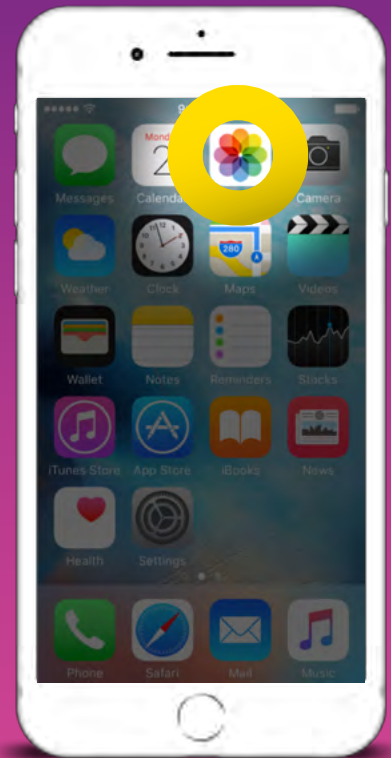
# Say cheese!

One of the most common features on your smartphone is taking pictures.

With **funny faces, selfies, teamies, in nice places...**  
All with a **top-notch camera!**

And since normal is plain and boring, you can also edit your pix. Here's how:

- 1 Click on **'Pictures'** on your home screen and choose the picture you want to edit.
- 2 If you click **'Edit'**, you will see the options.



## SnipSnipSnip

Did you make the perfect selfie but is there someone in the picture making an ugly face? Or don't you want everyone to know you took that super cool picture in your gran's bathroom? Then you can cut off the part of the picture you don't want others to see.



## #nofilter?

Make your picture look like it was made by a top photographer with all kinds of filters: blue light, soft colours, black and white ... you name it!



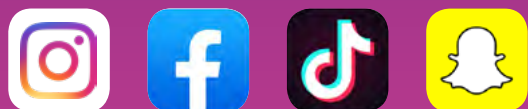
## Pimp it up!

Many smartphones even have a function that does all the work for you! Click this button and your picture will look better than ever before. Easy peasy! 😊



# Let's go crazy!

Of course, your picture doesn't always have to look perfect... a crazy look is what you're after! **Facebook**, **Instagram**, **TikTok** and **Snapchat** all have filters, stickers and emojis to boost your selfies.

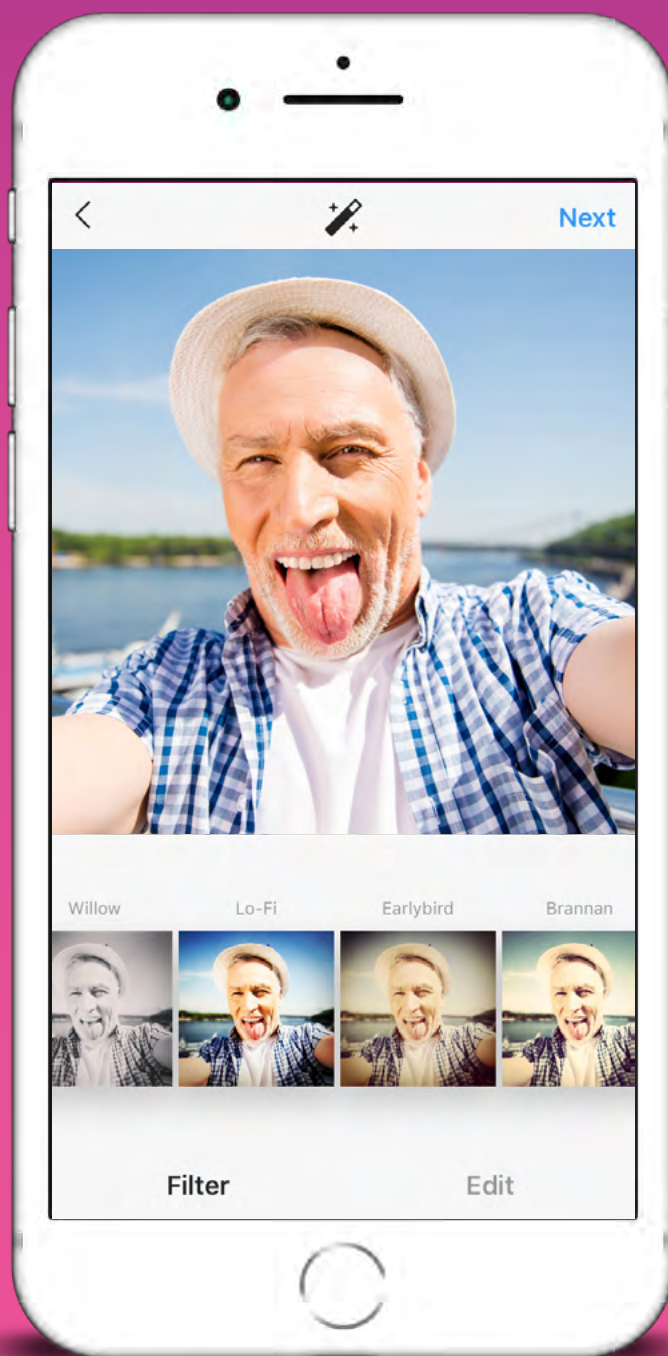


In for something different? There are also loads of **apps to edit your pix**. Always check that the apps are free. And whether they don't try to steal your data.



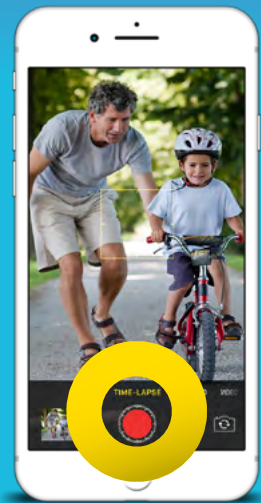
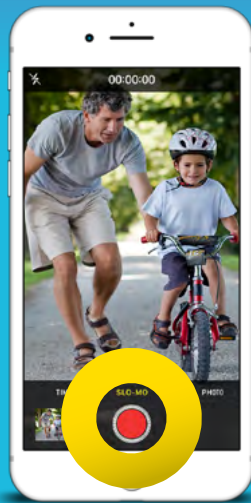
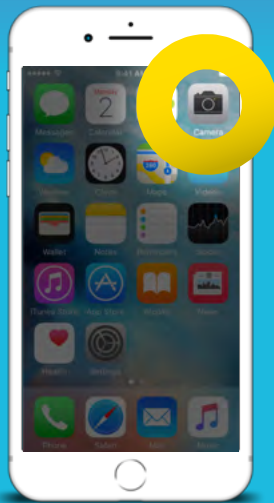
## #nofilter!

If you can download an app, so can someone else. So everyone you see on social media can use a doggie filter, but also photoshop the perfect skin or a fit body. Nothing wrong with that, of course. But keep in mind: if these pictures make you feel somewhat insecure... You're super fun and fit as you are. **#nofilter**. No need to compare!



# Lights, camera, action!

Okay, you've got your pictures covered! **But what about video?** Making **videos** using a smartphone or tablet is also **very easy!** And then you share them with all your besties, of course. 🙌



## Video

Go to your **camera app** and click '**Video**'. Now you can choose whether to film what's in front of your camera, or turn the camera around to film yourself. Ready to start shooting? Then press the button and get to work!

## Slowmotion

Are you going to do a **spectacular stunt**, or do you want to walk into the room like Beyoncé? Then you need '**slow motion**'! Press slow motion and start recording. While you're recording, everything looks normal but when you play the video, you'll see the image is in slo-mo.

## Time-lapse

Do you want to do the **opposite**, make time go faster? For instance, to show how hard you've been training for a trick shot? Install your smartphone somewhere stable and click **Time-lapse**. Then you can make an 'accelerated' video that records for a long time. Give it a try!

### Tips for super cool videos

- **Speak loud and clear**, so your viewers can hear what you have to say – or sing away.
- Are you filming yourself? **Then make sure the sun isn't in your back.** Unless you want to look like a shadow, of course!
- It's best to keep your smartphone **horizontally**. That makes the images nicer and easier to watch. You don't watch a movie vertically, do ya!?

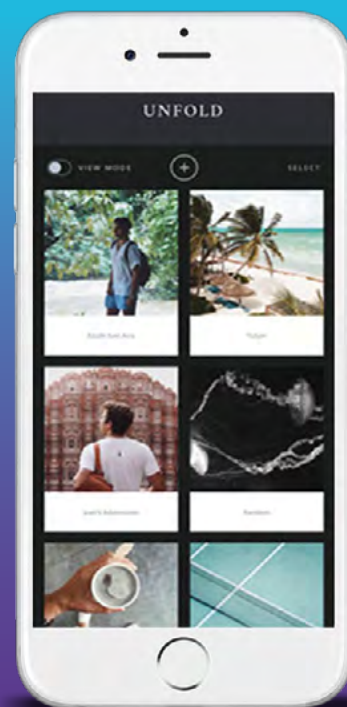
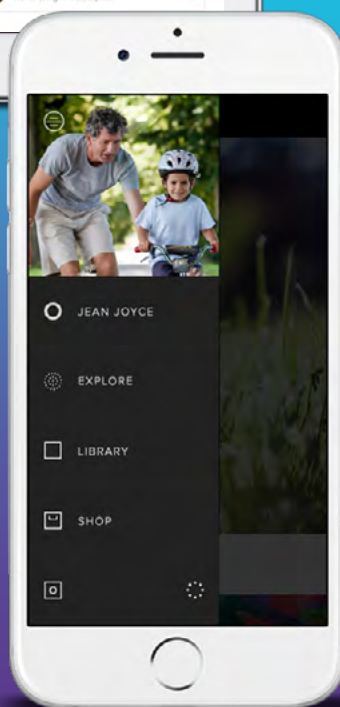
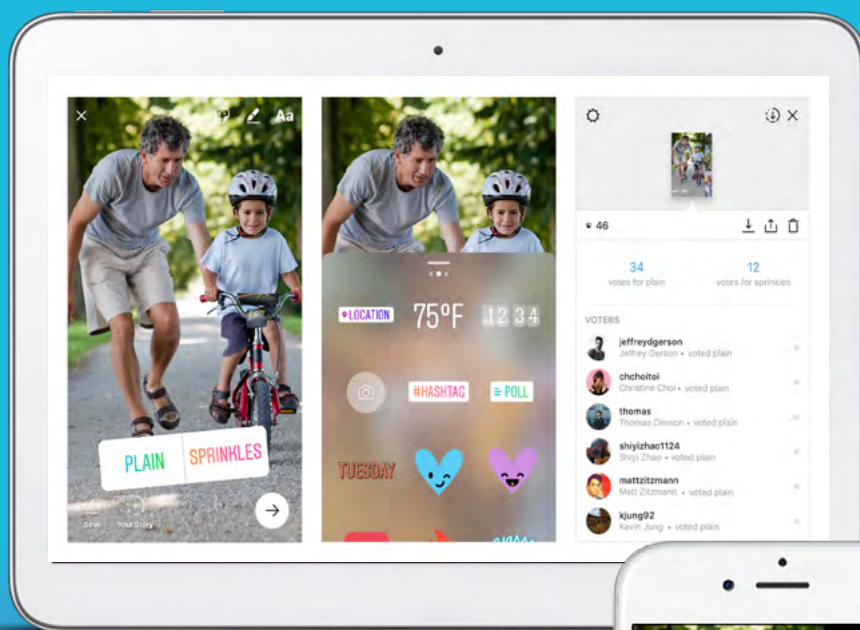




# Video apps and videos in apps

You can also record **videos on a lot of social media apps themselves**. You don't even have to go to the camera app. Often you can also add **filters, stickers** and **emojis**.

As for photos, there are also special apps for videos, which help you to **make better recordings and even edit your video**. Think **VSCO**, **Unfold**...

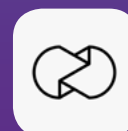


## Special FX

Sometimes you see videos with **super cool effects** that seem very complicated. But that's not always the case! Try looking for **'Camera Effects'** or **'Smartphone Video Hacks'** on **YouTube** and you'll learn how to create wow videos.



VSCO



Unfold

# Space for the WizzKids

## A forewarned kid ...

... is a forearmed kid!

Whatever method you choose, **always be careful how you share pictures and which ones you share**. Just use your common sense, really:

- Never post pictures of people who **haven't given you their permission**.
- Never put **shocking pictures** online.
- Always bear in mind that your photos can be distributed.
- If someone else took the picture, **make sure it's okay** for you to share it under your own name.

[and... **the same goes for videos!**]

### Whatever you say goes

**Only make videos you like and feel comfortable with.** Is someone pressuring you to film yourself or are you being challenged to do something that scares you? Always tell someone you trust!

### Tip:

Before you share anything, ask yourself if you'd show it to your grandma or grandpa. If the answer's yes, don't hesitate because #sharingiscaring. If you're having second thoughts, then leave it...





# Can you diggit? Yes, you can!



proximus