

# Video calling

This is a great way to talk to friends and family – imagine a phone call but you can also see the person you're talking to as well as hearing them. Video calling is particularly useful if you can't visit someone, or they can't visit you and is an easy way to stay connected and keep isolation at bay.

What you will need:

- a device (such as a phone, tablet or computer)
- An internet connection (either Wifi or 3G/4G on a phone).
- A camera (all phones have them built in and a lot of computers do too)

There are lots of easy to use 'apps' (short for applications) which you can use to start a video call. In the same way you use a telephone to make a call, you use an 'app' to make a video call. Some devices have video calling already set up whereas others will need to be installed.



## FaceTime

If you're using an iPad or an iPhone, 'FaceTime' will already be installed. Click on the symbol that looks like a projector in a green box. First, make sure the person you're calling also has an iPad or iPhone. Then find 'contacts' and add the person you want to call to your contacts list. Once this person is a contact there will be an option to use 'FaceTime'. Click the symbol and the video call will start!

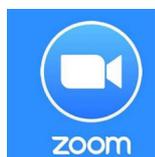


## WhatsApp

Another popular way to video call is by using 'WhatsApp'. This only works on your phone and you will need to set up this app before you can use it properly. You will also need to make sure you have added the person you want to video call to your phone's contacts list. Once you have done this it is easy to use. Open the app, click the calls tab and click on the magnifying glass. Search for the person you want to call (like a phone directory). There will be a film projector icon next to their name if they also have WhatsApp on their phone. Click on this and the video call commences.



## Skype and Zoom



You can also use video calling through apps such as 'Skype', 'Teams' and 'Zoom' which are often used on a computer. You can download these apps from their websites but also use them via an internet browser such as Google Chrome. It often works best if someone else sends you an invite 'link'. Once you click on the link you should have the option of using the app (if installed) or joining the video call from your web browser.

# Checklist ✓ X

Follow our simple Do and Don't checklist

## Do

- *Think about if you need any pre-installed software.*
- *Check to see you have the equipment you need.*
- *Move closer to the Wifi router to get a stronger signal.*
- *Ask for help if you need support.*
- *Consider buying or using a specific device that is focussed on video calling only.*

## Don't

- *Rush! Give yourself plenty of time to familiarise yourself with video calling.*
- *Make it too complicated – try the easiest approach first. Keep it simple if you can.*
- *Give up, if you can ask for help...ask!*
- *Worry – you will not be able to break anything – if something goes wrong it's probably technical not you!*