Did you know you don't even need a computer to get online? There are learning centres, libraries and many other locations all over Scotland where people can help you get connected.

Call 0300 004 1000° and a

friendly adviser will tell you where you can get help near you.

Or, if you're already online and want more information, visit www.letsgeton.scot and you can go straight to our national database and see for yourself what's available around the country.



"Getting set up with an email account made it easier to manage all the jobs I've got on."



The first step in getting online is to call

0300 004 1000*

and a friendly adviser will tell you where you can get help near you.

If you know someone who would benefit from information about how to get online, visit www.letsgeton.scot



How getting online can help YOU in life.





*Calls are free with UK landlines and most mobile provider packages. Some mobile providers may charge at local rates. Please check with your provider.



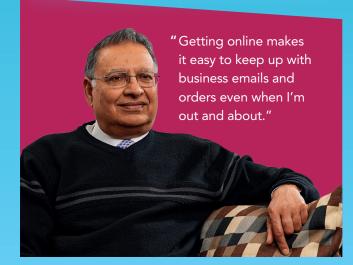




There are lots of ways that the internet can be helpful in life, no matter what age you are, where you're from, or what you do. Getting online makes it easier to keep in touch with friends and family, find the latest shopping deals, hear about events in your local area and much more – there's sure to be something to interest you.

Entertainment made easy

Being online gives you access to more TV channels, videos and films that you can watch at a time to suit you. You can listen to music, view football fixtures and keep up to date with the latest celebrity stories – all at a touch of a button.



Looking for a job?

Your job hunting can be quicker, easier and wider online. Companies, job websites and local press all advertise positions online.

Staying in touch

Being online is a great way to keep in touch with friends and family. You can share photos, videos and messages with them instantly, no matter where they are.

Saving you time

Doing the food shop online can be a real help if you're busy juggling family and work. Delivery often costs less than a bus or taxi fare and leaves you free to get on with other things.

Saving you money

There are good deals to be had when you search and buy online – from big purchases like cars, holidays or furniture, to smaller everyday items. You can compare prices, find a bargain and can buy and sell second hand too.

Managing your bills

Being online is a great way to organise and keep track of your money. You can check your bank account safely anytime, helping you keep on top of things. Bills can even be a bit cheaper if you opt for paperless statements.

Getting a bit more know-how

Learning a new skill or finding more about your hobby is at the click of a button online. There are training courses and beginners' "how to" videos for every subject you can think of.

Opening up opportunities

Being online can make a huge positive difference to people with disabilities from specially adapted equipment to finding out more about where to get advice and support.

"I go online to manage my money. It's taken the stress out of paying utility bills."

