

If you or a member of your family need a click-start in computer basics, then this **6-hour** training course is ideal – and what's more, it's **free!**

During the sessions, you will spend **4 hours** learning how to use a computer as well as simple online transactions. You will also receive **2 hours** of training on a choice of options – such as an introduction to digital photography; using the internet for voice or video; and the use of Government and other public services online.

There will be a maximum of **8 students per class.**

To apply, contact  
Irish Congress of Trade Unions

**Fiona Elward**  
**01 - 884 7711**

or your relevant  
partner organisation

or email  
**benefit3@ictu.ie**

This training  
is supported by

**BenefIT 3**  
Dept. Communications  
Energy & Natural Resources

## PARTNER ORGANISATIONS



Organisation of National  
Ex-Servicemen and  
Women (O.N.E.)



Senior Citizens  
Parliament



Irish  
Bank Officials  
Association



PDFORRA



Disability Federation  
of Ireland



representing lone parent groups in ireland



PEOPLE'S COLLEGE  
For Continuing Education & Training

# IT-4-2-Day

Trade Unions Supporting Learning

## Alive and Clicking



Still don't know

your **mouse**

from your **windows?**

Then this course is

for **you!**

And it's **free!**

This training project is led by the **Irish Congress of Trade Unions** with the participation of a number of trade unions (though courses are open to members of all trade unions) and NGO partners.

STRONGER TOGETHER  
**CONGRESS**  
Irish Congress of Trade Unions

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To be eligible to attend one of these free courses you must tick one of the following:

✓ if you have **no** computer experience

**OR**

✓ if you have **not** used a computer in the last 12 months

In addition to the above, you must tick one of the following:

- ✓ Be unemployed
- ✓ Be without recognised formal education
- ✓ Have a disability
- ✓ Live alone
- ✓ Live in a rural area
- ✓ Be a single parent
- ✓ Be a member of the travelling community
- ✓ Be an ex-prisoner
- ✓ Be an immigrant
- ✓ Be over 55

COURSES WILL BE AVAILABLE IN:	
Donegal	Letterkenny
Galway	Galway City
Leitrim	Manorhamilton
Mayo	Castlebar Ballina
Sligo	Sligo Town
Dublin	Dublin 12 Dublin 1 Dublin 3
Carlow	Ballon
Kildare	Athy Leixlip Newbridge
Kilkenny	Kilkenny City
Longford	Longford
Louth	Dundalk Drogheda
Westmeath	Athlone Mullingar
Wicklow	Bray
Clare	Ennis
Cork	Cork City
Kerry	Caherciveen Killarney Tralee
Limerick	Limerick City
Waterford	Waterford City



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