

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 - 889 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



PRISON OFFICERS' ASSOCIATION



Senior Citizens Parliament



PDFORRA



representing lone parent groups in Ireland



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



Irish Bank Officials Association



Disability Federation of Ireland

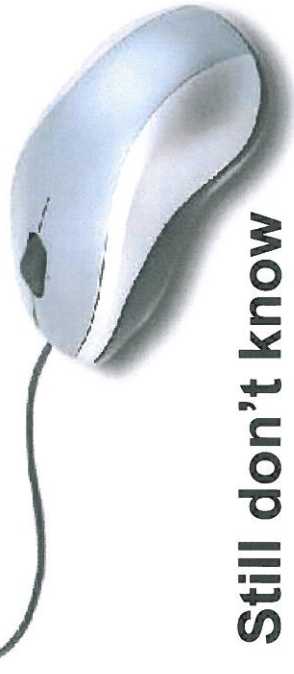


PEOPLE'S COLLEGE
Fora Coláiste Léinnreach & Tríúnaíoch

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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