



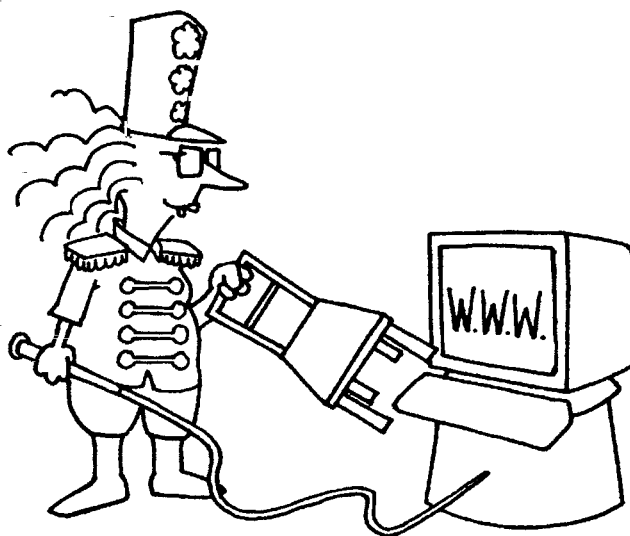
# Info-Link Sheet

## The Internet

### Women's Information and Referral Service

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



### What is the internet?...

*A vast global computer network which represents a revolutionary medium for accessing and sharing information!*

Demographically we're wired! Women are going on-line, and the numbers are increasing at a rapid pace.

Access to information and communication is what the Internet is about - and as such, the challenges and opportunities it can present for women are potentially enormous.

The Internet provides women with a quick and effective way to research and seek out information on various topics.

The Internet is an excellent medium for connecting older rural women who are isolated. It provides access to large amounts of information at a time and place to suit you.

The Internet enables you to:

- \* research information and library catalogues;
- \* communicate with friends,

- family and work colleagues;
- \* join special interest discussion groups;
- \* run a business or undertake study;
- \* read newspapers and magazines from all over the world;
- \* publish newsletters and articles;
- \* gain technical support for your computer; and
- \* shop online for products and services.

### Searching the net...

Searching for information on the Internet is not always easy. However, once you spend time on the web, you will begin to feel that there is no limit to the amount of information you can find. Search Engines are a great tool that help you track down information on the Web.

Some popular search engines are Yahoo! <[www.yahoo.com.au](http://www.yahoo.com.au)>, Web Wombat <[www.webwombat.com.au](http://www.webwombat.com.au)> and Altavista <[www.altavista.com](http://www.altavista.com)>.

Put simply, if you don't know an address for a specific topic, a search engine will help you find websites that cover the subject

you're looking for. You'll be offered a box to type in some key words - which might be 'body image' or 'transport'. The search engine will scan the web and offer you a list of sites to choose from.

### Networking

Email (which stands for electronic mail) is fast becoming the new way for people to communicate with one another. Using email enables you to send and receive messages anywhere in the world - it's a great way to keep in touch with family and friends!

Some websites such as: Yahoo! <[www.yahoo.com.au](http://www.yahoo.com.au)> and Hot Mail <[www.hotmail.com](http://www.hotmail.com)> provide free e-mail. All you need is a place to access your email such as your local library, school, internet cafe or your own home.

A few other sites you can check out are <[www.looksmart.com.au](http://www.looksmart.com.au)>, and <[www.netscape.net](http://www.netscape.net)>.



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## Assistance and Resources

*The NetworkingDog Workbook*  
[www.networkingdog.net.au](http://www.networkingdog.net.au)

*How to use the Internet*  
[www.qldwoman.qld.gov.au](http://www.qldwoman.qld.gov.au)

*How to find & buy your 1st computer* [www.tcn.net.au/html/first\\_computer.html](http://www.tcn.net.au/html/first_computer.html)

*Site Bytes* - a web and email address book that will help you collect and sort all those web and email addresses that you see and hear about each day.

Call the Tasmanian Community Network on (03) 6233 3336 for a copy.

*Seniors On-Line*  
[www.onlineseniors.net.au](http://www.onlineseniors.net.au)

*Older Women's Network*  
[www.zipworld.com.au/~ownnsw](http://www.zipworld.com.au/~ownnsw)

*Travel.Com*  
[www.travel.com.au](http://www.travel.com.au)

*On-line Women*  
[www.onlinewomen.looksmart.com.au](http://www.onlinewomen.looksmart.com.au)

*Senior Link*  
[www.seniorlink.com.au](http://www.seniorlink.com.au)

*Department for Women*  
[www.women.nsw.gov.au/home](http://www.women.nsw.gov.au/home)

### More Information:

*Women's Information and Referral Service (WIRS)* freecall 1800 817 227

WIRS is a free & confidential telephone service for all women in New South Wales and is part of the Department for Women. WIRS can help you find information that you,

your family or friends may need from anywhere in NSW from Monday to Friday between 9.00am and 5.00pm. If you ring after hours or on the weekend you can leave a message and someone will phone you back.

If you are deaf or hearing impaired you can contact WIRS on their TTY number 1800 673 304. For their translating and interpreting service call 131 450.

*This info-link sheet has been compiled by NSW Agriculture's Rural Women's Network as part of the Older Women Out There project. For more information contact the Rural Women's Network on Ph (02) 6391 3620, Fax (02) 6391 3650, Email <[allison.windus@agric.nsw.gov.au](mailto:allison.windus@agric.nsw.gov.au)>*

