

BE ENTERTAINED



Do you have a favourite song that puts you on a high or a TV show you hate to miss?

The internet lets you download or stream your favourite tracks and listen to radio shows that play your type of music, and you can even catch up with favourite TV shows you've missed.

"MY SHIFT WORK MEANS I USED TO MISS EASTENDERS ON A TUESDAY; NOW I CAN WATCH IT ON BBC IPLAYER."

Safety tip

If you're engaging in online dating always make sure you arrange to meet in a public place, have your mobile phone with you, and tell a friend where you're going. Visit www.explore.ee.co.uk/digital-living for more tips and advice.

Watch TV and films, anytime

On demand TV lets you catch your favourite show, even if you missed it when it was broadcast. The BBC, ITV and Channel 4 all let you watch programmes again online – even sports! And YouTube has millions of old and new clips, both professional and amateur - you can even share your own...

Taster

Watch great BBC programmes whenever you want to, thanks to the award-winning BBC i-Player www.bbc.co.uk/iplayer

On the go

Check out a 'Life of Brian' clip on www.youtube.com and have a laugh, wherever you are.

Music to your ears

Radio stations from all over the world are free to listen to online, and websites like Spotify act as bespoke radio stations, letting you select the music you listen to online by artist, era or genre. You can also expand your music collection by downloading tracks and albums through iTunes, or Napster and get great recommendations from others.

Taster

Try creating your own playlists for free at www.we7.com or www.grooveshark.com

On the go

Get a world of music in your pocket, and share playlists with friends. Stream music through your smartphone using the **Deezer** app.

Find love online

These days if you're on your own and finding it hard to meet people, there's a simple way to improve your chances of finding 'the one' – online dating. Browse pictures and descriptions and read the things that thousands of potential partners have to say about themselves, then exchange messages with those you like the look of.

Taster

Sign up to a dating site. To choose one, go to a search engine and type in dating, and have a look at the options. **Match.com** is popular.

On the go

Most major dating sites, such as **eHarmony**, have easy to use applications for your smartphone.