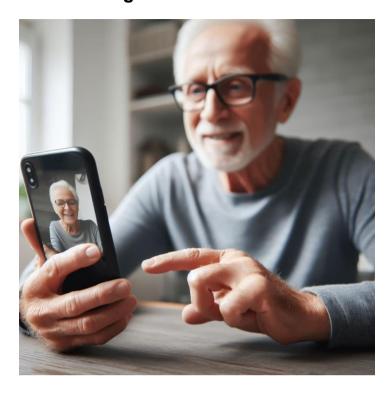# Video calling

Objectives:

- To create an online environment where participants can meet and engage in meaningful conversations.
- To promote dialogue and interaction

Description:

A video call is a way to communicate face-to-face with someone, regardless of their location. It is a meeting place and can be a way to meet friends and family remotely.

1. Select Communication Tools:

- Select a digital platform or tool to conduct your video call. Examples of such tools include Zoom, Skype, Microsoft Teams, Google Meet and FaceTime.

2. Planning (preparation before the video call):

- Decide on a time that suits both you and the person or group you will be talking to.
- Create an invitation or meeting arrangement on the chosen platform and share it with the participants.
- Check that you have the camera, microphone and speaker in good working order to ensure that your equipment is working properly.

3. Video call

- Open the selected video call tool.

- Click on the shared link or meeting arrangement to join the call.
- Wait for other participants to join
- Allow participants to communicate and converse with each other.

What's needed to conduct the activity:
- Participants with access to a computer, tablet or smartphone.
- A digital platform or a video call tool.
- An internet connection
- A camera and microphone (usually built into laptops or smartphones).
- Speakers or headphones
- An invitation to the call or a meeting link.

Video calling is a powerful tool to enable communication across distances and is used in a variety of contexts. It enables face-to-face interaction even when you are not physically present.

Time required:
The length of the call can vary from 5-30 minutes, possibly longer.

Alone or in a group:
This activity is carried out individually with the older person.