a. Links to include in the navigation bar:

There are five major links to be included in the navigation bar: home page, services, COVID-19 resources, contact us, and finally a site map. There are of course several reasons to be placed in the navigation bar. First and foremost, the home page is the one that includes the introduction, the about us, and some basic reasons why we build this LIFE website. A home page will obviously be the index.html since we want the user to first see the home page instead of any other pages or links, and the browser takes index.html as the entry point of all pages. This link should not have any too fancy texts or decorations for easier access to the user.

Secondly, services link should go right next to or under the home page tab on the navigation bar since it is what we provide to people after they start getting intrigued by our introduction. The services link will include all the services we will provide on the website, for example, Yoga tutorial, breathing techniques, etc. When the user hovers or clicks on the service link, the the service link should pop up a sub-section that contains all services or at least all categories of services provided by the website. This pop up window can help the user better locate where exactly they want to go without looking through all names of services. Of course there must be a view all services option inside the pop up window for the user to browse through all services if they wish to.

Thirdly, it is very important to include COVID-19 resources since our website is built upon the pandemic itself. Being a health related website, we certainly need to provide a list of resources people can get when they are in need of help. This COVID-19 resources link will take the user to a page that includes all sorts of sites that contain either COVID-19 related information or where to seek help for COVID-19 cases. Since this link it also relatively important and shows how much we care for our users. We put this link on the third priority on the navigation bar so the user can easily spot it without looking all over the website to find what they need urgently.

After all the health related pages, it comes to the organisation's/website's contact and information. Right after COVID-19 resources, contact us should immediately be seen if the use has any inquiries or questions to ask about the team or any health related topics. It is very important to interact with the user which is why we take all feedbacks from the user and answer their questions if they have any.

Then we can place the site map right after contact us. The site map is for the user who isn't particularly sure which page will contain the information they need. The site map link should include every link possible and all titles from all pages so the user can easily spot where they want to go in clear sight.

b. Contents to be placed in the main area:

The main content area in a health and wellbeing website can be categorised into two main parts, the information and the services. Information includes information about the website, the team, and health and wellbeing related topics. In our website, it would be introduction to our website, about us, and COVID-19 related information. Services can contain anything that the organisation/team provides to the user. As for our website, it will contain all sorts of tutorials and places/sites where people can seek help for COVID-19 related inquiries.

In the home page, there should immediately contain loads of information about the website. Being the first thing the user sees on the entire website, the page should contain the team logo, the introduction to the website/team, the reasons why the website is useful to people's life after the pandemic, and of course many picture and graphics for more visual to keep the audience entertained but not distracted. The introduction to the website acts like an opening speech to a stand up comedy, where a good start can keep audience and an uninteresting one can drive people away. The introduction should address why the website is created in the first place to let all viewers believe that this is an authentic website. After the website has constructed some trusts inside the audience's minds, it is time to convince them to use our services on the website to live a better life after the pandemic. In this section, the team is telling the user what sorts of services we provide and briefly explains why those services are good for people's health and wellbeing. The graphics on this page should help the user understand the information on this page, which can be anything related to COVID-19, the services, or the team. However, the pictures should not be overly placed all over the page leading the consumers distracted after a few minutes into the website.
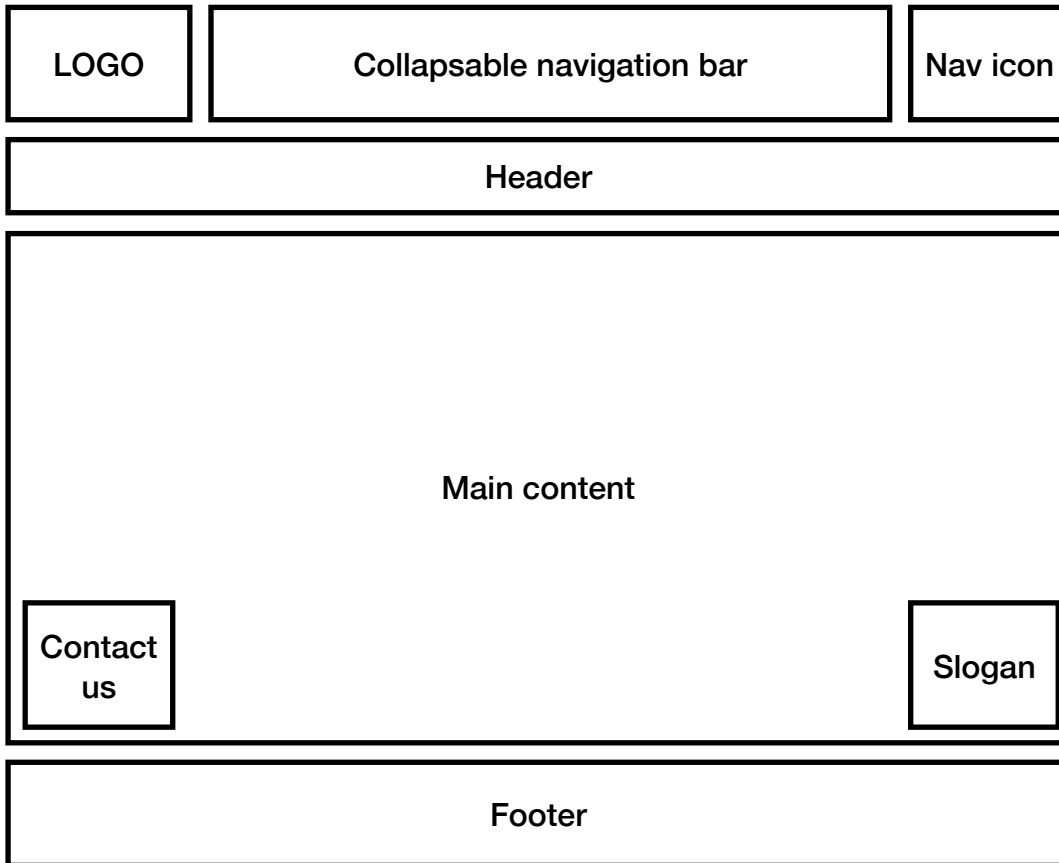
Moving on to the second tab on the navigation bar, services. After reading the brief introduction from the home page, the user should already have some senses about what services the website provides. However, we can't expect every user to be a good reader that has time or wants to read every word on the page. In case the user misses the abstract, the page still needs to include a very brief summary of purposes of each service we provide while not look completely repetitive. Under each service, there should be at least one video demonstration if it is a tutorial of a daily practice, for example, better breathing techniques, yoga tutorial, simple cardio at home workouts, etc. For other services like diet recommendations, there should be some kinds of graphics or photos to indicate what is being described in the content area, and the graphics should be informative rather than purely entertaining or distracting. In addition, the content on server page should be informative and boring while not being clustered with texts.

The next on the list is COVID-19 resources which also falls under the realm of information. This page is much more important than it sounds since it builds more credibility and liability for the website itself and the team. Apart from allowing the website to sound more reliable, the page should contain several very useful COVID-19 related sites or websites and informations. These COVID-19 related information can include the website of Victoria State Government Health and Human Services (dhhs.vic.gov.au/coronavirus), website of Australian Government Department of Health - Corona Virus Information and Statistics of COVID-19 cases(australia.gov.au). The sites to be included on the page of COVID-19 resources should have at least some information that is informing the public relevant to coronavirus. These resources can include daily updates of COVID-19 cases, the symptoms of COVID-19, how coronavirus is spread, how to best prevent getting coronavirus, an so much more. With all this huge amount of information being placed on one page, it is very important to show the link to each website along with a simple description of what the link is about to show the audience. Of course, without looking all bland and sketchy with only texts, images related to that website should be included near the description of corresponding website as well.

Then, the contact us form can also be very informative to certain users. The website can cover quite a bit to most of the users. However, it is extremely difficult to include all information related to COVID-19 and health in one single website. Hence, this contact us form has mainly two purposes. One of the main purposes is allowing the user to give us feedback on the website. These feedback could be our misleading information, our website usability design, repetitive typos, etc. The other purpose of this contact us form is answering questions. Some user may have really specific inquiries that is not explained in detailed anywhere on the website, and they might reach out to the team and look for answers. It is necessary to ask for user's name, email, and inquiry details for us to reach out to them. On this form page, there should not be too much decorated spaces, and it is the best to keep the page clean and useful to make sure the webpage doesn't disturb the user's train of thoughts.

Last but to least, the site map should include most if not all sections and links to all information that is included in the website. All these section titles should be listed as links that take the user directly to that corresponding section on the webpage. It is important to categorise all the links in a way that makes sense to most users. In order to create a better usage experience, it is suggested to open a new browser tab when clicking on every link in the site map, in case the user wishes to look for other sections of information from the site map. On this specific website, some related pictures are allowed to decorate the area for the user to browse without absolute borden. Seeing links with pictures also gives the user a clear idea what those links is about to show, and prevents the page being so crowed with pure texts.

c.

| LOGO | Collapsable navigation bar | Nav icon |

| Header |

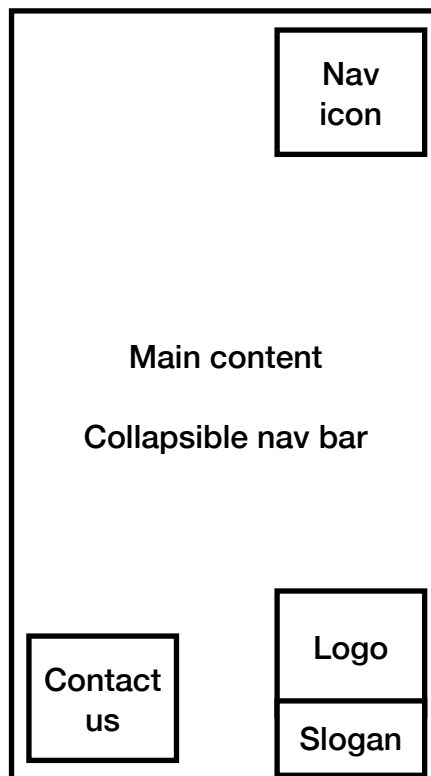| Main content |
| Contact us | | Slogan |

| Footer |

      An alternative layout is suggested as the above. This layout allows a big area for main content. The purpose of saving such wide space for main content is to make sure that other elements do not confuse or distract the user, and to more efficiently focus on the actual content on the page. The navigation bar is also suggested to be collapsable for cleaner view of the page. However, this may require the user to look through all elements and find the navigation icon before finding what they need, which is the trade-off for a clean view.

      Inside main content, a contact us is always visible for easier access for the user in case the page goes wrong and/or the navigation goes off, leaving the user nowhere to go but close the website without notifying the team in any way. The navigation bar is moved to the top, making the space for main content wider, and creating less problems when trying to make the website responsive to all screen sizes including mobile phones.

      This layout can be really easily extended and edited since there's not many elements clustered anywhere on the window. All sizes can be adjusted accordion to the client's needs and the number of elements can also be simply changed if the client wishes.

      In order to create a responsive website that6 can be easily used on devices with different screen sizes, the following is a suggested layout for a mobile screen.

```
┌─────────────────────────────┐
│                 ┌─────────┐ │
│                 │  Nav    │ │
│                 │  icon   │ │
│                 └─────────┘ │
│                             │
│       Main content          │
│                             │
│     Collapsible nav bar     │
│                             │
│              ┌─────────┐    │
│              │  Logo   │    │
│  ┌────────┐  ├─────────┤    │
│  │Contact │  │ Slogan  │    │
│  │  us    │  └─────────┘    │
│  └────────┘                 │
└─────────────────────────────┘
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This layout has effectively shrinked all sizes of icons and makes sure the main content part is clearly focused. Logo and slogan is moved to the bottom for a better view on a mobile device. The navigation bar, when expanded, should cover the entire page with low opacity. This method can prevent fat finger error and allow the user to be more certain on what they are about to click on. The opacity of navigation bar simply allows the user to see through the navigation bar and still see the content without them needing to collapse the navigation bar to see what they were originally looking at.

d. Four ways to make the website more accessible:

To make our website more accessible, we need to consider people who may have difficulty receiving the information on our website. These considerations should include visual disabilities, hearing, disabilities, lexical disabilities, and elderly people.

To make the website more accessible to people with completely loss of vision, it is the best to include descriptions of any informational images in the alt property of the img tag on the HTML5 document. This simple action will allow the browser to read out the alt for people with no visual ability when the information of that image is crucial to the page content. It is very important that the alt property include actual information of that image rather just some random title of an image like "my-computer.jepg". As for people who have some visual ability but low vision, there are other ways to make this site more accessible for them. To better enhance the content of the website, it is suggested to avoid similar colours for texts and background. It is also recommended to have reasonable size of all fonts, preventing the need to use a magnifying glass on the browser.

For severe hearing disabilities, it is the best to just have a transcript or at least a summary of the video or audio that provides critical information to the website. However, the transcript or summary should not be always visible on the site but collapsable and clear labeled, allowing people who don't need it can skip redundant texts after the video while making sure disabled people are taken care of.

For those with low cognitive or lexical access, including brain injuries, learning disabilities, attention disabilities, problem solving disabilities, etc., There are also methods to make our website more accessible to them. For people with memory issues, it is always plausible to break gigantic blocks of texts into smaller paragraphs. This is to make sure they don't need to remember a whole lot before taking a break of some notes, and to allow them to pick up where they left off with ease. For problem-solving related disabilities, we should always implement clear instruction on any error they may have made. These instructions should also be listed step-by-step, with less fancy words for their better understanding of what to do to achieve their purpose of using this site. Lastly, for people with short attention-span, a simple way to make the sit more accessible to them is using different colours or fonts to emphasise on important information and to avoid using too many graphics on the page to prevent distractions.