

HOW TO NAVIGATE THE TRAINING MATERIAL?

Introduction

In the following guide we outline the main structure of the training material. You will read about its main sections and get guidance about the meaning of the images used and the most important steps on how to operate the training material. If you are new to a computer we strongly recommend you read through this guide and also start by reading the module: Computer and Internet.

Top

This contains the navigation bar, which can be accessed in two ways: either by the official website of the mindwellness project: www.mindwellness.eu then find training material or directly via: <http://www.netcall36.hu/mindwell/> . The navigation bar of the homepage looks like this:




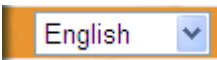
The navigation bar consists of:



Logo : This is the official logo of the mindwellness project and is static on each page.



This contains the logo of the project and the navigation bar, which tells you which main topic you are at.

Other icons and buttons on the top bar:

-  home: go back to the opening page of the training material (www.netcall36.hu/mindwell/)
-  dropdown menu for choosing your language. Press the arrow and you will see the list of languages. Doubleclick on the language you wish to use. Languages:



- **Test your cognitive fitness:** This is an online test where you can see how fit your brain is

- **Online games:** scientifically designed games that give you the opportunity to exercise your brain within the three main cognitive areas: memory, inductive reasoning, speed of processing.
- **Masthead:** This is a list of the contributors to this training materials and the list of references used
- **Sitemap:** Here you can have an overview on the main contents of the material
-  enlarge/reduce size of letters
You can also enlarge size by using the menu point “view” on your explorer
-  print page

Left-hand margin

This area mostly features the modules which summarize the main factors that can influence your cognitive competences.

The modules include chapters on *Computer and Internet; Languages and Travel; Social Networks; Healthy Nutrition; Physical Fitness; Senses; Memory; Inductive Reasoning; Speed of Processing.*

More information on the contents is in: *Introduction to Modules*

If you click on the title of the module you will get an introductory page of the given menu. It contains the main topics covered within the module.

You can then navigate in two ways: you can choose the topic you are most interested in within the module and clicking on it the system will jump to this place

or

you can press the arrows at the bottom of the page and view the material as a book, turning pages



turn the page (forward)



turn the page (backward)

Central portion

The central portion contains a section containing the required piece of the training material

Footer

This is common to all www.netcall36.hu/mindwell pages. If you click on www.mindwellness.eu on the right hand side of the footer it will lead you back to the main mindwellness page.

Where am I?

The current page is identified by its name at the top, along with the name of the section, subsection... in which it is located.

Also, there as a constant guide is the [sitemap](#), to be found on the top panel.

Technical recommendations

- Minimal system requirements :

Active Internet connection

recommended explorers : MS Internet Explorer, Mozilla Firefox, Google Chrome, Safari

Adobe Flash Player 10