



Your  
Mobile

# Using your mobile phone



Easy  
English

accan



## You can get help with this book

To help you understand this book you can talk to

- a friend
- a family member
- a support person.



They can also help you find more information.



## Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **red**
- we write what the hard word means.



## About this book

This book is about how to use your mobile phone.

Some people use their mobile phones to connect to the internet.

Some people use their mobile phones to make calls and send texts.

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## Data and internet use

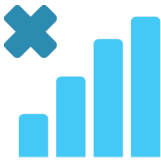
Check how much **data** you are using on your mobile phone.

**Data** lets you use your mobile phone to

- browse the internet
- get and send emails
- get and send picture messages
- watch online videos.



It is important to know how much data is included in your mobile phone plan.



## How much data do I need?

Your mobile phone uses data when you go on the internet without connecting to Wi-Fi.

You need to choose a mobile phone plan that includes enough data so you don't run out.

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You might use a lot of data if you use your mobile phone to



- watch movies
- watch TV shows
- play online games
- talk on Skype.



If you use a lot of data look for mobile phone plans that will give you at least 15 GB of data each month.



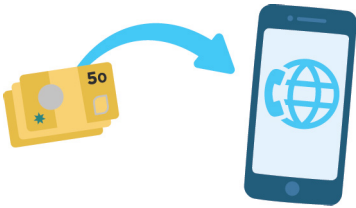
You might use a lot of data if you use your mobile phone to

- read the news
- check your emails
- check your social media.



If you only use a little bit of data look for phone plans that will give you around 3 GB of data each month.





Your **telco** can help you track your data use.

A **telco** is the company that you pay for your mobile phone. Some telcos are

- Telstra
- Optus
- Vodafone.



Your telco might have an app to help you with your data use. You can download your telco's app from the

- Google Play Store
- Apple App Store.
- Vodafone.



The app should tell you

- how much data you have used
- how much data you have left.

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If you are on a **postpaid plan** your telco will send you text messages about your data. They will text you when you have used



- 50% of your data
- 85% of your data
- 100% of your data.



A **postpaid plan** means you pay your telco **after** you have used your mobile phone to



- make calls
- send texts
- use data.



If you use more data than what is included in your plan you will have to pay for it.

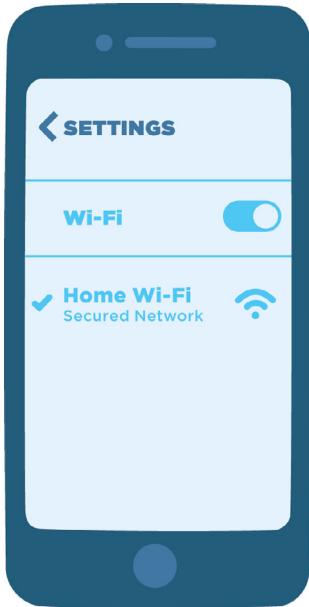


If you use lots of data you might think about getting a new plan with more data.

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## How to use less data

If you have the internet at home you can connect your mobile phone to your home Wi-Fi. You can do this through your phone's settings menu.



You can change other settings to use less data. You can change your phone's settings so that updates and downloads only happen when you are connected to Wi-Fi.



To use less data you could download videos on Wi-Fi to watch later. You can download videos on

- Netflix
- YouTube Premium.

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## How to find the right plan?



Make sure the telco has **coverage** in the areas where you will often use your phone. This might be where



- you live
- you work
- you go to school.



**Coverage** means areas where your phone will work so you can make calls or send texts.



You can check coverage maps on telcos' websites.



You can also tell the telco sales person where you need coverage.



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## Need help with technology?



If you have a disability or need help using the internet, the Accessible Telecoms project can help you.



Visit their website  
[accessibletelecoms.org.au](https://accessibletelecoms.org.au)  
or call 1800 029 904

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## More Information



For more information  
contact ACCAN



Call  
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Fax  
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Website  
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Email  
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