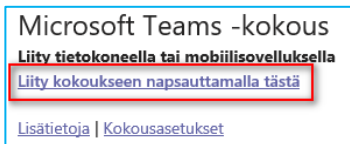


Instructions for clients on participating in remote family training

In order to participate, you need either a computer or a smartphone and an updated Microsoft Edge or Chrome browser (if you have neither, one must be installed from the phone's application store). Microsoft does not support video connection on other browsers. Follow the instructions below, in order to take part in a meeting.

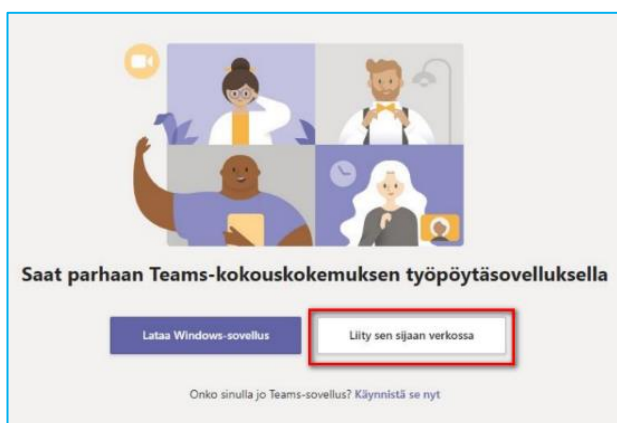
1. Enrol in the family training via Soite's digital services. Check your e-mail.
2. Before the day of the training, you will receive an e-mail with a Teams-link for participating in the training.



3. You can choose if you participate in the training via a browser or via a Teams app. When the link has opened via a browser, you will see a suggestion about downloading the Teams app. Choose "Liity sen sijaan verkossa" (join on the web instead).

If you already have a Teams app, you can of course use it if you like.

Please note! If you have Microsoft Teams, the meeting opens via the account you already have, and your name is shown in the same form as usual. If you do not want others to see your Teams profile/your full name, please use a device on which you are not logged on to Teams.

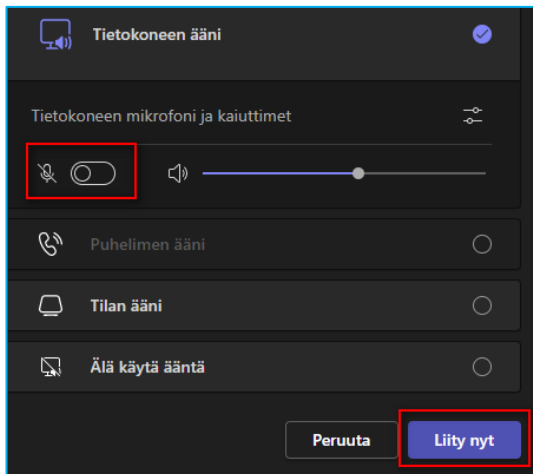


4. Type in the names or the initials for the persons participating in the family training.

5. Join the meeting (liity kokoukseen) and wait to come in/to be accepted. If the connection stops working, join the meeting again.

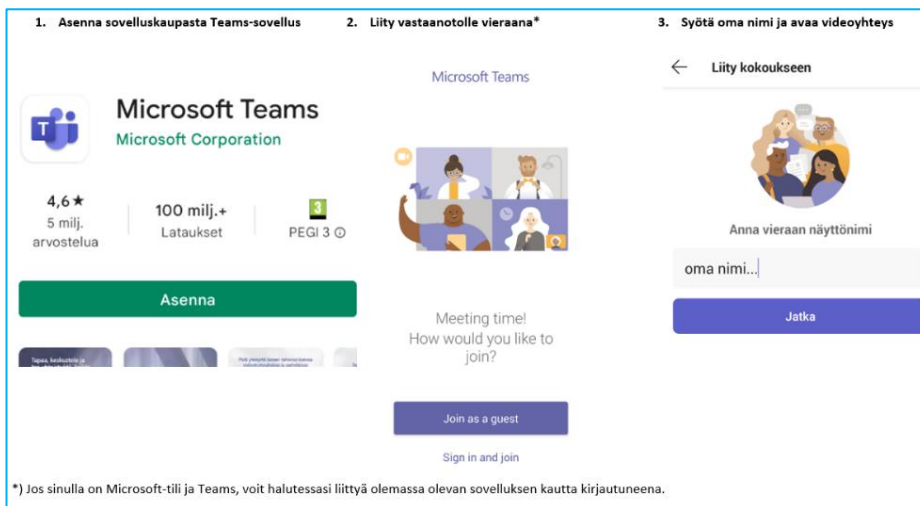
At this point, you may already mute (mykistää) your microphone. If you like, you may use the camera during the training.

During the training, you may ask questions via the chat or by unmuting your own microphone.



Joining Teams by phone

(the pictures have been taken from the Google Play app store that can be found on Android phones. The App Store on iPhones looks almost identical, however.)



Welcome! Please arrive in time.