**Card 1:** This is an exercise for familiarizing with the search of Facebook pages and groups useful for supporting informal carers in their country. Fill in the cards with national Facebook groups and pages and give one card (for each category) to each participant. Then, ask them to follow the instructions inside. Remember that you can print as many cards as you need on the base of the number of participants:

GO TO THE FACEBOOK PAGE

………………………….   
useful for supporting informal carers

 

GO TO THE FACEBOOK GROUP

………………………….   
useful for supporting informal carers

 

**Card 2:** This is an exercise for familiarizing with the search of health-related national Facebook pages. Fill in the cards with health-related national Facebook pages and give one card to each participant. Then, ask them to follow the instructions inside. Remember that you can print as many cards as you need on the base of the number of participants:

 

 

 

GO TO THE HEALTH-RELATED FACEBOOK PAGE

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GO TO THE HEALTH-RELATED FACEBOOK PAGE

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GO TO THE HEALTH-RELATED FACEBOOK PAGE

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GO TO THE HEALTH RELATED FACEBOOK PAGE

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