To download QuickTime - The lol4life stress free guide with pretty pics

1) Go to
http://www.apple.com/downloads/
for a free download.

2) For PCs Click on

(Apple Macs should have it installed already)

3) On the next page that comes up select QuickTime with the green button
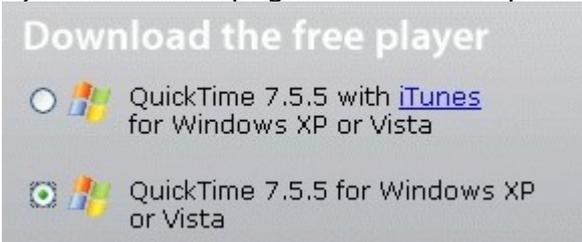
4) A little box pops up

Click on the **Save File** box
(the one that is not highlighted - it won't let me highlight it and take a picture at the same time)

5) Your normal screen save prompt will appear on your screen. Save to your desktop or the file you keep your programs in. You need to be able to find it after saving so don't just save it anywhere. If you have a slow download speed go and have a cup of tea at this point.

To install QuickTime - The lol4life stress free guide with pretty pics

1) Finish cup of tea.

2) Go to your desktop or wherever you saved QuickTime.
Find the QuickTime icon that looks something like

and double click on it.

3) This box will pop up (it should have slightly different text in the line starting *From:*)

and click on **Run**

4) If you have had QuickTime in the past you will get something like

Otherwise it will just ask you if you want to *Install*. Click on any options to **Run** or **Next** that pop up. Likewise agree to conditions of use.

5) To finish you will get this box. Click on **Finish**.
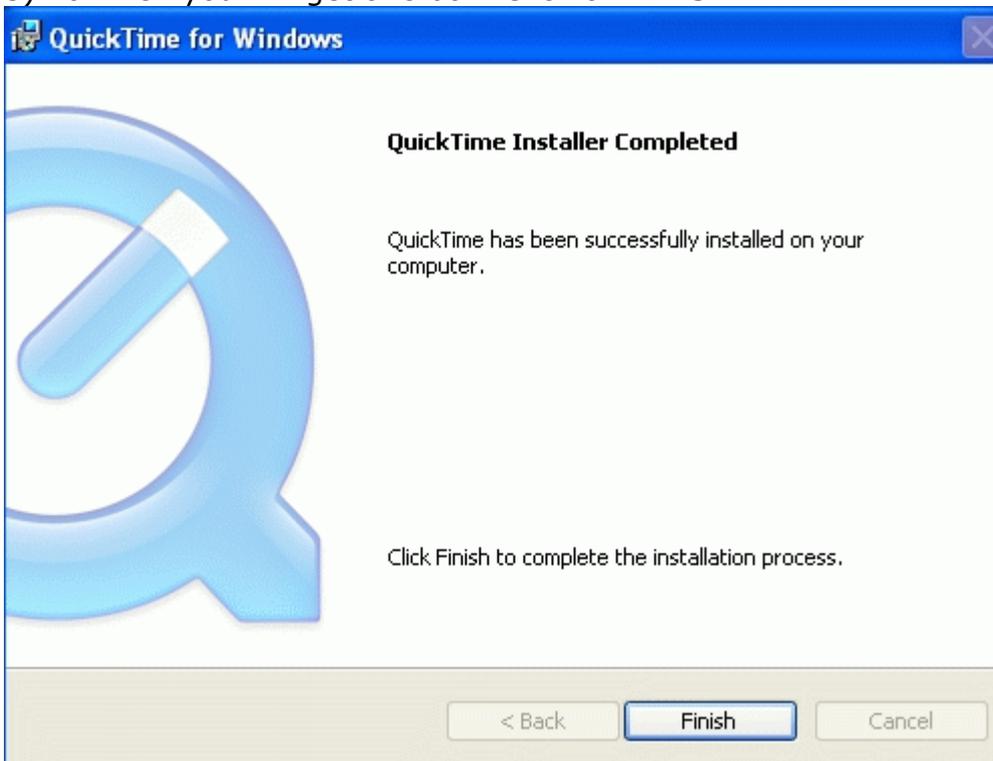
Emit loud hurrah and pat self on back.

6) Check you can see a video or audio file on my site. Cheer loudly!   © Sarah Hackett 2008