

# INSTRUKCJA DO SESJI ON-LINE Z NASTOLATKAMI

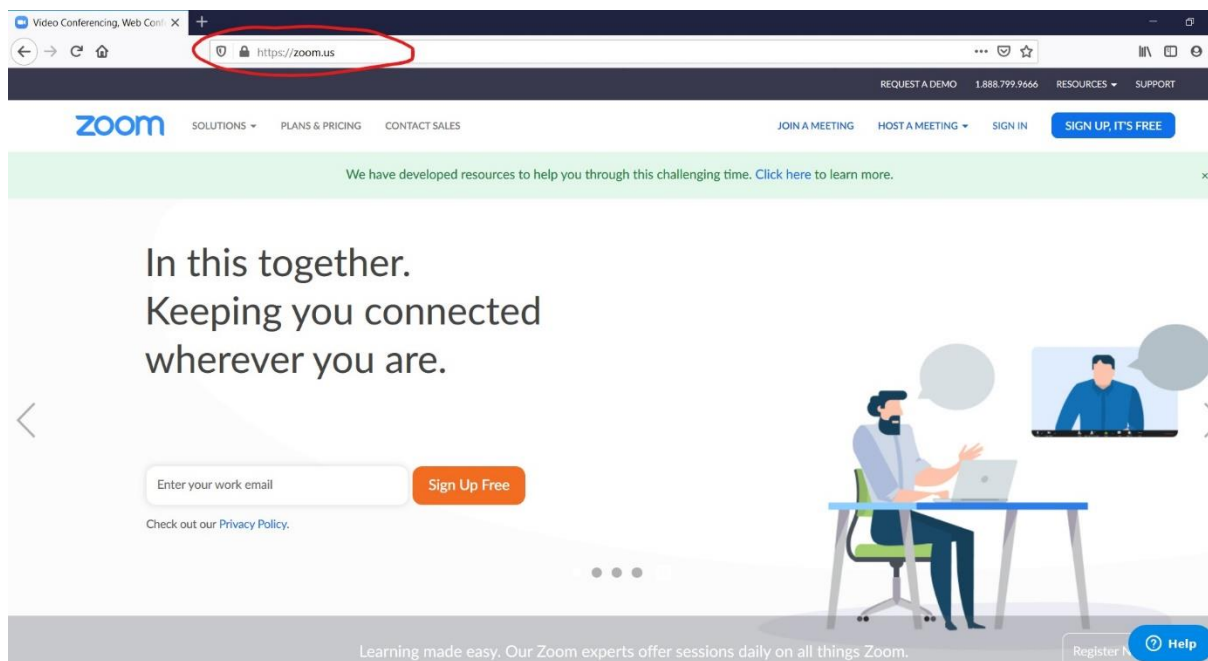
## Instrukcja instalacji programu Zoom na komputerze i laptopie

Szanowni Państwo,

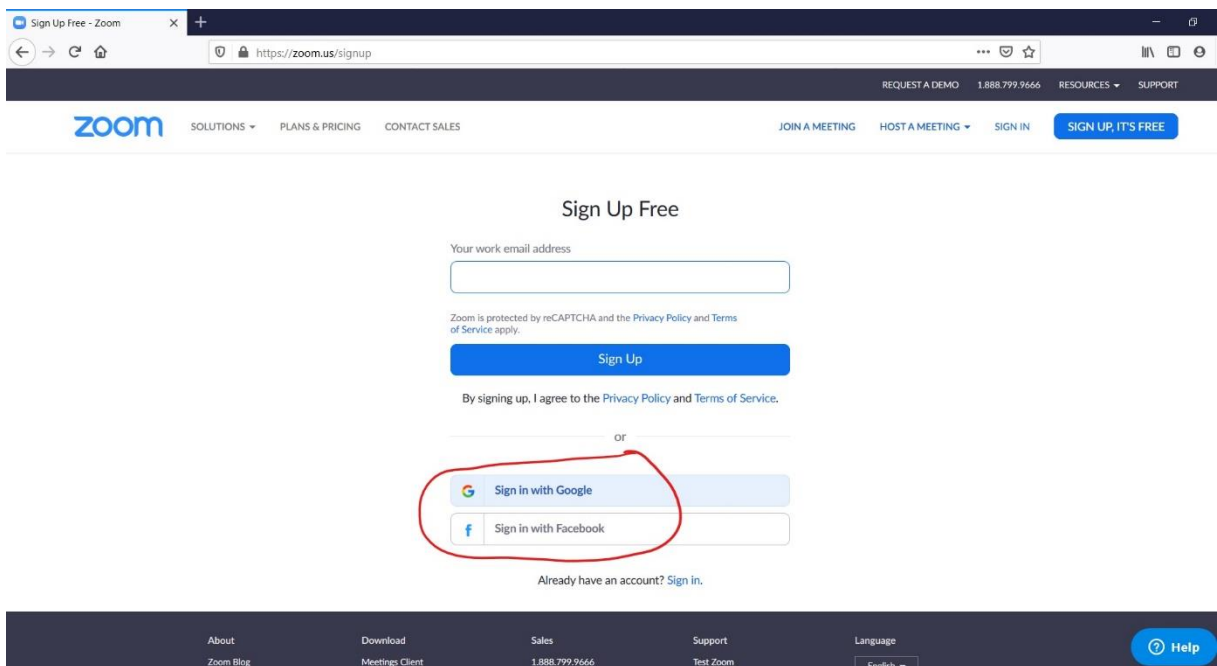
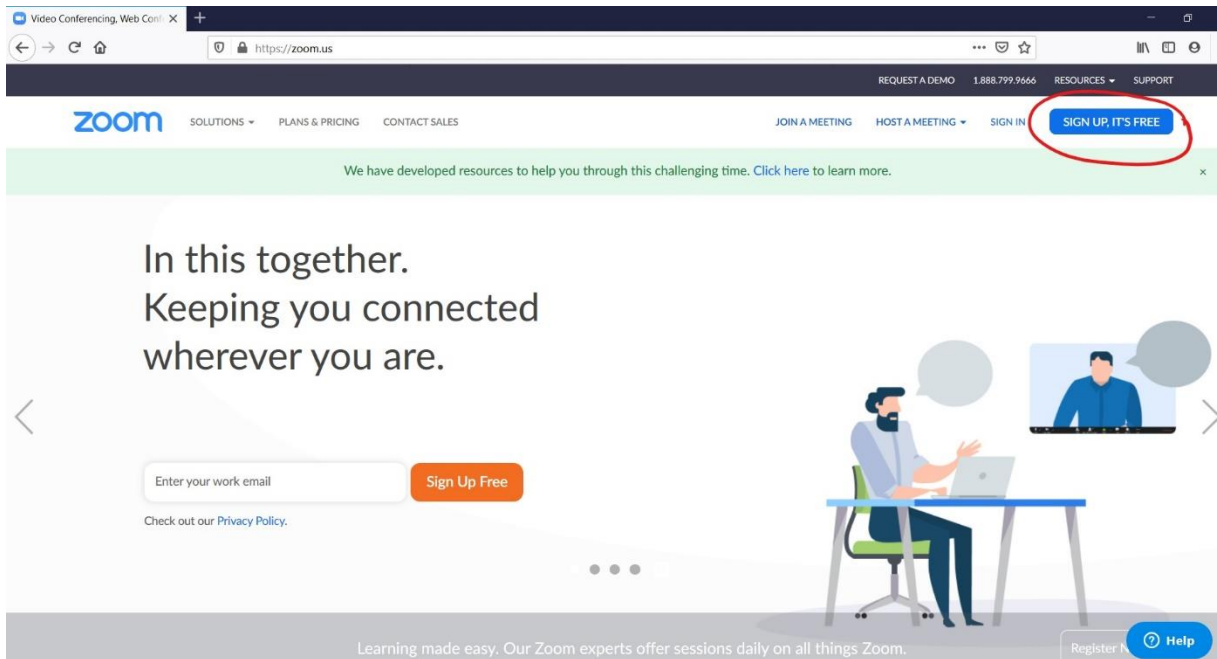
ponieważ w trakcie sesji z młodzieżą wspólnie wykonujemy notatki uprzejmie proszę o zainstalowanie programu umożliwiającego jednoczesną rozmowę (audio+video) oraz wykonywanie notatek na tablicy.

Instrukcja instalacji krok po kroku.

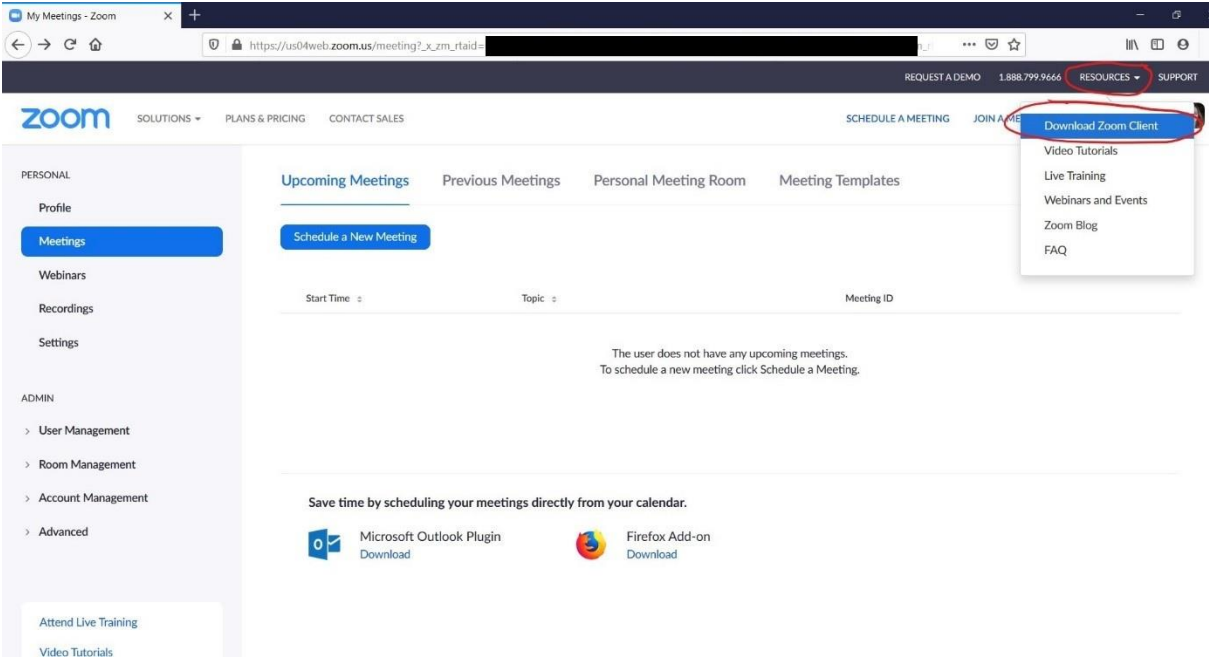
### 1. Wchodzimy na stronę [www.zoom.us](https://www.zoom.us)



2. Zapisujemy się **BEZPŁATNIE** np. z użyciem konta Google, Facebook lub innego własnego adresu mailowego.

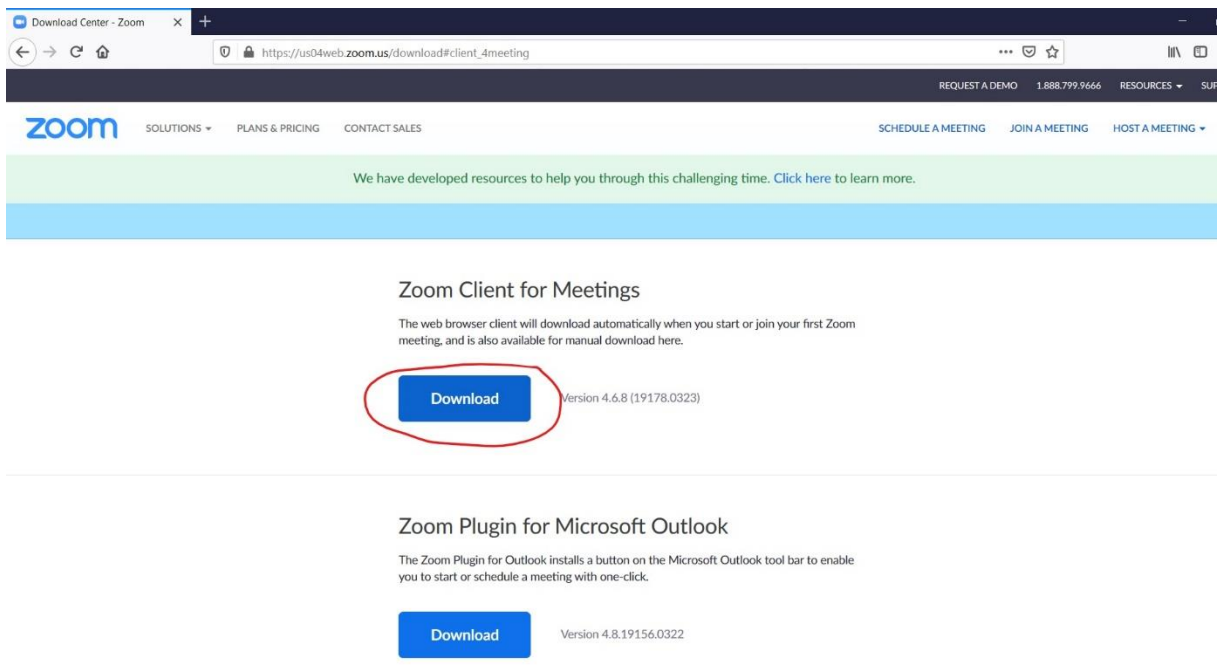


### 3. Z zakładki **RESOURCES** wybieramy **DOWNLOAD ZOOM CLIENT**



The screenshot shows the Zoom web interface. The browser address bar displays the URL: [https://us04web.zoom.us/meeting?x\\_zm\\_rtaid=](https://us04web.zoom.us/meeting?x_zm_rtaid=). The top navigation bar includes links for **REQUEST A DEMO**, **1.888.799.9666**, **RESOURCES** (highlighted with a red circle), and **SUPPORT**. Below the navigation bar, the Zoom logo is followed by **SOLUTIONS**, **PLANS & PRICING**, and **CONTACT SALES**. On the right side of the header, there are links for **SCHEDULE A MEETING** and **JOIN A MEETING**, with **Download Zoom Client** highlighted in a blue box. A dropdown menu is open under **RESOURCES**, listing **Video Tutorials**, **Live Training**, **Webinars and Events**, **Zoom Blog**, and **FAQ**. The main content area is titled **Upcoming Meetings** and features a **Schedule a New Meeting** button. Below this, there is a table with columns for **Start Time**, **Topic**, and **Meeting ID**. A message states: "The user does not have any upcoming meetings. To schedule a new meeting click Schedule a Meeting." At the bottom, there is a section titled **Save time by scheduling your meetings directly from your calendar.** with two options: **Microsoft Outlook Plugin** and **Firefox Add-on**, both with **Download** buttons.

#### 4. Pobieramy **Zoom Client for Meetings**



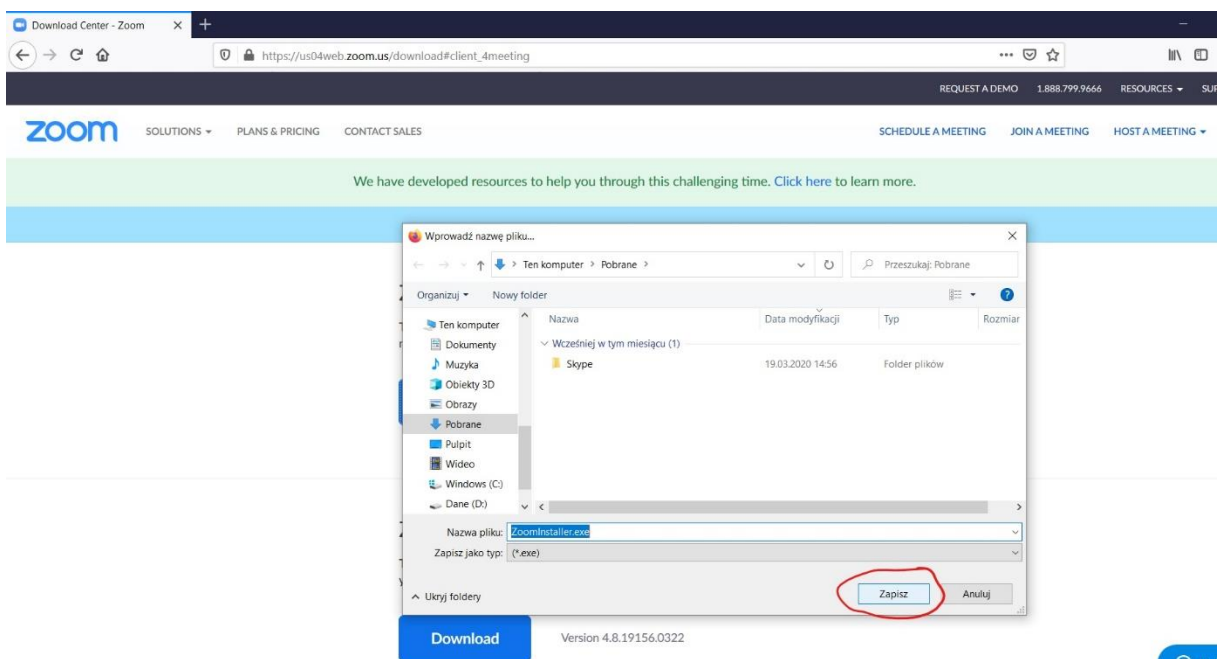
The screenshot shows the Zoom website's Download Center. The browser address bar displays `https://us04web.zoom.us/download#client_4meeting`. The page features the Zoom logo and navigation links such as "SOLUTIONS", "PLANS & PRICING", "CONTACT SALES", "SCHEDULE A MEETING", "JOIN A MEETING", and "HOST A MEETING". A green banner states: "We have developed resources to help you through this challenging time. [Click here to learn more.](#)"

### Zoom Client for Meetings

The web browser client will download automatically when you start or join your first Zoom meeting, and is also available for manual download here.

**Download** Version 4.6.8 (19178.0323)

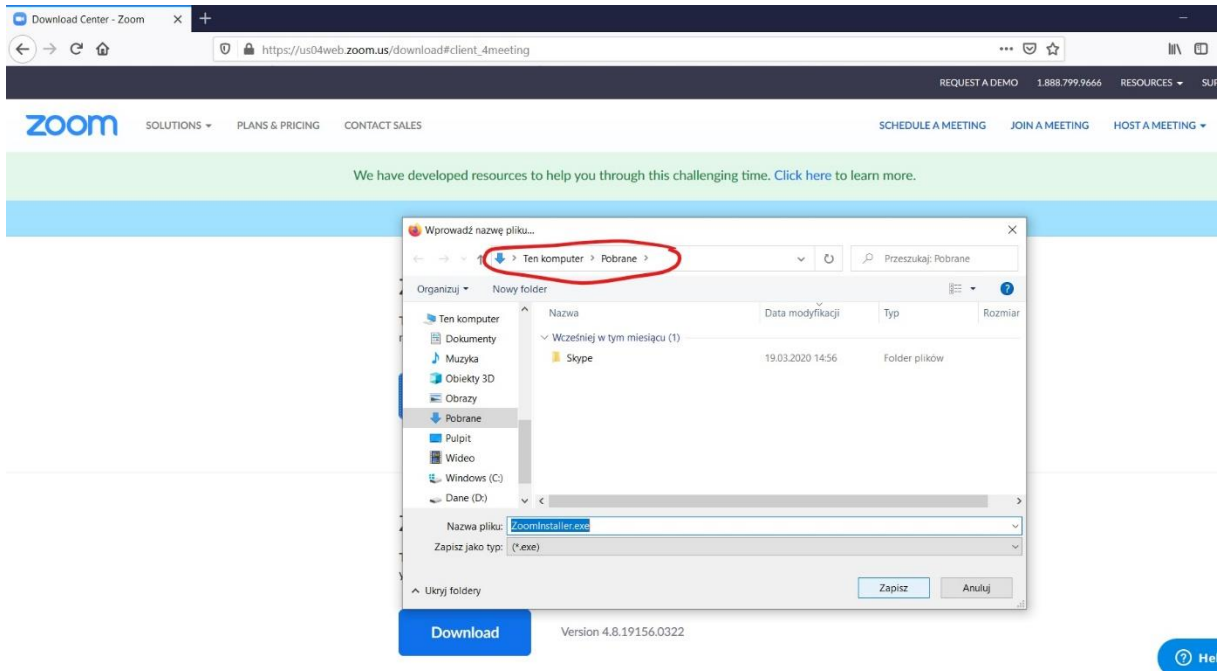
#### 5. Plik **ZoomInstaller.exe** zapisujemy na dysku



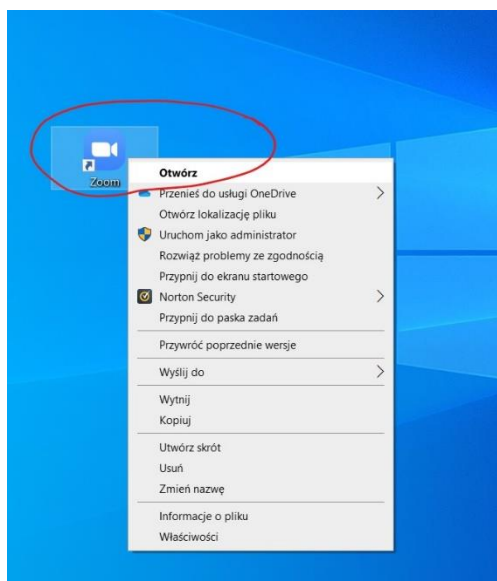
The screenshot shows the same Zoom website as above, but with a Windows File Explorer window open over it. The File Explorer window is titled "Wprowadź nazwę pliku..." and shows the "Pobrane" folder. The file list contains a folder named "Wcześniej w tym miesiącu (1)" and a file named "Skype". The "Nazwa pliku:" field is set to "ZoomInstaller.exe" and the "Zapisz jako typ:" is set to "(\*.exe)". The "Zapisz" button is circled in red.

**Download** Version 4.8.19156.0322

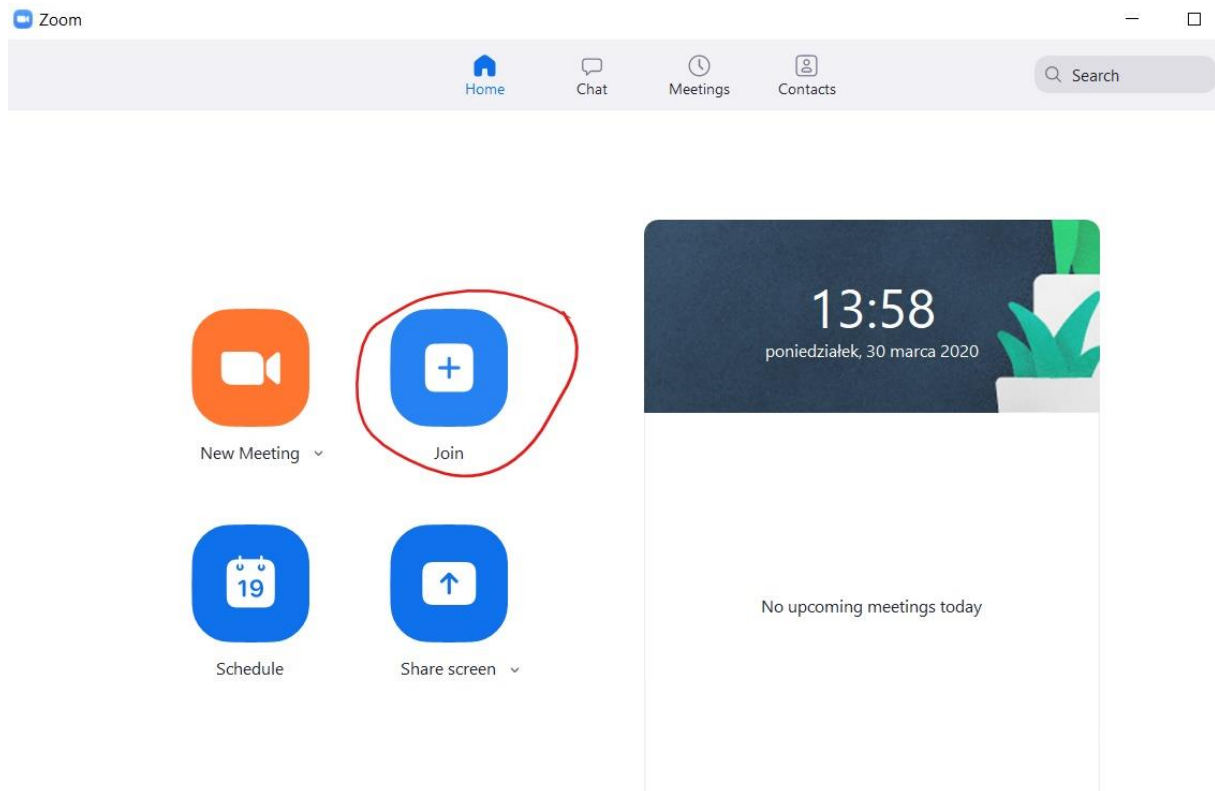
6. Uruchamiamy instalację (plik instalacyjny znajduje się we wskazanym przez nas folderze)



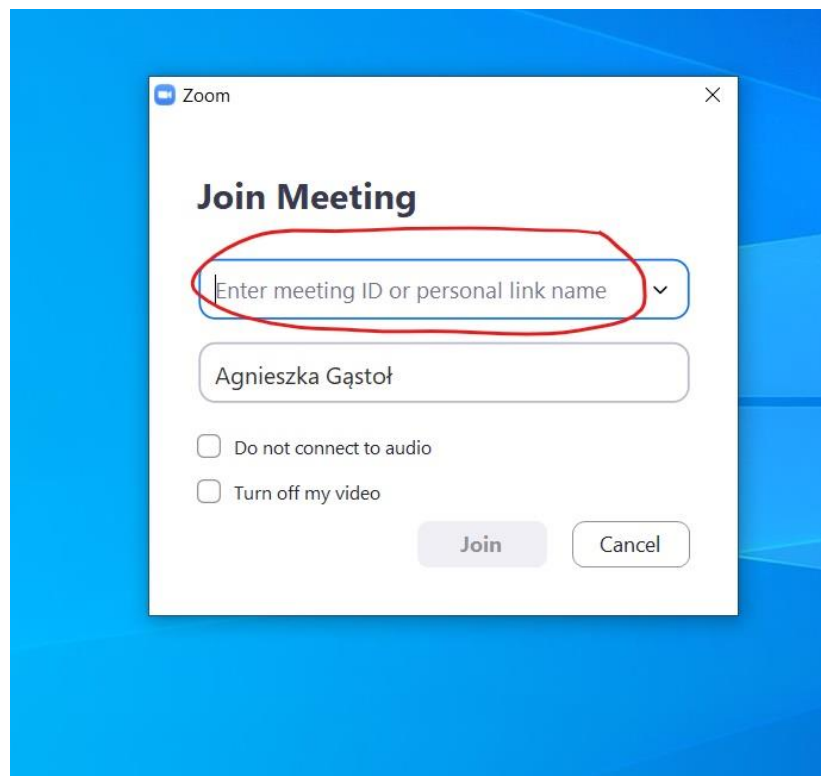
7. Po zainstalowaniu, na pulpicie (lub w pasku START) pojawia się ikona zainstalowanego programu **ZOOM**.
8. Aby rozpocząć sesję z terapeutą, na 5 minut przed umówionym spotkaniem, uruchamiamy program **ZOOM**.



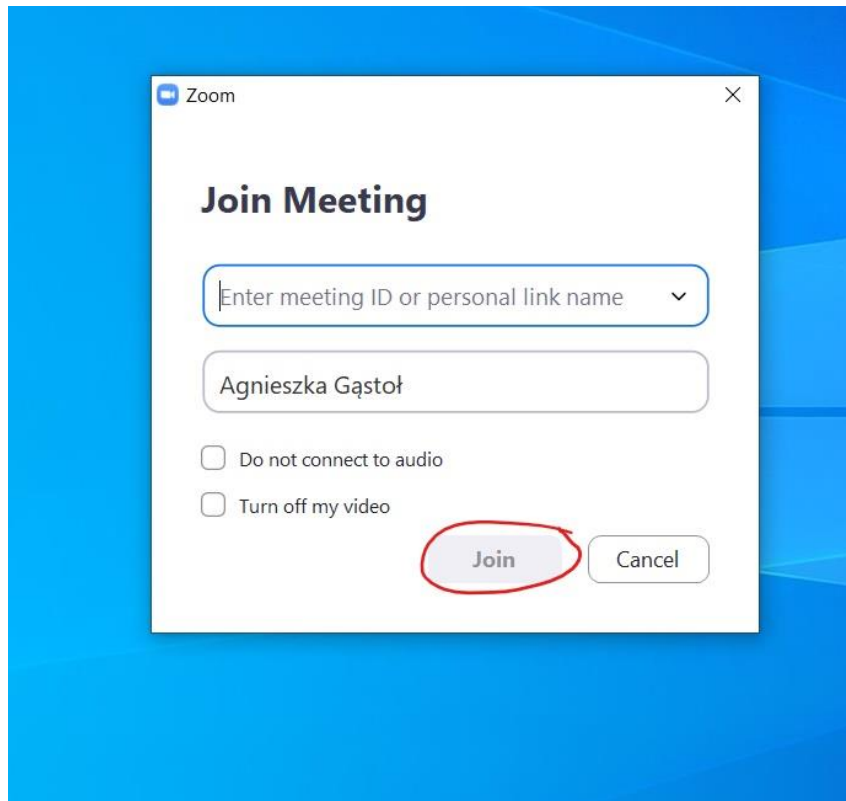
9. Wybieramy opcję **Join**



10. Wpisujemy wysłany przeze mnie **ID spotkania** oraz przesłane przeze mnie **hasło**



11. Klikamy **Join**



12. I rozpoczynamy sesję 😊