

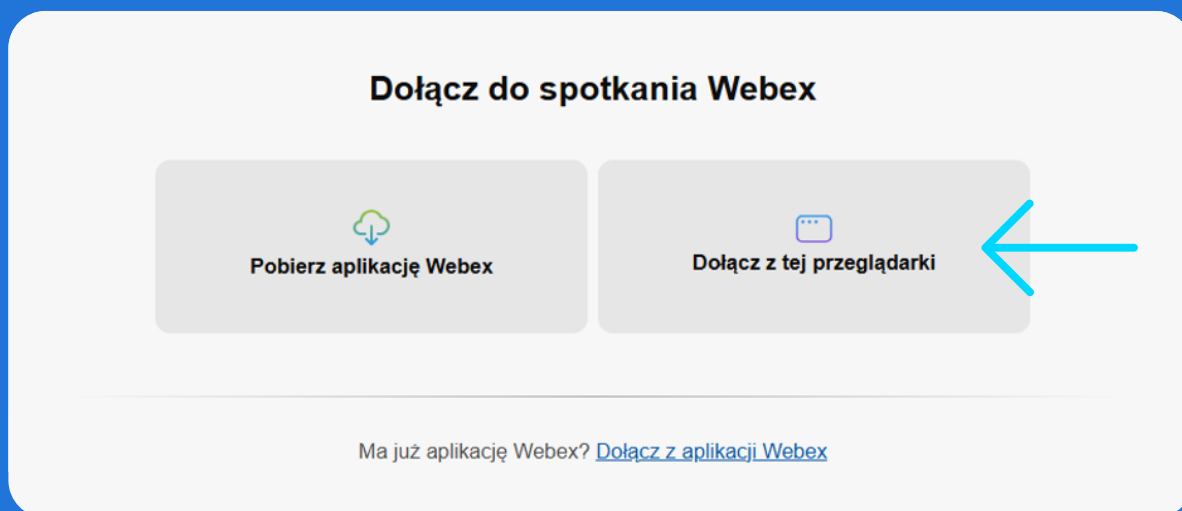
Day0 training. Computer manual.



Day0 training is conducted via [Webex](#). [Internet access](#) is required to participate.

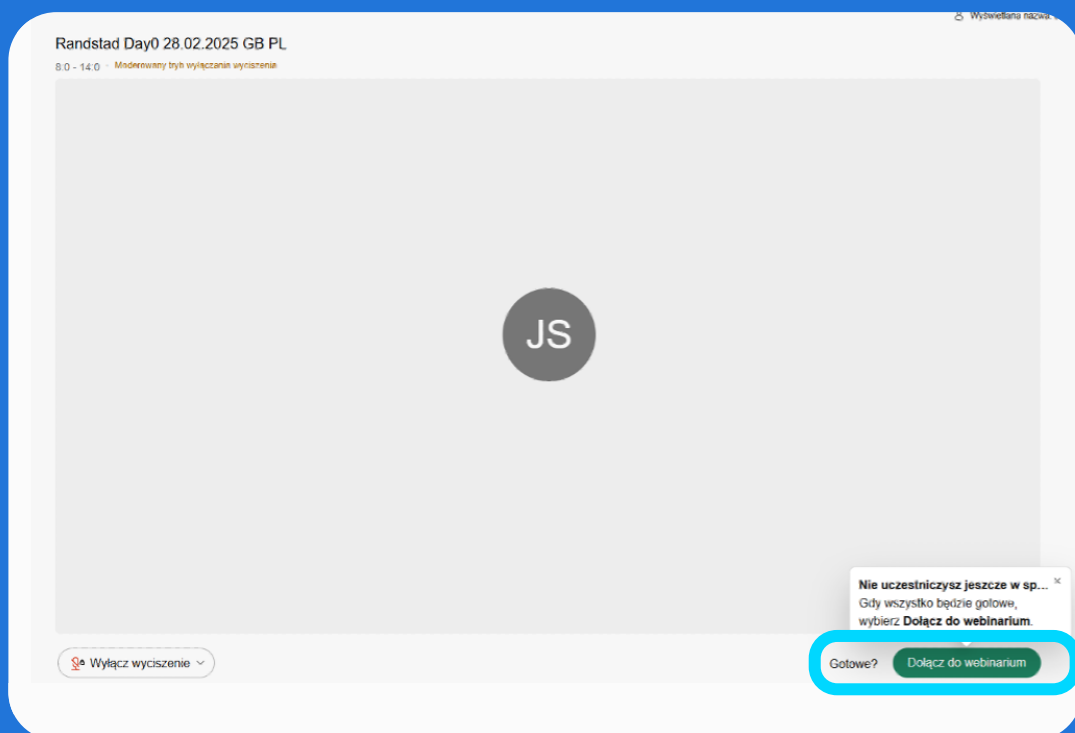
- 01** Open your [web browser](#) and enter the [link](#) you received via [text message](#) or search your email for the meeting invitation. After clicking the appropriate link in the invitation and the page loading, click [Join your browser window](#)

You don't need to download the Webex application. The meeting will open in your browser window.



- 02** In the next step, complete the [Name](#) and [Email Address](#) fields. Enter your [first and last name](#) in the Name field. This will ensure that you are the one participating in the Day0 training. Confirm the information by clicking [Next](#).

03 Now click [Join the webinar](#)



Your camera and microphone will be disabled during the meeting. To change your audio settings, click the settings panel located at the bottom left.

04 You've successfully joined the Day0 online training. At the bottom right, you will find the [chat icon](#). There you can ask any questions during the training. Once the session is over, click the red cross at the bottom to exit the training. Remember to find a comfortable and quiet place for the virtual Day0 training, and be punctual.

