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| Logging In The Room: |
| 1. Open your browser and enter the name of the meeting room:

[**http://itu.adobeconnect.com/itu-t\_tutorial/**](http://itu.adobeconnect.com/jcaictcc/) 1. Enter your login details that have been sent to you.
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| Inside Adobe Connect: |
| There are two options to join this meeting:Option 1: Listen through computer speakers (listen mode only)Option 2: Dial-In or dial-out to yourself over the phone.**Option 1:**  By choosing this option, you can only listen to the conference. You won’t be able to speak.A chat box is available if you wish to make some comments.**Option 2:** * Click on “**Call My Phone**”
* Select the country
* Type in your number

The system will then call you on the specified number. **To mute/unmute yourself, press \*6.***Please note that* ***Skype is strongly discouraged*** *as it can provide very bad audio quality and bring some noise in the call depending on your internet connection.* |