|  |  |
| --- | --- |
| 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. |  |
| 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.* | |