Installation of R and RStudio:

1. Download and install the current version of R from CRAN: https://www.r-project.org/
2. Download and install the current version of RStudio (free version is sufficient): https://www.rstudio.com/products/rstudio/download/
3. Make sure to enable automatic package installation during the installation

Installation of Anaconda (including R and R Studio):

1. Download and install the current version of Anaconda: https://www.anaconda.com/distribution/
2. Open Anaconda, go to Environments, and install "r-irkernel" and "r-essentials"
3. Go to Home and install Rstudio
4. You can either use RStudio or Jupyter Notebook (selecting R-kernel) for the tutorials