

# Installing Node.js and npm

---

To run JavaScript on the server and build backend applications with Node.js, you first need to install **Node.js**. When you install Node.js, **npm** (Node Package Manager) is installed automatically.

## Step 1: Download Node.js

---

1. Go to the official Node.js website: <https://nodejs.org>
2. You'll see two versions:
  1. **LTS (Long-Term Support)**: Recommended for most users. It's stable and reliable.
  2. **Current**: Has the latest features but may not be as stable.
3. Download the **LTS** version for your operating system (Windows, macOS, or Linux).

## Step 2: Install Node.js On Windows and macOS

---

1. Run the installer you downloaded.
2. Follow the setup instructions:
  1. Accept the license agreement.
  2. Choose the default options.
3. After installation, Node.js and npm will be available globally on your system.

## Step 3: Verify Installation

---

After installation, open a terminal (Command Prompt, Terminal, or shell) and check the versions:

```
node -v
```

This prints the installed Node.js version.

```
npm -v
```

This prints the installed npm version.

If you see version numbers for both, the installation was successful.

---

## What is npm?

---

**npm (Node Package Manager)** is a tool that comes with Node.js. It allows you to:

- Install open-source packages and libraries (called “modules”)
- Manage project dependencies
- Run scripts for building, testing, and starting your app

You’ll use npm often when building projects with Node.js.

---

## Summary

---

- Install Node.js from <https://nodejs.org>
- Node.js includes npm, which is used to manage packages
- Use your terminal to verify the installation with `node -v` and `npm -v`

You’re now ready to start building backend applications with JavaScript and Node.js. Let me know if you want a guide on starting your first Node.js project.