**Step 1: Download and Install JDK (Java Development Kit)**

1. **Go to the JDK website:**
   * Open your web browser and go to the [Oracle JDK download page](https://www.oracle.com/java/technologies/javase-jdk11-downloads.html).
2. **Choose your JDK version:**
   * Pick the JDK version you need. For most cases, the latest version is fine, but you can choose any other version if required.
3. **Select your operating system:**
   * **Windows**: Download the .exe file.
   * **Mac**: Download the .dmg file.
   * **Linux**: Download the .tar.gz package.
4. **Download the JDK installer:**
   * Click on the download link and accept the license agreement.
5. **Install JDK:**
   * Once the installer is downloaded, open it and follow the installation steps.
   * During installation, make sure the JDK path is saved, and the **JAVA\_HOME** environment variable is set.
6. **Verify installation:**
   * Open **Command Prompt** (Windows) or **Terminal** (Mac/Linux).
   * Type java -version and press Enter.
   * If you see information about the version of Java, that means it’s installed correctly!

**Step 2: Download and Install NetBeans**

1. **Go to the NetBeans website:**
   * Open your browser and visit [NetBeans download page](https://netbeans.apache.org/download/index.html).
2. **Choose your NetBeans version:**
   * Select the **Java SE** version of NetBeans (this is enough for Java development).
3. **Select your operating system:**
   * **Windows**: Download the .exe installer.
   * **Mac**: Download the .dmg file.
   * **Linux**: Download the .sh file.
4. **Download the NetBeans installer:**
   * Click the download link to get the installer.
5. **Install NetBeans:**
   * After downloading, run the installer and follow the on-screen instructions to install NetBeans on your computer.
6. **Launch NetBeans:**
   * Once installation is done, open **NetBeans**.
   * It should automatically recognize the JDK you installed earlier.
7. **Verify installation:**
   * Open **NetBeans**, create a new Java project, and try writing a simple program like Hello World to see if everything is working fine.

That’s it! Now you have JDK and NetBeans installed and ready to use for Java development.