How to connect to a Raspberry Pi in order to exchange files with a computer or smart phone?

Computer (Windows):

- Connect to FileZilla with SFTP protocol
 - CTRL + S to open site manager
 - Type in IP address
 - Fill in username
 - o Fill in password
 - Click connect

Smartphone (Android):

- Download AndFTP from the Play Store
- Hit + sign
- Type: SFTP
- Fill in username
- Fill in password
- Click save
- Click on Icon