

R is a programming language that is especially powerful for data exploration, visualization, and statistical analysis. To interact with R, we use [RStudio](#).

## Windows

### [Video Tutorial](#)

Install R by downloading and running [this .exe file](#) from [CRAN](#). Also, please install the [RStudio IDE](#). Note that if you have separate user and admin accounts, you should run the installers as administrator (right-click on .exe file and select "Run as administrator" instead of double-clicking). Otherwise problems may occur later, for example when installing R packages.

## MacOS

### [Video Tutorial](#)

Install R by downloading and running [this .pkg file](#) from [CRAN](#). Also, please install the [RStudio IDE](#).

## Linux

You can download the binary files for your distribution from [CRAN](#). Or you can use your package manager (e.g. for Debian/Ubuntu run `sudo apt-get install r-base` and for Fedora run `sudo dnf install R`). Also, please install the [RStudio IDE](#).