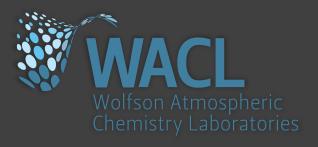# 1 / How to Install R

1. Go to **cloud.r-project.org**

2. Select **"Download R for Windows"**

3. Select **"base"**

4. Click **"Download R #version# for Windows"**
   (or your operating system of choice)

5. **Run the .exe**

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1. Go to **rstudio.com**

2. Navigate to **products** > **RStudio**

3. Scroll down and select **"Download Rstudio Desktop"**

4. Select **"RStudio Desktop – Open Source License"** (Free option)

5. Select **"RStudio #version# – Windows 10/8/7"**
   (or your operating system of choice)

6. **Run the .exe**

3 / How to Install Packages

1. **Launch RStudio**

2. In the console (the place you can type on the left-hand side of the screen, where the line starts with a ">") type the following commands, pressing enter between them:
   - install.packages("openair")
   - install.packages("tidyverse")

assembled by will.drysdale@york.ac.uk