

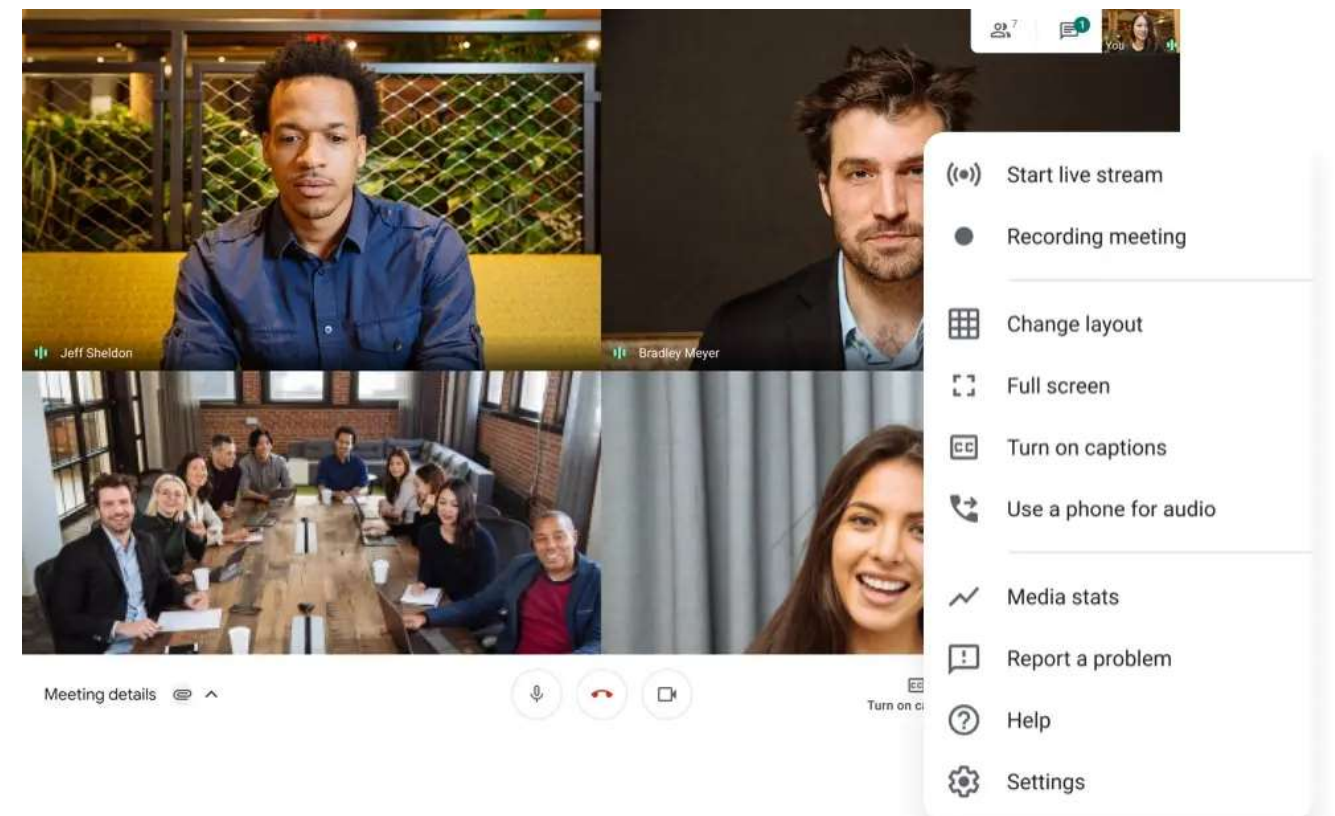
How to video conference with Google Meet

Google Meet makes it easy to start a secure video meeting. Join from any modern web browser or download the app, and you're ready to go.

What is Google Meet

Google is making enterprise-grade video conferencing available to everyone. Now, anyone with a Google Account can create an online meeting with up to 100 participants and meet for up to 60 minutes per meeting.

Businesses, schools, and other organizations can take advantage of [advanced features](#), including meetings with up to 250 internal or external participants and live streaming to up to 100,000 viewers within a domain.



GETTING STARTED

How to sign up for Google Meet

For personal use

If you're already using Gmail, Google Photos, YouTube, or another Google product, just [sign in](#) to your existing Google Account.

Don't have a Google Account? [Sign up for free](#).

For business use

If you're already a Google Workspace user, just [sign in](#) to your existing account.

If you don't have a Google Workspace account, see [plans and pricing](#) to learn about options for business.

For Google Workspace admins

Google Meet is already included in Google Workspace and [G Suite for Education](#).

To start using Meet as part of Google Workspace, [turn on video calling](#) for your organization.

How to access Google Meet

FROM YOUR COMPUTER

Use any modern web browser—no download required

You can [start a meeting](#) or [join a meeting](#) from any [modern browser](#) on your desktop or laptop. There's no additional software to install.

FROM YOUR PHONE OR TABLET

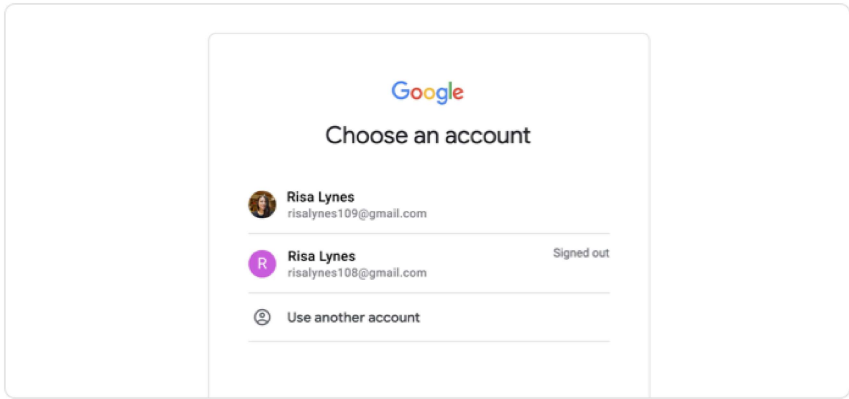
Download the Google Meet mobile app

Join, host, or share your screen from the Google Meet mobile app. Download from [Google Play](#) or [Apple Store](#).



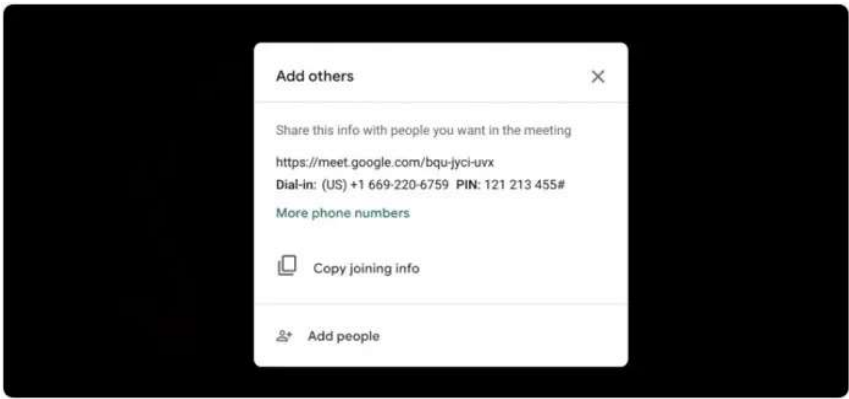
MEETING BASICS

How to start a video meeting



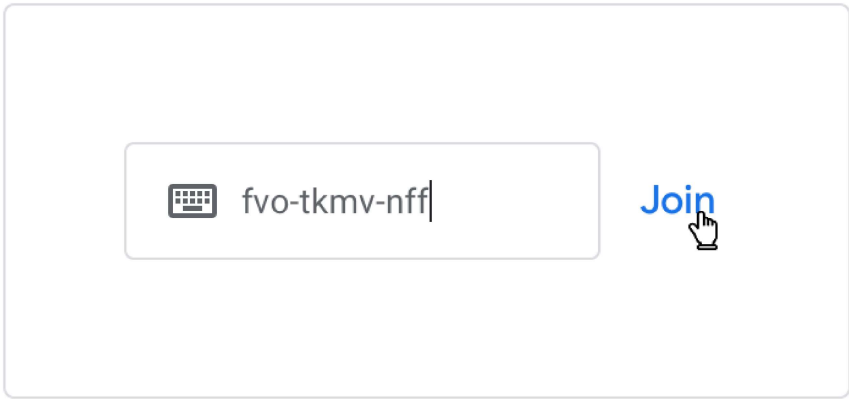
Create a new meeting

To create a new video meeting, log in to your existing Google Account or sign up for free.



Invite others to your online meeting

Send a link or meeting code to anyone you want to join the meeting. For the free version of Google Meet, guests will need to create or sign in to an existing Google Account to join.



Join a meeting

Tap the meeting link from the invite, enter the meeting code from your host [here](#), or call into the meeting using the dial-in number and PIN in the invite.

For help on working from home using Meet, please see our [working remotely toolkit](#).

FREE FEATURES

How to use Google Meet’s free features

Enjoy free video conferencing for up to 100 participants. Google Meet also offers counter-abuse measures like anti-hijacking to help protect your data and privacy.





Unlimited number of meetings

Connect with anyone—coworkers, clients, classmates—as often as you'd like.

[Invite up to 100 participants](#) to a meeting. If you're using the free version of Google Meet, anyone you invite will need to sign in with a Google Account to join the meeting for added security.



Live captioning during meetings

Follow along in real time with automated live captions powered by Google's speech recognition technology. To turn on [closed captions](#), click the three dots on the Meet screen to bring up the option (available in English only).



Compatible across devices

Google Meet works on any device. Join a meeting from your [desktop/laptop](#), [Android](#), or [iPhone/iPad](#). If you're working from home, you can also join a meeting from [Google Nest Hub Max](#).

For organizations that need conference room support, [Google Meet hardware](#) offers affordable, high-quality options for purchase. Or you can learn more about Google Meet [interoperability with non-Google systems](#).



Video and audio preview screen

After clicking your meeting code or link, you can [adjust your camera and mic](#) and see how you look before entering the meeting. You'll also get a preview of who has already joined the meeting.



Adjustable layouts and screen settings

Meet automatically switches the layout in a video meeting to display the most active content and participants.

To [switch the layout](#), click the three dots in the lower corner of the Meet screen.



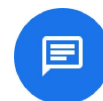
Controls for meeting hosts

Anyone can easily [pin, mute, or remove participants](#). For privacy reasons, you cannot unmute another person. Ask them to unmute their audio.

For education accounts, only the meeting creator can mute or remove others. Learn how to [set up Meet for distance learning](#).



Screen sharing with participants



Messaging with participants



[Present your entire screen or an application window](#) to share presentations or collaborate on documents.

Improve your Meet presentations with these [10 tips](#).

Make meetings more engaging with live [messaging during calls](#). To share files, links, and other messages with participants, click the chat icon. Messages are only available during the meeting.

Integration with Google and Microsoft Office apps

Join meetings directly from [Gmail](#) or [Calendar](#).

Microsoft Office users can be added to an invite and see meetings on their Microsoft® Outlook® calendar.

For advanced features, including live streaming, see [plans and pricing](#).

SECURITY AND PRIVACY

Security, compliance, and privacy



Anti-abuse features on by default

Google Meet employs an array of [anti-abuse measures](#) to keep your meetings safe, including anti-hijacking features and secure meeting controls. It also supports multiple 2-step verification options including security keys.



Encryption in transit on by default

Commitment to privacy and protecting your data

Google Meet adheres to the same robust privacy commitments and data protections as the rest of [Google Cloud's enterprise services](#).



All video meetings are encrypted in transit by default between the client and Google. Meet adheres to IETF security standards for [Datagram Transport Layer Security \(DTLS\)](#) and [Secure Real-time Transport Protocol \(SRTP\)](#).

Compliance to support regulatory requirements

Our products, including Meet, regularly undergo independent verification of their security, privacy, and compliance controls. For a full list of certifications and attestations, visit the [Compliance resource center](#).

Meet does not have user attention-tracking features or software.

Meet does not use customer data for advertising.

Meet does not sell customer data to third parties.

INDUSTRY SOLUTIONS

Google Meet for education, healthcare, and nonprofits
as part of Google Workspace

Educators, nonprofits and healthcare professionals looking for video conferencing can get Google Meet through Google Workspace, which includes additional privacy features and tools.



G Suite for Education



Google Workspace for healthcare



G Suite for nonprofits

Schools can use Google Meet for free as a part of [G Suite for Education](#). Meet, Classroom, and the rest of Google Workspace can be used to support compliance with regulations like COPPA, FERPA, and GDPR.

Use Google Meet as a part of [Google Workspace](#) to enable [HIPAA](#) compliance when caring for patients remotely with virtual visits. With Google Workspace you can also store data securely in Drive and go paperless with digital intake forms.

Eligible organizations can use [G Suite for Nonprofits](#) at no charge. Get Google Workspace’s secure business apps like Gmail, Drive, Docs, and Meet to help your nonprofit collaborate more effectively.

How leading companies use Google Meet



“We’re big fans of Meet... It’s helpful to be able to see every participant. This is extremely helpful these days. All our internal meetings are on Meet right now as we are all working from home.”



—Oliver Mientz, IT Manager, Burger King Deutschland GmbH

