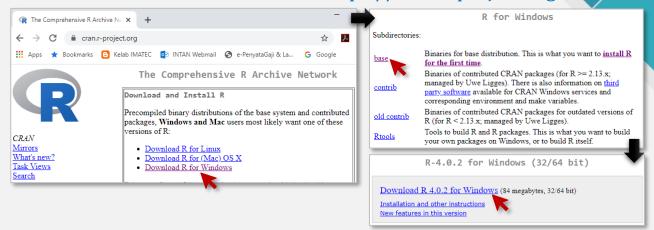# INSTALLATION GUIDE FOR R AND RSTUDIO

Step 1: Install R

1. Download the R installer from https://cran.r-project.org

2. Run the installer. Default settings are fine. If you do not have admin rights on your laptop, then ask you local IT support. In that case, it is important that you also ask them to give you full permissions to the R directories. Without this, you will not be able to install additional packages later.

Step 2: Install RStudio

1. Download RStudio:
   https://www.rstudio.com/products/rstudio/download/