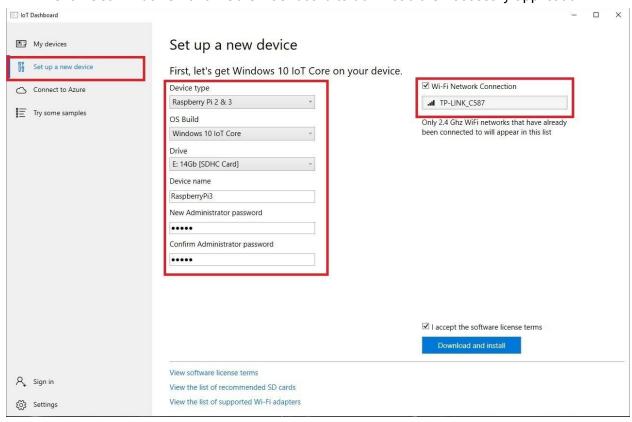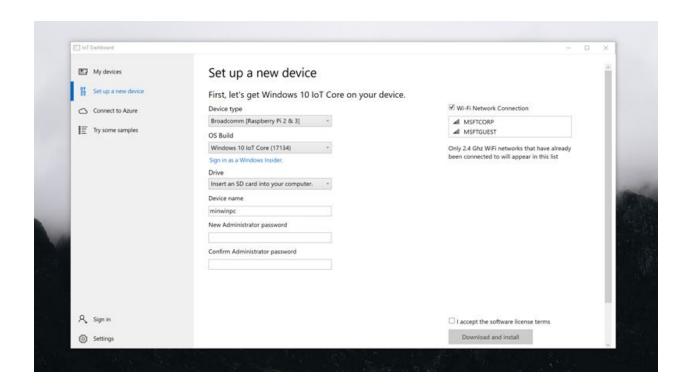- Download setup file from following link;

  https://iottools.blob.core.windows.net/iotdashboard/setup.exe

- Click Get Windows 10 IoT Core Dashboard to download the necessary application.

- Install the application and open it.

- Select set up a new device from the sidebar.

- Select the options as shown in the image below. Make sure you select the correct drive for your microSD card and give your device a name and admin password.

- Select the WiFi network connection you want your Raspberry Pi to connect to, if required. Only networks your PC connects to will be shown.

- Click download and install.

The application will now download the necessary files from Microsoft and flash them to your microSD card. It'll take a little while, but the dashboard will show you the progress.