

# Mac & Windows

- Docker “really” only runs under Linux
- On Mac & Windows tiny linux layer run as VM
- No CPU performance impact
- Sometimes disk I/O impact
- Issues with permissions means it actually works better on a mac than linux



# Tutorial 2: Running



- `docker run --rm -it ubuntu bash`
- Run some commands and explore the system, create some files, download some packages, etc.
- In another tab: `docker ps`
- `exit` when complete
- `docker images`