To update git hub,

1. Open folder
2. Rightclick in it add click open here with git bash
3. Type the following

git add .

git commit -m "your message here" (what I updated)

git push

To view project locally

1. open folder location
2. type cmd in the navigation bar
3. type npm run dev – this launches the server
4. in a browser go to: <http://localhost:5000>