To use RStudio on your computer, you need first to download and install R from CRAN, the Comprehensive R Archive Network: <https://cran.r-project.org/> . Then you can download RStudio separately from: <https://www.rstudio.com/products/rstudio/download/> (choose the free Rstudio Desktop version) and install RStudio by following the instructions.

Once R and RStudio are installed, to use the course files you’ve downloaded from RStudio Cloud:

* Unzip them into a folder (you should see an option in Windows Explorer/Finder called “Extract”; if not, try right-clicking on the zip file itself and selecting that option);
* Double-click on the “R-A-First-Look\_MT\_2021.Rproj” file – this would open in RStudio and the ‘files’ pane (bottom right quadrant of your RStudio window) should show all the files from the course. Clicking on any of the files, e.g. ‘1-intro.R’ will open the file in a new tab in the RStudio window.