

实用指南 (Practical Guide to):

- 在电脑下载并设置 Zoom (云视频会议软件)
- 参加您的 Zoom 会议

要参加 Zoom 会议, 您需要:

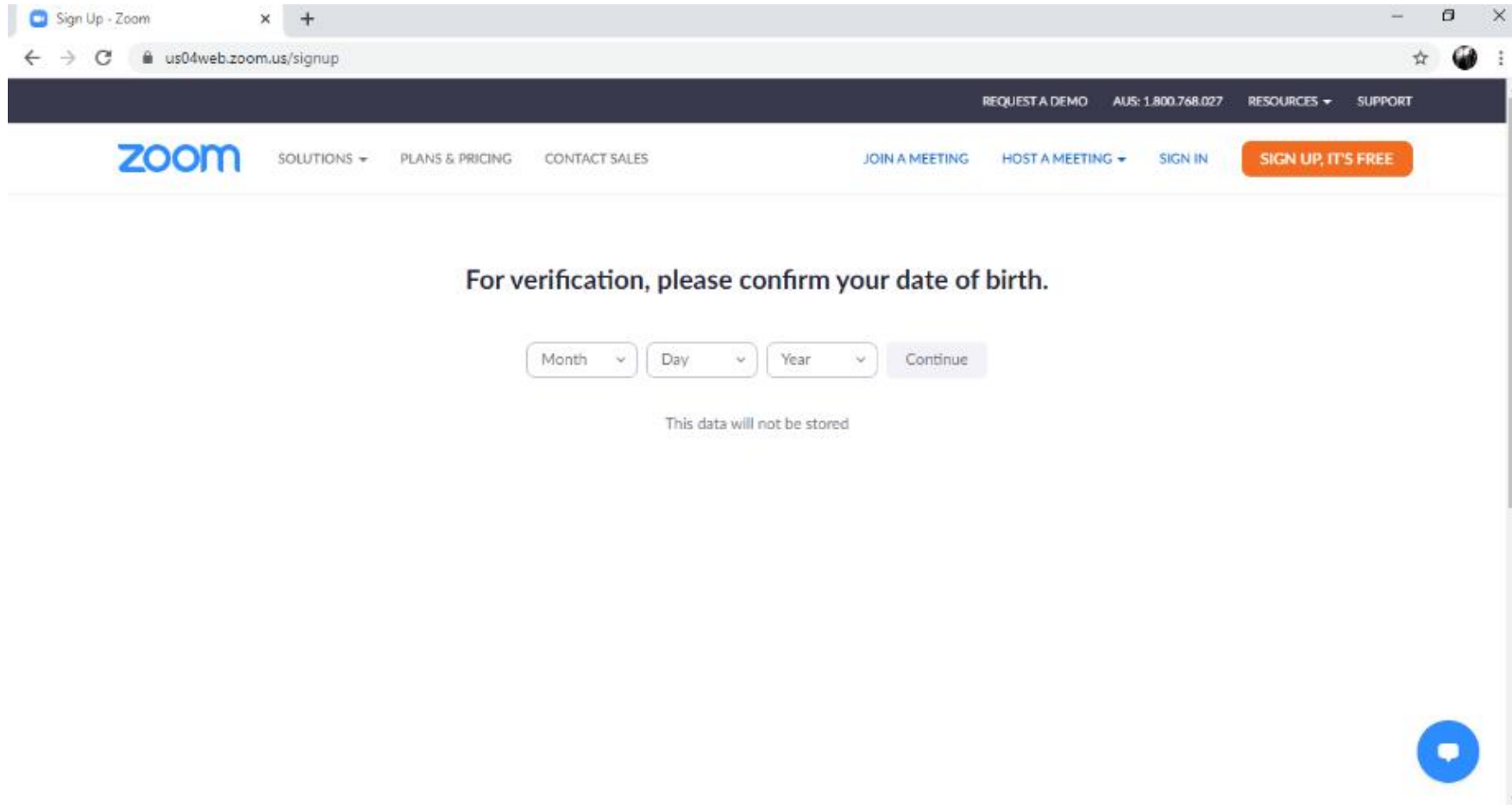
- 附有网络摄影头和扬声器的电脑、智能手机或 iPad 平板电脑。
- 名为“Zoom”的应用程式。

如果 Zoom 仅用于两个参与者之间的会议, 则不会收取任何费用。

我如何在电脑下载 Zoom? (How do I download Zoom on my computer?)



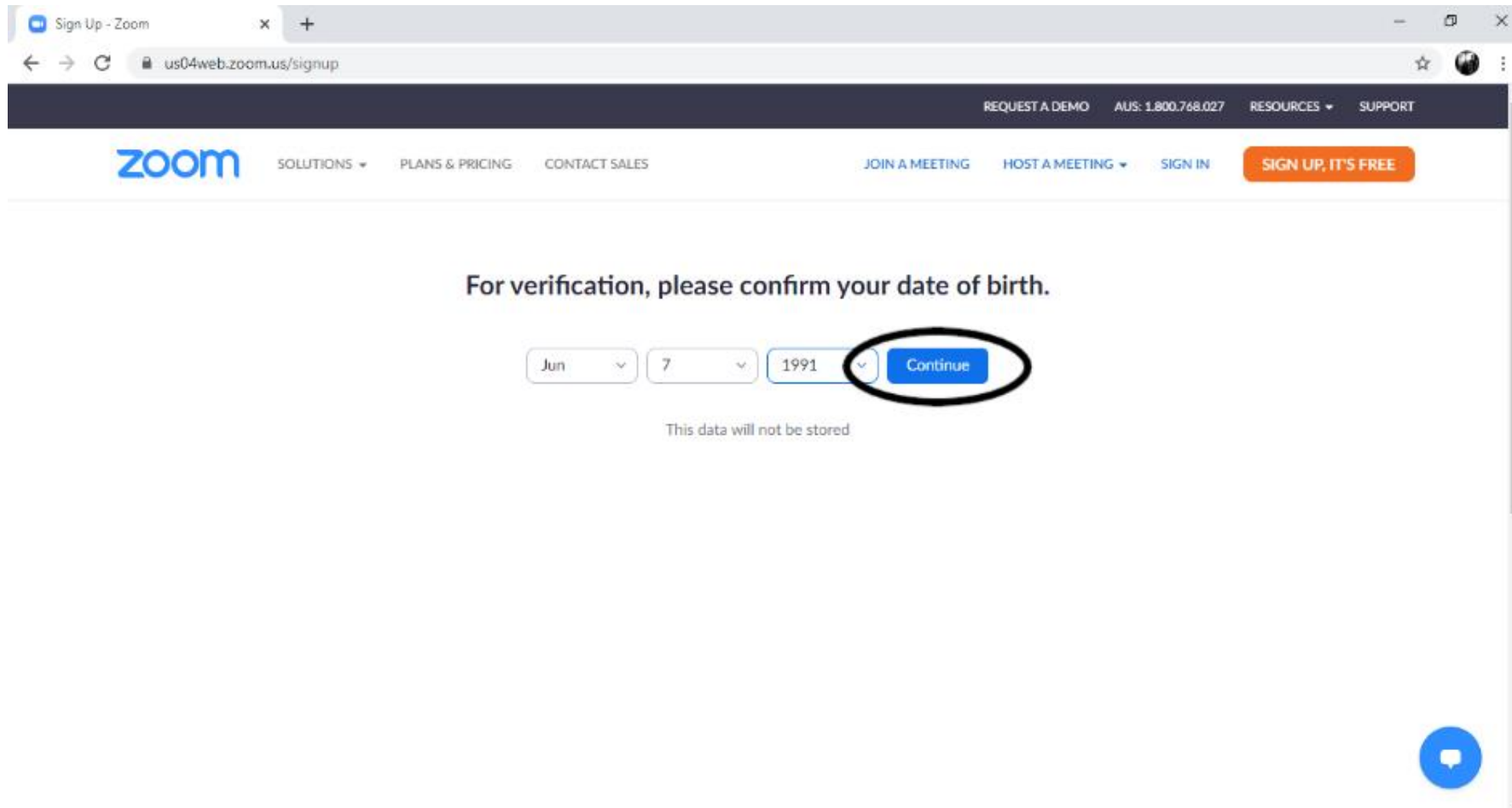
第 1 步: 前往: <https://zoom.us/signup>



The screenshot shows a web browser window with the URL us04web.zoom.us/signup. The page features the Zoom logo and navigation links such as SOLUTIONS, PLANS & PRICING, CONTACT SALES, JOIN A MEETING, HOST A MEETING, and SIGN IN. A prominent orange button reads "SIGN UP, IT'S FREE". The main content area displays the instruction: "For verification, please confirm your date of birth." Below this, there are three dropdown menus for "Month", "Day", and "Year", followed by a "Continue" button. A note states "This data will not be stored". A blue chat icon is visible in the bottom right corner.

图像描述: 此步骤于显示屏的画像示例

第 2 步： 输入您的出生日期，然后选择/点击“继续 (Continue)”



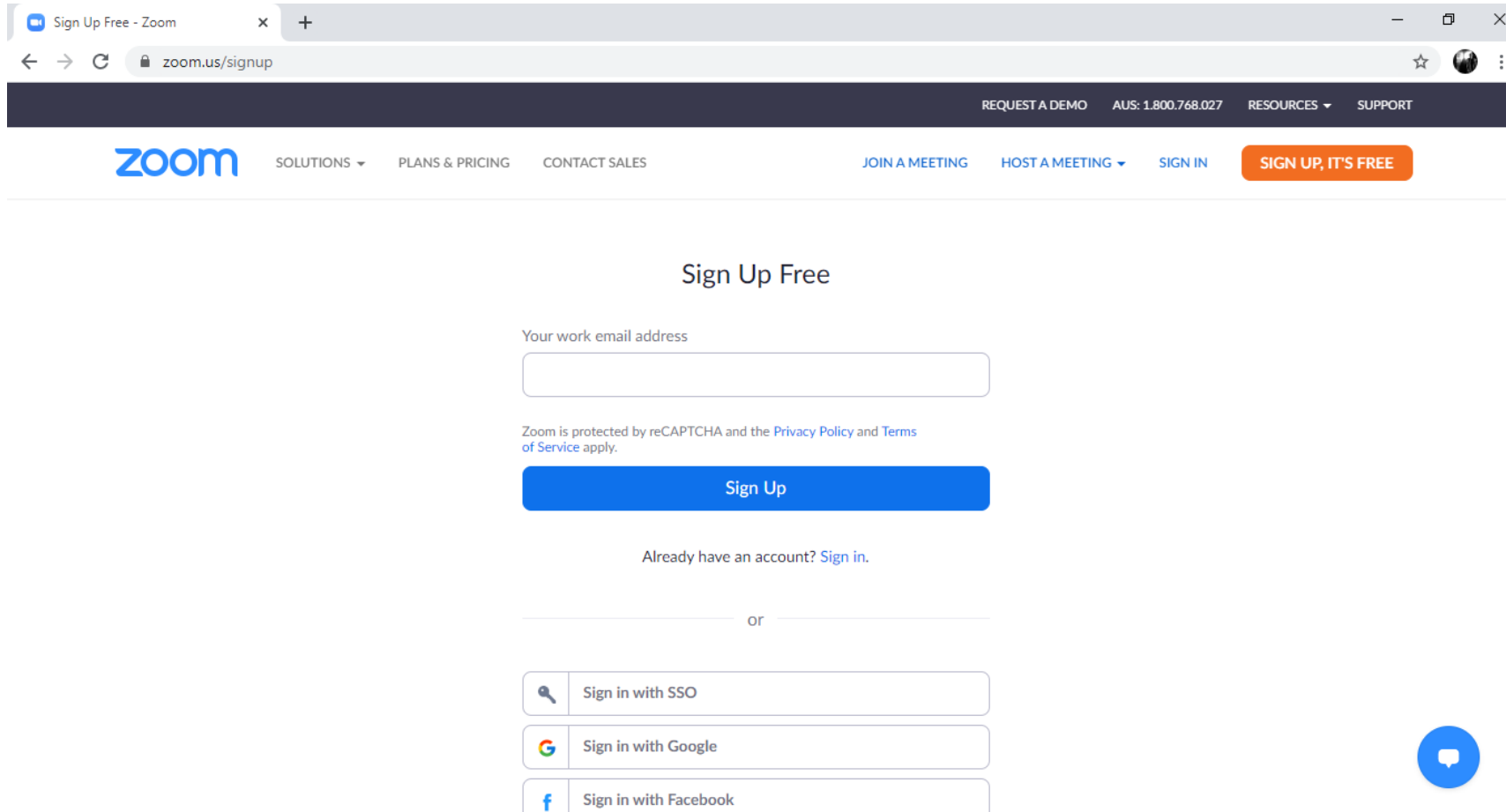
The screenshot shows a web browser window with the URL `us04web.zoom.us/signup`. The page header includes the Zoom logo and navigation links: SOLUTIONS, PLANS & PRICING, CONTACT SALES, JOIN A MEETING, HOST A MEETING, SIGN IN, and a prominent orange button labeled "SIGN UP, IT'S FREE".

The main content area displays the instruction: "For verification, please confirm your date of birth." Below this, there are three dropdown menus for selecting the month, day, and year. The selected values are "Jun", "7", and "1991". A blue "Continue" button is positioned to the right of the year dropdown. A black circle highlights the "Continue" button.

Below the date selection fields, the text "This data will not be stored" is displayed. A blue chat bubble icon is visible in the bottom right corner of the page.

图像描述：此步骤于显示屏的画像示例（已输入示例出生日期）

第 3 步：输入您的电邮地址，然后选择“注册 (sign up)”



The screenshot shows a web browser window with the URL `zoom.us/signup`. The page title is "Sign Up Free - Zoom". The navigation bar includes links for "REQUEST A DEMO", "AUS: 1.800.768.027", "RESOURCES", and "SUPPORT". The main navigation bar features the Zoom logo, "SOLUTIONS", "PLANS & PRICING", "CONTACT SALES", "JOIN A MEETING", "HOST A MEETING", "SIGN IN", and a prominent orange button labeled "SIGN UP, IT'S FREE".

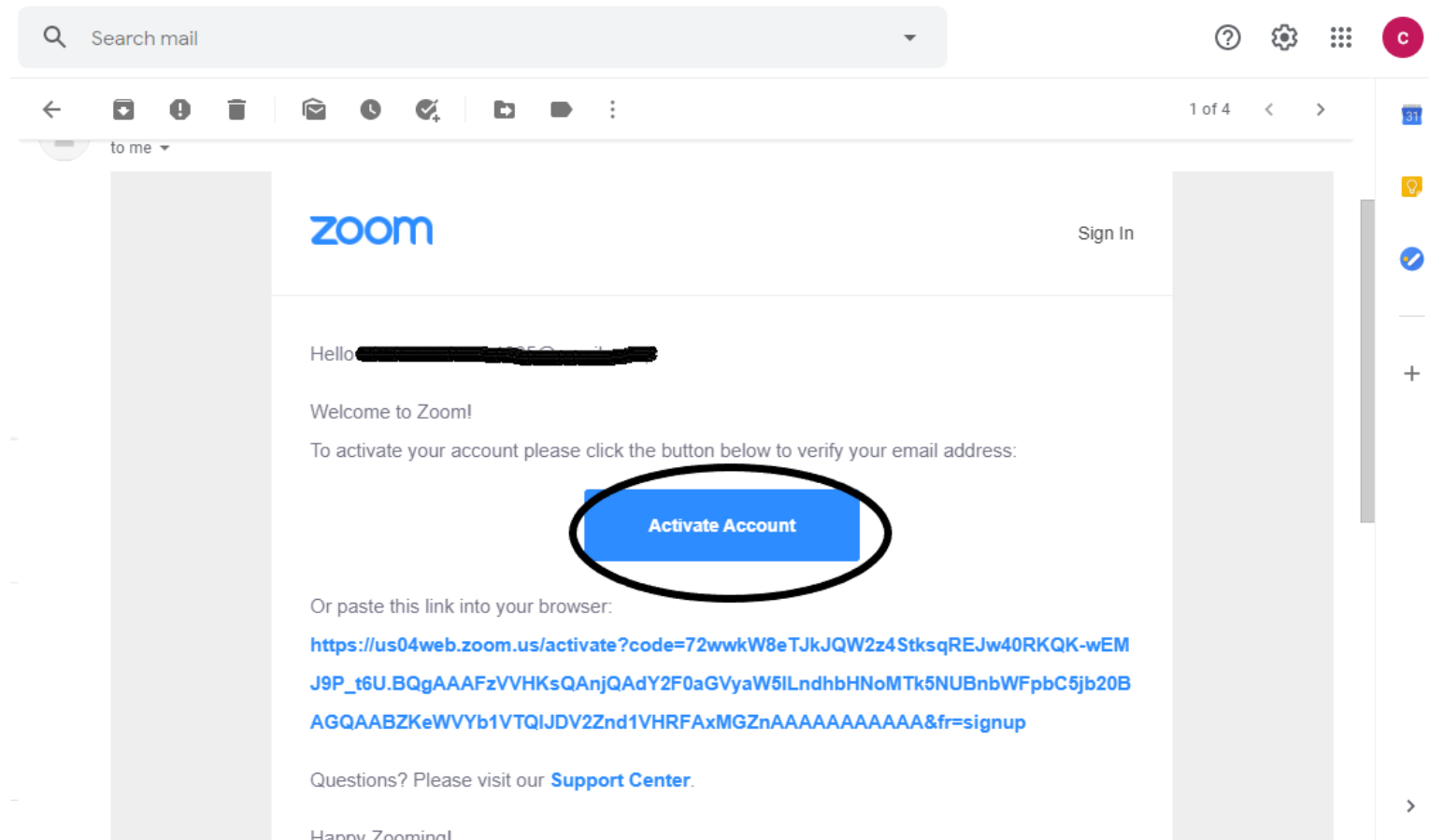
The main content area is titled "Sign Up Free" and contains a form with the following elements:

- A label "Your work email address" above a text input field.
- A note: "Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply."
- A large blue "Sign Up" button.
- A link: "Already have an account? [Sign in.](#)"
- A separator line with "or" in the center.
- Three social sign-in options: "Sign in with SSO", "Sign in with Google", and "Sign in with Facebook".

A blue chat bubble icon is visible in the bottom right corner of the page.

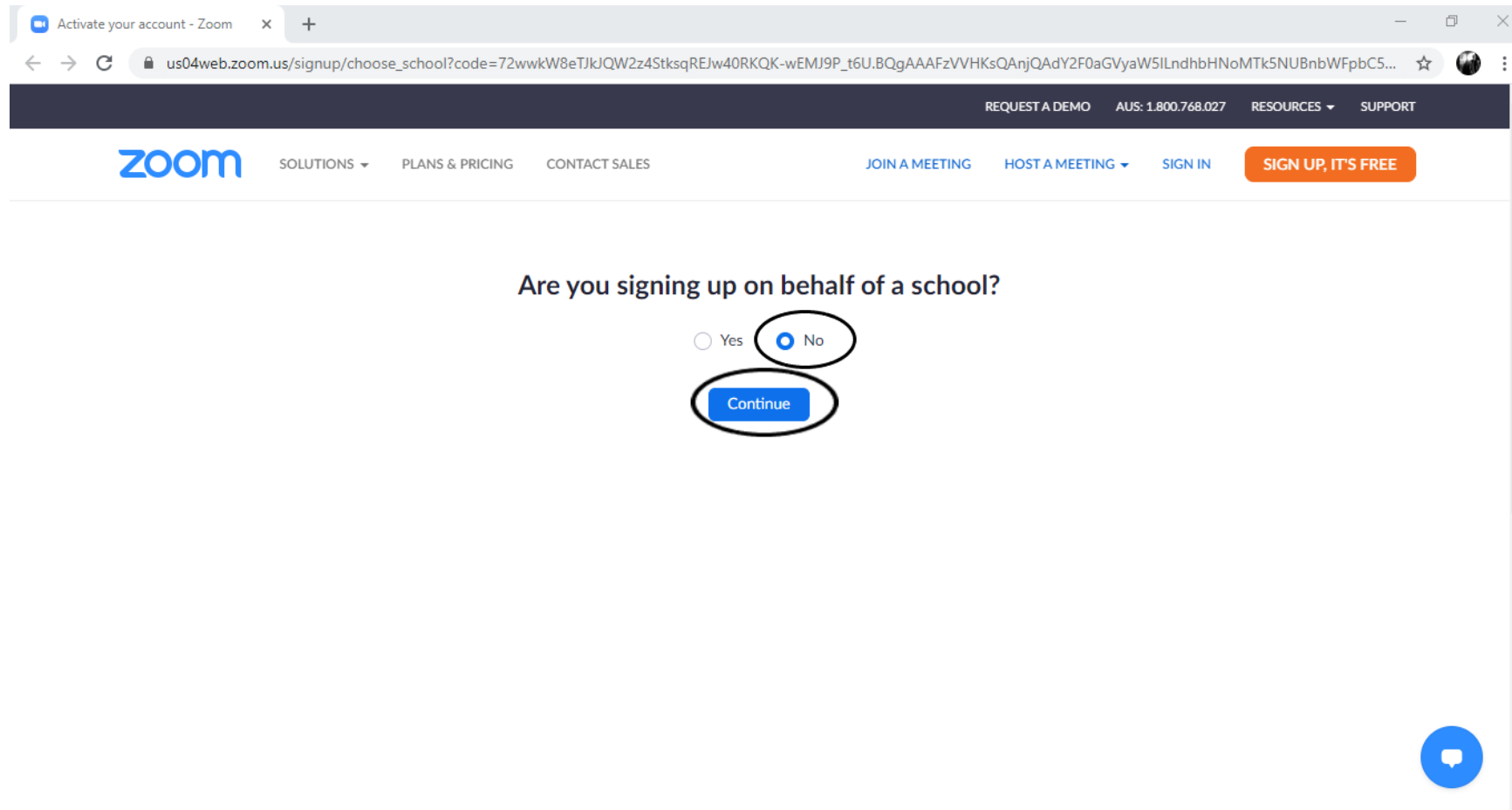
图像描述：此步骤于显示屏的画像示例

第 4 步：系统会通过电邮向您发送链接，要求您启用新帐户。选择“启用帐户 (Activate Account)”



图像描述：此步骤于显示屏的画像示例

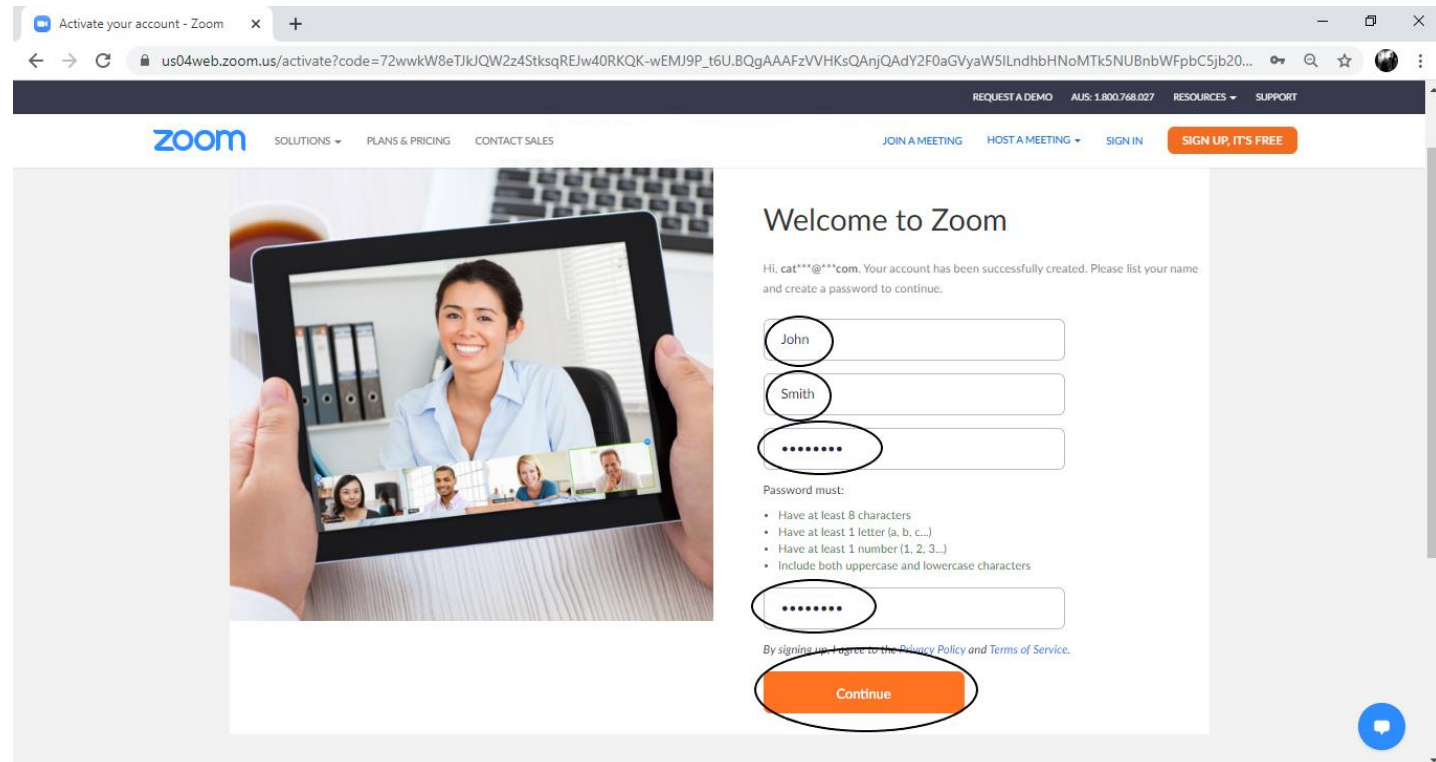
第 5 步：系统会询问您是否“代表学校注册？”，请选择“否(No)”。然后选择“继续(Continue)”



图像描述：此步骤于显示屏的画像示例

第 6 步：输入您的名字和姓氏，并且建立一个密码。然后选择“继续 (Continue)”
注意：密码必须

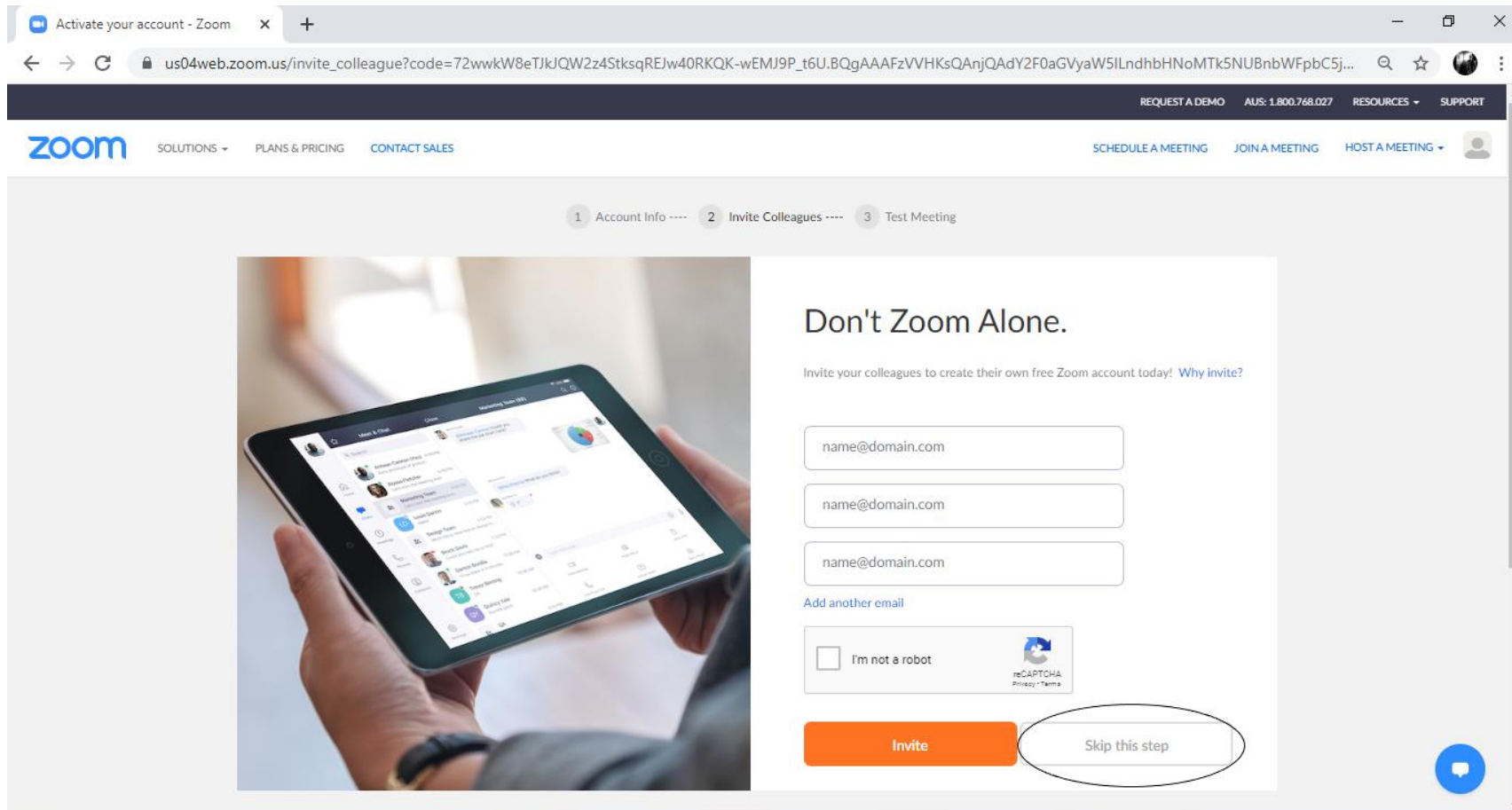
- 有至少 8 个字符
- 有至少 1 个英文字母
- 有至少 1 个数字
- 同时包含大写和小写字符



Zoom account activation page showing the 'Welcome to Zoom' message and the form to enter a name and password. The name fields are filled with 'John' and 'Smith'. The password field is filled with '*****'. The 'Continue' button is highlighted with a red circle.

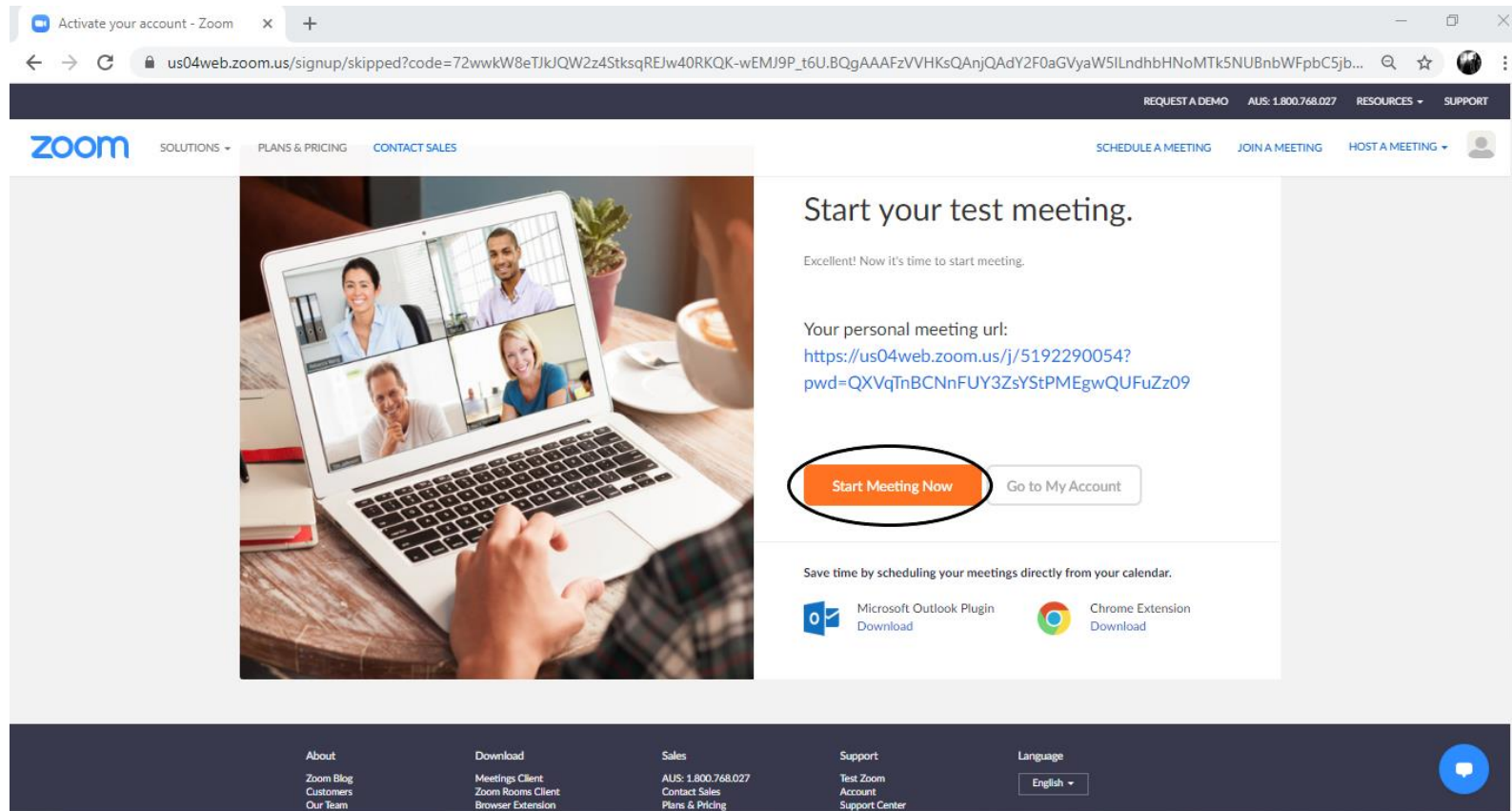
图像描述：此步骤于
显示屏的画像示例
(已输入示例姓名和密码)

第 7 步：系统可能会提示您邀请朋友，请选择“跳过此步骤 (skip this step)”



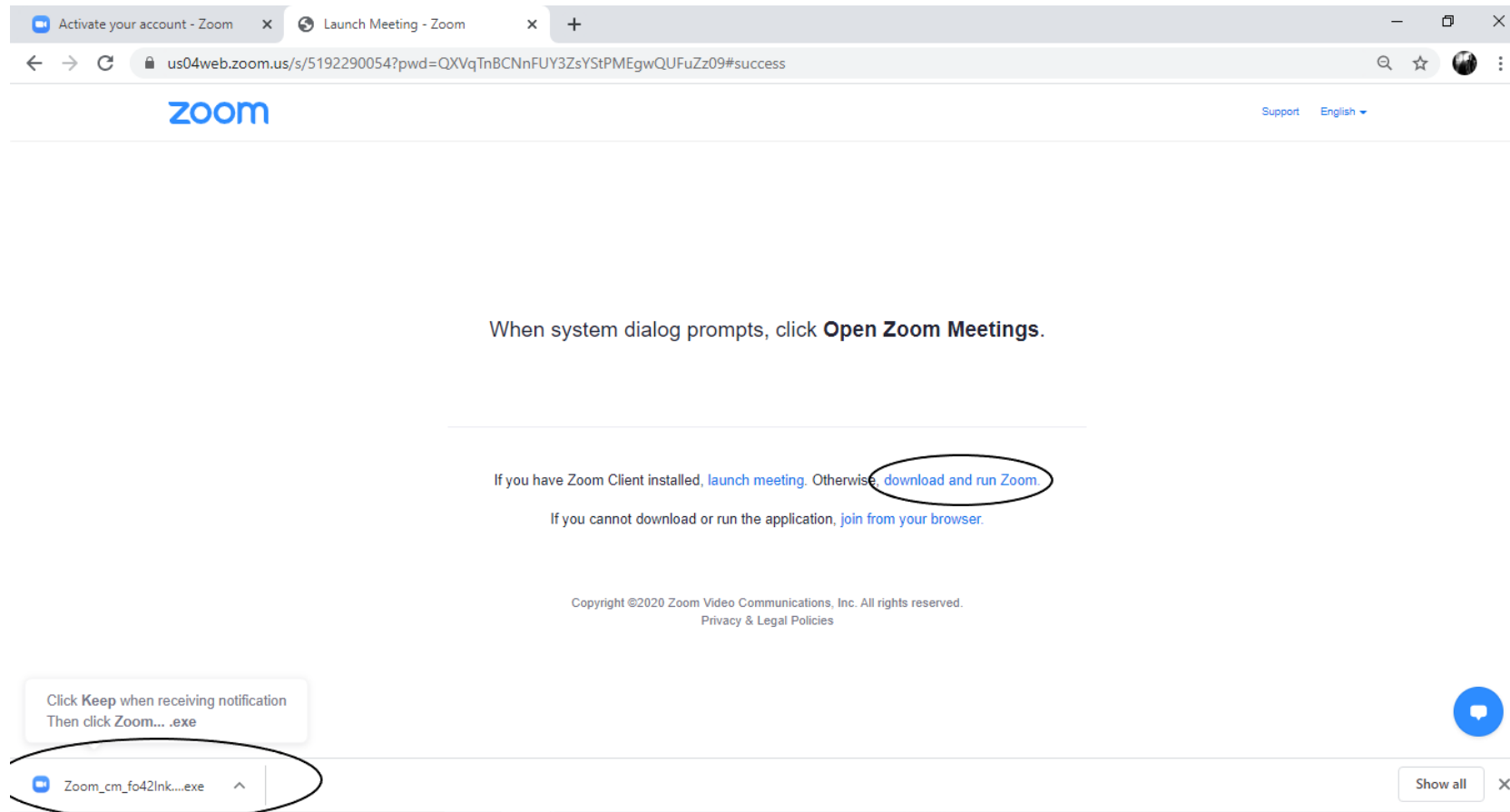
图像描述：此步骤于显示屏的画像示例（已输入示例姓名和密码）

第 8 步：然后会出现提示“开始您的测试会议 (start your test meeting)”。请选择“立即开始会议 (Start Meeting Now)”



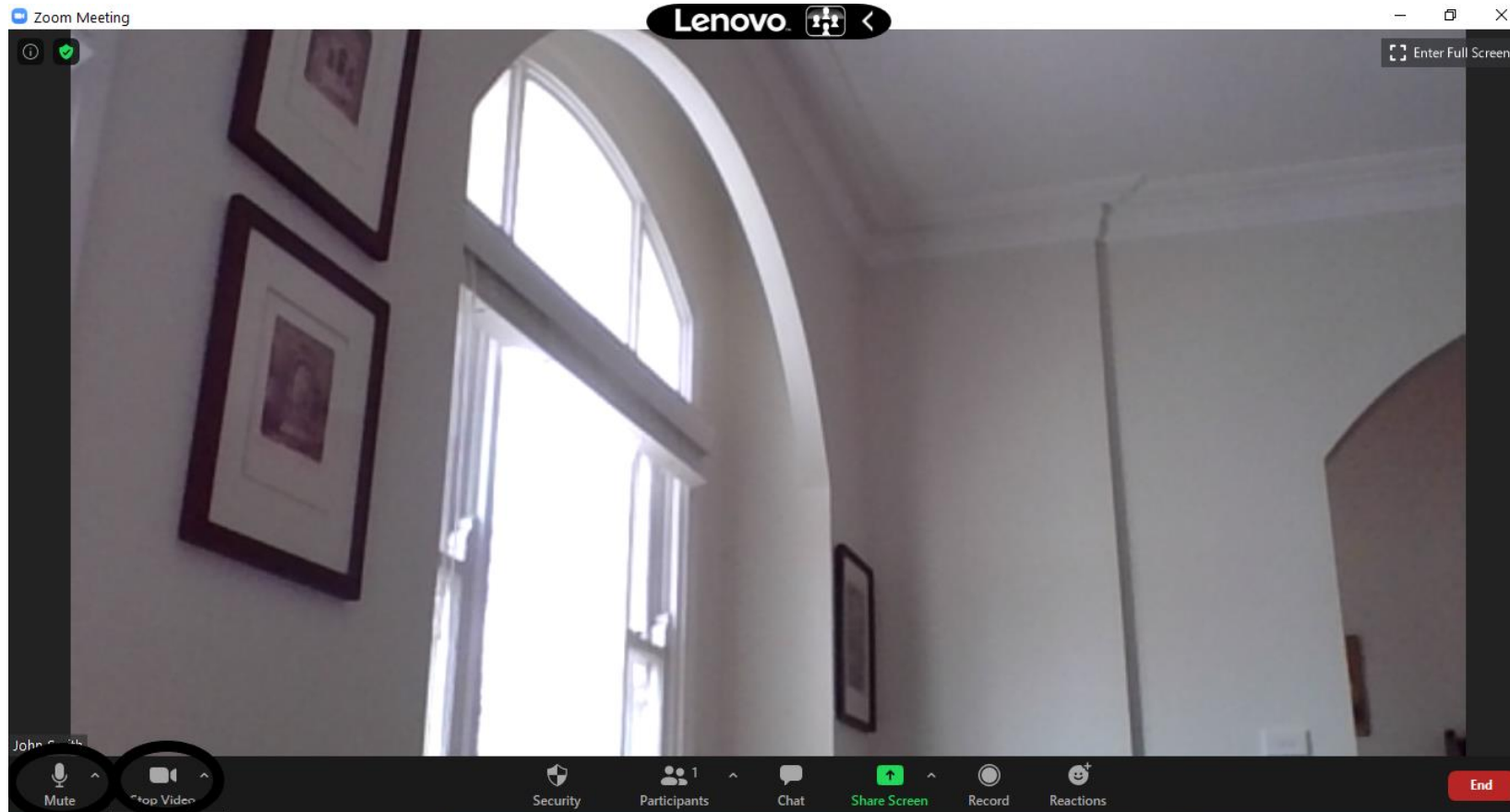
图像描述：此步骤于显示屏的画像示例

第 9 步： Zoom 应用程序可能会自动下载到您的电脑上。如果没有，请选择“下载并执行 Zoom (download and run Zoom)” 并打开已下载的程序



图像描述：此步骤于显示屏的画像示例

第 10 步： 这样会启动应用程序并开始视频通话测试。 您需要通过点击这些图标启用音频/声音和视频



图像描述：此步骤于显示屏的画像示例

现在已将 Zoom 下载到您的电脑，可以随时使用 Zoom 联络

如何参加您的 **Zoom** 会议
(How to join your Zoom meeting)

第 1 步：您会通过电邮收到 Zoom 会议的详细信息。 点击链接便能打开在笔记本电脑上的 Zoom。

Join Zoom Meeting

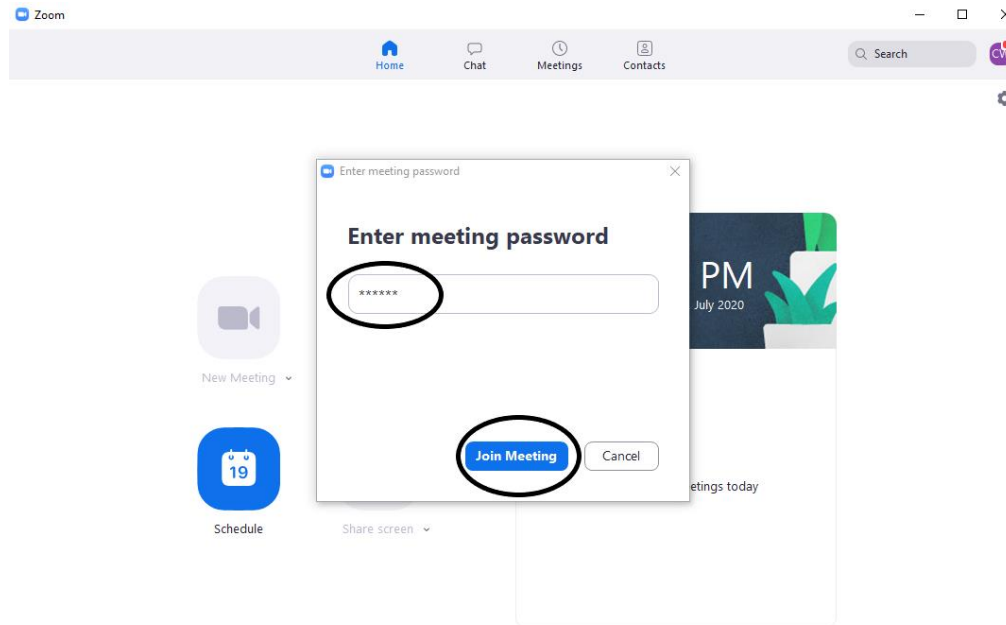
<https://us02web.zoom.us/j/85052715716?pwd=Z2owdmNoVzh5WTVZY1ZjeEUraUJWZz09>

Meeting ID: 850 5271 5716

Passcode: 069279

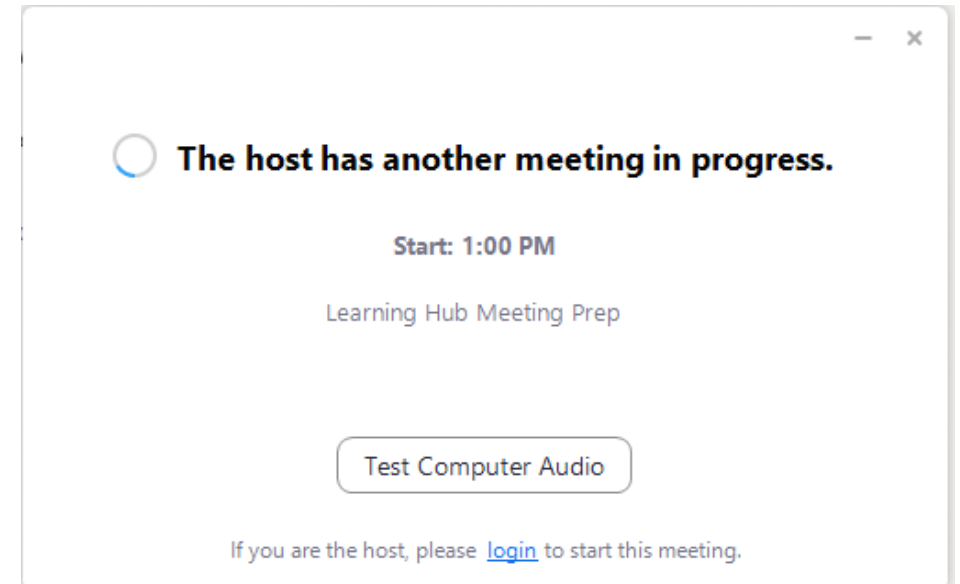
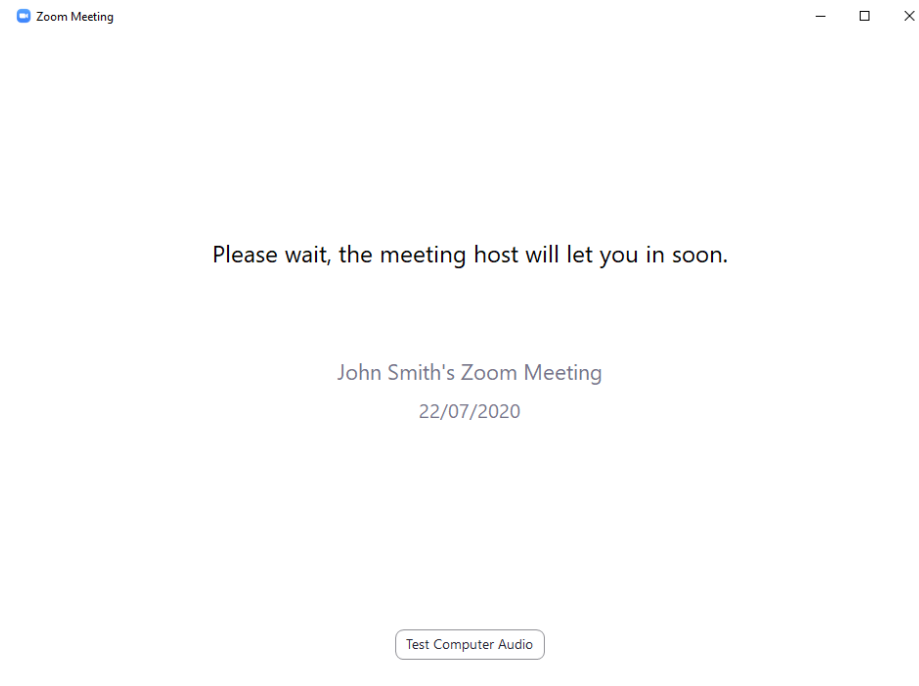
图像描述：此步骤于显示屏的画像示例 (已输入示例姓名、会议编号、密码和链接)

第 2 步： 输入会议密码，该密码与链接一起通过电邮发送给您。 选择“参加会议 (Join Meeting)”



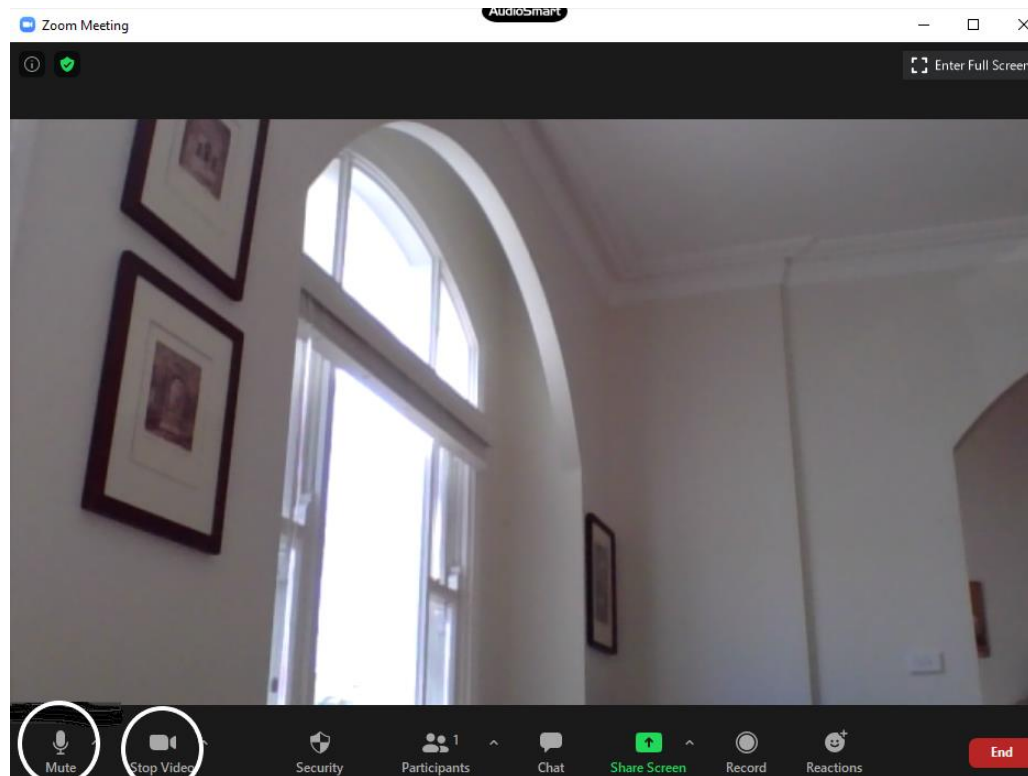
图像描述： 此步骤于显示屏的画像示例(已输入示例密码)

第 3 步： 在等待进入会议时，会出现以下其中一个显示屏画像



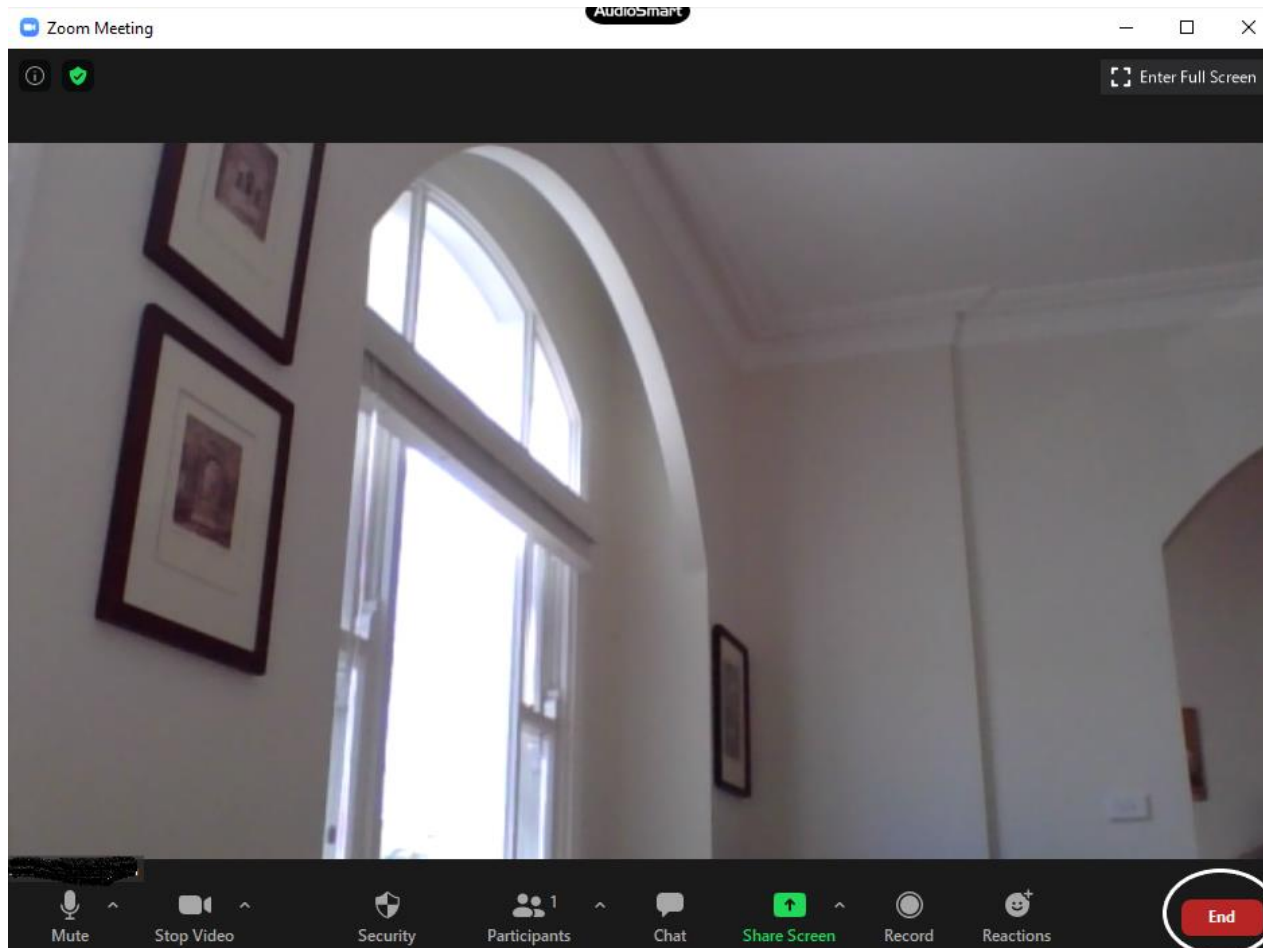
图像描述：此步骤于显示屏的画像示例

第 4 步： 进入会议后，您可以通过点击这些图标来启用音频/声音和视频



图像描述：此步骤于显示屏的画像示例

第 5 步：一旦您想离开会议，请选择“结束(End)”按钮，然后选择“离开会议(leave Meeting)”



图像描述：此步骤于显示屏的画像示例



This resource was created by Diversity and Disability Alliance

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