

**System requirements,
initial instructions**



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1. System requirements

1. Bandwidth requirements

Teams is designed to give the best audio, video, and content sharing experience regardless of your network conditions. That said, when bandwidth is insufficient, Teams prioritizes audio quality over video quality.

NOTE: Minimum requirements for taking the test. If more than one candidate shares the link during the exam, the total required bandwidth (down/up) is the number of candidates multiplied by minimum requirement.

1.2 Requirements for Teams on a PC

Component	Requirement
Processor	Minimum 1.6 GHz (or higher) (32-bit or 64-bit)
Memory	2.0 GB RAM
Hard disk	3.0 GB of available disk space
Display	1920 x 1080 Full HD minimal resolution Display size from 14"-27"
Graphics	Minimum of 128 MB graphics memory
Operating system	Windows: Windows Server 2012 R2+, Windows 10, or Windows 8.1 in 32-bit and 64-bit. Linux: Linux distribution capable of installing DEB or RPM Mac: Mac OS X 10.11 El Capitan or later
.NET version	Requires .NET 4.5 CLR or later
Video	USB 2.0 video camera; minimum 0.3Mp(640x480), recommended 720p HD Camera (1280 x 720)
Devices	Standard microphone and speakers



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2. Initial instructions for downloading and logging in to Microsoft Teams and Outlook

In order to successfully start using the Microsoft Teams application, you need to download from the link that follows:

<https://products.office.com/en-us/microsoft-teams/download-app>

Download Teams for your desktop



Download Teams

By clicking on the Download Teams field, the application will be downloaded, as shown in the picture:



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Download Teams for your desktop

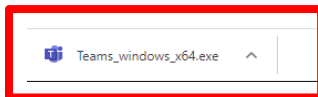


Download Teams

Get the Teams mobile app



Enter your phone number or email address and we'll send a download link.



It is then necessary to start the installation by clicking on ***Teams_windows_64.exe*** (shown in the image above).

When the Microsoft Teams installation is complete, you need to log in with your credentials, which are in the format:

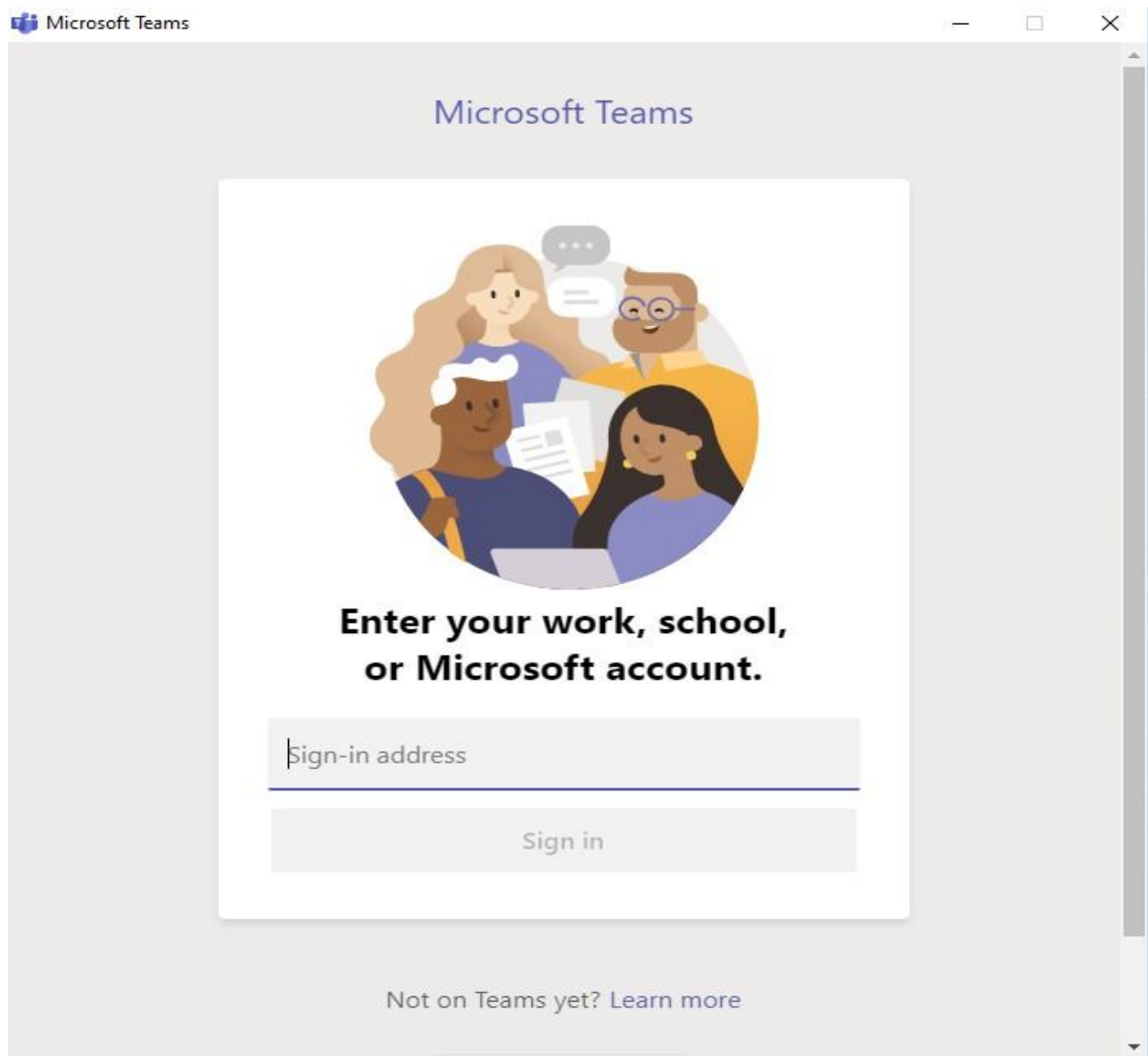


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Sign-in address : **<name.surname>@osddudic.onmicrosoft.com**

Password : **<temporary password >**

(which you will receive from the administrator of your Microsoft Teams)





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user.user1@osddudic.onmicrosoft.com

Enter password

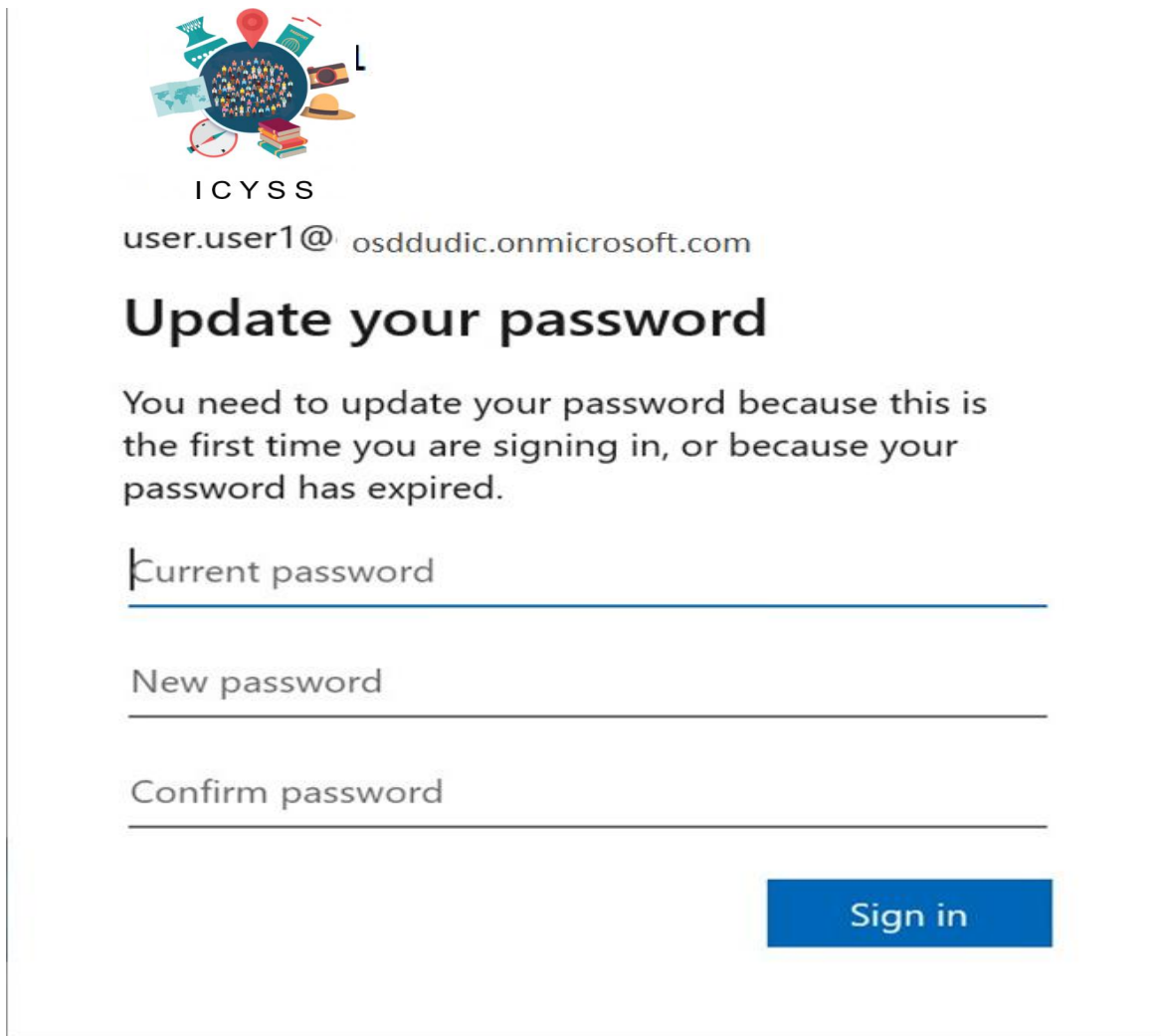
Password


[Forgot my password](#)

[Sign in with another account](#)

Sign in

After entering your credentials to access Microsoft Teams, a window will appear, as shown in the image below:




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user.user1@ osddudic.onmicrosoft.com

Update your password

You need to update your password because this is the first time you are signing in, or because your password has expired.

Current password

New password

Confirm password

[Sign in](#)

Enter the password in the order you are required to:

- The current password that you received from your system administrator
- new password (password you create yourself)
- new password, which you created and entered in the previous field (confirmation of the new password)



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user.user1@osddudic.onmicrosoft.com

Update your password

You need to update your password because this is the first time you are signing in, or because your password has expired.

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●●●●●●●●|

Sign in

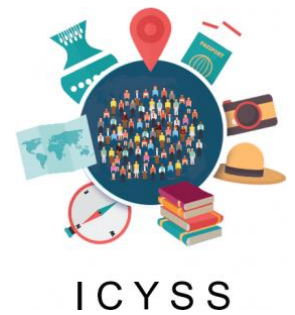
The next step in properly configuring user platforms to successfully use the Microsoft Teams application is to log in to the Microsoft Office 365 portal.

You can do this login as follows:

- From your web browser, go to the Office 365 portal via the following link:

<http://portal.office.com>

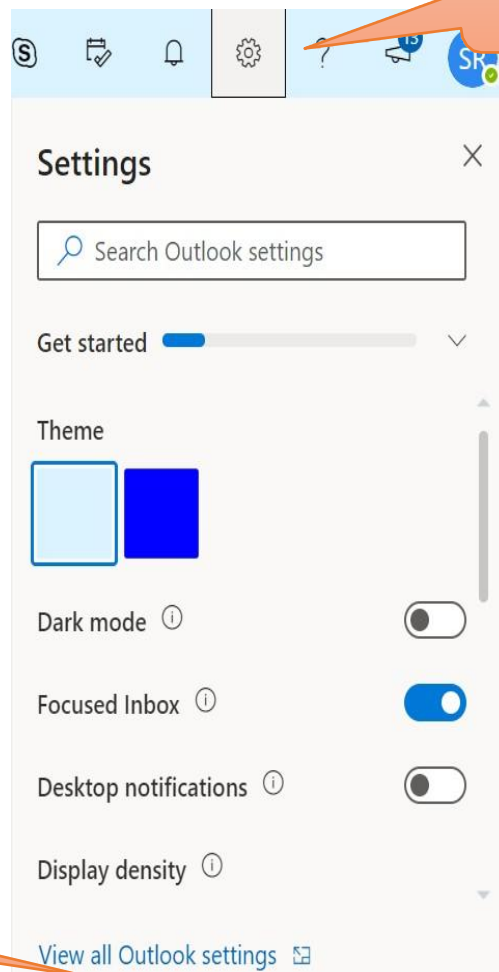
- Then log in with your account by entering your credentials, username and password as shown in the pictures below:



To configure Time zone – settings - go to:

Settings >> View all Outlook settings

After that under General section, go to Language and time and configure your time zone.

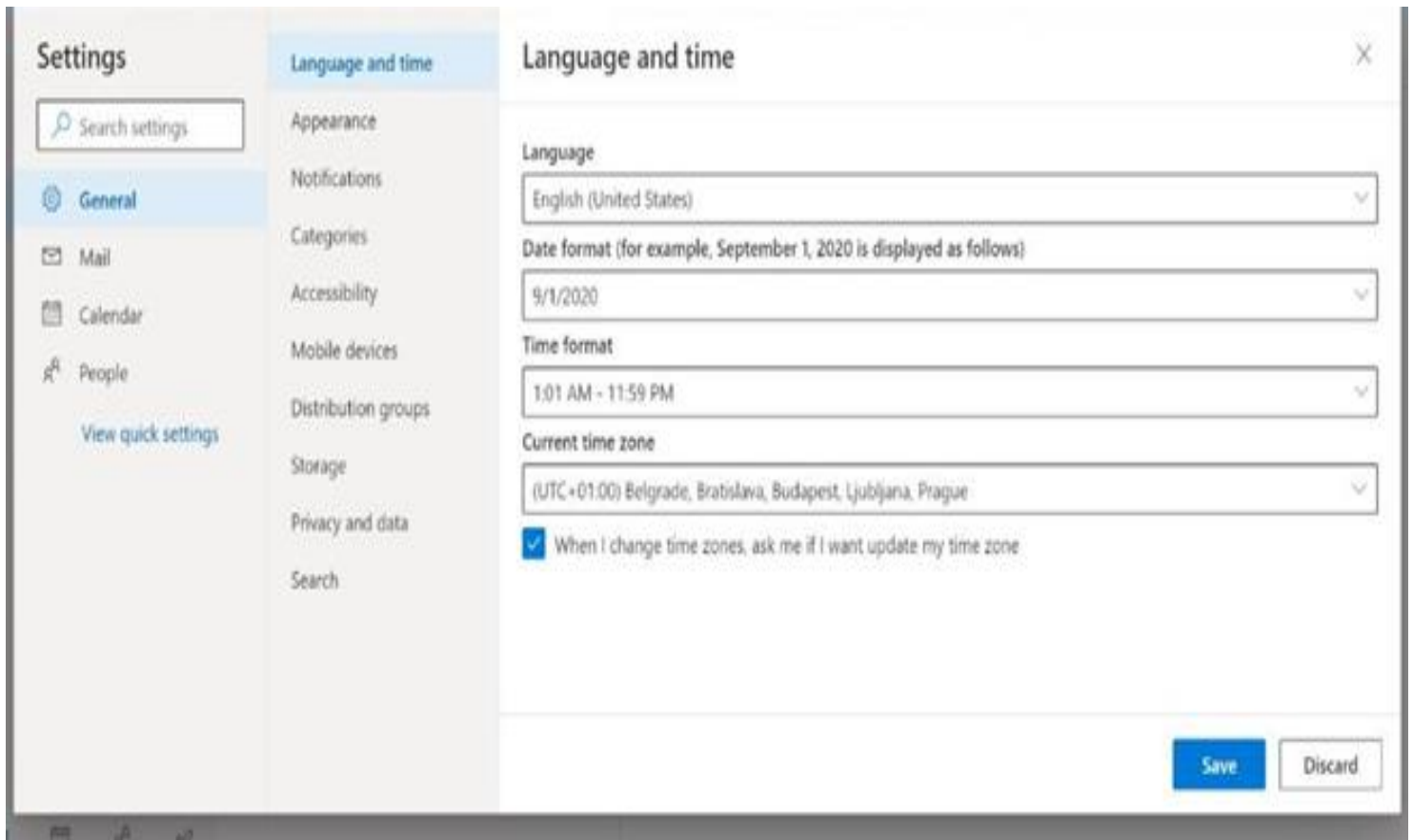


Step 1: Go to Settings

Step 2: View all Outlook settings



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***NOTE: Time zone setting is essential to be correct, otherwise synchronization between Microsoft Teams and Exchange Online will not work properly.
It is very important that you are logged in to your e-mail, because you will receive all notifications in this way***