

# Joining a Teams Meeting

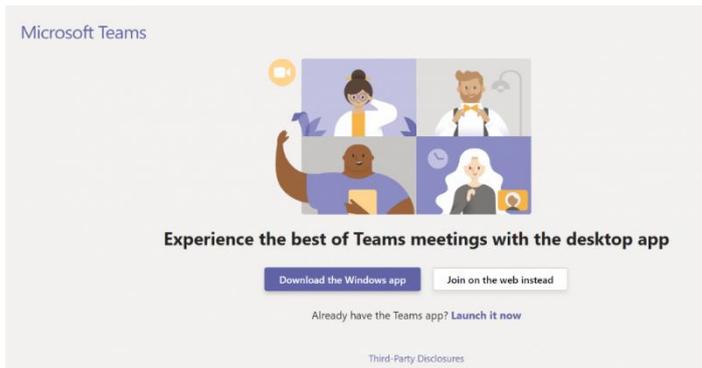
To join a meeting, click on **Join Microsoft Teams Meeting** in the email and join as a guest.

You will be redirected to a page where you will have to make a choice:

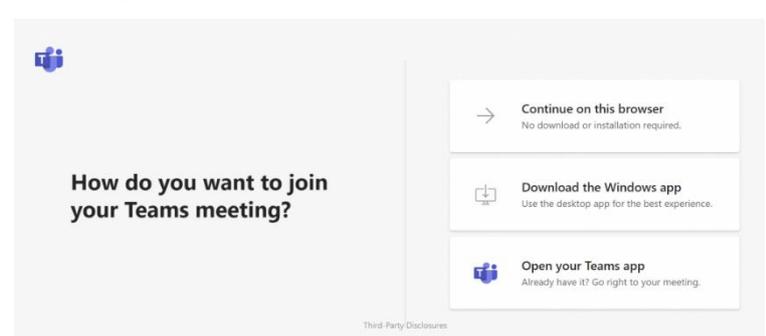
- Join on the web (no download required)
- Download the desktop application
- Open the Teams app (Teams desktop application if it is installed)

*Note: The actual page may differ in appearance depending on the version:*

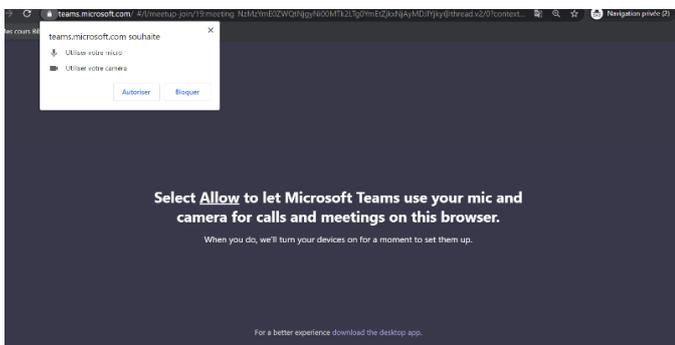
Old page



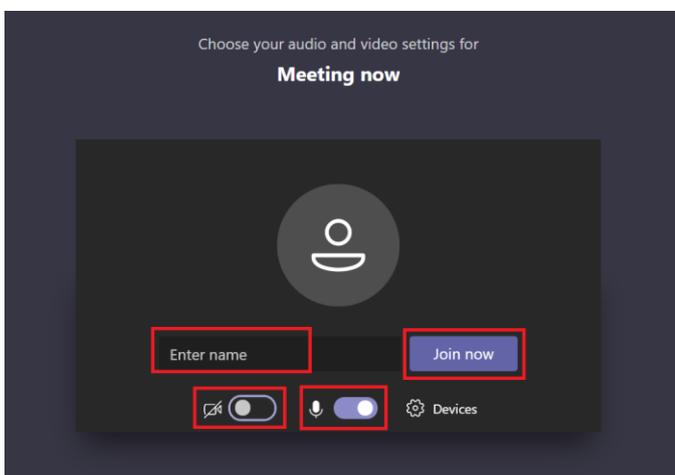
New Page



When joining the meeting you will need to choose if you want to use your microphone and camera. We ask that you do not have these on for the meeting.



Finally, you will need to enter a name, and click **Join**:



**Note:** Please ensure that your camera and microphone are off before joining the meeting.