



What You Will Need

On behalf of Alpha-1 Canada and its board of directors, thank you for agreeing to join one of our On-line Support Groups.

Here's what you will need,

1. A high speed internet connection (not dial-up) ideally 4 Mbps (megabytes per second) down and 512 kbps (kilobytes per second) up, and at least 512 kbps down and 128 kbps up. There are many free speed tests available on the internet. These two will tell you how fast your connection really is and are two of the ones that won't try to sell you anything: <http://speedtest.net/> and <http://www.bandwidthplace.com/>

If you use a wireless network for your internet you can increase the speed and quality of you connection by using an Ethernet cable instead. Plug one end into the Ethernet port on your computer and the other directly into one of the LAN ports on your router.

2. A computer with a Core 2 Duo 1.8 GHz (gigahertz) processor is ideal. A computer with a 1 GHz processor is fine.
3. A webcam and headset. The more money you spend on a webcam the more data you will be uploading to other members of your group and the slower everyone's connection will become. If you spend \$20 each on a webcam and headset the quality of your video and audio will be good enough. If you already have a webcam and headset, use them. The biggest reason for using a headset is so that you can hear other members well and they hear you better. If you have a built-in microphone and speakers on your computer and use them the whole meeting will sound to you like its taking place in a big empty room and that's how you will sound to everyone else.
4. A willingness to learn and actively participate in your group and a smile.



Ethernet Cable



Router



Headset



Webcam

