

## Technical Requirements for Participants for the Forum

### HARDWARE & SOFTWARE REQUIREMENTS

- Windows (Version 7 or higher) or MacOS (Version 10.10 or higher) on a computer
- The latest version of the [Google Chrome](#) browser
- A built-in or external webcam
- An echo-cancelling microphone or headset is recommended. The internal microphone on your laptop should only be used in conjunction with headphones
- Mobile devices and tablets are not supported

### BANDWIDTH REQUIREMENTS

For the best quality audio and video connection, an internet connection of:

- at least 5Mbps download speed (**10 Mbps** is suggested)
- at least 3Mbps upload speed (**5 Mbps** is suggested)

You can test your network connection using sites like [speedtest.net](#) or your Internet Service Provider's webpage.

We suggest connecting via a wired Ethernet connection instead of Wi-Fi whenever possible, to maximize connection speeds and reduce latency.