



Your internet connection is fundamental to a **successful remote appearance**. A slow internet connection might cause the speech and actions to get out of sync or lag behind what's happening physically.

This table lists the internet speeds you need:

Application	Direction	Minimum Speed	Better
Video	Upload	3.0 Mbps	5.0+ Mbps
	Download	3.0 Mbps	5.0+ Mbps
Audio	Both	100 kbps	100+ kbps

Your internet speed may be slowed by a variety of factors, including traffic from web applications running on your computer or tablet and on others connected to your network. Make sure to shut down all nonessential programs before joining the hearing.

Review the [Hardware Requirements for Windows PC and MAC](#).

Testing your Internet connection

You can use the following method to test your internet connection. You should have a minimum of 3.0 Mbps download and 3.0 Mbps upload. **More bandwidth is better!**

1. Go to Google.com
2. Search for internet speed test.
3. Tap or click **Run Speed Test**.

Methods to Connect and Available Features



Application Type	Camera	Audio	Screen sharing	More Actions	Participant Panel	Chat
Desktop	☑	☑	☑	☑	☑	☑
Web Version	☑	☑	☑	☑	☑	☑
Mobile App (iOS/Android)	Discouraged ☑	☑	☑	☑	☑	Android APP: Yes, screen switches iOS App: Yes, screen switches
Dial In-Not Recommended	☒	☑	☒	☒	☒	☒



Using the MS Teams Application From the Browser

It is recommended that user join a remote appearance by using the Teams desktop application. If that is not possible, the Teams application via the browser is another option.

For more information on supported browsers, see [Limits and Specifications for Microsoft Teams](#).

Supported Browsers	Version
 Google Chrome	The latest version plus two previous versions
 Microsoft Edge (Chromium-based)	The latest version plus two previous versions

Using the MS Teams Mobile Application

It is recommended that user join a remote appearance by using the Teams desktop application. If that is not possible, the Teams mobile application is another option.

Note: For the best experience with Teams, use the latest version of iOS and Android.

For more information, review the [Hardware Requirements for Teams on Mobile Devices](#).

Operating System	Compatible Devices	Software Requirement
Android	Android phones and tablets	last 4 major versions
iOS	iPhone, iPad, and iPod touch	2 most recent major versions



Frequently Asked Questions (FAQ)

I don't have a Microsoft Office365 Account, can I join a Teams meeting?

- Yes, you can join a Teams meeting as a guest for free without subscribing to Microsoft's services. You do not need your own Teams license or sign-in to participate. The Teams app is available for free for multiple device types and platforms. Go to [Download Microsoft Teams](#) for instructions and to download the desktop and/or mobile applications.
- To create a free Microsoft account, visit [How to Create a Microsoft Account](#).

What would you recommend for the best audio experience in a Teams meeting?

- First, you should try to situate yourself in a quiet room. A built-in speaker and microphone might be enough; however, we recommend the investment of a good-quality USB headset, headphones, or earbuds for echo and background noise reduction.
- Detailed information can be found on page 86 of the LACourtConnect User Guide, [Components of an Adequate Setup](#).

What would you recommend for the best video experience in a Teams meeting?

- When using your webcam in a Teams meeting, you should avoid windows/glass door behind you, which will make you look dark. It is a good idea to have a lamp shedding light on your face. Try to avoid clutter background. Use the Teams' "blur" virtual background feature if appropriate. Before and during the Teams call, you should adjust your webcam or position yourself to have a nice headshot view.

What should I do before joining a Teams meeting?

1. Download and install the Teams application at [Download Microsoft Teams](#).
2. Update your operating systems and apply security patches, reboot your computer.
3. Close unused applications. Background jobs may tax your computer resources.
4. Set up a practice session meetings to test your audio and video device settings and familiarize yourself with the features.