



# PROUD PARALYMPIAN

Thanks for joining the Proud Paralympian Conversations with the IPC Athletes' Council. We are happy to have you with us and we look forward to hearing your questions to the Athletes' Council Members.

To secure a better online experience please follow this Login Guideline and the "house-keeping" rules to have an interactive participation.

## Login:

- 1- Please click in the Conversation link you would like to join
  - a. If you are using a laptop or tablet, you can join directly in the Browser

Join conversation

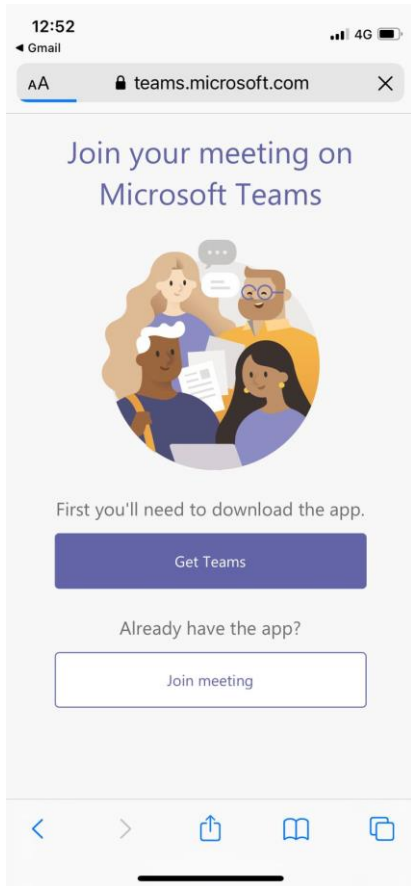
https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F\_%23%2F%2Fmeetup-join%2F19%3Ameeting\_MjhlZjM3OWUtZGQ3Yi00YjU3LTlhNzAtZTdiOTgzZTE1OWM3%40thread.v2%2F0%3Fcontext...

**How do you want to join your Teams meeting?**

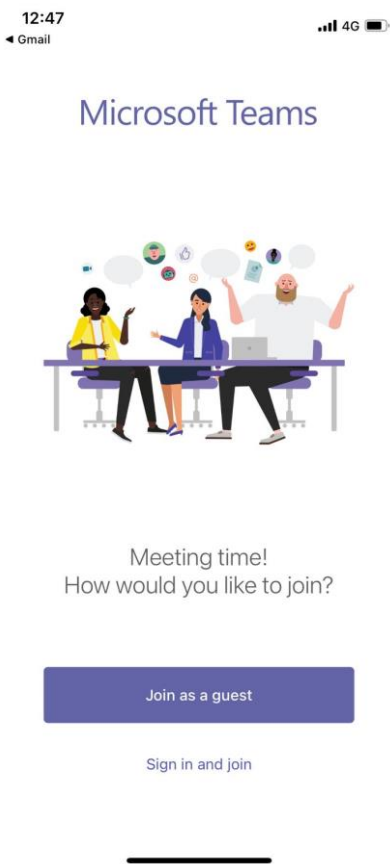
- Download the Windows app**  
Use the desktop app for the best experience.
- Continue on this browser**  
No download or installation required.
- Open your Teams app**  
Already have it? Go right to your meeting.

[Privacy and Cookies](#) [Third-Party Disclosures](#)

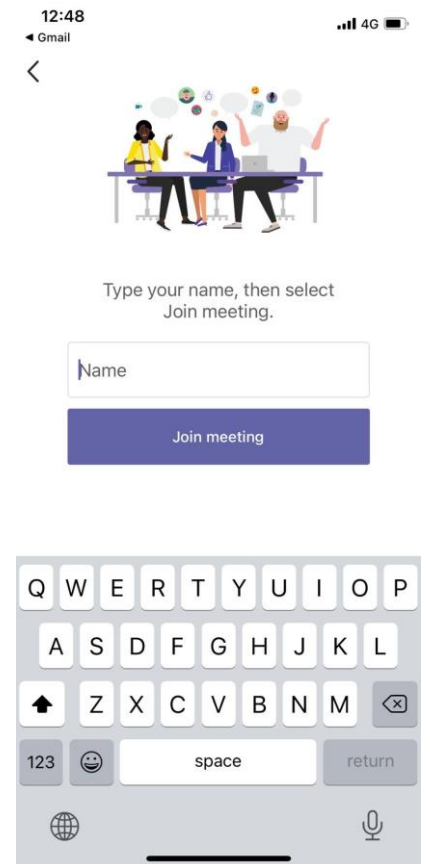
- b. If you are using a smartphone, you will be requested to join via the Teams App. Download the app which is free of charge, and you can join as a Guest.



1- Get Teams-Download the App



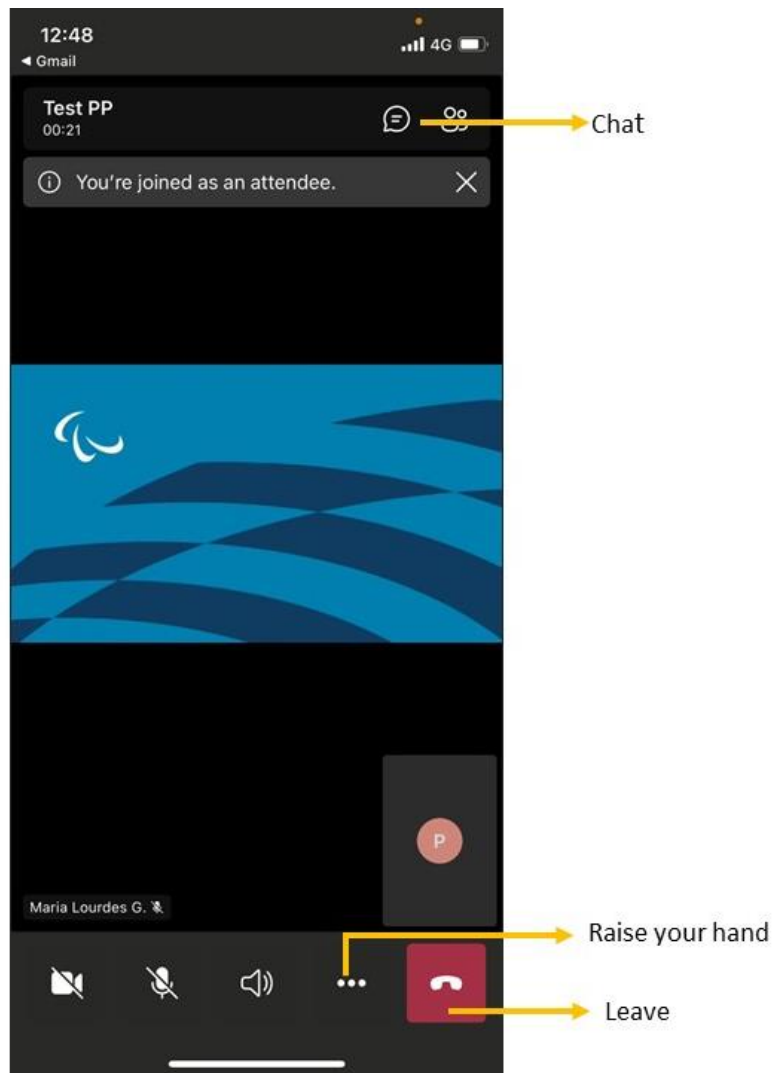
2- Join as a guest



3-Write your name and last name

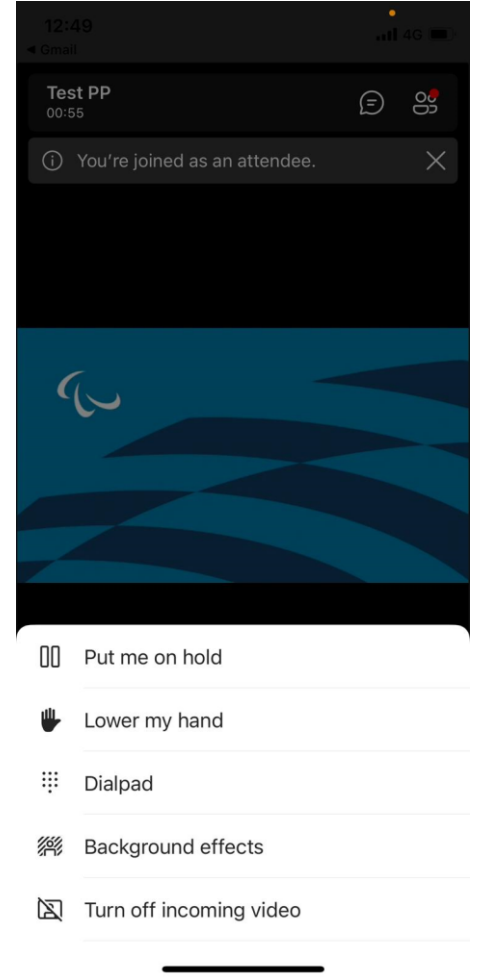
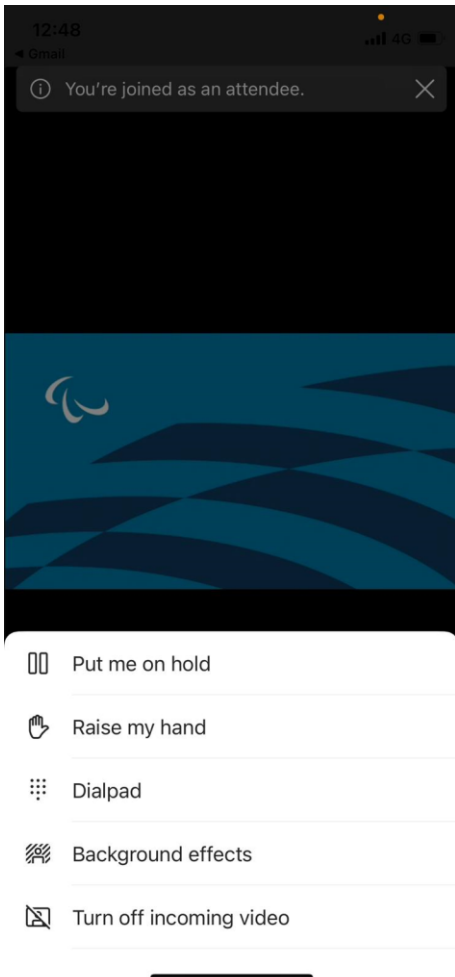
## House-keeping rules:

- 1- Your microphone and camera will be disabled once you enter the conversation. At the main screen you will find the "Chat" bubble, the "Settings" button and the icon to leave the call.



- 2- At the end of the conversation, the presenters will open the floor for questions from the participants.

3- If you wish to ask a question to the presenters, please use the “Raise the Hand” functionality, available at the “Settings” button . We will able your camera and microphone. After your question, we will again disable your microphone and camera, and you can lower your hand.



4- If you wish to ask a question to the presenters but without speaking, please write your question in the "Chat" functionality and send it.

