

How to install R and RStudio

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1 R

- Go to <http://www.r-project.org/> \implies **CRAN** and choose a location close to you.
- Go to **Download and Install R**.
- Assuming your OS is Windows, choose **Download R for Windows**.
- Choose **Download R 4.1.2 for Windows (45 megabytes, 32/64 bit)** and save the file (usually it goes to the downloads folder).
- Install the program by following the instructions.
 - If your OS is Vista on Windows 7 it is better to right-click the mouse and choose **Run as administrator**.
- Open R by right-clicking the icon on the desktop and choose **Run as administrator**.
- In R, type

```
> update.packages()
```
- Close R
- You have to install an editor, RStudio

2 RStudio

- Go to <http://rstudio.org/> and install RStudio following the instructions (right-click the mouse when installing and choose **Run as administrator**).
- Click the RStudio icon on the desktop and RStudio and R are ready to be used.