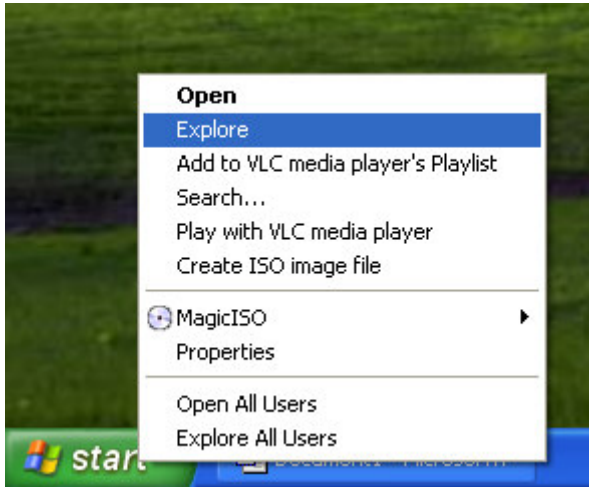
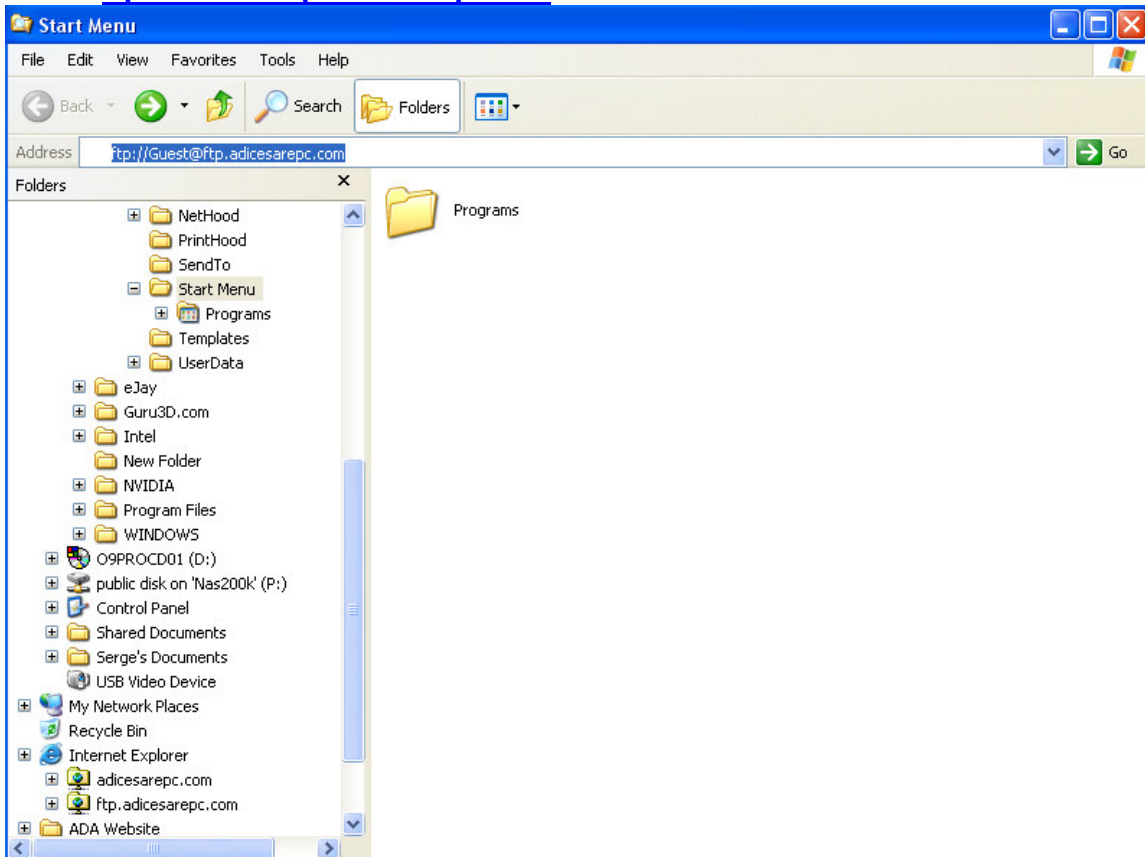


1. Right click on the “start” button and select “explore” (Works with all versions of Windows.

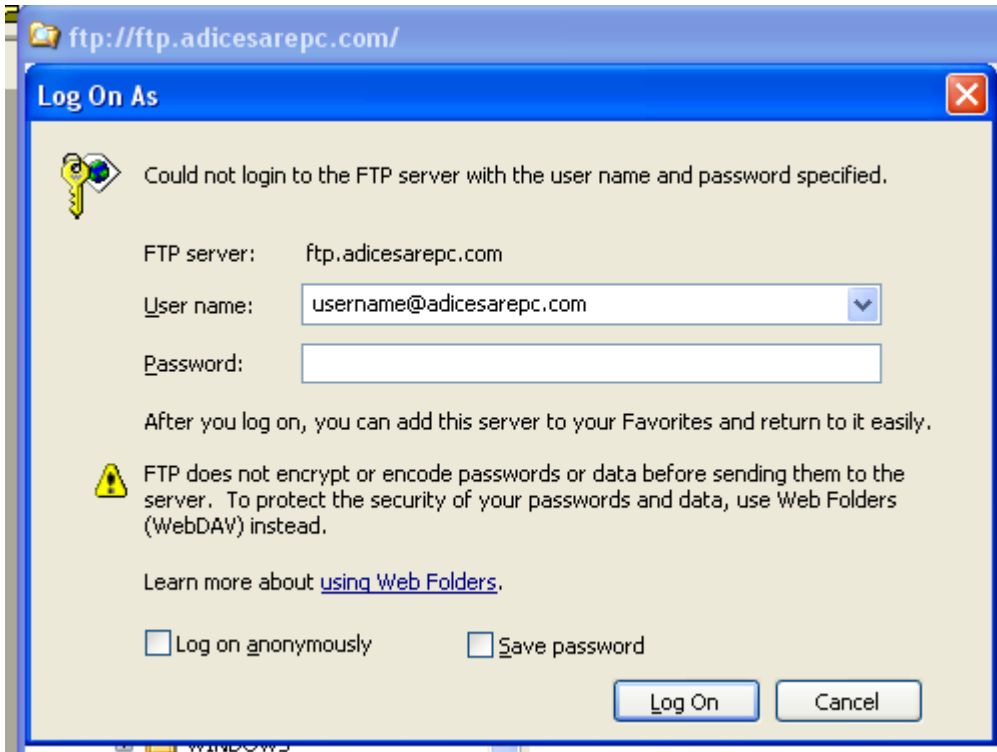


2. In the “address” box type the address below, and press enter
<ftp://Guest@ftp.adicesarepc.com>



If you do not have the address box, click on: View \ “Toolbars” and select “Address”

3. A dialog box will appear. Enter your user name and password which has been provided to you via-email.



4. Click "Log On"

You are now able to download and upload files to our secure FTP site.