



Public Courses: Distance Options

The Process Work Institute may offer an option of distance attendance for those who can't make it in person. PWI Public Courses generally offer two distance options: audio download & live web stream.

Audio Downloads

PWI uses audio recording technology to document your selected course. Those recordings are then converted into MP3 files and uploaded to our website after the course meeting has ended. Course recordings are usually available to download within a few hours after the course has finished, or by the end of Monday following some weekend courses. If you have registered for an audio download, you will receive an email detailing the downloading process from our website. Once downloaded (typical file sizes are between 100-200Mb), these files can be played directly from your computer, or transferred to any device that plays digital music files (e.g. MP3 players, iPods, or most smartphones). Internet connection is required to download the file.

Live Web Streaming: Zoom Video Platform

The Zoom Online Conference Platform is a user-friendly technology that unifies cloud video conferencing, online meetings, and group messaging into one easy-to-use platform. You do not need an account with Zoom in order to join an online meeting. PWI records the class while you stream it in the convenience of your own home or venue, from your computer, tablet, or phone. Zoom offers additional features such as live chat, screen sharing, video spotlighting, and private messaging which enhance the distance experience.

Best Practices for Zoom

Whether you're participating or presenting in a course, participants are highly encouraged to use a microphone headset rather than their built-in speakers and microphone. If you have never used Zoom before, we suggest joining the class meeting fifteen minutes before the class begins in order to make potential adjustments to your settings. Instructions for joining the zoom meeting will be sent at least three days before the class begins. It is best to keep your microphone on mute unless presenting.



Zoom System Requirements

An internet connection – broadband wired or wireless (3G or 4G/LTE)

Speakers and a microphone – built-in or USB plug-in or wireless Bluetooth

A webcam or HD webcam - built-in or USB plug-in

Or, a HD cam or HD camcorder with video capture card

Supported Operating Systems

Mac OS X with MacOS 10.7 or later

MacOS 10.6.8 (Snow Leopard) with limited functionality (Zoom version 3.6)

Windows 10

Windows 8 or 8.1

Windows 7

Windows Vista with SP1 or later

Windows XP with SP3 or later

Ubuntu 12.04 or higher

Mint 17.1 or higher

Red Hat Enterprise Linux 6.4 or higher

Oracle Linux 6.4 or higher

CentOS 6.4 or higher

Fedora 21 or higher

OpenSUSE 13.2 or higher

ArchLinux (64-bit only)

Supported Tablet and Mobile Devices

Surface PRO 2 running Win 8.1

Surface PRO 3 running Win 10

iOS and Android devices

Blackberry devices



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Supported Browsers

Windows: IE7+, Firefox, Chrome, Safari5+

Mac: Safari5+, Firefox, Chrome

Linux: Firefox, Chrome