

FastStone Installation & User Guide (Windows)

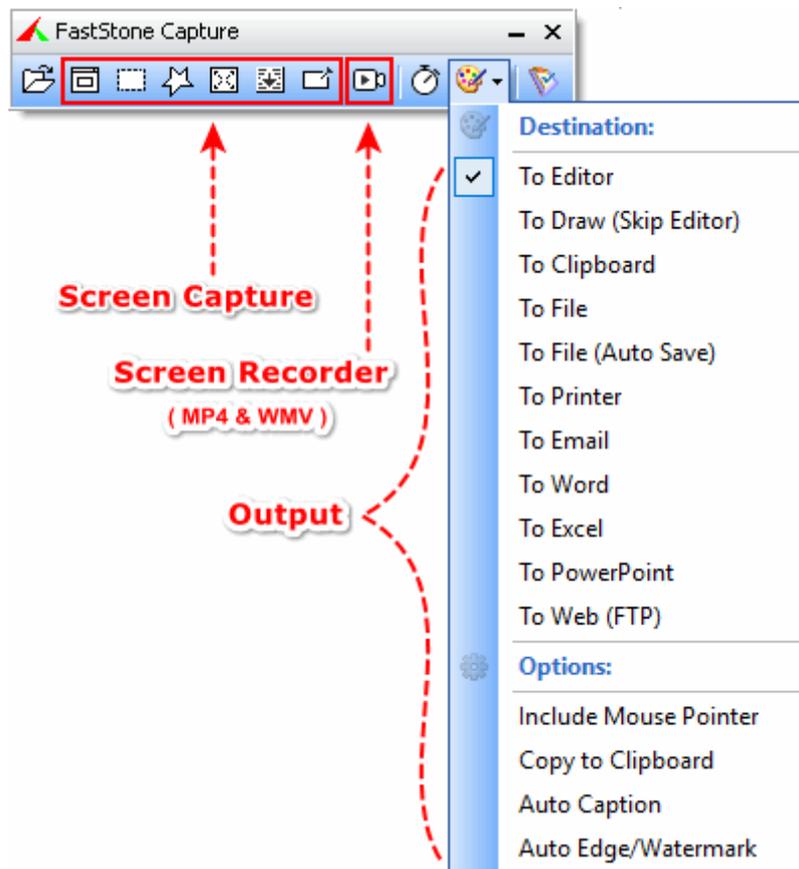
1. Installation on Windows

1. Visit the official website : [Download FastStone Capture](#)
2. Click download (chose `.exe` installer)
3. Run the installer and follow the setup instructions.

2. Record Screen Using FastStone Capture

◇ Step 1: Launch the Screen Recorder

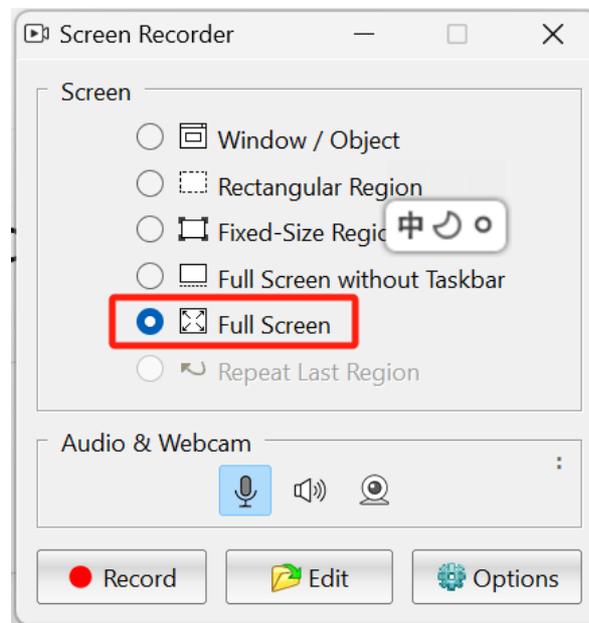
- Open **FastStone Capture**.
- On the floating toolbar, click the **Screen Recorder icon**
- This icon is typically a small **video camera** symbol (highlighted in red above).



◇ Step 2: Select Recording Area

After clicking the icon, a dialog box will pop up asking you to select the recording mode:

- **Full Screen**



◇ Step 3: Configure Recording Options

Before recording:

- Uncheck **Microphone**.
- Output formats supported: **MP4** and **WMV**.



◇ Step 4: Start Recording

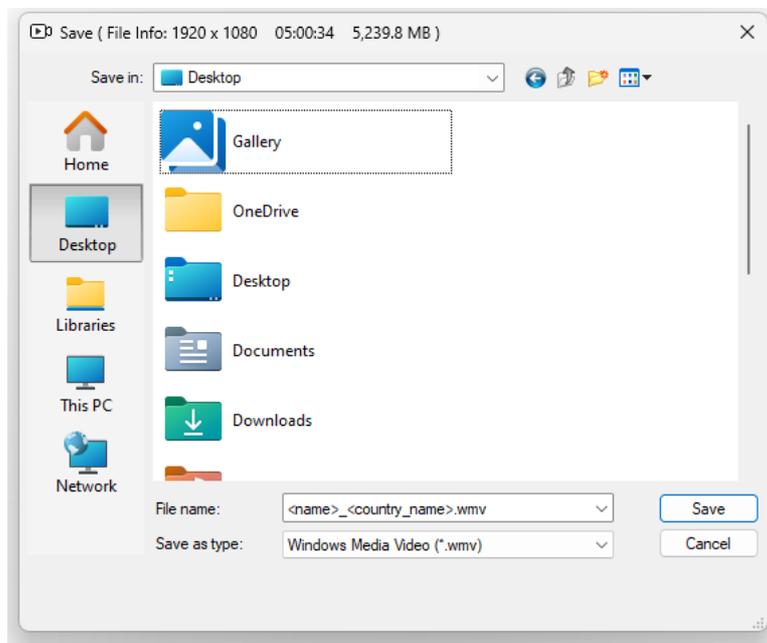
Click **Record** to begin.

A small control bar will appear with buttons like **Pause**, **Stop**, and **Cancel**.

◇ Step 5: Stop and Save

- When you're done, click **Stop** on the control bar.
- FastStone will automatically open the recorded video in its preview window.
- You can **save the video**.





◇ Step 6: Upload Your Video

- You will receive an email with a SharePoint folder link.
- Click **“Open”** in the email.
- Upload your video file to the folder **with your name** (e.g., john_smith).
- Done! No need to rename the file.

📌 Please **upload to your own folder only**.

International Cybersecurity Olympiad 2025 shared the folder <name> with you Inbox x

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10:37 AM (48 minutes ago) ☆ 🔒 ↶ ⋮

