

FTP Instructions:

(FTP is short for File Transfer Protocol)



PC Users:

1. Press the Windows Key and the E button at the same time or click on My Computer.
2. In the window address bar, type: <ftp.promatchsolutions.com>
3. A login box will pop up, enter your Username and password.

You can now see any files that are in your folder and using this method will allow you to drag and drop files.

4. Smile :)

Mac Users:

The easiest way to get on the ftp on a mac is to download Transmit (FTP Software):

<http://www.panic.com/transmit>

There will be a download button at the bottom of that page.
Once it is installed and the program is running, enter:

<ftp.promatchsolutions.com>

Username and password

Make sure port is on 21 and protocol is set to FTP.

Now you are free to drag and drop files!