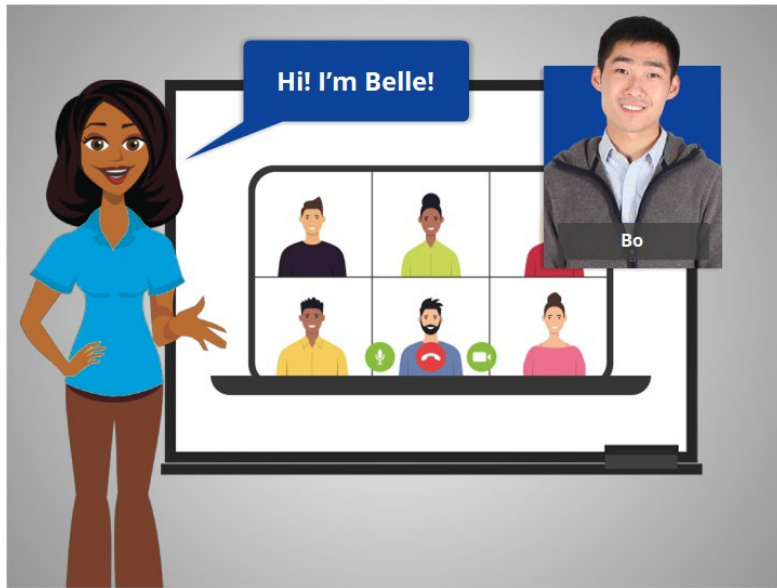


# Basics of Video Conferencing

## What is Video Conferencing?

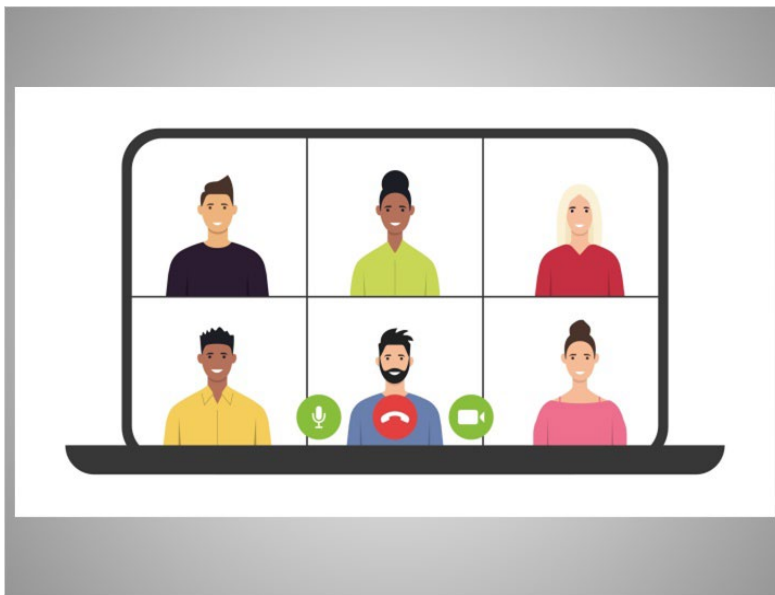


Hi, I'm Belle and I'm here to help you get started with video conferencing.

We will follow along with Bo, who wants to connect with family, friends, co-workers, and his child's teachers using a video conferencing tool. There are many different video conferencing tools.



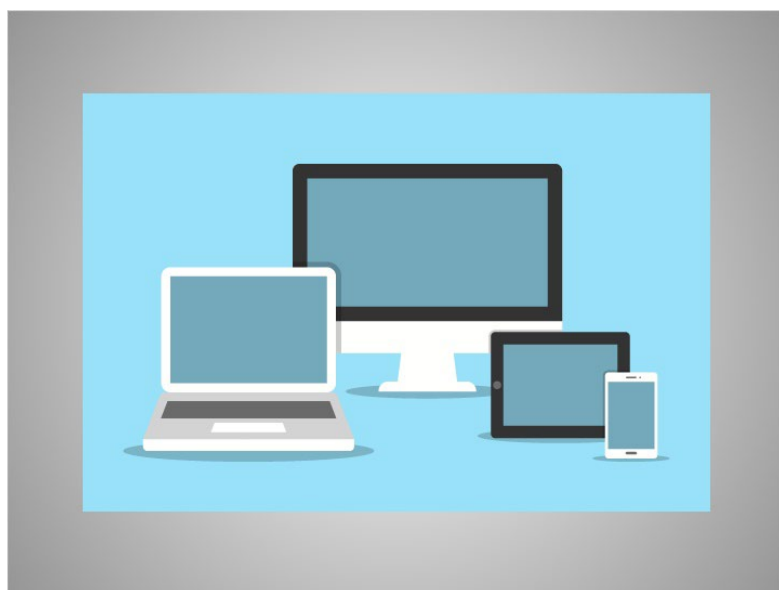
In today's example, Bo is using Zoom. Let's begin by talking about what video conferencing is and how it works.



Video conferencing, which is sometimes referred to as web conferencing, is a live meeting between one or more people online. There are many tools you can use to meet with an individual or a group online.



These tools can use video or audio, or both video and audio, using either a cellular or internet connection.



Video conferencing tools work on a variety of connected devices including smartphones, tablets and computers.



In this lesson Bo learned what video conferencing is and how it works. In the next lesson, we will follow Bo who is invited to join an online meeting using Zoom.