Audacity:
1. Go to http://audacity.sourceforge.net/ or Google 'Audacity' and click on the first link.
2. Click on the 'Download' link at the top of the page.
3. Click on the link to either download Audacity for Windows or Mac, depending on your operating system. This will lead you to another page with download links and instructions.
4. Click on the link to download Audacity 2.0.5 installer (it should be the first link). The download will pop up in another window.
5. Follow the instructions on the download window to install Audacity on your computer. (For Mac only: Drag ENTIRE Audacity folder, not just application)

Lame Library:
Audacity's website has fantastic and thorough instructions for downloading and installing Lame Library here: http://audacity.sourceforge.net/help/faq_i18n?s=install&i=lame-mp3 Just in case, I have copied the instructions below.

Windows

1. Go to the external [LAME download page](#).
2. Under "For Audacity on Windows", left-click the link **"Lame v3.99.3 for Windows.exe"** and save the file anywhere on your computer. **Do not right-click the link to the .exe file.**
3. Double-click **"Lame v3.99.3 for Windows.exe"** to launch it (you can safely ignore any warnings that the "publisher could not be verified").
4. Follow the "Setup" instructions to install LAME for Audacity. Do not change the offered destination location of "C:\Program Files\Lame for Audacity".
5. AFter recording, click on "File" and look for "Export." Click on it and save as MP3.

If you do not see just "Export" then you may see "Export as MP3." The following steps may be required.

6. The first time you use the "Export as MP3" command, Audacity will ask for the location of **"lame_enc.dll"**. Navigate to "C:\Program Files\Lame for Audacity", select "lame_enc.dll", then click "Open" and "OK".
7. If you prefer the Zip option for the LAME download, save the zip file to anywhere on your computer, extract "lame_enc.dll" to any location, then show Audacity where to find it as in Step 5 above.
8. In case of difficulty, please view our [more detailed instructions](#) on the [Audacity Wiki](#).

Mac OS 9 or X

1. Go to the external [LAME download page](#).
2. Click "Click Here Mac OSX User → Jump straight to Mac OSX downloads"
3. Click to download either **"Lame Library v3.98.2 for Audacity on OSX.dmg"** or **"LameLib-Carbon.sit"**, according to your operating system.

4. Double-click the .dmg to extract "Lame Library v3.98.2 for Audacity on OSX.pkg" to Finder, or use Stuffit to extract "LameLib" from the .sit (either of these may happen automatically).
5. Double-click the .pkg to install **"libmp3lame.dylib"** in /usr/local/lib/audacity, or save **"LameLib"** anywhere on your computer.
6. The first time you use the "Export as MP3" command, Audacity will ask for the location of "libmp3lame.dylib" or "LameLib". Navigate to that location, then open the file and click "OK".
7. In case of difficulty, please view our more detailed instructions on the Audacity Wiki.