

# What is Zoom?

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Zoom is a video conferencing service you can use to meet online with others by video or audio-only or both, while conducting live chats.

A **Zoom Meeting** refers to a video conferencing meeting that's hosted using Zoom. You can join these meetings via a phone or webcam on your PC.

## [Quick Start Guide](#)

Choose the **Zoom Free Plan**: You can hold an unlimited number of meetings, host video conferences of up to 40 minutes, with up to 100 participants.

## Download and install the app:

- Zoom Desktop Client for [Mac](#), [Windows](#), or [ChromeOS](#) on your Chromebook, or
- Zoom Mobile App for [iOS](#) and [Android](#)

## [Start or Join a Scheduled Meeting as a Host](#)

On your PC or mobile device, or phone

## [Inviting others to join a meeting](#)

## [Joining another person's meeting](#)

## [Host controls video](#)