

Welcome to Innovirolgy online courses. If you're a little lost and don't know what is the correct way of seeing them, here are some suggestions:

1. Click on the course that interests you from the menu on the left or in the middle.
2. Click on the week or class that you are interested on.
3. Before starting the video, you can download the transcript of the video in the language of your election (English, Spanish, Italian, French, German, and Polish – not all of them available for all courses).
4. Once you've clicked on the arrow to begin, you can select the subtitles in the desired language in the dented wheel in Settings.
5. You can also select the speed on the same place.
6. If you want to see the videos full screen, you must click on the black band on the video where it has the number and title.