

Join a Meeting in Teams

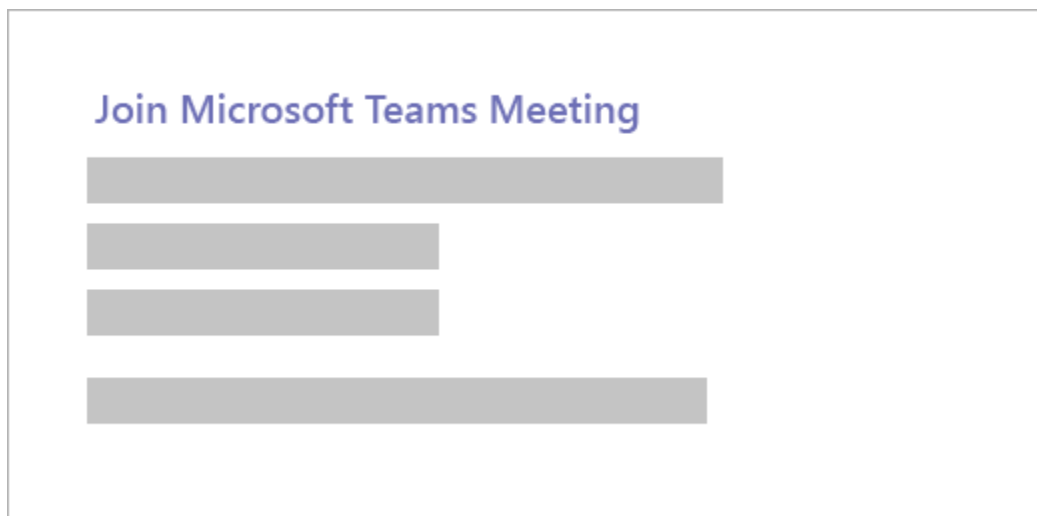
Microsoft Teams

DesktopMobile

You can join Teams meetings anytime, anywhere, from any device. To learn more, check out the [Join a Teams meeting](#) video.

Join by link

All you need to join a Teams meeting is a link.

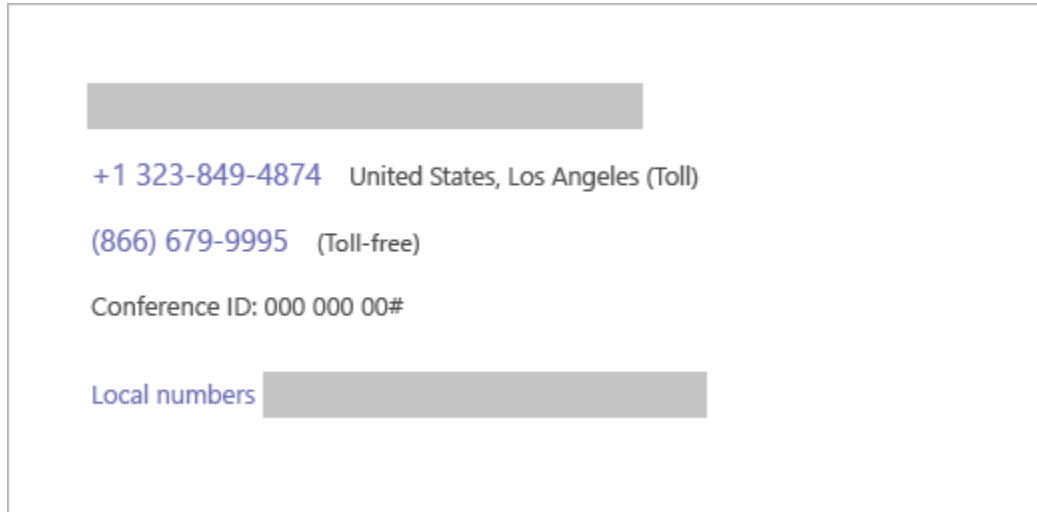


Select Join Microsoft Teams Meeting in your meeting invite to be taken to a page where you can choose to either join on the web or download the desktop app. If you already have the Teams app, the meeting will open there automatically.

If you don't have a Teams account and the organizer has allowed it, you may have the option to enter your name to join the meeting as a guest. If you do have a Teams account, select Sign in to join with access to the meeting chat and more. Then, depending on the organizer's settings, you may join the meeting right away or go to the lobby where people in the meeting can admit you.


Join by phone

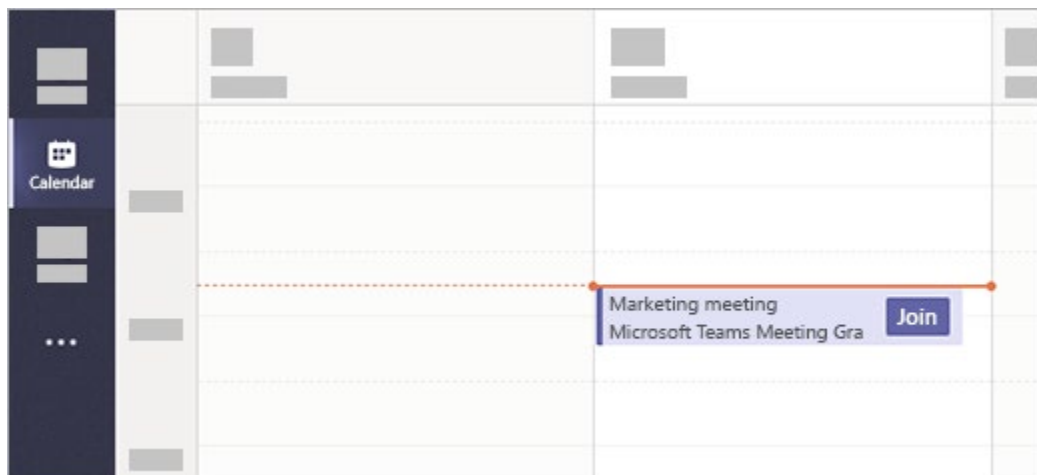
Even if you don't have internet access or the Teams app, you can join some meetings by phone. If it has a phone number and conference ID in the meeting invite, just dial to join.



If you see a phone number in your invitation, but it's not local to you, select Local numbers and find one that works for you.

Join from calendar

Select Calendar  on the left side of the app to see your meetings. Find the meeting you want, and then select Join.



Or, if someone starts the meeting, you'll get a notification you can use to join.

Join in a channel

If a meeting takes place in a channel, you'll see an invitation to join, relevant content, and who's in the meeting right in the channel. Just select **Join**.



Join from chat

If the meeting has already begun, it appears in your recent chat list. Select the meeting in your chat list and then select **Join** at the top of the chat.

