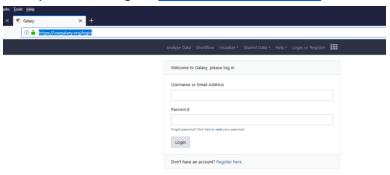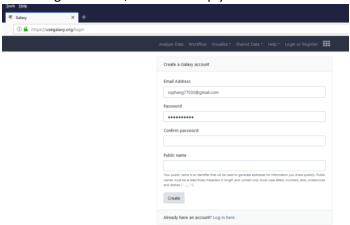For Galaxy Beginner 1

1. Setup an account,
   a. From your browser, go to https://usegalaxy.org/login

   b. Click "Register here", start to setup your free account

   c. Enter your email, then input your password. You can use a different password, not your true email password.
2. Log in your account, Galaxy console will show like below, you can:
   a. upload your data from your local computer/or download data from public resource with the "Get Data" from the "Tool" on the left
   b. manipulate your files/change your files format
   c. run analysis
3. enjoy it!