

# Box Sync: Quick Start Guide



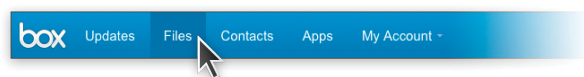
## Box Sync: Overview

Box Sync lets you keep multiple folders from your Box account in sync with your computer desktop. So now, whenever you change or add content to Box folders on your computer, it's all automatically saved to your Box account. It gets better: Sync does this for your whole team, so edits and updates appear on everyone's desktops, automatically. Now that's teamwork.

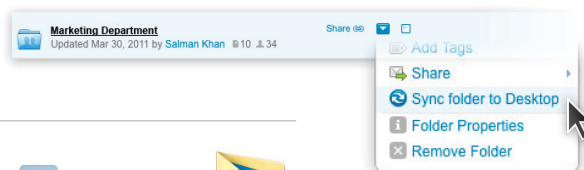
## Sync in a Snap

Ready to sync content in your Box account right to your desktop? It's easy:

- 1 When logged into Box, **click on Files** and select a folder to sync to your desktop



- 2 **Right-click** on this folder (or click the arrow to the right of it) and select **Sync Folder to Desktop**

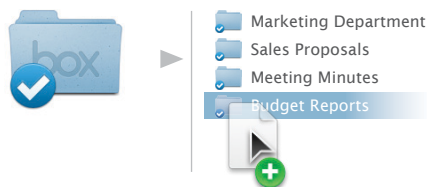


- 3 This folder will now appear in the Box Sync folder on your desktop. That's it: You're syncing!



Want to put it in reverse ... and send new content from your desktop to Box? That's a breeze, too. Just:

- Save or add content to a folder inside the Box Sync folder on your desktop. Or ...
- Create a new folder inside your desktop Box Sync folder and add files to it. (Want others to get these files? No worries: Head to Box right after you sync and add them as collaborators.)



## Questions? We've Got You Covered

Visit [Sync Help](#), check out the [Box Online Community](#), [write us](#) or call 1-877-729-4269.

Enjoy Box Sync and see how it makes working together no work at all. And, as always, thanks for being the best part of Box.

**The Box Team**