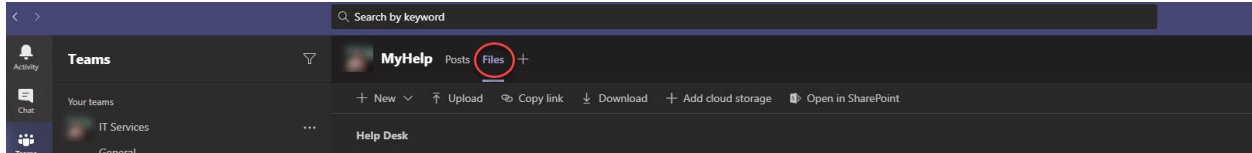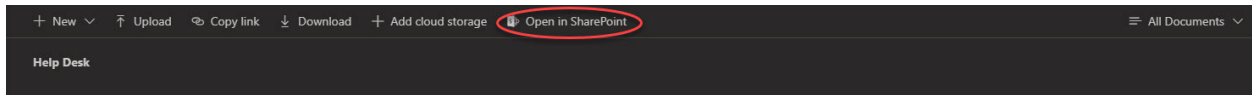# Syncing Teams to File Explorer
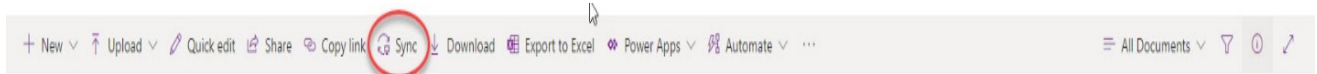
**Click on the Teams channel you would like to get files from and click on Files.**
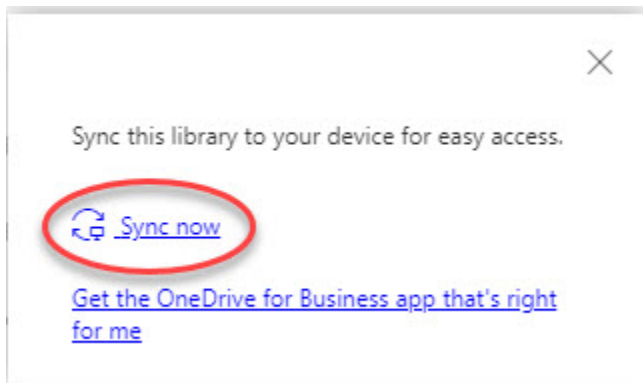


**After clicking on Files.  You will have the option to Open in SharePoint.  Click on Open in SharePoint.**
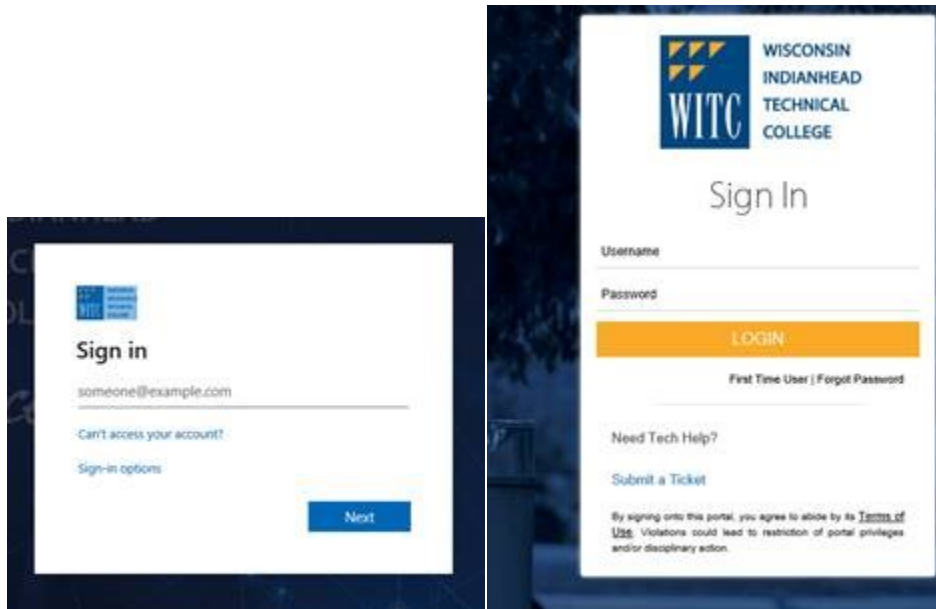


**When SharePoint opens.  Click on the Sync option.**



**After clicking on Sync.  You will receive a popup.  Click on Sync Now.**

**After clicking on Sync Now.  Open Windows File Explorer.  You will see the Synced your synced file there.**