

Download e instalação do R e do RStudio

A. Download e instalação do R

A1. Aceda à página principal do projeto R (<https://www.r-project.org>) e clique em download R.



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The R Project for Statistical Computing

Getting Started

R is a free software environment for statistical computing and graphics. It compiles and runs on a wide variety of UNIX platforms, Windows and MacOS. To [download R](#), please choose your preferred [CRAN mirror](#).

If you have questions about R like how to download and install the software, or what the license terms are, please read our [answers to frequently asked questions](#) before you send an email.

News

- [R version 4.6.1 \(Happy Hop\)](#) has been released on 2026-06-24.
- [R version 4.5.3 \(Reassured Reassurer\)](#) (wrap-up release) was released on 2026-03-11.
- The [useR! 2026](#) conference will take place in Warsaw, Poland, July 7-9.
- You can support the R Foundation with a renewable subscription as a [supporting member](#).

News via Mastodon

A2. Clique no *mirror* (espelho) da sua preferência (uma opção é seleccionar um dos *mirrors* do país onde se encontra)

CRAN Mirrors

The Comprehensive R Archive Network is available at the following URLs, please choose a location close to you. Some statistics on the status of the mirrors can be found here: [main page](#), [windows release](#), [windows old release](#).

If you want to host a new mirror at your institution, please have a look at the [CRAN Mirror HOWTO](#).

0-Cloud	https://cloud.r-project.org/	Automatic redirection to servers worldwide, currently sponsored by Posit
Argentina	http://mirror.fcaglp.unlp.edu.ar/CRAN/	Universidad Nacional de La Plata
Australia	https://cran.csiro.au/ https://mirror.aarnet.edu.au/pub/CRAN/ https://cran.ms.unimelb.edu.au/	CSIRO AARNET School of Mathematics and Statistics, University of Melbourne
Austria	https://cran.wu.ac.at/	Wirtschaftsuniversität Wien
Belgium	https://www.freeststatistics.org/cran/ https://ftp.belnet.be/mirror/CRAN/	Patrick Wessa Belnet, the Belgian research and education network
Brazil	https://cran-rc3sl.ufpr.br/ https://vps.fmvz.usp.br/CRAN/ https://brieger.esalq.usp.br/CRAN/	Universidade Federal do Paraná University of Sao Paulo, Sao Paulo University of Sao Paulo, Piracicaba

A3. Se estiver a utilizar um sistema operativo *Windows*, clique em Download R for Windows, caso contrário clique na opção aplicável ao seu sistema operativo.



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The Comprehensive R Archive Network

Download and Install R

Precompiled binary distributions of the base system and contributed packages. **Windows and Mac** users most likely want one of these versions of R:

- [Download R for Linux \(Debian, Fedora/Redhat, Ubuntu\)](#)
- [Download R for macOS](#)
- [Download R for Windows](#)

R is part of many Linux distributions, you should check with your Linux package management system in addition to the link above.

Source Code for all Platforms

Windows and Mac users most likely want to download the precompiled binaries listed in the upper box, not the source code. The sources have to be compiled before you can use them. If you do not know what this means, you probably do not want to do it!

- The latest release (2026-06-24, Happy Hop) [R-4.6.1.tar.gz](#), read [what's new](#) in the latest version.
- The CRAN directory [src/base-prerelease](#) contains R alpha, beta, and rc releases as daily snapshots in time periods before a planned release.
- Between releases, the same directory [src/base-prerelease](#) contains snapshots of current patched and development versions. Please read about [new features and bug fixes](#) before filing corresponding feature requests or bug reports.
- Alternatively, daily snapshots are [available here](#).
- Source code of older versions of R is [available here](#).
- Contributed extension [packages](#).

Questions About R

A4. Clique em base.



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R for Windows

Subdirectories:

- [base](#)
- [contrib](#)
- [old-contrib](#)
- [Rtools](#)

Binaries for base distribution. This is what you want to [install R for the first time](#).

Binaries of contributed CRAN packages (for R >= 4.0.x).

Binaries of contributed CRAN packages for outdated versions of R (for R < 4.0.x).

Tools to build R and R packages. This is what you want to build your own packages on Windows, or to build R itself.

Please do not submit binaries to CRAN. Package developers might want to contact Uwe Ligges directly in case of questions / suggestions related to Windows binaries.

You may also want to read the [R FAQ](#) and [R for Windows FAQ](#).

Note: CRAN does some checks on these binaries for viruses, but cannot give guarantees. Use the normal precautions with downloaded executables.

A5. Clique no link indicado na figura, que irá corresponder à versão mais recente do R do seu sistema operativo (na figura o nome do link é Download R 4.6.1 for Windows, mas entretanto o nome pode ter sido atualizado para a versão mais recente no seu sistema operativo).

A6. Quando a transferência terminar, abra o ficheiro e siga as instruções de instalação (se for uma pasta compactada, em formato ZIP, RAR, ou análogo, deve primeiro descompactar (“extrair”) a pasta antes de abrir o ficheiro de instalação).

B. Download e instalação do RStudio

B1. Aceda à página de download do RStudio (<https://posit.co/download/rstudio-desktop/>) e clique no link indicado na figura, o qual corresponde à última versão do RStudio para o seu sistema operativo (na figura, o link tem o rótulo Download-2026.07.0-139.zip para o Windows, mas entretanto o nome pode ter sido atualizado para a versão mais recente no seu sistema operativo; por favor faça o download de (zip archive) se estiver a trabalhar no ambiente Windows).

B2. Quando a transferência terminar, abra o ficheiro e siga as instruções de instalação (se for uma pasta compactada, em formato ZIP, RAR, ou análogo, deve primeiro descompactar (“extrair”) a pasta antes de abrir o ficheiro de instalação).