How to download Flash animations

Open your Internet browser e.g. Internet Explorer.

Go to Tools, Internet Options...

The Internet options dialogue box opens. Find the section called Temporary Internet files.

Click on Settings...

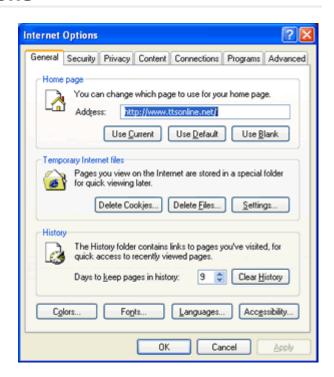
The Settings dialogue box opens.

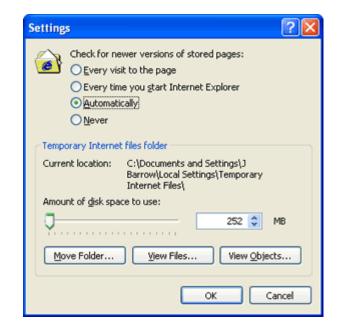
Find the section called Temporary Internet files folder.

Click on View Files....

This page will open - with thousands of files shown. You will need to sort them to see what is there. In the header bar click on Type in order to sort the files by their type. Find the Flash Movie you want and right-click on the file name.

Select Copy and then go to the folder where you want to save the file (in your user area) and right-click and select Paste.







The Flash movie should now be available to view from your user area.