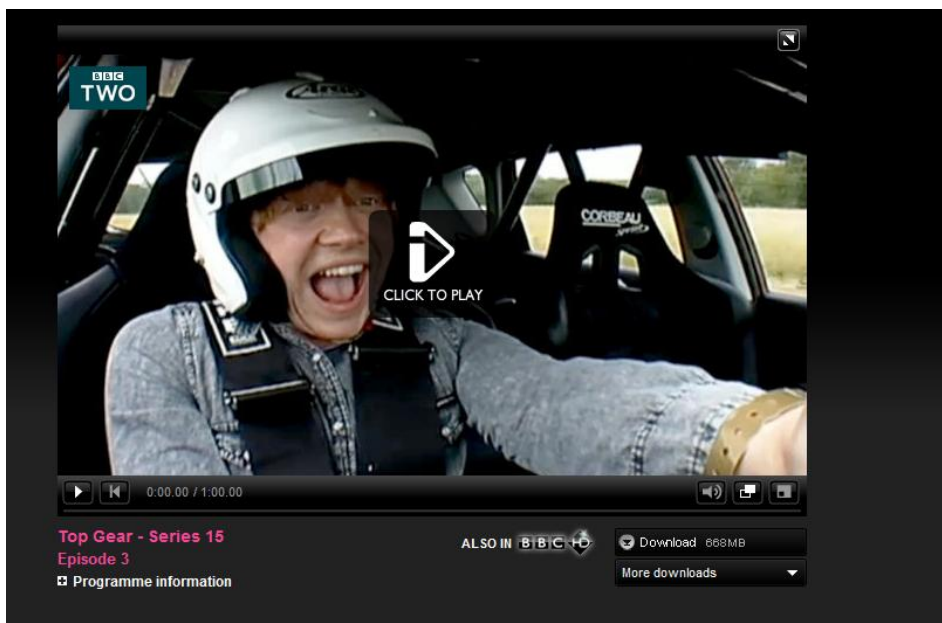# iPlayer Guide - direct downloads

If you have set up a proxy service to use iPlayer desktop, you might find that downloads are very slow. However, there is a way to overcome this.

The actual downloadable files are NOT restricted by IP, and therefore can be downloaded anywhere. To watch them, you will need to instruct your media player to use the proxy service to download the licence to play it. (see later)

To get the download link that does not need a proxy, do the following:
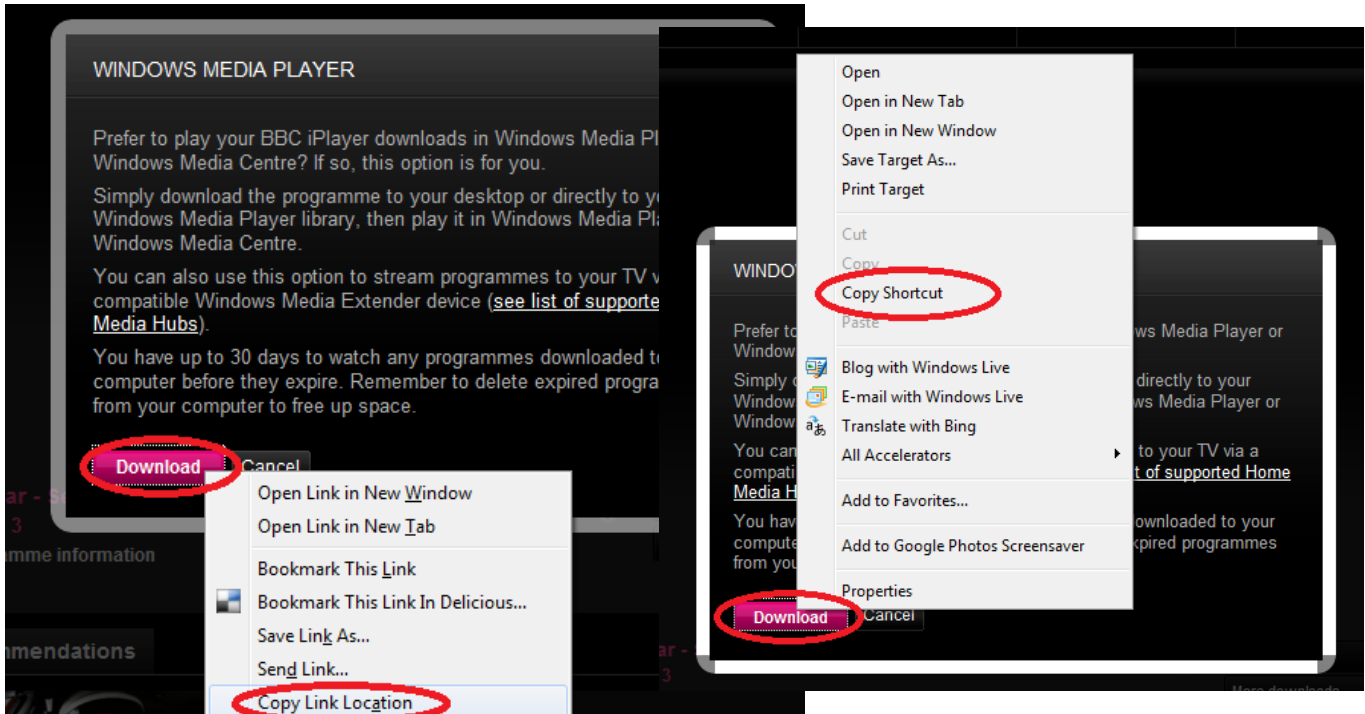
- Connect to iPlayer online version (using a proxy), and go to the page for the program you wish to download.
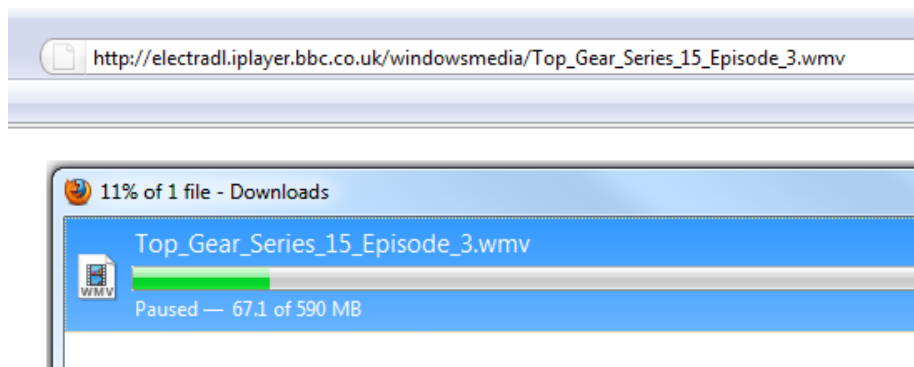

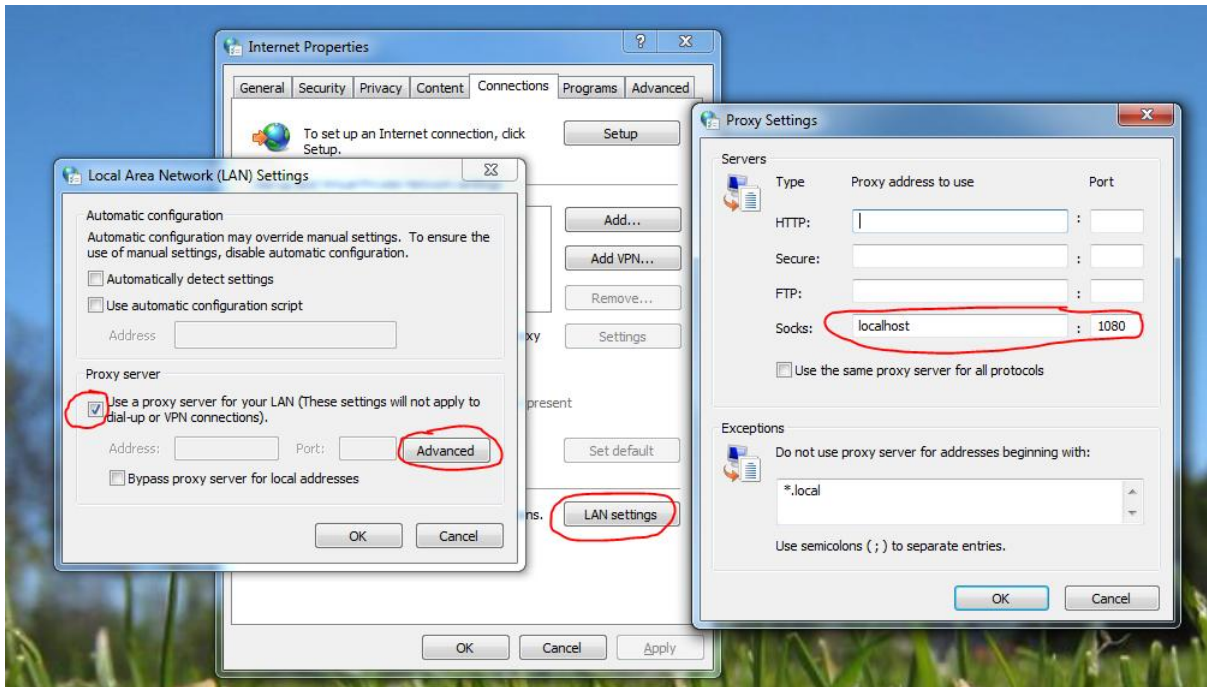- Click 'More Downloads' and select 'Windows Media Player'

- When the 'windows media player' download screen appears, right click on 'Download', and select 'Copy Link Location' (Firefox) or 'Copy Shortcut' (IE).

- At this point, you can stop your browser from using the proxy

- Paste the link into the URL bar, and download the file directly from the server, without the bottleneck of the proxy server.

- In windows, using windows media player, the proxy is set using 'Internet Options'.

- Just open the downloaded file in Windows Media Player, and it will automatically connect via the proxy to the licence server, download the licence, and play the content.