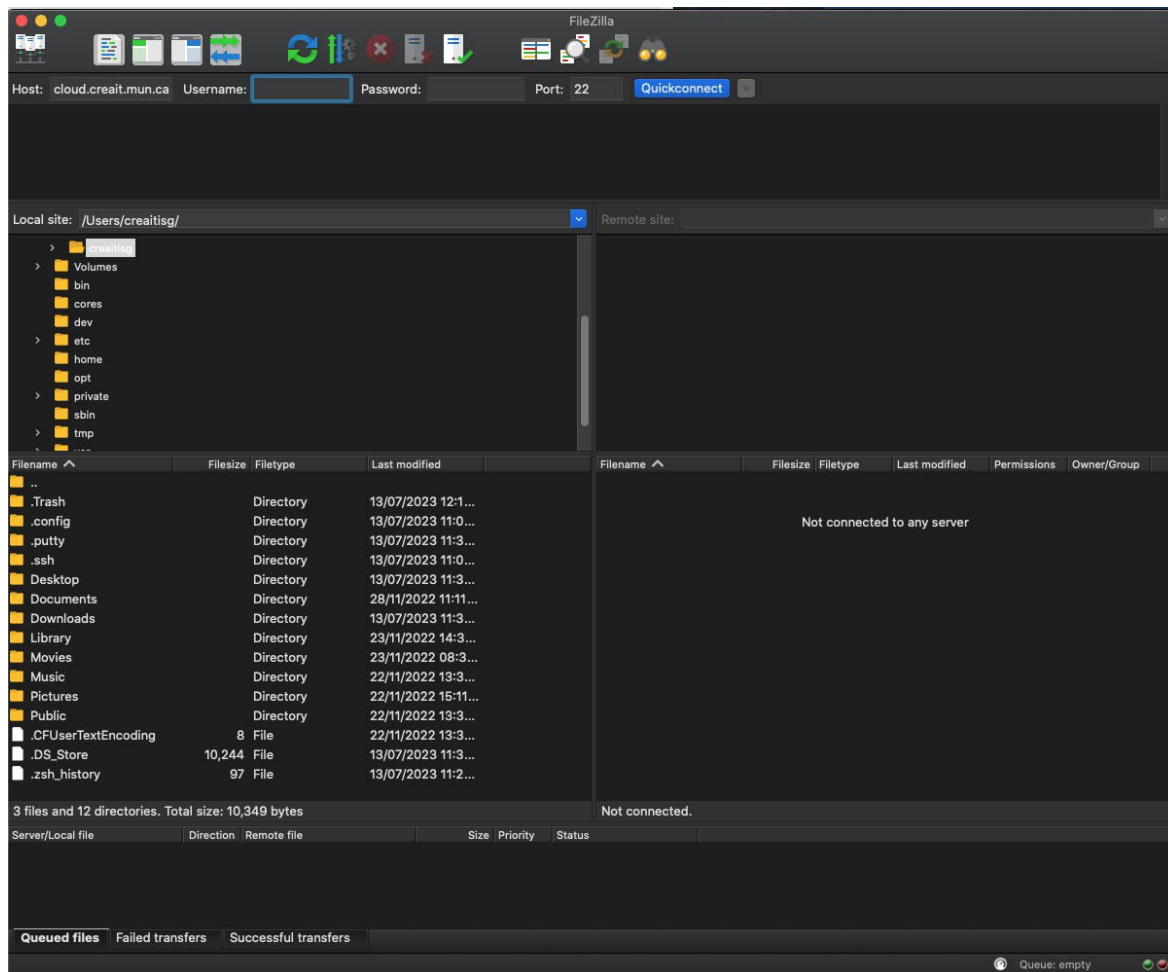1. Download the free version of Filezilla directly from their website. (the App store version is PRO which requires a yearly subscription after one week).

https://filezilla-project.org/download.php?platform=osx

2. Install the App and open it. DO NOT use a third party archiver app to unzip the file (like WinZip, WinRAR etc..).
3. For the host enter cloud.creait.mun.ca
4. Enter your current MUN credentials for the username and password
5. Enter 22 for the port
6. Select "Quickconnect"

7. Once connected in the "Remote site" dialogue box enter /mnt/nfs/ccart
8. Hit the drop down arrow next to the ccart folder to expand the folder list
9. Select the folder where you data is located