

1- Deve aceder a <https://wordpress.org/plugins/> e procurar o plugin que pretende no menu lateral (por tema) ou na caixa de pesquisa.

Have you taken the WordPress 2014 Survey yet?

WordPress.ORG

Showcase Themes **Plugins** Mobile Support Get Involved About Blog Hosting

Download WordPress

Plugin Directory

Username Password Log in (forgot?) or Register

Extending WordPress

Plugins

- Developer Center

Themes

Mobile

Ideas

Kvetch!

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- posts (2,238)
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- twitter (1,591)
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Plugins can extend WordPress to do almost anything you can imagine. In the directory you can find, download, rate, and comment on all the best plugins the WordPress community has to offer.

34,055 PLUGINS 765,153,241 DOWNLOADS, AND COUNTING

Search Plugins

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Social networking in a box. Build a social network for your company, school, sports team, or niche community.

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A simple and easy way to test your theme for all the latest WordPress standards and practices. A great theme development tool!

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- Contact Form 7**
Downloaded 21,052,977 times
- WordPress SEO by Yoast**
Downloaded 13,660,992 times
- Akismet**
Downloaded 24,454,127 times
- WooCommerce - excelling eCommerce**
Downloaded 4,872,122 times
- Google Analytics by Yoast**
Downloaded 6,520,890 times
- Wordfence Security**
Downloaded 3,389,907 times
- MailPoet Newsletters**
Downloaded 2,945,127 times
- iThemes Security (formerly Better WP Security)**
Downloaded 3,337,919 times
- Jetpack by WordPress.com**
Downloaded 12,375,527 times
- WordPress Importer**
Downloaded 8,612,857 times
- Google XML Sitemaps**
Downloaded 15,341,183 times
- All in One SEO Pack**

2- Quando encontrar o plugin pretendido poderá consultar informação sobre este no menu superior e descarregá-lo.

Plugin Directory Username Password [Log in](#) (forgot?) or [Register](#)

Extending WordPress

Plugins

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Themes

Mobile

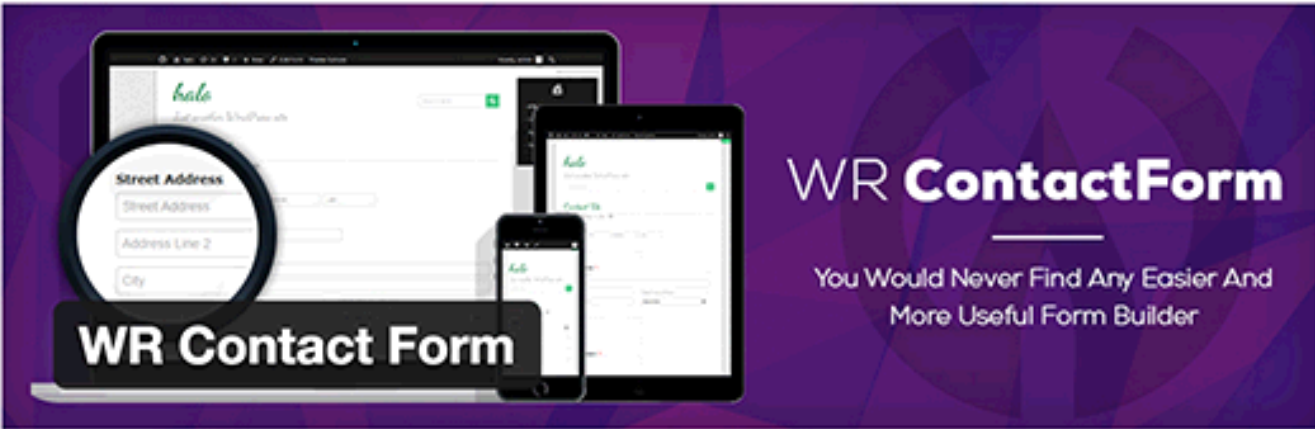
Ideas

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Search Plugins

Popular Tags [More +](#)

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- [twitter \(1,591\)](#)
- [images \(1,569\)](#)
- [comments \(1,533\)](#)



WR Contact Form

You Would Never Find Any Easier And More Useful Form Builder

WR Contact Form is the ultimate solution for anyone who wants to build online forms.

[Download Version 1.1.1](#)

[Description](#) [Installation](#) [Screenshots](#) [Other Notes](#) [Changelog](#) [Stats](#) [Support](#) [Reviews](#) [Developers](#)

WR Contact Form is the ultimate solution for anyone who wants to build online forms. With this plugin, you can easily create from normal to complex forms for your WordPress website within a few minutes. You'll surely love it for its intuitive and highly UX-focused features: clean, responsive, drag-and-drop interface, various form options, easy configuration, no coding required, allowing a custom-built look and easy developer deployment as well as many more features. Download and use WR Contact Form and you'll see it's the only WordPress form builder plugin you'll ever need.

More detail: <http://www.woorockets.com/plugins/wr-contactform>

See demo: <http://demo.woorockets.com/plugins/wr-contactform>

Requires: 3.8 or higher
Compatible up to: 4.0
Last Updated: 2014-10-25
Downloads: 838

Ratings

☆☆☆☆☆
5 out of 5 stars

| | | |
|---------|--|---|
| 5 stars | | 5 |
| 4 stars | | 0 |

3- De seguida deve aceder à sua conta wordpress e no menu "Plugins" clicar em "Adicionar novo".

The image shows the WordPress admin dashboard. At the top, the browser address bar displays 'moocwp.esy.es/wp-admin/plugin-install.php'. The dashboard header includes the site name 'MOOC sobre Wordpress', a notification icon with '0', and a '+ Adicionar' button. On the right, it says 'Olá, admin!' with a user profile icon. Below the header, there are two buttons: 'Opções deste ecrã' and 'Ajuda'. The left sidebar contains a menu with the following items: 'Painel', 'Inífo', 'Actualizações', 'Artigos', 'Multimédia', 'Links', 'Páginas', 'Comentários', 'Apresentação', 'Plugins', 'Utilizadores', 'Ferramentas', 'Opções', and 'Minimizar'. The 'Plugins' menu item is highlighted, and a sub-menu is open, showing 'Plugins instalados', 'Adicionar novo', and 'Editor'. The main content area is titled 'Painel' and contains several widgets: 'Rapidamente' (4 Artigos, 2 Páginas, 1 Comentário), 'Actividade' (Publicado recentemente), 'Rascunho rápido' (with a title field and a text area), 'Notícias WordPress' (WordPress 4.1 Beta 1 disponível na próxima semana), and a footer for the comment section with filters: 'Todos | Pendentes (0) | Aprovado | Spam (0) | Lixo (0)'. The URL 'moocwp.esy.es/wp-admin/plugin-install.php' is visible at the bottom left of the page.

4- Aqui poderá escolher alguns plugins e instalá-los diretamente ou clicar em "Carregar plugin" para carregar o plugin que descarregou.


MOOC sobre Wordpress 0 Adicionar Olá, admin!

Ajuda ▾

Adicionar plugins Carregar plugin

Em destaque Populares Favoritos

Os plugins expandem a funcionalidade do WordPress. Pode instalá-los automaticamente a partir do [repositório oficial](#) ou carregá-los em format .zip, [nesta página](#).




BuddyPress

Social networking in a box. Build a social network for your company, school, sports team, or niche community.

Por *The BuddyPress Community*

★★★★☆ (686) 2.383.586 downloads Última Actualização: há 3 semanas ✓ Compatível com a sua versão do WordPress

Instalar Mais detalhes




Theme Check

A simple and easy way to test your theme for all the latest WordPress standards and practices. A great theme development tool!

Por *Pross, Otto42*

★★★★★ (192) 387.905 downloads Última Actualização: há 4 semanas ✓ Compatível com a sua versão do WordPress

Instalar Mais detalhes




Jetpack by WordPress.com

Supercharge your WordPress site with powerful features previously only available to

Por *WordPress.com*

Instalar Mais detalhes



WP Super Cache

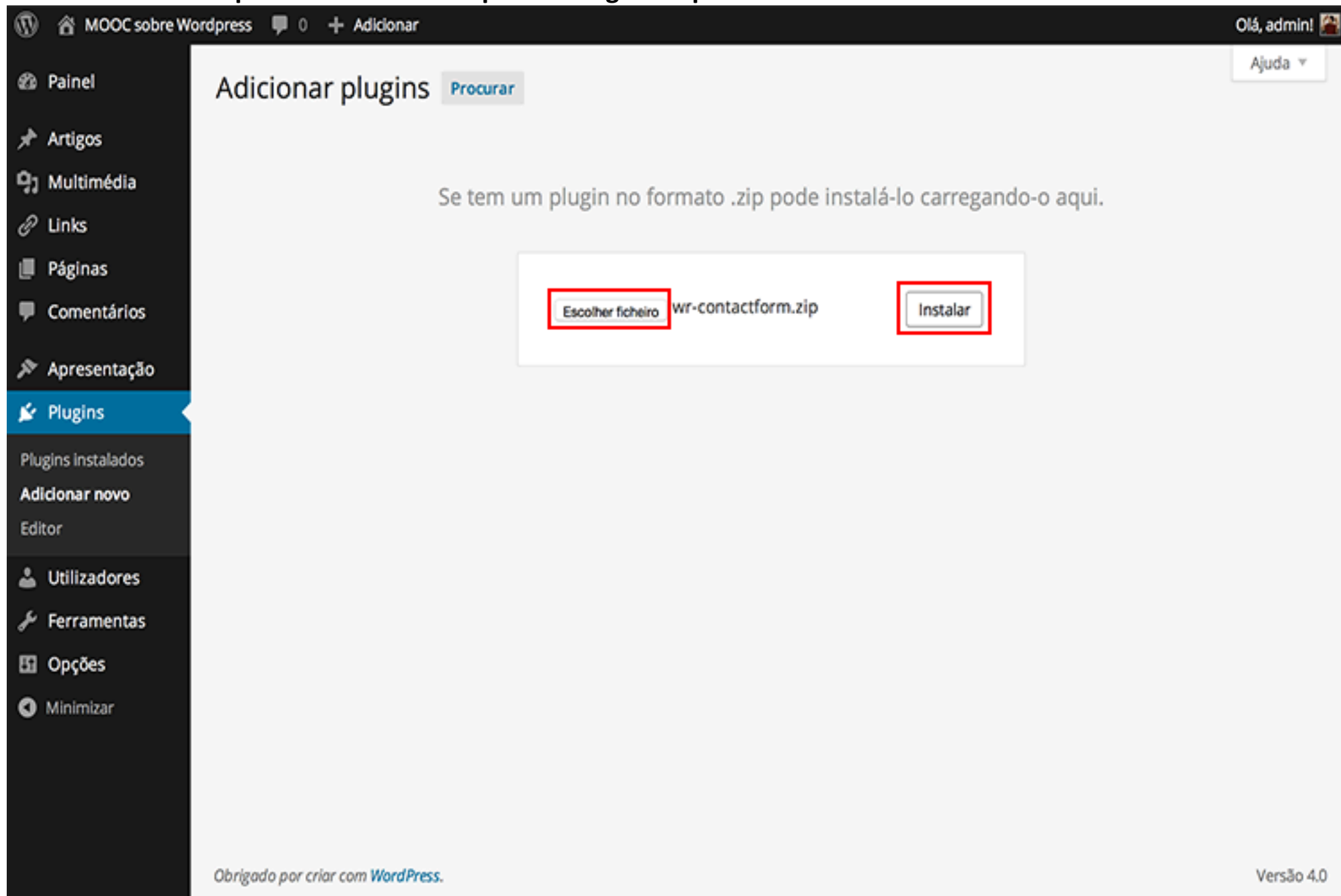
A very fast caching engine for WordPress that produces static html files.

Por *Automattic*

Instalar Mais detalhes

mooocwp.esy.es/wp-admin/plugin-install.php?tab=upload |ress.com users.

5- Para instalar basta procurar o ficheiro zip descarregado e por fim clicar em instalar



The screenshot shows the WordPress dashboard's 'Add Plugins' page. The left sidebar contains navigation options: Painel, Artigos, Multimédia, Links, Páginas, Comentários, Apresentação, Plugins (highlighted), Plugins Instalados, Adicionar novo, Editor, Utilizadores, Ferramentas, Opções, and Minimizar. The main content area is titled 'Adicionar plugins' with a 'Procurar' button. Below the title, there is a text instruction: 'Se tem um plugin no formato .zip pode instalá-lo carregando-o aqui.' In the center, there is a file upload area with a button labeled 'Escolher ficheiro' (highlighted with a red box), the filename 'wr-contactform.zip', and an 'Instalar' button (also highlighted with a red box). The top of the dashboard shows the site name 'MOOC sobre Wordpress', a notification count of 0, and a '+ Adicionar' button. The top right corner displays the user name 'Olá, admin!' and an 'Ajuda' dropdown menu. At the bottom left, it says 'Obrigado por criar com WordPress.' and at the bottom right, it shows 'Versão 4.0'.

MOOC sobre Wordpress 0 + Adicionar Olá, admin! Ajuda ▾

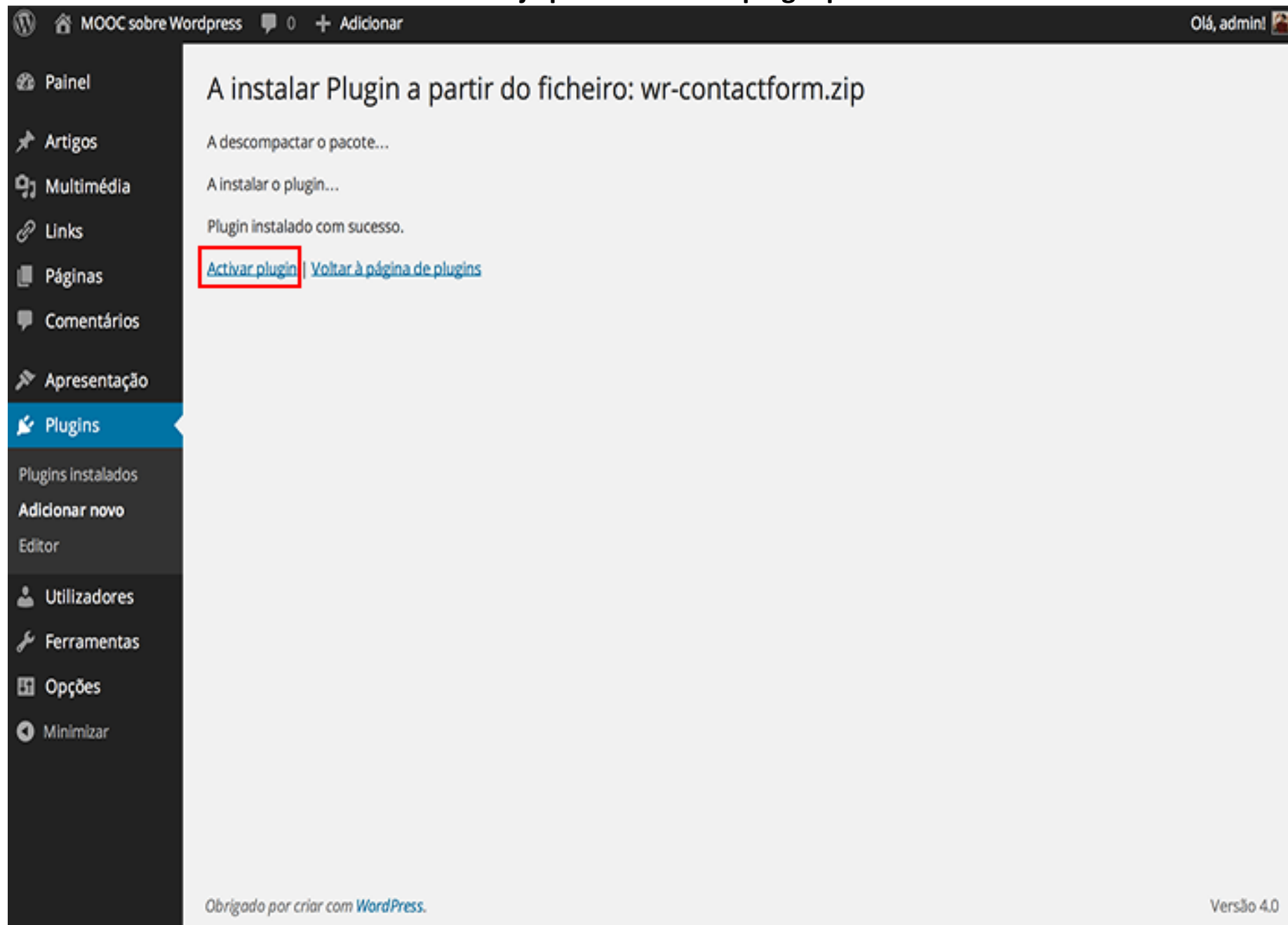
Adicionar plugins [Procurar](#)

Se tem um plugin no formato .zip pode instalá-lo carregando-o aqui.

[Escolher ficheiro](#) wr-contactform.zip [Instalar](#)

Obrigado por criar com [WordPress](#). Versão 4.0

6- Uma vez instalado resta clicar em "Ativar" e já pode instalar o plugin pretendido.



The screenshot shows the WordPress admin interface. At the top, the page title is "MOOC sobre Wordpress" and the user is logged in as "Olá, admin!". The left sidebar contains navigation menus: "Painel", "Artigos", "Multimédia", "Links", "Páginas", "Comentários", "Apresentação", "Plugins" (highlighted), "Plugins instalados", "Adicionar novo", "Editor", "Utilizadores", "Ferramentas", "Opções", and "Minimizar". The main content area displays the installation progress for the plugin "wr-contactform.zip". The steps shown are: "A descompactar o pacote...", "A instalar o plugin...", and "Plugin instalado com sucesso.". Below the success message, there are two links: "Activar plugin" (highlighted with a red box) and "Voltar à página de plugins". At the bottom of the page, it says "Obrigado por criar com WordPress." and "Versão 4.0".

MOOC sobre Wordpress 0 + Adicionar Olá, admin!

Painel
Artigos
Multimédia
Links
Páginas
Comentários
Apresentação
Plugins
Plugins instalados
Adicionar novo
Editor
Utilizadores
Ferramentas
Opções
Minimizar

A instalar Plugin a partir do ficheiro: wr-contactform.zip

A descompactar o pacote...

A instalar o plugin...

Plugin instalado com sucesso.

[Activar plugin](#) | [Voltar à página de plugins](#)

Obrigado por criar com [WordPress](#).

Versão 4.0