



Quick Start

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Hello, and welcome to the quick start guide Free Stuff Exposed!

If you haven't read the main guide already, please stop right here and go and read that. It's hugely important that you've read the main guide before you get on to this quick start.

A lot of people struggle to get going with freebies, mainly because it all seems like a lot of work. It's actually not, as long as you take it all in small steps. And that's what this quick start is here for: to help you get going in small, easy steps.

So let's get on with it.

Sign Up To FJ

First, choose a freebie site and sign up to it. I would recommend one of the big 3. All the sites have dedicated sub-sites for specific types of gift. The oldest, most reliable and easiest to use network with the best offers is definitely FreebieJeebies.

Click on one of the links below to visit the site. Choose one and do it now.

FreebieJeebies

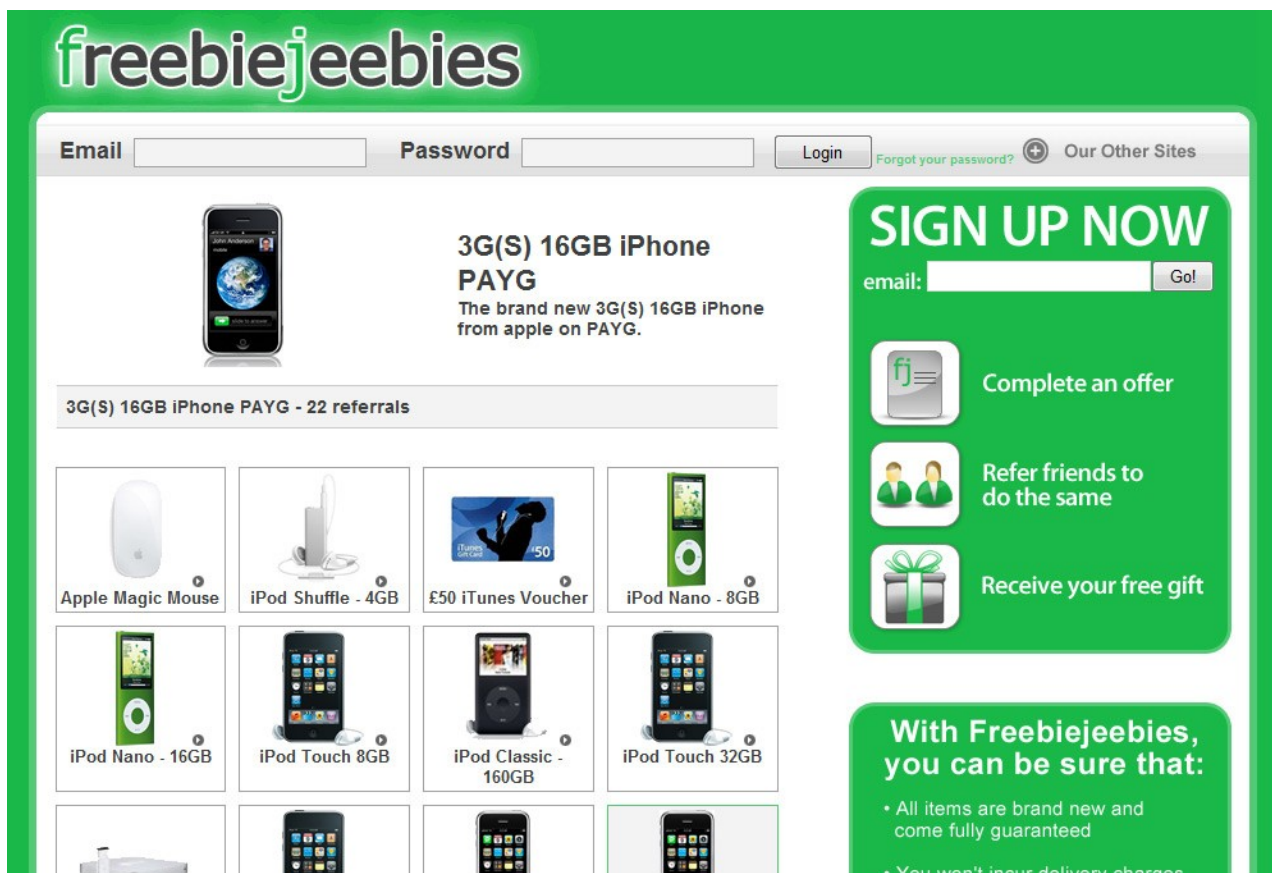
[Apple](#) (recommended!)

[Consoles](#)

[Gadgets](#)

[TVs](#)

You should see something like this (I'll use Apple as an example, but all the FJ sites are basically identical).



The screenshot shows the FreebieJeebies website interface. At the top, there's a green header with the 'freebiejeebies' logo. Below the logo is a login section with 'Email' and 'Password' input fields, a 'Login' button, and links for 'Forgot your password?' and 'Our Other Sites'. The main content area features a large offer for a '3G(S) 16GB iPhone PAYG' with a small image of the phone and a larger text description. Below this is a grid of smaller gift offers, each with a small image and a label: 'Apple Magic Mouse', 'iPod Shuffle - 4GB', '£50 iTunes Voucher', 'iPod Nano - 8GB', 'iPod Nano - 16GB', 'iPod Touch 8GB', 'iPod Classic - 160GB', and 'iPod Touch 32GB'. On the right side, there's a prominent green 'SIGN UP NOW' box with an email input field and a 'Go!' button. Below this are three icons with text: 'Complete an offer', 'Refer friends to do the same', and 'Receive your free gift'. At the bottom right, another green box says 'With Freebiejeebies, you can be sure that:' followed by two bullet points: 'All items are brand new and come fully guaranteed' and 'You won't incur delivery charges'.

First have a look through the gifts on the page. Choose the one you want by clicking on the small picture – this will change the bigger picture at the top to the gift you want.

Now look at the “SIGN UP NOW” box on the right hand side. Go ahead and enter your email address into that box now, and press the “Go!” button next to the box to start the registration. This will take you to the main registration page, which you can see below:

The screenshot shows the 'freebiejeebies' registration page. At the top, there's a green header with the logo. Below it, a navigation bar contains 'Email', 'Password', 'Login', 'Forgot your password?', and 'Our Other Sites'. The main content area is titled 'Create Your Account' and contains a registration form with the following fields and values:

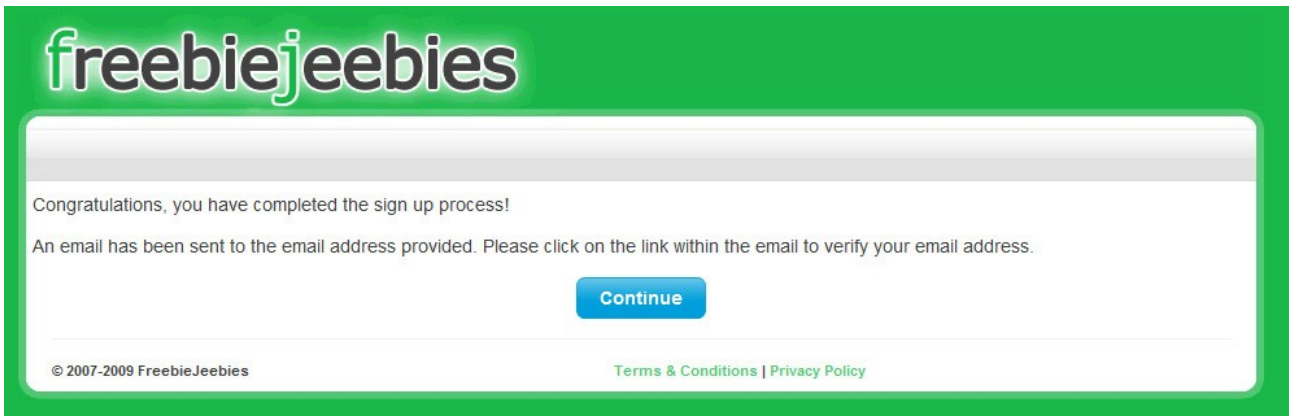
Field	Value
EMAIL	joe@binkmail.com
CONFIRM EMAIL	joe@binkmail.com
PASSWORD
CONFIRM PASSWORD
FIRST NAME	Joe
SURNAME	Blogs
ADDRESS	1 My Street
CITY	My City
COUNTY/STATE	My State
POSTCODE/ZIP CODE	ABC 123

Fill in the rest of your details.

Use your real details – name, address, etv!

Don't worry, FJ are not a scam company. They're legitimate and won't sell your details on to anyone or anything shady like that. Plus you need to put in real details for when they come to ship your free gift!

Once you're done, press the blue submit button in the bottom right corner to proceed. FJ will now create your account, and you should get a confirmation screen like this:



This screen says they've sent an email to your inbox which you need to read now. It has a link inside which you click on to confirm your account, which looks like the image below:

Thank you for signing up to apple.freebiejeebies.co.uk

Hi Joe!

You have successfully registered an account on apple.freebiejeebies.co.uk

Please click the following link to verify your email address:
<http://apple.freebiejeebies.co.uk/emailverif.php?e=am9IQGJpbmttYWlsLmNvbQ==>

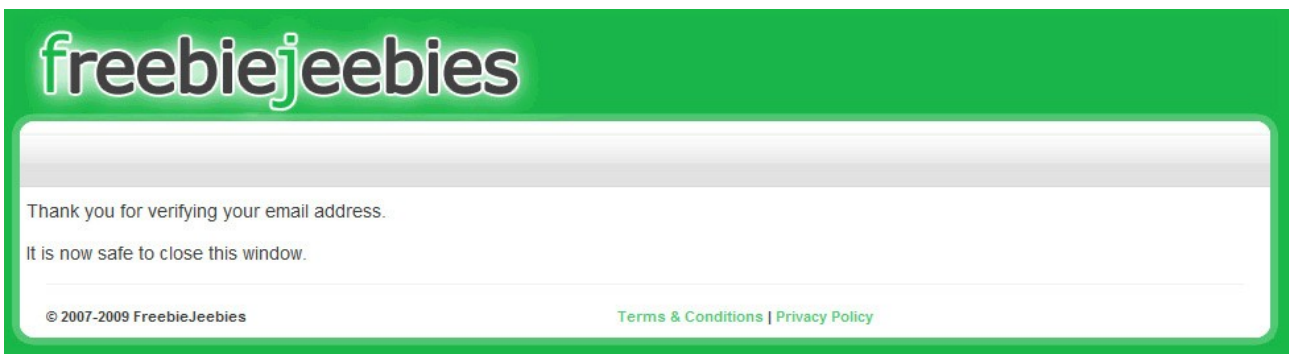
Once you have verified your email address take a look at our [offers page](#) where we have offers from a wide variety of high street names and hopefully you will find something to your taste. Simply complete one of our offers to be well on the way to your gift.

Still unclear? Why not look at our [Frequently Asked Questions](#) page?

We take your privacy very seriously and will never pass on any of your details to any third parties or send you any spam.

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Do that now (this tells FJ that you entered a real email address, and also helps catch out typo errors which sometimes happen). When you click the link, you'll get a screen like this:



This screen just says thanks, and that you can close it. This means that your account is created, confirmed and now you're ready to log in. Go ahead and close that window and return to the original window, and click the blue "Continue" button.

Now you're inside the main account dashboard, and it will look like this:

The screenshot shows the 'freebiejeebies' account dashboard. At the top, there is a green header with the site name. Below it, a navigation bar includes 'Welcome Back Joe', 'Our Other Sites', and 'Log Out'. A secondary navigation bar lists 'My Status', 'My Gift', 'Refer Friends', 'Offers', 'My Account', 'Support', and 'Car Competition'. A message box states: 'You have not yet completed an offer, you only need to complete 1 offer below.' A 'Top Tip!' section advises users to disable pop-up blockers and hold the 'Ctrl' key. Below this is a category filter bar with 'All Offers', 'Most Popular', 'Betting/Gaming', 'Financial', 'Household', and 'Free Offers'. The main content area displays six offer cards: 1. Lovefilm: 'Click here for a FREE Trial' to sign up for a 2-week free trial and rent at least 1 DVD. 2. Alliance & Leicester Premier Current Account: 'Free European travel insurance included' upon opening an account. 3. Little Bid Tasty: 'Bid' to sign up, deposit at least £10, and place a cash bid. 4. Intuit: 'Try it FREE' for Intuit software. 5. Bingo Liner UK: '£100' offer. 6. Alliance & Leicester Premier 21: 'UNDER 21?' offer.

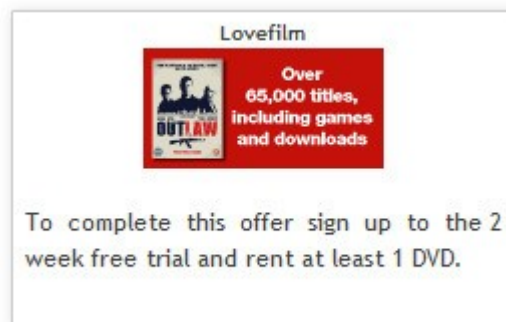
The next stage is to complete one offer, and yes, it can be a free one :)

Move on to the next chapter to find out how to do that.

Complete your Offer

From the main dashboard (the screen you're currently on), click the small "Free Offers" tab on the right hand side of the screen. This will update the visible list of offers with the ones which don't require you to spend any money.

Pay very close attention to the small bit of text underneath each offer.



This bit of text will tell you exactly what you need to do to get credit for the offer, and if there are any special instructions.

In this case, LoveFilm is a home movie rental service in the UK (like Netflix in the USA). In order to get credit for the offer you must receive at least 1 DVD – signing up for the offer is not enough!

So, choose one of the free offers in front of you. I would recommend the movie rental ones, or either of the Intuit or Homestead offers. These involve creating a free website and starting a free 30 day trial (important – the text below these offers says you cannot cancel immediately. You must give the trial a fair chance).

If you want to get credit quickly, I would **strongly** recommend the "Little Bid Tasty" offer. This is another company owned by FreebieJeebies, and the credit is instant as soon as you fulfil the criteria (deposit £10 and place a bid). This offer may not be available outside the UK.

If the free offers don't appeal to you, you can of course choose a paid one. Of those, basically choose the cheapest and go for it.

Stay away from anything that requires an application because they tend to take ages to credit. Gambling/casino offers are pretty quick and there's a good chance you could win your money back (or even make a profit!).

So, choose an offer and click on the animated icon of that offer. A new window will open with the offer website in (Make sure your have cookies enabled in your web browser before you click - <http://tinyurl.com/enabling-cookies>).

Here's what you get for the LoveFilm offer:

If you're not a member why not [Start a FREE trial](#) [Cancel sign up](#) | Already a member? [Sign in here](#) | [Get our newsletter](#) | [Help](#)

LOVEFILM.COM
Find the films you want to watch

actor/title/director

Step 1 of 4: Registration

Start here

Email address
e.g. john.smith@hotmail.com

Create a password
4-12 characters

Confirm password

Promotion or gift code

How did you find us?


By clicking the 'continue' button, you agree to LOVEFILM sending you offers, news and information on our products and services. If you do not want to receive this information please untick the checkbox

Secure server
(Your personal details are always safe with us.)

Sign up today and try LOVEFILM FREE for 2 WEEKS!

Now with FREE access to over 4500 films to watch instantly on your computer for all unlimited DVD rental packages.

Plans start at only £3.99 a month.



- Over 65,000 titles - the UK's best online DVD rental and entertainment website
- PLUS games, TV series and Blu-ray
- No late fees - ever
- No contracts - cancel anytime
- Free first class post

Follow through the registration, enter all your details (again, make sure you use your REAL details!) and start your free trial. Choose some DVDs to receive – you can normally choose lots of titles that you'd like and they'll send out whichever one is available first. Because you want credit quickly, choose loads of titles so there'll definitely be one available soon.

Once you've completed the requirements of the offer, you can stop. Your work is done for today!

Tomorrow, check back into your FJ account to see if your status has changed. It may have gone purple (pending), or it may have gone green (complete!).

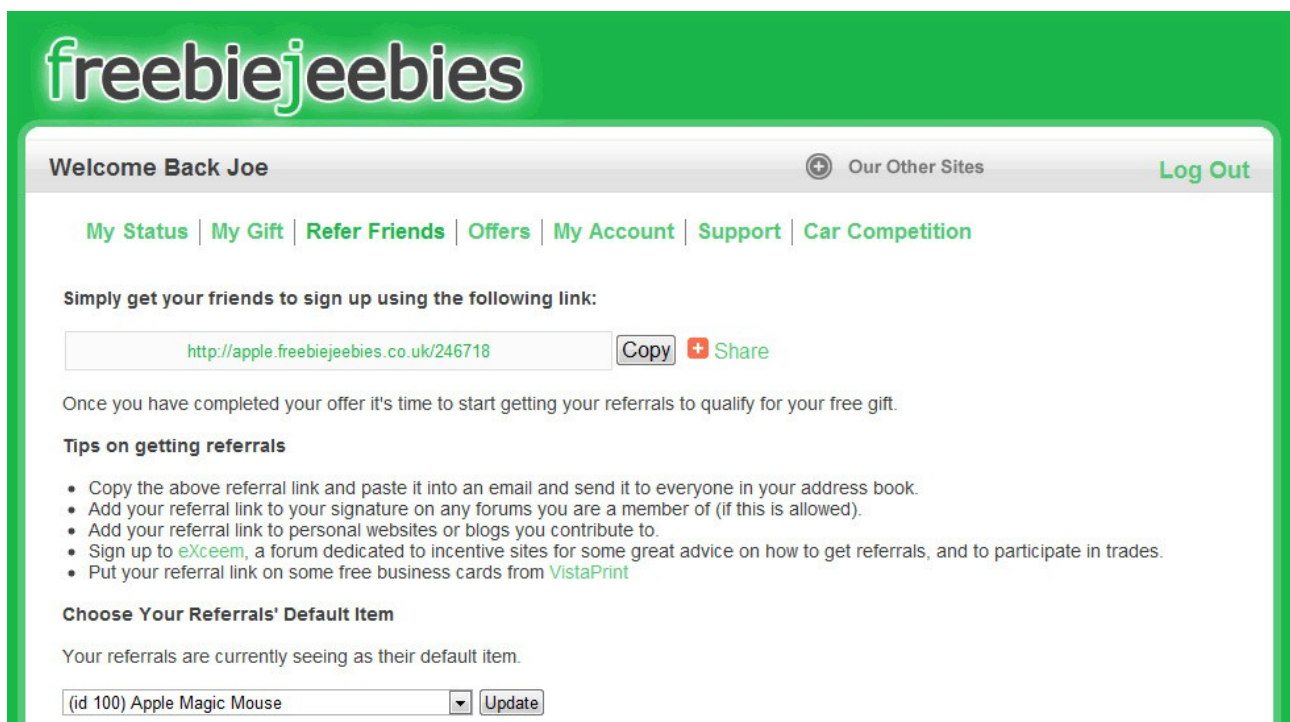
If it hasn't gone purple or green within 7 days, submit a support ticket to FJ to check up on the status of your offer: <http://support.freebiejeebies.co.uk>

Start Referring!

Now you've registered for your account, you've got your offer out of the way, there's only one thing left to do: refer some friends. (At this point, I'd recommend reading the referrals guide if you haven't already.)

1. Get your ref link

Inside your FJ account, click on the “Refer Friends” link at the top of the page. You will be taken to a page which looks like this:



The screenshot shows the 'freebiejeebies' website interface. At the top, there's a green header with the logo. Below it, a navigation bar includes 'Welcome Back Joe', 'Our Other Sites', and 'Log Out'. A menu bar lists 'My Status', 'My Gift', 'Refer Friends', 'Offers', 'My Account', 'Support', and 'Car Competition'. The main content area starts with the instruction: 'Simply get your friends to sign up using the following link:'. Below this is a text box containing the URL 'http://apple.freebiejeebies.co.uk/246718' and buttons for 'Copy' and '+ Share'. A paragraph follows: 'Once you have completed your offer it's time to start getting your referrals to qualify for your free gift.' Underneath is a section titled 'Tips on getting referrals' with a bulleted list: 'Copy the above referral link and paste it into an email and send it to everyone in your address book.', 'Add your referral link to your signature on any forums you are a member of (if this is allowed).', 'Add your referral link to personal websites or blogs you contribute to.', 'Sign up to eXceem, a forum dedicated to incentive sites for some great advice on how to get referrals, and to participate in trades.', and 'Put your referral link on some free business cards from VistaPrint'. Below the tips is a section 'Choose Your Referrals' Default Item' with the text 'Your referrals are currently seeing as their default item.' and a dropdown menu showing '(id 100) Apple Magic Mouse' with an 'Update' button.

The link at the top is your referral link (“ref link”). This is the link you have to give out to people to refer them to FJ and get credit (“greens”).

2. Get a TinyURL

Unfortunately, the FJ ref link is a bit long and cumbersome. So, visit <http://tinyurl.com> and set up a custom shortcut URL. This is described in more detail in the referral guide.

3. Make a list

Make a list of your friends and family. List the people most likely to help out at the top, and the least likely at the bottom.

Now make plans to visit or hang out with the people at the top of the list, and

start working on persuading them to do a referral for you. As they either say “yes” or “no”, you can tick them off, or cross them off the list.

4. Offline

At this point you can decide if you want to print up some business cards, flyers or posters, or tear off ads.

Design your ads in Microsoft Word (or whatever word processor you have on your computer), print them off and then you can photocopy them because that's usually cheaper and faster than printing hundreds.

Set aside an afternoon at the weekend to go out around your local area and distribute your printed materials.

5. Online

Next decide if you want to invest in a free website online. If so, set aside another afternoon to create one and write up some content and find some pictures to fill it up with.

6. Trading forums

Lastly, go to <http://www.exceem.co.uk> and register a free account (there is a paid premium upgrade option but you don't have to take it). Get involved in the forums, read around and see what's working for other people, contribute to a few threads, start a few of your own and eventually you can apply for access to the trading forum.

Once you're in the trading forum, you can swap referrals with other members – you do a referral for them, and they'll do one for you. Obviously you want to leave this step to the end because it involves you completing more offers.

That's it! That's everything you need to do, in order, right now.

If you have any questions, comments, suggestions or general feedback you can [contact me through my website](#).

Sam Stone

Password Piece #3: OMATIC