**Getting Started with VR Workshops**

**Device Guide: Meta Quest 3**

**Essential Setup Requirements**

* **Meta Quest 3 headset** (fully charged)
* **Stable internet connection**
* **Smartphone** (Android or iOS) **OR computer** (Windows/Mac)
* **Web browser** (Chrome recommended) for casting (optional)
* **Comfortable chair** for seated use **OR sufficient space** (6.5 x 6.5 feet) for standing

**Initial Setup Process**

**Mobile Setup (Recommended for Beginners)**

1. **Download the Meta Quest app:**
   * iOS: [App Store](https://www.apple.com/app-store/)
   * Android: Google Play Store
2. **Sign in or create a Meta account.**
3. **Pair your headset** using the app’s setup instructions.
4. **Set up Guardian boundaries:**
   * **Stationary boundary:** For seated use (recommended).
   * **Room-scale boundary:** For standing/moving activities (requires drawing your safe area).

**Recommended Video:** [Meta Quest 3 Setup Guide](https://www.youtube.com/watch?v=wPQQ6vHlIN0) - Step-by-step instructions for getting started with your device.

**Optional PC Setup**

PC requirements are only needed for advanced use cases, not basic workshop participation.

**For Viewing Your PC Desktop in VR:**

* Download the **Meta Quest Remote Desktop app** from the Quest Store.
* Install the **Meta Quest PC app** on your computer.

**For PC-based VR Experiences:**

* Set up **Meta Quest Link** (cable) or **Air Link** (wireless).
* Use a **VR-ready PC** for optimal performance.

**Casting Your View (For Presenters)**

To share your VR experience with others:

1. Open a browser on your PC and visit [meta.com/casting](https://meta.com/casting).
2. Ensure both the Quest and your computer are connected to the same Wi-Fi network.
3. In your Quest headset, press the **Share** button and select **Computer Casting**.
4. Grant microphone and camera permissions if prompted.

**Recommended Video:** [Casting Meta Quest 3 to PC](https://www.youtube.com/watch?v=Q8xDvoVgqG0) - A helpful guide for setting up and sharing your VR screen.

**Workshop Environments**

**Primary Platform: MeetinVR**

* **Download from Quest Store** (free).
* **Key Features:**
  + Document sharing
  + Voice zones for group discussions
  + In-world creation tools
  + Flexible seating arrangements

**Recommended Video:** [MeetinVR Overview](https://www.youtube.com/watch?v=yGaQVfTlLWk) - A quick introduction to using MeetinVR for collaboration.

**Backup Platforms:**

1. **Horizon Workrooms:**
   * Basic meeting functionality
   * Note: Chat and whiteboard features are no longer available.

**Recommended Video:** [Horizon Workrooms Tutorial](https://www.youtube.com/watch?v=Vcfc1UOMq6M) - Learn to set up and use Horizon Workrooms.

1. **BigScreen:**
   * Great for presentations
   * Note: Some limitations with screen sharing.

**Navigation Basics**

**Choosing Your Workshop Style:**

**Seated Mode (Recommended):**

* Comfortable for extended sessions.
* Accessible for all activities.
* Use controller thumbsticks for virtual movement when needed.

**Standing/Room-Scale Mode (Optional):**

* Provides a more immersive experience.
* Requires a larger physical space.
* Keep a chair nearby for breaks.

**Universal Controls:**

* **Trigger buttons:** Select/grab items.
* **Menu button:** Open system menu.
* **Touch controllers:** For movement and interaction.

**Environment-Specific Movement Tips:**

* **Teleportation:** Beginner-friendly (recommended).
* **Smooth locomotion:** More immersive but may cause motion sickness.
* **Seated mode:** Supported in all platforms.

**Zoom Integration**

For non-VR participants or as a backup:

* The workshop host will **cast the VR view to a PC**.
* The PC screen will be shared through standard **Zoom screen sharing**.
* Participants can view the VR content in 2D.

**Troubleshooting Checklist**

**Before the Workshop:**

* Charge the headset fully.
* Update all apps and the system software.
* Test your internet connection.
* Practice basic VR navigation.

**Recommended Video:** [Complete Beginner's Guide to Meta Quest 3](https://www.youtube.com/watch?v=Ll5ywZZFM0A) - Perfect for first-time users to understand the basics.

**During the Workshop:**

* Keep the headset charged.
* Stay within Guardian boundaries.
* Switch to seated mode if feeling unwell.
* Use Zoom if experiencing technical issues.

**Best Practices**

* Join 10 minutes early for setup.
* Keep water nearby.
* Take breaks every 30 minutes.
* Communicate any issues to the workshop leader.

**Support Resources**

* **Meta Quest Help Center:** [Website Link]
* **Workshop Technical Support:** [Contact Info]
* **Zoom Backup Link:** [Meeting Link]

**Workshop Preparation Timeline**

**48 Hours Before:**

* Download required apps.
* Complete the initial setup.
* Test all functions.

**24 Hours Before:**

* Charge the headset.
* Ensure all updates are installed.
* Confirm access to the workshop platform.

**Accessibility Notes**

* All content is accessible via Zoom for non-VR participants.
* Seated options are available in all VR spaces.
* Multiple communication methods are supported (voice/text).
* Regular breaks are scheduled to ensure comfort.