



Virtual Reality Guide

How to use this document

These resources have been collated to support you alongside Digital Communities Wales: Digital Confidence, Health and Well-being (DCW) training.

We have included webpages within this document that contain helpful information for supporting others. We have included these as links in this document. Look out for the **pink link symbol**, which you can select with your cursor or finger, to open and view the link. 

If you are viewing a printed resource, either type the website address into a web-browser or scan the QR code to open the webpage.

How to scan a QR code

1. Open your QR code app on your device. On many modern smart phones, this is your camera app.
2. Point the camera at the QR code and ensure all of the code is in the frame.
3. Look at your screen to see if a website link has appeared. If it has, touch it with your finger and it will open the website!



Supporting someone with VR

Finding inspiring digital activities can be a meaningful experience for someone using digital devices for the first time. Explore hobbies, interests and activities that are meaningful and provide positive experiences. These activities could be things that people start to do independently, and they could even lead to new life experiences.

Using a VR headset is just like learning any other skill. Time and experience are needed to develop confidence.

First time users should build up their experience by only using the VR headset for short time periods to begin with.

Be mindful of **motion sickness**. It may be best practice to begin with activities that require less motion, such as a static YouTube video, whilst the participant uses a **stationary boundary**.

There are engaging games you can play, such as **First Contact**, **First Encounters** and **First Hand** that are great for learning to use the controllers.

Use the VR headset as a hook and a means to encouraging longer-term digital engagement. You can then signpost individuals to further support or community based options for developing their digital skills.

About Virtual Reality

Virtual Reality (Or VR for short) is a simulated space that makes you feel like you're somewhere else.

It can place someone on a beach, a mountain, even in space. It all depends on where they want to go and which apps or games they use.



Studies have shown VR can be a useful tool to help with anxiety and even reduce pain levels. The user wears a headset to enter a 'Virtual Reality,' which can be either a passive or an interactive experience.

Meta Quest 3s

Meta Quest 3s is Meta's newest VR headset. They have a useful help and support page for their devices. Please refer to official guidance for how-to information:

<https://bit.ly/4gqgETv> 



These VR headsets used to be called **Oculus** but have now been rebranded to **Meta**. If your device is still called Oculus it should work in exactly the same way.

Meta Quest 3s - getting started

If you are receiving training from us and have a headset it is important to complete the setup process before the training session.

When you first setup your Quest 3s, you will be prompted to view the official setup guide. Within this guide you can view videos and written guidance about:

1. Opening the box and initial setup
2. Adjusting the headset
3. Setting up your headset with the Meta Horizon mobile app



View the guide here: <https://bit.ly/40P4Jce> 

YouTube guides playlist

Meta has a useful YouTube playlist to help you become familiar with the Meta Quest 3s device, including a video about charging, maintenance and care for your device: <https://bit.ly/4gknfPz> 



Setting up Meta Quest 3s

Setup considerations:

- To first setup your VR headset, you can follow the official setup guide, or place it on your head, switch it on and follow the on-screen setup instructions.
- **Unbox and charge:** Before setup, unbox your Meta Quest 3s headset and charge it fully using the included USB-C cable and power adapter before use.
- **WiFi:** A strong WiFi connection is essential when using online elements of VR such as YouTube 360 or casting. You will need your WiFi details for the setup process.
- **Install the Meta Horizon App:** On your smartphone, download and install the Meta Horizon app from your device's app store. Follow this guide for more information: <https://bit.ly/40HShLv> 
- **Signing in:** There are two options when signing into an account using the device. Our guide refers to using the device and signing in as an individual whereas some organisations may have a Meta organisation account to use on the VR headset. Please use the Meta account type relevant to you.
- **Buttons and features:** Before use, familiarise yourself with all the buttons and features of both controllers and the headset. Locate the headset power button, the Meta button (Right controller) and the menu button (Left controller).



Safe Use

- Follow the manufacturer safety guidance.
- Ensure a clear indoor space with a properly set boundary system.
- Review all health and safety information before use.
- Take regular breaks to avoid fatigue, and be mindful that some users may experience dizziness or discomfort.



Setting boundaries

Setting up boundaries on your Meta Quest 3S ensures a safe and immersive VR experience. It is important to setup a boundary whenever the device is moved to a new location, this includes moving it in the same room to a different person.

You can identify helpful tutorials for this process on YouTube. Meta have also published a guide about boundaries:

<https://bit.ly/4jPnc0s> 



Casting

When supporting someone to use a VR headset, casting allows you and others to view what the user can see in the headset. This is important for being guide, support and ensure safe use of VR content. Casting allows a second person to see what the user is experiencing in the headset and is essential when supporting others to use VR.

You have two options for casting:

1. To the Meta App on a selected device (eg. Tablet or smartphone).
2. To the Meta App on a web browser.

The advantage of casting to a web browser is that you may connect your computer to a large display screen for others to observe.

In either instance, you will need to sign-in to your **Meta account** to link the VR headset to your casting device.

Meta have produced a video guide about casting:

<https://bit.ly/40wShhc> 



Downloading apps and games

To download an app or game on the Meta Quest 3s you need to use the Meta Horizon Store. In the same way that would use the Apple App Store or Google Play Store, simply search through the available apps and select the one you want. You can do this in the Meta Horizon Store on your VR headset, or with the accompanying Meta Horizon App you used during setup.

Note: Apps in the Meta Horizon Store will say if they are free or if they charge a price. Always read the app information before making any purchase or download decisions. There are free demos and apps available in the Meta Horizon Store.

Meta have produced a guide about how to download an app or game: <https://bit.ly/4aVxUiJ> 

Finding relevant apps and games

The best approach is to put the device on and explore what may be interesting for those you may be working with. Ultimately, you are better placed to make decisions on whether an app is appropriate or not.

In the Meta Horizon Store, apps and games provide information to help you form a better judgement on appropriateness:

- PEGI rating: <https://bit.ly/4hJwTfI> 
- Comfort rating: <https://bit.ly/3CKMEUN> 

YouTube VR

The YouTube VR app provides access to an incredible library of virtual reality content from almost anywhere in the world. When browsing for videos, be sure to select those labelled **360** for the full VR experience. You can search the Google Arts and Culture website for YouTube 360 video inspiration: <https://bit.ly/412T9vj> 

First Touch

This app offers an engaging interactive experience that's both fun and a great way to learn how to use the controllers.

Step into a virtual art studio where you can unleash your creativity with paints and spray cans.



Mission ISS

This app transports you to a space station, offering an incredible experience while helping you become familiar with the controllers.





What next?

To find out more about our support, get in touch:



digitalcommunities.gov.wales/contact-us/ 



0300 111 5050

Find us on



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