

Metaquest 3



Website DigiLLabs

- ❖ VR headset with a wide range of applications
- ❖ Allows you to immerse yourself in a virtual world or a virtually augmented reality
- ❖ Does not require a console or computer; it works on its own
- ❖ The headset charges via USB-C; the controllers require AA batteries

Step 1: Put on the headset and adjust them to fit your head using the straps

Step 2: Use the small wheel at the bottom of the glasses to adjust the interpupillary distance.

Step 3: Turn on the headset using the button on the left side.

Step 4: Turn on the controller using the “Meta buttons”

The headset can be operated using the controllers. It recognizes these controllers, which are controlled by hand movements. The buttons can be used to select items (A).



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Tutorial Set up



Short-Tutorial Website DigiLLabs



The “First Apps” are a great option to start. They introduce the Meta Quest's basic features in a playful context.

First Contact: Interacting with simple objects in VR

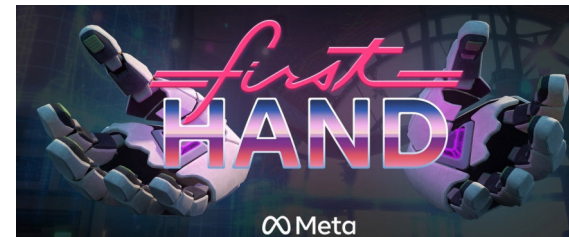


First Steps: An introduction to controller handling through several Mini-Games

First Hand: *Part 1:* Introduction to hand tracking (controlling the headset using your hands instead of controllers)
Part 2: Introduction to teleportation in a virtual environment using your hands



First Encounters: Introduction to Mixed Reality and Movement in 3-Dimensional Space



Otherwise, just be brave and give it a try!