

NEW ERA OF TECHNOLOGY



As Albert Einstein once said, “The only source of knowledge is experience”.

The best way to learn and retain information is to actually experience it, and VR learning allows you to do just that. Would you rather hear stories about ancient Egypt or walk amongst the pyramids yourself?



OUR MODULE AIM

The aim of the session today is to introduce you to new technologies that can be used in a range of different ways, such as training, interview preparation and for enjoyment.

The technology we will be using is the Meta Quest 3 - Virtual Reality Head Sets.

Virtual reality training software offers immersive, interactive experiences that can significantly improve learning outcomes

∞ Meta Quest 3

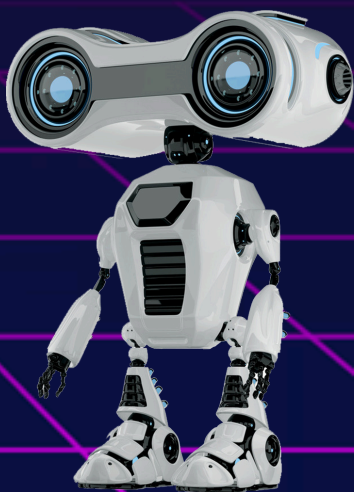
WHAT IS VIRTUAL REALITY?

Virtual reality, or VR, is a simulated three-dimensional (3D) environment that lets users explore and interact with a virtual environment in a way that approximates reality, as it's perceived through the users' senses.

The environment is created with computer hardware and software, although users might also need to wear devices such as goggles, headsets or bodysuits to interact with the environment.

The more deeply users can immerse themselves in a VR environment -- and block out their physical surroundings -- the more they can suspend their belief and accept it as real, even if it's fantastical in nature.

<https://www.techtarget.com/whatis/definition/virtual-reality>



HEALTH WARNING!!!

CONSULT A DOCTOR BEFORE USING YOUR META QUEST IF:

1. YOU ARE PREGNANT
2. ELDERLY
3. HAVE PRE-EXISTING BINOCULAR VISION ABNORMALITIES
4. PSYCHIATRIC DISORDERS
5. A HEART CONDITION
6. OTHER SERIOUS MEDICAL CONDITION
7. HAVE VERTIGO
8. IF YOU ARE PRONE TO SEIZURES
9. DO NOT USE UNDER THE INFLUENCE OF MEDICATION OR ALCOHOL



BE MINDFUL

The aim of virtual reality is to make you feel you are really in the space that surrounds you:

Things you see are not real, do not try to sit on chairs or put the hand controls on the tables

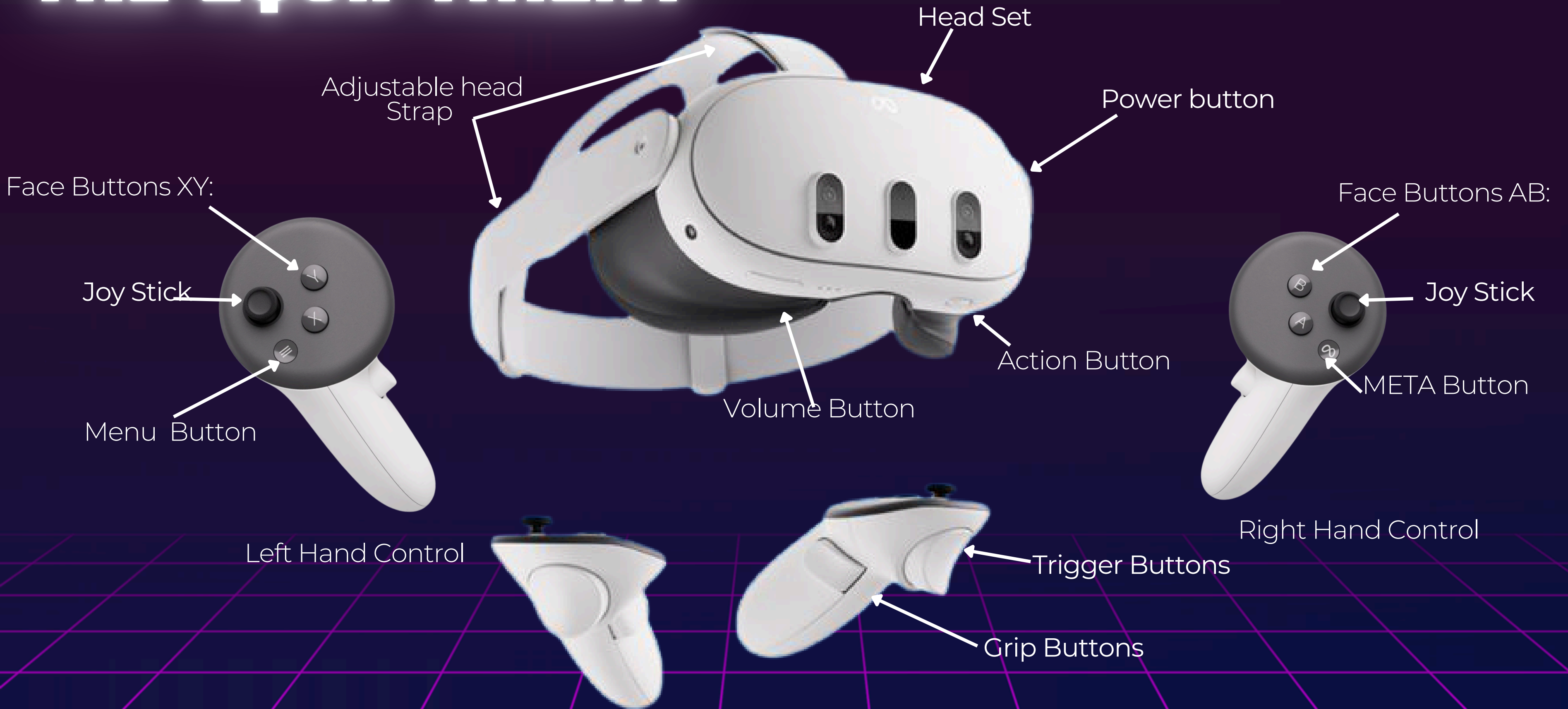
Stay within your boundary

Make sure you have enough space to move your outstretched arms

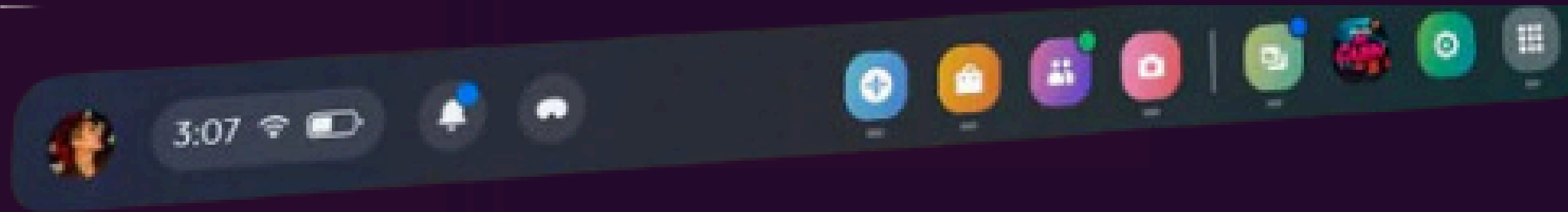
Don't throw the controls, they will break !!!!!



THE EQUIPMENT



META MENU



LETS HAVE SOME FUN!!!

First Steps - practice using your controllers





oculus



Watch video on YouTube

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