Course: VR Systems and Humans - 521149S
Assignment I.1 - Read and Reflect

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After attempting Oculus at the Leaf lab, I can get the idea of symptoms which are mentioned in the **Oculus Best Practices Guide**[1]. However, it was surprising about the special types of images which can impact or raise these symptoms including disorientation, eyestrain, and nausea. I thought that these symptoms should come from the movements. For example, I had tried to look and turn around several times to enjoy the VR world. After that, I felt dizzy and needed a short break.

Another thing which was surprised is about the learned comfort. Following the *General User Experience*, with a long time in the VR environment, the brain is trained or learned to familiar with visual anomalies. As a result, the discomforts are going to reduce the influence and increase comfort. Moreover, the developers and testers for the VR applications are going to be familiar with the VR environment, which leads to biased judgments about the level of comfort.

Last but not least, a guide to speed characteristic of *locomotion* is quite strange that the unnaturally quick velocity makes less discomfort for users. With rapid velocity, the inconvenience can be raised in users as uncomfortable symptoms; however, the guideline mentions that is not a problem, but it also can reduce the discomfort than the normal case.

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[1] https://developer.oculus.com/design/latest/concepts/book-bp/