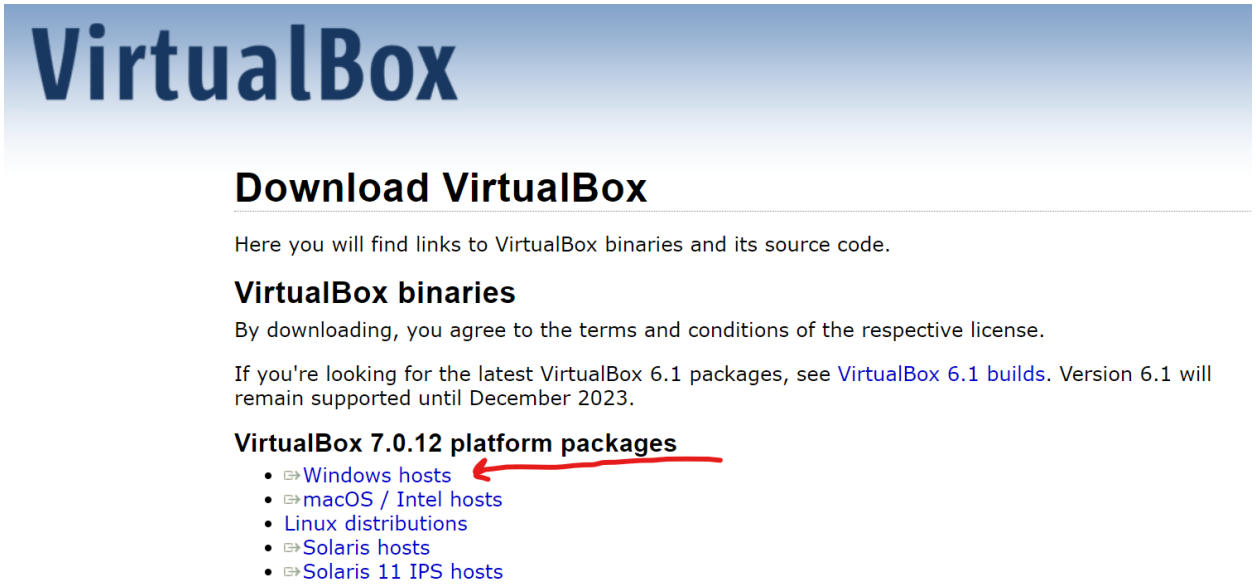
1. Go to VirtualBox downloads page using this link https://www.virtualbox.org/wiki/Downloads
2. Click on “Windows Hosts” to download the exe



3. Run the executable
4. Select all defaults in the installer
5. Click this link to download image for Ubuntu 20.04.6 LTS https://www.releases.ubuntu.com/focal/ubuntu-20.04.6-desktop-amd64.iso (it’s quite a large file, so give it some time to download)
6. Once it’s downloaded, open VirtualBox
7. Click “New”
8. Enter a name for it (“ubuntu20-04” for example)
9. Select the Ubuntu ISO you just downloaded by clicking the dropdown menu, selecting “Other”, and navigating to the image in File Explorer (likely in your Downloads folder)
10. Click “Next”
11. Change the default username and password to something you will remember
12. Click “Next”
13. Select the amount of RAM and CPU cores to allocate to the VM (2 CPUs and 4096 MB memory, or 25% of your computer’s capacity for each, is probably a safe default)
14. Click “Next”
15. Make sure the box for “Create a Virtual Hard Disk Now” is selected, and the disk size is at least 20 GB
16. Click “Next”
17. Click “Finish”
18. VM will start automatically
19. Wait for the OS to install itself
20. After the VM reboots, log in using the username and password you set up before
21. Click the “Skip”, “Next”, and “Done” buttons in the top right of the window that pops up to close out the intro messages
22. When prompted to upgrade to 22.04.03 LTS, click “Don’t Upgrade”, then “OK”

23. Open a terminal window with Ctrl+Alt+t
24. Type `su` and hit enter (in these instructions, the text you are meant to enter into the terminal will be surrounded by ``, but don't include them when you actually type the commands into the terminal)
25. Enter your password (it won’t show up in the terminal, for security purposes)
26. Enter the command `usermod -aG sudo your_username`, replacing your_username with your actual username
27. Press Ctrl+d
28. Run the command `reboot` to reboot your VM
29. Log back in
30. Open a terminal with Ctrl+Alt+t
31. Enter `sudo apt install git -y`