VR explained

<https://www.youtube.com/watch?v=i4Zt3JZejbg>

explanation 2

<https://www.youtube.com/watch?v=HBNH8tzsfVM>

VR by 2025

<https://www.youtube.com/watch?v=_d-hMZaU5Po>

vr after pandemic

<https://www.youtube.com/watch?v=a5i-mPwpu6E>

spending week in VR

<https://www.youtube.com/watch?v=eX2QBlckPnw>

one year in VR

<https://youtu.be/UVh_K6HEdb8?t=67>

headsets

<https://www.youtube.com/watch?v=T0taTtOgqd8>

biggest vr themepark

<https://www.youtube.com/watch?v=x7Grrfv6AP8>

effects

<https://www.youtube.com/watch?v=Cil7OT8bGik>

1. Hello, my name is Emma, and today ill take you on a journey of virtual reality

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1. Digital experiences are becomming more and more interactive as the years go on – we are able to stimulate more senses, and its harder to tell our own created ilusions from reality

So what happens when we create an environment that is indistinguishable from the real world? And what if once we are in, we dont want to come back?

That are all topicts that we will talk about today, as well as the technology behind virtual reality, its pros and cons, a brief history of VR and what we might expect in the future.

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1. **VR and POP culture**

Althoug Virtual reality is still a relativly new concept that is permanently evolving, virtual reality tech has been a useful storytelling tool for years. There are hundreds of movies tackling this topic. Some of the most famous movies are The Matrix, Steven Spielbergs Ready player one, or Total recall

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1. **What is VR?**

VR replaces your reality with some new virtual computer generated enviroment – it can be a game, some environment you walk around, or a video thats playing all around you. It tricks your brain into thinking that thats your new reality

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1. **How does it work**

VR works thanks to human biology – by having two eyes, we can percieve depth so well. Although the human brain is smart, it can be tricked. The headsets give each one of your eyes a different view of the world. They also track your head movements and adjust what you are seeing. Thanks to this, VR totally takes over your vision and combined with audio (and other) stimulations, – it replaces your entire reality and makes you emerse in a new world with nothing left from the real world.

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1. **How it started?**

Cinematographer Morton Heilig created Sensorama, the first VR machine (patented in 1962). It was a large booth that could fit up to four people at a time. It combined multiple technologies to stimulate all of the senses: there was a combined full colour 3D video, audio, vibrations, smell and atmospheric effects, such as wind.

This was done using scent producers, a vibrating chair, stereo speakers and a stereoscopic 3D screen. Heilig thought that the Sensorama was the "[cinema of the future](https://gametechdms.files.wordpress.com/2014/08/w6_thecinemaoffuture_morton.pdf" \t "_blank)" and he wanted to fully immerse people in their films. Six short films were developed for it.

Later, VR was used as a part of air force training programme – it was much easier and cheaper to have pilots practicing flying and shooting and crashing, without actually shooting and crushing real million dollar planes

Since then, Virtual reality has significantly progressed and is now being used in a variety of ways. With the rise in smartphone technology VR will be even more accessible.

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1. **Types of VR headsets**

There are multiple types of VR headsets – type one is the accessory that you plug your smartphone into that becomes your screen (something like google cardboard) the advantage of this type is that your phone already has a gyroscope and an accelometor built in, but it does not provide the best VR experience. Then there is the type two – a standalone unit that does everything, it has the gyroscope, the screen and everything built in (oculus)

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1. **The dangers of VR**

Long-term immersion in VR can lead to addiction, dependance, dissociation and fatigue which can lead to the neglect of ones own body, their interpersonal relationships, and their personal space which can (and has) lead to fatalities or chronic illness.

Long-term isolation has been associated with lower mental health, which will most likely lead to psychological diagnoses related to overuse of VR.

Experiencing intense emotions inside of VR may have lasting, or even traumatic, effects outside of VR. Because of how immersive VR is, effects can last outside of wearing the headset and into reality.

Perhaps the most dystopian view of cyberspace has The Matrix trilogy.

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1. **The beauty of VR**

On the other hand, we have to talk about the uniqueness of VR as well as about its dangers.

The beauty of VR lies in its similarity to dreams. In your dreams, you could fly, meet people who have died hundreds of years ago or explore distant planets. The only limit is your immagination. The amount of scenarios and realities we could create and live in is infinite. We dont have to be limited by our physical bodies.

1. Current VR technologies are still limited by their hardware, but assuming we manage to advance the technology year after year at an exponential rate, there will enevitably be a day in the distant future, where the virtual world will seem just as complex as the world we live in right now – realities that once we enter will seem better and more enjoyable than the real world. Maybe some day it will be normal for everyone to have a form of life in these created worlds.

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1. **Uses of VR**

Until then, VR has already many applications - from providing immersive gaming experiences, to helping treat psychological disorders, to teaching new skills and even taking [terminally ill people on virtual journeys](https://www.tomshardware.com/news/oculus-rift-priscilla-cancer-walk,26593.html" \t "_blank).

1. Even today virtual reality can create any experience, allowing us to experience things that are impossible.

We can put people in realistic situations without actually having to do it – wa can train astronauts, pilots, surgeons, without having to suffer the consequences of failure and without putting anyones life at risk. The educational uses are almost limitless. Another use of VR can be improving mental health, for exaple of people who suffer from various forms of anxiety – people who fear talking in front of a large audience, or people who are affraid of heights can overcome their fears in VR.

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1. In China there is a theme park purely dedicated to VR, named The VR Star Theme Park.

While the park has been open for almost two years, from a western perspective little has been seen or heard about this extravagant complex.

There are over 40 rides to choose from – for example VR bungeejumping.

And there is more to the complex than just entertainment. One of the biggest segments of the park is one massive building that completely catered to the history of VR. Visitors are able to see old headsets, timelines of development in Silicon Valley as well as China’s history of VR.

You can go through time, through the past, present and future of VR, and that’s something that no other arcade does. You can learn about the history of VR, before getting to experience it.

Sadly, with a $1.5 billion price tag, it’s unlikely that there will be any new VR parks of this scale outside China soon.

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1. **FUTURE OF VR**

The example of China rises a guestion - what holds the future for VR?

The progress of grafics is breathtaking, when you realize that in game graphics went from a simple pong game (this) to the graphics of unreal engine 5 (this) in less than 50 years.

And it will get only better – if technological growth and inovation continues, it stands to reason that the time it takes to transition from the graphics of unreal engine to graphics indistinguishable from reality is far less than we might immagine.

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**14** But as far as VR is concerned, graphics are ony one component to achieve a full in depth immersive experience. Although we are primarily visual creatures, our other senses have to be included as well to mimic a real world experiance.

The next big thing developers have to conquer, beside audiovisual, is the sense of touch. There are already countles VR companies focusing on developing sophisticated tactile technology – such as Avatar VR, Hi5 VR, etc..

The other major obstacle to overcome is locomotion. Some people feel motion sicknes when using common VR locomotion methods such as joistick walking. One solution, just like in the movie Ready Player One, is the use of omnidirectional treadmills (like Kat Walk Z) which offer a range of motions, sucha r sunning, going backwards, crouching, and provide a hign freedom in motion.

With as good as VR games may look and feel today, in 2025 we will most likely look back and wonder why we were impressed by them.

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1. **Questions**

DOES ANYONE OF YOU OWN A VIRTUAL REALITY HEADSET? (IF NOT, WOULD YOU LIKE TO?)

HAVE YOU HAD ANY EXPERIENCE WITH VR?

WHAT WOULD YOU LIKE TO TRY IN VIRTUAL REALITY?

WHAT DO YOU THINK WILL HAPPEN TO VR IN THE FUTURE?

ARE THERE MORE ADVANTAGES OR DISADVANTAGES TO VIRTUAL REALITY?