How to setup MetaQuest3 in Linux

-You need to install Steam first and then SteamVR in the Steam-Environment
-You need to install ALVR on your system (follow:
https://github.com/alvr-org/ALVR/wiki/Installation-guide)
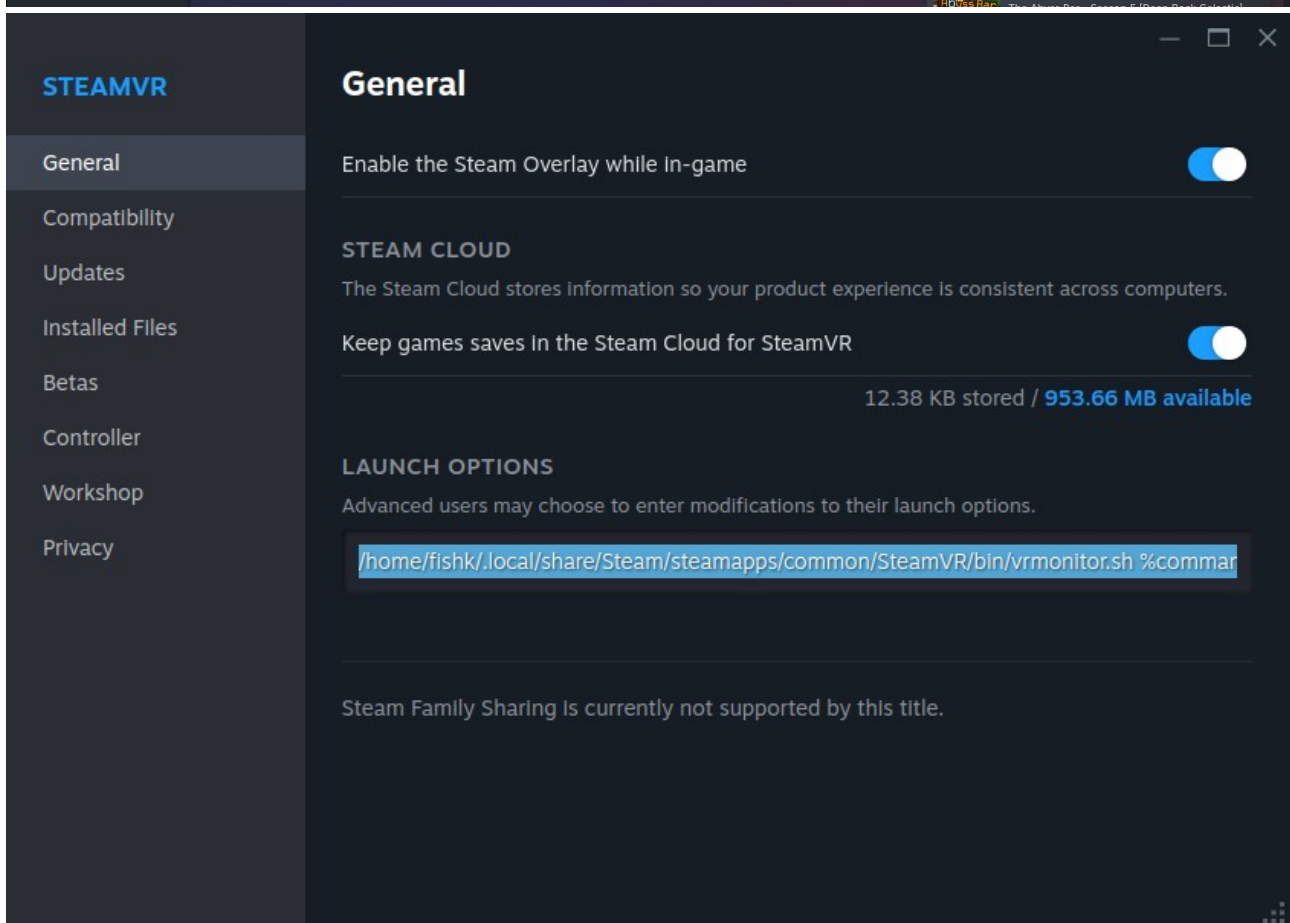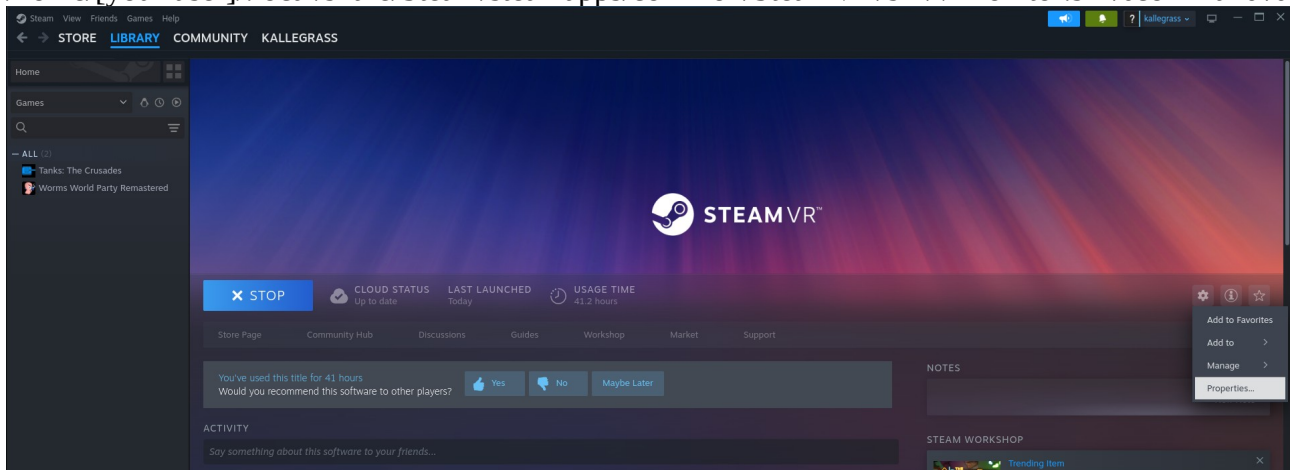-ALVR is already installed on our MetaQuest3
-make sure you use the same versions of ALVR on your system and on your hmd because of same
protocol
-its easier to adapt the version of alvr on your system with the alvr_launcher_linux.tar.gz (download
here: https://github.com/alvr-org/ALVR-nightly/releases?ref=uploadvr.com)
-you can see the version of alvr in the hmd, when you start alvr on hmd
-insert this line in the properties of steam as launch option:
/home/[your user]/.local/share/Steam/steamapps/common/SteamVR/bin/vrmonitor.sh %command%

-start the alvr dashboard over the alvr_launcher_linux

-start SteamVR over the alvr dashboard
-for me it helped to deactivate the Game audio in the settings of alvr dashboard
-In some discussions it came up, that Plasma-Wayland can help:

```
sudo apt install plasma-workspace-wayland
```

- you may need to install pipewire for audio functionality
-if it is not working, read this: https://github.com/alvr-org/ALVR/wiki/Troubleshooting
-you want to stream over USB cable and not over WIFI, read this:
https://github.com/alvr-org/ALVR/wiki/ALVR-wired-setup-(ALVR-over-USB)
-if you want to use the MetaQuest3 with Opencover, make sure you set the COCONFIG to config.quest3.xml
-maybe you have to edit the config and insert the device serials which is detected by covise-shell