HOW TO INSTALL VIRTUAL BOX ON MAC

1. Download and install the OS X hosts Virtual Box v. 6.1.16 from this link: https://www.virtualbox.org/wiki/Download_Old_Builds_6_1 (other versions have some bugs with macOS microphone);
2. Download and install the "Extension Pack" for 6.1.16;
3. Now install virtual box (pay attention at "Security e Privacy" option in macOS preferences);
4. Download Windows 10 iso files: https://www.microsoft.com/it-it/software-download/windows10ISO;
5. From Virtual Box create new VDI machine (I recommend at least 4096 GB of ram, then check "Create instantly a new rigid disk" and choose VDI option);
6. Before starting the machine, go to options and set:
    A. From System —> processor, select at least two processor if you have those;
    B. From Screen change Video Memory value;
    C. From Audio enable "Audio input" and "Audio output";
    D. From Ethernet set "NAT";
    E. From Share Folder, you can set any default folder (this folder can be read by your macOS and Windows);
    F. From USB you can add any flash drivers or USB microphone;
    G. From Storage, go to "Empty" and then click on Disk Image and add the ISO file.
7. If you have some kernel problems when you start the machine, follow this link: https://apple.stackexchange.com/questions/408154/macos-big-sur-virtualbox-error-the-virtual-machine-has-terminated-unexpectedly-d;
8. Install Windows 10 Pro;
9. For Full Screen go to Device —> Insert Guest Additions CD image… Then install it and reboot the system;