# Manual

Meta Quest 3

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Preparation and safety instructions

Good preparation is important for a comfortable and safe VR experience.

1. **Preparing your space** o Provide a clear, well-lit area free of obstacles on the floor or nearby (such as furniture, pets, or objects).
   - o Make sure there is enough space, especially when using Roomscale, so that you can move around safely. Virtual boundaries help you stay in your activity space to avoid collisions with objects in the physical world while you are in your virtual environment.
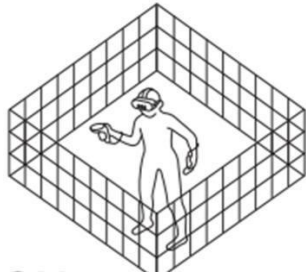
2. **Health and safety** oVR can cause dizziness or fatigue. Take frequent breaks, especially during long sessions. Start with a maximum usage period of 30 minutes, and then take a break of 15 minutes.
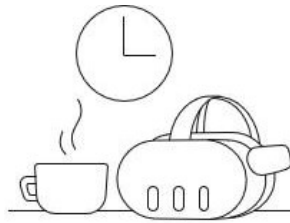
   - o Beware of "VR nausea" (motion sickness) with intense games. Start with less intense experiences if you are prone to nausea.
   - o If you wear glasses, wear a suitable glasses-insert if necessary, or adjust the headset for the correct fit.

3. **Display comfort ratings:**
   The Meta Quest Store features comfort ratings that help you understand how comfortable an app is to use and how likely it is to cause motion sickness, depending on your needs and level of experience with virtual content.

 Comfortable :
Comfort experiences generally avoid camera movement, player movement, or disorienting content and effects.

Average:

Average experiences may contain some camera movement, player movement, or occasionally disorienting content and effects.

Intense:

Intense experiences involve significant camera movement, player movement, or disorienting content and effects.

 Not classified:
Unclassified experiences are not rated, but may contain intense content.
If you experience motion sickness, dizziness, or other negative effects, discontinue the experience and try another experience that is appropriate for your comfort level.

4. **Setting the Eye distance (IPD)** o

The Quest 3 has an adjustable IPD (Interpupillary Distance) so that the lenses are properly adjusted to the distance between your eyes.

o Adjust the IPD using the slider on the bottom of the headset until the image is sharp and comfortable.

slider

Basic settings for comfort and image quality

There are a few adjustments that make the VR experience more enjoyable, especially for beginners.

1. **Adjust Brightness and Volume**
   o Adjust the brightness of the image for comfortable viewing, especially in different lighting conditions.
   o Use the volume buttons on the side of the headset to adjust the sound level.

2. **Enable Virtual Hand Tracking (optional)**
   O The Quest 3 supports hand tracking as an alternative to the controllers, which can be useful for
   simple interactions and navigation. Hand tracking can be activated via
   **Settings > Devices > Hands & Controllers.**

3. Adjust Fit and Comfort o Make sure the headband fits snugly to reduce pressure on your face and head. The Quest 3 offers an adjustable strap that you can adjust for optimal fit and comfort.

Important: o o Sunlight can cause permanent damage to the lenses, do not use outdoors.

o Do not use alcohol wipes to clean the headset, as this can damage the headset. Instead, you can use non-alcoholic, antibacterial wipes.

Switching the headset on and off:
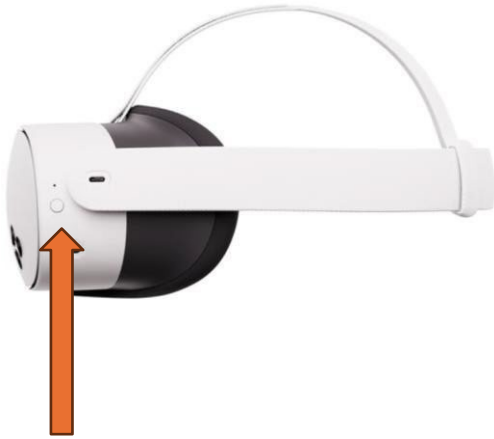
Power On

1. Charge: Make sure your Meta Quest 3 is fully charged before you begin.

2. Power On: Press and hold the power button on the side of the headset until you see the Meta logo on the screen. The headset will then power on.

Power off

1. Power off: Press the power button until a menu appears on the screen.

2. Confirm: Select the Power off option and confirm.

Tip: You can also put the Quest to sleep by briefly pressing the power button. This saves battery when you are not using the headset for a while.

Using the Controllers and Button Functions:

The Meta Quest 3 controllers are equipped with buttons and sensors to accurately track your movements. They work together with the headset to create an immersive VR experience.

Below is an explanation of the buttons and their functions.

Don't drop the controllers, use the strings to hold the controllers.

Controller Layout

Each hand has its own controller: a right controller and a left controller. They both have similar buttons, with some specific functions for each hand. Start with the left controller, press the button with the 3 lines. Then on the right controller, press the button with the"meta" symbol.

Left Controller:

Right Controller:

Buttons and their Functions:

1. **Trigger button (back)**o *Function:* This button is located on the back and is usually operated with the index finger. o Usage: The trigger button is often used to select, shoot or grab in games.

2. Grip button (side) o Function: Located on the side of the controller, this is operated with the middle finger. o Use: In many apps and games, you use the grip button to hold or drop objects.

2. Thumbstick (joystick) o Function: Each controller has a joystick on top, which you use to move and navigate. o Use: Press the joystick to activate extra options in a game, such as jumping or running.

2. A and B buttons (right controller) o Function: These buttons are located on the top right of the right controller. o Use: They are used to confirm actions, such as selecting and opening menus. Each game has its own functions for these buttons.

2. X and Y buttons (left controller) o Function: The left controller has X and Y buttons, which are often used for additional interactions.

o Usage: In most games and apps, these buttons are used to go back, reload, or perform other functions.

2. **Meta Button (Right Controller)** o Function: This is located under the joystick of the right controller.
o Use: Press the Meta button to open the menu or go to the Home screen. Hold this button to re-center the image.

2. Menu button (left controller) o Function: This is located under the joystick of the left controller. o Use: The menu button often opens the settings menu or pauses the game. In some apps, you can open the game menu with it.

Navigating with the Controllers
1. Interacting with the menu: Use the joystick to navigate and the trigger button to select items.
2. Selecting and holding: Press the trigger to select and use the grip button to hold objects.

1. Re-center: If you notice that the image is missing alignment, hold down the **Meta button** to re-center the image.

Tip: Experiment with the buttons to learn their functions. Most VR apps offer a quick tutorial to help you get familiar with the controls.
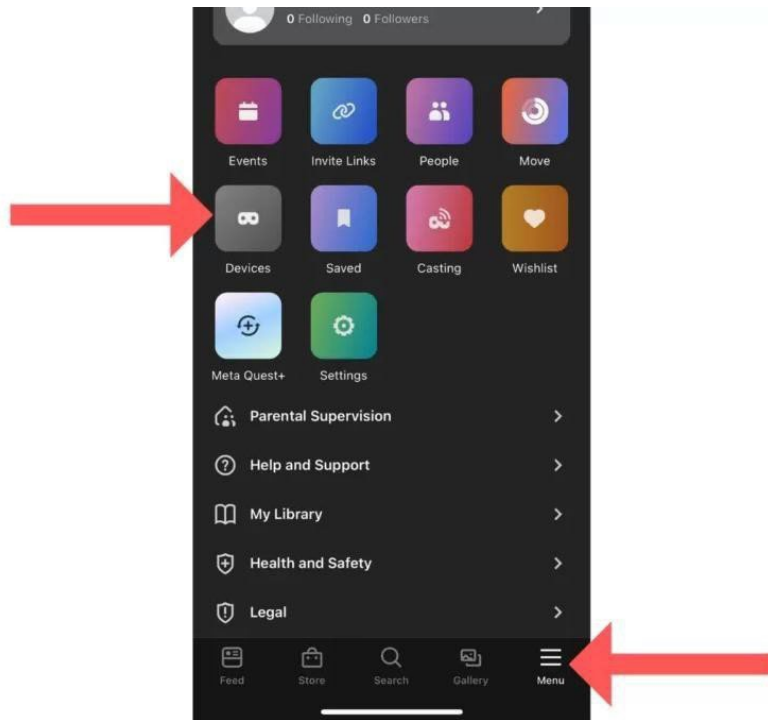
Select and launch an app

1. Home Menu: After booting, you will be taken to the Home Menu.

2. Open App Drawer: Use the controller to select the App icon in the toolbar at the bottom. This will open your library of apps and games.

3. Select App: Scroll through the list and select the app you want to launch by pressing the trigger button (fired by the index finger).

4. Launch App: The selected app will now open, and you can start playing or using the application.

> **Tip:** To visit the Meta Store for new apps, go to the Store icon in the toolbar. Here you can download games and applications.

Setting up a playing field (Guardian)

The Guardian feature ensures that you stay safely within a demarcated playing area. Follow these steps to set up a playing field:

1. Auto Prompt: When starting up, the Meta Quest 3 will usually automatically prompt you to set up a play area.

2. Choose Boundary Type: You can choose between **Stationary** (a fixed spot, good for sitting) or **Roomscale** (a larger play area for movement).

o **Stationary:** Choose this option if you're staying in one place and not moving around.

o **Roomscale:** Choose this option for a large play area and movement.

3. Set Floor Height: Use the controller to point to the floor and confirm. This helps the headset estimate the height of the environment.

1. Delineate Playfield:

o If you have chosen Roomscale, you will be asked to walk around the room with the controller pointed at the ground. This creates a virtual

boundary.

2. Confirm: Check the delineated space in the VR view and confirm if you are satisfied.

Now your play area is set. The Guardian will warn you when you approach the boundary, keeping you safely within the space.

Note: The Guardian can be reset by going to **Settings > Guardian** if you wish to customize your playing area.

Connectivity and Setup:

For an optimal first experience, it is helpful to guide users through the initial setup.

1. Wi-Fi Connection Setup o To download apps and update the headset, the Quest 3 must be connected to a Wi-Fi network. Make sure you have a stable internet connection. o During startup, you will be prompted to set up Wi-Fi. Follow the on-screen steps to select your network and enter your password.

2. Create or Log in to Meta Account o A Meta account is required to use the Meta Quest 3. Create an account or log in with an
existing account.

Children under 13 may require a parental control account.

3. Firmware Updates o Check for updates during setup. Firmware updates ensure that your headset has the latest features and
security updates.

Account and privacy settings:

Especially for new users, it is important to know how their privacy is protected in the VR environment.

1. Privacy Settings View o In **Settings > Privacy**, you can choose who can see your online activity, and determine whether your online status is visible to friends.

o You can also set restrictions for certain apps and content, which is useful for shared use of the Quest.

2. **Parental Controls** o For children, parents can set administrative settings to customize the VR experience and filter out inappropriate content. This can be done via the parental control account in the Meta or Oculus app.

Basic gestures and interactions for VR:

For new VR users, a quick tutorial on basic gestures can be helpful.

1. Menus and Interfaces Navigating o Point the controller at a button or icon and press the trigger to select.
o Press the Meta button to return to the main menu or close a menu.

2. Multitasking and Extra Features o The Quest 3 supports multitasking, allowing you to easily switch between apps. Swipe your wrist up in the menu to open or close multiple windows.

o Notifications can be customized via **Settings > Notifications** so you don't get distracted during VR sessions.

Frequently asked questions:

How do I reset the Meta Quest 3?
• Press and hold the power button and the volume down button at the same time to access the recovery menu. Follow the instructions there to reset the Quest.

What to do if the image is blurry?
• Adjust the lenses by gently turning the side lenses until the image is clear. You can also replace the foam inside for a better fit.

You can also use this checklist with your class:

Checklist

Basic skills

HEADSET		NOTES
☐ On / Off Button		
☐ Volume Button		
☐ Charging		**Do not expose lenses to direct sunlight**
☐ Lenses		
Headstrap		

CONTROLLERS		NOTES
☐ Charging		
☐ String		Put the strings around your wrists for extra security
Buttons / Triggers		

Settings		NOTES
☐ Edge / Guardian		
Wifi		
☐ Fast Settings		
☐ App Library		
☐ App Store		Meta-Button is the Menu Button. Select using the trigger on the front-side of the controller.
☐ Casting		
In-game: Home menu		
☐ In-game: Center Image		
Passthrough mode		

other		NOTES
☐ Hand tracking		
☐ Shutting off		You can Shut-off via the Menu, but also by holding the Off-button.
Store Box		
☐ …		