1)Create a new virtual machine:

* Open VirtualBox.
* Click the New button (or similar) to create a new virtual machine.
* Enter a machine name, select the operating system type and version.

2)Select/add hardware:

* After creating the machine, select it in the list of machines in VirtualBox.
* Right-click and select Settings.
* In the Settings window, you can add or configure hardware such as CPU, RAM, virtual hard disk, and more.

3)Configure the network and connect to Wi-Fi points:

* In the machine settings, select the Network tab.
* Here you can configure the type of network connection, change network settings, and set up connections to Wi-Fi points if your virtual machine supports it.

4) Ability to work with external media (flash memory):

* Connect an external storage device, such as a USB flash drive, to your physical computer.
* In the virtual machine window, select Devices from the VirtualBox menu.
* Select the external storage device from the list of available devices that can be connected to the virtual machine.

These basic steps will allow you to create, configure, and manage virtual machines in the VirtualBox hypervisor.