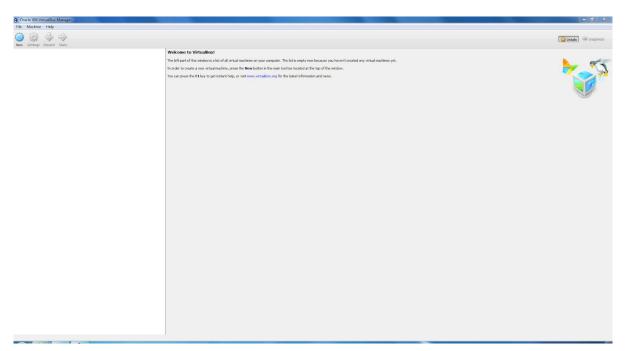
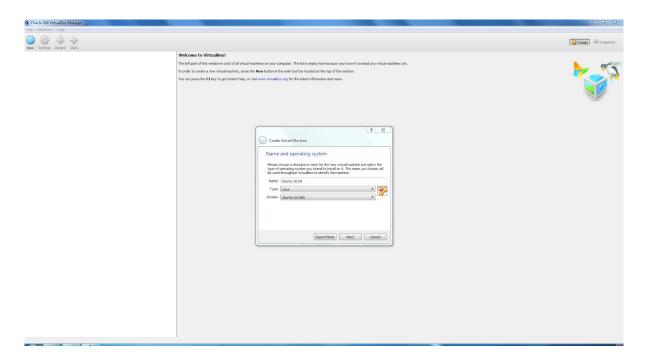
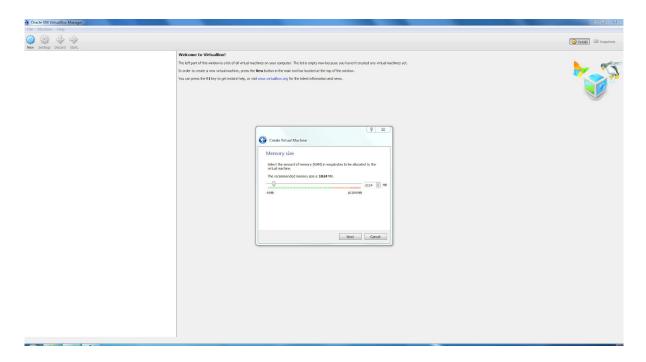
Use Google serach "Ubuntu 16.04 LTS"
http://releases.ubuntu.com/16.04/
http://releases.ubuntu.com/16.04/ubuntu-16.04.3-desktop-i386.iso
http://releases.ubuntu.com/16.04/ubuntu-16.04.3-desktop-amd64.iso

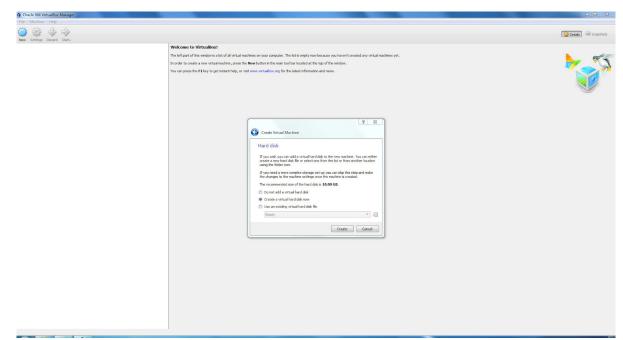
2. Open VirtualBox

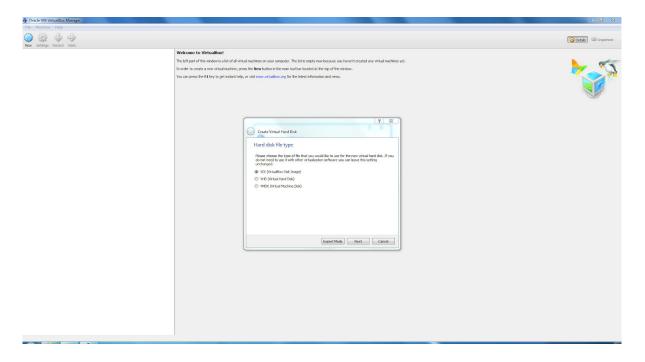


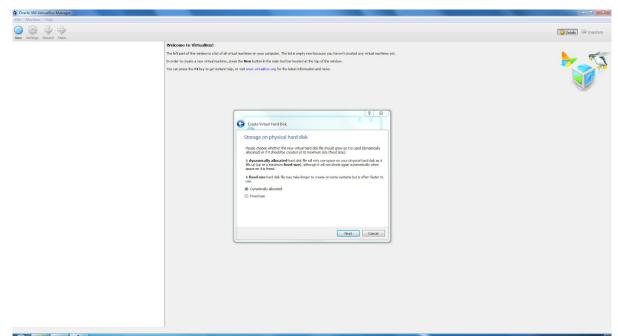
3. Install Ubuntu 16.04 with the following instructions

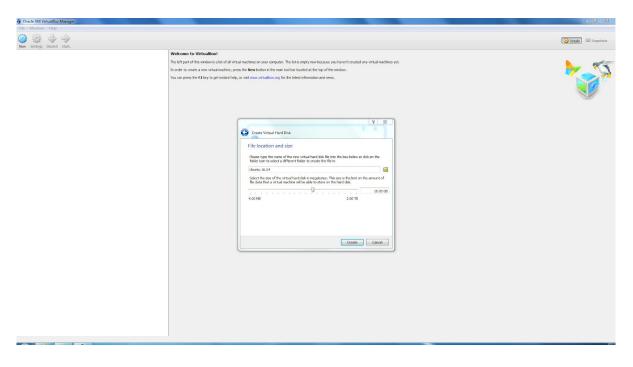


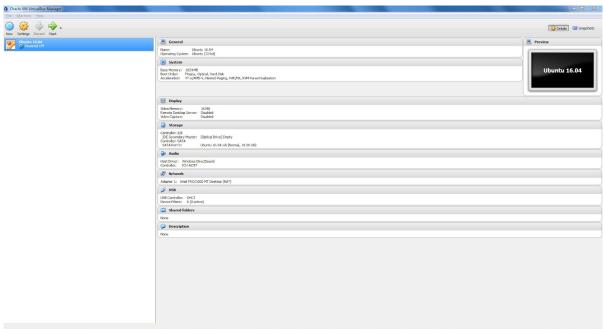


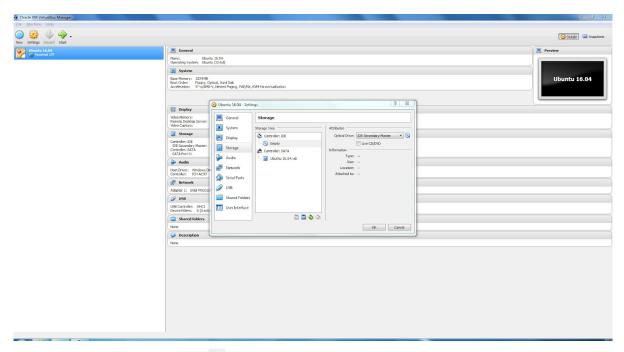




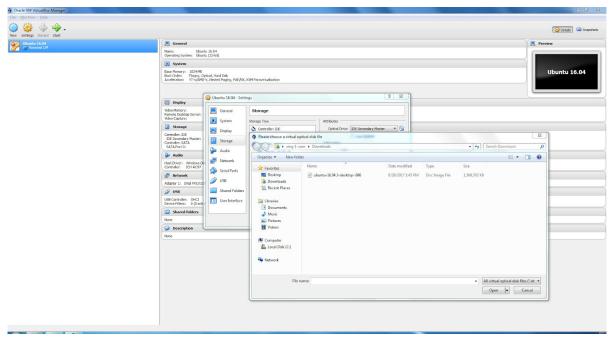




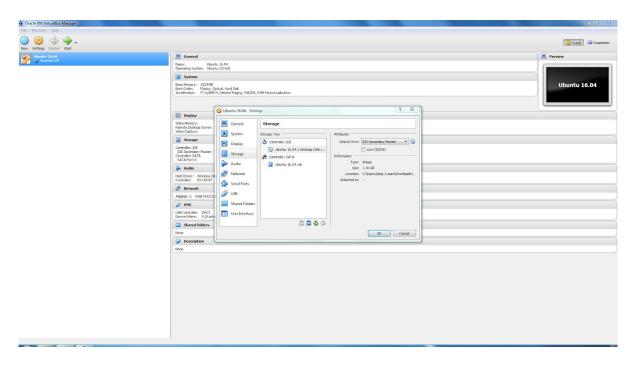


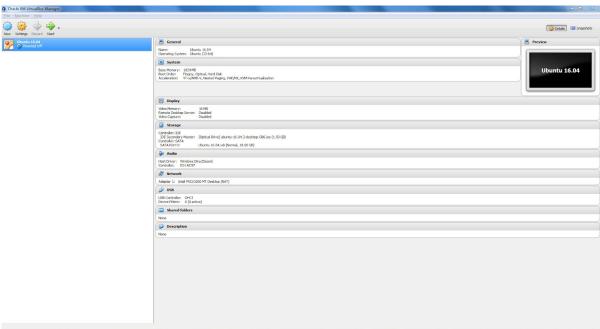


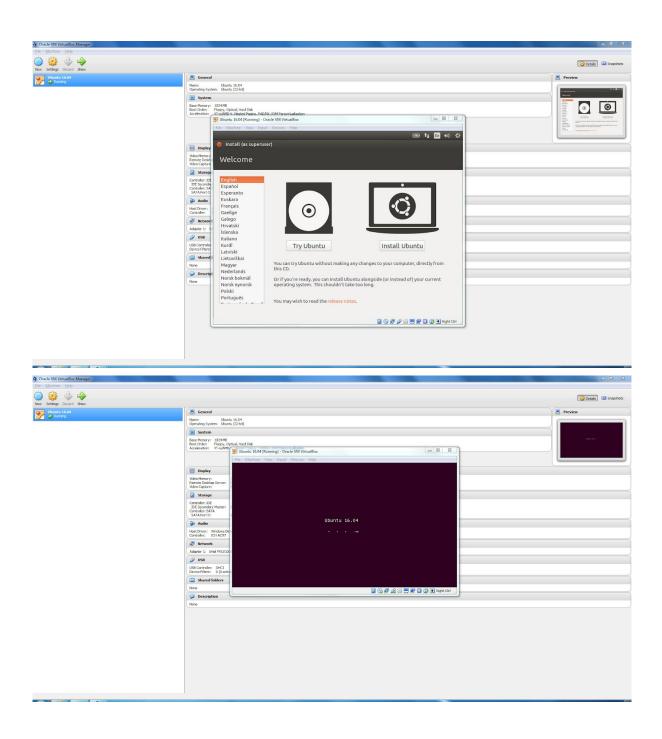
(Here click on the right button in the "Attributes" Tab)

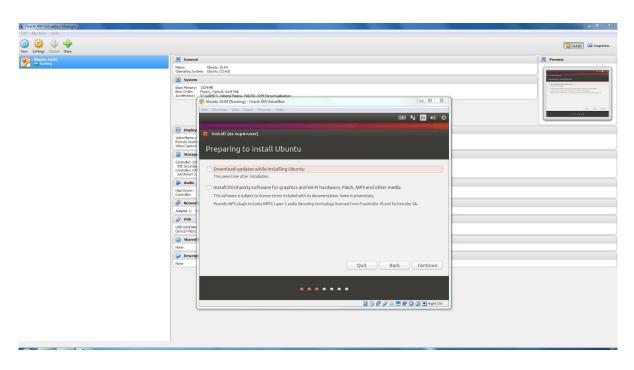


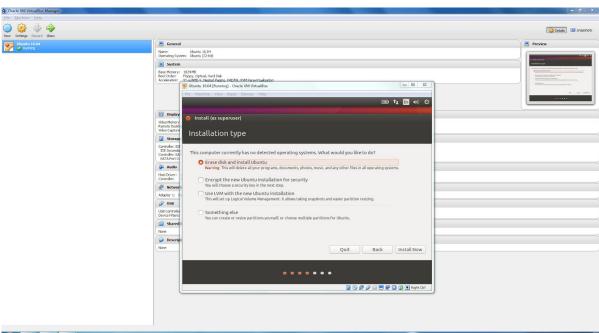
If you choose "<u>ubuntu-16.04.3-desktop-i386.iso</u>" in the file manager, you are going to install Ubuntu 32-bit System; If you choose "<u>ubuntu-16.04.3-desktop-amd64.iso</u>" in the file manager, you are going to install Ubuntu 64-bit System.

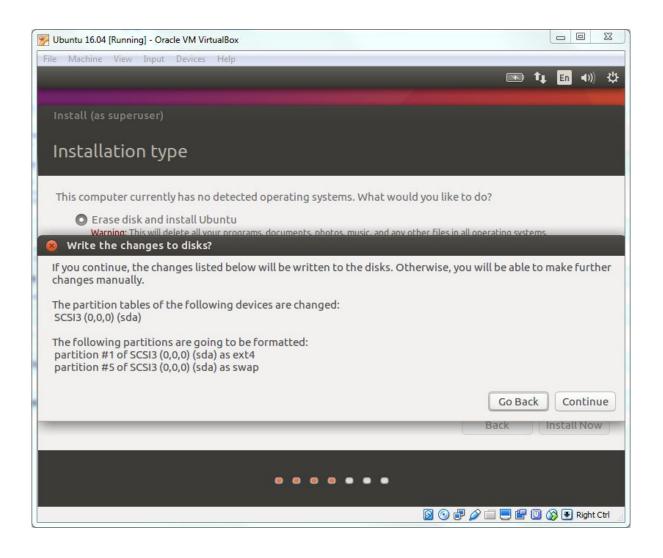


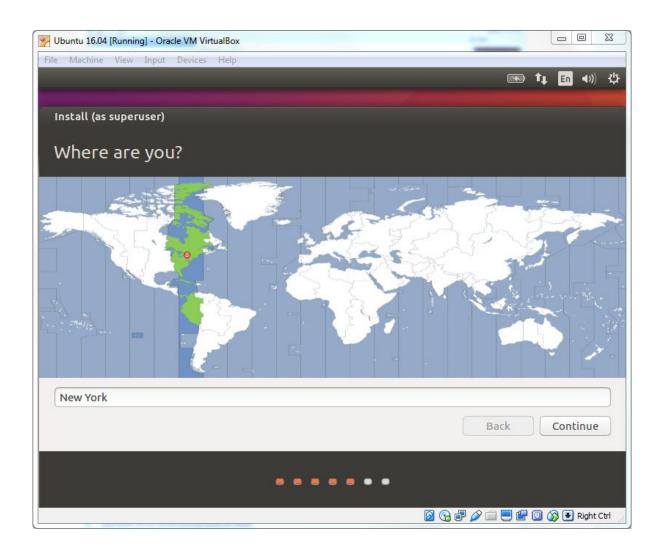


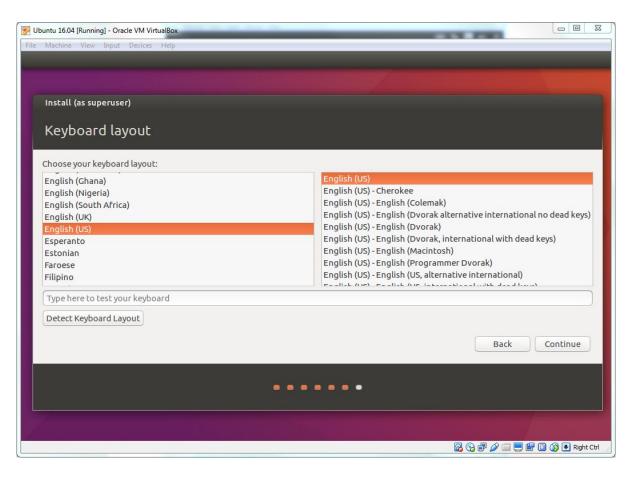


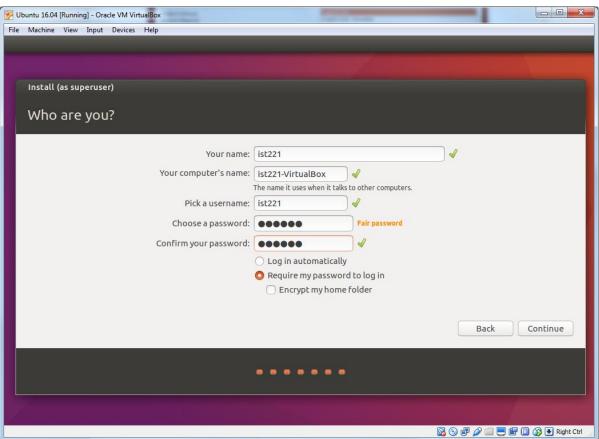


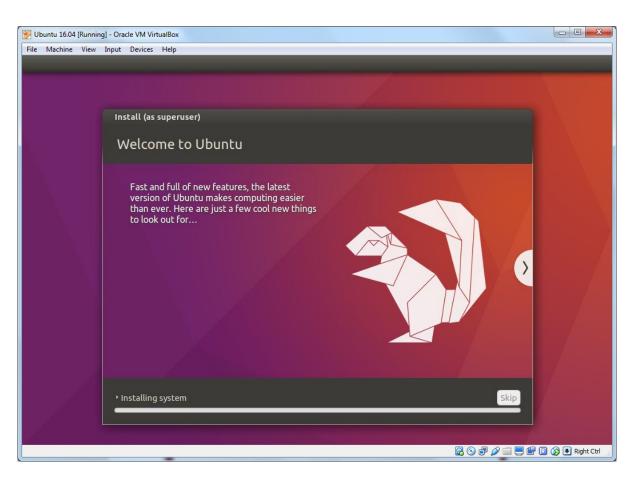


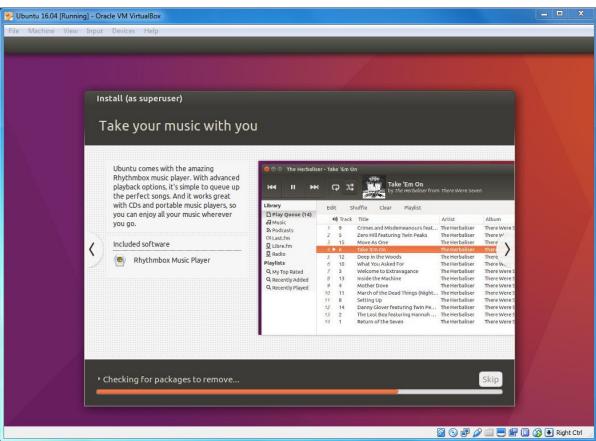


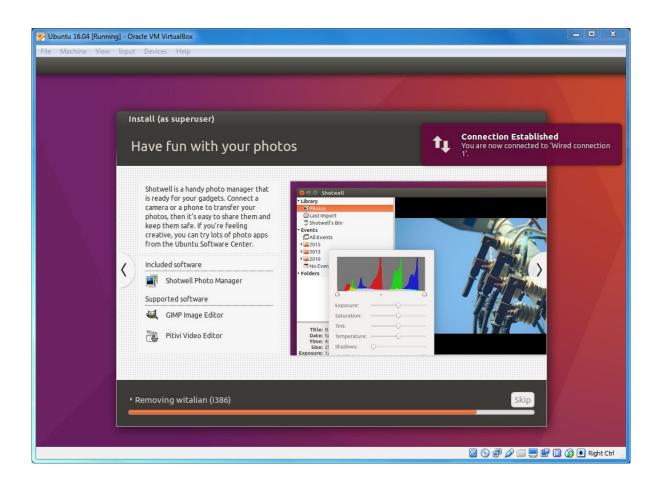


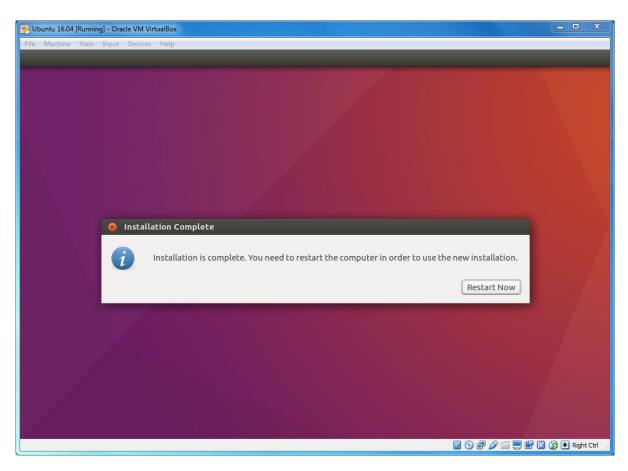


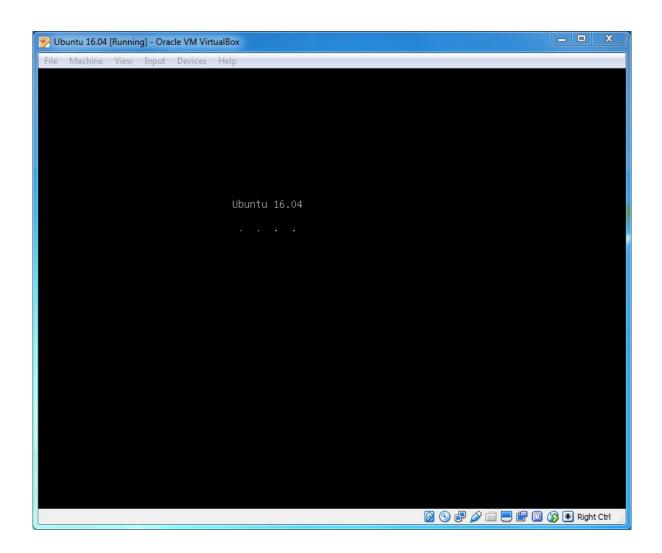


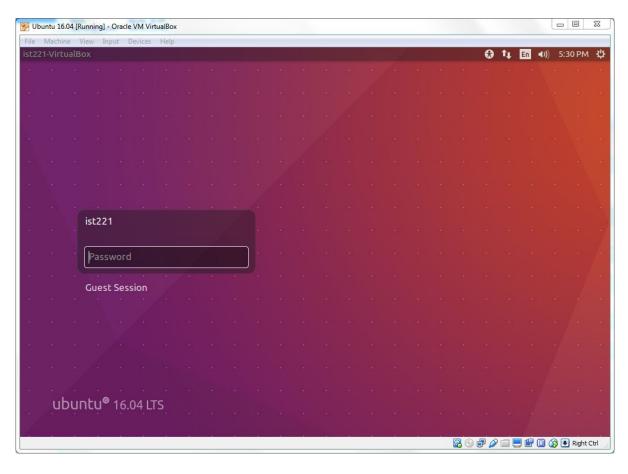


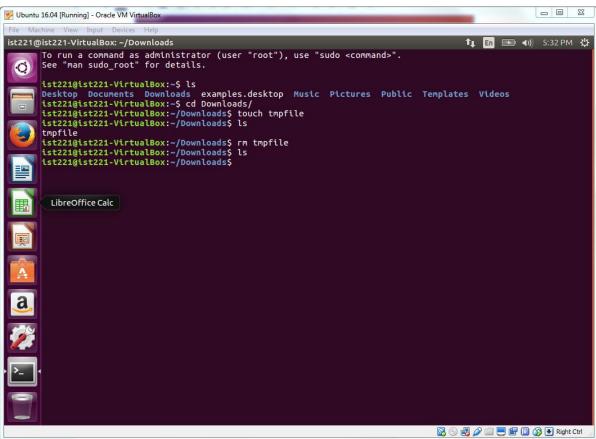












One recommended Github repo: https://github.com/jlevy/the-art-of-command-line