**1. Introduction to AR and VR**

# Definition of Augmented Reality (AR) and Virtual Reality (VR)

## AR:

### A technology that overlays digital content onto the real world, enhancing the user's perception and interaction with their environment.

## Example:

#### Pokemon Go, where virtual creatures are superimposed onto the real world through a smartphone camera.

## VR:

## A technology that immerses users in a simulated environment, replacing the real world with a virtual one.

## Example:

#### Oculus Rift, a VR headset that creates an immersive gaming experience.