Download and use the **Ubuntu 22.04 VMware image** from **OSBoxes** on **VMware Workstation 17 Player**, follow these steps:

**Step 1: Download Ubuntu 22.04 VMware Image from OSBoxes**

1. **Go to OSBoxes**:
   * Visit the OSBoxes website: <https://www.osboxes.org/ubuntu/>.
2. **Select Ubuntu 22.04**:
   * Scroll down and find **Ubuntu 22.04 (Jammy Jellyfish)**.
   * Look for the **VMware image** and click on the **VMware (VMDK)** download link.
3. **Download the Image**:
   * You’ll be redirected to a page with various download links (typically a **Google Drive** or **Direct Download** link). Download the .vmdk file.
   * Note: OSBoxes might provide a username and password for the pre-built image (usually mentioned on the download page).

**Step 2: Install VMware Workstation 17 Player**

1. **Download VMware Workstation 17 Player**:
   * Go to VMware Workstation Player Download and download the version for your operating system.
2. **Install VMware Player**:
   * Run the installer and follow the prompts to complete the installation.

**Step 3: Create a New Virtual Machine in VMware**

1. **Launch VMware Player**.
2. **Create a New Virtual Machine**:
   * Click on **Create a New Virtual Machine**.
   * Choose the option **I will install the operating system later** and click **Next**.
3. **Select Operating System**:
   * Choose **Linux** and select **Ubuntu 64-bit** as the guest operating system, then click **Next**.
4. **Name Your VM**:
   * Give your virtual machine a name (e.g., "Ubuntu 22.04 OSBoxes").
   * Choose a location to store the VM files.
5. **Customize the Disk Size**:
   * Specify a virtual disk size (you can keep the default of 20 GB or increase it if needed).
   * Choose **Store virtual disk as a single file**.
   * Click **Next** and then **Finish**.

**Step 4: Attach the OSBoxes VMDK File**

1. **Edit Virtual Machine Settings**:
   * After creating the VM, click on **Edit virtual machine settings**.
2. **Attach the VMDK File**:
   * In the settings window, go to **Hard Disk (SCSI)**, and click **Remove** to delete the empty disk created by VMware.
   * Now, click on **Add**, select **Hard Disk**, and choose **Use an existing virtual disk**.
   * Browse to the location where you downloaded the **Ubuntu 22.04 VMDK** from OSBoxes and select it.
3. **Finalize Configuration**:
   * Adjust other settings like **RAM** (at least 4 GB), **Processor** (2 or more cores), and **Network Adapter** (NAT or Bridged).
   * Click **OK**.

**Step 5: Start the Ubuntu 22.04 VM**

1. **Power On**:
   * Click **Play virtual machine** to start the VM.
2. **Login**:
   * Use the default **OSBoxes credentials** (usually found on the download page):
     + **Username**: osboxes
     + **Password**: osboxes.org
3. **Change Password** (Optional):
   * After logging in, you can change the default password for security.

**Step 6: Install VMware Tools (Optional but Recommended)**

To get better display resolution and integration features, install **VMware Tools**:

1. **Open a terminal**:
   * Use the shortcut Ctrl + Alt + T.
2. **Install VMware Tools**:

sudo apt update

sudo apt install open-vm-tools-desktop -y

1. **Reboot the VM** to apply the changes:

sudo reboot