Essentials and Controls ⚡

To be able to do the activities in the VR module, you will need to familiarize yourself with operating Meta Quest 2 (f.k.a. Oculus) headsets and a software called Nanome.
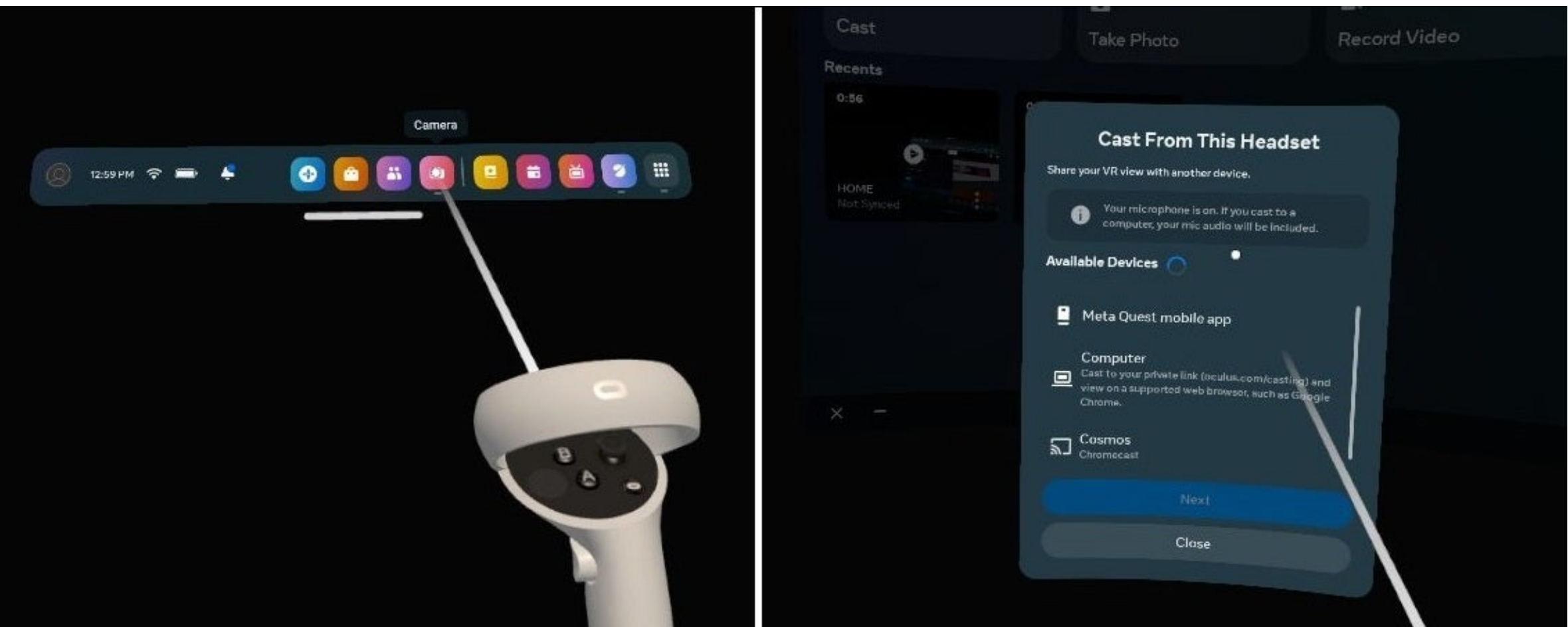
- First things first, you will need to adjust the straps on your head so that the headset sits comfortably. There is a top adjustment for height, and a back adjustment for tightness. See this YouTube video for a demo:
https://youtu.be/dUFgGHh5B_c?si=9sgDlMO5uE9Ho-5f ▣

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- **Guardian:** If you move away from the original location that the headset was set up, it might ask you to set up a boundary. You would always want to go with the "**Stationary Boundary**" and stay in the same position when wearing the headset.
- **Casting:** You can cast your headset to a nearby computer so TAs can monitor your activity. On the computer, you will need to log-in at oculus.com/casting with credentials you receive from your TA. On the headset, you will need to go to the camera menu and start casting. Your TAs will be available to help you with that:

- **Nanome** is the modeling program you will use for this activity. The icon is something similar to this:

- **Controls:** It is important for you to be able to use the controllers efficiently. Here are what each button does in Nanome:

You can grab molecules or windows in Nanome by pointing at them and holding the grip button. You can enlarge to shrink molecules by grabbing them with both hands and moving your hands away/towards each other.

In Nanome, you have a menu on your left wrist which has a lot of useful functionality, including a web browser, camera, undo and redo button and more.