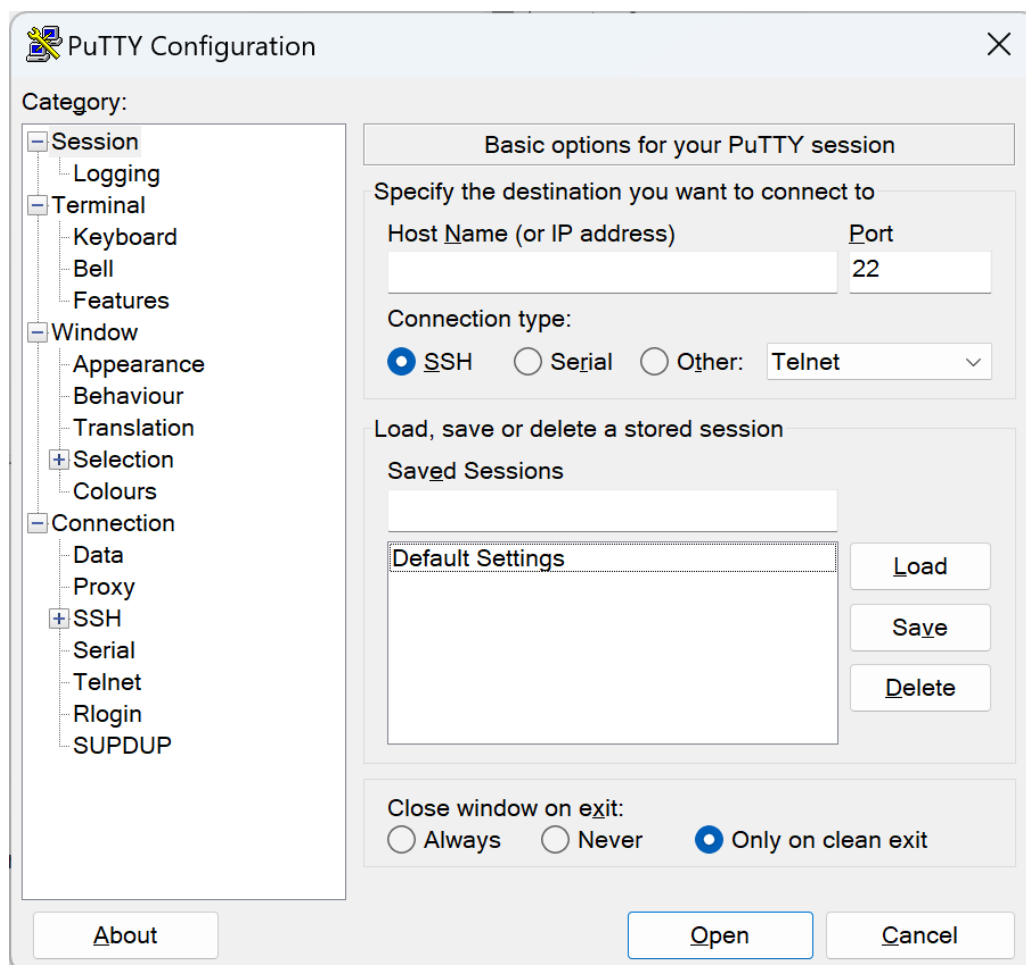Users of Linux or Mac operating systems can directly connect to the VM using a Terminal with the following command;
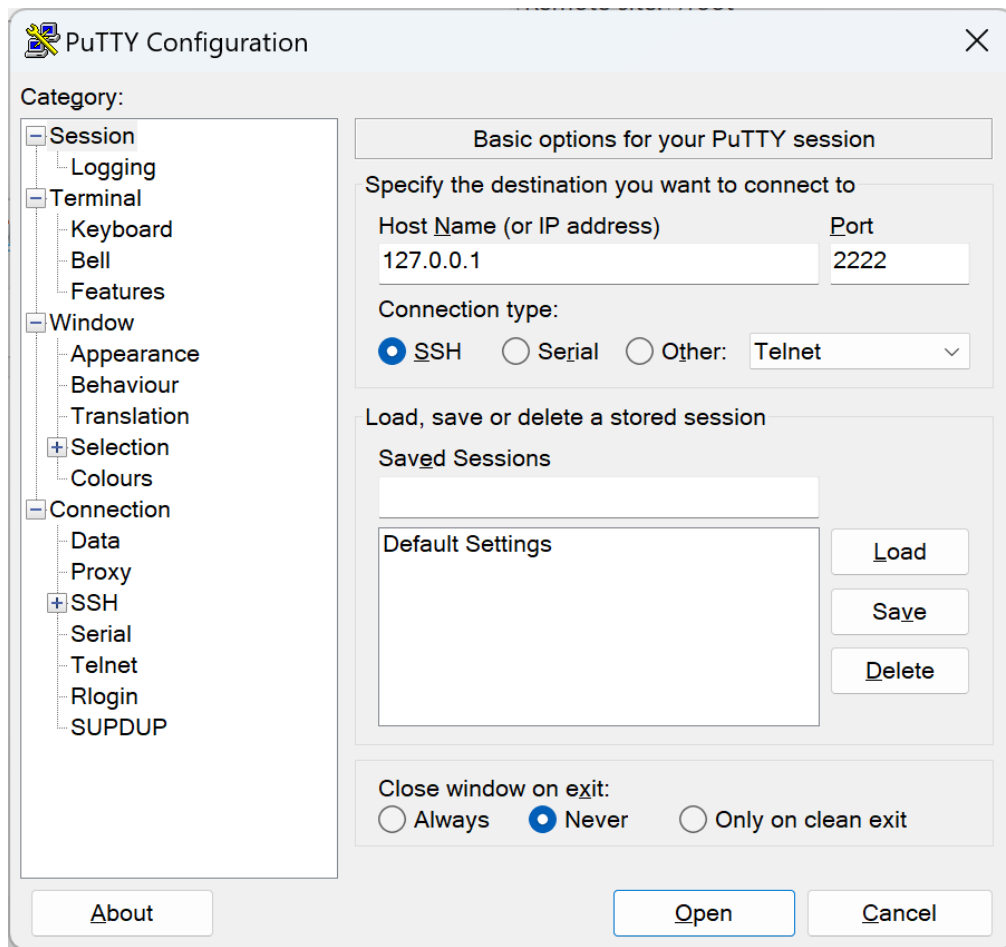
ssh -oHostKeyAlgorithms=+ssh-rsa -oKexAlgorithms=+diffie-hellman-group1-sha1 -p 2222 root@127.0.0.1

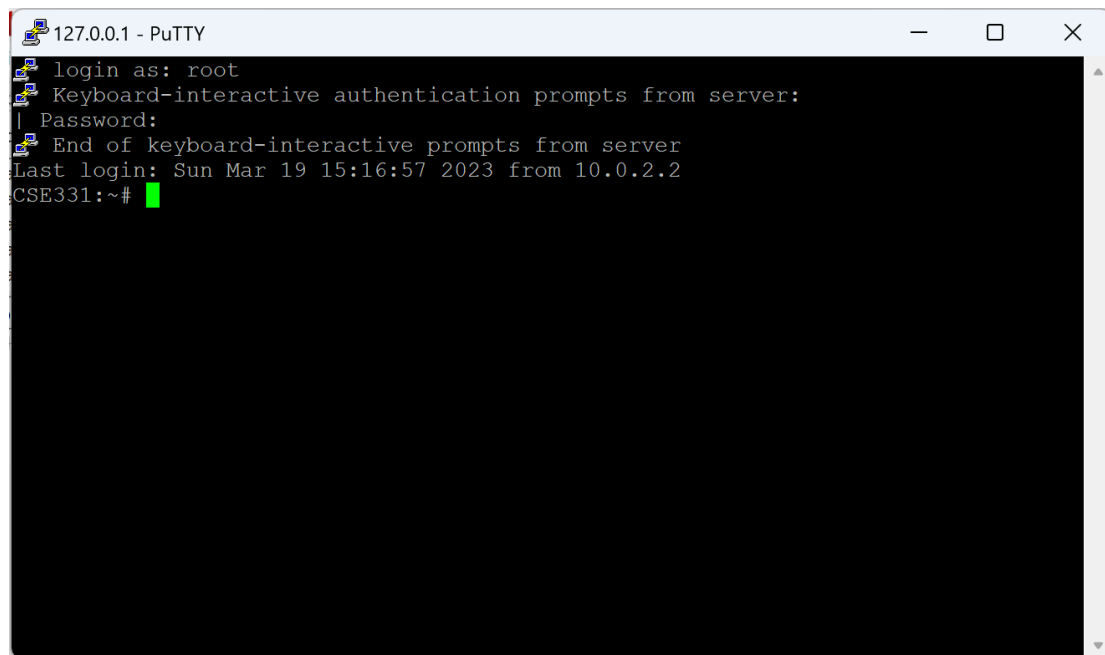For the Windows OS, you can use the Putty terminal in Windows to connect to the VM using SSH connection.
1. Download Putty for the following link:
   https://the.earth.li/~sgtatham/putty/latest/w64/putty-64bit-0.78-installer.msi
2. Run the installer.
3. Open the Putty program

4. IP is 127.0.0.1, Port is 2222. You should also select "Never" at the very end of the page. (Close windows on exit: Never)

5. Press Open and type "root" and "1234" as username password.

6. Now you can use the terminal to run commands and see their history. Also it will be easier to copy and paste text using this approach.