**Installation of VS Code:**

1. Visit the [Visual Studio Code website](https://code.visualstudio.com/).
2. Click on the **Download for Windows** button.
3. Run the downloaded installer.
4. Follow the prompts in the Setup Wizard.
5. Prerequisites: Ensure you have administrative rights and Windows 11 OS.

**First-time Setup:**

1. Launch VS Code.
2. Open the Extensions view by clicking on the square icon in the Activity Bar.
3. Install recommended extensions like Python, Live Server, or ESLint.
4. Configure settings by going to File > Preferences > Settings.

**User Interface Overview:**

* **Activity Bar:** Located on the far left-hand side, it lets you switch between views and gives you additional context-specific indicators, like the number of outgoing changes when Git is enabled.
* **Side Bar:** Contains different views like Explorer to manage files, Search, Source Control, Debug, and Extensions.
* **Editor Group:** The main area to edit your files. You can open multiple editors side by side vertically and horizontally.
* **Status Bar:** At the bottom, it displays information about the opened project and files you’re editing.

**Command Palette:** Accessed with Ctrl+Shift+P, it allows you to execute commands like opening files, changing settings, or accessing installed extensions. For example, type ‘Git: Clone’ to clone a repository.

**Extensions in VS Code:** Extensions enhance functionality. Find them in the Extensions view (Ctrl+Shift+X), search for what you need, click install, and manage them through the Extensions view.

**Integrated Terminal:** Open with Ctrl+` (backtick). It allows you to run shell commands directly in VS Code. It’s convenient as it keeps your workflow within one window.

**File and Folder Management:** Use the Explorer view to create new files/folders with the ‘New File/Folder’ buttons. Navigate using the file tree or Ctrl+P to quickly switch between files.

**Settings and Preferences:** Access settings via File > Preferences > Settings or Ctrl+,. Change themes via File > Preferences > Color Theme. Adjust font size/keybindings in settings directly.

**Debugging in VS Code:**

1. Open your program file.
2. Set breakpoints by clicking left of line numbers.
3. Open Debug view (Ctrl+Shift+D), select ‘create a launch.json file’, choose environment.
4. Press F5 to start debugging.

**Using Source Control:**

1. Open Source Control view (Ctrl+Shift+G).
2. Initialize a repository if needed with ‘Initialize Repository’.
3. Make changes, stage them, and commit with a message.
4. Push changes via ‘…’ menu > Push.