

# VMware Workstation Pro & Linux(Ubuntu)

## VMware Workstation Pro

### VMware Workstation Pro for Personal Use (For Windows) 17.6

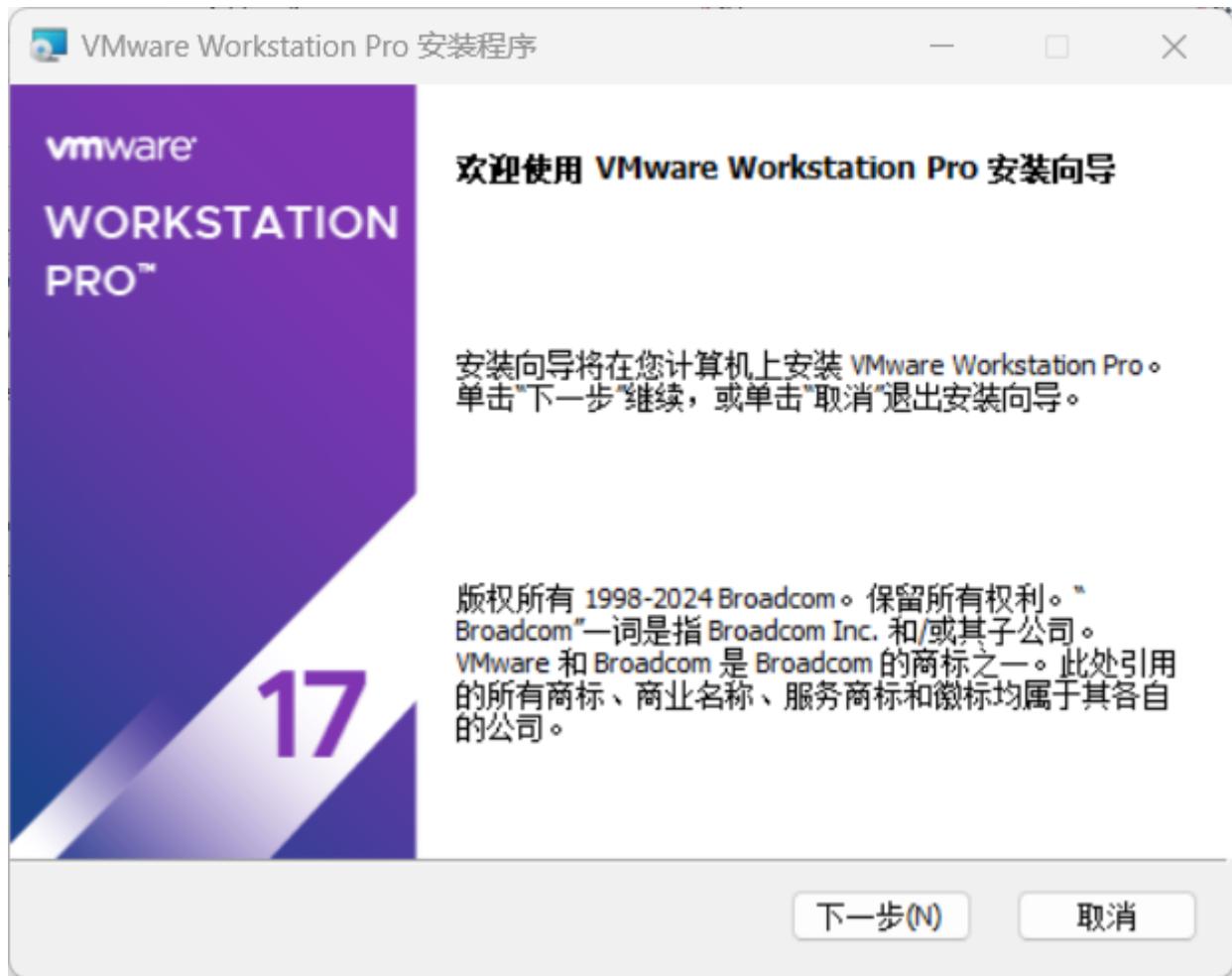
The screenshot shows the Broadcom Software Center interface. On the left is a sidebar with icons for My Dashboard, My Entitlements, My Downloads, My Cases, Trials & Beta, Documentation, Security Advisories, All Products, and Contact Support. The main content area has a header for "VMware Workstation Pro for Personal Use (For Windows) 17.6". Below it, there are tabs for "Primary Downloads" (which is selected) and "Open Source". There is a search bar and filters for Release (17.6), Release Level Info (522390), and Language (English). A "Product Download Help" button is in the top right. The main content table shows the following data for the VMware Workstation Pro entry:

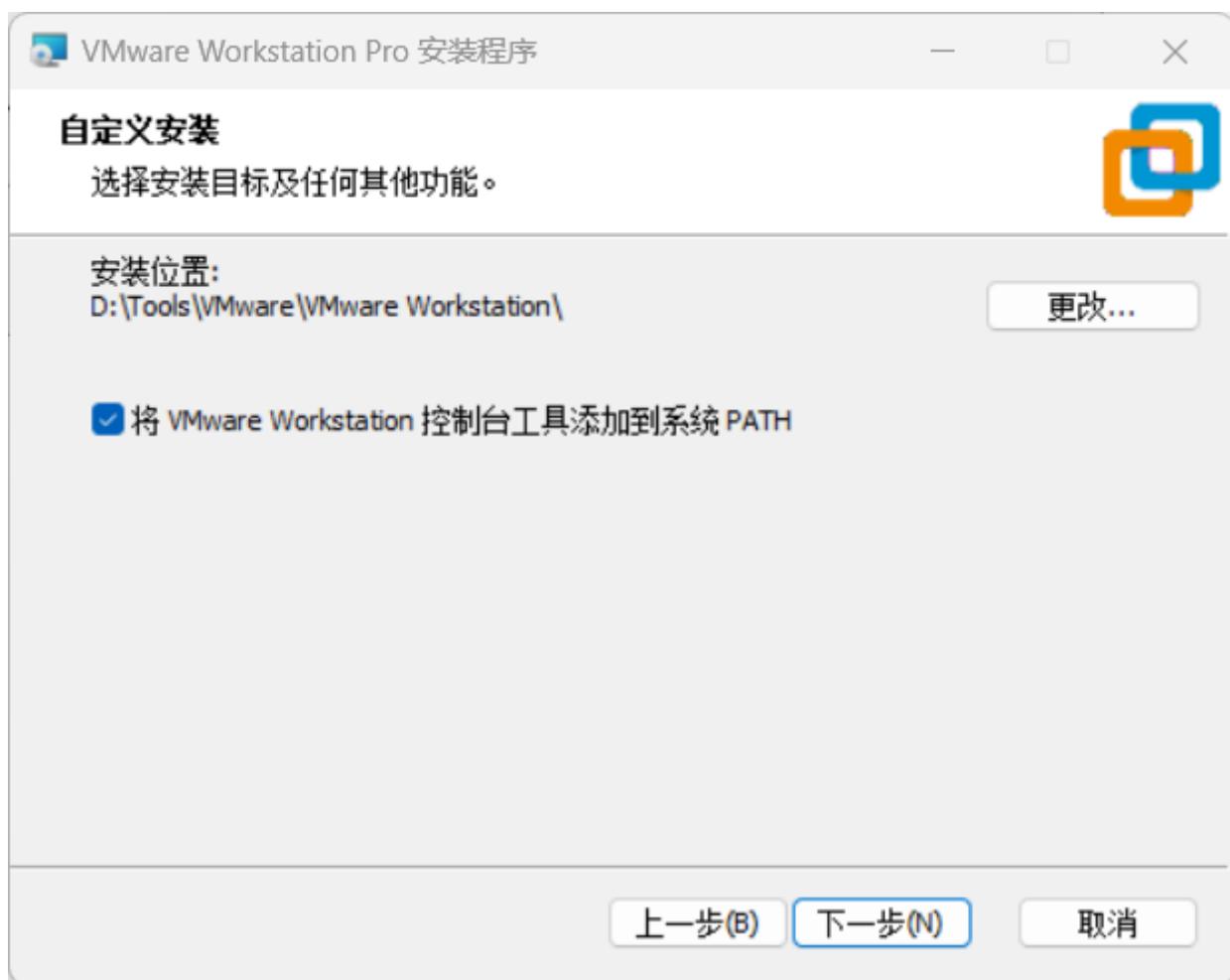
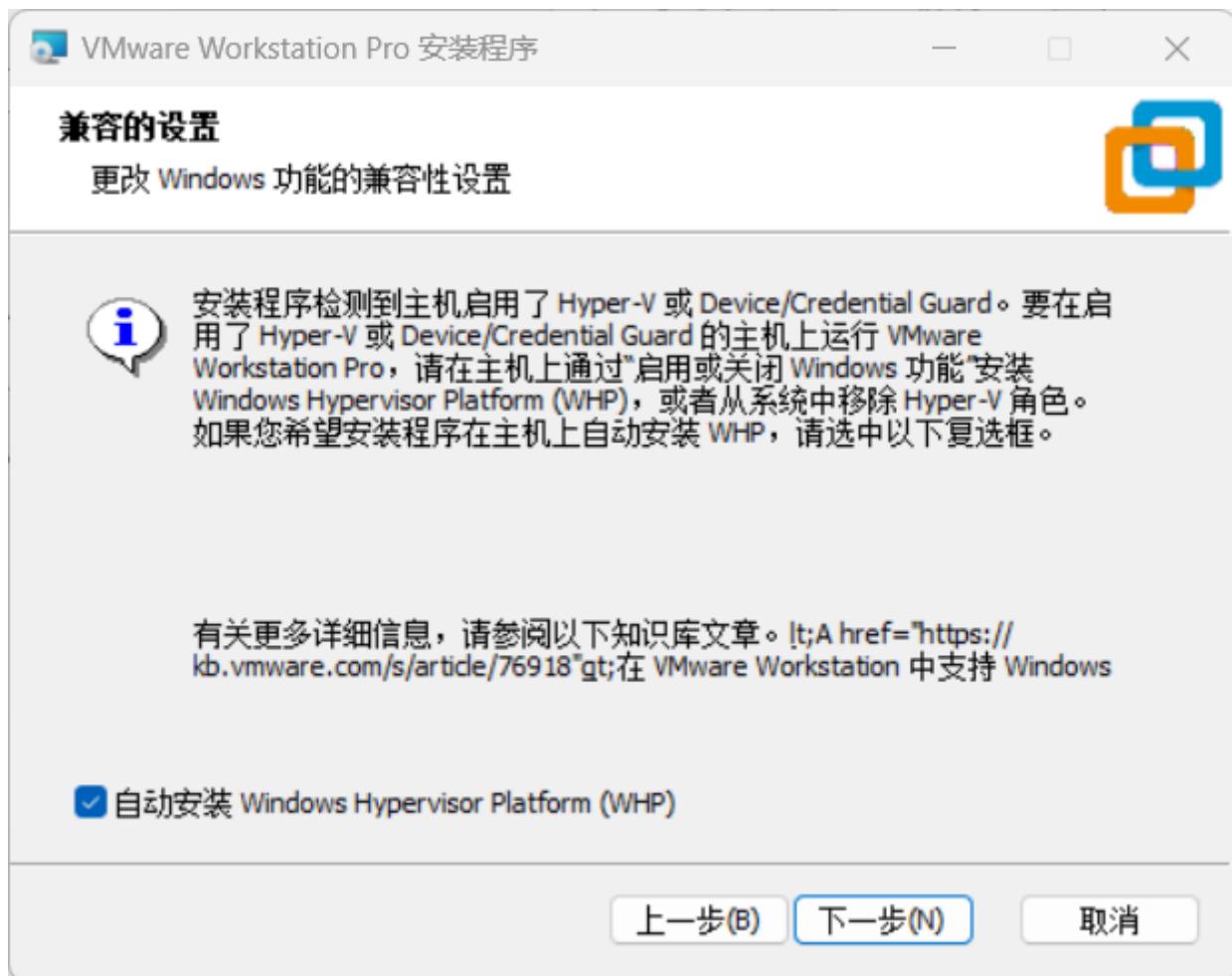
File Name	Last Updated	SHA2	MD5
VMware Workstation Pro for Personal Use (For Windows) VMware-workstation-full-17.6.0-24238078.exe (447.97 MB) Build Number: 24238078	Aug 28, 2024 03:44AM	e34461ffbc38ca7baa7928f7f37575ef311299610 99eae96b43a64b06462778	ff4007cc5af53d83790fe87ed2d850f5

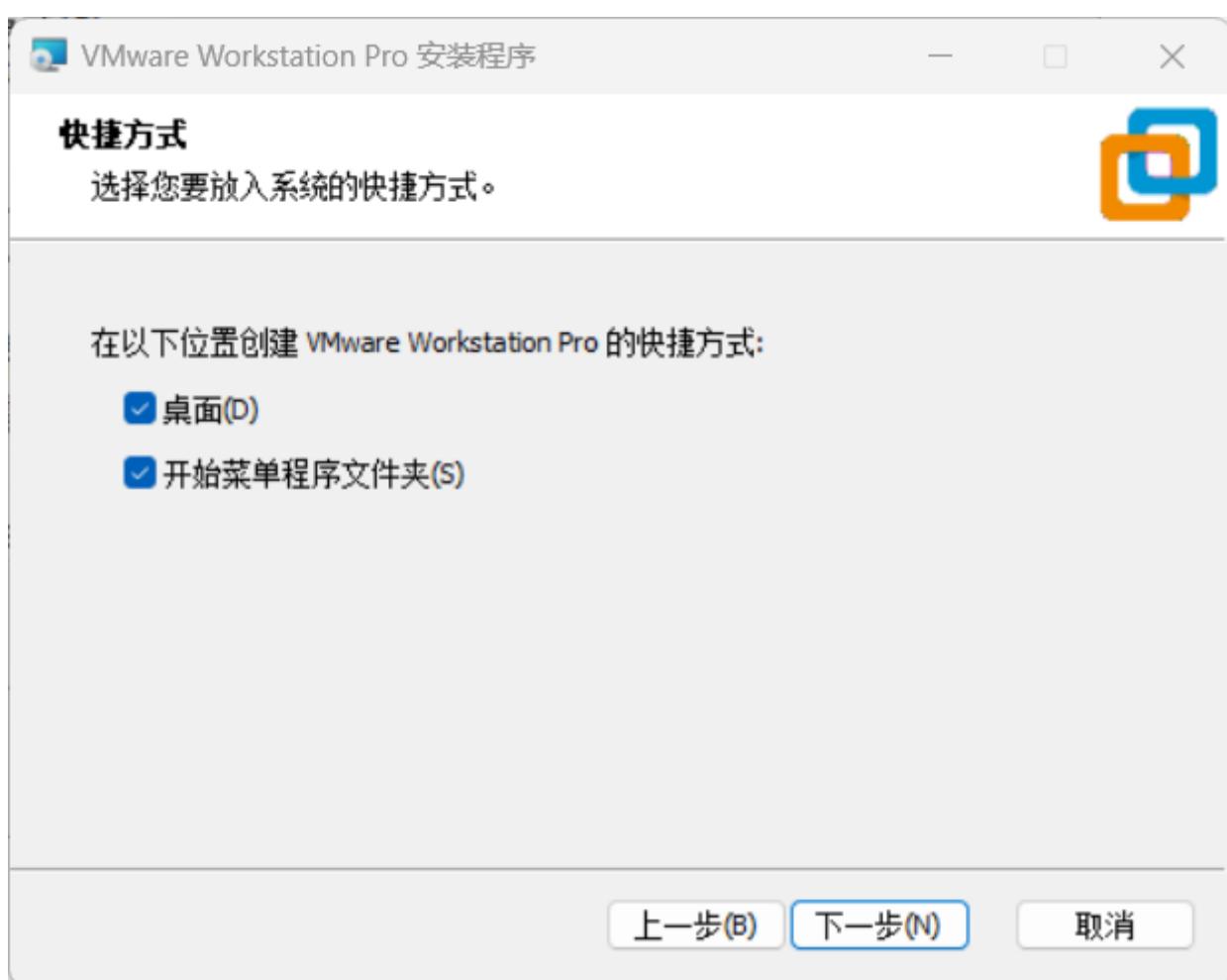
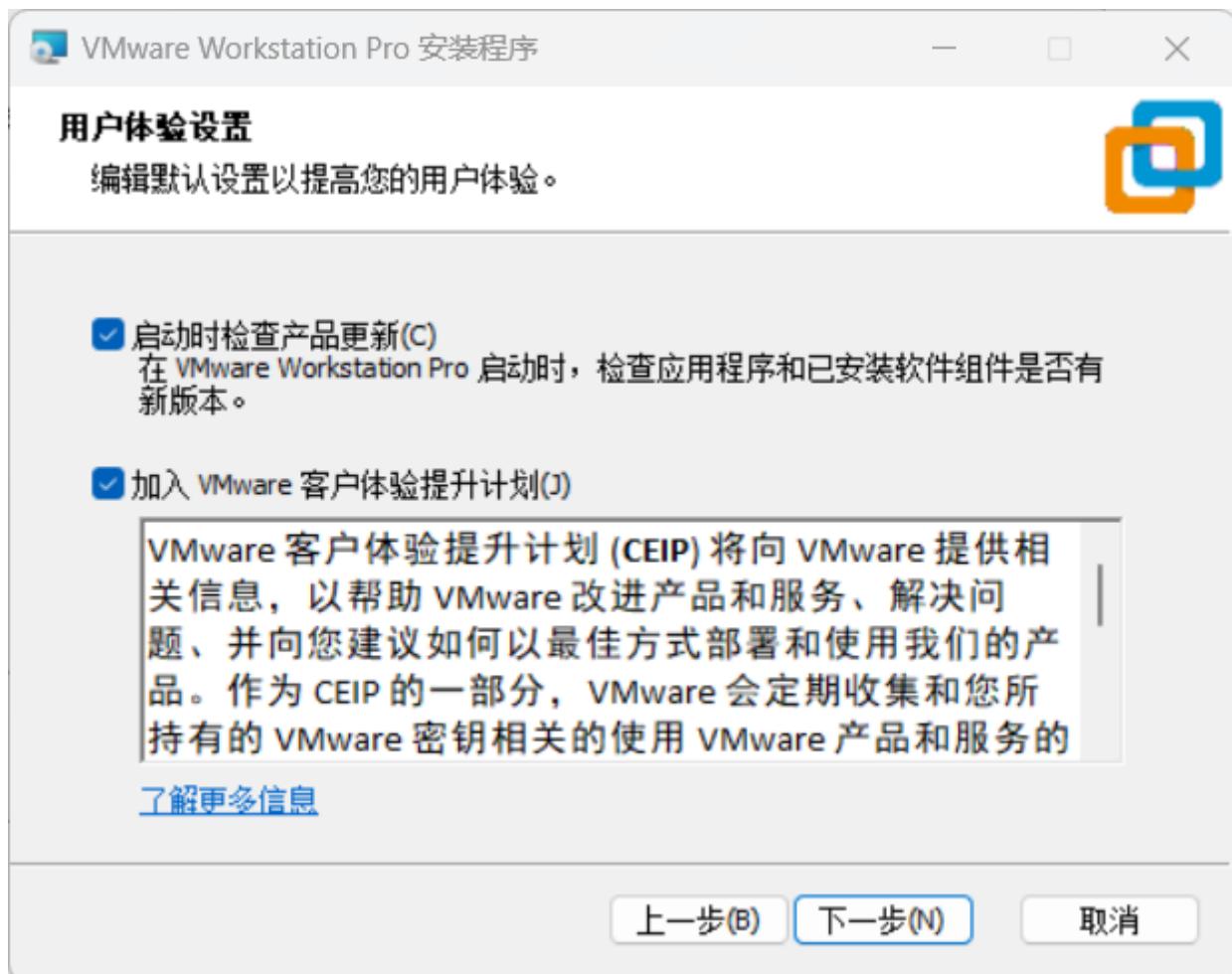
The screenshot shows a "Trade Compliance Verification" form. It includes fields for First Name (Jiajia), Last Name (Liang), Email (jiajialiang.tlo@gmail.com), Company (Other), Address1 (Beijing Jiaotong University), Address2 (Address2), City (Beijing), State/Province (Haidian District), Country (CHINA), and Zip/Postal Code (100000). Below the form is a statement of export laws and regulations, followed by two radio button options: "I Agree" (selected) and "I Do Not Agree". At the bottom right are "Cancel" and "Submit" buttons.

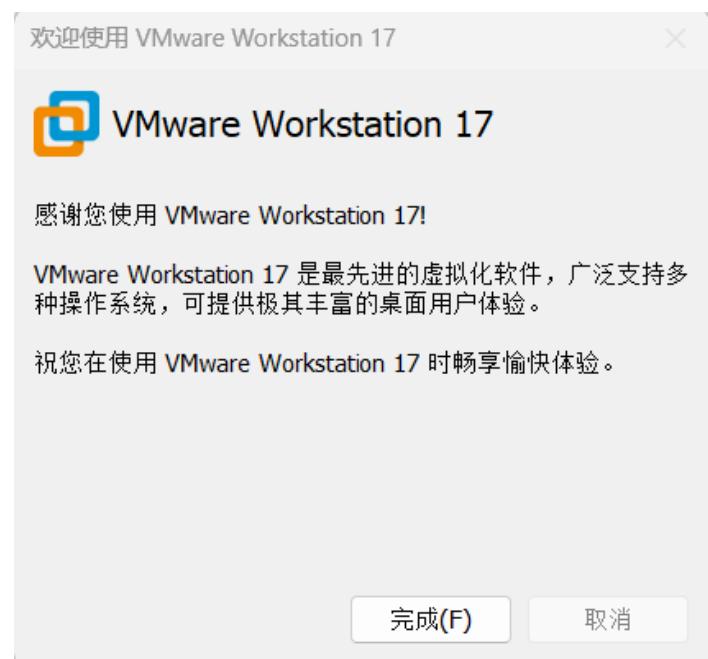
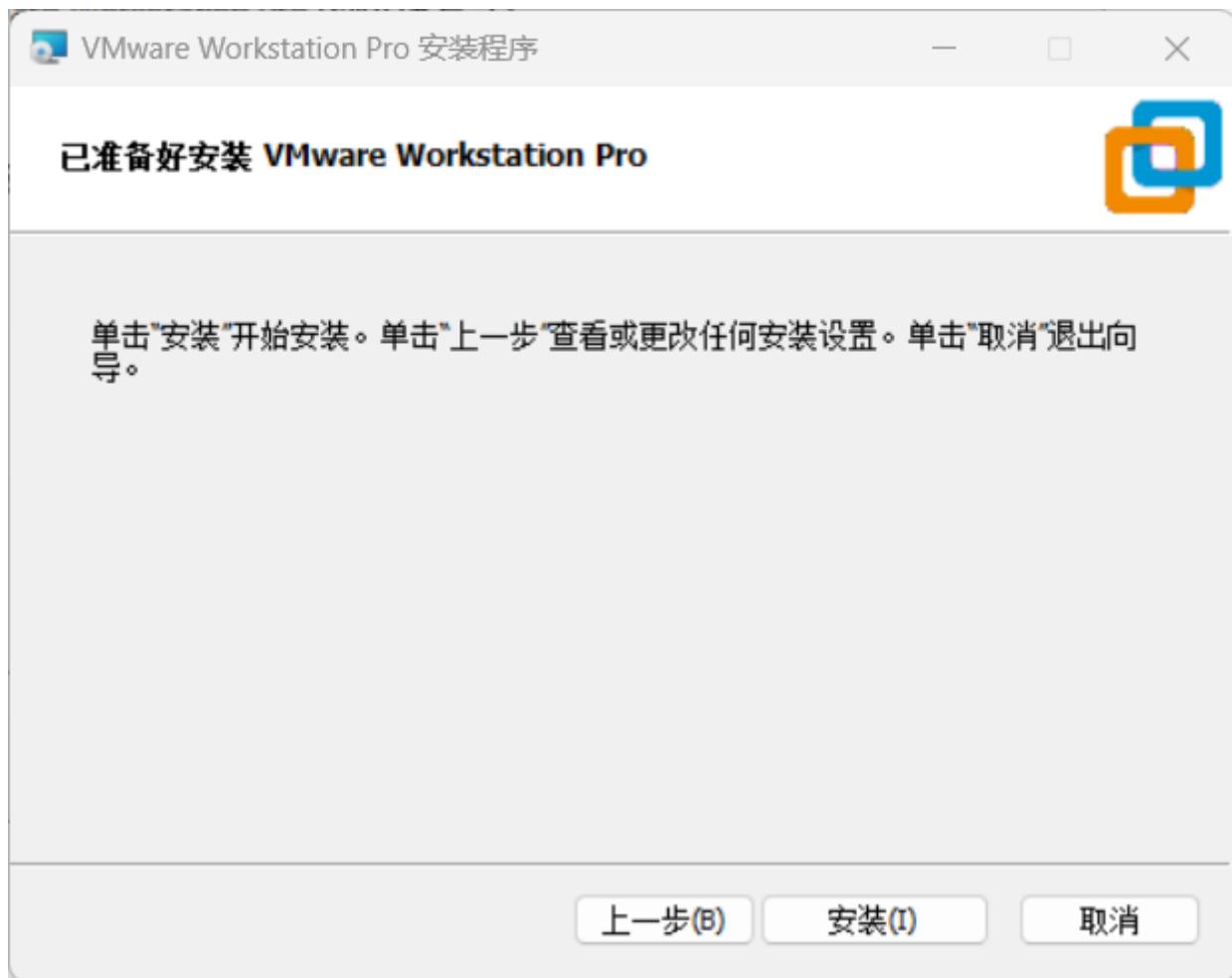
The footer contains links for Products, Solutions, Support and Services, Company, and How To Buy. It also includes social media icons for LinkedIn, Twitter, and YouTube, and a feedback icon.

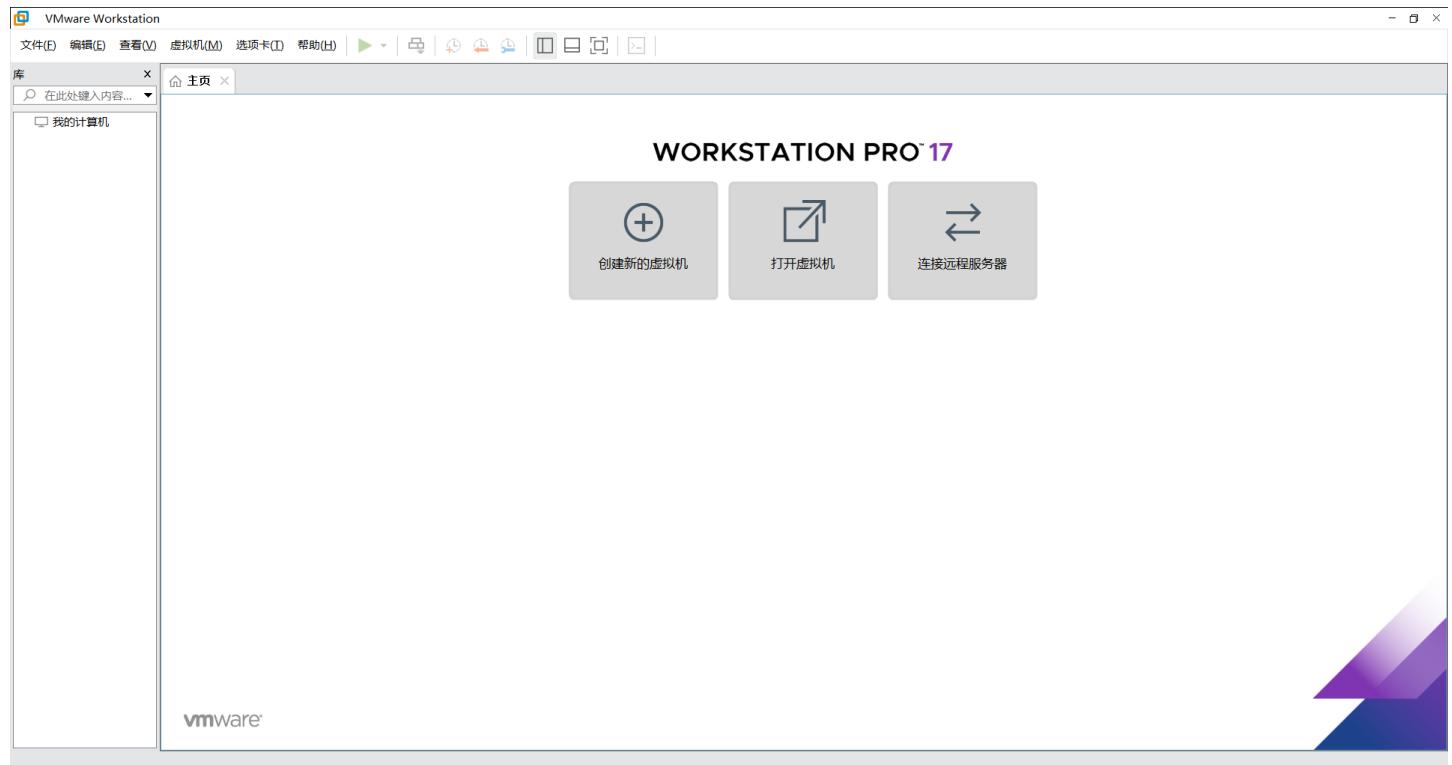
VMware-workstation-full-17.6.0-24238078.exe











点击“创建新的虚拟机”



**安装客户机操作系统**

虚拟机如同物理机，需要操作系统。您将如何安装客户机操作系统？

安装来源：

安装程序光盘(D):

无可用驱动器



安装程序光盘映像文件(iso)(M):

浏览(R)...

稍后安装操作系统(S)。

创建的虚拟机将包含一个空白硬盘。

帮助

< 上一步(B)

下一步(N) >

取消

**选择客户机操作系统**

此虚拟机中将安装哪种操作系统?

**客户机操作系统**

- Microsoft Windows(W)
- Linux(L)
- VMware ESX(X)
- 其他(O)

**版本(V)**

Ubuntu 64 位

[帮助](#)[< 上一步\(B\)](#)[下一步\(N\) >](#)[取消](#)

### 命名虚拟机

您希望该虚拟机使用什么名称?

虚拟机名称(V):

Ubuntu 24.04

位置(L):

D:\Virtual Machines\Ubuntu24.04

浏览(R)...

在“编辑”>“首选项”中可更改默认位置。

< 上一步(B)

下一步(N) >

取消

**指定磁盘容量****磁盘大小为多少?**

虚拟机的硬盘作为一个或多个文件存储在主机的物理磁盘中。这些文件最初很小，随着您向虚拟机中添加应用程序、文件和数据而逐渐变大。

最大磁盘大小 (GB)(S):  

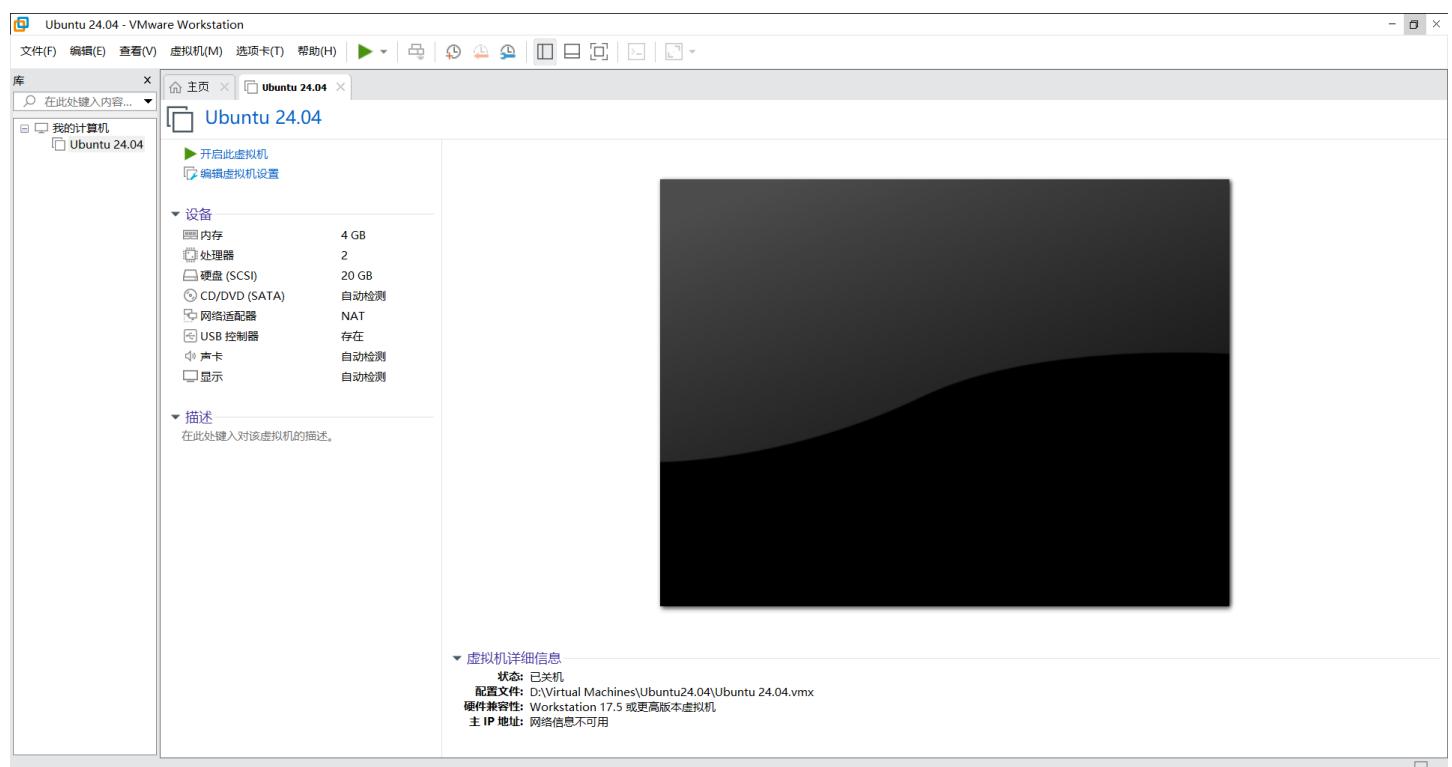
针对 Ubuntu 64 位 的建议大小: 20 GB

将虚拟磁盘存储为单个文件(O)

将虚拟磁盘拆分成多个文件(M)

拆分磁盘后，可以更轻松地在计算机之间移动虚拟机，但可能会降低大容量磁盘的性能。

[帮助](#)[\*\*< 上一步\(B\)\*\*](#)[\*\*下一步\(N\) >\*\*](#)[取消](#)



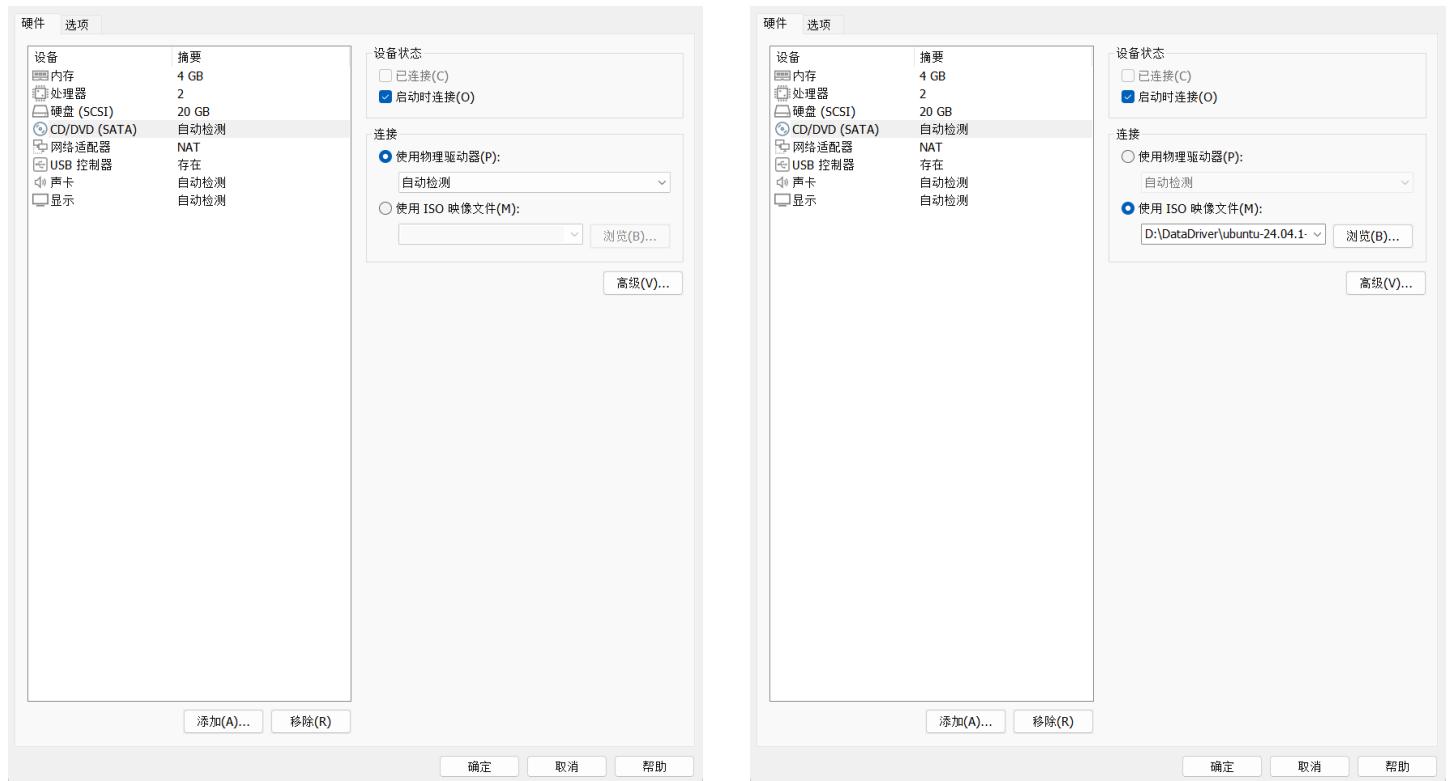
# Ubuntu

Ubuntu 24.04 LTS

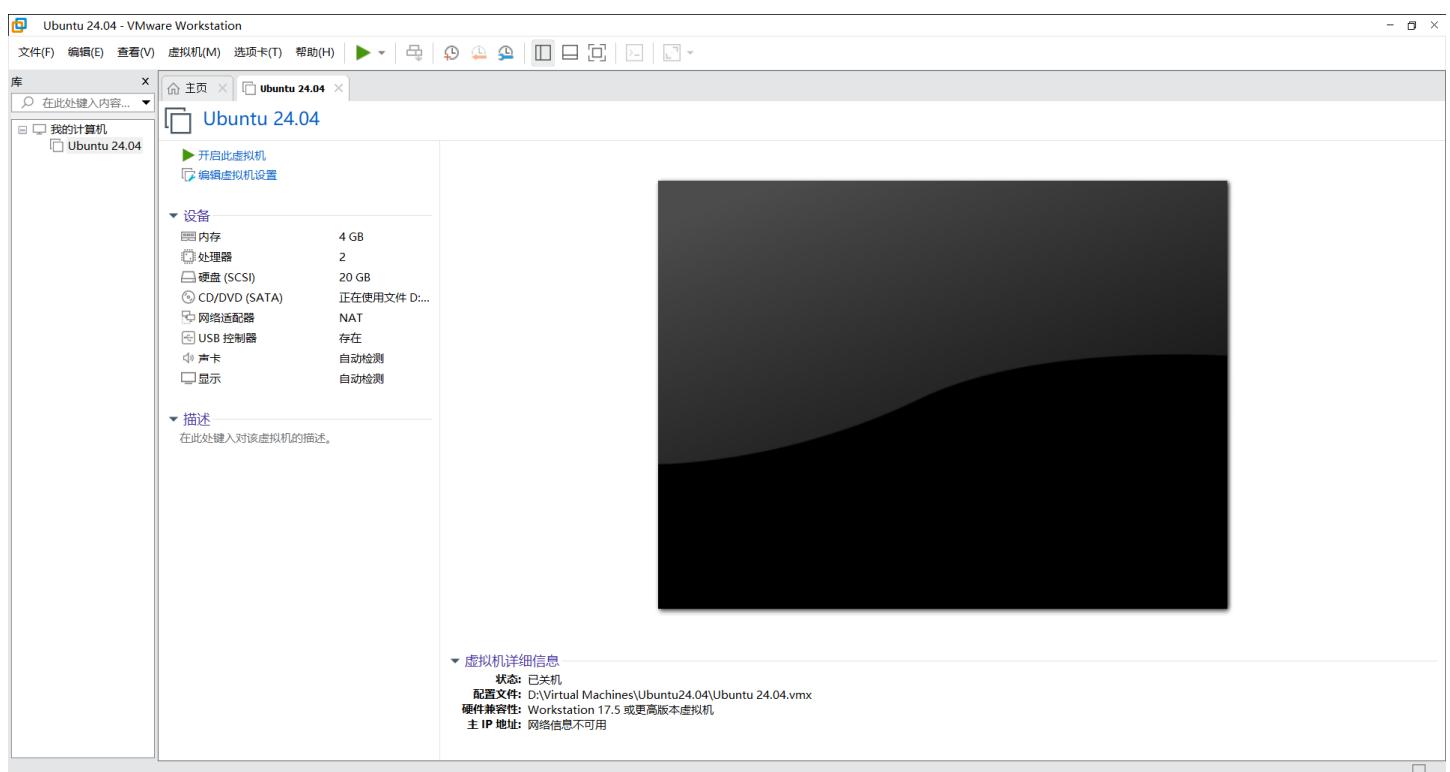


选择下载 [ubuntu-24.04.1-desktop-amd64.iso](#)

” 编辑虚拟机设置 “，选择 ” CD/DVD(SATA) “下的” 使用 ISO 映像文件(M): “：



” 开启虚拟机 “



Ubuntu 24.04

Welcome to Ubuntu



Choose your language:

Dansk

Deutsch

Eesti

English

Español

Esperanto

Euskara



Next

## Accessibility

## Accessibility in Ubuntu

Customise Ubuntu to your needs before you set up. You can change them later in System Settings.

 Seeing > Hearing > Typing > Pointing and clicking > Zoom >[Back](#)[Next](#)

## Keyboard layout

## Select your keyboard layout

[Detect](#)

Burmese

Chinese

Croatian

Czech

Danish

Select your keyboard variant: [Back](#)[Next](#)

## Internet connection



## Connect to the internet

An internet connection will improve your installation with compatibility check and extra software packages.

- Use wired connection
- No Wi-Fi devices detected
- Do not connect to the internet

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## Type of installation



## How would you like to install Ubuntu?

 **Interactive installation**

For users who want to be guided step by step through the installation.

 **Automated installation**

For advanced users who have an `autoinstall.yaml` for consistent and repeatable system setups.

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## Applications



What apps would you like to install to start with?

 **Default selection**

Just the essentials, web browser and basic utilities.

 **Extended selection**

An offline-friendly selection of office tools, utilities and web browser.

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## Optimise your computer

**Install recommended proprietary software?**

Ubuntu ships with no proprietary software by default. Installing additional software may improve your computer's performance.

 **Install third-party software for graphics and Wi-Fi hardware**

Including but not limited to NVIDIA drivers and similar

 **Download and install support for additional media formats**

Including but not limited to MP3, MP4, MOV and similar

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## Disk setup

How do you want to install Ubuntu?

 Erase disk and install Ubuntu

Start from scratch on your selected disk.

[Advanced features...](#)

None selected

 Manual installation

For advanced users seeking customized disk setups.

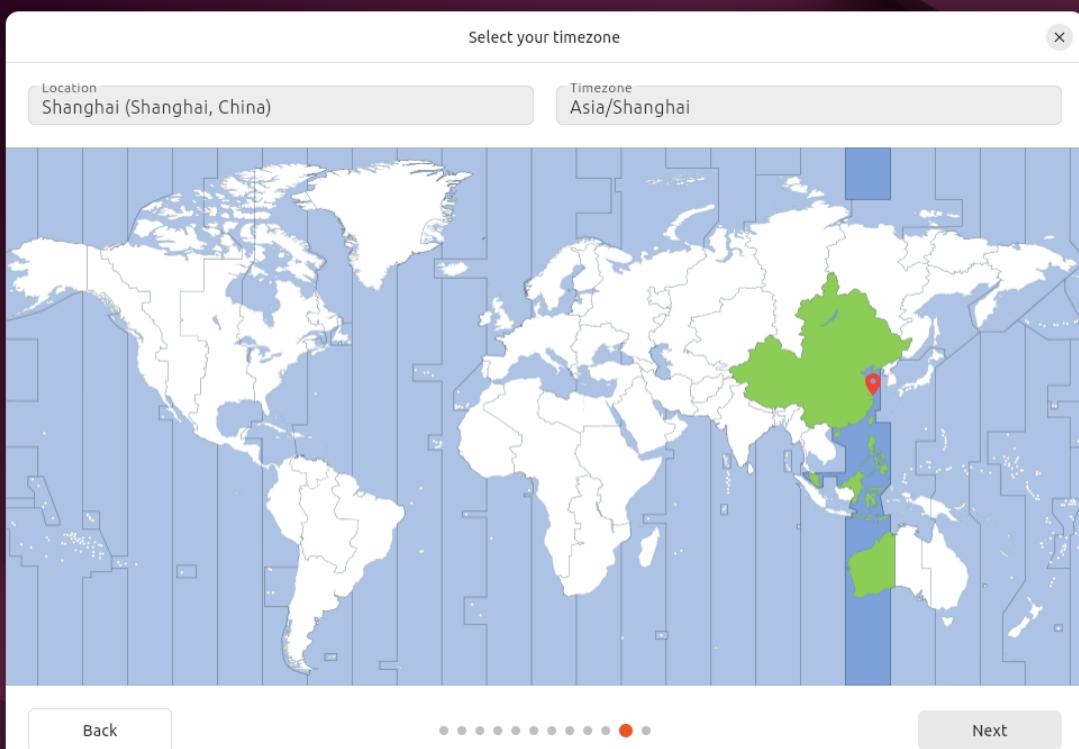
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- **username:** codebind
- **password:** codebind

## Create your account

## Create your account

 Your name  
codebind  Your computer's name  
codebind  Your username  
codebind  Password  
\*\*\*\*\*  Show  Confirm password  
\*\*\*\*\*  Require my password to log in Use Active Directory[Back](#)[Next](#)



Ready to install

## Review your choices



General	Erase disk and install Ubuntu
Disk setup	VMware Virtual S VMware, <b>sda</b>
Installation disk	Default selection
Applications	
Security & more	
Disk encryption	None
Proprietary software	Codecs & drivers
Partitions	
partition <b>sda1</b> created	
partition <b>sda2</b> formatted as <b>ext4</b> used for <b>/</b>	

Back

Install

Ubuntu 24.04.1 LTS

## Fast, free and full of new features

The latest version makes computing easier than ever.

Whether you're a developer, creator, gamer or administrator you'll find new tools to improve your productivity and enhance your experience in this release.



<    ||    >    Copying files... X

等待 5~10 min，选择 ” Resatrt now “

Installation complete X

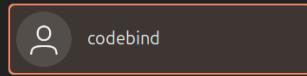
Ubuntu 24.04.1 LTS is installed and ready to use

Restart to complete the installation or continue testing.  
Any changes you make will not be saved.

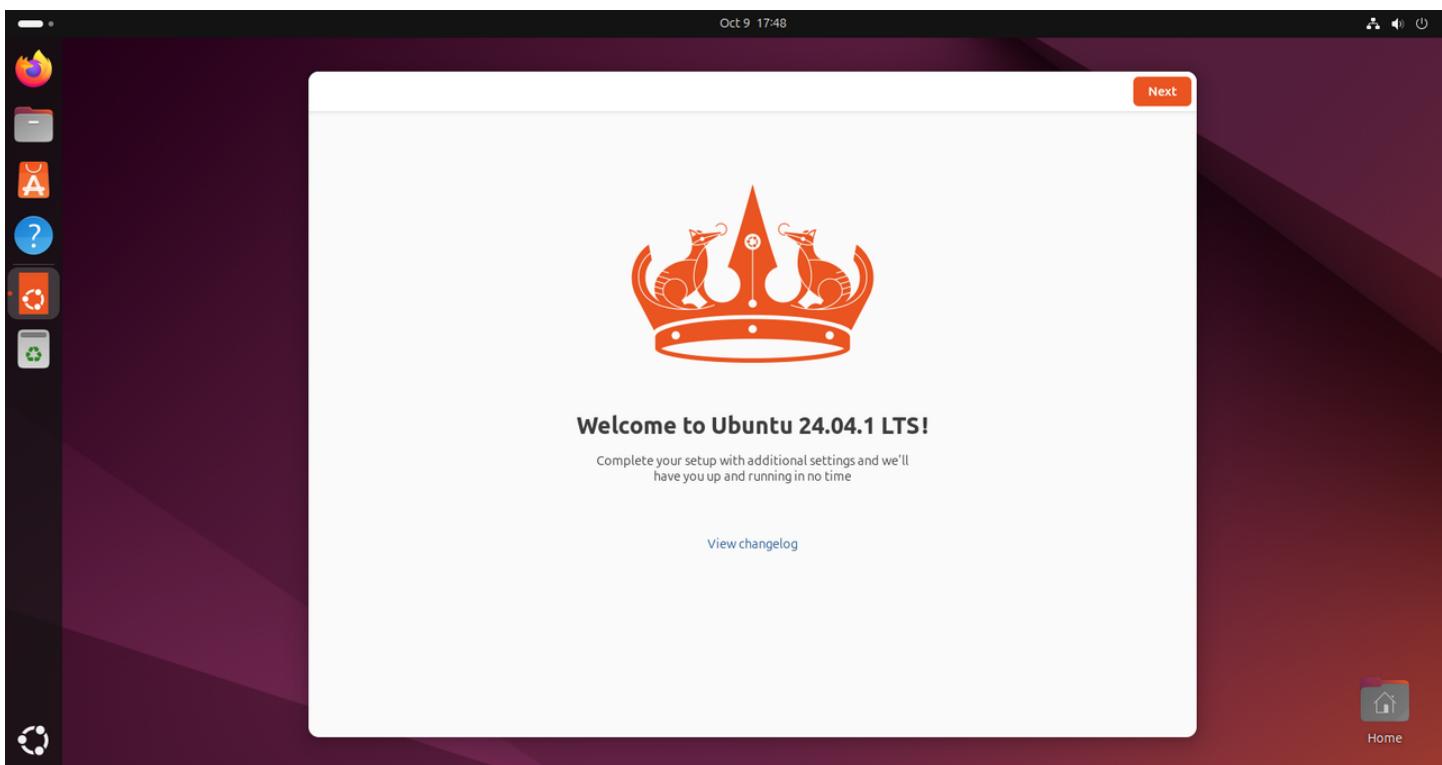
[Continue testing](#)

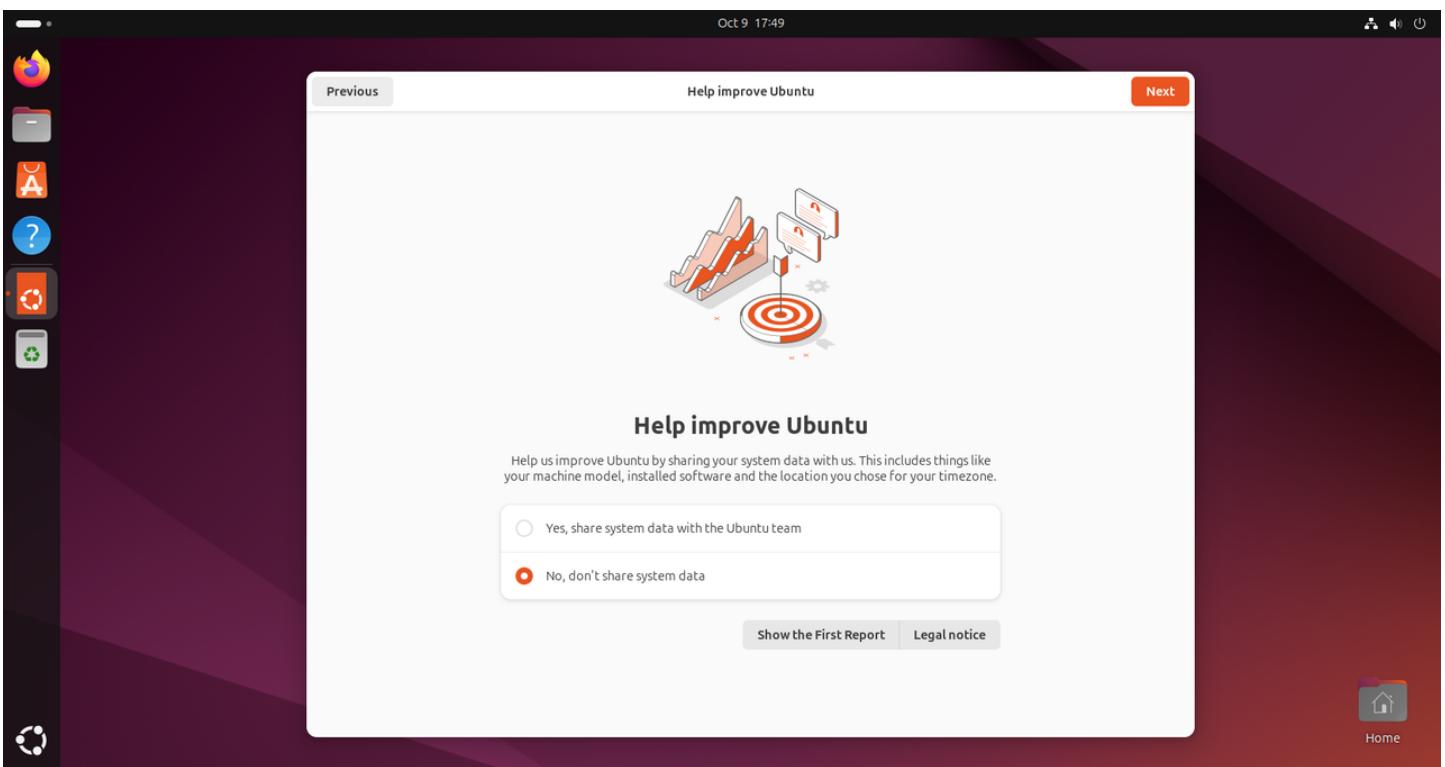
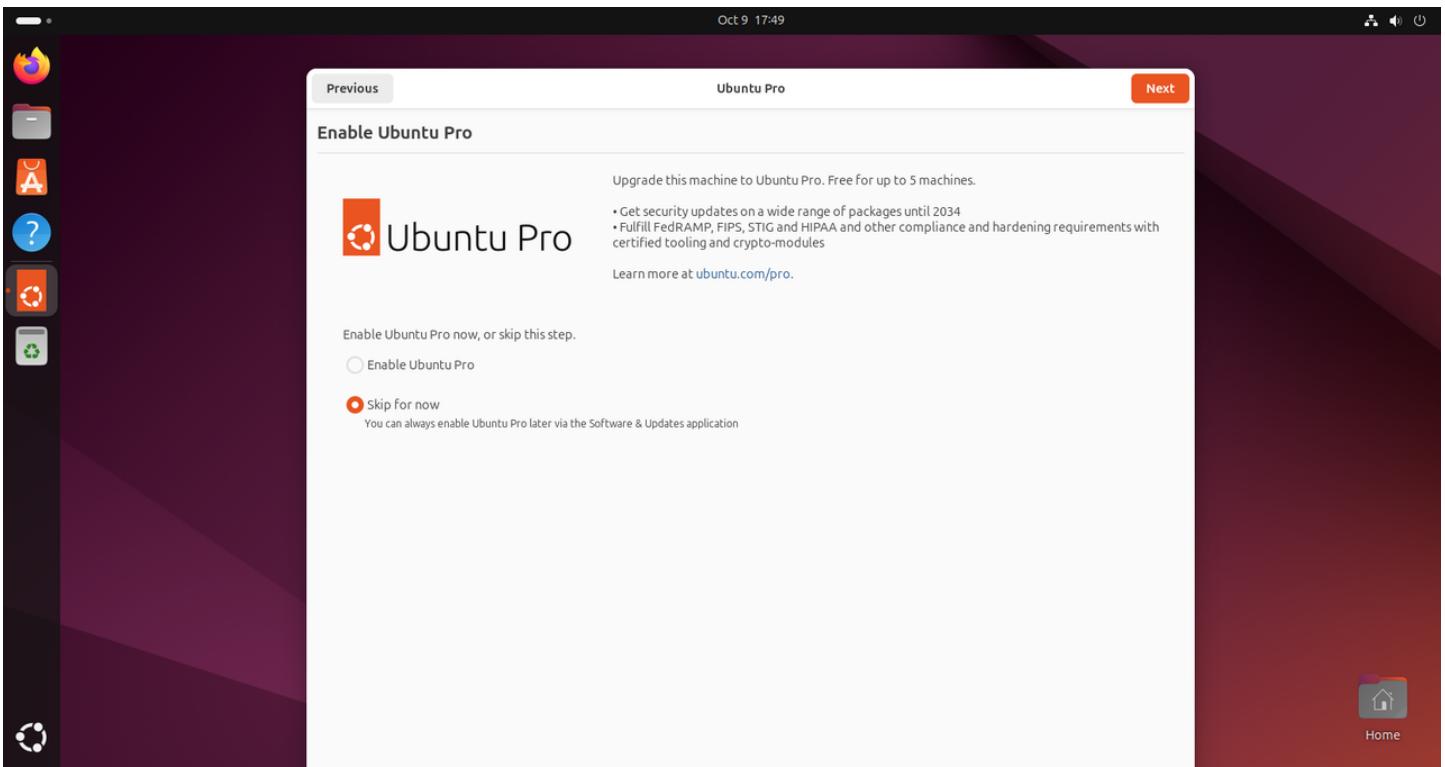
[Restart now](#)

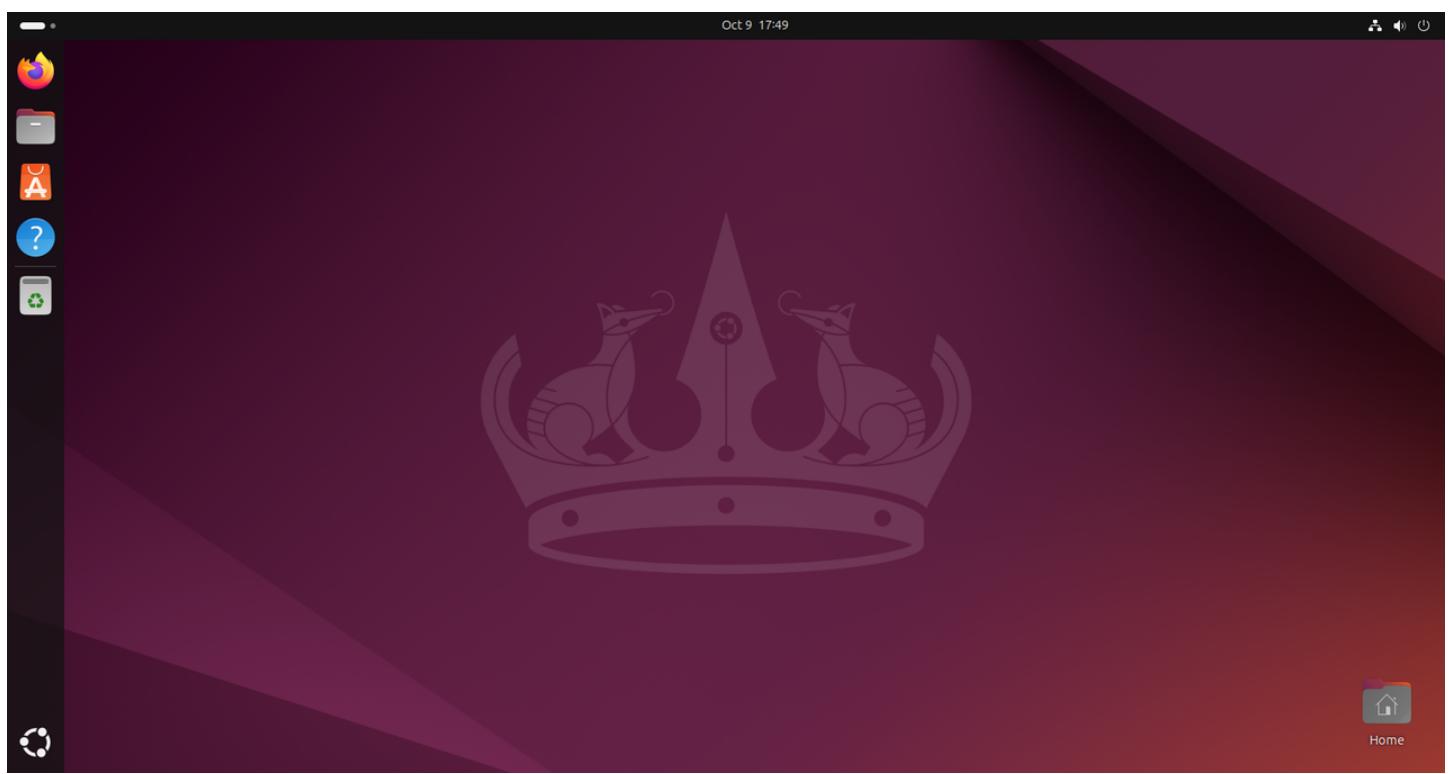
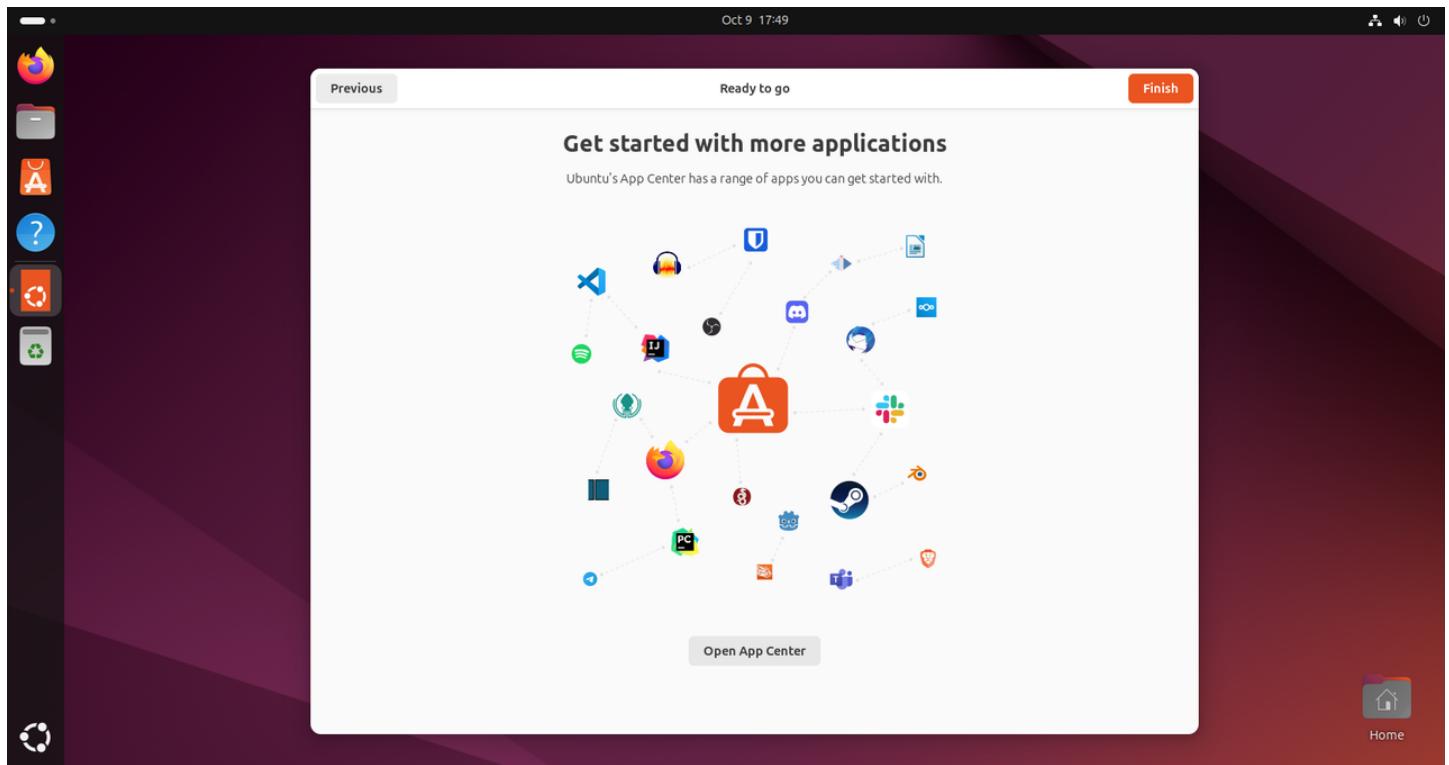
Oct 9 17:48



Not listed?







## SSH 连接配置

更新 Ubuntu 系统以获取最新的软件包和安全补丁：

```
1 $ sudo apt update  
2 $ sudo apt upgrade -y
```

安装 SSH 服务：通常需要手动安装SSH服务

```
1 sudo apt install openssh-server
```

## 启动 SSH 服务：确保SSH服务启动并设置为开机启动

```
1 $ sudo systemctl start ssh
2 $ sudo systemctl enable ssh
```

## 检查 SSH 服务状态：

```
1 $ sudo systemctl status ssh
2 ● ssh.service - OpenBSD Secure Shell server
3   Loaded: loaded (/usr/lib/systemd/system/ssh.service; enabled; preset:
4     enab>
5       Active: inactive (dead)
6 TriggeredBy: • ssh.socket
7           Docs: man:sshd(8)
8                 man:sshd_config(5)
9
10      Main PID: 11102 (sshd)
11        Tasks: 1 (limit: 4558)
12      Memory: 1.2M (peak: 1.7M)
13        CPU: 32ms
14      CGroup: /system.slice/ssh.service
15             └─11102 "sshd: /usr/sbin/sshd -D [listener] 0 of 10-100 startups"
16
17 Oct 09 19:09:40 codebind systemd[1]: Starting ssh.service - OpenBSD Secure
18 Shel>
19 Oct 09 19:09:40 codebind sshd[11102]: Server listening on :: port 22.
20 Oct 09 19:09:40 codebind systemd[1]: Started ssh.service - OpenBSD Secure Shell
```

## 获取虚拟机 IP 地址：

```
1 $ ip addr
2 1: lo: <LOOPBACK,UP,LOWER_UP> mtu 65536 qdisc noqueue state UNKNOWN group
3   default qlen 1000
4     link/loopback 00:00:00:00:00:00 brd 00:00:00:00:00:00
5     inet 127.0.0.1/8 scope host lo
6       valid_lft forever preferred_lft forever
7     inet6 ::1/128 scope host noprefixroute
8       valid_lft forever preferred_lft forever
9 2: ens33: <BROADCAST,MULTICAST,UP,LOWER_UP> mtu 1500 qdisc pfifo_fast state UP
10    group default qlen 1000
```

```
9      link/ether 00:0c:29:e1:b9:2b brd ff:ff:ff:ff:ff:ff
10     altname enp2s1
11     inet 192.168.221.128/24 brd 192.168.221.255 scope global dynamic
12       noprefixroute ens33
13         valid_lft 1642sec preferred_lft 1642sec
14         inet6 fe80::20c:29ff:fee1:b92b/64 scope link
15           valid_lft forever preferred_lft forever
```

使用 FinalSheel 连接到虚拟机：

