[Landing for Ubuntu](https://www.ubuntu.com/)

Download ISO for VirtualBox [18.04](https://www.ubuntu.com/download/desktop/thank-you?version=18.04.1&architecture=amd64) [18.10](https://www.ubuntu.com/download/desktop/thank-you/?version=18.10&architecture=amd64) -- No Difference in Functionality between Desktop and Server; I use the Desktop so I can use the UI – Make your choice

Create New Virtual Machine with VirtualBox (See [Manual](https://www.virtualbox.org/manual) for VirtualBox if you need more details).