1- Download Oracle VM VirtualBox

https://www.virtualbox.org/wiki/Downloads
Download-windows host

2- Downloads ubuntu 20.04.2

https://old-releases.ubuntu.com/releases/20.04.2/?
_ga=2.252754894.699435355.1657790569-133109598.1656356073
Create new virtual machine
The first Ubuntu name and Device type
And You set the memory size and file location and size

3 - Modify virtual machine setting

Video memory 128 MB   Storage Select empty disk then Cd and
choose a disk file
Ubuntu 20.04.2 Desktop.iso

4- Start ubuntu Linux installation

chose install ubuntu ,keyboard layout , installation type and Where are
you Then name and password

5 install Ubuntu

6-Restart and login

7-Ubuntu desktop

8- open terminal

9- Install Guest Additions

1- sudo apt-get update
Write password
2-sudo apt-get upgrade
Write password
3-sudo apt install build-essential dkms linux-headers-$(uname -r)
Write password
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10-Downlod ros

https://s-m.com.sa/ros.txt
https://s-m.com.sa/ros/ros.txt