

1. Overview

SEED Labs are hands-on Labs for Security Education. from Syracuse University. The [SEED lab \(http://www.cis.syr.edu/~wedu/seed/\)](http://www.cis.syr.edu/~wedu/seed/) environment includes VirtualBox, Linux, and Minix. This environment is used for all the projects in this course, and getting familiar with them is critical.

2. Objective

The goal of this lab is to install, setup, and get familiar with the lab environment, which includes [VirtualBox](#) and a pre-built virtual machine images ([Ubuntu 16.04](#)). This environment is used for all the assignments in this course.

Students just need to download the pre-built virtual machine image to their personal computers. There is no need for a physical lab space or dedicated computers. All the software we use for the lab environment setup is open-source and free.

3. How to Setup a SEED Lab Environment

3.1. Install Virtual Machine Software (VirtualBox). According to Margaret Rouse (Rouse, 2015), “A virtual machine (VM) shares physical hardware resources with other users but isolates the operating system or application to avoid changing the end-user experience”.

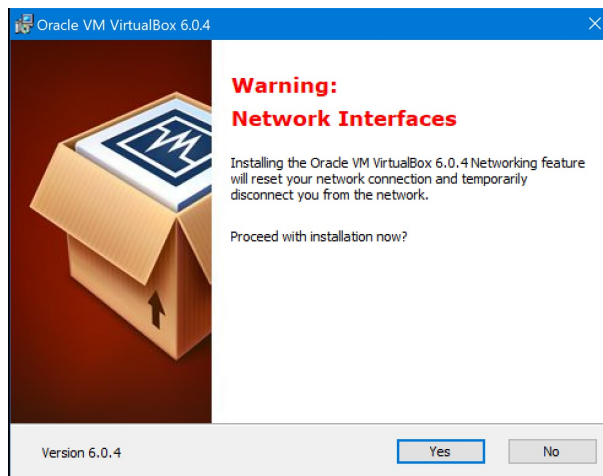
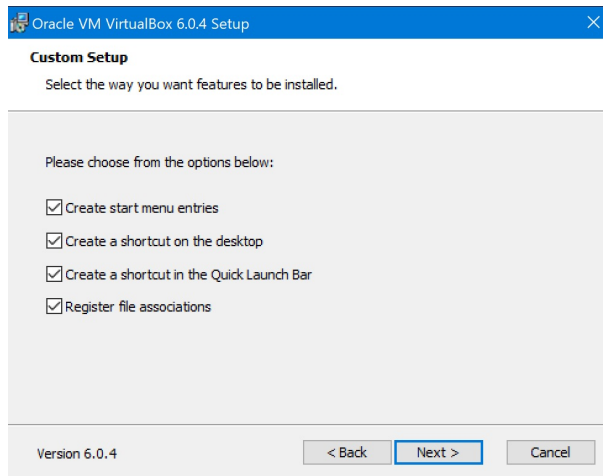
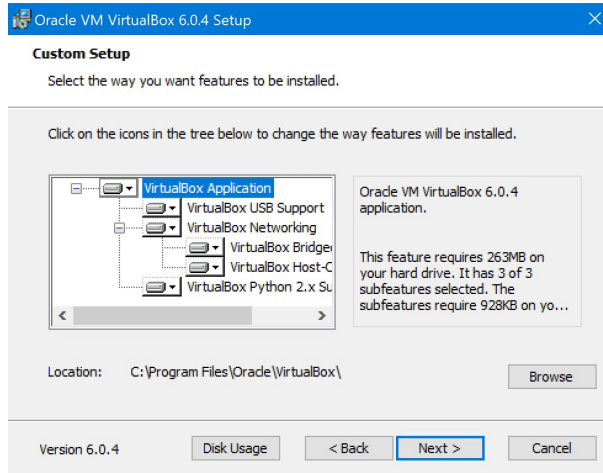
The SEED environment can be created using virtual machine software, such as VMware, Virtual PC, and VirtualBox. These softwares are free. VirtualBox, used in this course, is an open-source virtual machine software, and it is free.

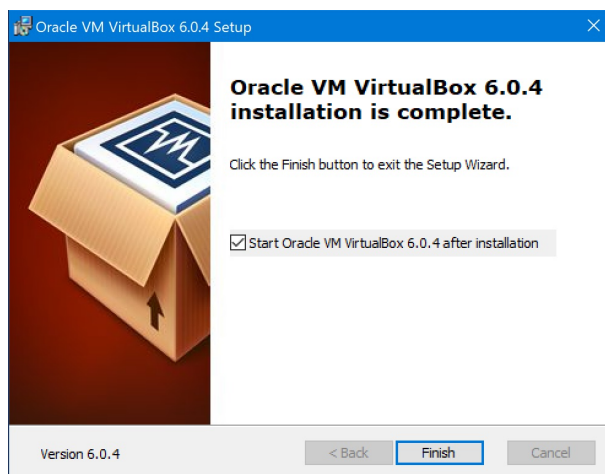
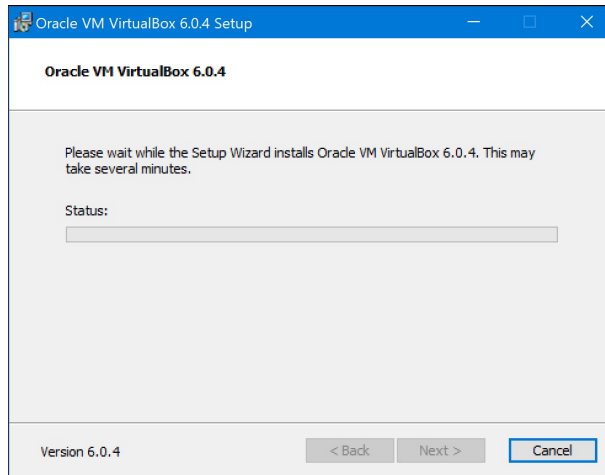
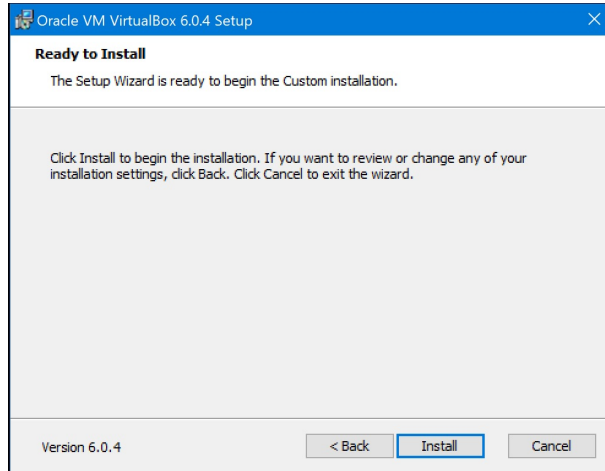
Task 1.1 Download the [VirtualBox 6.0.4 platform packages](https://www.virtualbox.org/wiki/Downloads) from the virtual box website (<https://www.virtualbox.org/wiki/Downloads>). You need to choose the VirtualBox software based on your operating system. We recommend [Version 6.0.4](#) (please stay away from the newer versions, as they still have some issues with our VM). Although our instructions are only for VirtualBox, the pre-built VM images can also run on VMWare.

Task 1.2 Install the VirtualBox by following the basic procedures of the installation as follow:

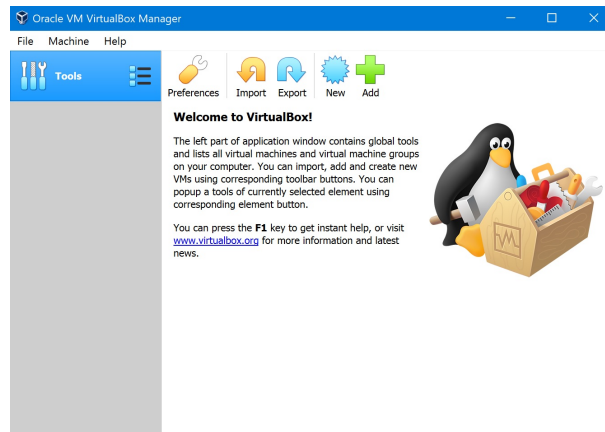


¹Credit: SEEDLabs, <https://www.virtualbox.org/manual/ch01.html#intro-installing>





- After installation, you can start VirtualBox as follows:
 - * On a Windows host, in the Programs menu, click on the item in the VirtualBox group. On some Windows platforms, you can also enter VirtualBox in the search box of the Start menu.
 - * On a Mac OS X host, in the Finder, double-click on the VirtualBox item in the Applications folder. You may want to drag this item onto your Dock.
- When you start VirtualBox for the first time, a window like the following is displayed:



This window is called the VirtualBox Manager. The left pane will later list all your virtual machines. Since you have not yet created any virtual machines, this list is empty. The Tools button provides access to user tools, such as the Virtual Media Manager.

3.2. Install the Pre-built Virtual Machine Images (Ubuntu). All the SEED labs should be conducted in our pre-built virtual machine image that have all the necessary tools, software, and libraries that are needed by the SEED labs. Students just need to download the VM, and run it using VirtualBox (or VMWare). In this course, we use SEED Ubuntu16.04 VM (32-bit). This VM was built in June 2019.

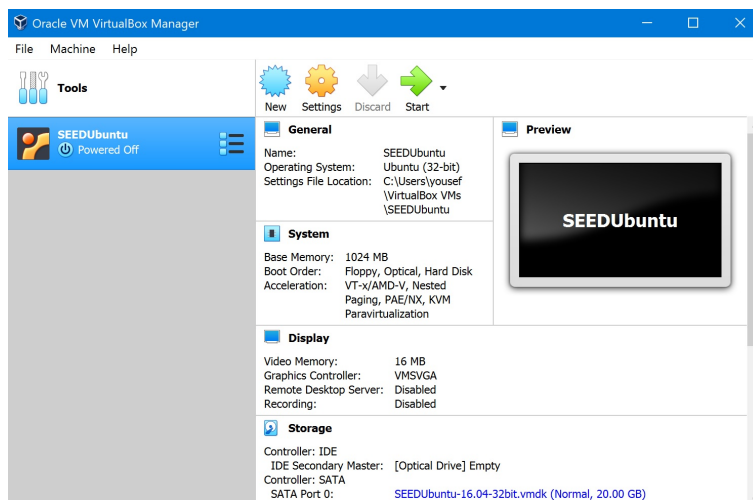
Task 3.1 Download the image from one of the following servers:

- Google Drive: [SEEDUbuntu-16.04-32bit.zip](#)
- DigitalOcean: [SEEDUbuntu-16.04-32bit.zip](#)
- Cybersecurity.com: [SEEDUbuntu-16.04-32bit.zip](#)
- Syracuse University (New York, US): [SEEDUbuntu-16.04-32bit.zip](#)
- Zhejiang University (Zhejiang, China): [SEEDUbuntu-16.04-32bit.zip](#)
- MD5 value: [12c48542c29c233580a23589b72b71b8](#)

Task 3.2 Unzip SEEDUbuntu-16.04-32bit.zip and you should be able to see a folder that contains the VM files.

Task 3.3 Follow **this document** (https://seedsecuritylabs.org/Labs_16.04/Documents/SEEDVM_VirtualBoxManual.pdf) to run and configure the VM on VirtualBox.

3.3. **Run SEED VM.** If there is no error(s), your VM will be created successfully and you can see the SEEDUbuntu OS on the left panel of the VirtualBox manager.



In order to start this VM, we click on start button.



- You will primarily use the following account:
 - User ID: **seed**
 - Password: **dees**
- You normally don't need to log into the root account:
 - User ID: **root**
 - Password: **seedubuntu**

Now you are ready to experiment the labs in the SEEDLabs.

NOTE

- You are encouraged to work on your own computer- install VirtualBox, download and set up the Ubuntu 16.04 virtual machine, and do your work there.
- Please **DO NOT** update the Ubuntu OS in the VM. There is no guarantee that the labs will still work if such an update is performed.

4. Submission

No submission is required for this lab