Install Ubintu

How to run Ubuntu Desktop on a virtual machine using VirtualBox

https://ubuntu.com/tutorials/how-to-run-ubuntu-desktop-on-a-virtual-machine-using-virtualbox#1-overview

Install Ubuntu desktop

https://ubuntu.com/tutorials/install-ubuntu-desktop#1-overview

Links to download: https://ubuntu.com/download/desktop/thank-you?version=22.10&architecture=amd64