

Lab Environment

SEED Labs are hands-on Labs for Security Education. from Syracuse University. The [SEED lab](#) environment includes VirtualBox, Linux, and Minix. This environment is used for all the projects in this course, and getting familiar with them is critical.

Students just need to download our pre-built virtual machine image to their personal computers or run it from a cloud. 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.

Virtual Machine Software (VirtualBox). Install the free [VirtualBox](#). SEEDLab pre-built VM images can be used by both VMWare and VirtualBox. All the necessary tools, software, and libraries are already installed in this VM. Here are some instructions for VirtualBox:

- [Run SEED VM on VirtualBox](#)

Pre-built Virtual Machine Images (Ubuntu).

- **SEEDUbuntu16.04.zip:**
 - Download the image from one of the following servers:
 - * Google Drive (fast): [SEEDUbuntu-16.04-32bit.zip](#)
 - * Backup Server (slow): [SEEDUbuntu-16.04-32bit.zip](#)
 - * MD5 value: 2d4aefc4624f4676674dc8e19cf7cfec
 - User Manual: includes the account and password information, list of software and servers installed, and configuration.
 - Unzip [SEEDUbuntu-16.04-32bit.zip](#) and you should be able to see a folder. Follow the [this document](#) to load the image into VirtualBox.

NOTE

- You are encouraged to work on your own computer- install VirtualBox, download and set up the [SEED Labs](#) 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.

¹Credit: SEEDLabs