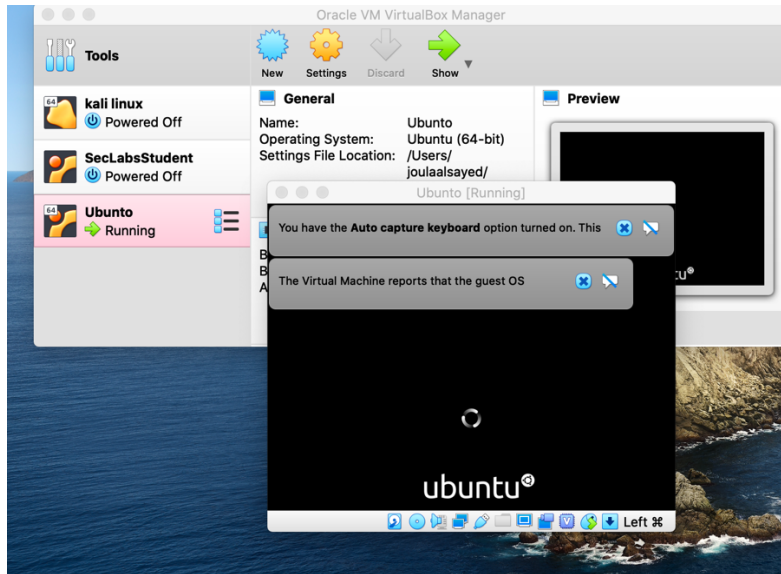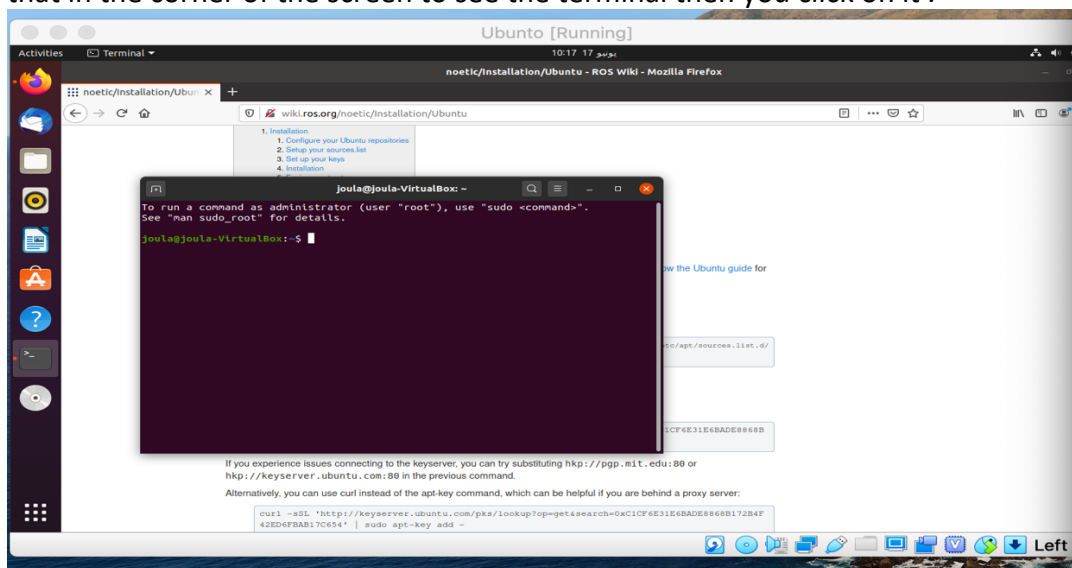**Steps to upload ROS :**

1-First I uploaded ubunto in the Virtualbox

2- open the firefox inside the ubunto ,then search for ROS installation then you click on the dots that in the corner of the screen to see the terminal then you click on it .
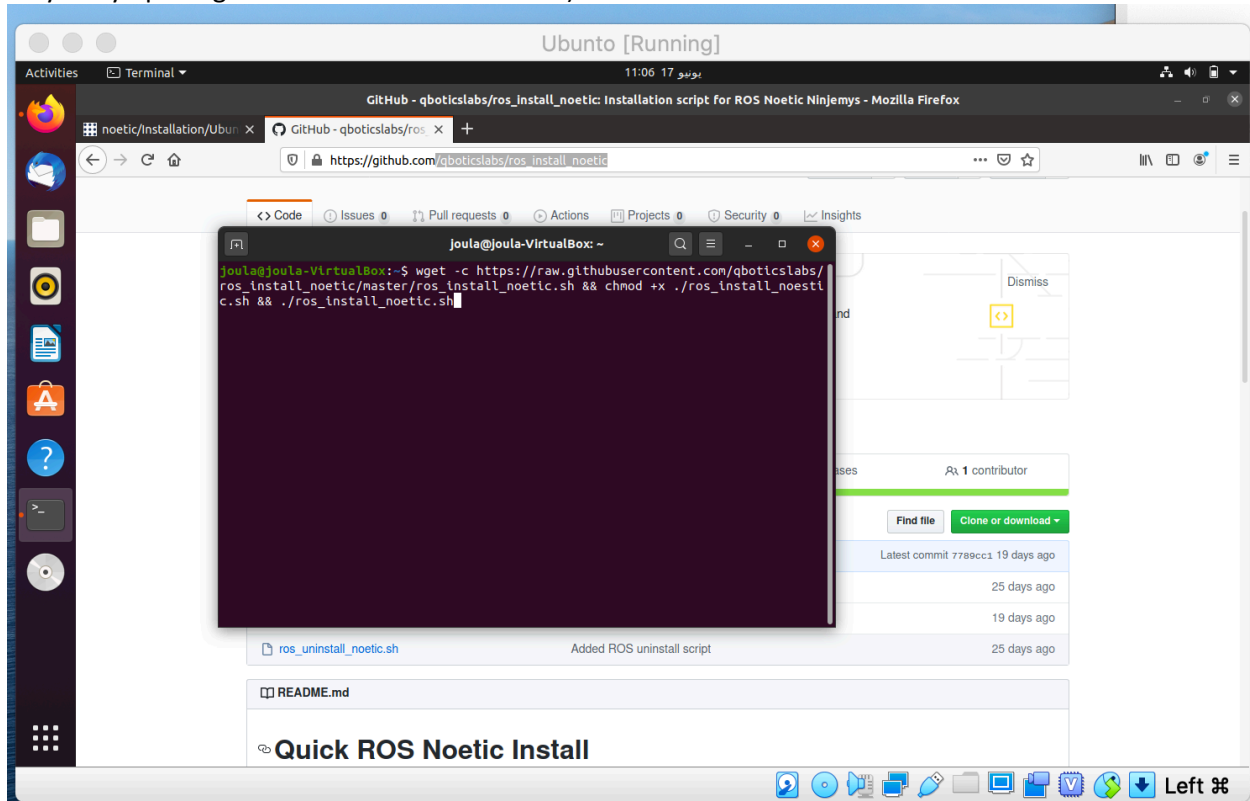
3- write in the terminal
Wget -c https://raw.githubusercontent.com/qboticslabs/ros_install_noetic/master/ros_install_noetic.sh && chmod +x . /ros_install_noestic.sh && ./ros_install_noetic.sh
(I don't know if it makes any differences, but I opened the link "github.com/qboticslabs/ros_install_noetic" because the first time didn't work with me so I thought maybe by opening the link it will make it easier)
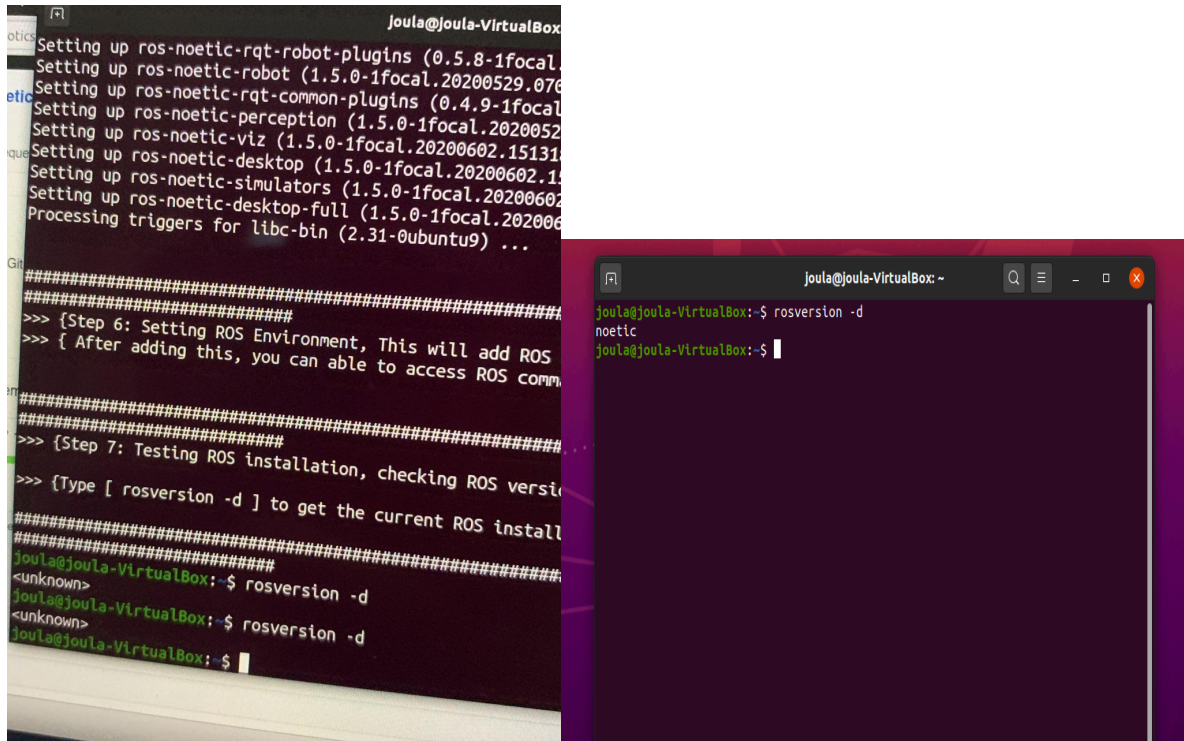

4- after a few minutes of downloading this message will show write 1

5- when it finish installation write : rosversion -d
(if it show you the same message in the first picture i got its ok you just need to close the
terminal then re-open it and type again rosversion -d)

References that helped me
https://www.youtube.com/watch?v=IqrpSi2Xueg&t=3s
https://www.youtube.com/watch?v=w4ekgzYG0bM
https://www.youtube.com/watch?v=aJcc-xC6krE