**Steps to upload ROS :**

1-First I uploaded ubunto in the Virtualbox

A screenshot of a cell phone

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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 .

A screenshot of a computer screen

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3- write in the terminal

Wget -c https://raw.githubsercontent.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)

A screenshot of a computer

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

A screenshot of a cell phone

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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)

A screenshot of text

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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>