

#### 1. Navigate to Machine Settings:

- Go to Settings -> Shared Folders.
- Click on the "Add New Shared Folder" icon.
- Select the folder you want.
- Check the following options:
  - Auto-mount
  - Make Permanent

#### 2. Insert Guest Additional CD Image:

- Run the virtual machine.
- Click on "Devices" in the top bar.
- Choose "Insert Guest Additional CD Image."

#### 3. Open the Virtual Box Guest Additions Disk:

- Open the `VBox_GAs_7.0.141` mounted disk or similar name.

#### 4. Run Autorun Script:

- Right-click on `autorun.sh`.
- Select "Run as a program" and wait until execution finishes.

#### 5. Install VirtualBox Guest Additions:

- Open a terminal and run the following commands:

```
sudo apt-get update
sudo apt-get install -y build-essential linux-headers-$(uname -r)
sudo apt-get install virtualbox-guest-utils
sudo adduser $(whoami) vboxsf
```

#### 6. Reboot and Access Shared Folder:

- Reboot your system.
- After rebooting, you can find the selected shared folder mounted at `/media/sf_NAME_OF_FOLDER_YOU_SELECT`.