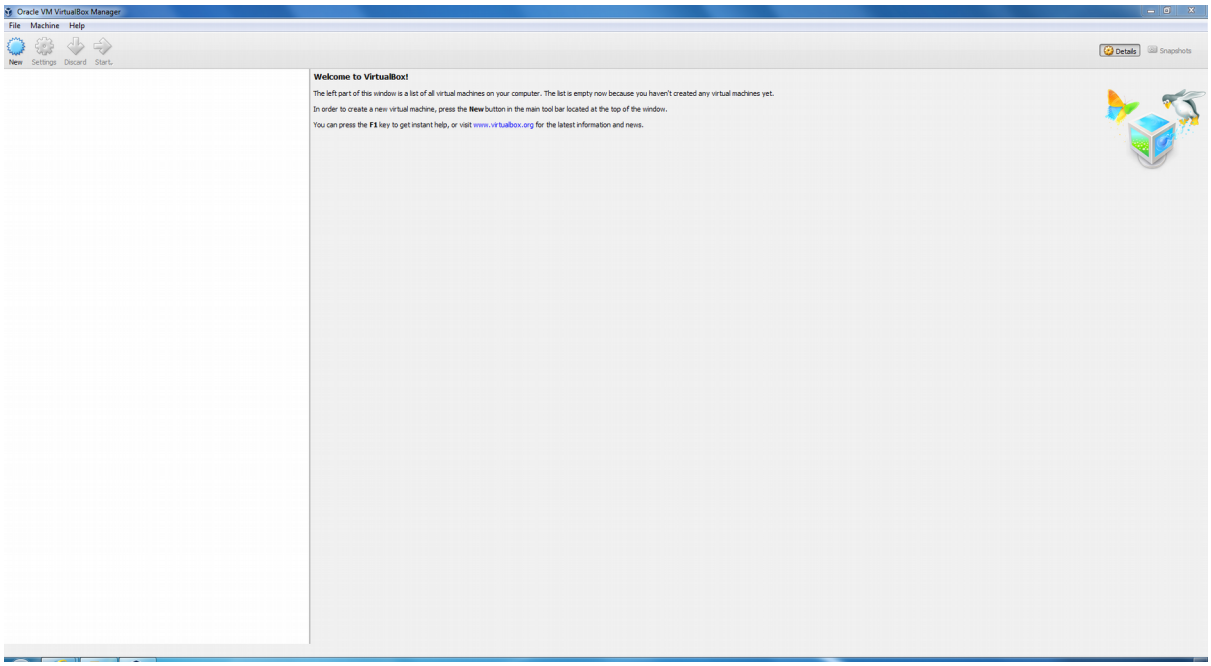
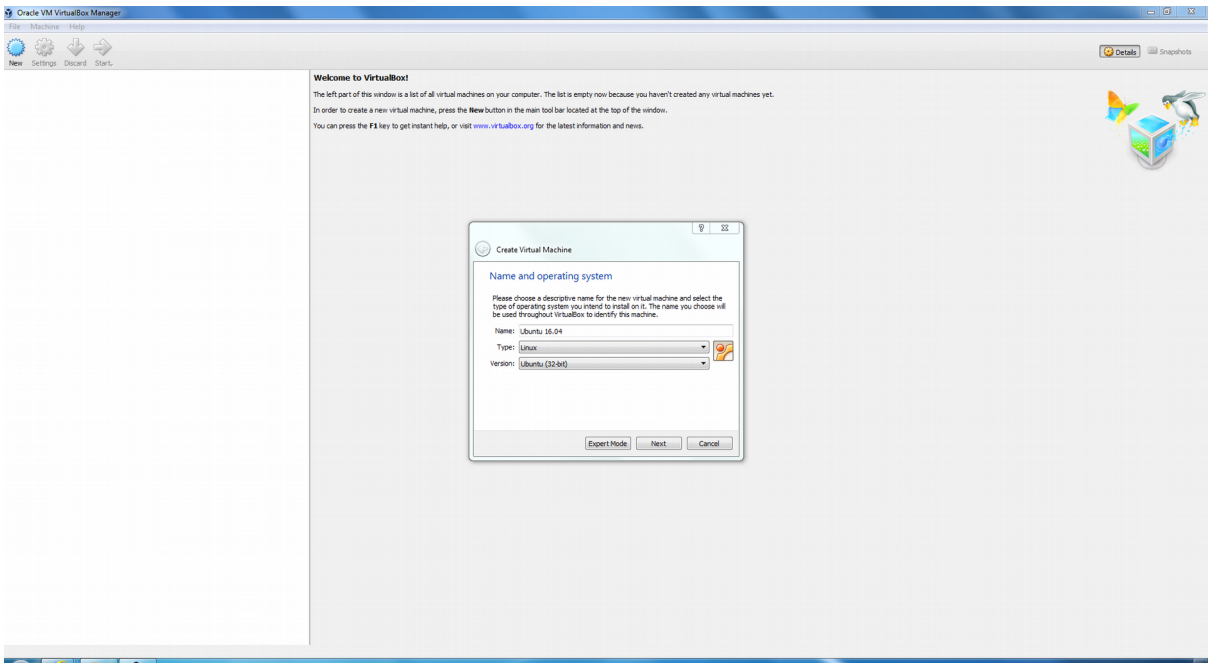
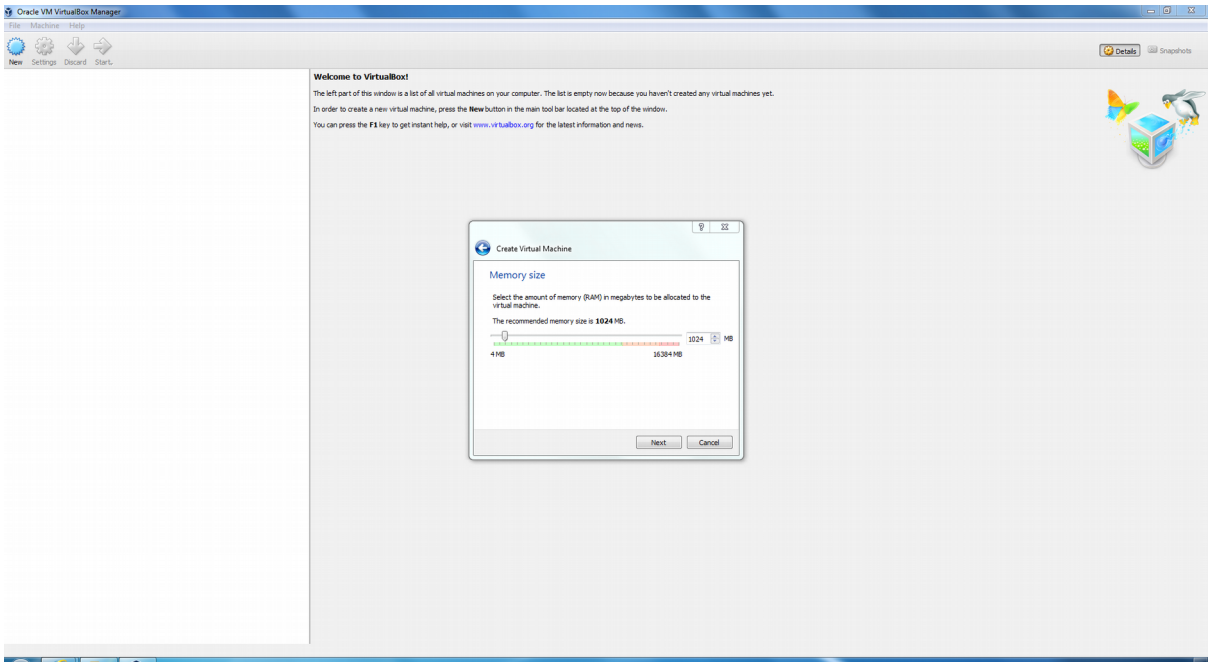
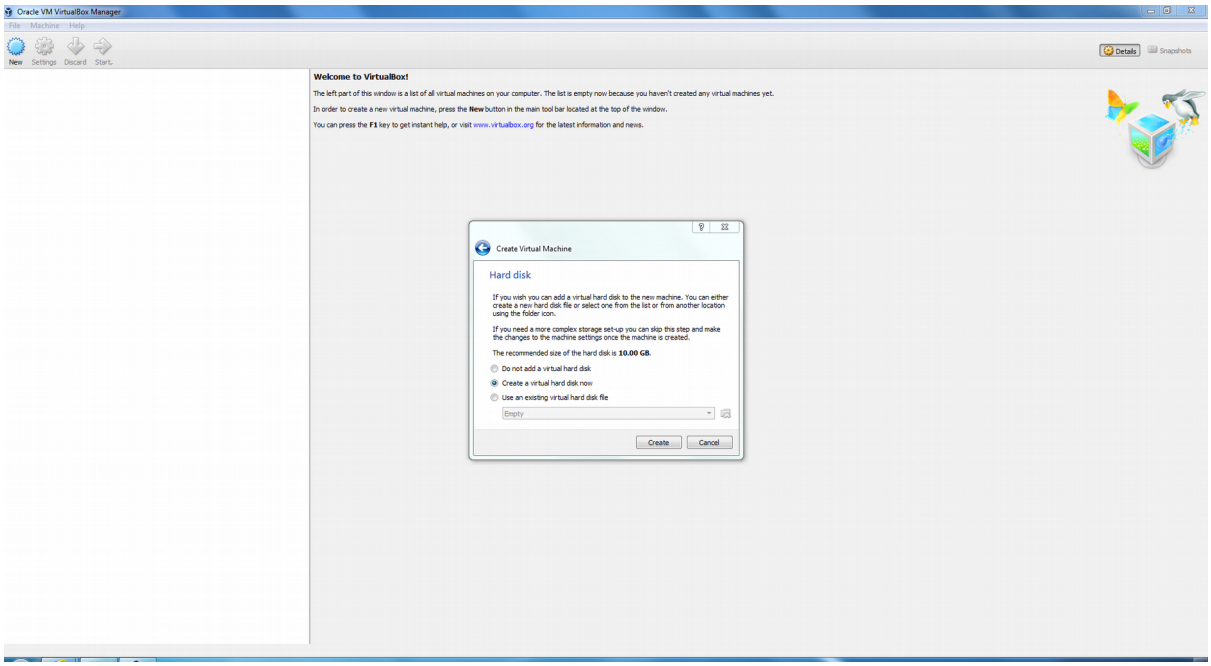
1. Use Google serach “Ubuntu 16.04 LTS”
   http://releases.ubuntu.com/16.04/
   http://releases.ubuntu.com/16.04/ubuntu-16.04.3-desktop-i386.iso
2. Open VirtualBox

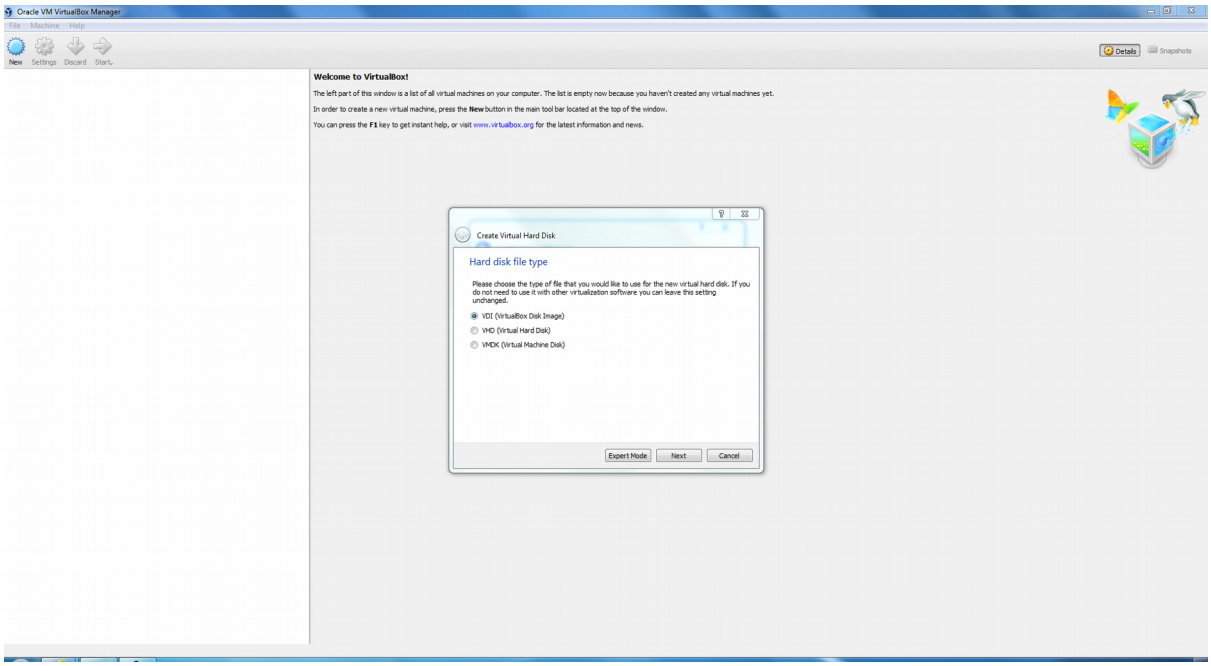


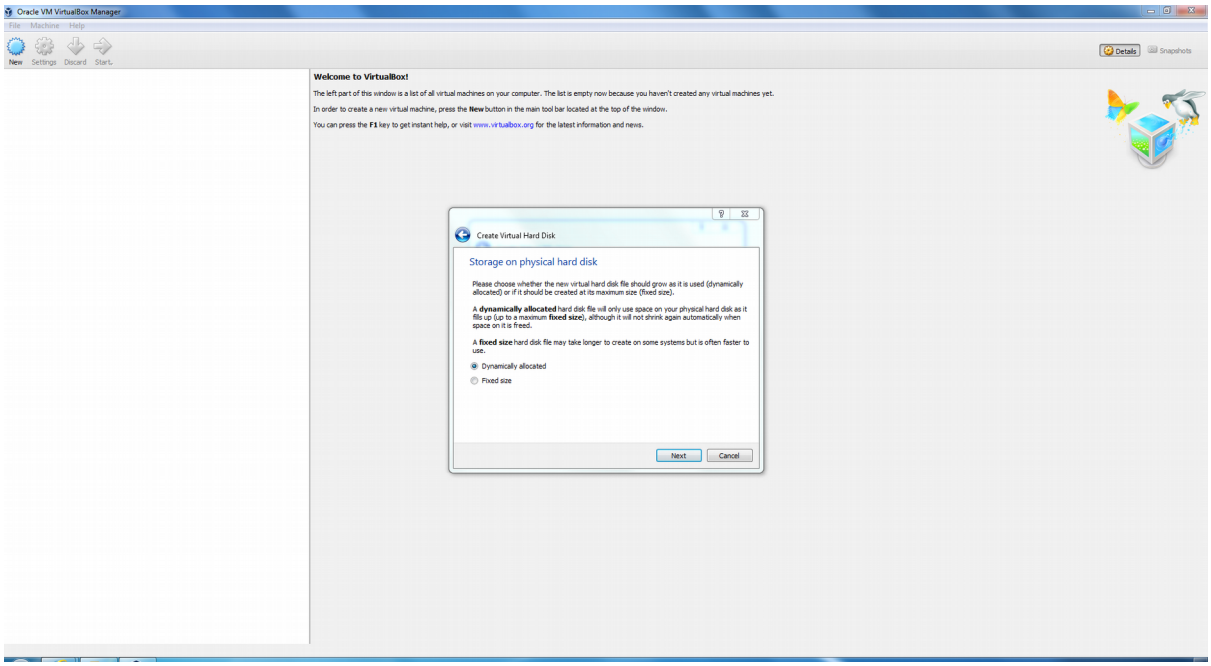
3. Install Ubuntu 16.04 with the following instructions

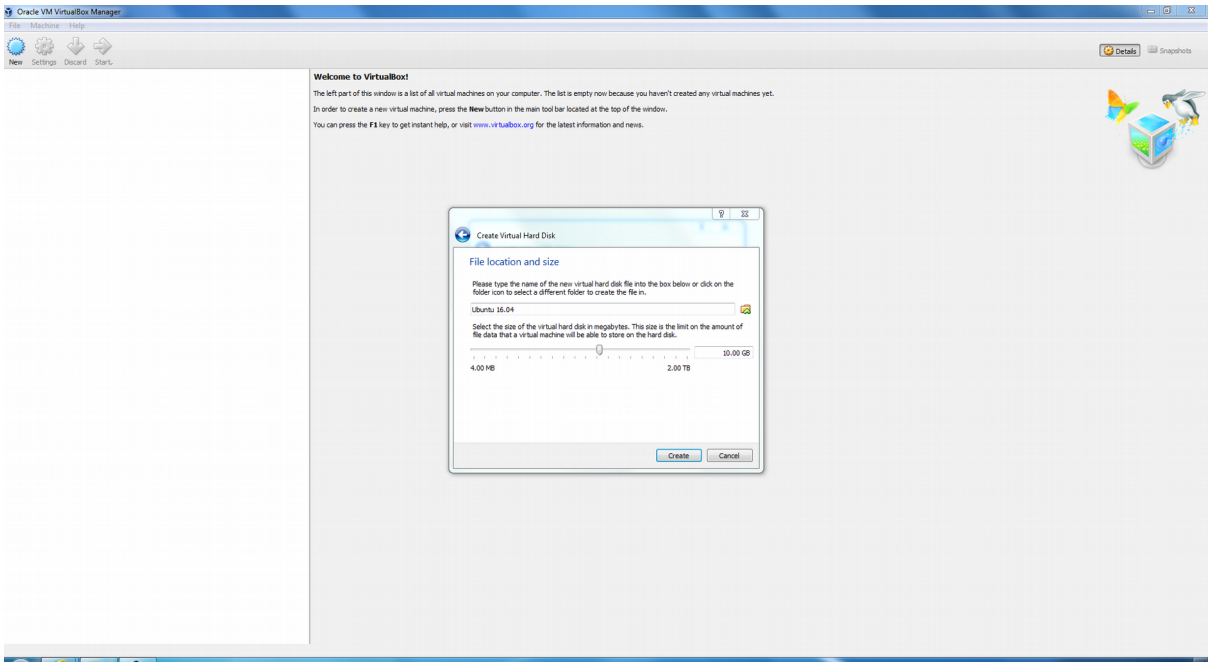


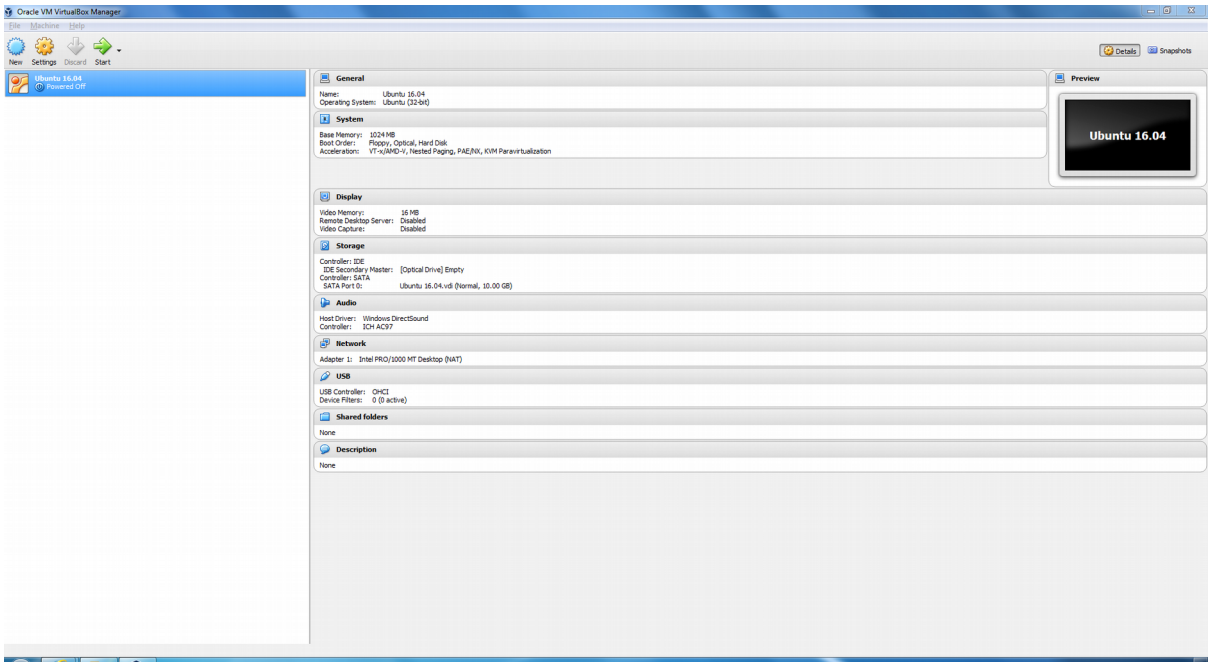

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Welcome to VirtualBox!
The left part of this window is a list of all virtual machines on your computer. The list is empty now because you haven't created any virtual machines yet.
In order to create a new virtual machine, press the New button in the main tool bar located at the top of the window.
You can press the F1 key to get instant help, or visit www.virtualbox.org for the latest information and news.
Create Virtual Machine
Memory size
Select the amount of memory (RAM) in megabytes to be allocated to the virtual machine.
The recommended memory size is 1024 MB.
1024 MB
4 MB
16384 MB
Next
Cancel

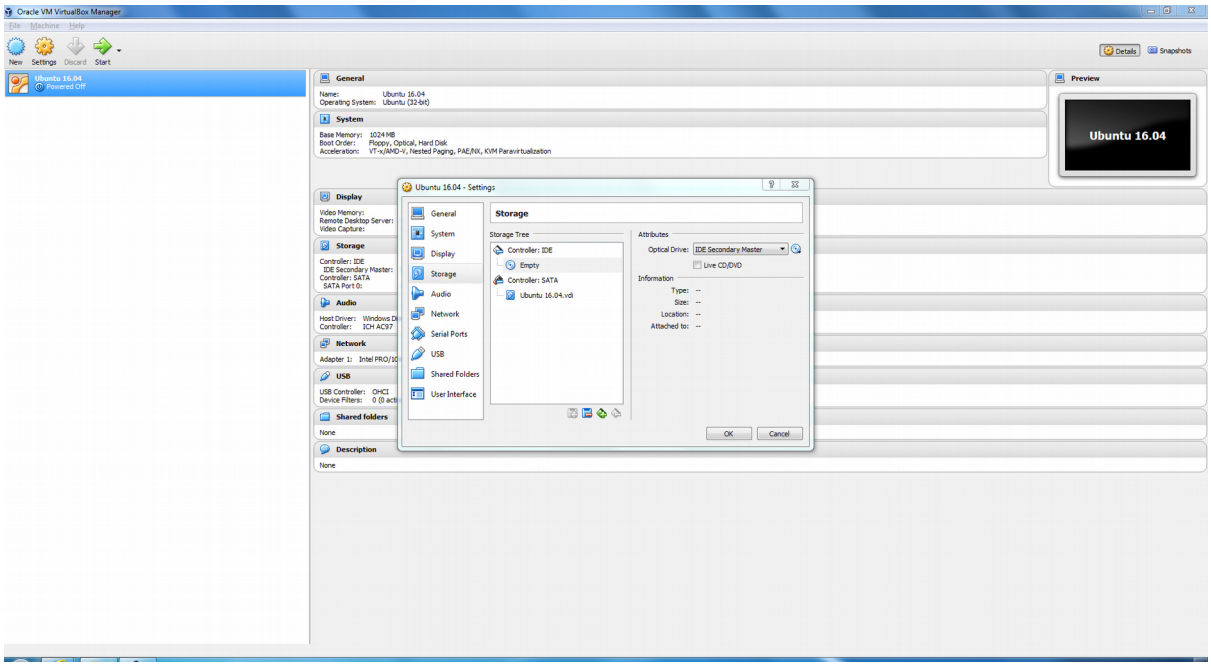

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Welcome to VirtualBox!
The left part of this window is a list of all virtual machines on your computer. The list is empty now because you haven't created any virtual machines yet.
In order to create a new virtual machine, press the New button in the main tool bar located at the top of the window.
You can press the F1 key to get instant help, or visit www.virtualbox.org for the latest information and news.
Create Virtual Machine
Hard disk
If you wish you can add a virtual hard disk to the new machine. You can either create a new hard disk file or select one from the list or from another location using the folder icon.
If you need a more complex storage set-up you can skip this step and make the changes to the machine settings once the machine is created.
The recommended size of the hard disk is 10.00 GB.
Do not add a virtual hard disk
Create a virtual hard disk now
Use an existing virtual hard disk file
Empty
Create
Cancel


Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Welcome to VirtualBox!
The left part of this window is a list of all virtual machines on your computer. The list is empty now because you haven't created any virtual machines yet.
In order to create a new virtual machine, press the New button in the main tool bar located at the top of the window.
You can press the F1 key to get instant help, or visit www.virtualbox.org for the latest information and news.
Create Virtual Hard Disk
Hard disk file type
Please choose the type of file that you would like to use for the new virtual hard disk. If you do not need to use it with other virtualization software you can leave this setting unchanged.
VDI (VirtualBox Disk Image)
VHD (Virtual Hard Disk)
VMDK (Virtual Machine Disk)
Expert Mode
Next
Cancel

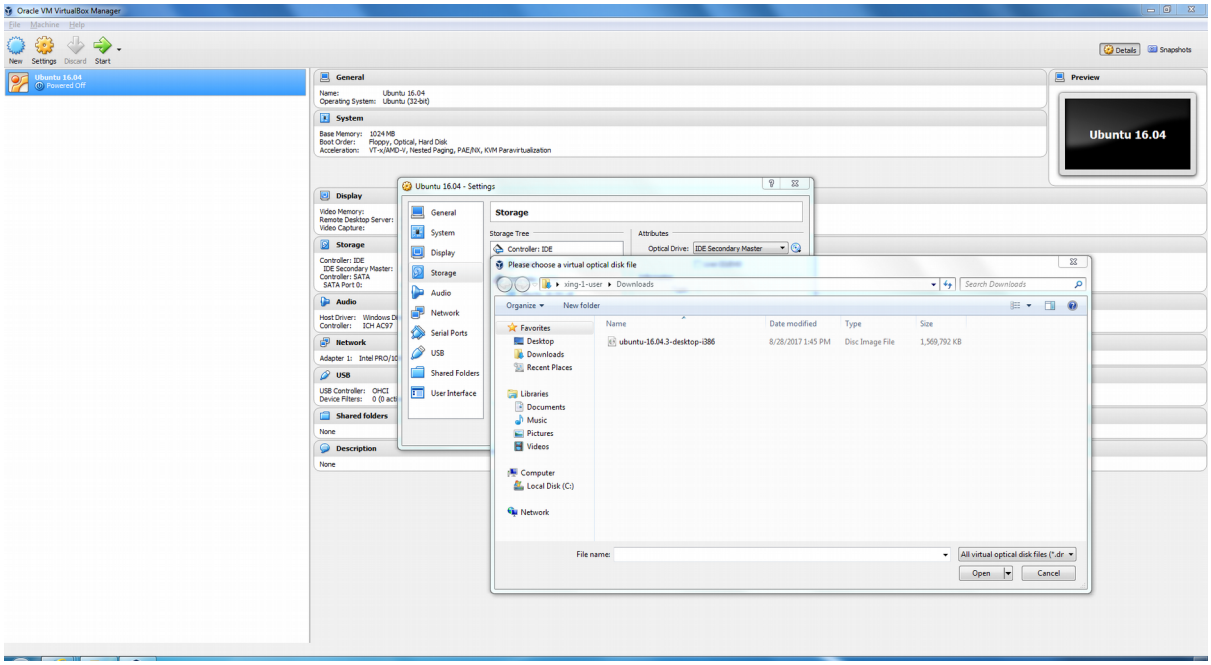

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Welcome to VirtualBox!
The left part of this window is a list of all virtual machines on your computer. The list is empty now because you haven't created any virtual machines yet.
In order to create a new virtual machine, press the New button in the main tool bar located at the top of the window.
You can press the F1 key to get instant help, or visit www.virtualbox.org for the latest information and news.
Create Virtual Hard Disk
Storage on physical hard disk
Please choose whether the new virtual hard disk file should grow as it is used (dynamically allocated) or if it should be created at its maximum size (fixed size).
A dynamically allocated hard disk file will only use space on your physical hard disk as it fills up (up to a maximum fixed size), although it will not shrink again automatically when space on it is freed.
A fixed size hard disk file may take longer to create on some systems but is often faster to use.
Dynamically allocated
Fixed size
Next
Cancel


Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Welcome to VirtualBox!
The left part of this window is a list of all virtual machines on your computer. The list is empty now because you haven't created any virtual machines yet.
In order to create a new virtual machine, press the New button in the main tool bar located at the top of the window.
You can press the F1 key to get instant help, or visit www.virtualbox.org for the latest information and news.
Create Virtual Hard Disk
File location and size
Please type the name of the new virtual hard disk file into the box below or click on the folder icon to select a different folder to create the file in.
Ubuntu 16.04
Select the size of the virtual hard disk in megabytes. This size is the limit on the amount of file data that a virtual machine will be able to store on the hard disk.
10.00 GB
4.00 MB
2.00 TB
Create
Cancel

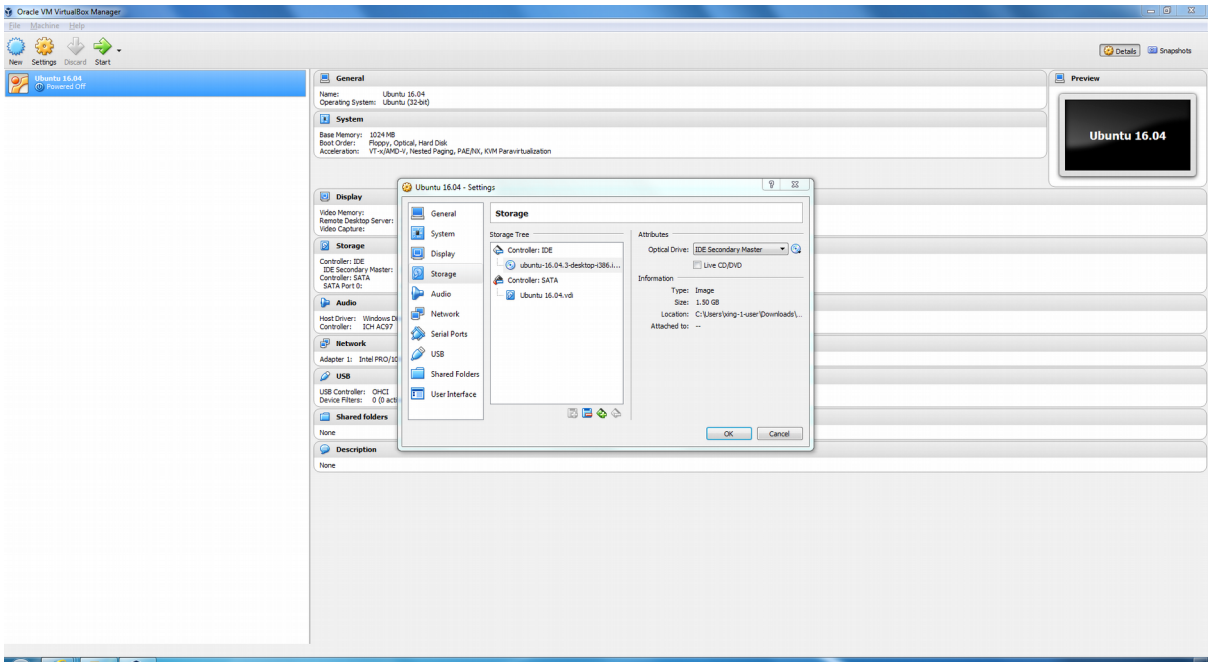

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Ubuntu 16.04
Powered Off
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Acceleration: VT-x/AMD-V, Nested Paging, PAE/NX, KVM Paravirtualization
Preview
Ubuntu 16.04
Display
Video Memory: 16 MB
Remote Desktop Server: Disabled
Video Capture: Disabled
Storage
Controller: IDE
IDE Secondary Master: [Optical Drive] Empty
Controller: SATA
SATA Port 0: Ubuntu 16.04.vdi (Normal, 10.00 GB)
Audio
Host Driver: Windows DirectSound
Controller: ICH AC97
Network
Adapter 1: Intel PRO/1000 MT Desktop (NAT)
USB
USB Controller: OHCI
Device Filters: 0 (0 active)
Shared folders
None
Description
None

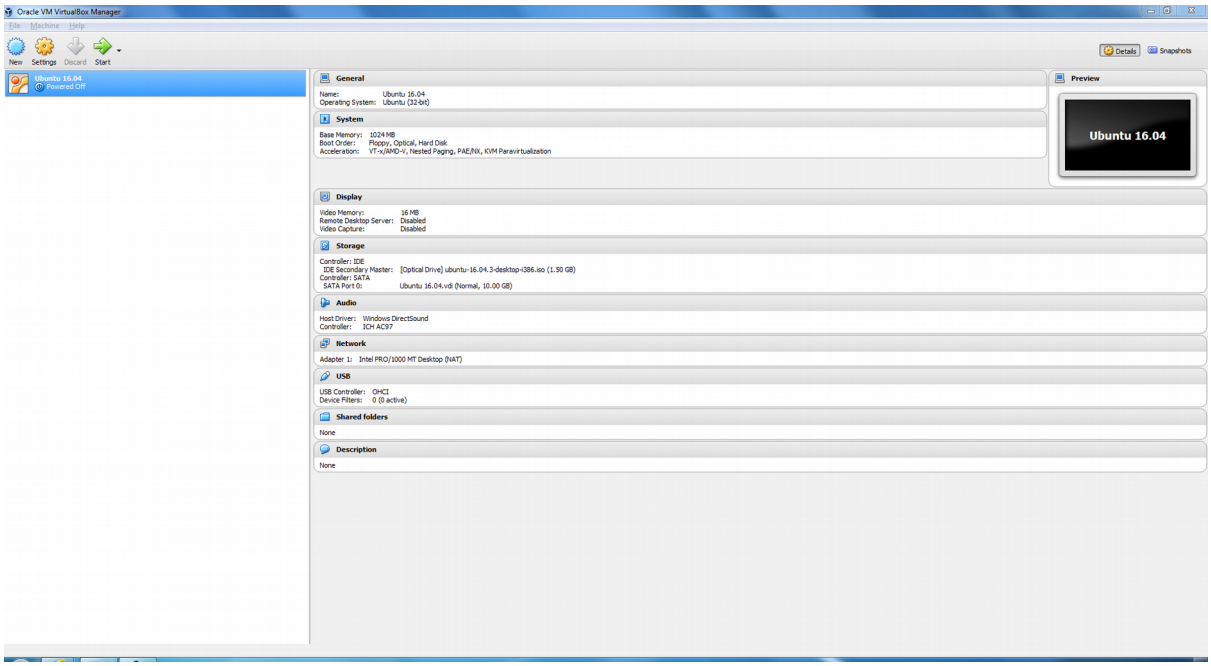


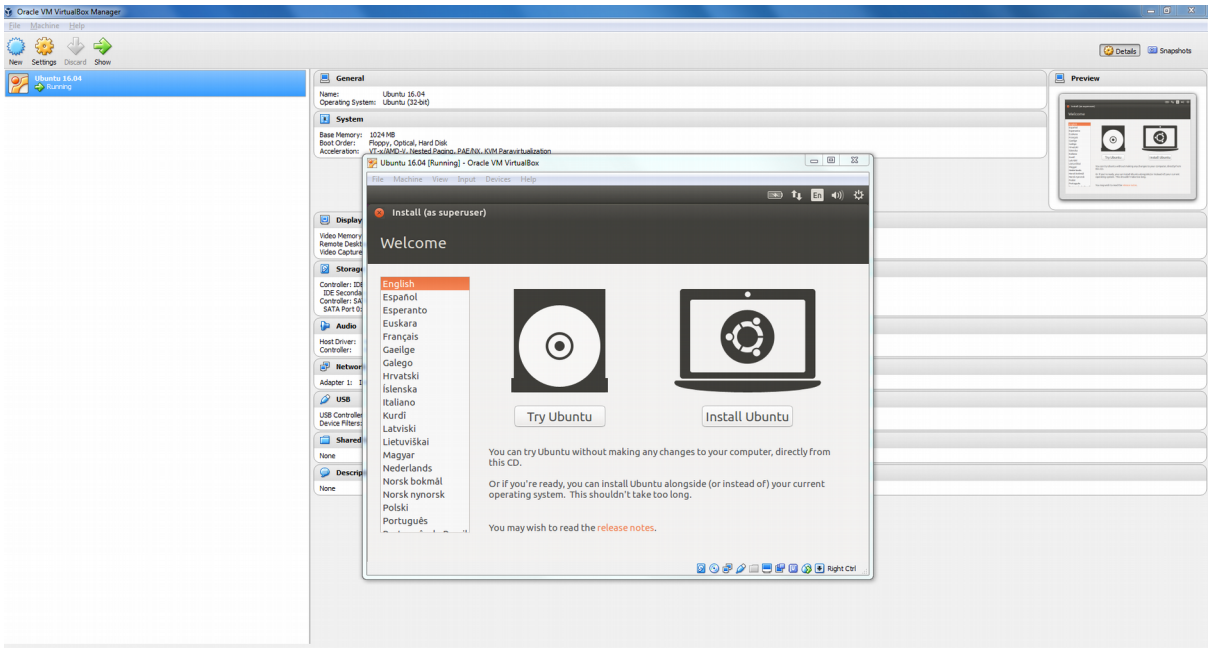
(Here click on the right button in the “Attributes” Tab)

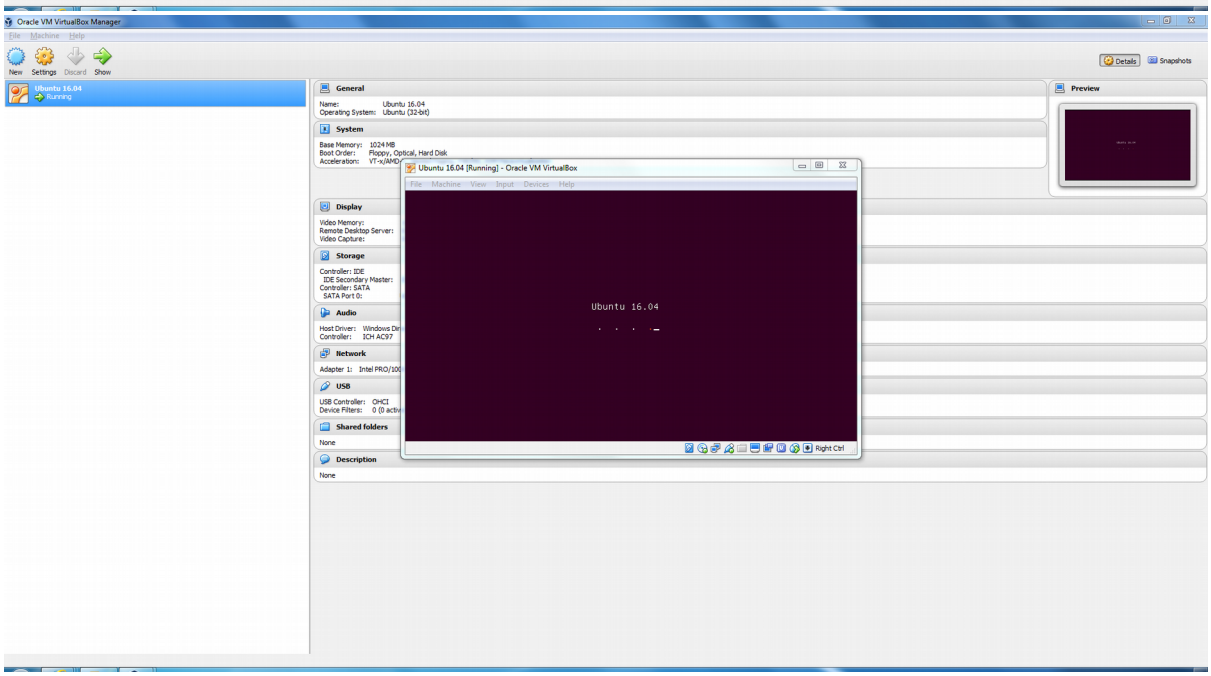


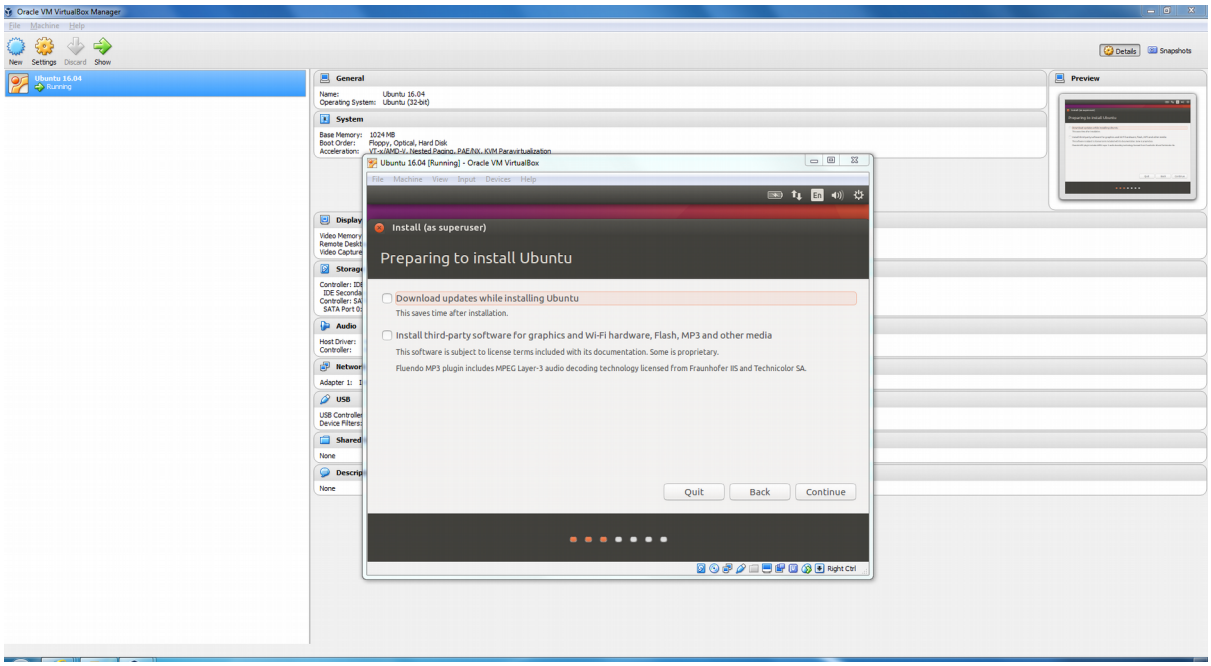
If you choose “ubuntu-16.04.3-desktop-i386.iso” in the file manager, you are going to install Ubuntu 32-bit System; If you choose “ubuntu-16.04.3-desktop-amd64.iso” in the file manager, you are going to install Ubuntu 64-bit System.

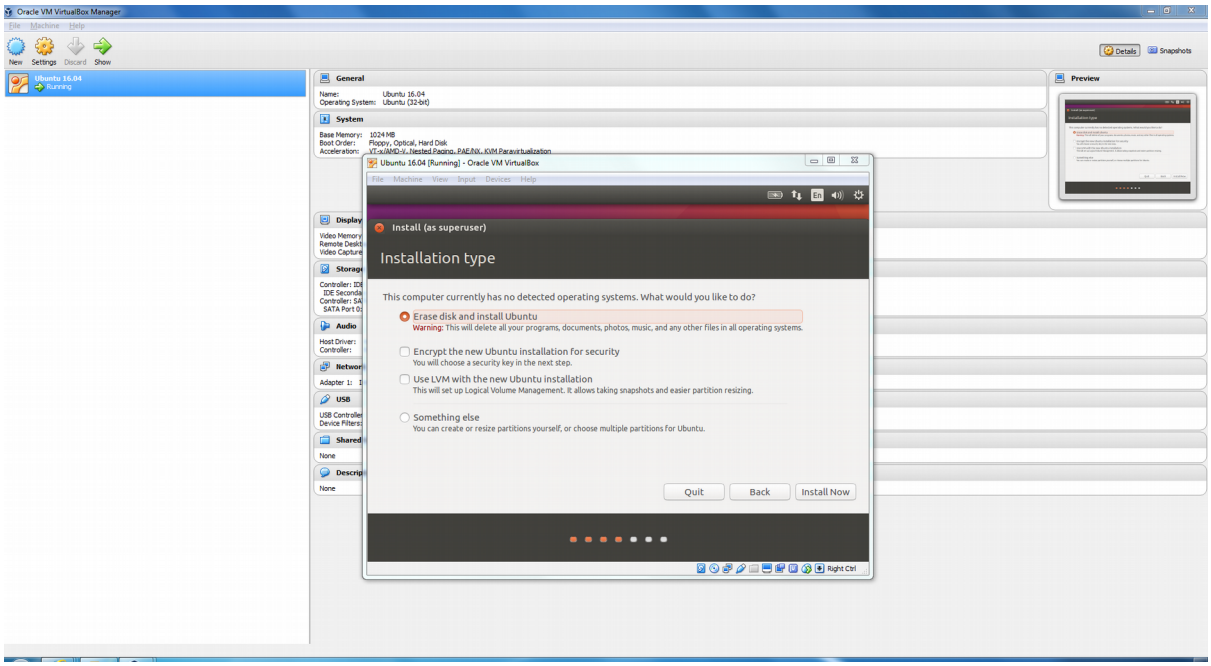

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Ubuntu 16.04
Powered Off
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Acceleration: VT-x/AMD-V, Nested Paging, PAE/NX, KVM Paravirtualization
Preview
Ubuntu 16.04
Display
Video Memory:
Remote Desktop Server:
Video Capture:
Storage
Controller: IDE
IDE Secondary Master:
Controller: SATA
SATA Port 0:
Audio
Network
USB
Shared folders
None
Description
None
Ubuntu 16.04 - Settings
General
System
Display
Storage
Audio
Network
Serial Ports
USB
Shared Folders
User Interface
Storage
Storage Tree
Controller: IDE
ubuntu-16.04.3-desktop-i386.i...
Controller: SATA
Ubuntu 16.04.vdi
Attributes
Optical Drive: IDE Secondary Master
Live CD/DVD
Information
Type: Image
Size: 1.50 GB
Location: C:\Users\ving-1-user\Downloads\...
Attached to: --
OK
Cancel

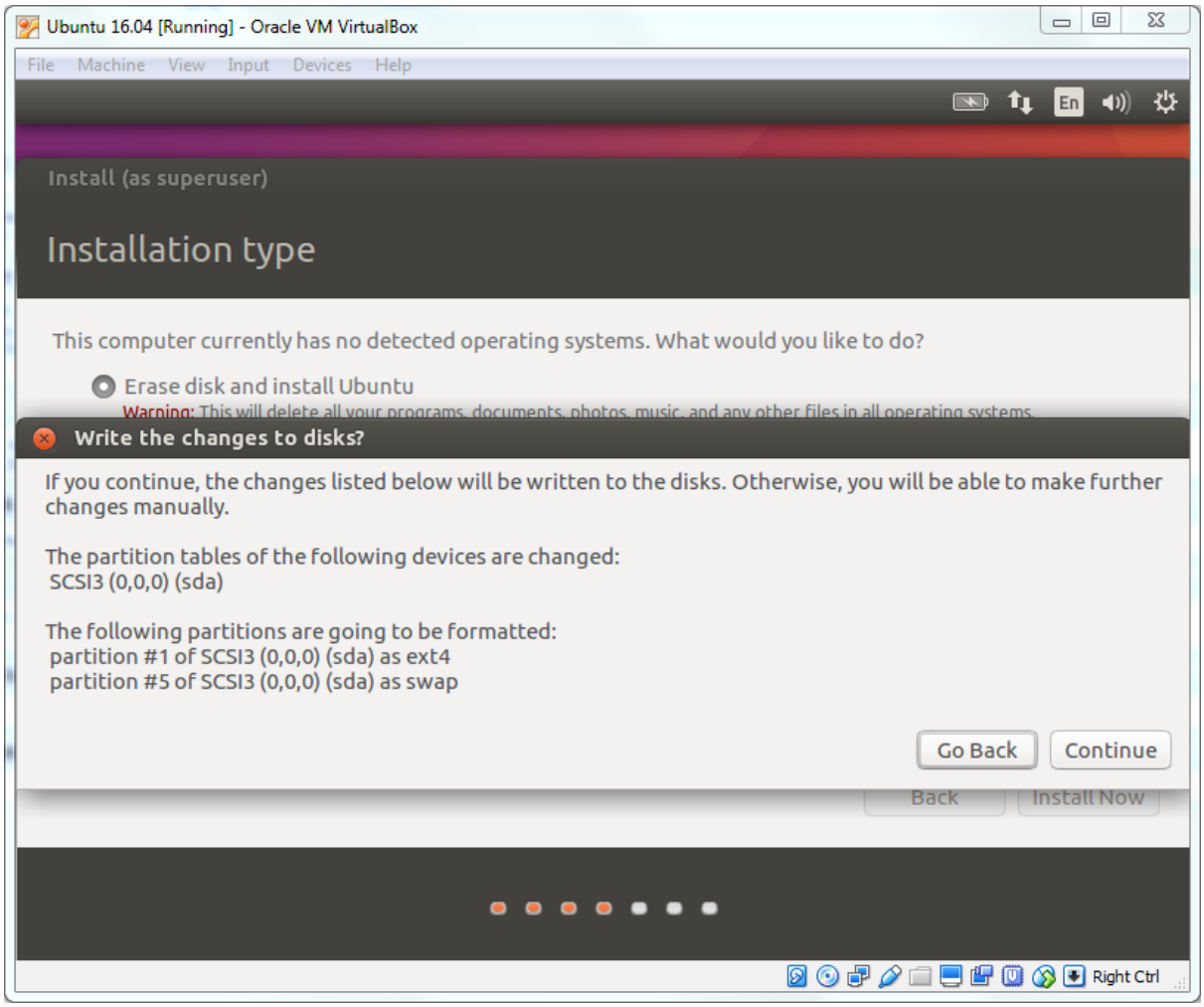

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Start
Details Snapshots
Ubuntu 16.04
Powered Off
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Acceleration: VT-x/AMD-V, Nested Paging, PAE/NX, KVM Paravirtualization
Preview
Ubuntu 16.04
Display
Video Memory: 16 MB
Remote Desktop Server: Disabled
Video Capture: Disabled
Storage
Controller: IDE
IDE Secondary Master: [Optical Drive] ubuntu-16.04.3-desktop-i386.iso (1.50 GB)
Controller: SATA
SATA Port 0: Ubuntu 16.04.vdi (Normal, 10.00 GB)
Audio
Host Driver: Windows DirectSound
Controller: ICH AC97
Network
Adapter 1: Intel PRO/1000 MT Desktop (NAT)
USB
USB Controller: OHCI
Device Filters: 0 (0 active)
Shared folders
None
Description
None

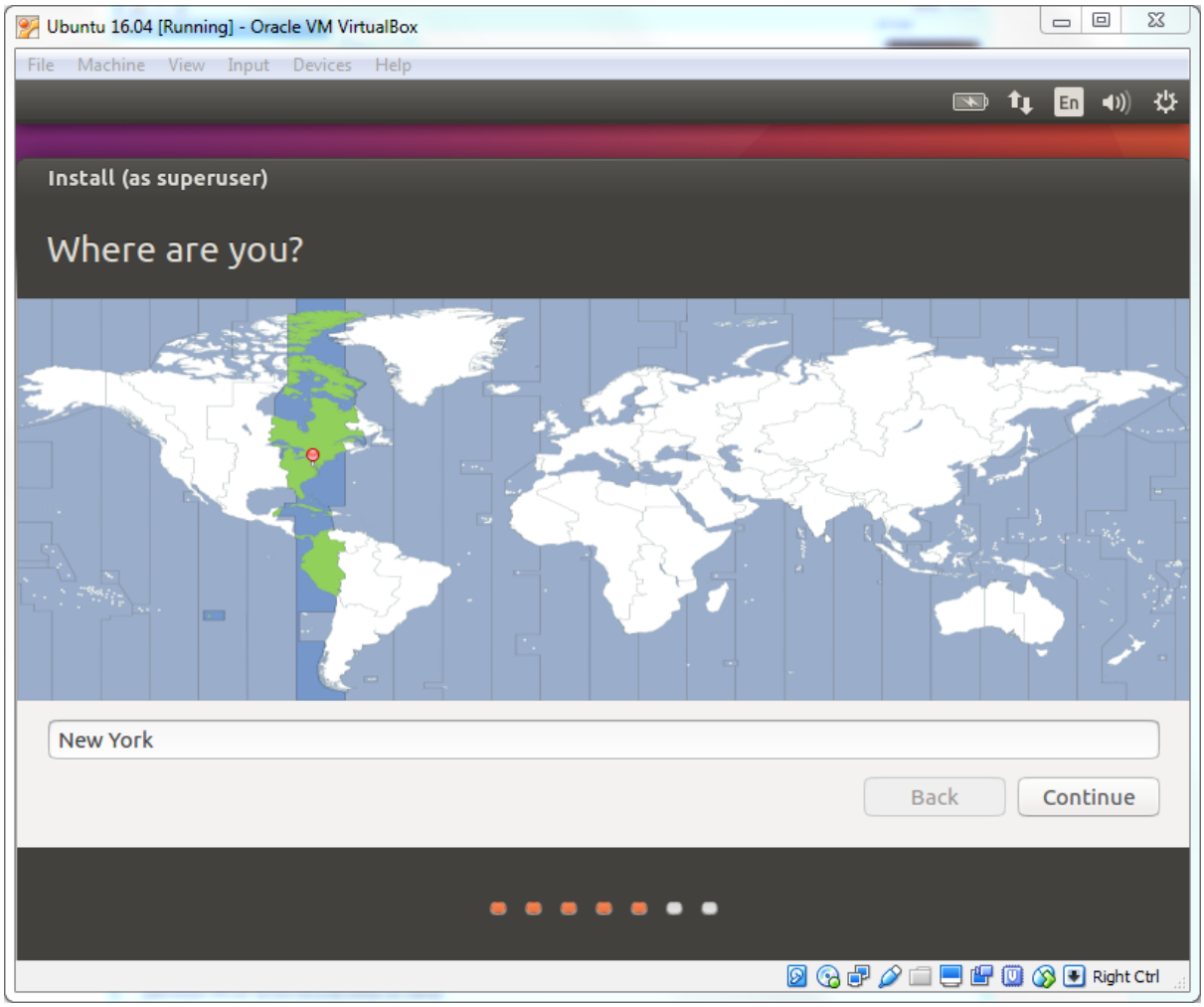

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Show
Details Snapshots
Ubuntu 16.04
Running
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Acceleration: VT-x/AMD-V, Nested Paging, PAE/NX, KVM Paravirtualization
Preview
Display
Storage
Audio
Network
USB
Shared folders
None
Description
None
Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Welcome
English
Español
Esperanto
Euskara
Français
Gaeilge
Galego
Hrvatski
Íslenska
Italiano
Kurdî
Latviski
Lietuviškai
Magyar
Nederlands
Norsk bokmål
Norsk nynorsk
Polski
Português
Try Ubuntu
Install Ubuntu
You can try Ubuntu without making any changes to your computer, directly from this CD.
Or if you're ready, you can install Ubuntu alongside (or instead of) your current operating system. This shouldn't take too long.
You may wish to read the release notes.
Right Ctrl

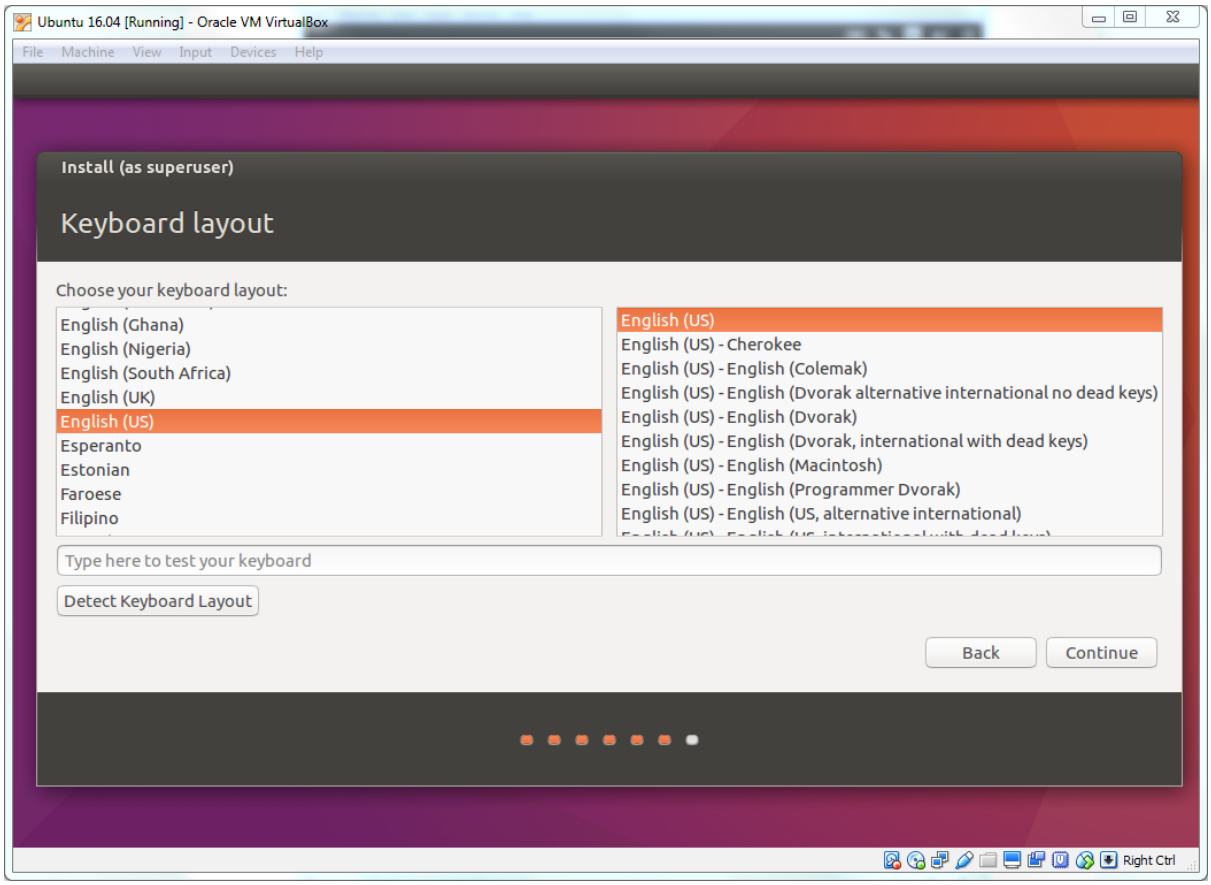

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Show
Details Snapshots
Ubuntu 16.04
Running
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Preview
Display
Video Memory:
Remote Desktop Server:
Video Capture:
Storage
Controller: IDE
IDE Secondary Master:
Controller: SATA
SATA Port 0:
Audio
Host Driver: Windows Di
Controller: ICH AC97
Network
Adapter 1: Intel PRO/10
USB
USB Controller: OHCI
Device Filters: 0 (0 activ
Shared folders
None
Description
None
Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Ubuntu 16.04
Right Ctrl

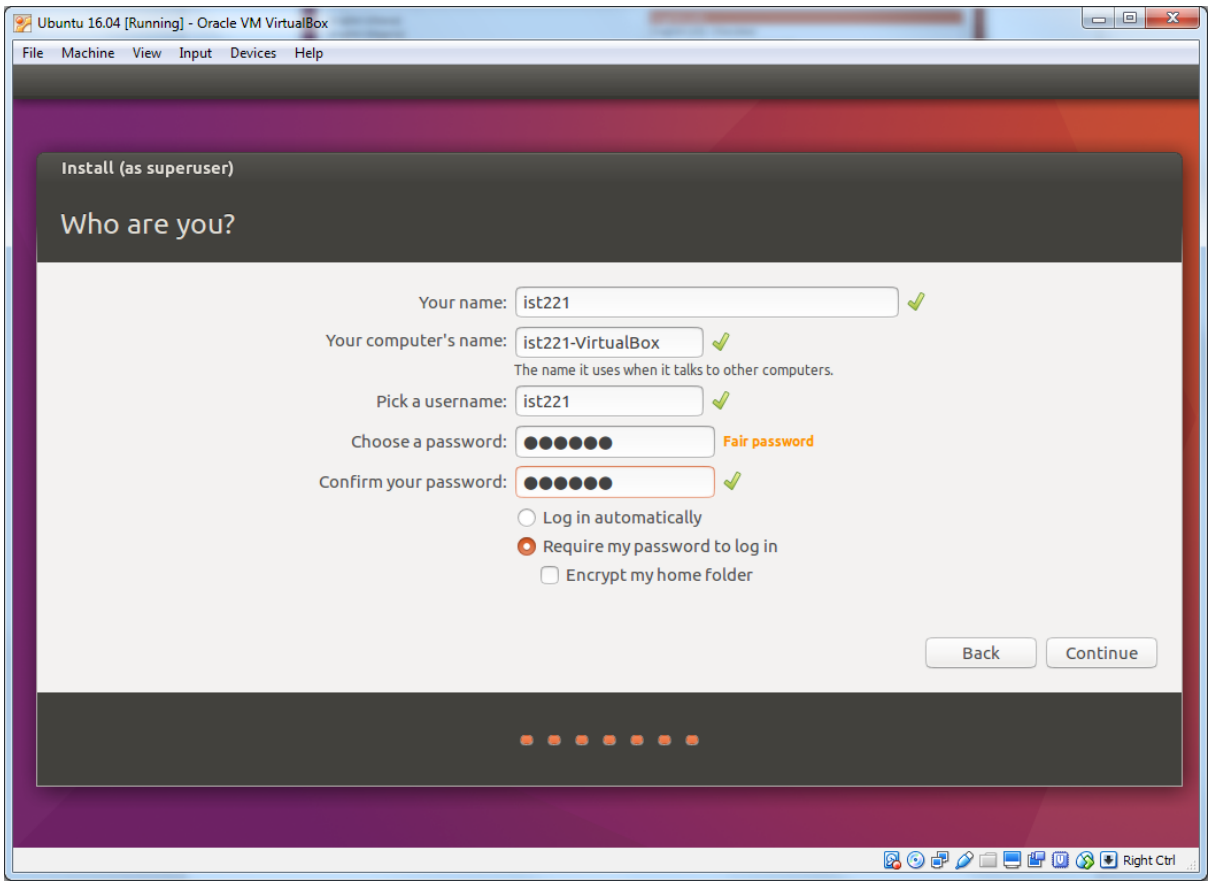

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Show
Details Snapshots
Ubuntu 16.04
Running
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Acceleration: VT-x/AMD-V, Nested Paging, PAE/NX, KVM Paravirtualization
Preview
Display
Storage
Audio
Network
USB
Shared
Description
None
Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Preparing to install Ubuntu
Download updates while installing Ubuntu
This saves time after installation.
Install third-party software for graphics and Wi-Fi hardware, Flash, MP3 and other media
This software is subject to license terms included with its documentation. Some is proprietary.
Fluendo MP3 plugin includes MPEG Layer-3 audio decoding technology licensed from Fraunhofer IIS and Technicolor SA.
Quit
Back
Continue
Right Ctrl

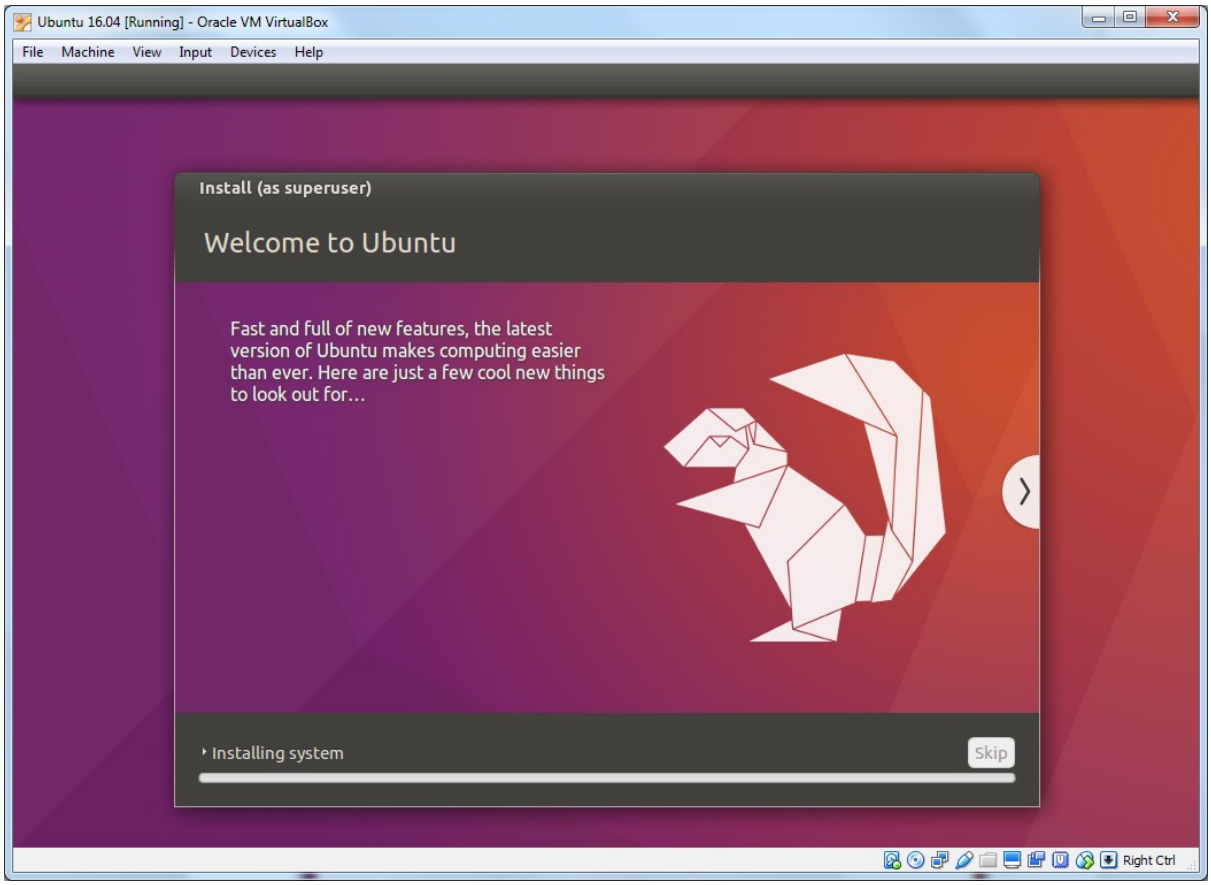

Oracle VM VirtualBox Manager
File Machine Help
New Settings Discard Show
Details Snapshots
Ubuntu 16.04
Running
General
Name: Ubuntu 16.04
Operating System: Ubuntu (32-bit)
System
Base Memory: 1024 MB
Boot Order: Floppy, Optical, Hard Disk
Acceleration: VT-x/AMD-V, Nested Paging, PAE/NX, KVM Paravirtualization
Preview
Display
Storage
Audio
Network
USB
Shared
Description
None
Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Installation type
This computer currently has no detected operating systems. What would you like to do?
Erase disk and install Ubuntu
Warning: This will delete all your programs, documents, photos, music, and any other files in all operating systems.
Encrypt the new Ubuntu installation for security
You will choose a security key in the next step.
Use LVM with the new Ubuntu installation
This will set up Logical Volume Management. It allows taking snapshots and easier partition resizing.
Something else
You can create or resize partitions yourself, or choose multiple partitions for Ubuntu.
Quit
Back
Install Now
Right Ctrl

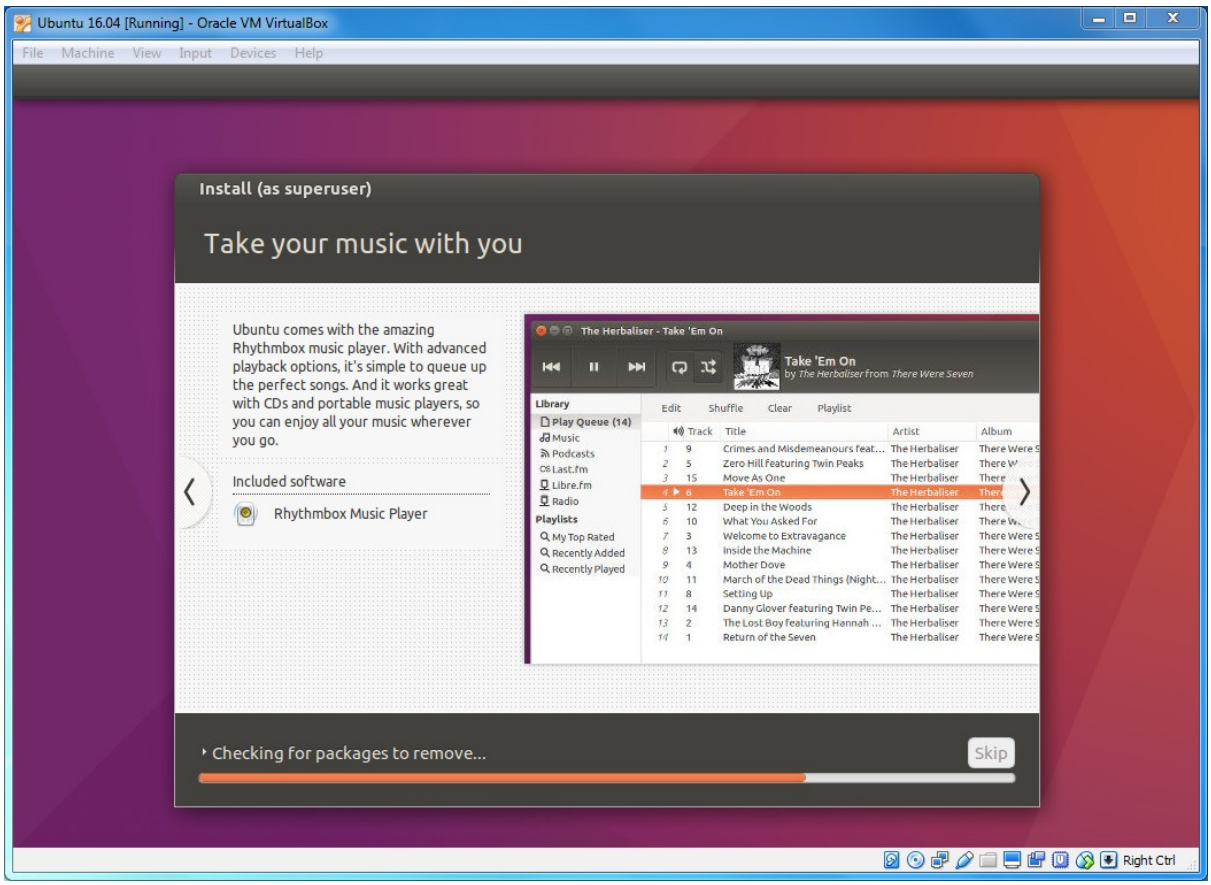

Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
En
Install (as superuser)
Installation type
This computer currently has no detected operating systems. What would you like to do?
Erase disk and install Ubuntu
Warning: This will delete all your programs, documents, photos, music, and any other files in all operating systems.
Write the changes to disks?
If you continue, the changes listed below will be written to the disks. Otherwise, you will be able to make further changes manually.
The partition tables of the following devices are changed:
SCSI3 (0,0,0) (sda)
The following partitions are going to be formatted:
partition #1 of SCSI3 (0,0,0) (sda) as ext4
partition #5 of SCSI3 (0,0,0) (sda) as swap
Go Back
Continue
Back
Install Now
Right Ctrl

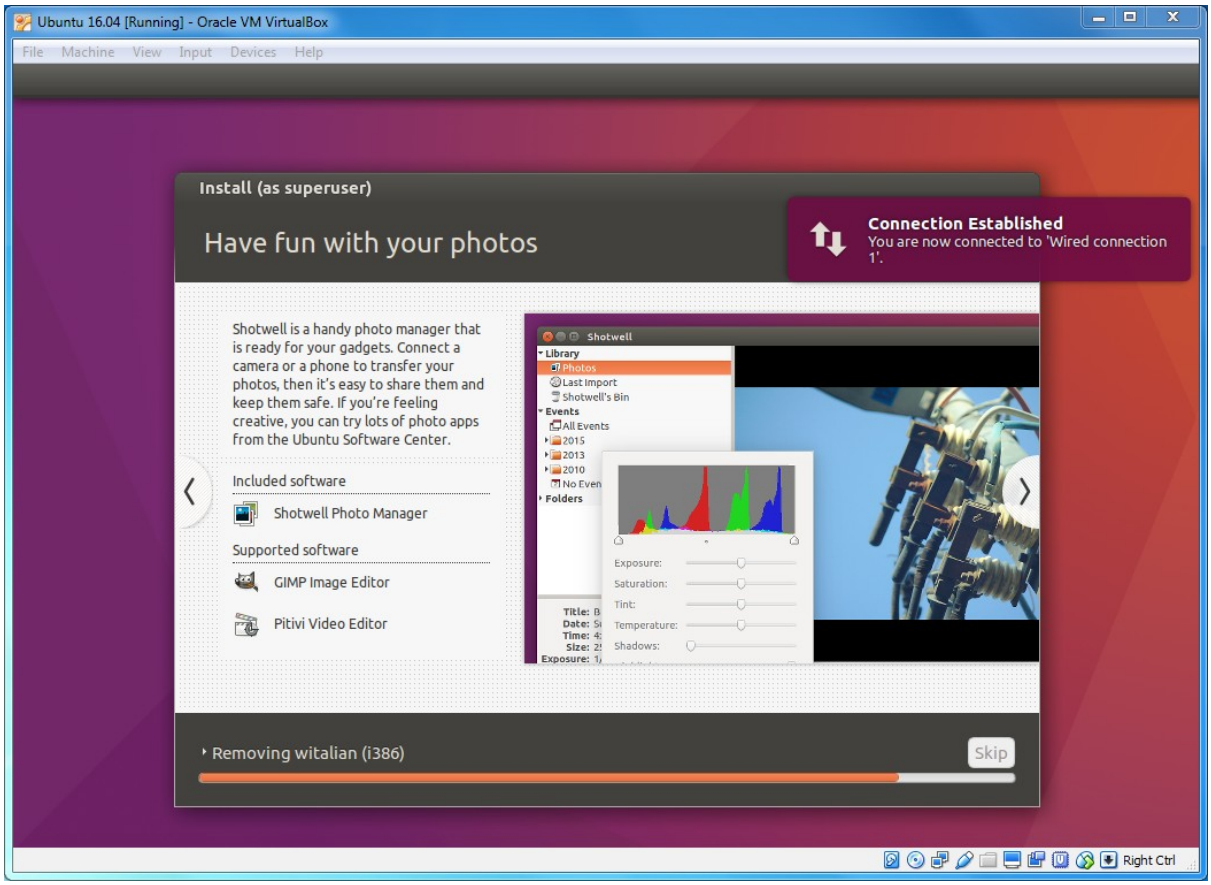

Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
En
Install (as superuser)
Where are you?
New York
Back
Continue
Right Ctrl

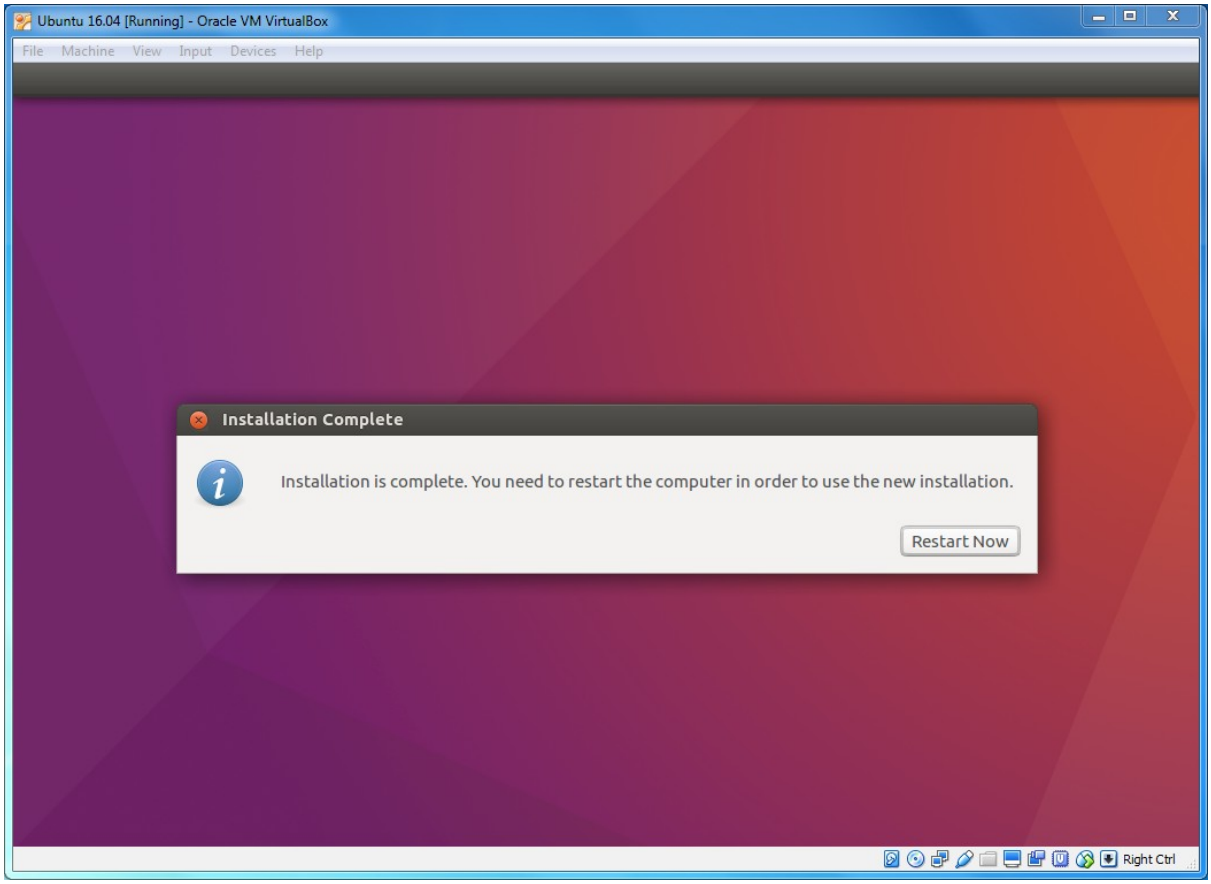

Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Keyboard layout
Choose your keyboard layout:
English (Ghana)
English (Nigeria)
English (South Africa)
English (UK)
English (US)
Esperanto
Estonian
Faroese
Filipino
English (US)
English (US) - Cherokee
English (US) - English (Colemak)
English (US) - English (Dvorak alternative international no dead keys)
English (US) - English (Dvorak)
English (US) - English (Dvorak, international with dead keys)
English (US) - English (Macintosh)
English (US) - English (Programmer Dvorak)
English (US) - English (US, alternative international)
Type here to test your keyboard
Detect Keyboard Layout
Back
Continue
Right Ctrl

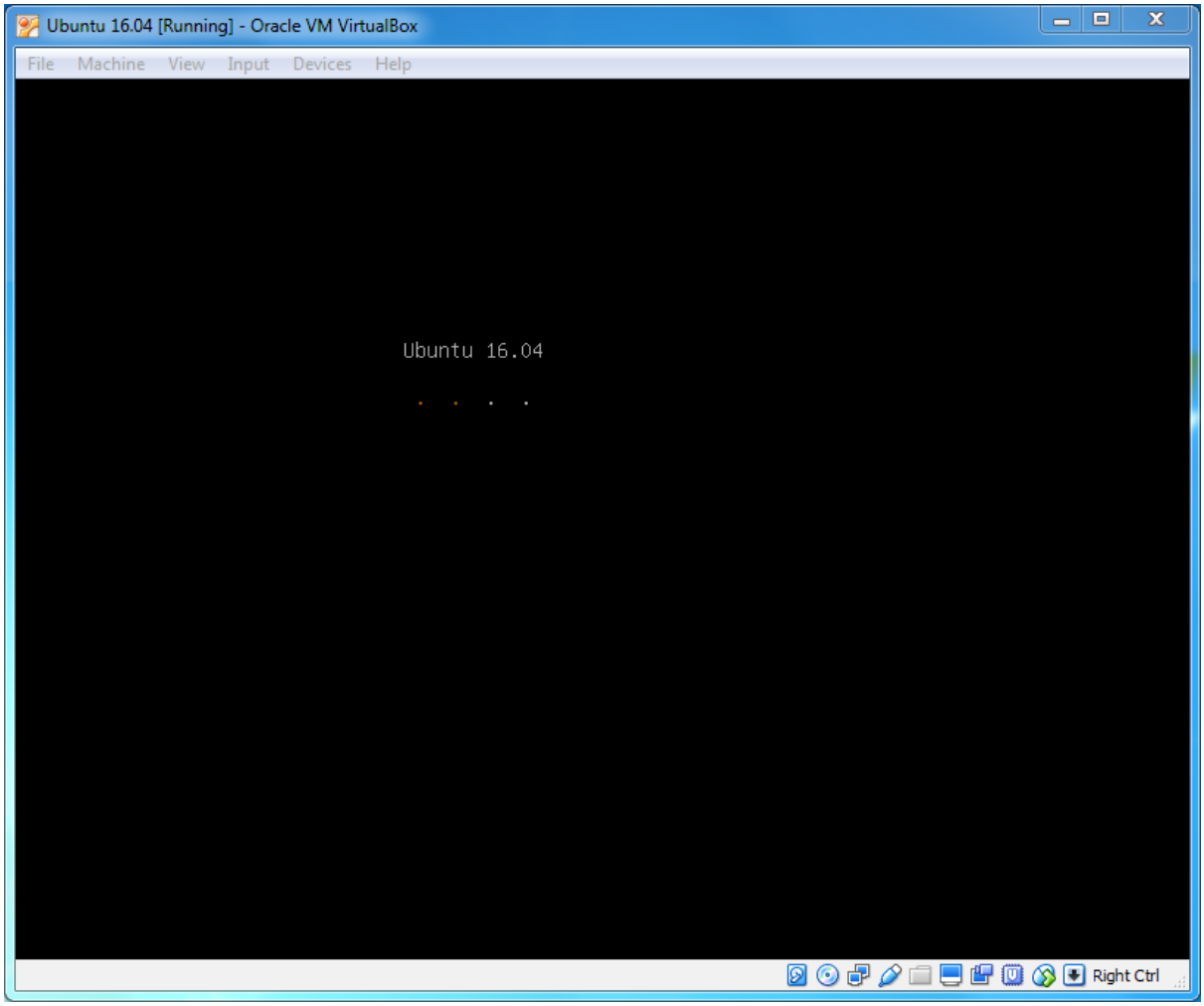

Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Who are you?
Your name: ist221
Your computer's name: ist221-VirtualBox
The name it uses when it talks to other computers.
Pick a username: ist221
Choose a password: ●●●●●●
Fair password
Confirm your password: ●●●●●●
Log in automatically
Require my password to log in
Encrypt my home folder
Back
Continue
Right Ctrl

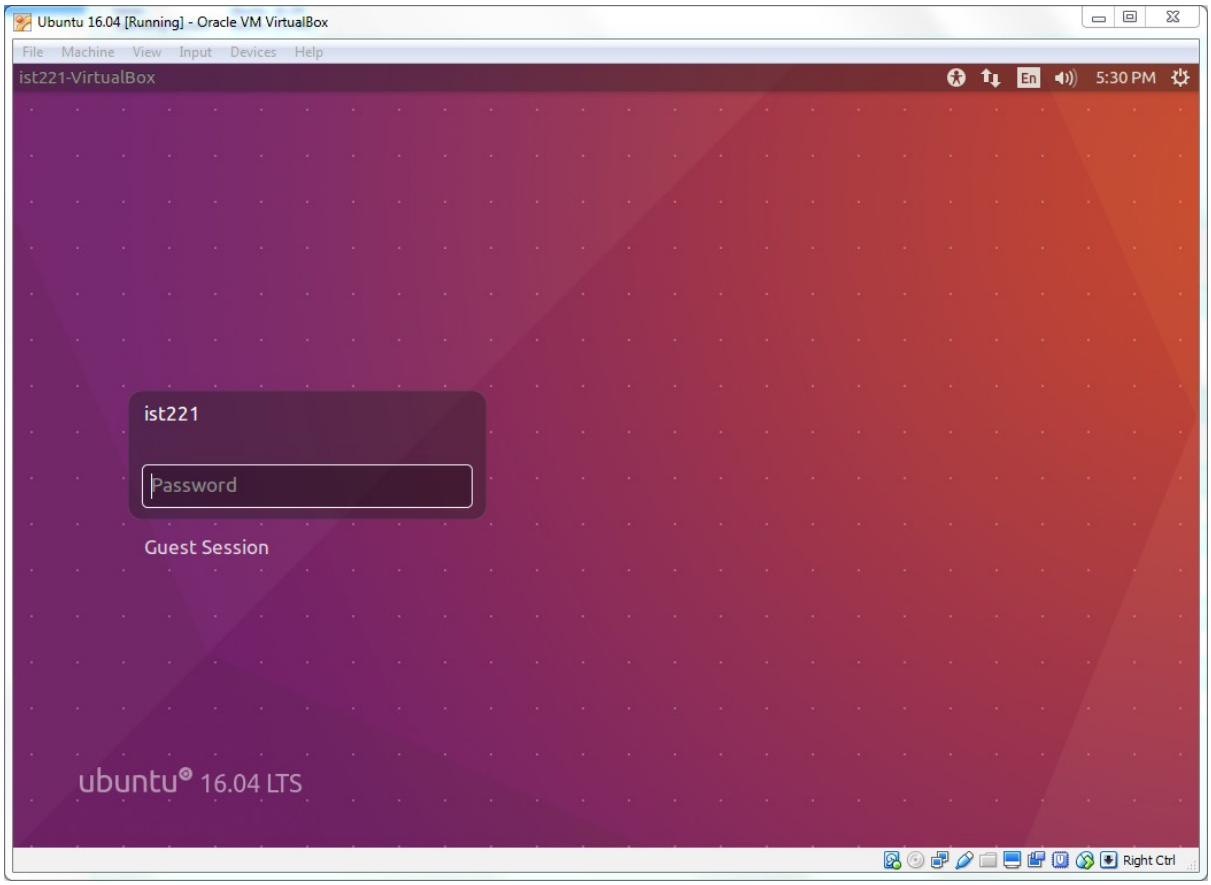

Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Welcome to Ubuntu
Fast and full of new features, the latest version of Ubuntu makes computing easier than ever. Here are just a few cool new things to look out for...
Installing system
Skip
Right Ctrl

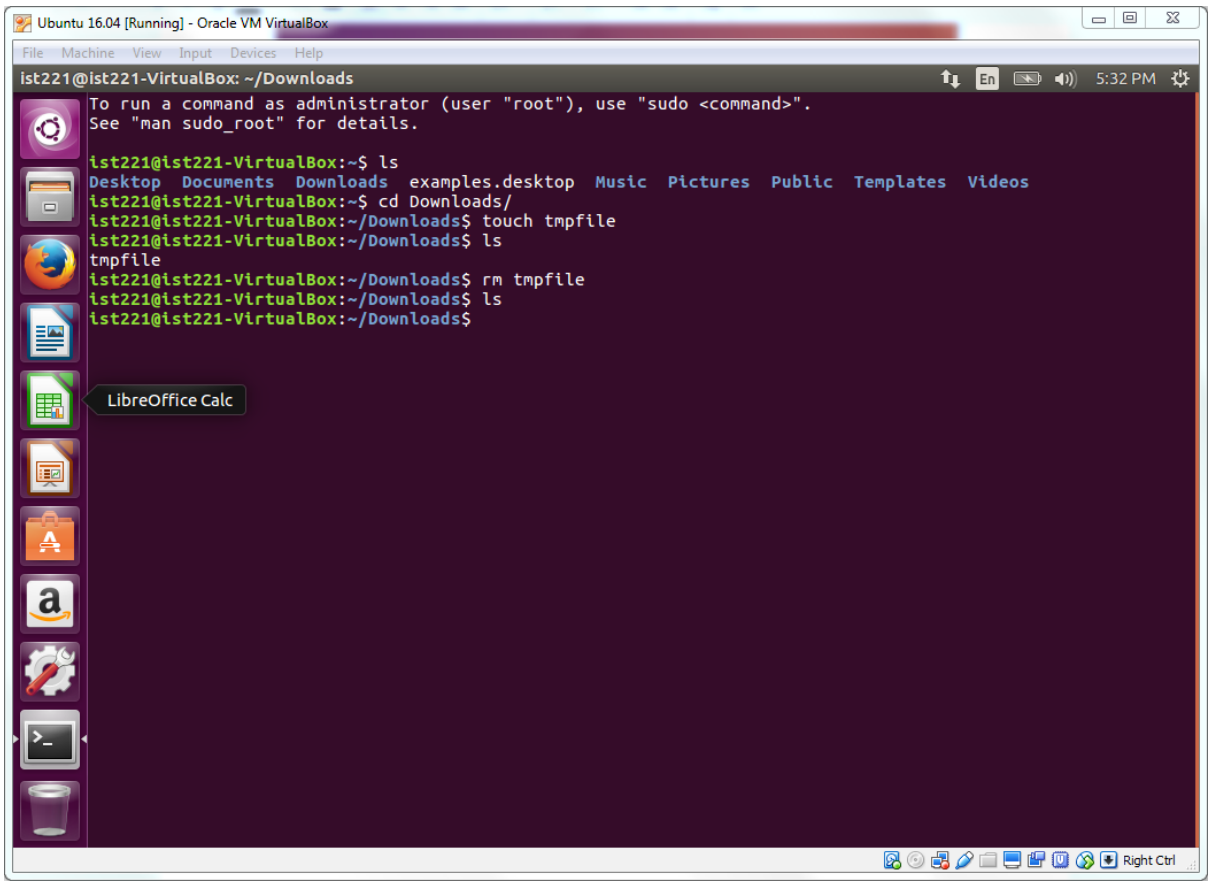

Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Take your music with you
Ubuntu comes with the amazing Rhythmbox music player. With advanced playback options, it's simple to queue up the perfect songs. And it works great with CDs and portable music players, so you can enjoy all your music wherever you go.
Included software
Rhythmbox Music Player
The Herbaliser - Take 'Em On
Take 'Em On
by The Herbaliser from There Were Seven
Library
Play Queue (14)
Music
Podcasts
Last.fm
Libre.fm
Radio
Playlists
My Top Rated
Recently Added
Recently Played
Edit Shuffle Clear Playlist
Track Title Artist Album
Checking for packages to remove...
Skip
Right Ctrl


Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Install (as superuser)
Have fun with your photos
Connection Established
You are now connected to 'Wired connection 1'.
Shotwell is a handy photo manager that is ready for your gadgets. Connect a camera or a phone to transfer your photos, then it's easy to share them and keep them safe. If you're feeling creative, you can try lots of photo apps from the Ubuntu Software Center.
Included software
Shotwell Photo Manager
Supported software
GIMP Image Editor
Pitivi Video Editor
Removing witalian (i386)
Skip
Right Ctrl


Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Installation Complete
Installation is complete. You need to restart the computer in order to use the new installation.
Restart Now
Right Ctrl


Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
Ubuntu 16.04
Right Ctrl


Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
ist221-VirtualBox
En
5:30 PM
ist221
Password
Guest Session
ubuntu® 16.04 LTS
Right Ctrl


Ubuntu 16.04 [Running] - Oracle VM VirtualBox
File Machine View Input Devices Help
ist221@ist221-VirtualBox: ~/Downloads
En
5:32 PM
To run a command as administrator (user "root"), use "sudo <command>".
See "man sudo_root" for details.
ist221@ist221-VirtualBox:~$ ls
Desktop Documents Downloads examples.desktop Music Pictures Public Templates Videos
ist221@ist221-VirtualBox:~$ cd Downloads/
ist221@ist221-VirtualBox:~/Downloads$ touch tmpfile
ist221@ist221-VirtualBox:~/Downloads$ ls
tmpfile
ist221@ist221-VirtualBox:~/Downloads$ rm tmpfile
ist221@ist221-VirtualBox:~/Downloads$ ls
ist221@ist221-VirtualBox:~/Downloads$
LibreOffice Calc
Right Ctrl

One recommended Github repo: https://github.com/jlevy/the-art-of-command-line