

A decorative graphic on the left side of the slide. It consists of a blue parallelogram and a light green parallelogram, both tilted at an angle. The blue shape is in the foreground, and the green shape is partially behind it. They are set against a dark blue background with faint, lighter blue diagonal stripes.

VMware Player for Network Security I

Download & Install VMware Workstation Player

Goto :

<https://www.vmware.com/products/workstation-player/workstation-player-evaluation.html>

Click the “DOWNLOAD NOW” for Windows

If Mac : Use UTM

VMware Workstation 17 Player



VMware Workstation Player

VMware Workstation Player is an ideal utility for running a single virtual machine on a Windows or Linux PC. Organizations use Workstation Player to deliver managed corporate desktops, while students and educators use it for learning and training.

The free version is available for non-commercial, personal and home use. We also encourage students and non-profit organizations to benefit from this offering.

Commercial organizations require commercial licenses to use Workstation Player.

Need a more advanced virtualization solution? Check out [Workstation Pro](#).

Try Workstation 17 Player for Windows

DOWNLOAD NOW >

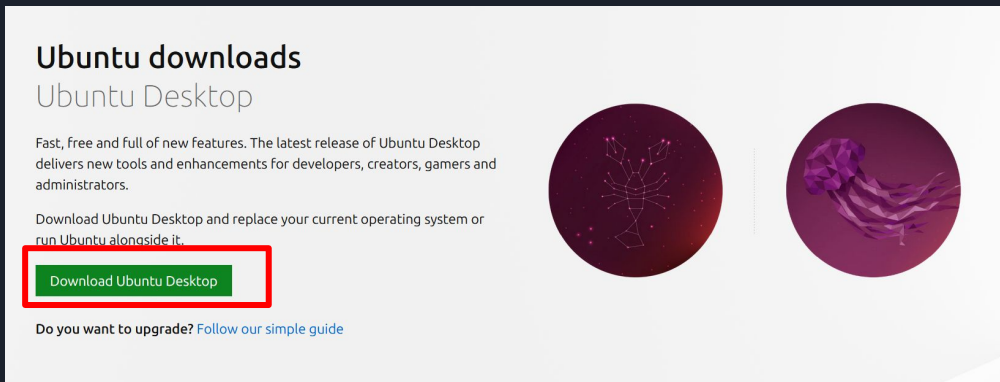
Try Workstation 17 Player for Linux

DOWNLOAD NOW >

Download Ubuntu ISO (The installer for the OS)

GOTO : <https://ubuntu.com/download>

Click “Download Ubuntu Desktop”



The screenshot shows the 'Ubuntu downloads' section of the Ubuntu website. It features a heading 'Ubuntu downloads' and a sub-heading 'Ubuntu Desktop'. Below this, there is a paragraph describing the latest release of Ubuntu Desktop. A green button labeled 'Download Ubuntu Desktop' is highlighted with a red rectangle. To the right of the text are two circular images: one showing a network diagram and the other showing a stylized Ubuntu logo. At the bottom, there is a link to 'Follow our simple guide'.

Ubuntu downloads

Ubuntu Desktop

Fast, free and full of new features. The latest release of Ubuntu Desktop delivers new tools and enhancements for developers, creators, gamers and administrators.

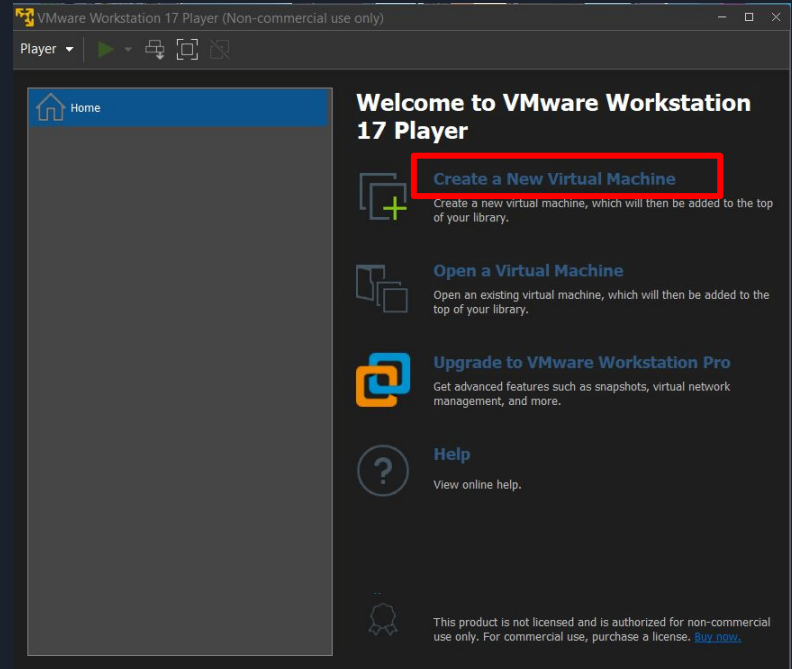
Download Ubuntu Desktop and replace your current operating system or run Ubuntu alongside it.

[Download Ubuntu Desktop](#)

Do you want to upgrade? [Follow our simple guide](#)

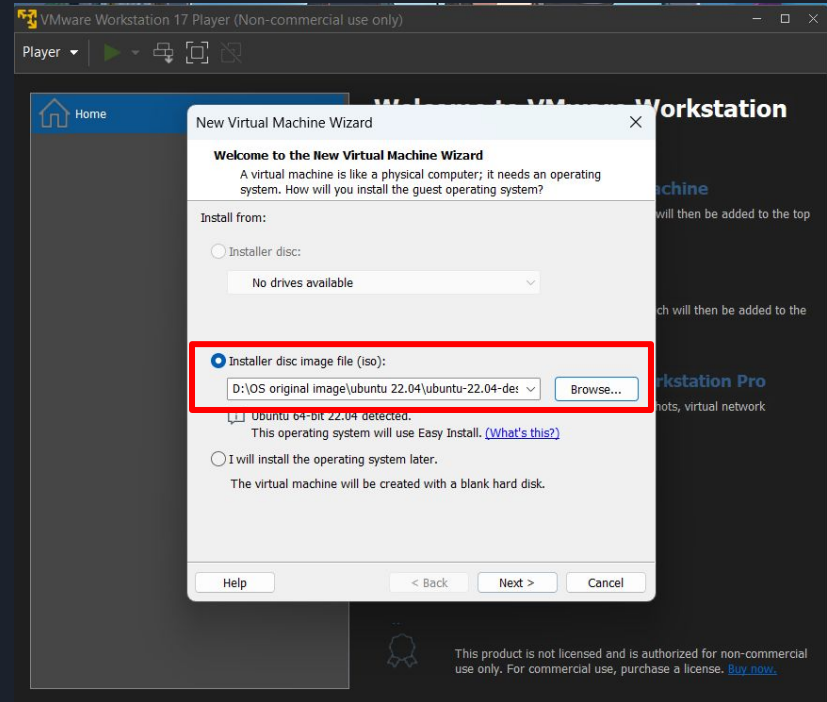
Creating a Virtual Machine in VMware workstation

Click the “Create a New Virtual Machine” button



Creating a Virtual Machine in VMware workstation

Select the ISO file downloaded in slide 3 and click Next

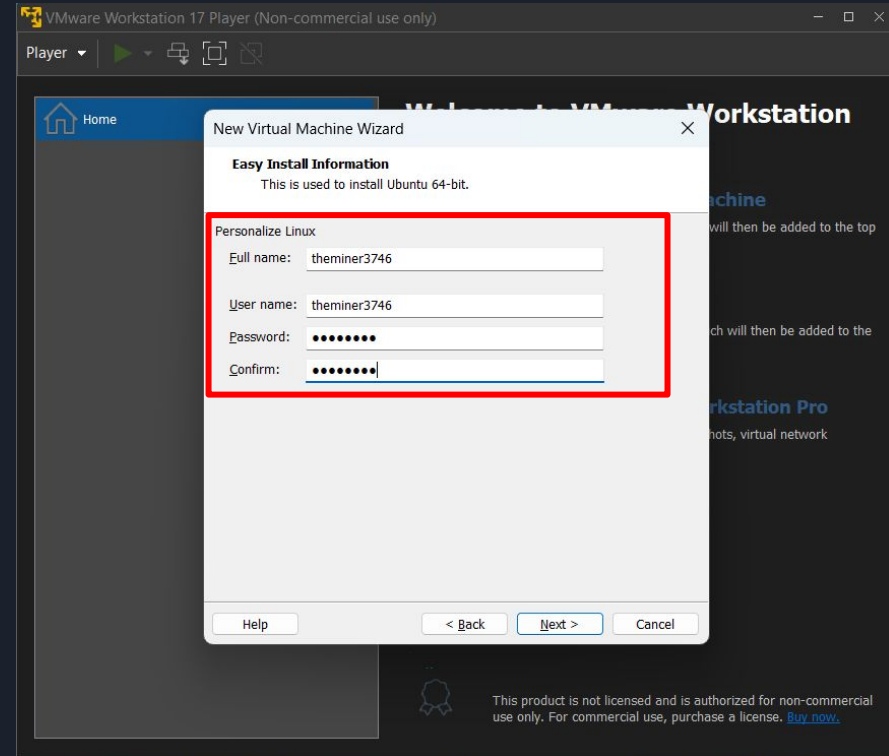


Creating a Virtual Machine in VMware workstation

Enter your details.

The full name does not matter.

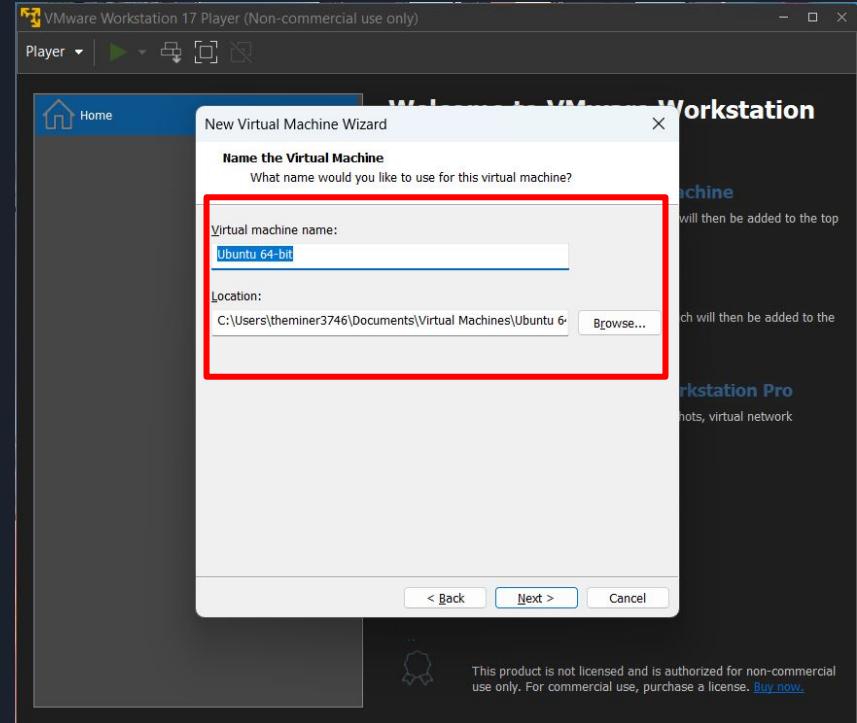
But remember the username and password as you will need them to login



Creating a Virtual Machine in VMware workstation

If you want to change the name of your VM or change its storage location, you can do that here.

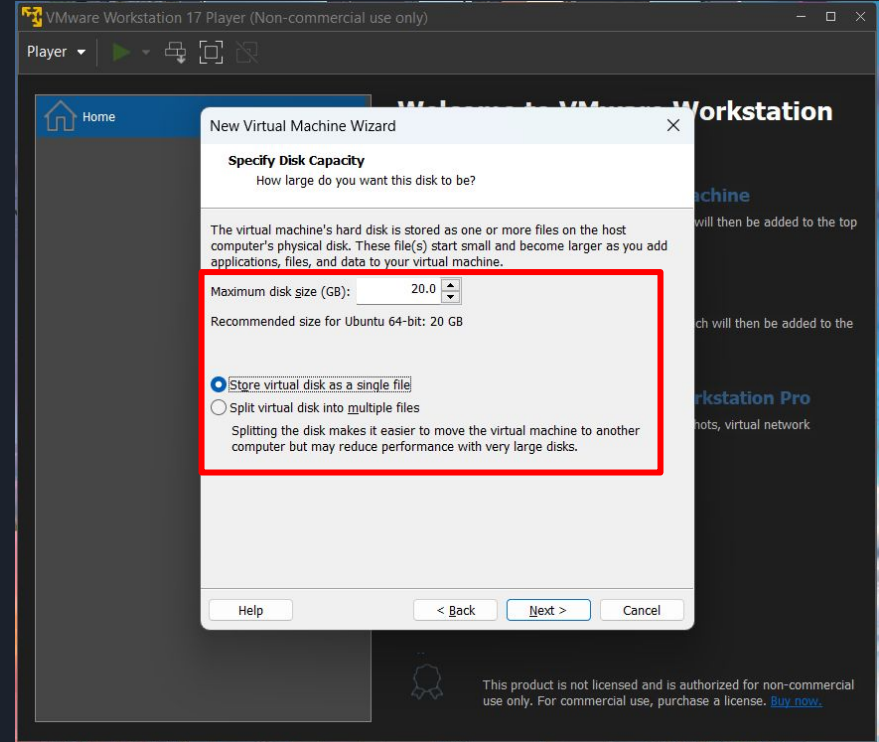
Otherwise, the default should be fine.



Creating a Virtual Machine in VMware workstation

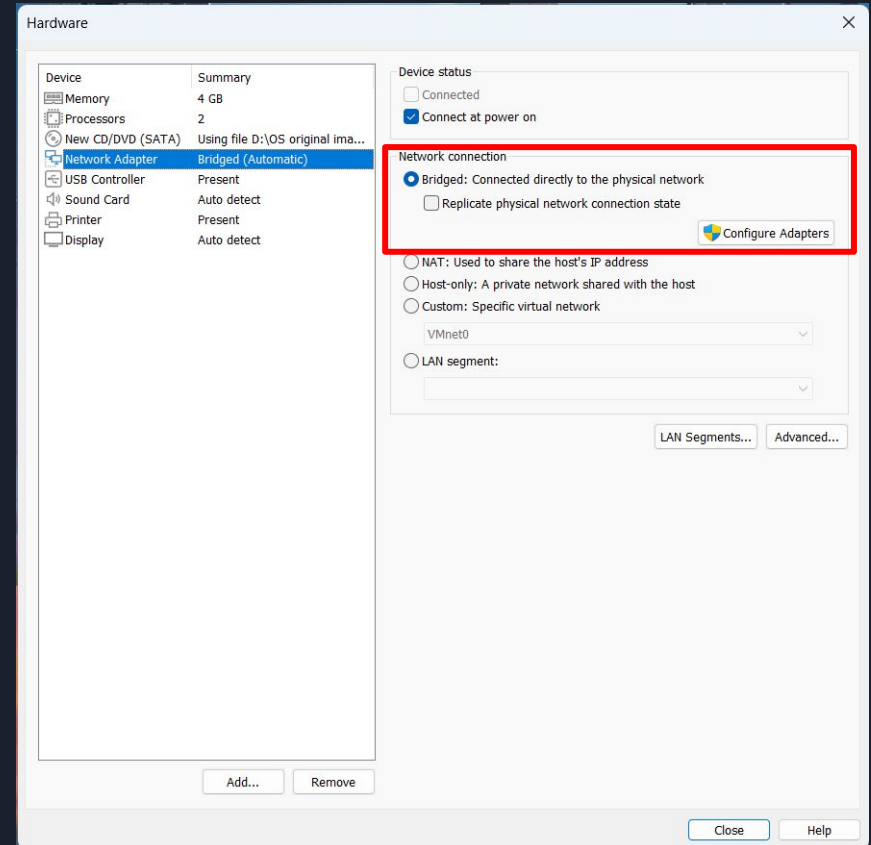
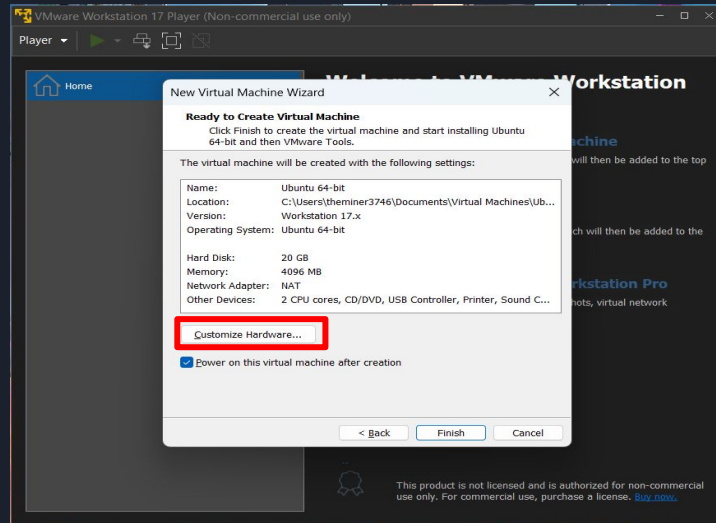
Leave the disk size as the default 20 GB.

I suggest you use “Store virtual disk as a single file” option.



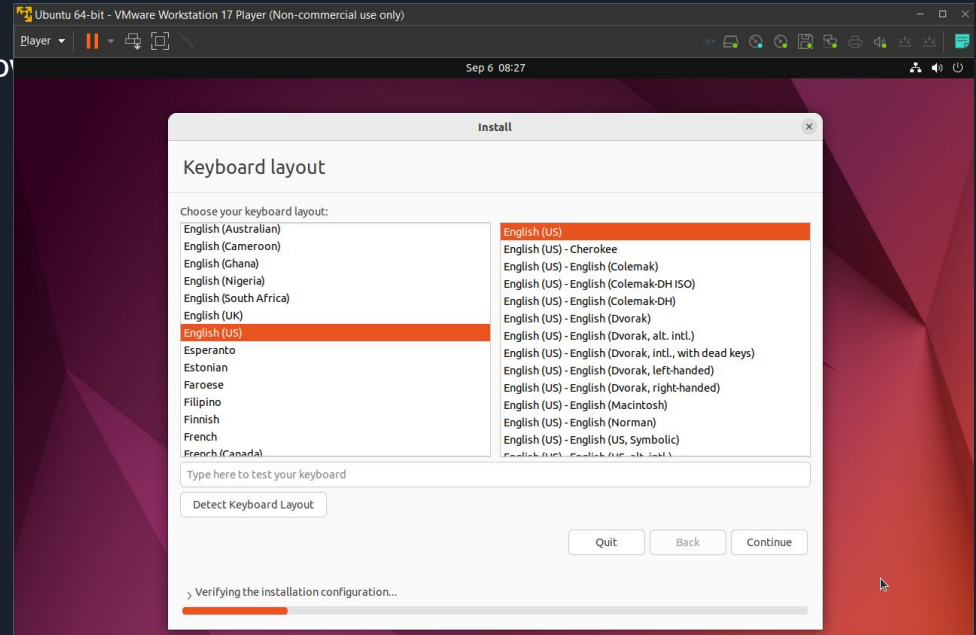
Creating a Virtual Machine in VMware workstation

Click the “Customize Hardware” and change the Network Adapter setting to “Bridge” instead of “NAT”



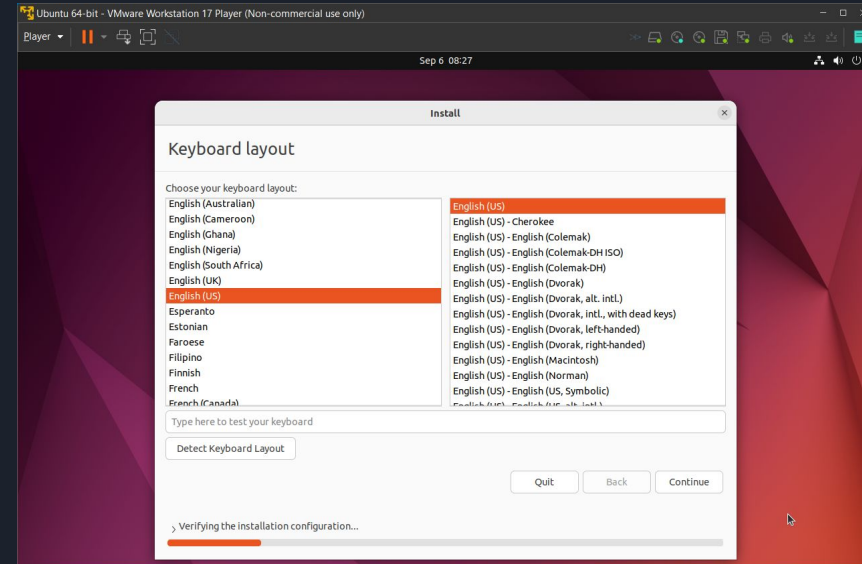
Creating a Virtual Machine in VMware workstation

Click “Close” and “Finish”. You can now power on the VM.



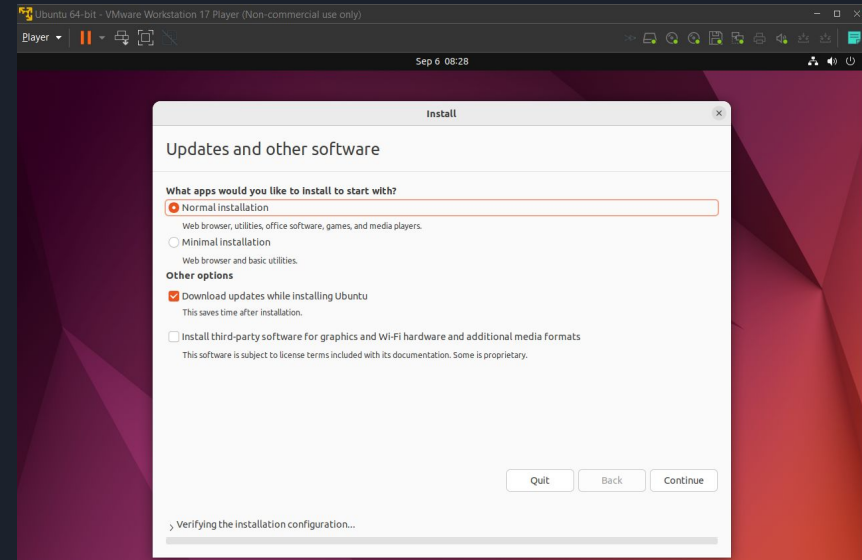
Installing Ubuntu Desktop

Use the default Keyboard settings



Installing Ubuntu Desktop

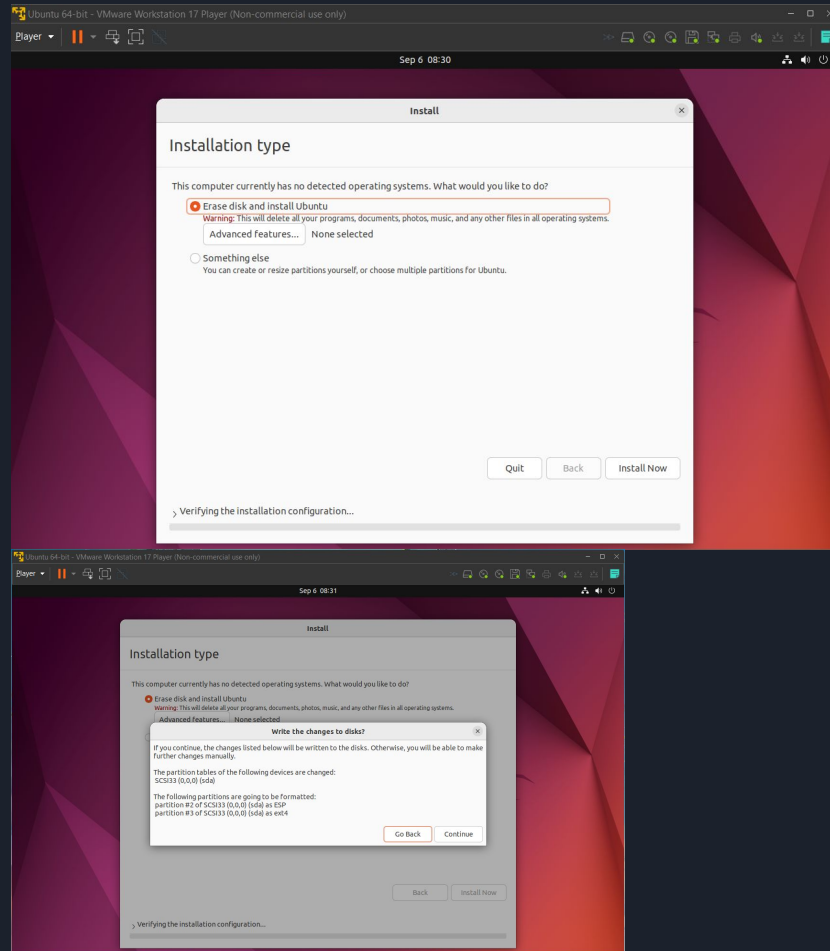
Select “Normal installation” and check the
“Download updates while installing Ubuntu”



Installing Ubuntu Desktop

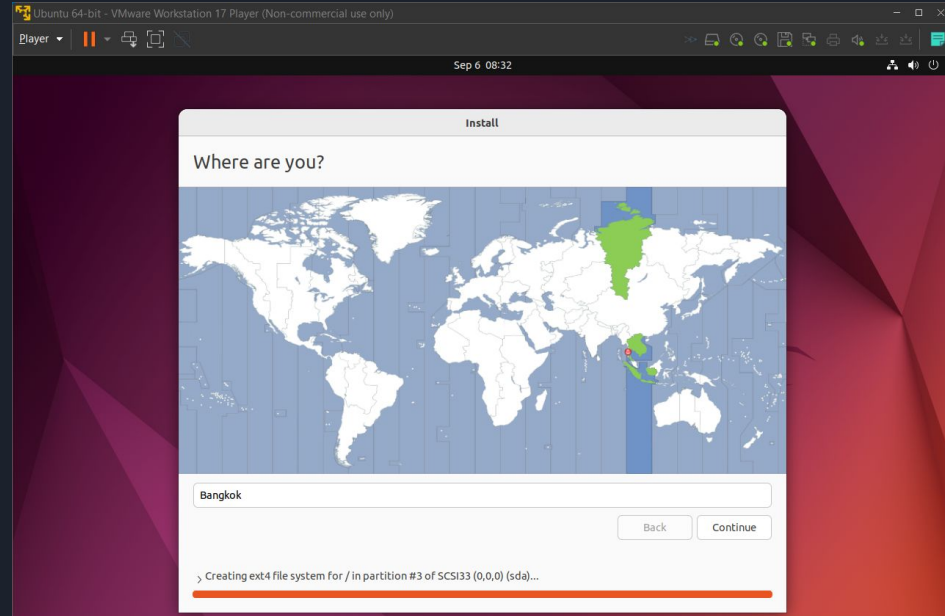
Select “Erase disk and install Ubuntu” then click “Install Now”

There will be a pop up to confirm disk changes, click “Continue”



Installing Ubuntu Desktop

Select Bangkok timezone



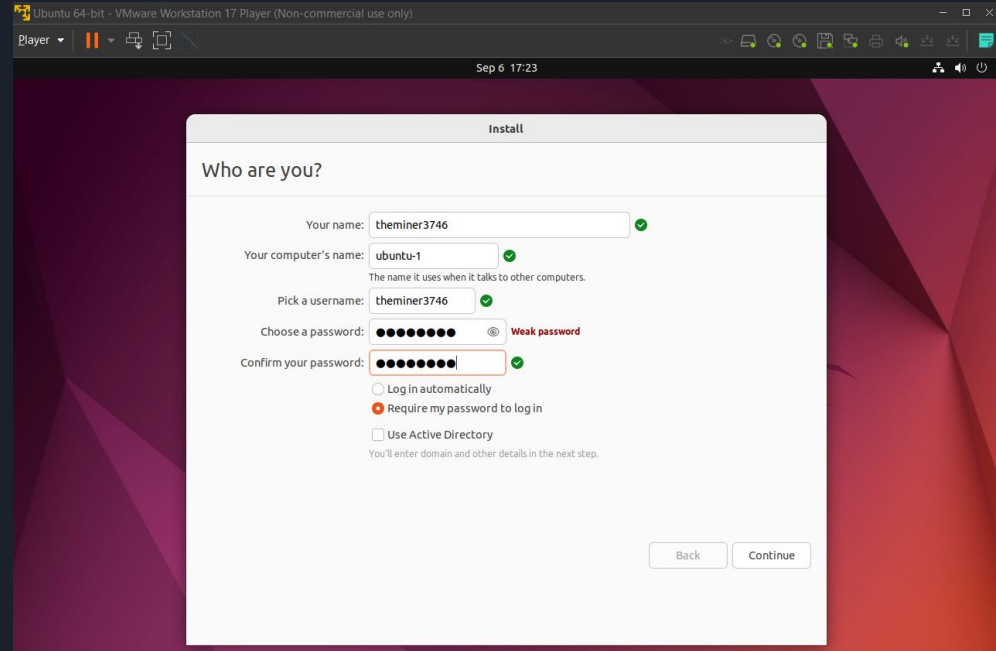
Installing Ubuntu Desktop

Enter your details.

The full name does not matter.

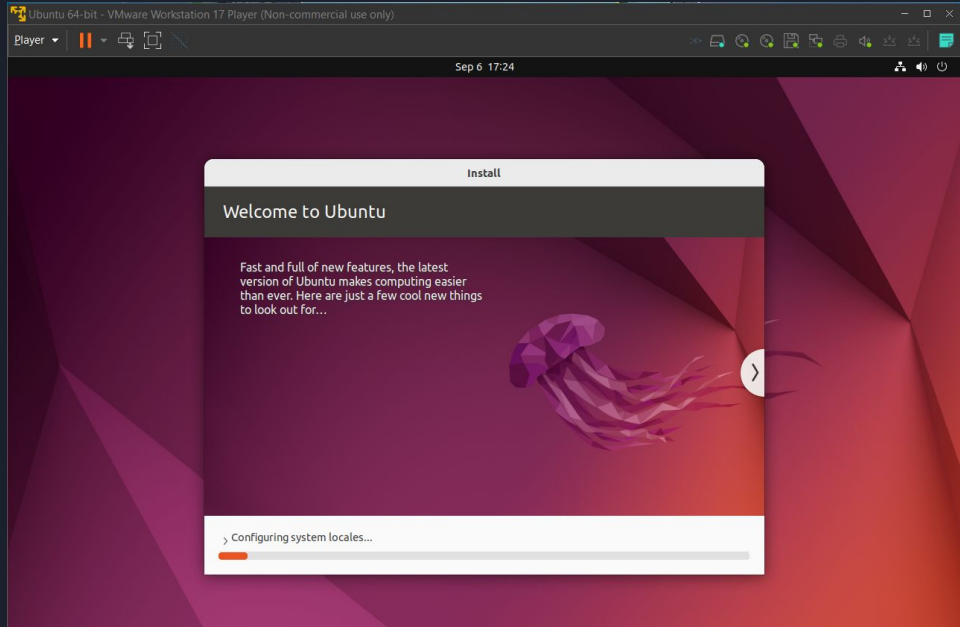
Make sure to keep your computer's name unique.

But remember the username and password as you will need them to login



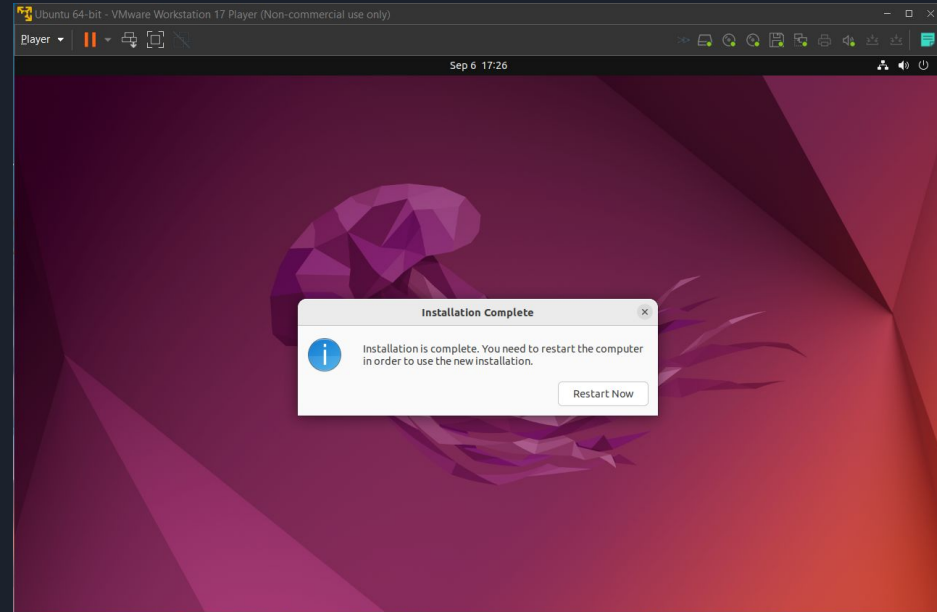
Installing Ubuntu Desktop

Go grab coffee or something, we might be here a while...



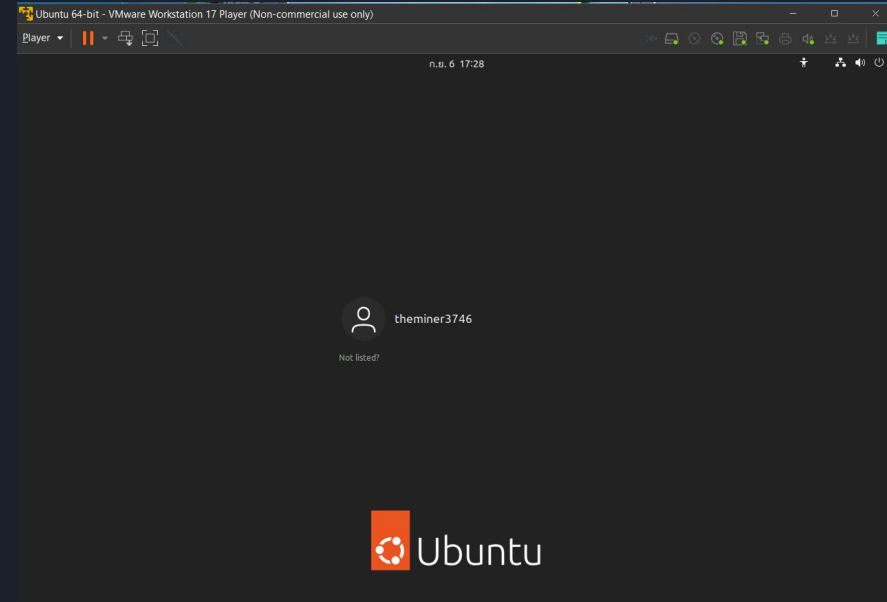
Installing Ubuntu Desktop

Click “Restart Now”



Installing Ubuntu Desktop

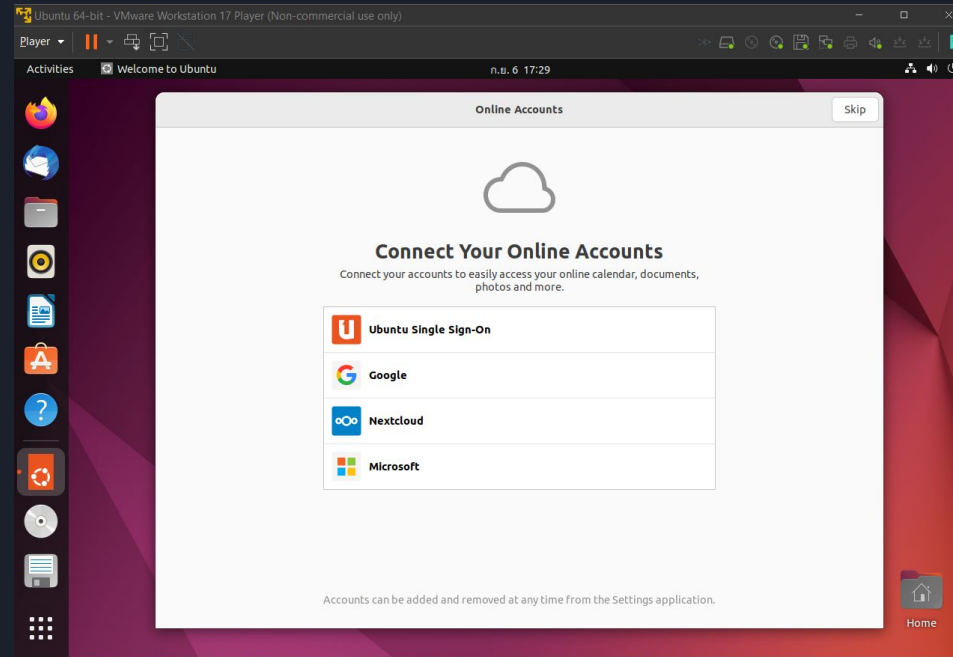
You can now use your username and password to login



Installing Ubuntu Desktop

And we are done.

(You don't need to do anything with the white windows, just press skip/next)





FAQ

- If your cursor is stuck inside the VM, press ctrl + alt to use the cursor on your OS.
- If you can't use ifconfig, run "sudo apt install net-tools"

FAQ : The VM booted into the installation menu after install

You probably still have the ISO file connected as a boot drive. Disconnect it and restart the VM.

