1. steps of downlade the ROS system : 1-downlaode the oracil Vm visuailBOx by this link : <https://www.virtualbox.org/wiki/Downloads> then select option and chose based on your computer and system. 2-downlaode the Ubunte 16.04 by this link: <https://releases.ubuntu.com/16.04/> based on your computer and system. 3-open the visuailBOx and select NEW then write the name of system you want to downlaode, you will write (ROS\_OS) then you will determine the Memory size then next to the last think. 4-select the Ros\_os virual machine then enter the start then you will see the window (start up disk) you click start then you uploade the Ubunte 16.04 . 5-then select instil Ubunte after that click continue then continue then slect your city. 6-write your name and pick uo user and write password. 7-you will wait until finsh , then slecet firfox and putting this link : <https://s-m.com.sa/ros.txt> to instil ros 8-slect the terminel and write evrey rows in the <https://s-m.com.sa/ros.txt> and some time you need to write password. 9-the last think the rivs program will open.