

## Meta Quest 2 New User Guide

### What's Inside

The Meta Quest 2 carrying case contains four items: 1 HMD (Head-mounted Display), 2 Touch Controllers, and 1 USB-C charger.

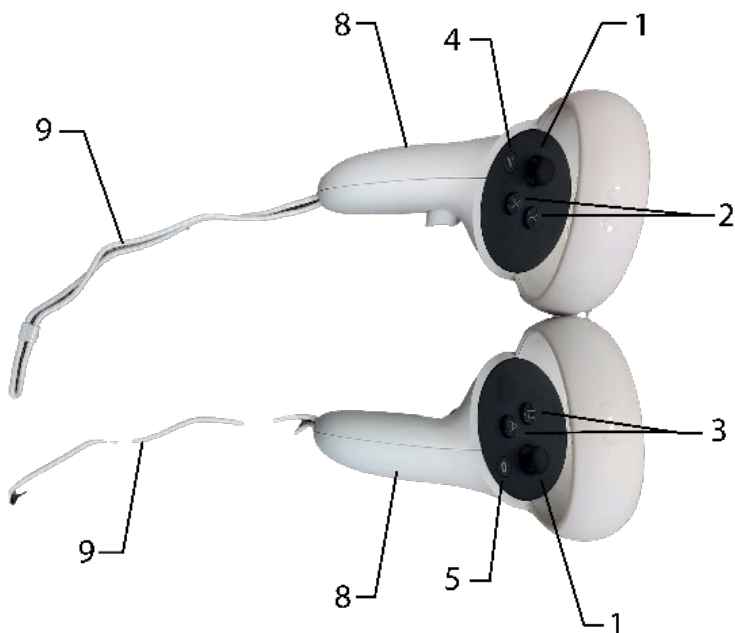
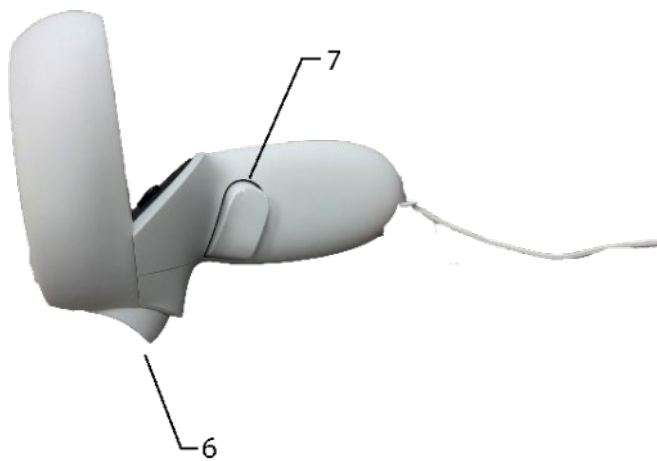
### Features on the HMD

1. Charging Port
2. Power Button
3. Volume Control
4. Audio Port
5. Lens Adjustment
6. Adjustment Straps (Top)
7. Adjustment Straps (Sides)
8. Eyeglass Spacer (Optional)



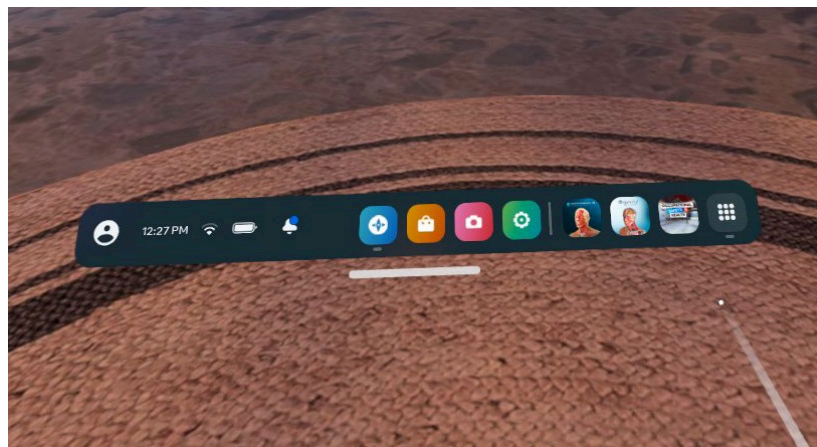
## Controllers

1. Joysticks
2. X/Y Buttons (Left Controller)
3. A/B Buttons (Right Controller)
4. Menu Button (Left Controller)
5. Oculus Button (Right Controller)
6. Trigger Buttons
7. Grip Buttons
8. Battery Compartments
9. Wrist Straps



## Steps for Using the Quest 2

1. **Clear an Area:** Make sure the area you plan to use is clear of objects and provides sufficient room for unrestricted arm movement. It is important to be mindful and prevent any accidental tripping or collisions while using the controller. Additionally, ensure that people do not enter the area without notifying you in advance.
2. **Put on Controller Wrist Straps:** Put your hands through the wrist straps on the controllers before you put on the headset. You cannot see them once you put the headset on, so it is good to have them already on your wrists. Allow the controllers to hang loosely from your wrists until you have successfully positioned the headset on your head.
3. **Put on the Headset and Adjust as Needed:** The headset should fit tightly but comfortably around your head. There is a Velcro strap on the top for adjustments. There are also two white plastic pieces on the back that you can pull apart to tighten and push together to loosen. You can also adjust the distance between the lenses. Everything should look clear if the headset is adjusted properly.
4. **Set Up a Guardian (Roomscale or Stationary):** The guardian is a boundary that you draw in the headset to prevent you from accidentally leaving your play area. The guardian will appear if you or one of your controllers gets too close to the edge. There are two options: roomscale or stationary. Roomscale boundaries provide you with an expansive area in which you can freely navigate and move around. During setup, the headset will prompt you to establish the floor level and then allow you to create the boundary according to your preference. Maintaining an object-free designated boundary is crucial for a safe experience. If you have a small play space, the Meta Quest 2 offers a stationary boundary option. This is especially useful when you plan to stay in one spot, either seated or standing, without much movement. Simply set the floor level, and the headset will create a circular boundary around your chosen area.
5. **Navigating the UI with the Controllers:** Once the boundary is set, you will be placed into a home environment and the menu should appear in front of you. If you do not see the user interface, hold down the oculus button on the right controller for a couple of seconds; this should reset the user interface and place it in front of you. To interact with the user interface, use your controllers to point at objects and click on them with the trigger.



6. **Browse the App List and Pick an App:** On the right side of the menu, you'll see an app button. Click the app button to access the list of available apps. The Center for Teaching Excellence has already installed a variety of educational apps and experiences on the headsets. Choose any app you prefer and select it for usage. Keep in mind that each app comes with slightly different controls, so it is important to refer to the guide or tutorial built into the app. If you don't find a specific app you would like to utilize, please reach out to the Center for Teaching Excellence at [cte@sc.edu](mailto:cte@sc.edu) for assistance.
7. **Exiting Out of an App:** Once you are done using an app, click the oculus button on the right controller. This will bring up the main menu. There will also be a button that allows you to quit the app.
8. **Settings:** The settings can be found in the app list. There are many different settings for customization and accessibility. Feel free to change the settings to fit the way you use the headset.
9. **Connecting to Wi-Fi:** Many experiences and apps require Internet connection. You can find Wi-Fi options in Settings. If you attempt to connect to eduroam, keep in mind that the headset is an android device.
10. **Connecting to a PC (optional):** The Meta Quest 2 offers two options for connecting to a PC, either through a cable or via Wi-Fi. This enables you to access graphically demanding experiences that go beyond the capabilities of the Quest 2 alone. If your PC meets the requirements for VR, you can establish the connection using either the official Oculus Link cable or the AirLink feature. To get started, ensure you have downloaded the Oculus Rift app on your computer. For AirLink, both the headset and the computer must be connected to the same Wi-Fi network.

### Accessibility and Motion Sickness

There are many accessibility options available for the Meta Quest 2. For a full guide on VR accessibility, access [Virtual Environments Accessibility Guidelines](#).

Motion sickness can occasionally occur when using Virtual Reality technology. If you start feeling unwell while wearing the headset, it is recommended to remove it and take a break. It is important to note that, in most cases, the occurrence of motion sickness tends to decrease after the initial few sessions with the headset.

Have any questions? Contact the Center for Teaching Excellence at 803-777-8322 or [cte@sc.edu](mailto:cte@sc.edu).