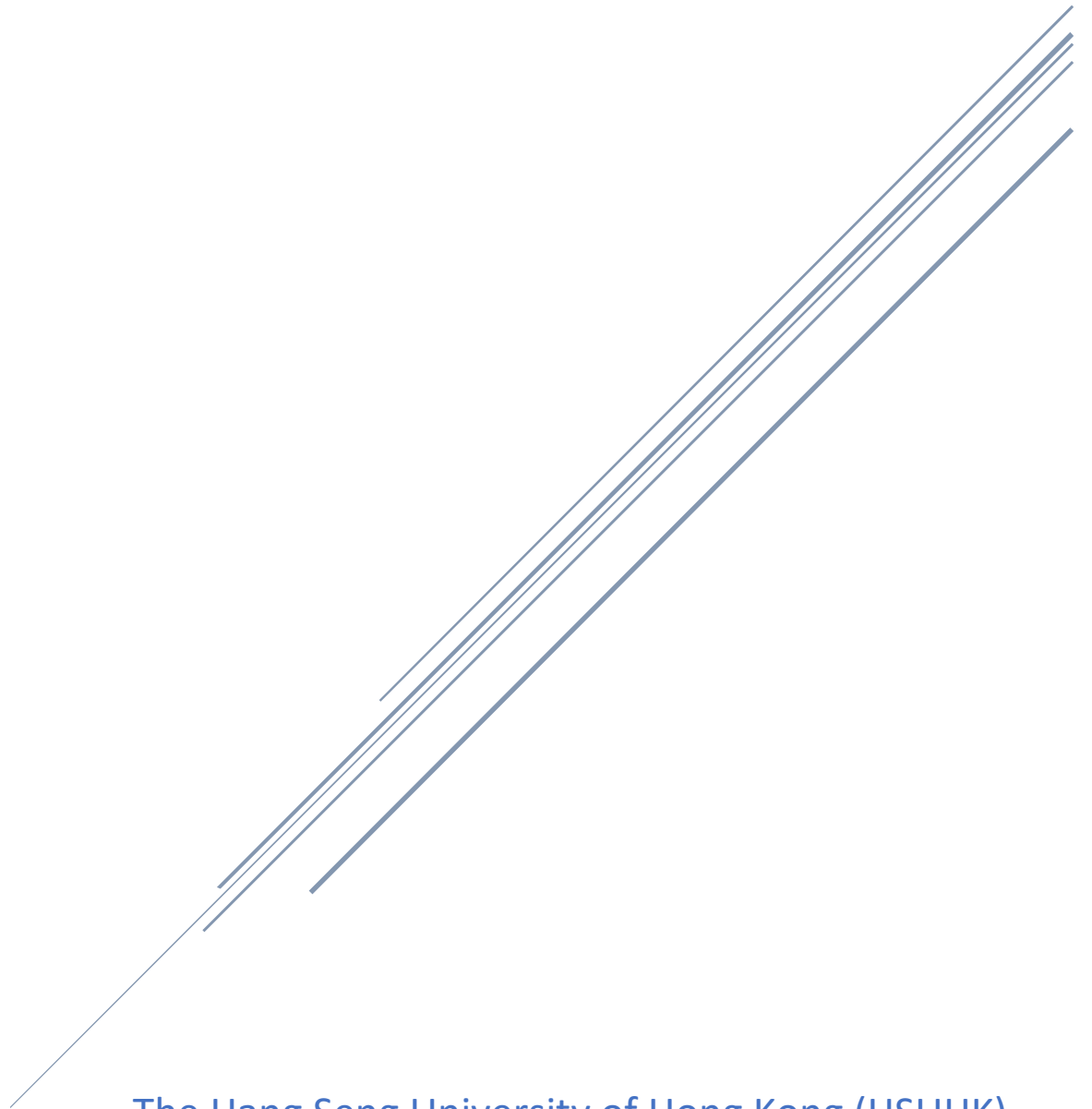


USER MANUAL FOR META QUEST 2 AND VR SPEECH TRAINER

HSUHK Library



The Hang Seng University of Hong Kong (HSUHK)

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I. Introduction

The Meta Quest 2 offers a wireless, intuitive VR experience, while the VR Speech Trainer is an innovative tool for improving presentation skills in a virtual environment. This manual will cover the setup, basic operations, application usage, and essential safety guidelines, ensuring a seamless and engaging VR experience.

II. Setting Up the Meta Quest 2

Getting Started

- Upon taking out the Meta Quest 2 headset from the TV cabinet in A210, it's already charged, paired, and ready for use. The VR Speech Trainer application is pre-installed for your convenience.

Adjusting the Headset

- **Fit and Comfort:** Adjust the straps on the headset to ensure it sits comfortably and securely on your head.
- **Lens Adjustment:** Gently adjust the position of the lenses to align with your eyes for a clear view.

Using the Touch Controllers

- The Meta Quest 2 comes with two Touch controllers. Familiarize yourself with the buttons and triggers.
- The controllers are already paired with the headset and ready for use.

Entering the Virtual Environment

- To start using the Meta Quest 2, simply put on the headset.
- You will be taken to the VR home environment, where you can access various applications and settings.

Navigating the Interface

- Use the Touch controllers to navigate through the menu.
- Point and click to select applications.

III. Basic Operations

Here are the basic operations of what each Touch controller button can do:

- **Thumbsticks** navigate your virtual environment.
- **Trigger** (on the front of the controller), **A** and **X** select objects in your environment.
- **B** and **Y** return you to the previous screen or menu.
- **O** brings up the universal menu. You can also press and hold **O** to recenter your headset view.
- **Grip** button (on the side of the controller) grabs objects or makes a fist when using your virtual hands.
- **≡** brings up the menu inside apps and experiences.
- You can press any button to wake the controllers after you turn on your headset.

Controls in VR Speech Trainer



- To aim at any part of the screen, touch the trigger with your index finger as seen on the image. A laser pointer will appear.
- Press the trigger-button to select an element on the screen.
- Gestures: Hold controllers in both hands to gesticulate and use the laser pointer.

Important: You can use either the right or the left controller as your main controller for operation and navigation.

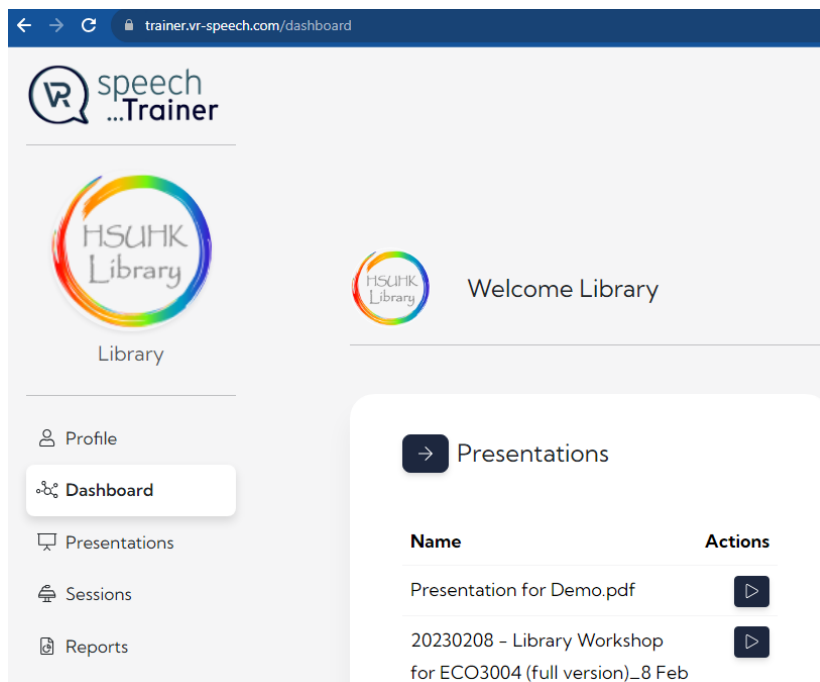
IV. VR Speech Trainer [on the Workstation]

*****Before using this set of equipment, please note that:**

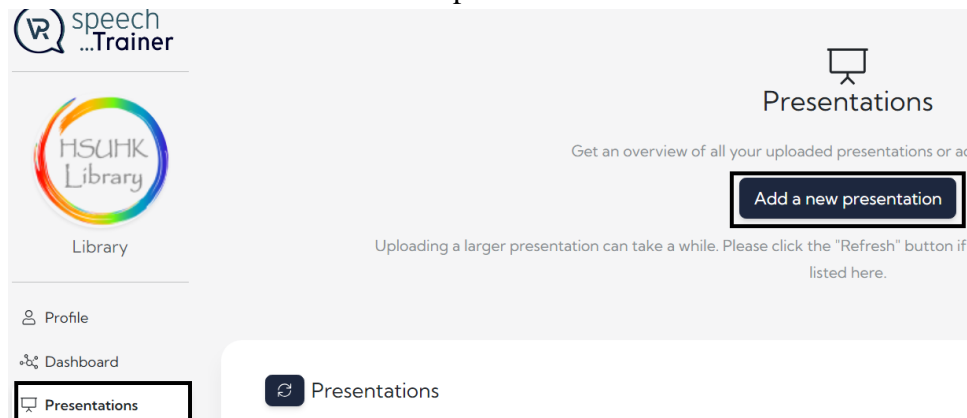
- 1) Check the condition of the equipment before you start, report to our counter staff immediately if any abnormal condition is found.**
- 2) Take off your eyeglasses before you put on the VR headset.**

Upload Presentation

1. Access the Dashboard



2. Select Presentation and “Add new presentation”



3. Upload your presentation file (PDF).

Create your new presentation

Create a new presentation that you can use during the training session.

Drag and drop your presentation file (PDF) here.
Or click to open the file manager

VR Speech Trainer.pdf
12 Pages

Upload presentation

Create Session

1. Select “Sessions” and “Start a new session”

speech ...Trainer

HSUHK Library

Library

Profile

Dashboard

Presentations

Sessions

Sessions

Get an overview of your past sessions or start a new one.

Start a new session

Import external session

Last sessions

Name	Session code	Expires
DEMO	L2CSA	Expired
Testing2	24WNK	Expired

- Name your session, choose your uploaded file, select a virtual location, and set the maximum time for your whole presentation.

The screenshot shows the 'Start a new session' interface. On the left is a sidebar with navigation options: Profile, Dashboard, Presentations, Sessions (highlighted), Reports, Videos, Theory, Tutorial, and ABOUT. The main area is titled 'Start a new session' and contains three main sections: 'Name', 'Presentation', and 'Presentation location'. The 'Name' section has a text input field with the placeholder 'Name of the new session'. The 'Presentation' section has a dropdown menu labeled 'Select presentation...'. The 'Presentation location' section has a dropdown menu labeled 'Choose location...'. To the right of these is the 'Maximum Time' section, which includes a digital time selector with fields for Hours (H), Minutes (M), and Seconds (S), currently set to 00:00:00. A red warning message below the time selector reads: 'Failure to give the maximum time allowed may result in discrepancies in your report.' At the bottom right is a 'Continue' button, and at the bottom left is a 'Cancel' button.

- Classify each slide into 3 different parts of your presentation and set a time for each part.

The screenshot shows the slide classification and timing interface. On the left is a slide preview titled 'Demo of VR Speech Trainer' with 'slide 1 of 5' and navigation buttons for 'Previous slide' and 'Next slide'. The main area is divided into three sections: 'Order', 'Time', and a summary bar. The 'Order' section has a text input field with the instruction 'This is where you have to classify the slide you are currently viewing.' Below it are three radio buttons: 'Introduction' (checked), 'Main section', and 'Conclusion'. The 'Time' section has a text input field with the instruction 'Here you need to set the estimated time you will need for this slide.' Below it is a digital time selector with fields for Hours (H), Minutes (M), and Seconds (S), currently set to 00:00:06. The summary bar at the bottom shows 'Time of all slides' as 00:01:00 and 'Maximum Time' as 00:01:00. Below the summary bar is a horizontal progress bar with three segments: 'Introduction (10%)', 'Main section (70%)', and 'Conclusion (20%)'. At the bottom left is a 'Back' button and at the bottom right is a 'Continue' button.

- An overview of your presentation setting will be shown, click “Done” to confirm creating session.

Overview

Check your entries and finish editing.

Session name DEMO2

Presentation name Presentation for Demo.pdf

Place Meeting room

Maximum Time 00:01:00

Time of all slides 00:01:00

Introduction (10%) Main section (70%) Conclusion (20%)

Back Done

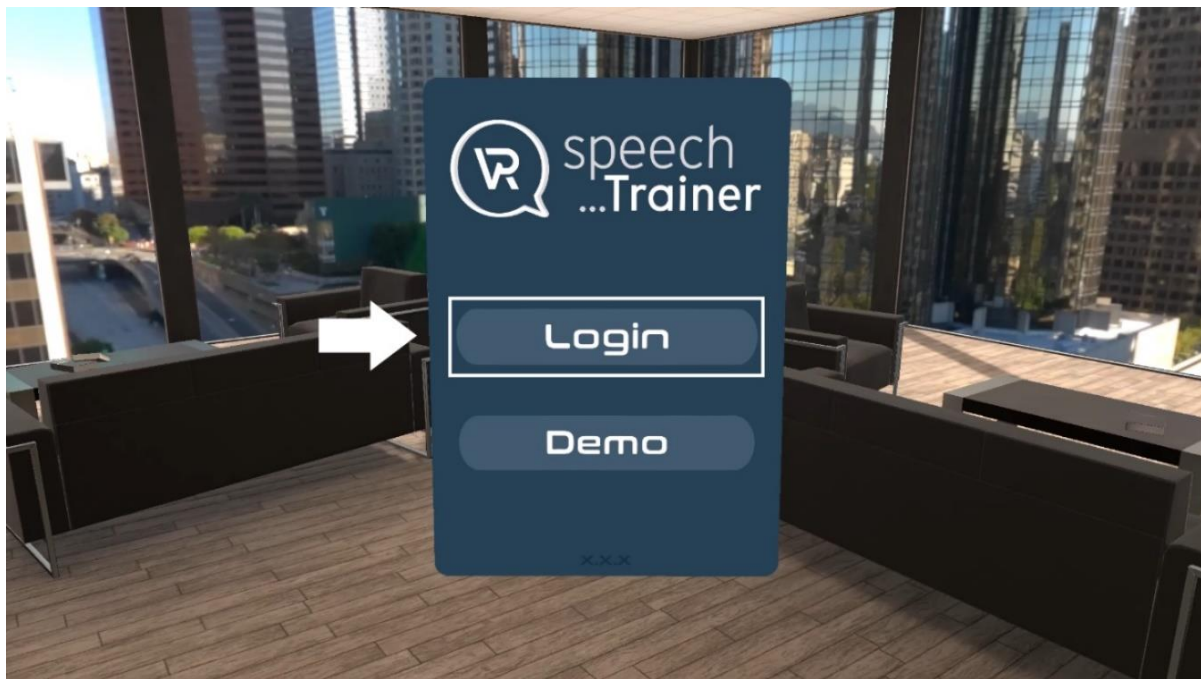
- Find and mark down the session code of the session you have created.

Last sessions

Name	Session code	Expires
DEMO2	R7758	in a day

User Interface[on the Meta Quest 2 headset]

1. Select “Login”.



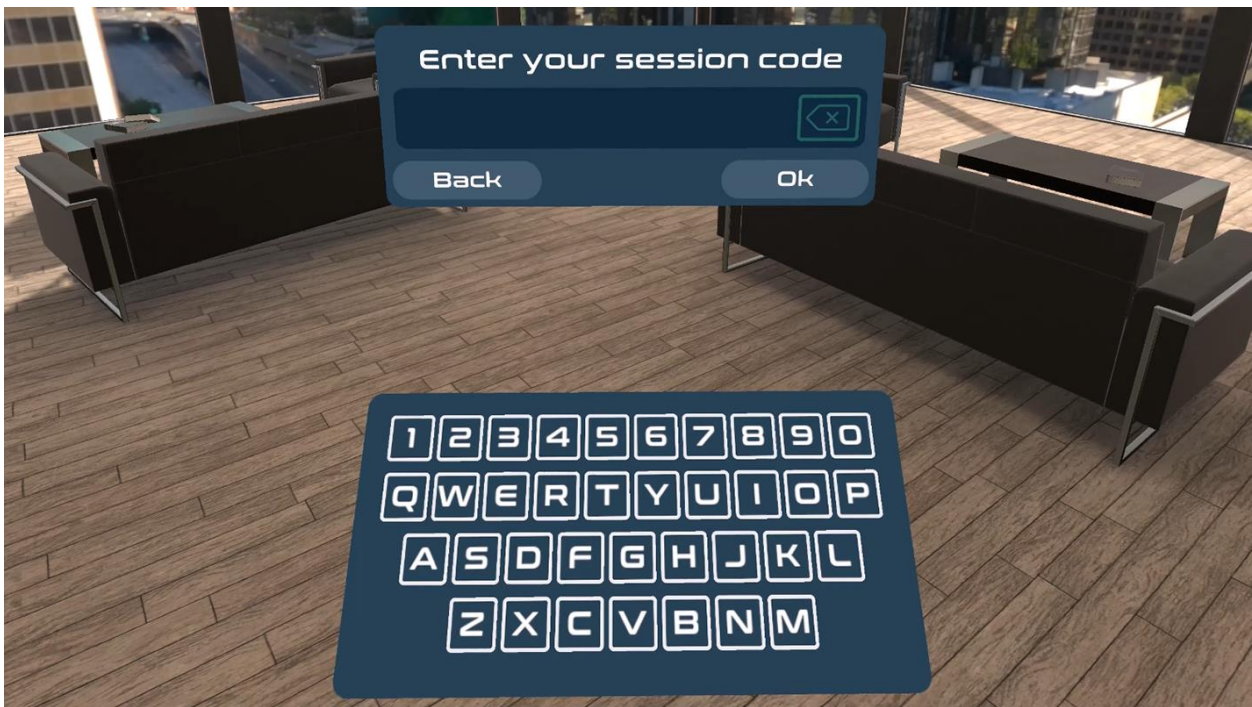
2. The User ID is saved in the device, simply select “Login” to enter the application.



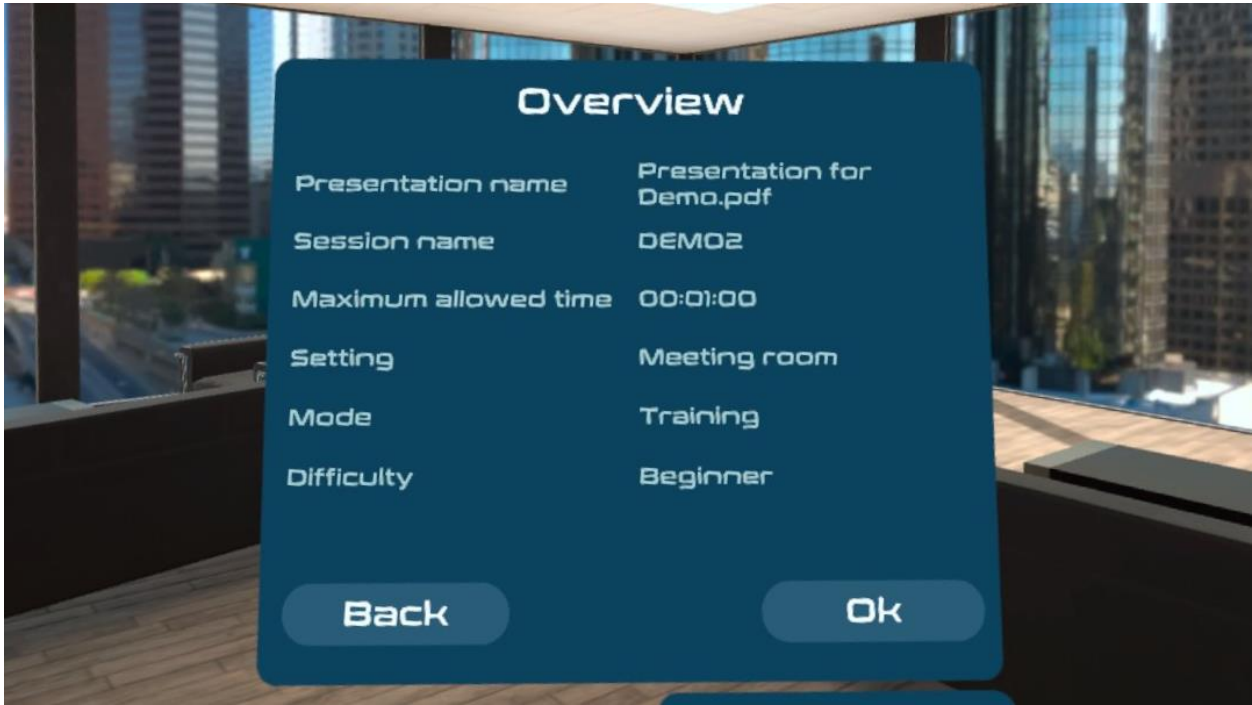
3. Select “Play” to enter the session.



4. Enter your session code.



5. An overview of the session will be shown, click “OK” to confirm the session.



6. Click “Start” to begin the presentation.



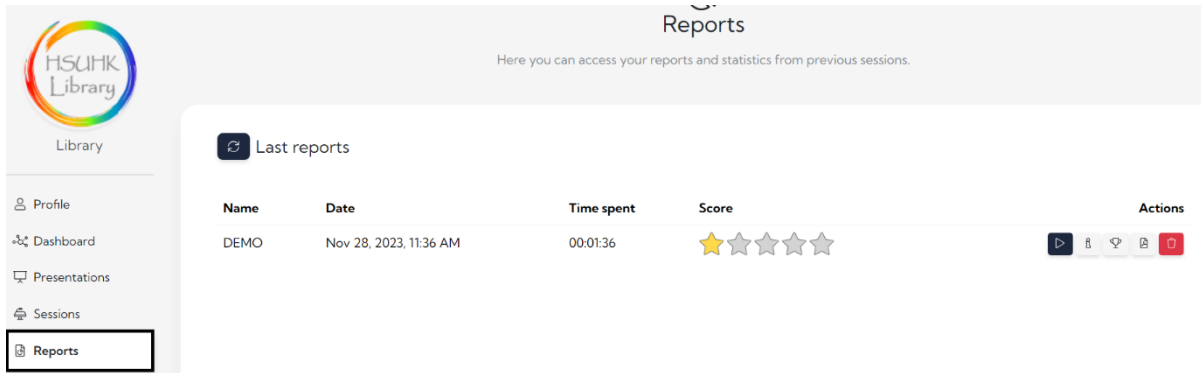
7. After your presentation, click “Stop” to end the session.



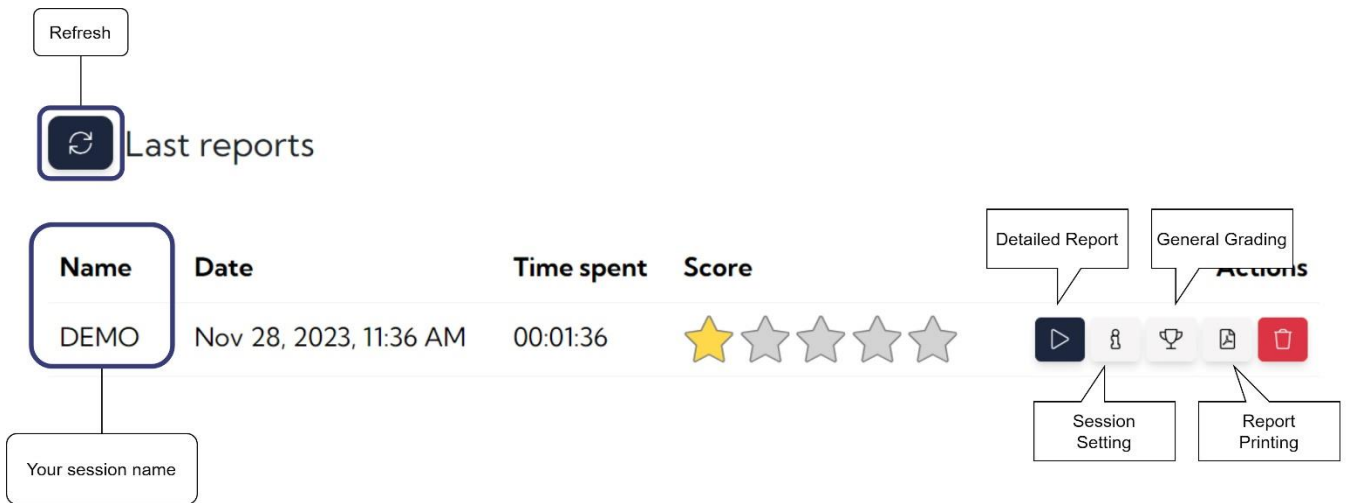
8. A quick overview of the presentation results will be shown.



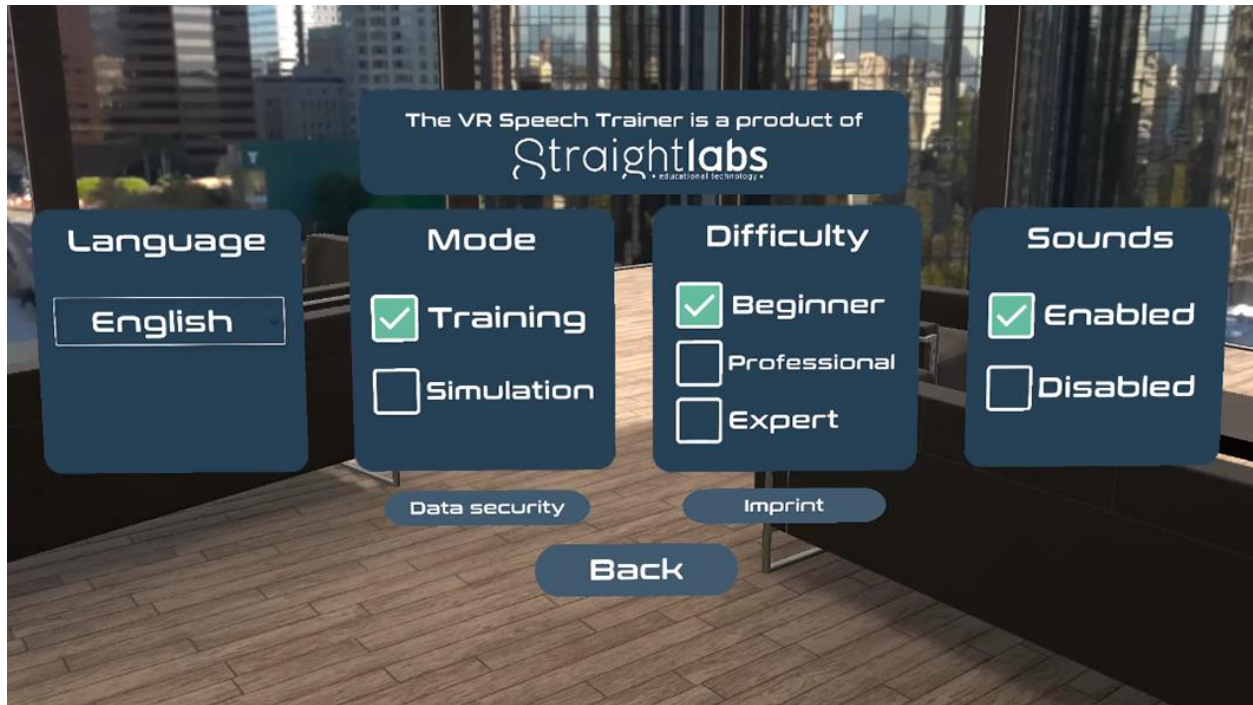
9. For more details, please go to “Reports”. [on the Workstation]



10. An overview of the options in “Reports”.



V. Session Customization



Users have the option to customize your session by selecting a preferred mode and difficulty level.

Mode:

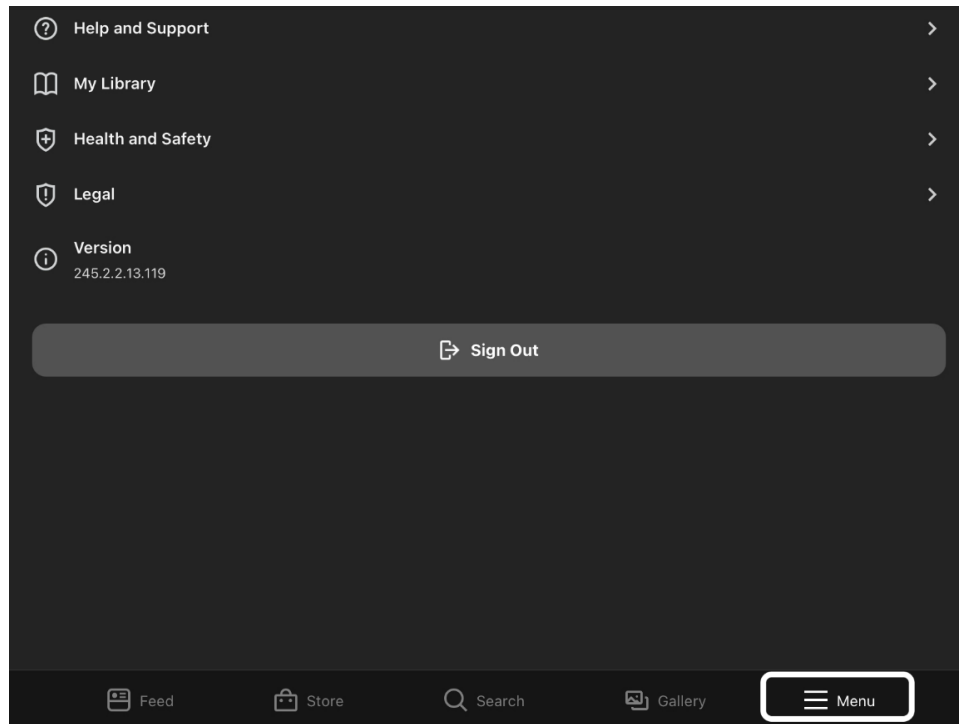
- **Training Mode:** This mode offers a range of real-time support features to assist users during the presentations.
- **Simulation Mode:** Users experience a realistic presentation environment in this mode without the assistance.

Difficulty:

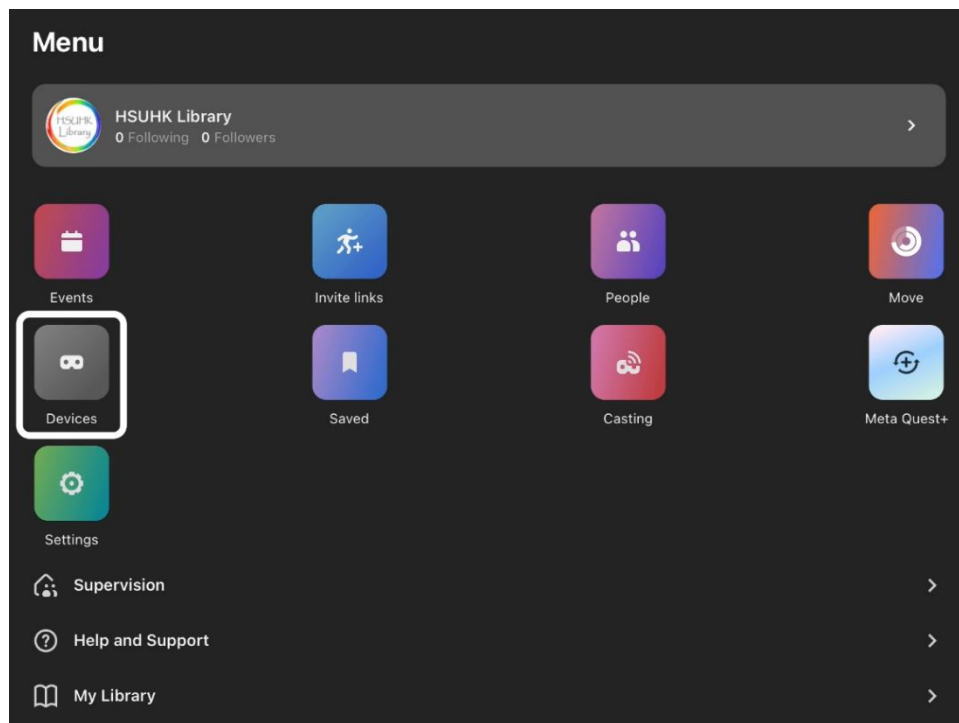
- **Beginner Level:** Characterized by an absence of background noise, infrequent distraction sounds, and a highly attentive audience.
- **Professional Level:** Features a subtle background noise, distraction sounds at a natural frequency, and an audience with a typical level of attentiveness.
- **Expert Level:** Includes a noticeable level of background noise, frequent distraction sounds, and an audience that is notably critical.

VI. Meta Quest Casting Function [on the iPad]

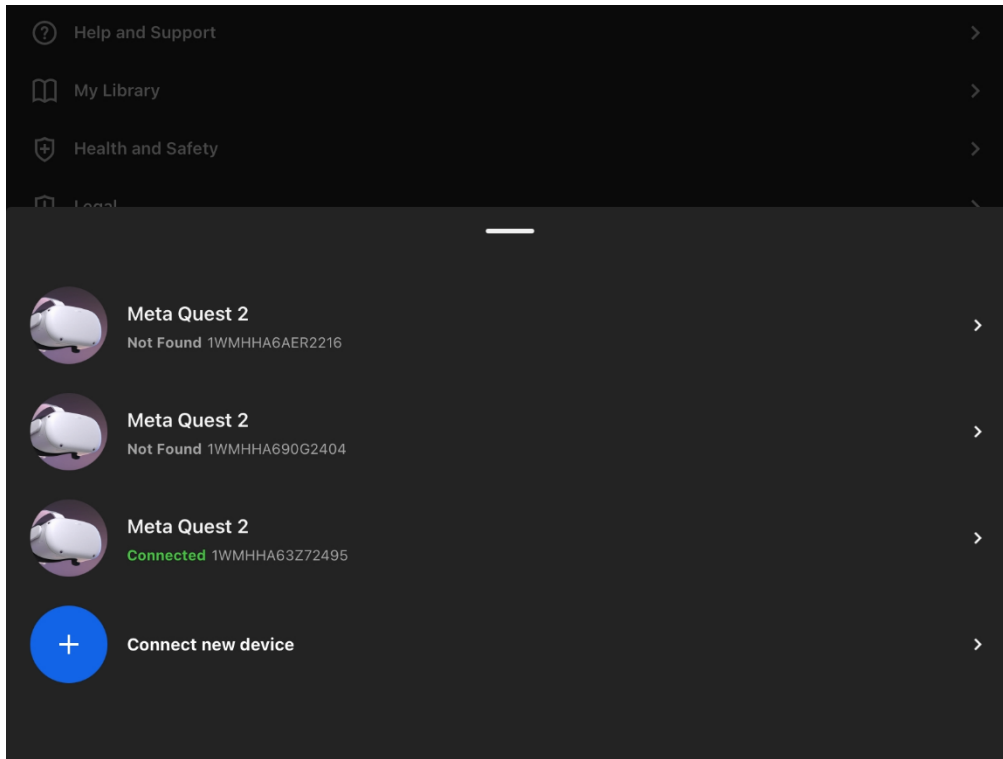
1. Navigate to Meta Quest app and tap “Menu” in the bottom right corner of the app interface.



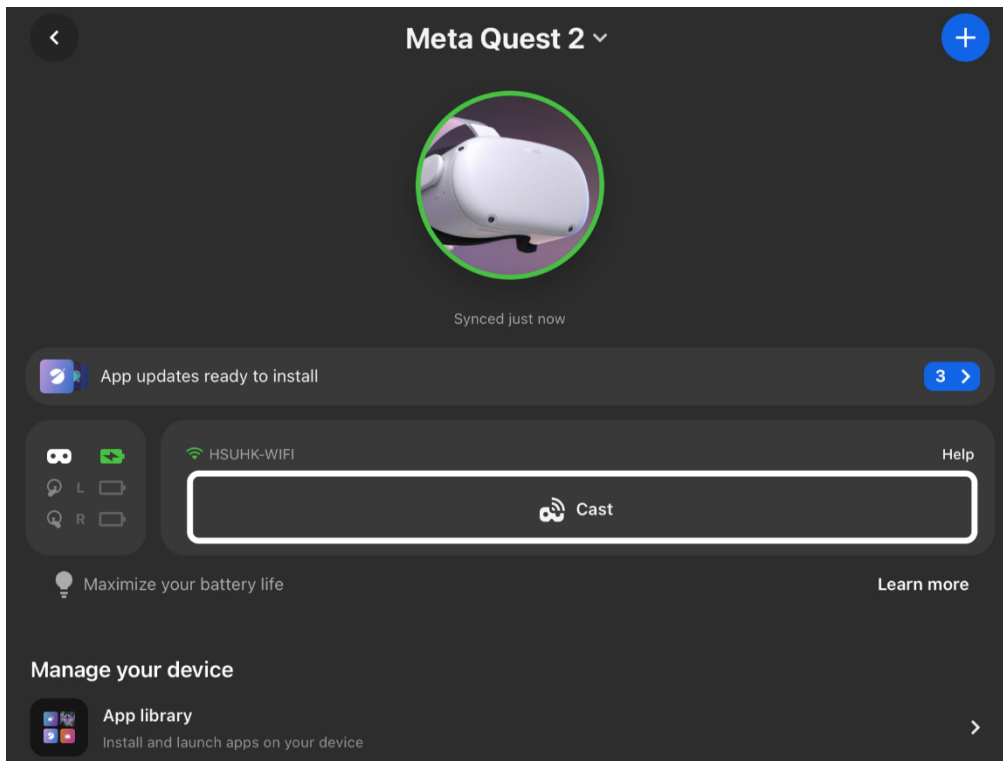
2. Click “Devices”.



3. Select your VR device by referring to its designated label.



4. Initiate the casting process by clicking on the “Cast” option.



VII. Safety Guideline

From VR Speech Trainer – Safety Instructions

General

The VR headset may not be suitable for everyone. Certain health conditions or impairments can lead to discomfort or negatively impact the VR experience. This includes individuals with:

- A history of epileptic seizures or vertigo.
- Pregnancy.
- Claustrophobia, fear of darkness, or acrophobia.
- Visual impairments or eye conditions that affect VR headset use.

Stop using the device immediately if you experience any discomfort or adverse effects.

VR Speech Trainer

The VR Speech Trainer is designed for users with normal motion and balance capabilities. Avoid using the VR Speech Trainer if you are:

- Fatigued, sleep-deprived, or under the influence of alcohol or drugs.
- Experiencing digestive issues, emotional stress, anxiety, colds, flu, headaches, migraines, or earaches, as these conditions may be aggravated.

Stop using the VR Speech Trainer immediately if you experience symptoms such as cramps, seizures, loss of awareness, eye strain, involuntary movements, vision changes, dizziness, disorientation, impaired coordination, excessive sweating, nausea, lightheadedness, or any discomfort in the head or eyes.

Be aware that symptoms similar to seasickness, such as prolonged drowsiness or decreased multitasking ability, may occur after using the VR and could affect your ability to perform daily activities.

The immersive nature of the VR Speech Trainer means it obscures your view of the real-world environment. Always be aware of your physical surroundings to ensure safety while using the VR Speech Trainer.

VIII. Support and Contact Information

If you need any assistance, please do not hesitate to contact the staff on duty at the service counter. You may also contact library through 3963 5321 or send an email to library@hsu.edu.hk.