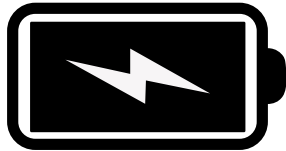




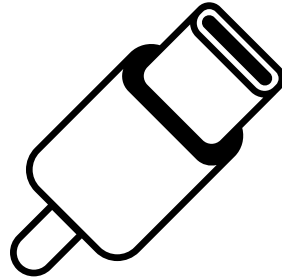
VR VIDEO LOADING GUIDE

Quest 3

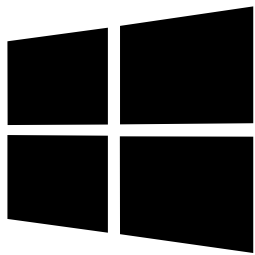
Have Ready



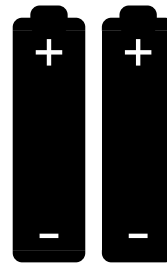
**Fully Charged
Quest 3**



**USB Type-C
Connector Cable**



**Computer Running
Windows OS***



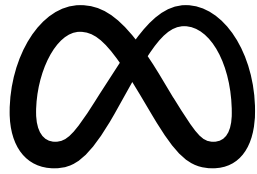
2 AA Batteries
(For Controllers)



***For Mac Users**

Mac OS requires third party MTP file transfer software to connect to non apple devices.

Have Completed

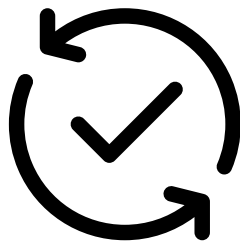


Quest 3 Initial Setup

Note: Meta Account Is Required



Headset Connected to Wi-Fi



Make sure your headset is up-to-date. This will happen automatically when the headset is connected to Wi-Fi.



Need extra help?

Visit the Meta support page to learn all about your new headset!

[Click Here to learn more!](#)

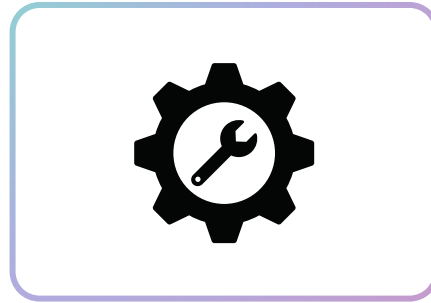
Step 1:

Download Your Videos

[1A] Login to the Admin Dashboard to download your CareerViewXR VR video files or visit the Admin Support page to learn more.



Admin Dashboard



Admin Support

[Note] If you're a production partner or other entity that does not have a CareerViewXR login, please use your direct video download link and skip to step 2.

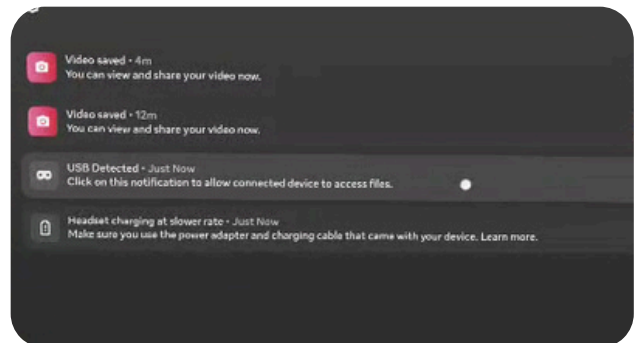
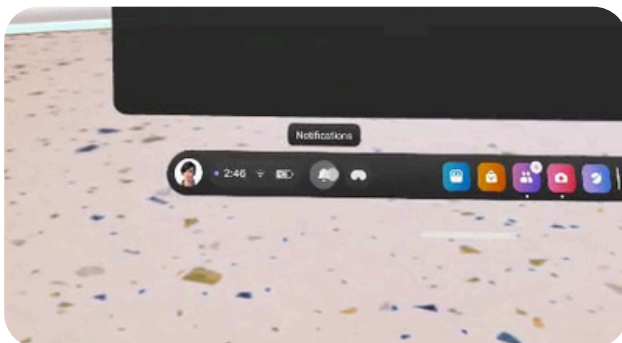
Step 2:

Connect The Headset

[2A] With the headset powered on, plug it into a PC via the USB type-C connector.

[Note] Some PCs might require a USB-to-USB Type-C Cable that supports data transfer.

[2B] Put the headset on and you will see a prompt asking to allow file transfer.



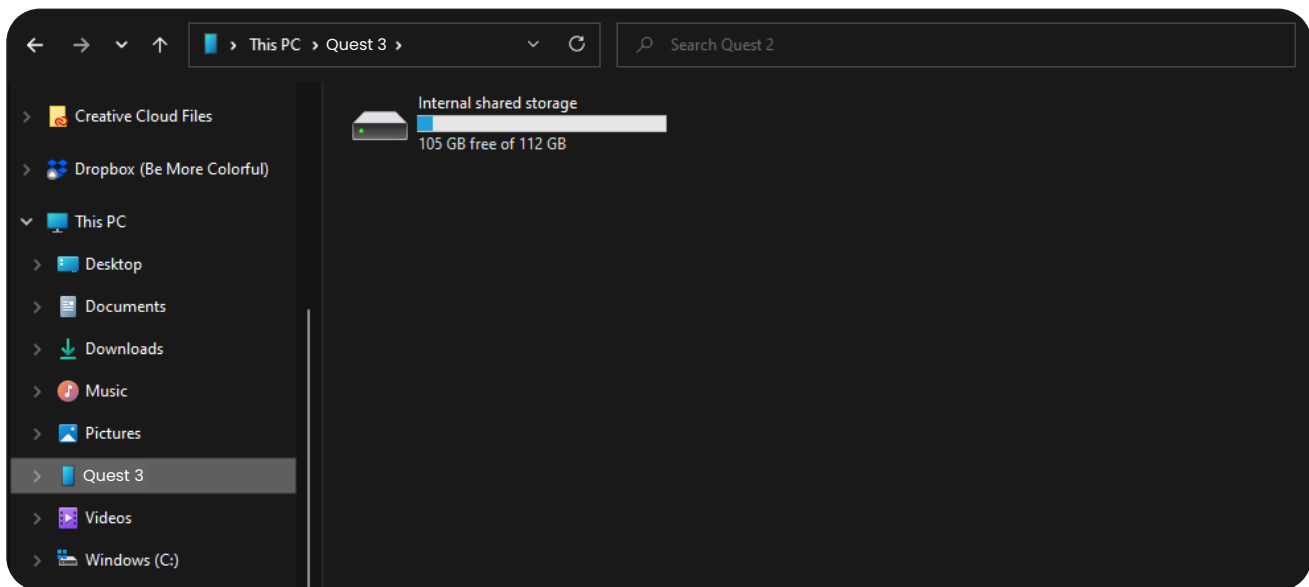
[2C] Click on the notification button to find the prompt and allow access to files.

Step 3:

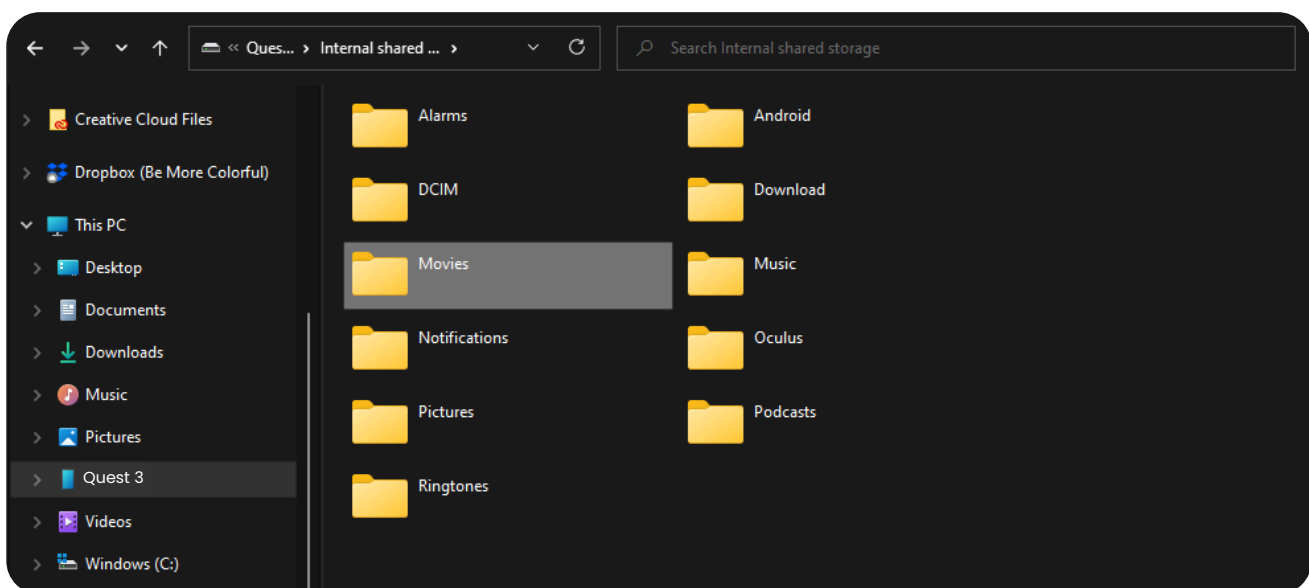
Loading Videos To Headset

[3A] Once the headset is allowed connection to the PC, locate the headset in Windows Explorer.

[3B] Click on **Quest 3** and open the internal shared storage.



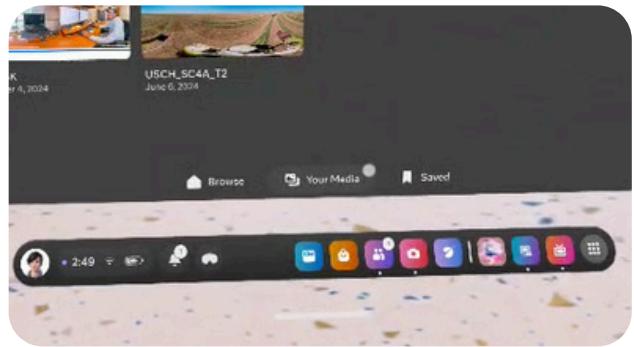
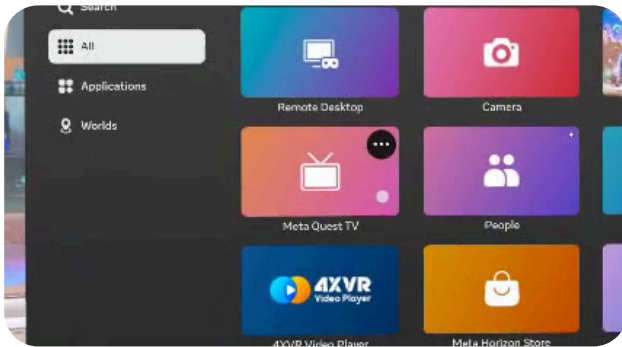
[3C] Navigate in the device files and find the movies folder.



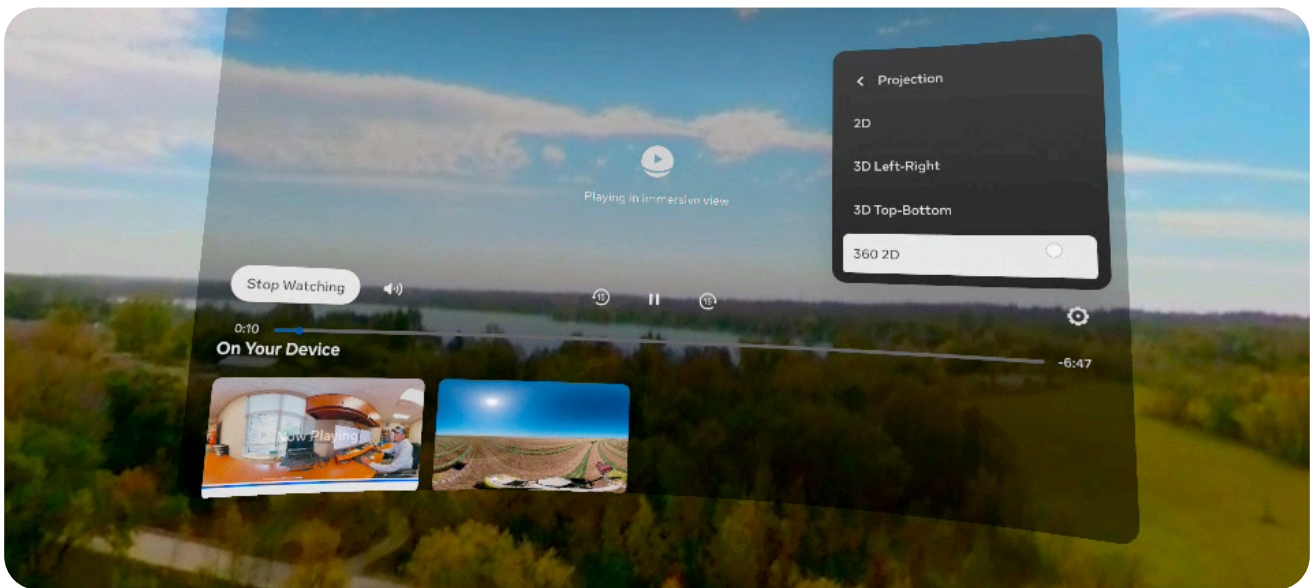
[3D] Drag the video into the movies folder.

Step 4: Playing Videos

[4A] Locate Meta Quest TV in your apps library.



[4B] In Meta Quest TV, navigate to **Your Media** to view your video files.



[4C] Once the video is playing, change the default flat screen to the 360 2D view by going into the projection options. *(the settings cog on the right side of the player.)*