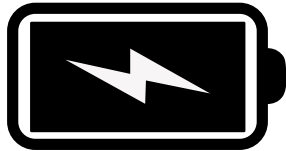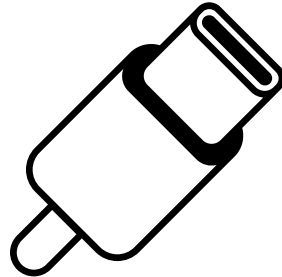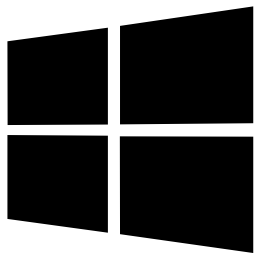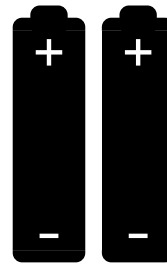# VR VIDEO LOADING GUIDE

Quest 2

Have Ready

**Fully Charged
Quest 2**

**USB Type-C
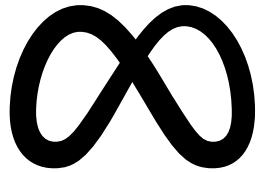Connector Cable**

**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.
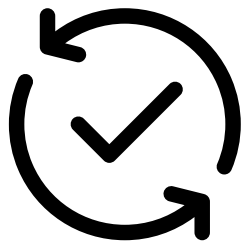
Have Completed

Quest 2 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!
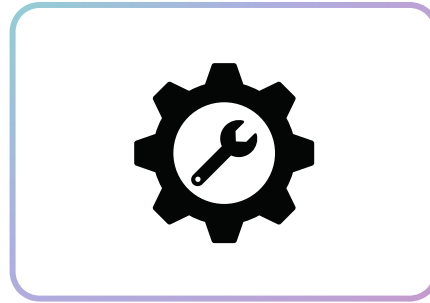
Click Here to learn more!

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.
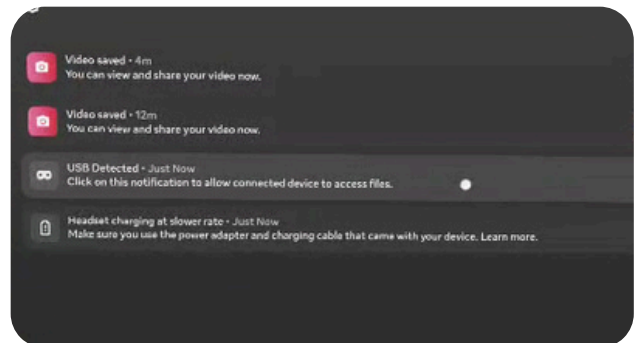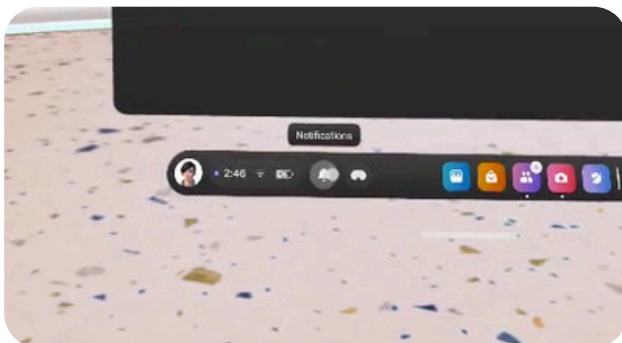
Step 2:
Connect The Headset

[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.

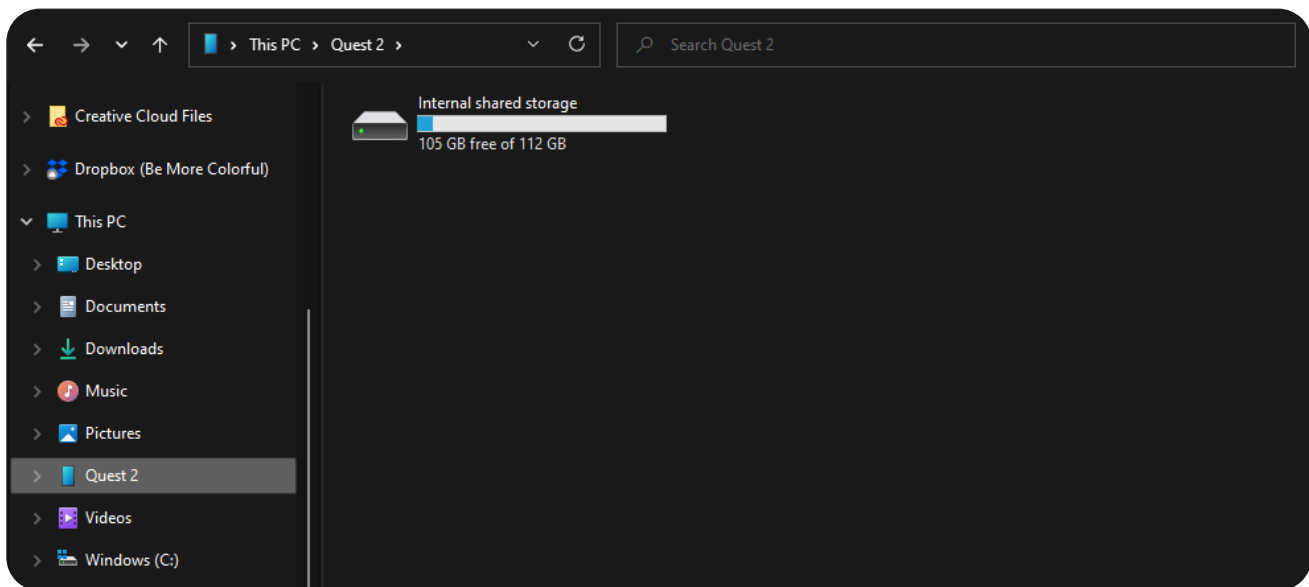**[2B]** Put the headset on and you will see a prompt asking to allow file transfer.

[2C] Click on the notification button to find the prompt and allow access to files.
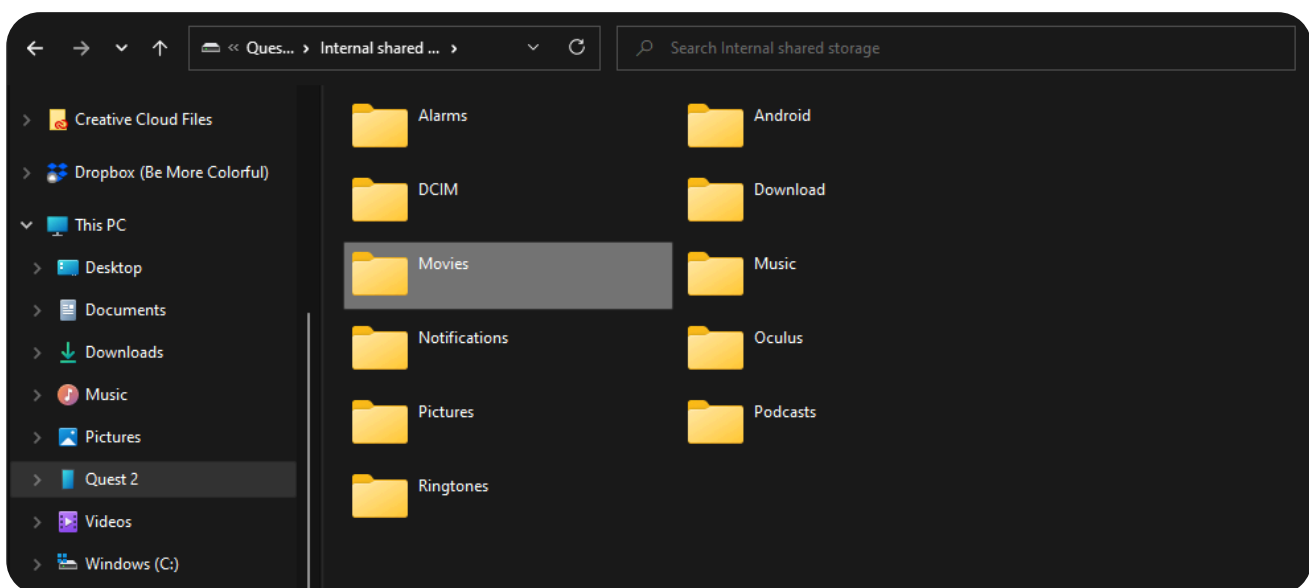
Step 3:
Loading Videos To Headset

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

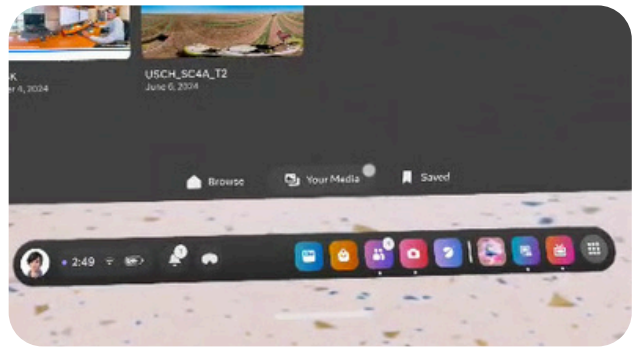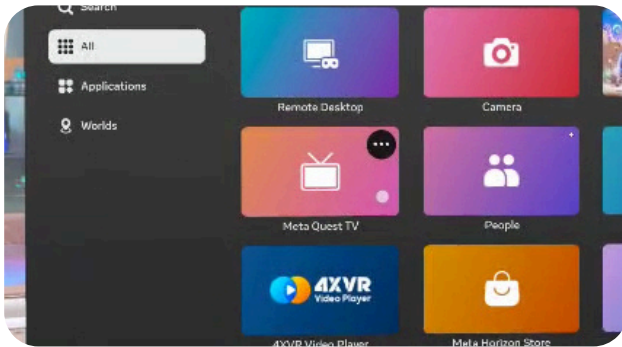**[3B]** Click on **Quest 2** and open the internal shared storage.

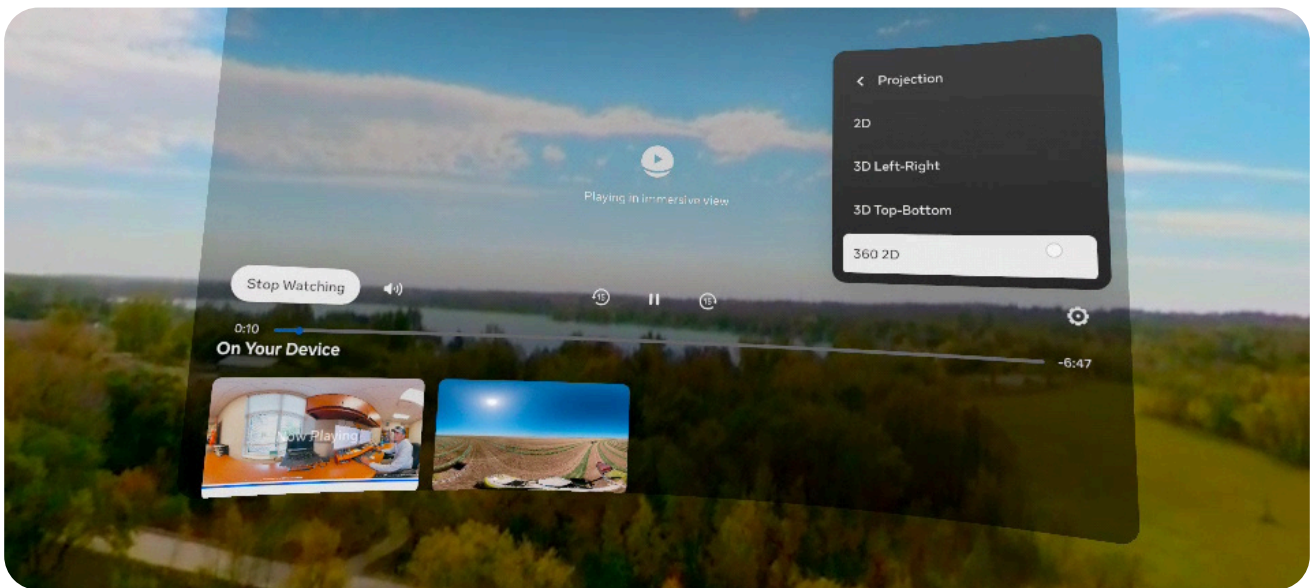**[3C]** Navigate in the device files and find the movies folder.

[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.)*