

Meta Quest 3 setup (EN)

Before you start – Set up Meta Quest 3 in 6 steps

1. Unpack the VR headset



In the box:

VR headset, 2x controller and charging cable (USB-C)

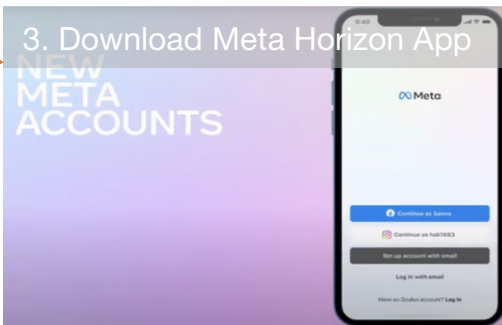
Fully **charge** the VR glasses with the charging cable before use

2. Modify VR headset



Replace the standard headband on the VR headset with the **Elite Strap**

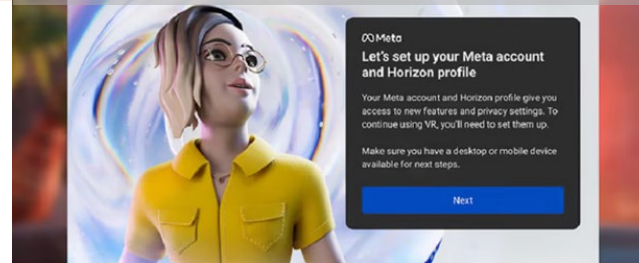
3. Download Meta Horizon App



Download the «**Meta Horizon**» app from the App Store or Google Play Store

Use a smartphone or tablet for this purpose

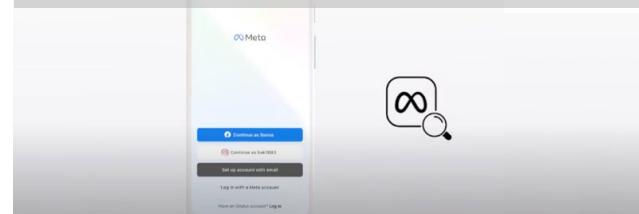
4. Create Meta account



Required for the meta account:
Name, a date of birth, a phone number and e-mail address.

Follow the steps until you receive a message that your account has been created

5. Connect VR glasses with smartphone



1. Switch on Bluetooth on the smartphone or tablet
2. Switch on the VR headset and hold it near the smartphone
3. Connect the smartphone/tablet to the VR headset via the Meta Horizon app

6. Put on and use VR glasses



1. Put up the VR headset
2. Follow the instructions on the screen (this is where you connect the VR headset to the Wi-Fi for the first time)
3. Updating the software

Leave Meta Horizon App open during this process

Switching on and general adjustments to the hardware

Put on and adjust the VR headset



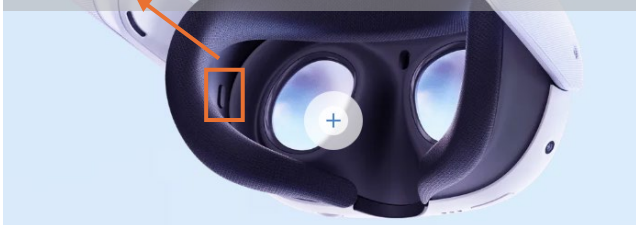
Put on the VR headset and turn the rear «**wheel**» of the Elite Strap to adjust the VR headset to the shape of your head

Switch VR headset on and off



Press and hold the physical «**On/Off**» button for at least 4 seconds

Customizing VR headset for people with glasses



The distance control can be adjusted by pressing the displayed physical «**button**» and simultaneously «**pulling out**» the device

Setting the image sharpness



Turn the «**wheel**» on the underside of the VR headset to adjust the lens distance and the resulting image sharpness

Setting the volume



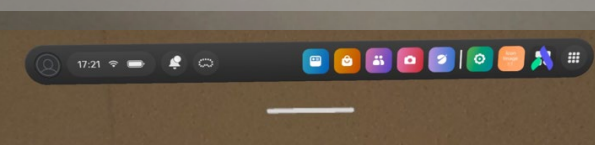
Use the physical «**button**» on the underside of the VR headset to adjust the volume

First steps and setup – Interactions within the operating system

GENERAL NOTE ON INTERACTION

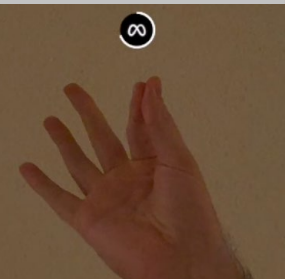
You can use the VR headset «with» or «without» **controllers**. If no controllers are used, **hand tracking** is automatically activated

Menu bar (Passthrough)



You see the real environment with a virtual **menu bar** floating in space

NOTE on the menu bar

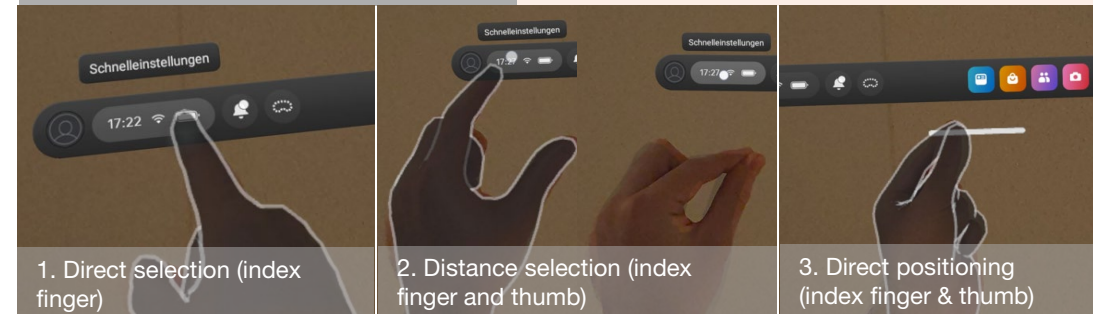


If the menu bar is not visible:

- Open menu bar → «**Bring thumb and index finger together 2x quickly and open**»
- Realign open menu bar → «**Bring thumb and index finger together and hold**» (reference image)

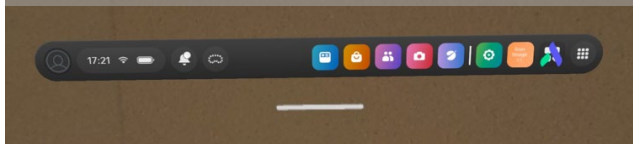
INTERACTION WITH BUTTONS (HAND TRACKING)

1. Direct selection: Selection from close range
2. Distance selection: Cursor selection from distance
3. Direct positioning: Position and rotation



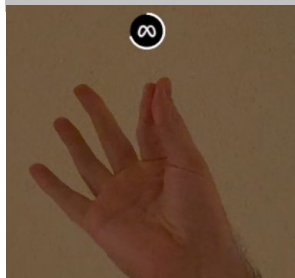
First steps and setup – Establishing a WiFi connection

1. Menu bar (Passthrough)



You see the real environment with a virtual **menu bar** floating in space

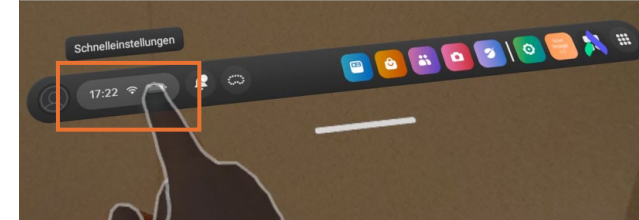
NOTE on the menu bar



If the menu bar is not visible:

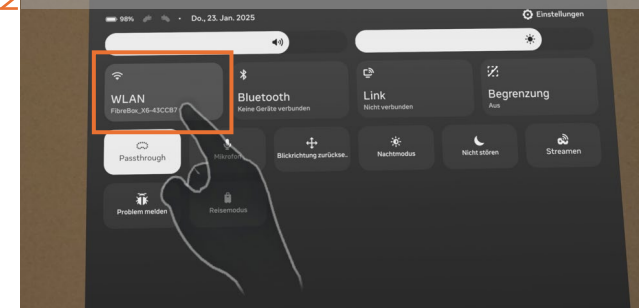
- Open menu bar → «Bring thumb and index finger together **2x quickly and open**»
- Realign open menu bar → «Bring thumb and index finger together and hold» (reference image)

2. Select quick settings



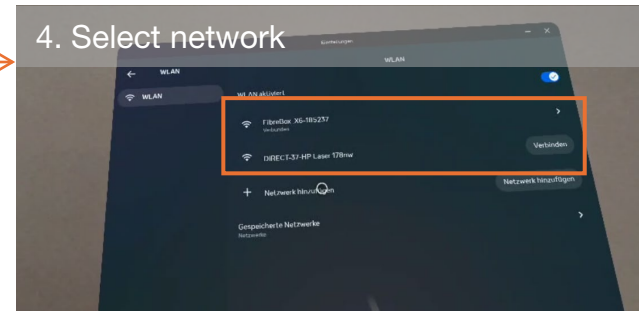
Select the «**Quick settings**» button in the menu bar

3. Select WiFi



Select the «**WiFi**» button in the window

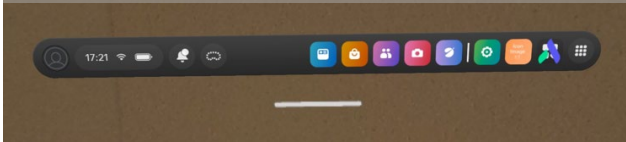
4. Select network



1. Click on the desired network
2. Select the «**Password**» input field
3. Enter the network password using the «**Virtual keyboard**»
4. Press the „**Connect**» button

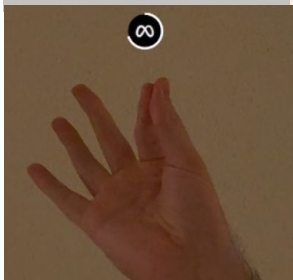
First steps and setup – Setting the guardian (1/3)

1. Menu bar (Passthrough)



You see the real environment with a virtual **menu bar** floating in space

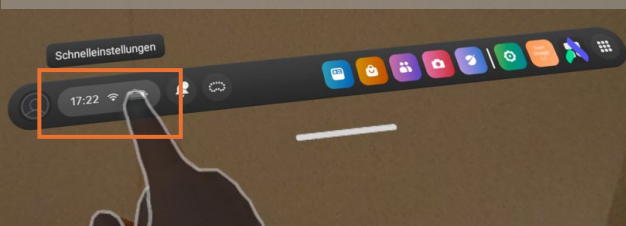
NOTE to the menu bar



If the menu bar is not visible:

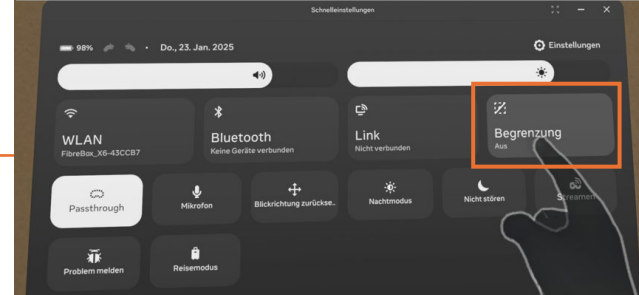
- Open menu bar → «Bring thumb and index finger together **2x quickly and open**»
- Realign open menu bar → «Bring thumb and index finger together and hold» (reference image)

2. Select quick settings



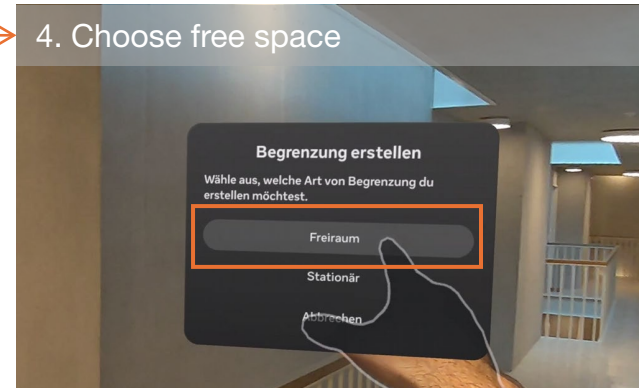
Select the «**Quick settings**» button in the menu bar

3. Select guardian



Select the «**Guardian**» button in the window

4. Choose free space

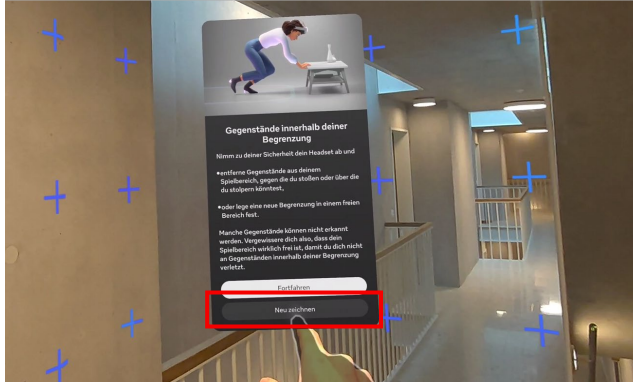


Select «**Free space**» button in the window

Note: Necessary for free movement or walking within the app

First steps and setup – Setting the guardian (2/3)

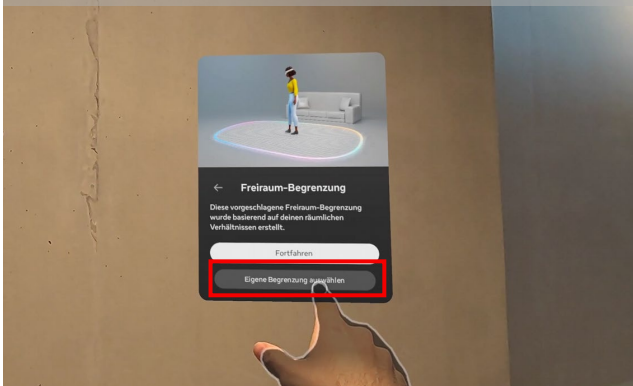
5. Create new guardian



If there is an already created but unsuitable simulation area

Press the **«Redraw»** button

6. Select your own guardian

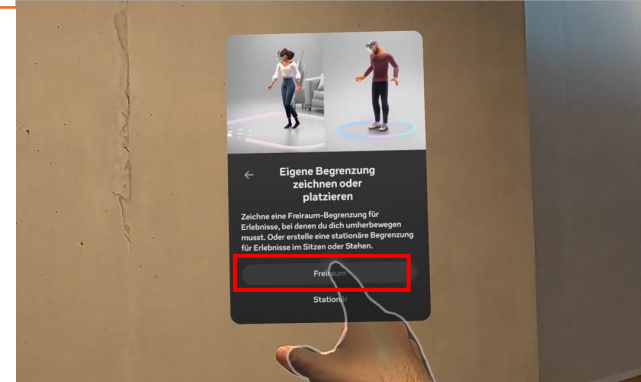


Select the button **«Own guardian»**

Note:

It is recommended to create your own simulation area, as the requirement of **3x3** meters is taken into account manually here

7. Select free space again

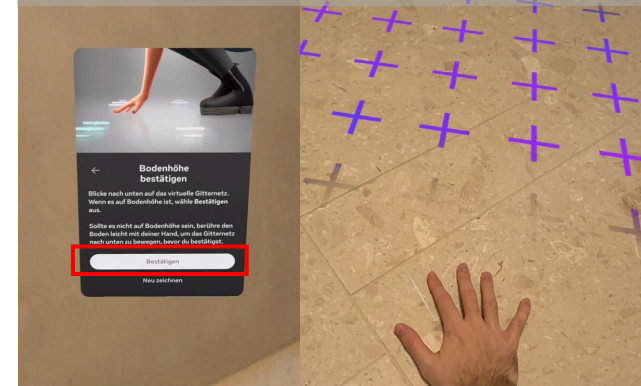


Select **«Free space»** button in the window

Note:

Necessary for free movement or walking within the app

8. Set/confirm floor height

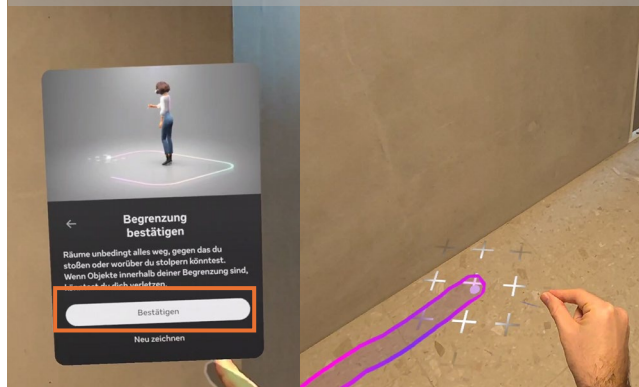


Touch the **«Floor»** with the palm of your hand to adjust the virtual grid

Select the **«Confirm»** button if the floor height is set correctly

First steps and setup – Setting the guardian (3/3)

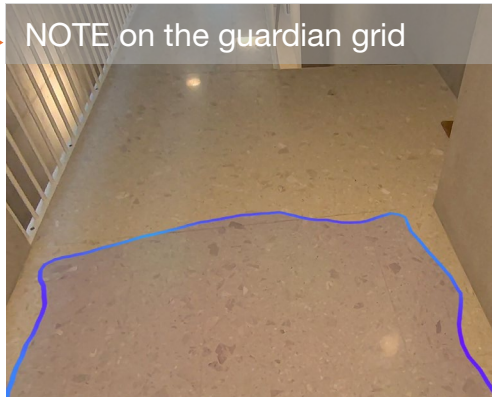
9. Create/confirm guardian grid



Bring your thumb and index finger together and draw a self-contained guardian

Select the «**Confirm**» button if the guardian meets the requirements (3x3 meters)

NOTE on the guardian grid



The boundary grid must be fully closed in order to be completed