



Virtual Reality User Guide

Meta Quest 3S



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Who is MDI?



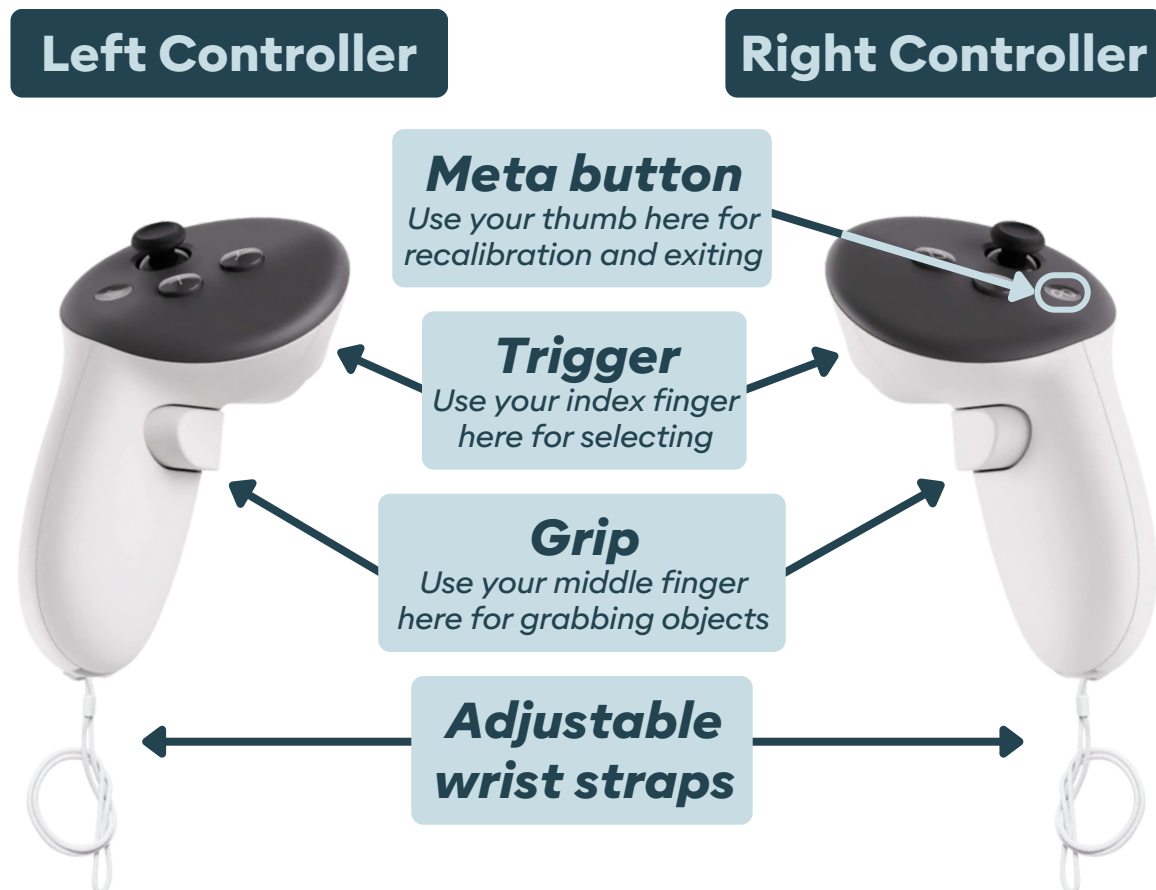
MDI, a Minnesota manufacturer with five locations, employs many individuals with disabilities. As a social enterprise, MDI generates revenue to fund Unified Work and empower people with disabilities. Learn more at mdi.org.

Who is Unified Work?



Powered by MDI, Unified Work offers career soft skills training to help people with disabilities gain the confidence and tools to thrive. When everyone can earn their own income, communities grow stronger. Learn more at unifiedwork.com.

Meet the Meta Quest 3S



VR Headset Quick Start Guide

1 Find a space

You will need a clear area at least 6 feet by 6 feet.



2 Power on

Press-and-hold the power button for 3 seconds.



3 Hold controllers

Put on wrist straps and hold the left and right controllers like this.



4 Put on headset

Put on the Quest headset and adjust the straps to fit.



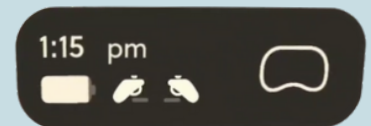
5 Create boundary

Follow the on-screen prompts to "create new boundary." Use "roomscale" if prompted.



6 Check battery

Check battery levels for the headset and controllers on the tool bar. Go to page 5 for charging instructions.



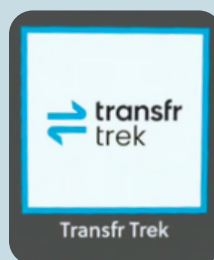
7 Connect to Wifi

Follow on-screen prompts to connect to a wireless network.



8 Open Transfr App

For Transfr Trek Guide, see p. 6. For Training Simulations, p. 10.



9 Enter Class Code

Use the class code provided to enter the training space. Or, see page 8 for more options.



Wireless Screencasting Guide

1 Set up headset

Follow steps 1-7 on page 4 to set up your VR headset.



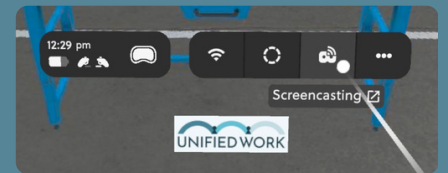
2 Turn on PC

Turn on the computer that will display the VR screencast.



3 Screencasting

On the menu bar, select the "screencast" button & follow the on-screen directions.



4 Open browser

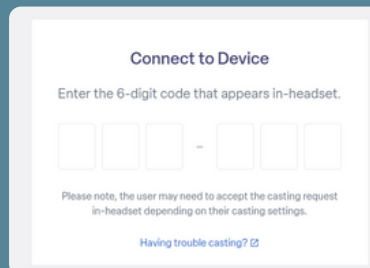
Using Google Chrome or Microsoft Edge, open the site below.



managexr.com/casting

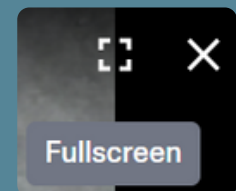
5 Enter code

Enter the code from inside the headset into your browser.



6 Enter fullscreen

You are now able to enter fullscreen and cast your in-headset activities.



Between Uses



To **exit and log-out** of the app, press the Meta button.

To **turn off** the headset, press and hold the power button for 3 seconds.

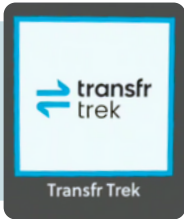


Charge your headset with the USB-C cord provided, plugging it into a wall outlet.

Clean the lenses with a dry microfiber cloth.
Clean all other surfaces with a gentle antibacterial wipe.

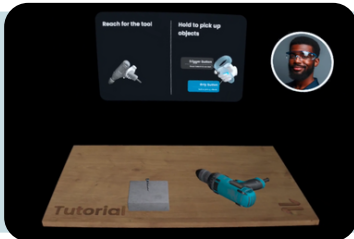
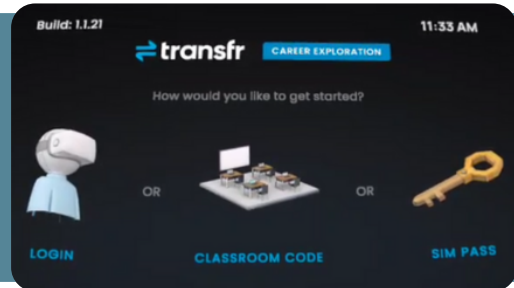
Store headset in a protective case, away from direct sunlight and extreme temperatures.

Transfr Trek



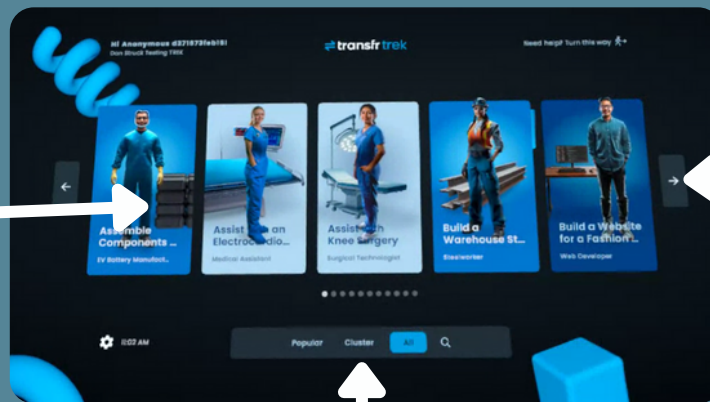
To launch the VR simulations, start by navigating to the Transfr Trek app inside the VR training space.

Log-in using your classroom code, or complete the account setup instructions found on page 8 for additional log-in procedures.



Practice using the grip and trigger buttons by completing the drill tutorial.

Choose a career to try with your index finger and trigger.



Scroll left & right using index finger, trigger, and arrows.

Choose to view available simulations by what's **popular**, industry-aligned career **clusters**, or **all** available.



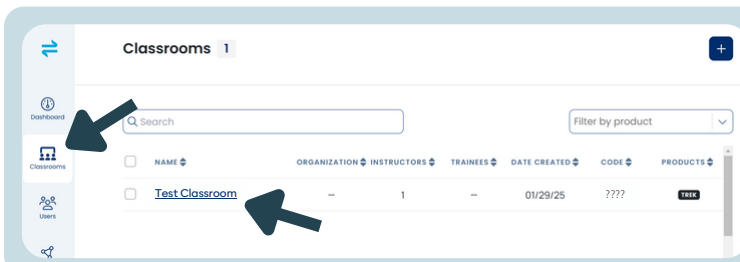
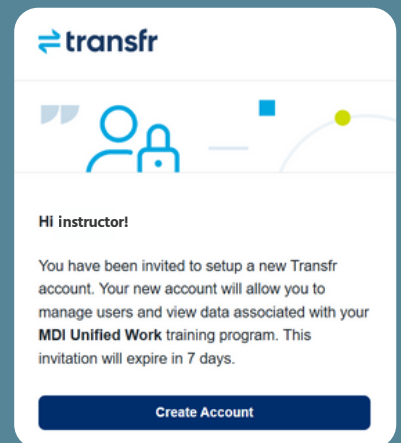
Want to learn more about Transfr Trek's VR simulations, designed to help learners explore possible careers? Scan or click this QR code for a short video overview.

(Video length: 1:31)

Dashboard Account Set-Up

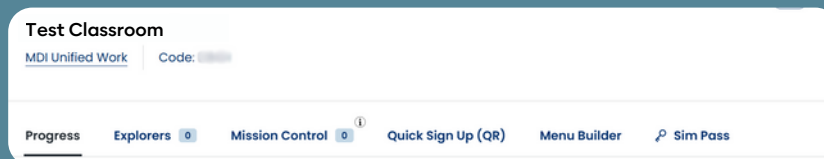
If you're interested in tracking students' progress, setting them up with individual access, and entering full training simulations, you'll need more than a class code.

You'll need to be set up as a Transfr **instructor**. Once you've been added, you'll receive an email to set up your account.



Once logged in, navigate to **your classroom** using the toolbar on the left, and the classroom overview page.

From this page, you can locate your class code, add students as "explorers" (for Transfr Trek) or "trainees" (for Training Simulation), track data, check log-in credentials, and much more.



If you're using Transfr Trek, add **"Explorers"** to your classroom. If you're using the Virtual Training Facility app, add **"Trainees."** You can set up accounts* manually or in bulk with a CSV file.

*Tip: create short usernames and passwords to simplify the log-in process later (ex. user: AB19, pass: X97!)



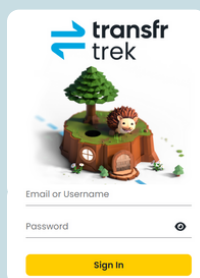
Transfr Trek Career Inventory

Student Instructions

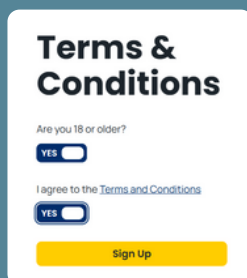
Once your teacher has added you as an “explorer,” go to this website: trek.transfrinc.com/login



- 1 Sign-in using your username & password



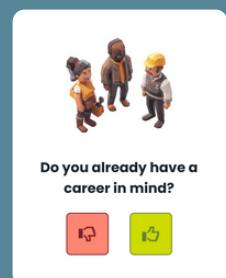
- 2 Accept the terms & conditions



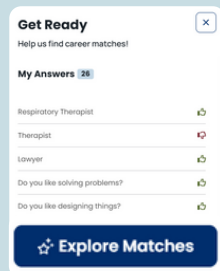
- 3 Click on “Get Ready”



- 4 Take the career inventory quiz



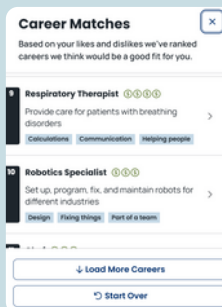
- 5 Review your answers & explore career matches



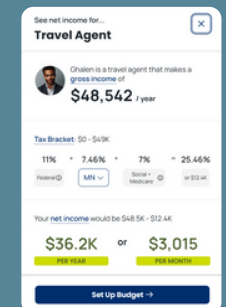
- 6 Click on “Matches”



- 7 Compare 3 jobs of interest to you



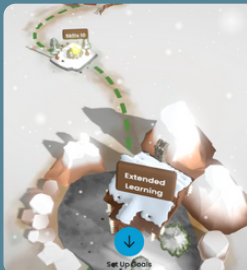
- 8 Set a budget for 1 career match



- 9 Practice related skills in simulations



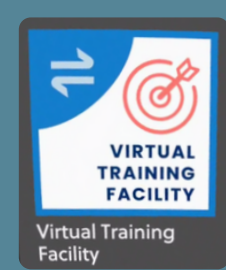
- 10 Explore career pathways



- 11 Set goals & share with others



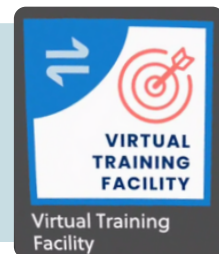
- 12 Try Transfr’s Training Simulations for more learning



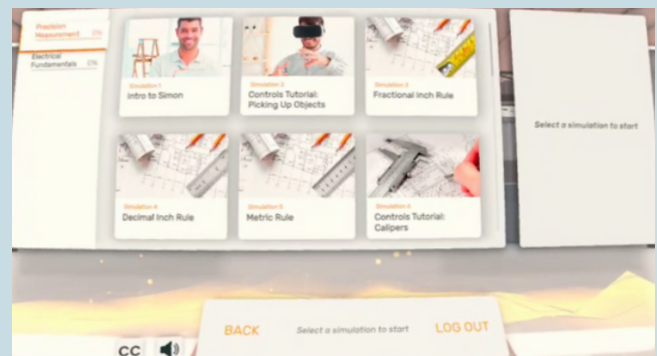
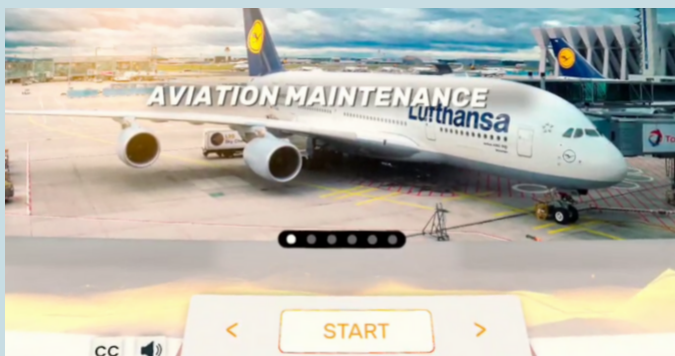
Training Simulations

In order to proceed, you will need to be set up as an instructor, and have added your students as “**trainees**” to your virtual classroom. If you have not completed these steps, return to page 8 for further instructions.

If you have completed the account setup process, launch the **Transfr Virtual Training Facility** app.



Have learners log-in using their individual log-in credentials.



Once inside the facility, learners can choose from 6 different training courses, navigating through simulations for each course.

Troubleshooting

My headset won't turn on.

Ensure your headset is charged by plugging it in to a wall outlet using the USB-C cord provided. Also ensure you have held down the power button for 3 full seconds to turn it on.

My controllers won't turn on.

Click any button on the controllers to "wake" them. If they still aren't responding, try replacing the AA battery inside each controller.

Everything is blurry inside the VR learning space.

First, adjust the fit of the headstraps by adjusting the straps and placement on your face. You can also try adjusting the width of the eye pieces by sliding them closer or further apart inside the headset. If that doesn't fix it, try cleaning the lenses carefully with a dry microfiber cloth. Dirty or smudged lenses can cause bluriness.

The images and menu bar are not centered.

Press and hold the Meta button until the images are re-calibrated to your new position. This should re-center all images and tool bars.

I still need help with something else.

If none of these have solved your problem, try a hard restart by pressing and holding the power button for 3 seconds. If problems or questions persist, contact one of the options below:

For technical help, contact Transfr Tech Support @ (646) 466-2600 or technicalsupport@transfrvr.com.

For all other support needs, contact unifiedwork@mdi.org.



Transfr Support Center

Visit supportcenter.transfrinc.com for a vast library of resources. You will need to login to you Instructor account to gain access.