



Handheld VR Adventures

A self-guided virtual reality
starter kit



CENTER FOR INNOVATION
AND WELLBEING

Welcome to your new VR viewer!



With the power of your new virtual reality (VR) viewer tool, you can look forward to seeing both new and familiar experiences! You might swim with dolphins, visit Paris, explore space, or revisit a familiar neighborhood from your past... and feel like you're actually there. Travel and see new experiences without having to leave home.

What is a VR viewer?

The viewer you have received is the most entry-level virtual reality viewer that you hold with your hands. Originally, these VR viewers were made of cardboard. Today, these viewers can be found made of all sorts of materials. The one you have received is made of plastic and rubber.

What is immersive VR?

In a nutshell, it's computer-powered images and videos that create an immersive environment or experience. In this case, the computer is your smartphone, and you view the enhanced images and videos through the VR viewer!



Think of it as a fancier, modern View-Master photo reel viewer. Except, instead of one still photograph, you can now look all around you in the scene in 360-degrees, as if you were really there!

What can you do with the VR viewer?

The VR viewer offers a range of immersive experiences:



See **images** in 360-degrees



Watch **videos** in 360-degrees



Play interactive **games**

When looking through the VR viewer, you can turn your head - **look up, look down, look behind you and all around you!** You're not just looking at the beach, you *are* at the beach!

Acknowledgements

The Front Porch Center for Innovation and Wellbeing (FPCIW) would like to acknowledge and thank LeadingAge for their generous donation of 300 VR viewers to support this Handheld VR Adventures project. We would also like to extend a warm thank you to FPCIW interns Zeida Dixon and Marjorie Tolentino for their creative and dedicated contributions towards bringing this project to fruition. We are emboldened by everyone's commitment to problem-solving social isolation and access to meaningful activities for older adults, especially during these remarkably challenging times.



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How to Use Your VR Viewer

Prepare your VR viewing glasses

Your model of VR viewer extends and collapses for travel or better storage.

1. When you receive the viewer, it will be in its collapsed form.
2. Extend the viewer by pushing the viewer outward. The lenses are what you will be looking through.



3. On the other side of the viewer, you will see a plastic flap. This is where you insert your smartphone.



Note: Before inserting your phone, **open your desired app**, and choose your experience. (see pg. 13). Now you are ready to insert your phone.



When you slide your phone into the flap, make sure your screen is centered and facing toward the lenses.

Installing Apps

How to Download Apps on Apple iPhone/iOS



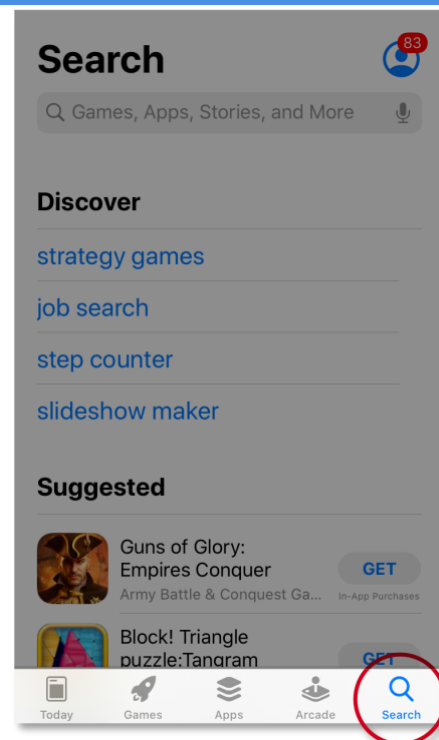
1

On your device, find and *tap* the blue icon above for the App Store.

2

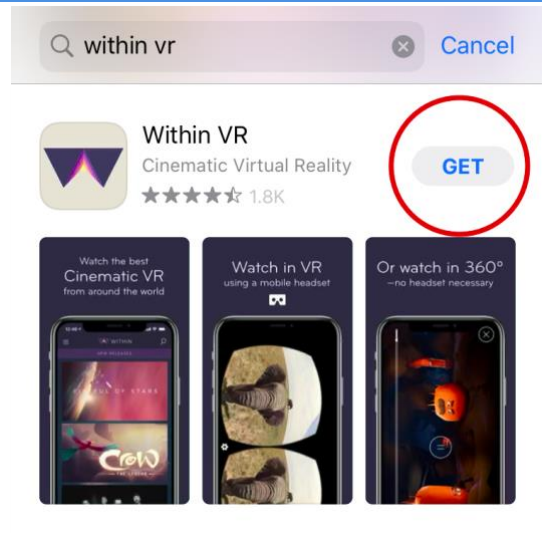
Tap on the **Search** tab (magnifying glass), and type in the name of the app you are trying to find.

We will use the “**Within VR**” app in this example.



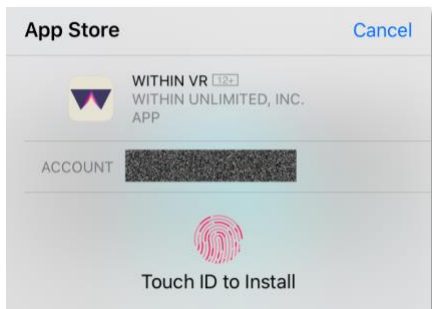
3

Tap the **GET** button, and **Install** the app.

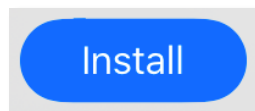


4

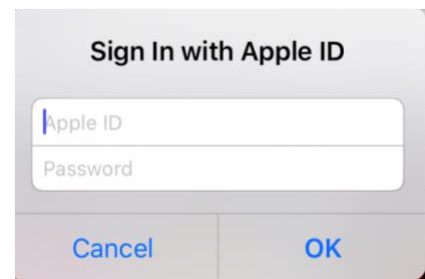
You will see **one** of the screens below. Follow the instructions that match your screen.



A) Touch ID:
Rest your thumb on your phone's home button (do not press).



B) Tap Install.



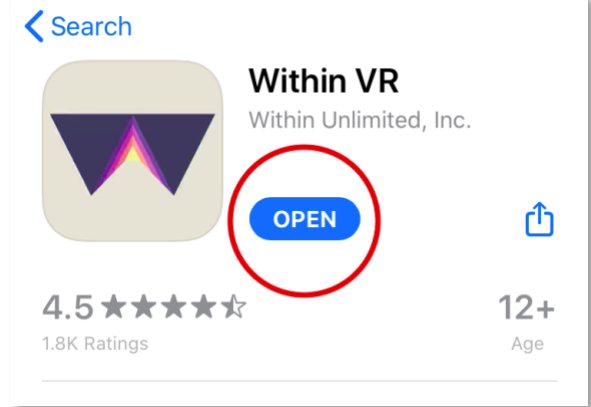
C) Apple ID: Enter your Apple ID (likely an email address) and password.

Here is a resource if you need help finding your log-in information:
<https://support.apple.com/en-us/HT201354>



5

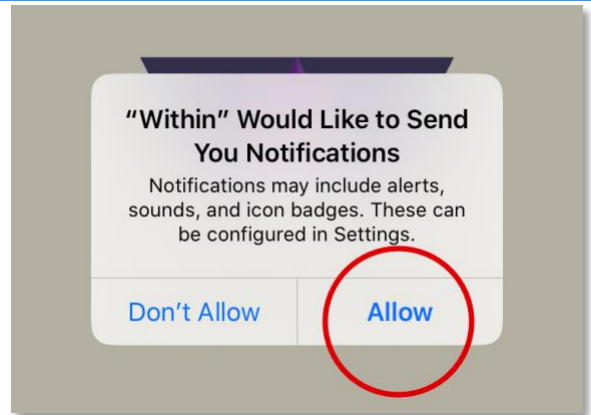
Once the app has finished downloading, tap **Open** to open the app. (Or find the app icon on your phone's home screen).



6

When opening the app, it will ask for permission to send notifications.

Tap **Allow**, to be alerted when there is new content.



How to Download Apps on Android



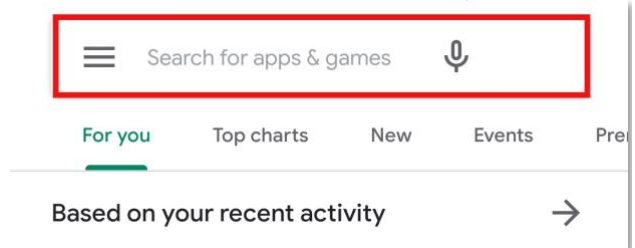
1

On your Android phone, find the icon above for the Play Store.

2

Tap on the **Search** bar on the top of your screen and **type** in the desired app.

We'll use the "**Within VR**" app for this example.



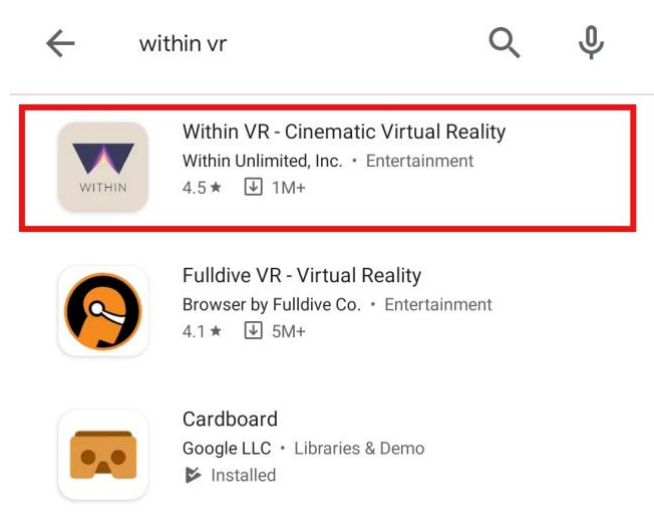
3

Tap the **Search (magnifying glass)** icon on the bottom right of your keyboard.



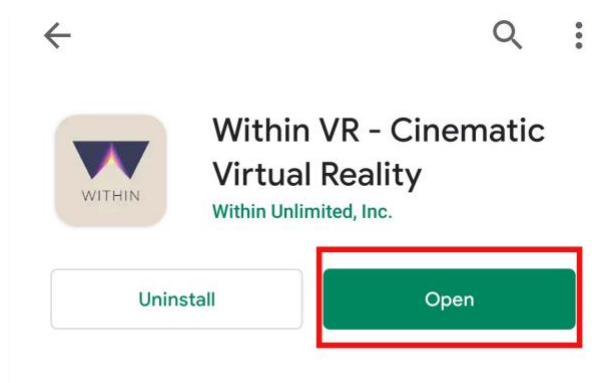
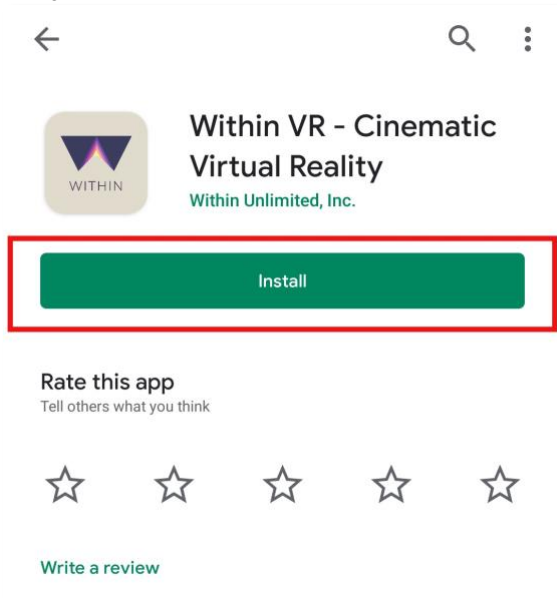
4

Tap on the desired app (in this example, **Within VR**)

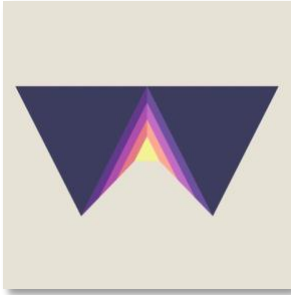


5

Tap on **Install**. Once it finishes installing, tap **Open**. (Or find the app icon on your phone's home screen).



Recommended VR Apps



Within: An immersive experience of award-winning documentaries, as well as people and places! Highlighted for high-resolution quality videos. (p. 14)



Veer VR: Experience worldwide adventures with personalized recommendations and popular channels to discover! (p. 20)



New York VR: Visit iconic New York places and landmarks in 360 degrees! (p. 24)



Within VR

The Within app has a library of 100+ 360-degree VR videos tailored with a diverse range of topics!

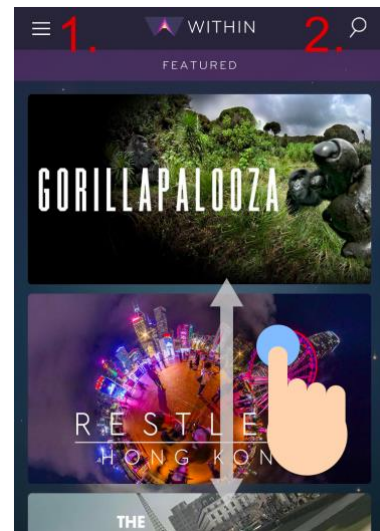


Opening the App

When you open the app, you will see a page of **Featured** videos. *Drag* your finger to scroll up and down through these videos.

At the top you will see two different icons:

1. Navigation Panel
2. Search

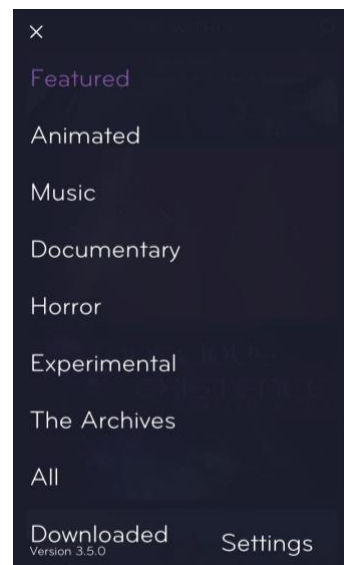


1

Navigation Panel

Here you can view videos separated by different categories. Click "All" to see all 100+ videos in Within's library listed at once.

Here is also where you can find the videos you **downloaded** (explained on p. 16).

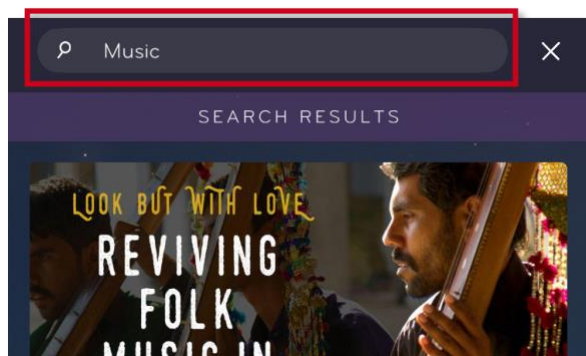


2

Searching for a Video

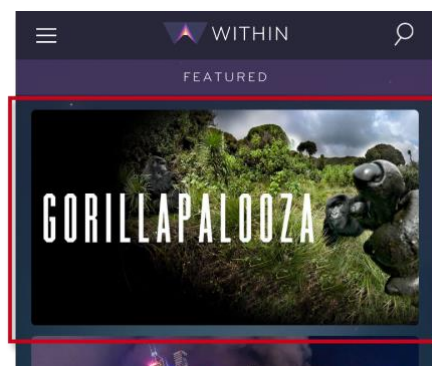
Tap the grey *Search Bar* (with magnifying glass), and **type** in a topic of interest (e.g. "Music," "Space," etc.).

To return to the previous screen, tap the X in the upper right corner.



Choosing a Video

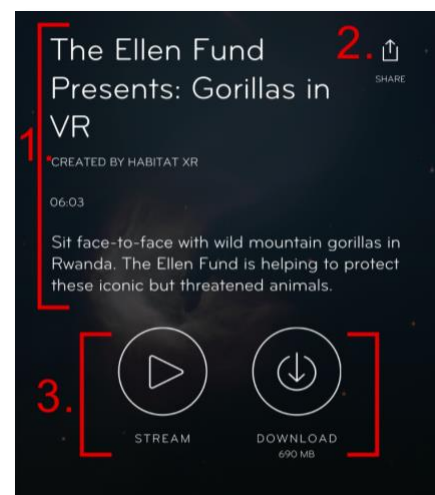
To watch a video, **tap** its card/image.



Video Page

The video page is made up of the following:

1. **Video Information** - This includes the title, how long the video is, and a short description.
2. **Share** - Allows you to share this video via text message or platforms such as Facebook or Email.



3. **Viewing Options** - Choose to *Stream* OR *Download* the video. This is further explained below.



Streaming vs. Downloading

Streaming (recommended): Choose this option for instantaneous viewing. Your video will begin playing in several seconds (dependent on the speed of your Internet connection).

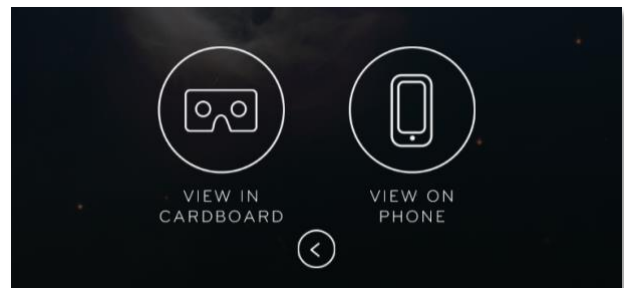
Download: Choose this for higher quality video. This is also useful if the Internet connection is unstable or unreliable. It takes several minutes before video is ready, but the result is higher quality video and will be faster to load on subsequent viewings. In the **Navigation Pane**, you can go to the *Downloaded* section for your downloaded videos.



Choosing a Viewing Experience

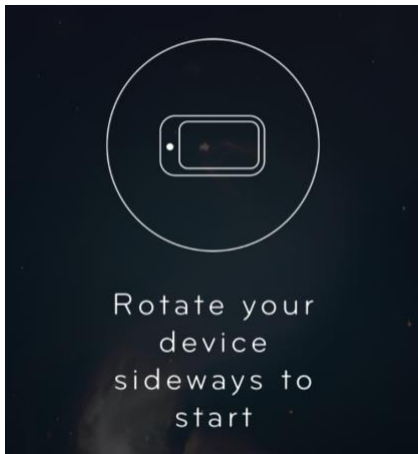
View on Phone: Choose this to keep the phone in your hand (like a typical video). This might be a better option for individuals who experience motion-sickness.

View in VR Viewer: Choose this to view the video in your VR Viewer for a more immersive experience.



1

View on Phone



Upon seeing the first screen, rotate your phone so it is horizontal. Once the video starts, feel free to move your hand and the phone around! Look left, right, up, down - even behind you! The video is filmed in 360-degrees.



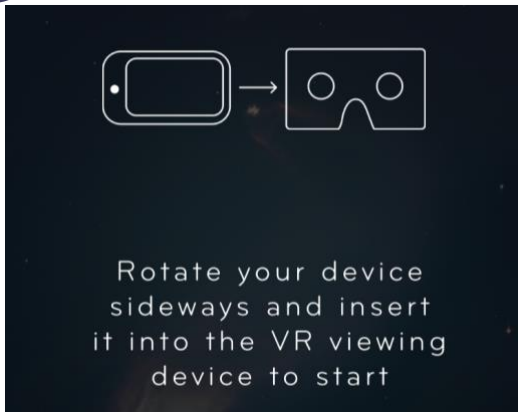
At any time during the video, **tap the screen** to bring up these interactions.

1. **Exit** - Tap to exit the video
2. **Play/Pause** - Tap to play/pause the video
3. **Timemarker** - To go to a different part in the video, place your finger on the white dot and *drag* left (previous part) or right (upcoming part) and then release.



2

View on VR Viewer



Upon seeing the first screen, rotate your phone so you see two boxes (as seen in the image above on right). At this point **slide your phone inside** your VR Viewer device and let the video play.

Interacting with the Video

To select an icon, **take the phone out** of the VR Viewer.

Find the **cursor** (blue dot) on the screen; move your phone and rest the cursor on the desired icon. Then **tap** anywhere to “click”. For more details on what the white icons mean, refer to the previous section.



Tap anywhere to “click”

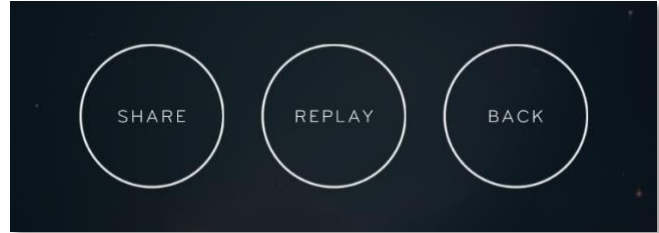




After finishing the video

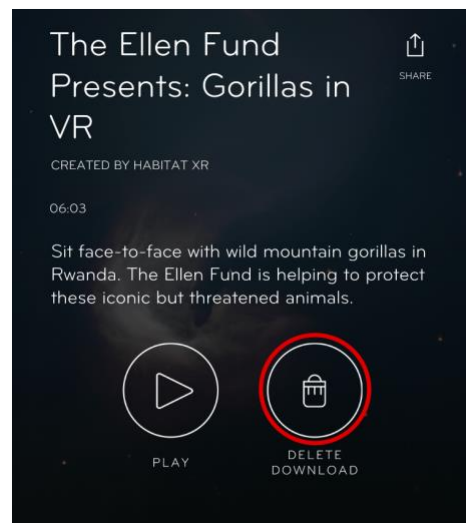
When you finish the video, you will be presented with three options:

1. **Share** - Send the video to someone via text message, Facebook, email, etc.
2. **Replay** - Watch the video again!
3. **Back** - Return to the page with the video's description.



Deleting a downloaded video

If your phone is running out of space (too many files), you might need to delete a downloaded video. Simply tap **Delete Download** to remove it from your phone.

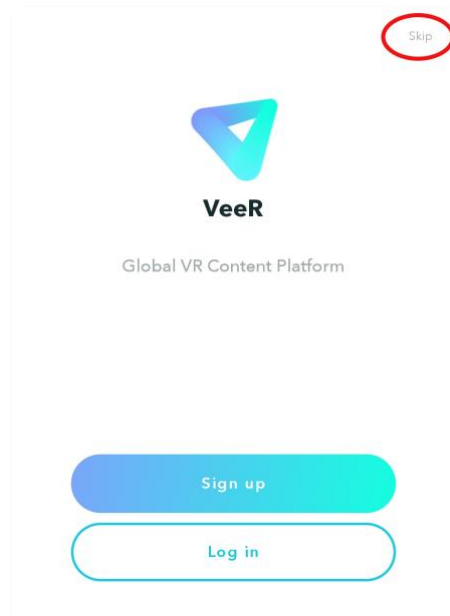




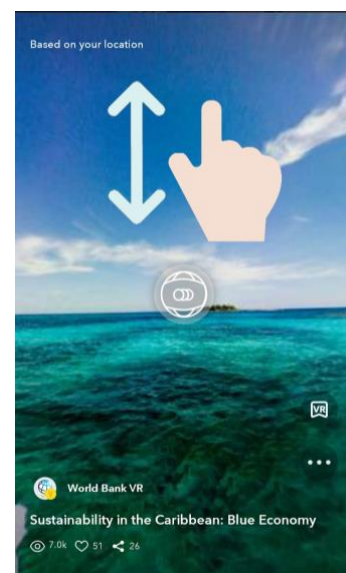
VeeR is a virtual reality video and photo app with a diverse library of content.

Getting Started

When you open the app, **tap** the **Skip** button on the upper right corner of your screen.



VeeR's main/Home screen shows you popular videos that you can scroll through.





Navigation Bar



1.



2.



1. **Home Screen:** the default screen you see when you first open up the app
2. **Search**



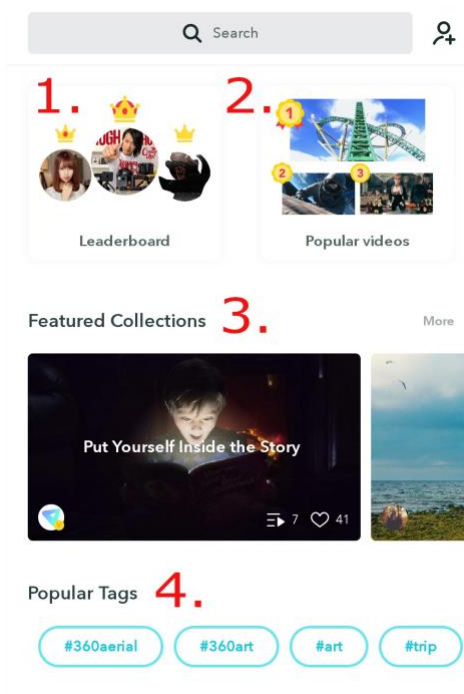
Searching for a Video

To search for videos of interest, tap on the Search (magnifying glass) icon.

Various search options are presented on your screen. These are ways to narrow down what type of experience you wish to view.

**** indicates highly recommended options**

1. **Leaderboard:** The VeeR app has many people who put their own videos into the app. The leaderboard shows people who have uploaded the most popular videos.
2. ****Popular Videos:** These are experiences that are popular with other viewers.
3. ****Featured Collections:** Some videos in the app are a part of a series. These are called Collections.

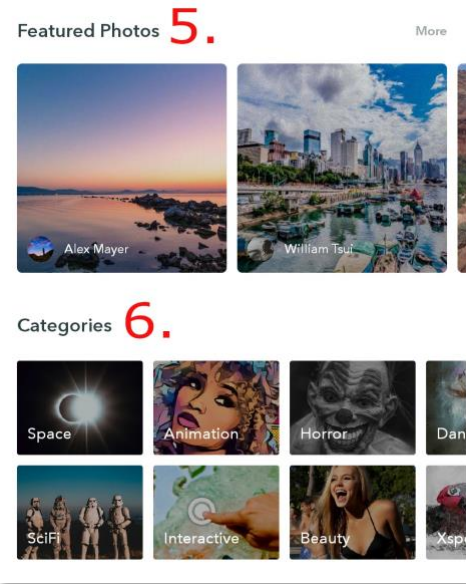


4. Popular Tags

5. ****Featured Photos:** View featured 360-degree photo stills.

6. ****Categories:** the categories include...

Space	Xsports (Extreme
Sci-fi	Sports)
Animation	For Kids
Interactive	Scenery
Horror	Documentary
Beauty	City
Dance	MV (Music Videos)
	Wildlife

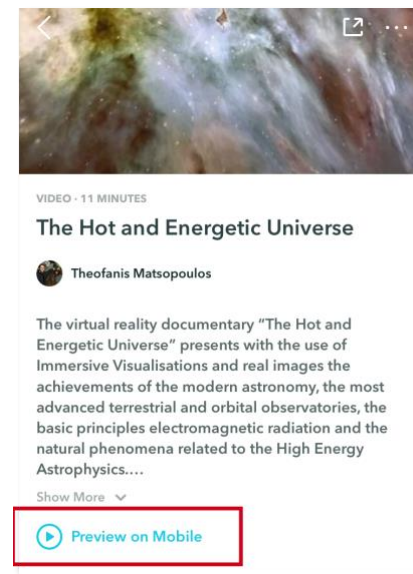


Now you are ready to pick your experience!

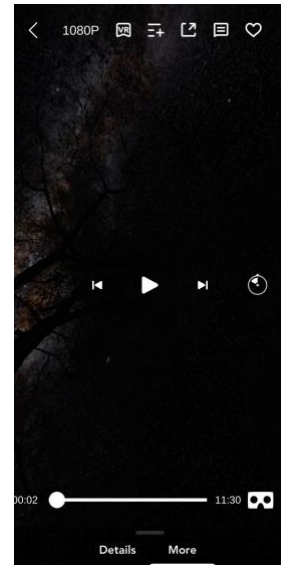


Things to Know

On the video page and under its description, tap **"Preview on Mobile"**.



The screen should look similar to the image on the right. If it does not, try tapping on your screen to see these options...



Re-center button: Tap this when you want to re-center the image if you feel you are facing the wrong direction.



Back button: When you are done viewing an experience, tap this to go back and search for more videos and images. This always appears on the top left of your screen.



VR Viewer Mode: Tap this icon before putting your phone into the VR viewer.





New York VR

New York VR is an app with a collection of 360-degree still images of New York.

You are shown 2 options when you open the app:



1 With Headset (Start Experience)

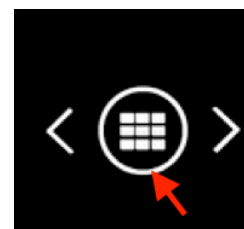
“With Headset” mode allows you to view New York in the VR Viewer. **Rotate your phone** sideways and **place your phone** in the VR Viewer.

Navigation basics

Find the **white circle** in the center of the screen (left). That is your **cursor**. **Move your head** to move the cursor. When you are selecting something, a yellow circle (right) appears around your cursor.



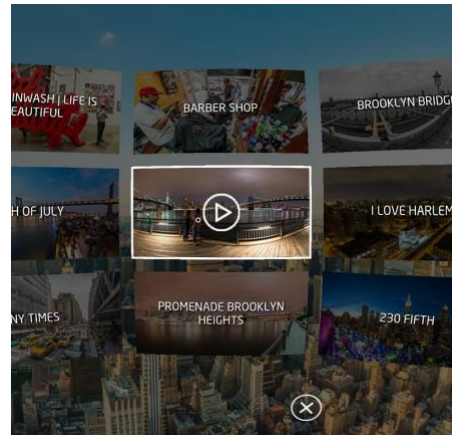
Menu: Find the Menu **icon** (middle). If you do not see the icon, tilt your head down. Move your phone so the **white cursor rests** on the Menu icon. A



yellow circle will show -**maintain** this position until the **yellow circle completes**.

Browsing photos

The full menu of experiences will open (as seen on the right). Move your head left and right to see all the photos.



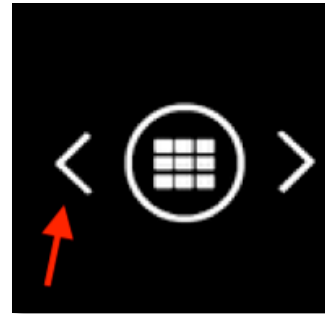
Select a photo

Move your cursor (by moving your head) and rest it on the **triangle** in the center. Maintain this position until the yellow circle completes. At any point, find the Menu icon to return to the full menu of experiences.



Cycling through photos

Alternatively, if you do not want to return to the menu, rest your cursor on the **left and right arrows** to cycle through photos. Remember you only see this Menu icon when you choose a photo first.

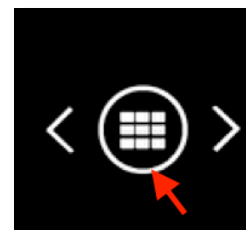


2 Without Headset

If you select this option, you will see this on your screen (in which the screen is right-side-up):



On the bottom of this screen is the **Menu icon**. **Tap** the icon to see the menu of experiences.



Tap on your desired experience.
 Drag your finger across the screen to see more of the picture. When you are finished viewing the picture, tap the Menu icon again to choose another experience.



Switching between Headset mode and Phone mode

If you are in Headset Mode, and want to switch to Phone Mode, tap on the screen. On the top of your screen should be this icon. Tap on it, and you will be in Phone Mode.



If you are in Phone Mode, and want to switch to Headset Mode, tap on the screen. On the top of your screen should be this icon. Tap on it, and you will be in Headset Mode.



Safety and Cleaning Tips

Safety Tips

1. Please use the VR Viewer while **seated** to reduce risk of tripping and/or falling.
2. Some people may experience **motion sickness** while using VR. If you feel **dizzy, nauseous, or a headache**, please discontinue use of the VR Viewer.
3. **Take breaks** from using the VR Viewer after every **20-30 minutes**. Prolonged use of the VR Viewer may cause **eye strain** or **eye fatigue**.

Cleaning Tips

The following are recommended ways to clean and sanitize your VR Viewer:

1. Clorox or Lysol Disinfectant Wipes
2. Isopropyl Alcohol (70% or higher) wipes
3. Isopropyl Alcohol + a soft non-abrasive cloth (e.g. microfiber or cotton t-shirt)

If the lenses are dirty and unclear, wipe with a glasses/lens cloth or soft lint-free cloth (e.g. cotton t-shirt)



Contact & Support

Should you have questions or feedback about Handheld VR Adventures, you may contact FPCIW for assistance.

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