

# First-Time Virtual Reality Users

## Guidelines for introducing VR to first-time users



### Overview

This document will discuss best practices for facilitating Virtual Reality (VR) demos to first-time users. To ensure an enjoyable experience, it is helpful to gradually ease the user into highly immersive VR.

### Introduction Sequence

Virtual Reality may seem daunting for first-time users. A clear and concise explanation of the experience will ease many users' apprehension. Explain what Virtual Reality will feel like, namely the user's ability to look around, walk around, and interact within a virtual scene. It is a vital step to empower the user to fully appreciate and interact with the full experience. Explain what the user will specifically see and do within the experience. Due to the immersive nature of VR, some experiences may relate to a user's phobia. Mentally prepare the user to reduce the likelihood the user will react adversely to an experience.

Before the first experience, the HMD should be adjusted appropriately. See the [VR Equipment – HTC Vive](#) white paper for further details. Afterwards, start the VR tutorial. This will give an overview of VR and the Vive system to the user.

1. Open the SteamVR Window.
2. Click the grey dropdown arrow in the top left corner.
3. Click "Run Tutorial".
4. Follow the onscreen instructions.

There are varying intensities and complexities across VR experiences. For first-time users, it is recommended to choose an experience with simple interactions, calm gameplay, and minimal world traveling. One such example that adheres to the three guidelines is "theBlu" by Wevr, Inc.

The experience should allow for physically walking around a virtual area and interacting with virtual elements with the motion controllers. This will allow the user to comprehend the basic mechanics for interaction within the VR system.

It may also be beneficial to choose a relaxing experience that is not overly mentally or visually stimulating. With many new interactions to comprehend, it may be detrimental to start with a complex or high intensity experience.

The user's first experiences should ideally contain minimal world traveling. The possibility of motion sickness is greatly reduced when the user is contained within a consistent virtual area. World movement may be disorienting for a first-time user so it is best avoided until the user has garnered additional practice.

## User Comfort Level

Supervise the user closely during initial experiences to gauge how they respond to this immersive technology. Ask the user to vocalize any discomfort they experience such as loss of tracking or nausea. Some users may appear more apprehensive and will require more frequent breaks or encouragement. Other users may be more enthusiastic and ready for additional experiences immediately.

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