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# GREEN ASC VET PROJECT

KA220-VET - COOPERATION PARTNERSHIPS IN VOCATIONAL EDUCATION AND TRAINING

# Setting up the app
# 360° Video – Occupations

This guide is for mentors, teachers and career guidance professionals who prepare a session, and for users who want to use the app on their own. The content of the app is described in a separate document, **“360° Video – Occupations: What to expect”**.

## 1. Before using VR

For many users, VR is a new experience. Introduce it gradually and let the user get used to it at their own pace. Even just looking around in the headset can be an important step.

- Before the session, read the “What to expect” document and the description of the chosen occupation on metautism.eu together.
- A good first step is to watch the video on a computer or phone, and only then in the VR headset.
- Explain in advance what the user will see, how long the session will last and how to stop it.

## 2. Finding and starting the videos

The 360° videos are available in two ways: on a regular screen (computer, tablet, phone) and in a VR headset. The content is the same; only the way of watching differs.

### A) On a computer, tablet or phone

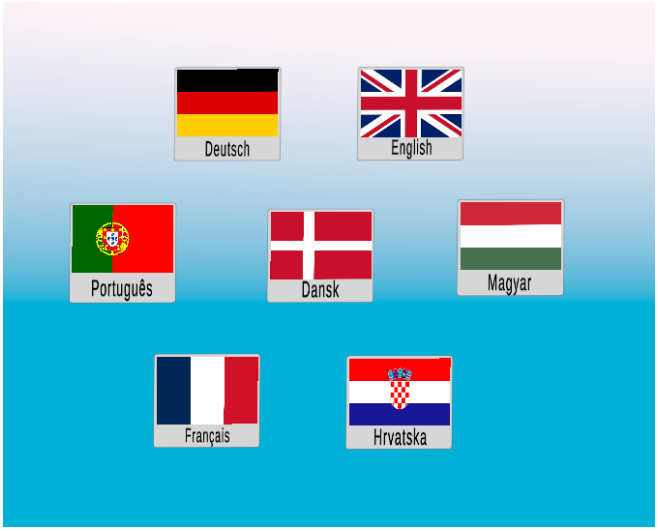
1. Open **https://metautism.eu/occupations/** and select an occupation.
2. Change the language with the links at the top of the page (EN, DE, DK, FR, HR, HU, PT).
3. Read the text information about the occupation and start the 360° video on the page.
4. To look around, drag with the mouse on a computer; on a phone, move the device or swipe with your finger. For a better experience, switch to full screen.

The same videos are also available on the YouTube channel **Green ASC VET – Metautism** (https://www.youtube.com/@metautism).

### B) In a VR headset

1. The app is available in the **Meta Quest Store** under the name **“360 videos – occupations on the spectrum”**. We use and test the app on **Meta Quest 3** headsets. Link: https://www.meta.com/experiences/360-videos-occupations-on-the-spectrum/25090179897242850/
2. The app is designed for seated use, either alone or with a facilitator.
3. After starting the app, select the **language** and then the **occupation**.
4. You can open the text information one section at a time or all at once, before or while watching the video.
5. Start the **360° video** and look around the workplace by turning your head.

6. **Controls:** point the controller ray at an option and press the **index-finger trigger**. To leave the app, press the **Meta** button on the right controller.
7. Go back to the **main menu** to choose another occupation.







## 3. Tips for facilitators

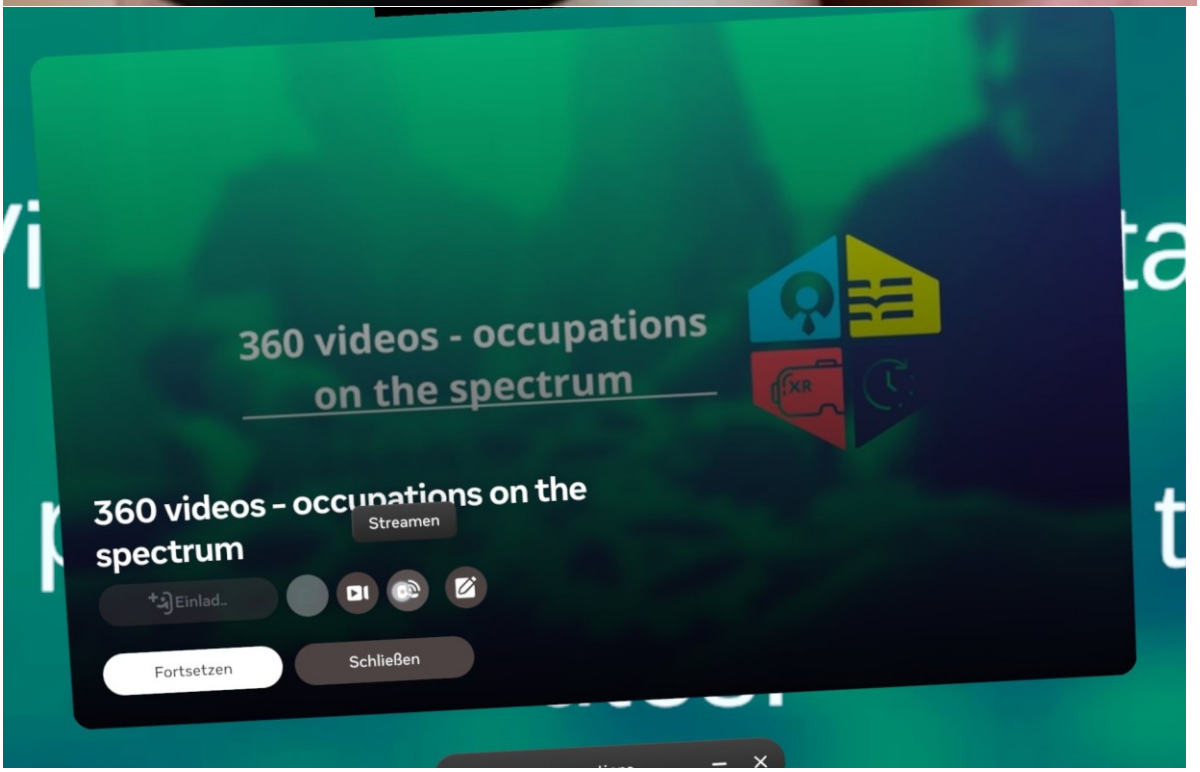
These tips were gathered at the partner workshop in Copenhagen (April 2026), based on experience from pilots with autistic users.

- **Space:** a calm environment, enough room around the chair, sound volume checked in advance, no strong smells.
- **Communication:** short, literal instructions, one thing at a time; say in advance what comes next and when the session ends.
- **Onboarding:** show how to put on and take off the headset and how the controllers work; explain what a 360° video is.
- **Comfort:** short sessions, breaks when needed, an agreed stop signal, no time pressure.
- **Respect:** ask before touching and announce any contact; do not let others interfere.
- **Monitoring:** watch balance, attention and signs of discomfort. You can show the headset view on an external screen.

## 4. Optional: showing the view on an external screen

To see what the user is looking at, press the **Meta** button on the right controller and select **Cast** to a computer, TV or phone with the Meta Horizon app.




**You can stop at any time, and slowly build up how long your sessions last.**