**Using Virtual Reality at your UNA-USA Event**

**1. Purchase a VR headset.** They are available in cardboard or more durable versions, [on Amazon](https://www.amazon.com/s?k=google+cardboard&rh=p_85%3A2470955011&dc&fst=as%3Aoff&qid=1470251924&rnid=2470954011&ref=sr_nr_p_85_0) or the [Google Store](https://store.google.com/category/virtual_reality).

**2. Download the app on your smartphone(s).** We like [United Nations Virtual Reality](http://unvr.sdgactioncampaign.org/), because it features Clouds Over Sidra, an award-winning film by the United Nations highlighting refugee stories. You can also check out other amazing films by [clicking here.](http://unvr.sdgactioncampaign.org/)

**3. Start the app and select your film.** Within (and most other apps) have easy-to-follow operating instructions; select your film before placing your phone into the VR headset.

**4. Place your phone into the VR headset.** Google Cardboard is compatible with any smartphone that has a VR app installed, including iPhone and Android. For Google Cardboard headsets, simply place the phone into the holder on the outside of the headset and Velcro it closed.

**5. Make sure the headphones are plugged into the phone.** Plug your headphones into the regular headphone jack on your phone.

**6. Put on the headphones and VR headset and enjoy!** When you bring the VR headset to your eyes, the smartphone will recognize the motion and begin playing your film. You should be able to look in any direction (360° degrees) and see a different portion of the virtual reality. If you can’t hear anything out of the headphones, turn up the volume directly on your phone using the side buttons.