

How to install and run Ubuntu with Virtual Box:

1) Download and install VirtualBox -- (<https://www.virtualbox.org/wiki/Downloads>)

- **VirtualBox 5.1.32** (released January 15th 2018)
 - Windows hosts ⇨ x86/AMD64
 - OS X hosts ⇨ Intel Macs
 - Solaris and OpenSolaris hosts ⇨ AMD64
 - Linux Hosts:
 - Ubuntu 16.10 ("Yakkety") ⇨ i386 | ⇨ AMD64
 - Ubuntu 16.04 ("Xenial") ⇨ i386 | ⇨ AMD64
 - Ubuntu 15.10 ("Wily") ⇨ i386 | ⇨ AMD64
 - Ubuntu 14.04 ("Trusty") / 14.10 ("Utopic") / 15.04 ("Vivid") ⇨ i386 | ⇨ AMD64
 - Ubuntu 12.04 ("Precise") ⇨ i386 | ⇨ AMD64
 - Debian 9 ("Stretch") ⇨ i386 | ⇨ AMD64
 - Debian 8 ("Jessie") ⇨ i386 | ⇨ AMD64
 - Debian 7 ("Wheezy") ⇨ i386 | ⇨ AMD64
 - openSUSE 13.2 ("Harlequin") / Leap 42.1 ("Malachite") ⇨ i386 | ⇨ AMD64
 - Fedora 26 ⇨ i386 | ⇨ AMD64
 - Fedora 25 ⇨ i386 | ⇨ AMD64
 - Fedora 24 ⇨ i386 | ⇨ AMD64
 - Fedora 22 / 23 ⇨ i386 | ⇨ AMD64
 - Oracle Linux 7 ("OL7") / Red Hat Enterprise Linux 7 ("RHEL7") / CentOS7 ⇨ AMD64
 - Oracle Linux 6 ("OL6") / Red Hat Enterprise Linux 6 ("RHEL6") / CentOS 6 ⇨ i386 | ⇨ AMD64
 - Oracle Linux 5 ("OL5") / Red Hat Enterprise Linux 5 ("RHEL5") / CentOS 5 ⇨ i386 | ⇨ AMD64
 - All distributions ⇨ i386 | ⇨ AMD64

2) Download Ubuntu image file (<http://releases.ubuntu.com/16.04/>)

There are two images available, each for a different type of computer:

64-bit PC (AMD64) desktop image

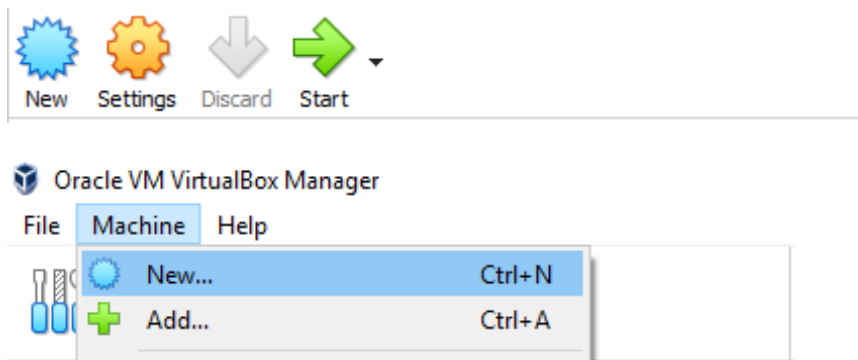
Choose this to take full advantage of computers based on the AMD64 or EM64T architecture (e.g., Athlon64, Opteron, EM64T Xeon, Core 2). If you have a non-64-bit processor made by AMD, or if you need full support for 32-bit code, use the i386 images instead. Choose this if you are at all unsure.

32-bit PC (i386) desktop image

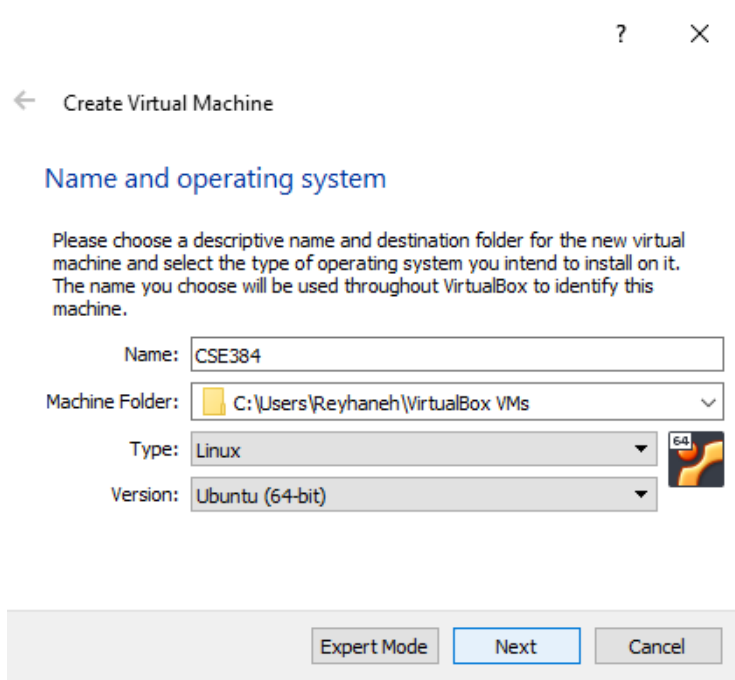
For almost all PCs. This includes most machines with Intel/AMD/etc type processors and almost all computers that run Microsoft Windows, as well as newer Apple Macintosh systems based on Intel processors.

3) Windows: Place the file anywhere that is convenient.

4) Open up VirtualBox and either go to Machine-> New or click "New" button in the upper left.

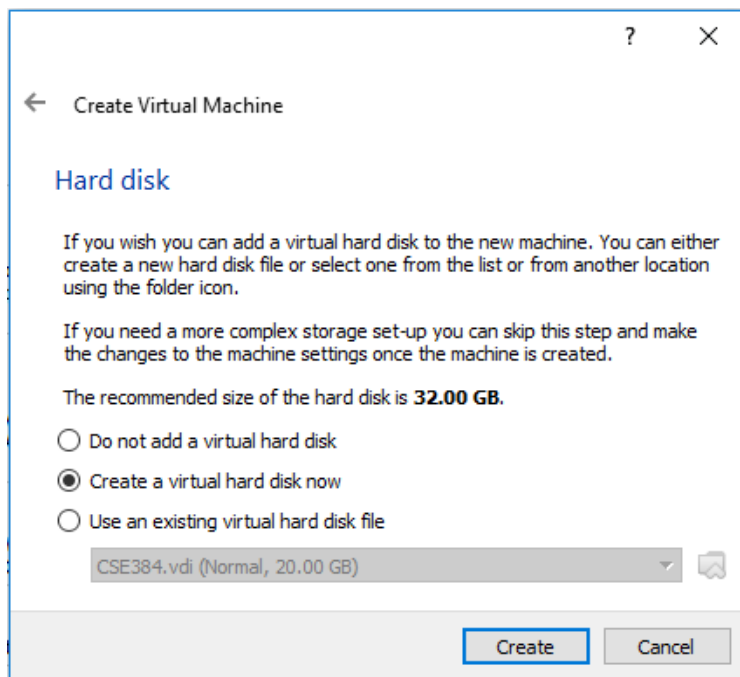


5) Fill the next menu as follows (except the Machine Folder part), and hit next:

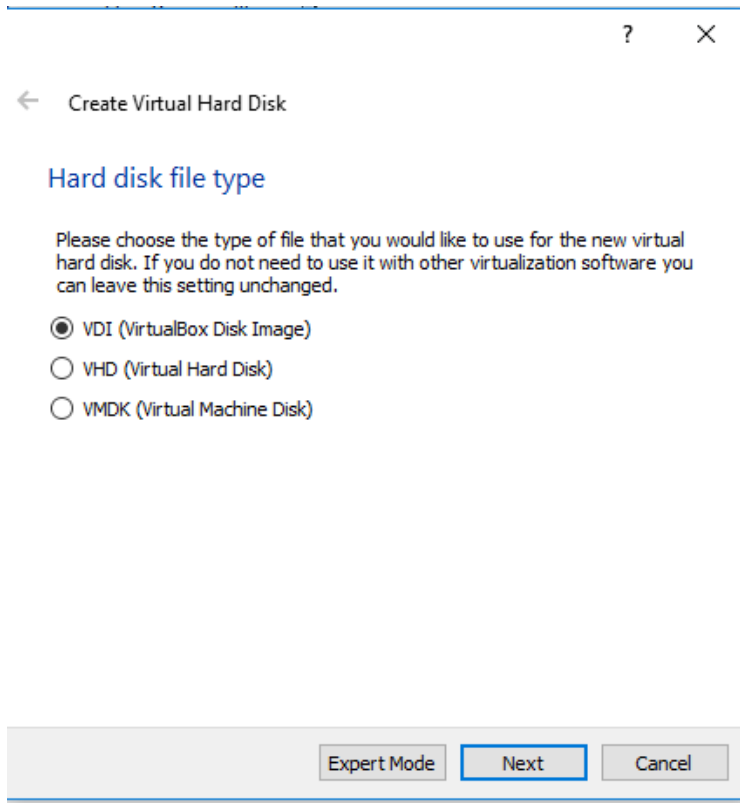


6) You will be prompted to allocate memory for your virtual machine the default/recommend amount is 1024MB. (You can change this later if you need) After deciding, hit next.

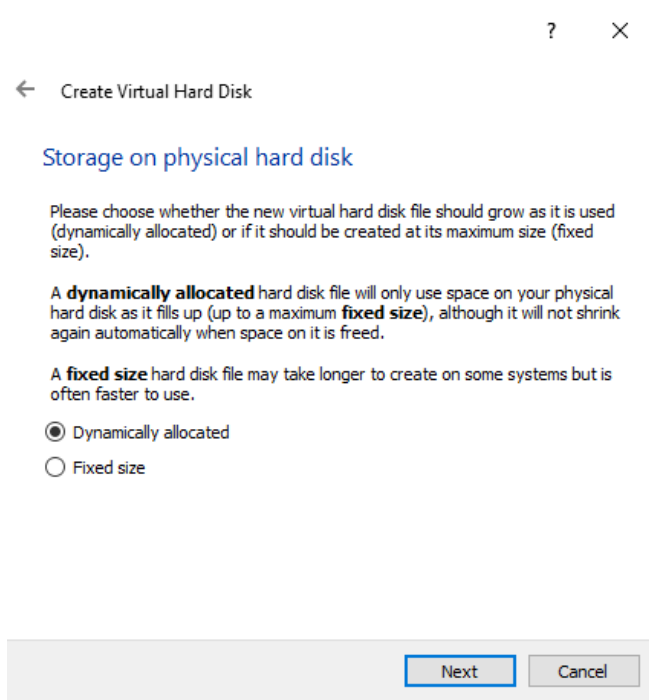
7) Now choose the second option "Create a virtual hard disk now" and hit create.



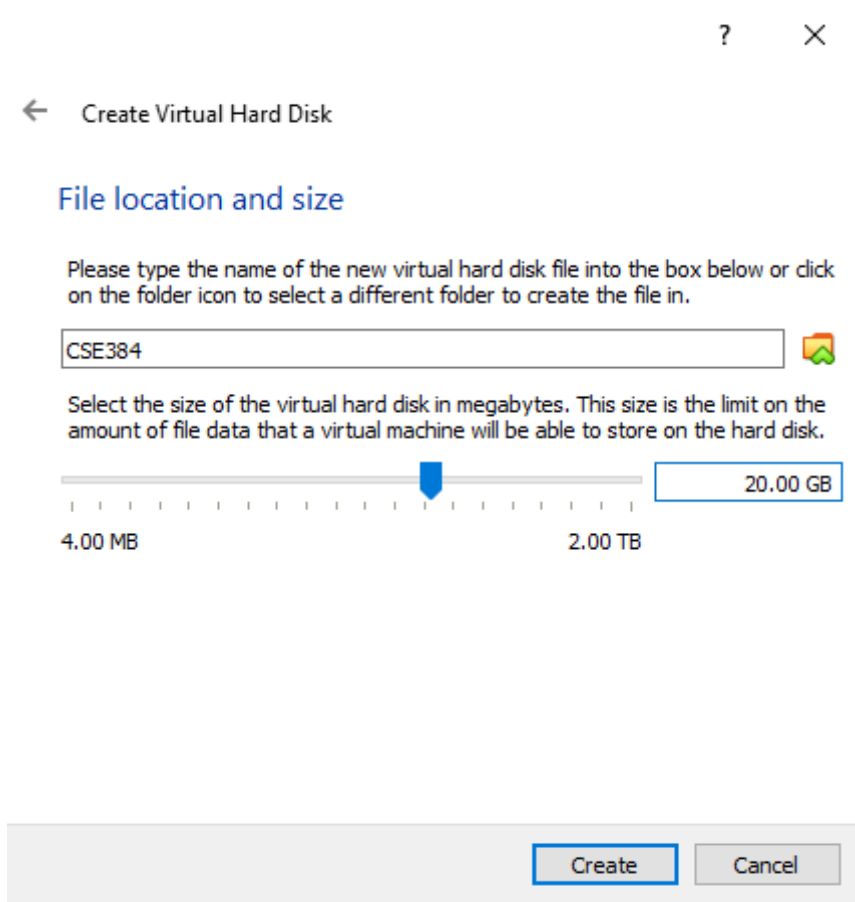
8) Then select VDI and hit next.



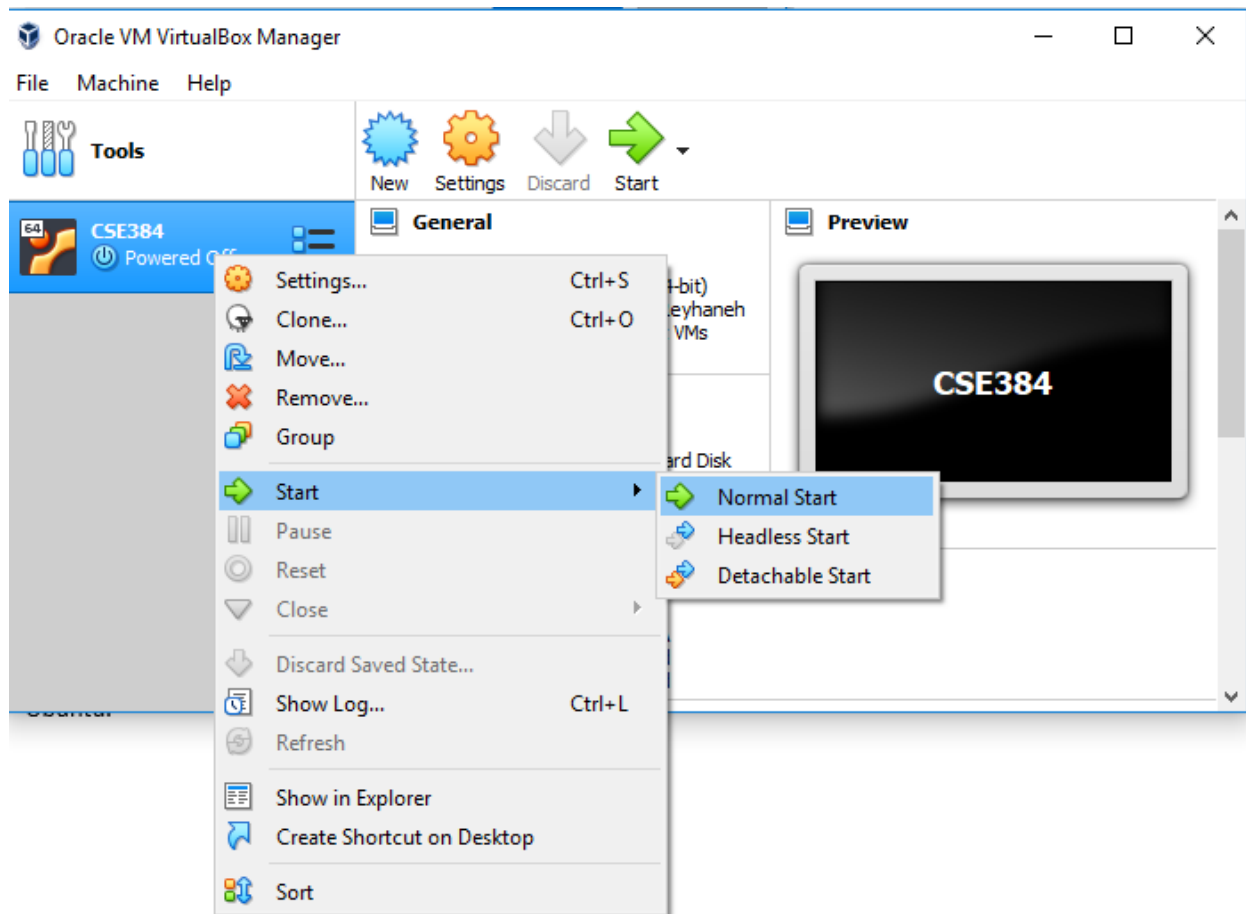
8) Then select "Dynamically allocated" and hit next.



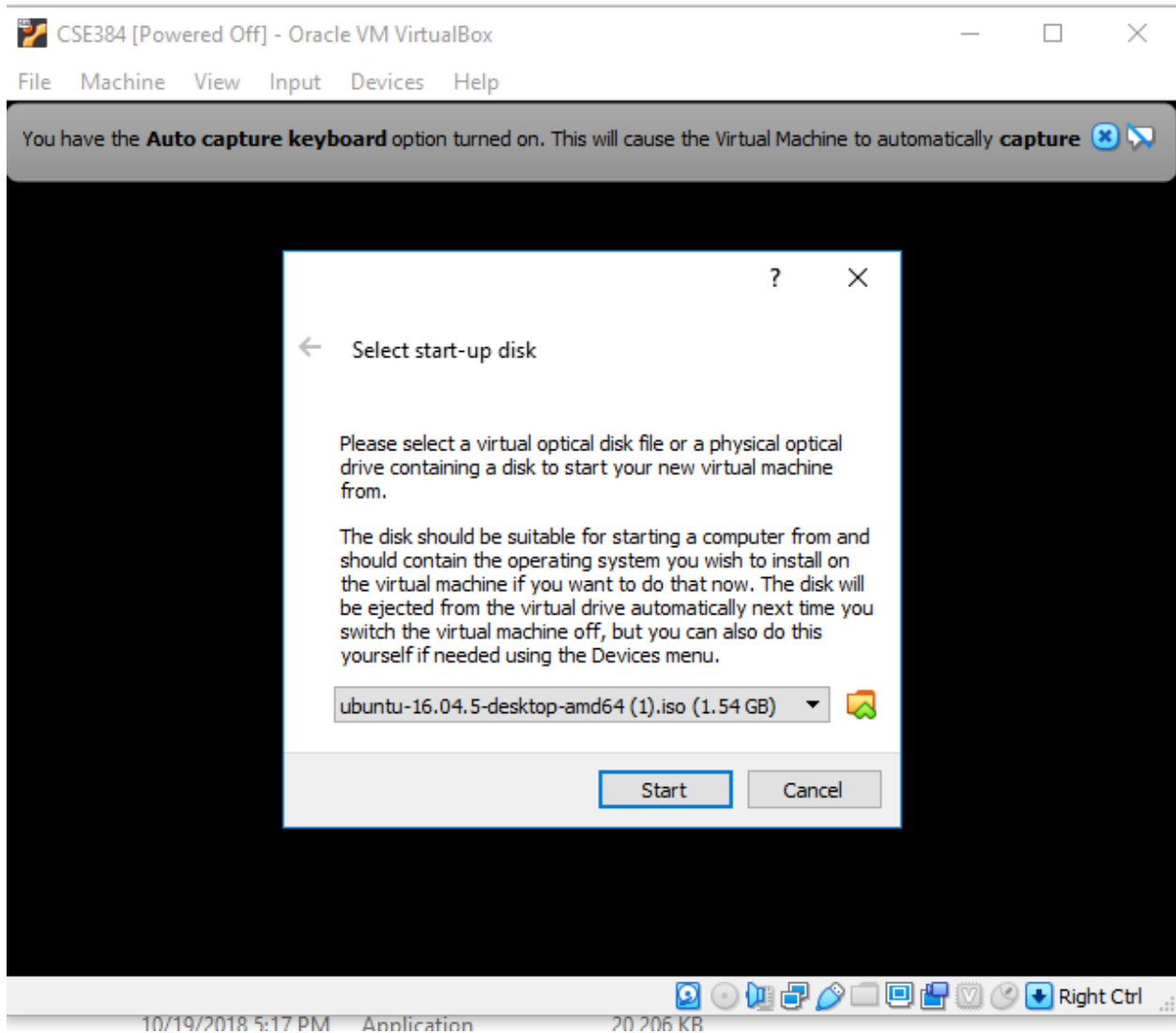
9) Then select maximum amount of data that that your virtual machine can store and hit create.



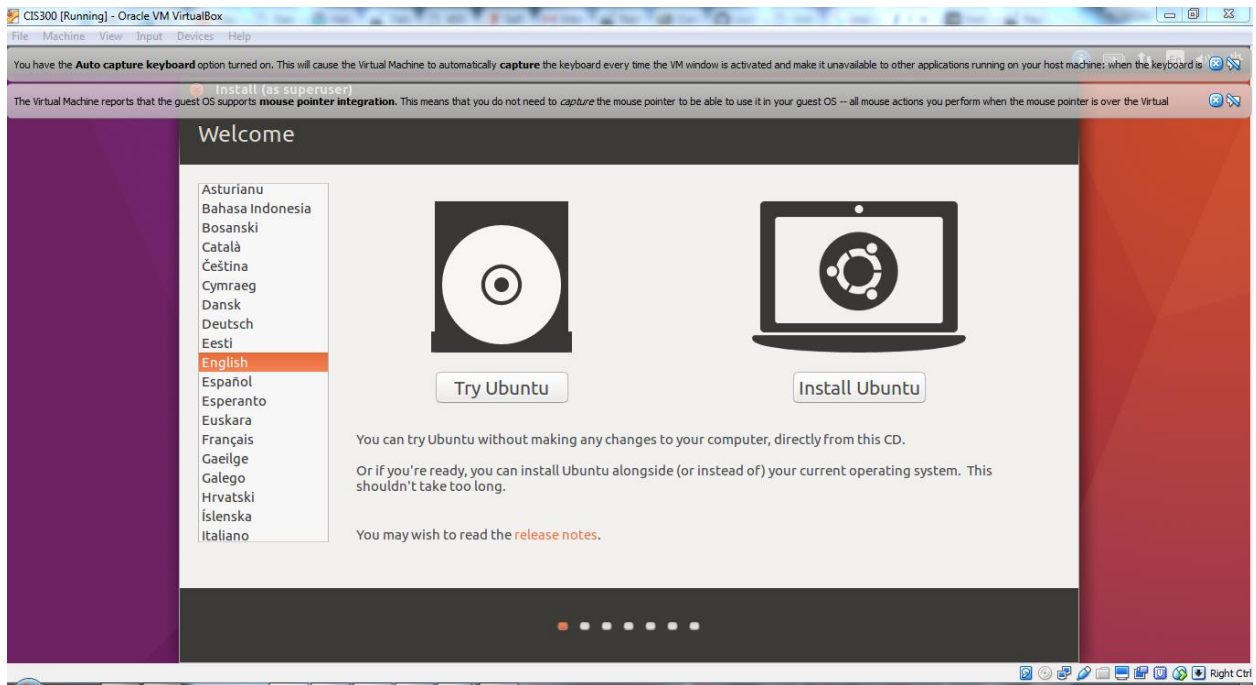
10) In this step the virtual machine is created. You should start it as is shown in the following picture.



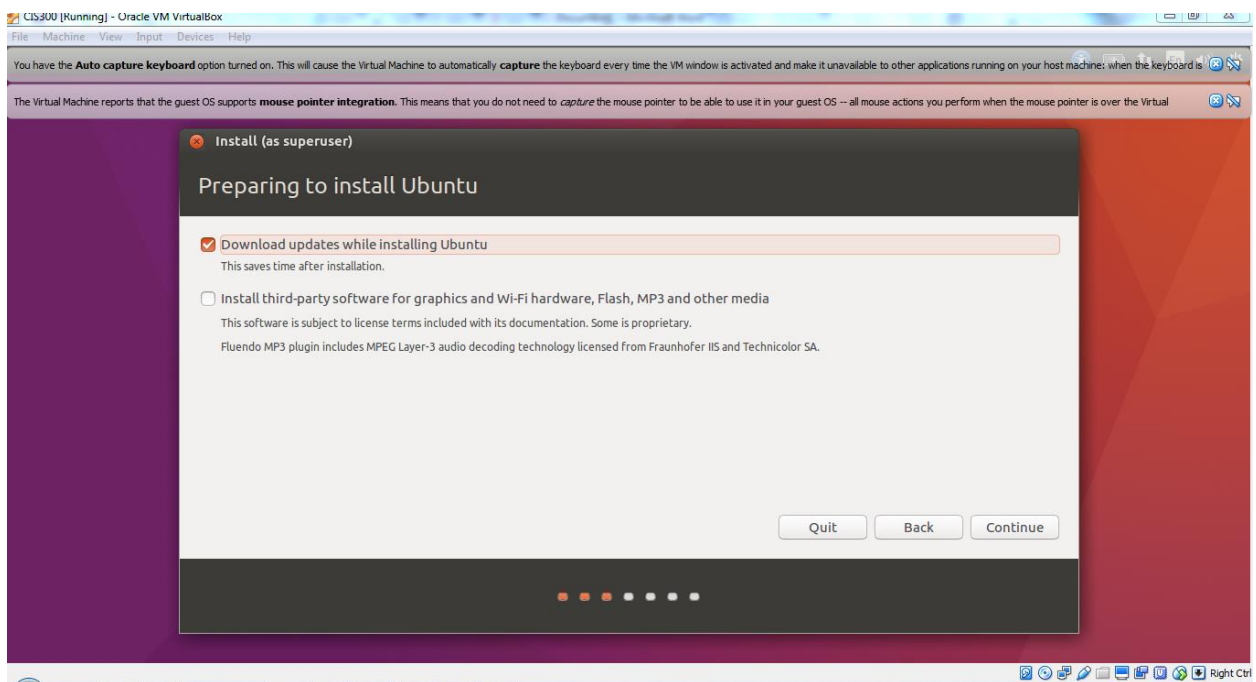
11) Navigate to the folder that you downloaded Ubuntu image and hit start. Now you can start installing Ubuntu.



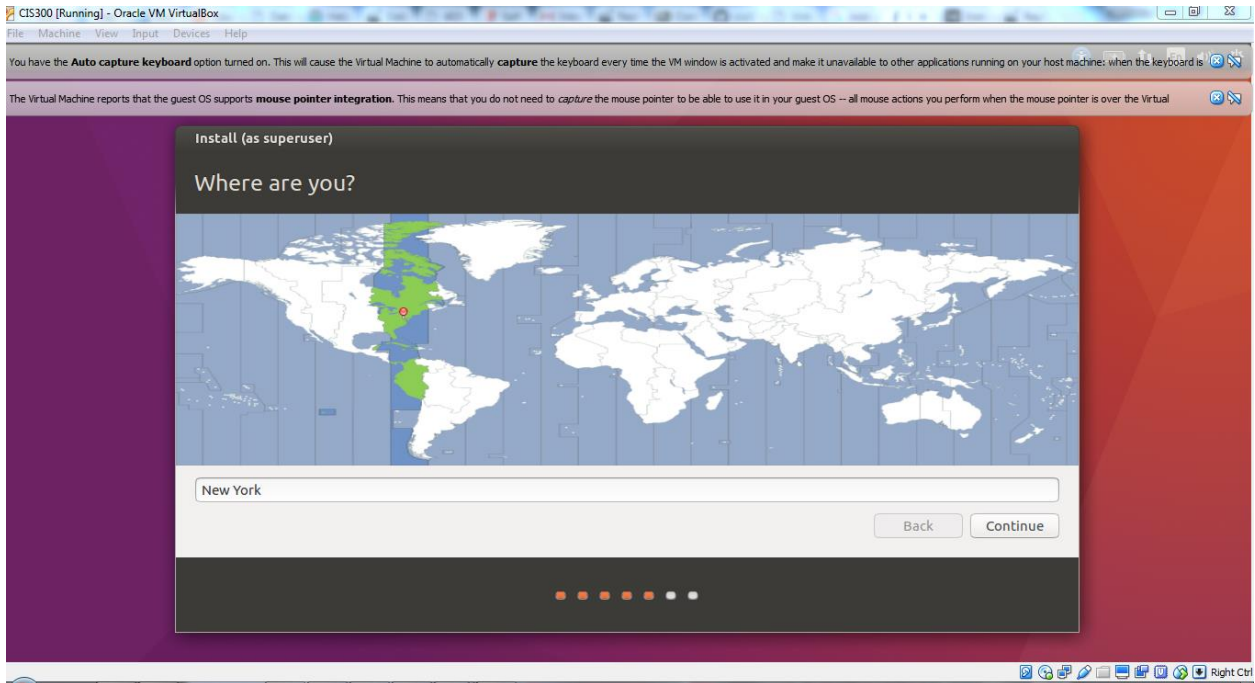
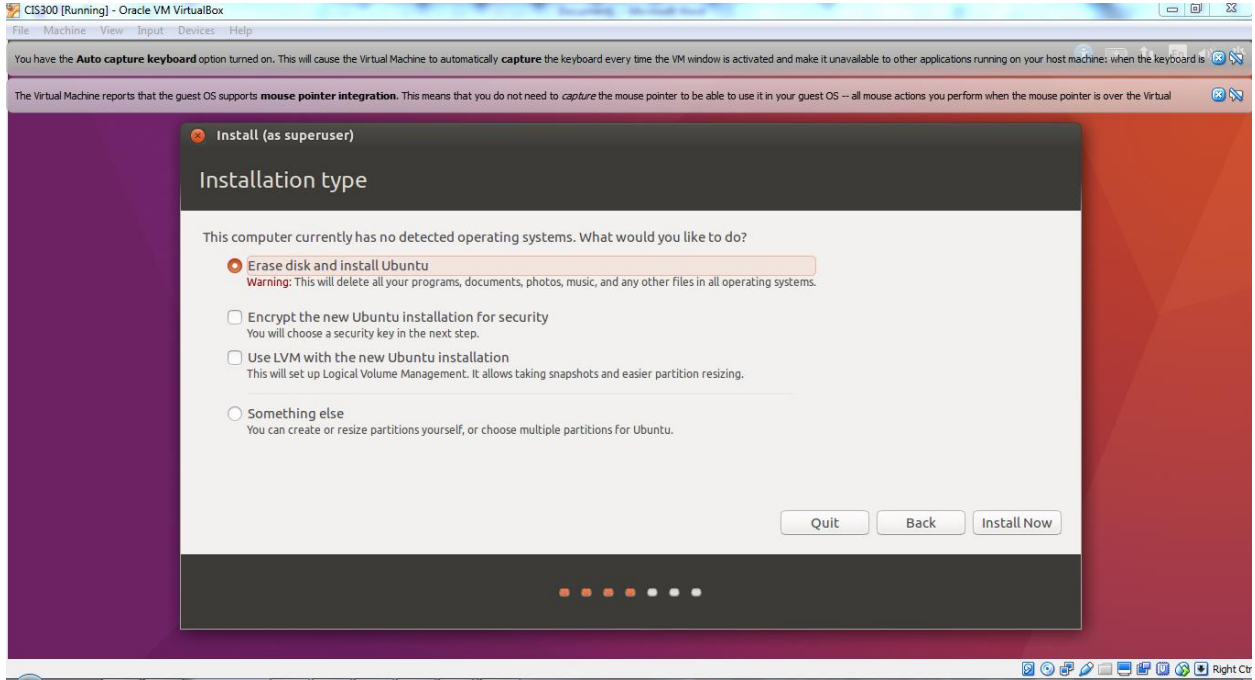
12) Click on install Ubuntu.

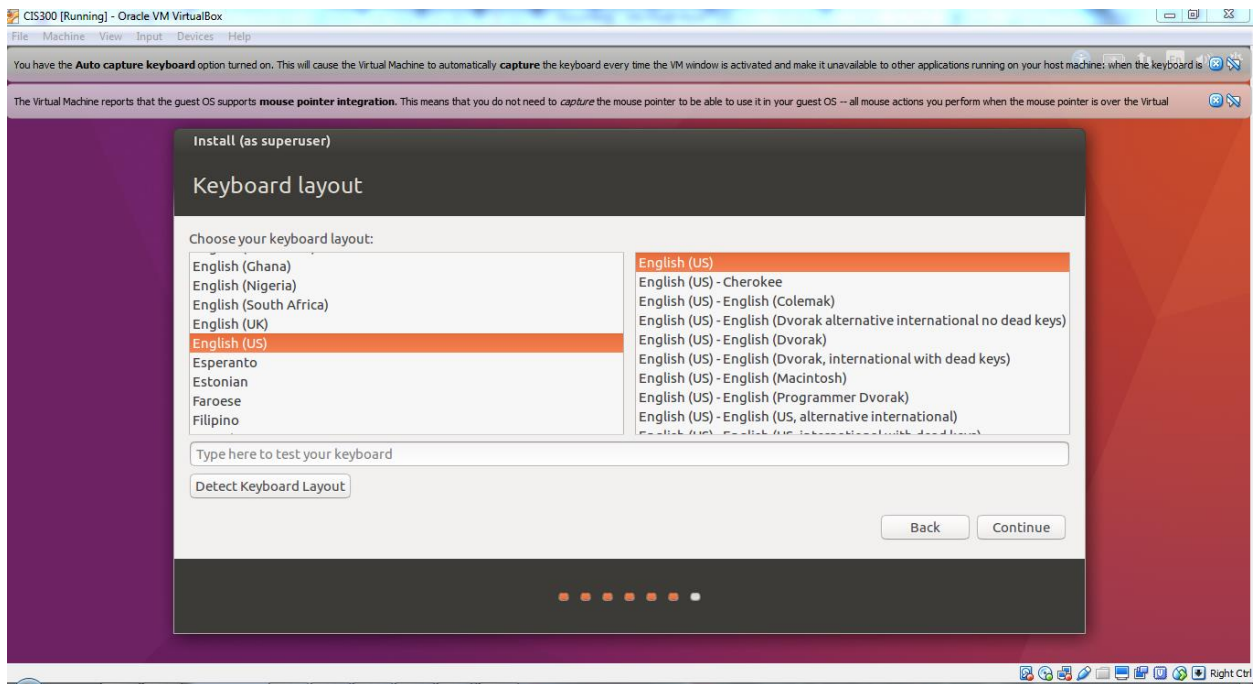


14) Click on the first choice and hit continue.

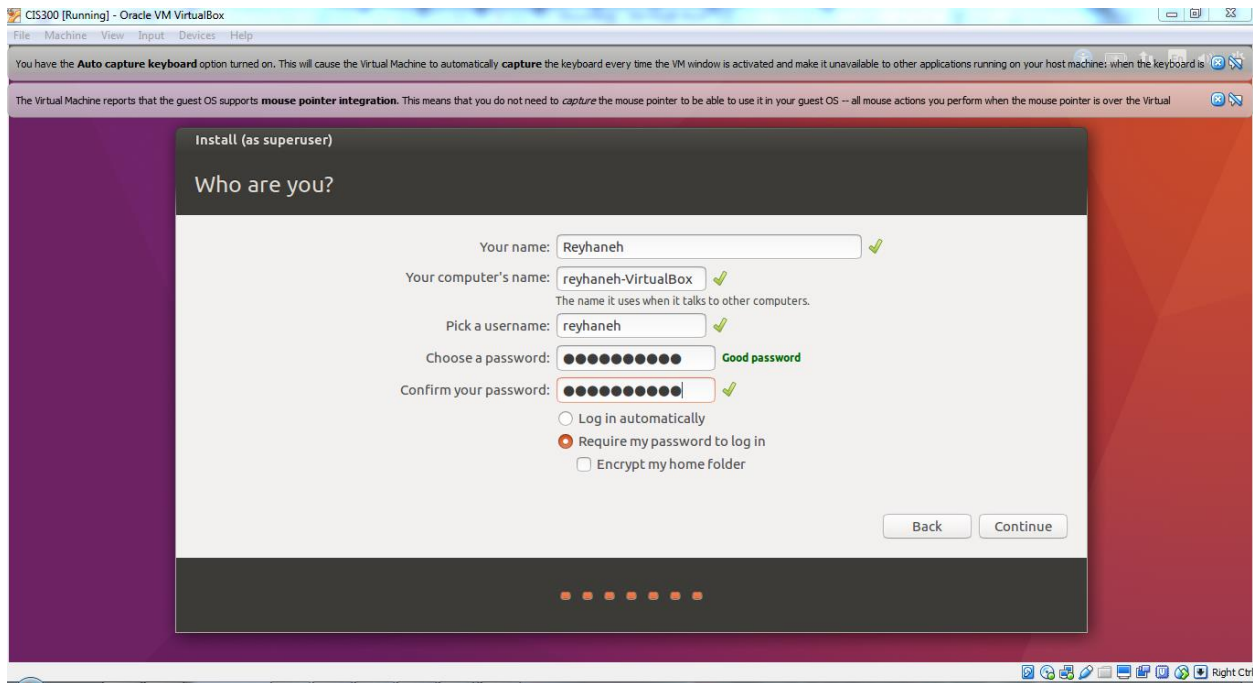


15) Click on the first choice and hit install now. Then follow the steps as it is shown in the following pictures:





16) In this step, you should choose your username and password.



17) This step takes some minutes to install Ubuntu. After installation the system restarts and you can log in with your username and password.

