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# HOW TO IMPORT INTO METAQUEST

A GUIDE ON HOW TO IMPORT A 360° VIDEO INTO METAQUEST

## 2. METAQUEST IGNITION



- First, turn on your Meta Quest device, press and hold the button on the side.
- Next, put on the headset

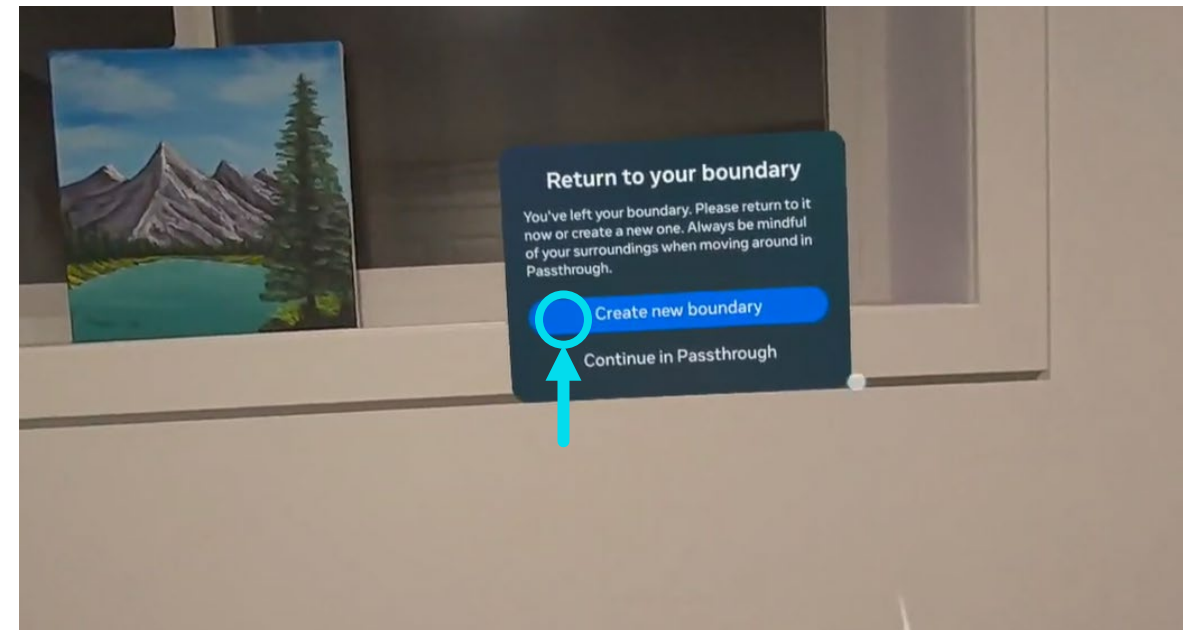
### 3. SET BOUNDARIES

- The device may ask you to create boundaries.



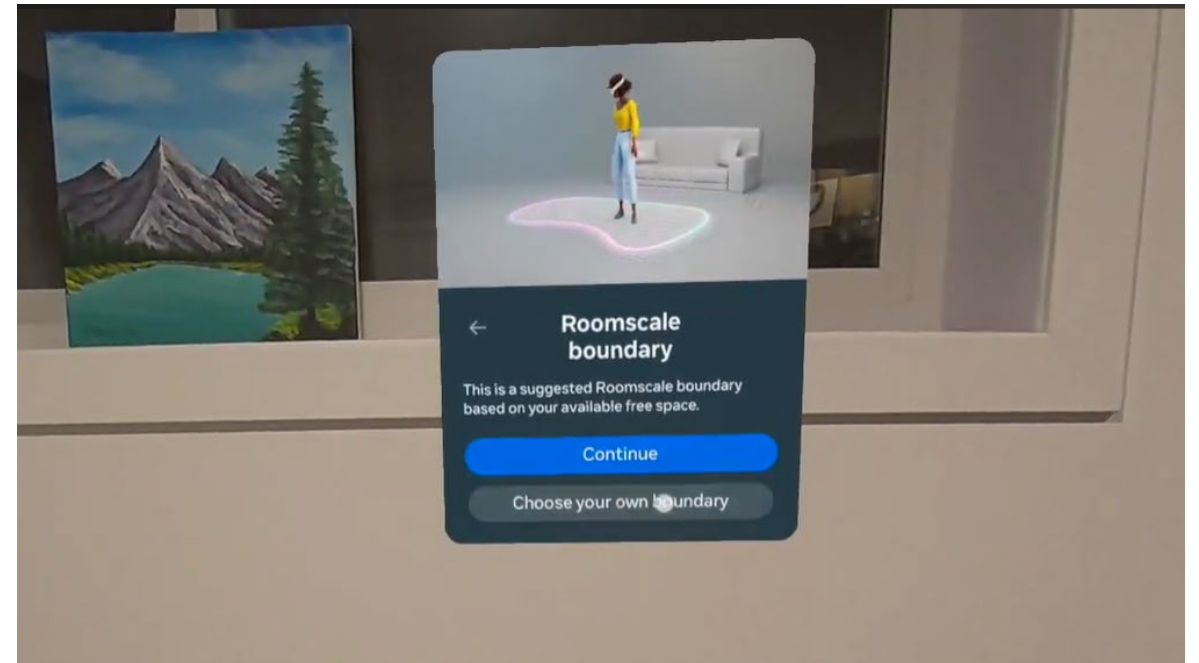
### 3. SET BOUNDARIES

- This message should appear automatically. If it does not, it means that you are either already within a boundary area or that you do not need to set boundaries at this time. Opening apps or moving around may prompt you to create boundaries.
- In this case, select “Create new boundary.”



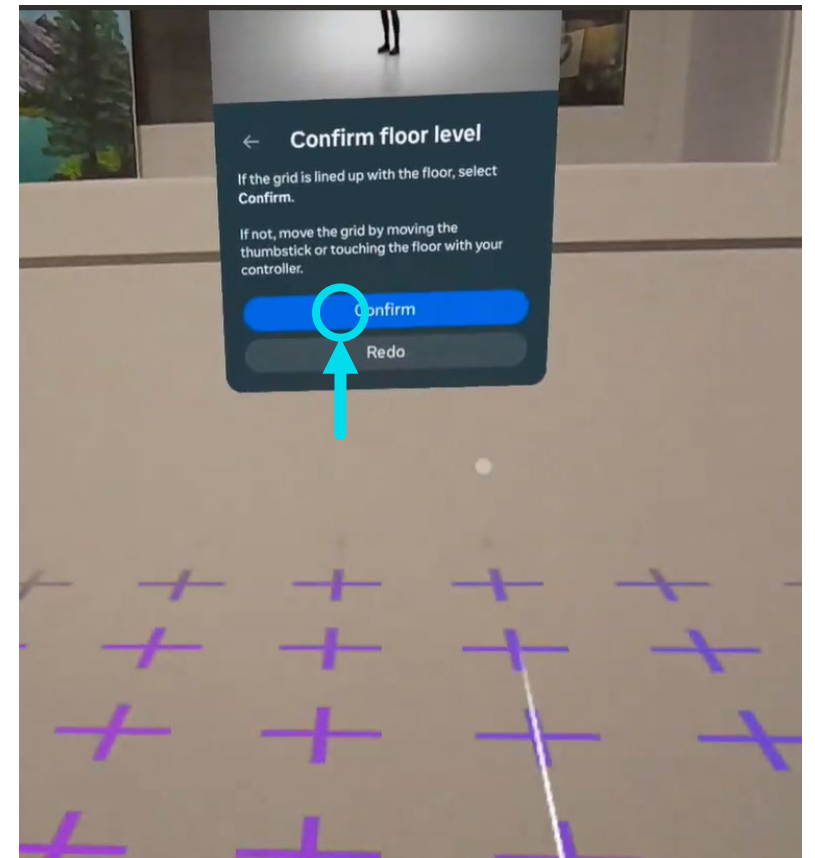
### 3. SET BOUNDARIES

- Select "Choose your own boundary"



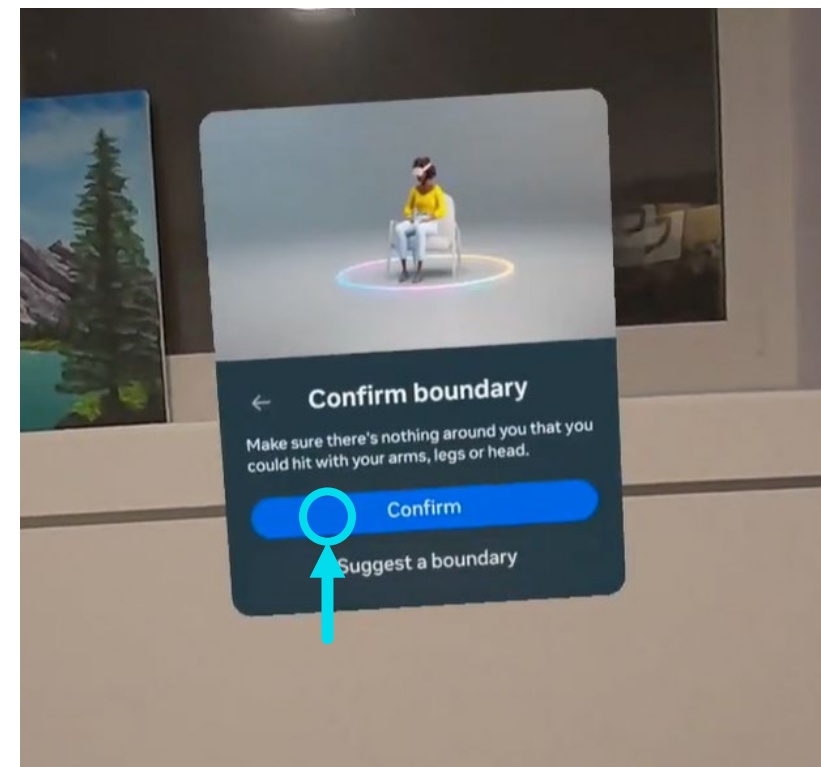
### 3. SET BOUNDARIES

- Confirm the floor level by moving the controller up or down.
- Then select confirm.



### 3. SET BOUNDARIES

- Confirm the boundaries if they are correct. Otherwise, repeat the setup.



## THREE OPTIONS FOR IMPORTING A VIDEO

1.

Upload to  
MetaQuest

2.

Upload to  
YouTube



3.

Upload to  
3DVista



- 
1. MetaQuest
  2. Computer
  3. A 360° video

## I. TECHNICAL REQUIREMENTS

A VIDEO PROCEDURE IS AVAILABLE IN THE MOODLE COURSE:  
IF YOU PREFER TO READ THE INSTRUCTIONS, CONTINUE WITH THE SLIDES.

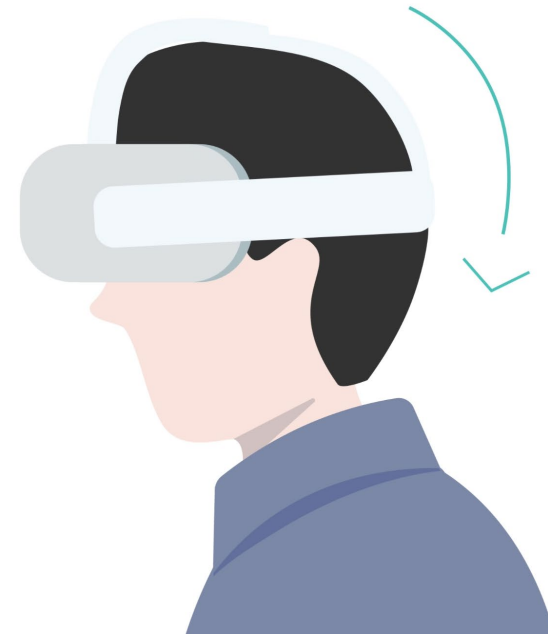
# I. CONNECT THE METAQUEST WITH YOUR COMPUTER



- Use the Quest Link cable to connect the Meta Quest to your computer.

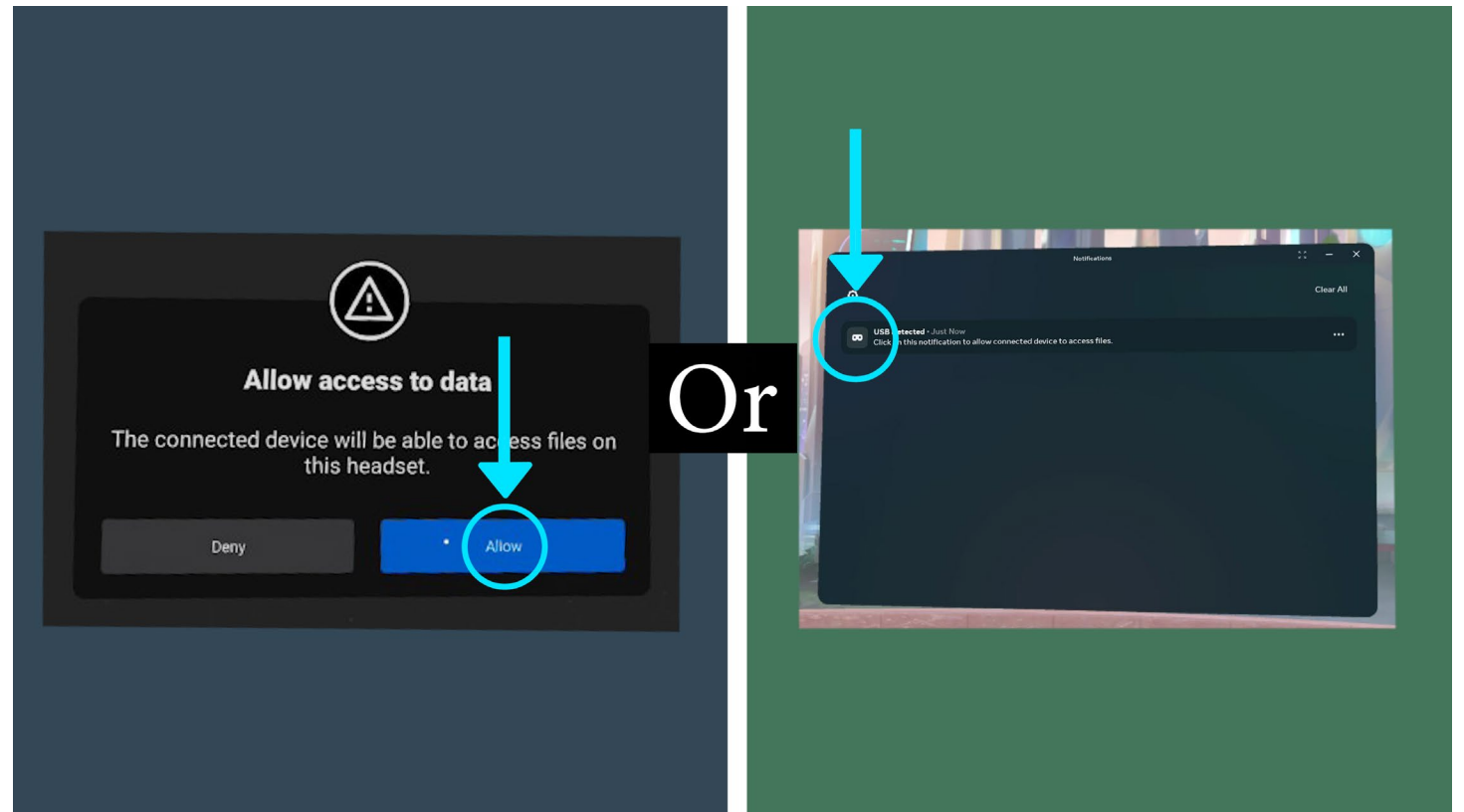
## 2. PUT ON THE HEADSET

- Wear the headset

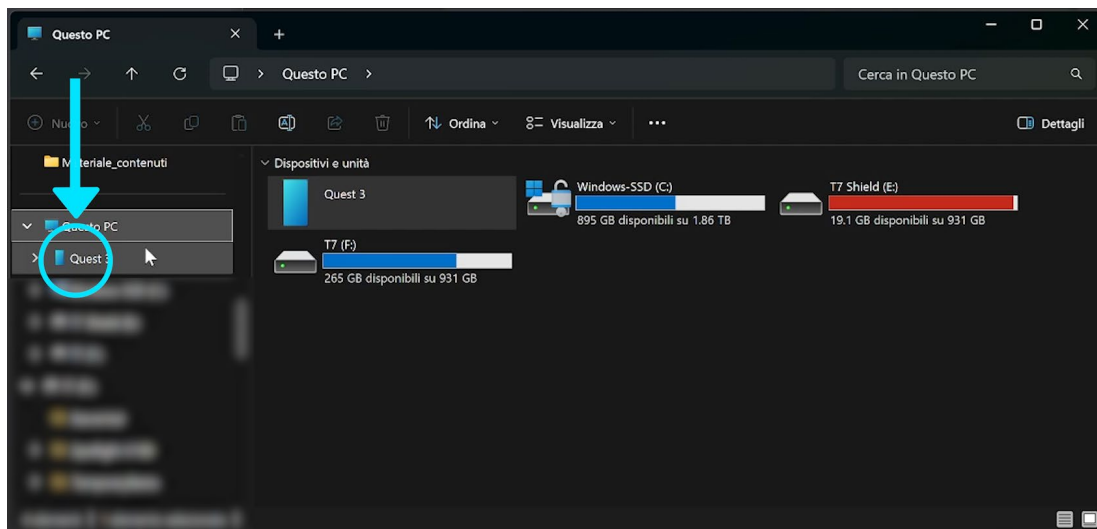


### 3. LINK NOTICE

- A Link alert should now appear.  
You must allow access.



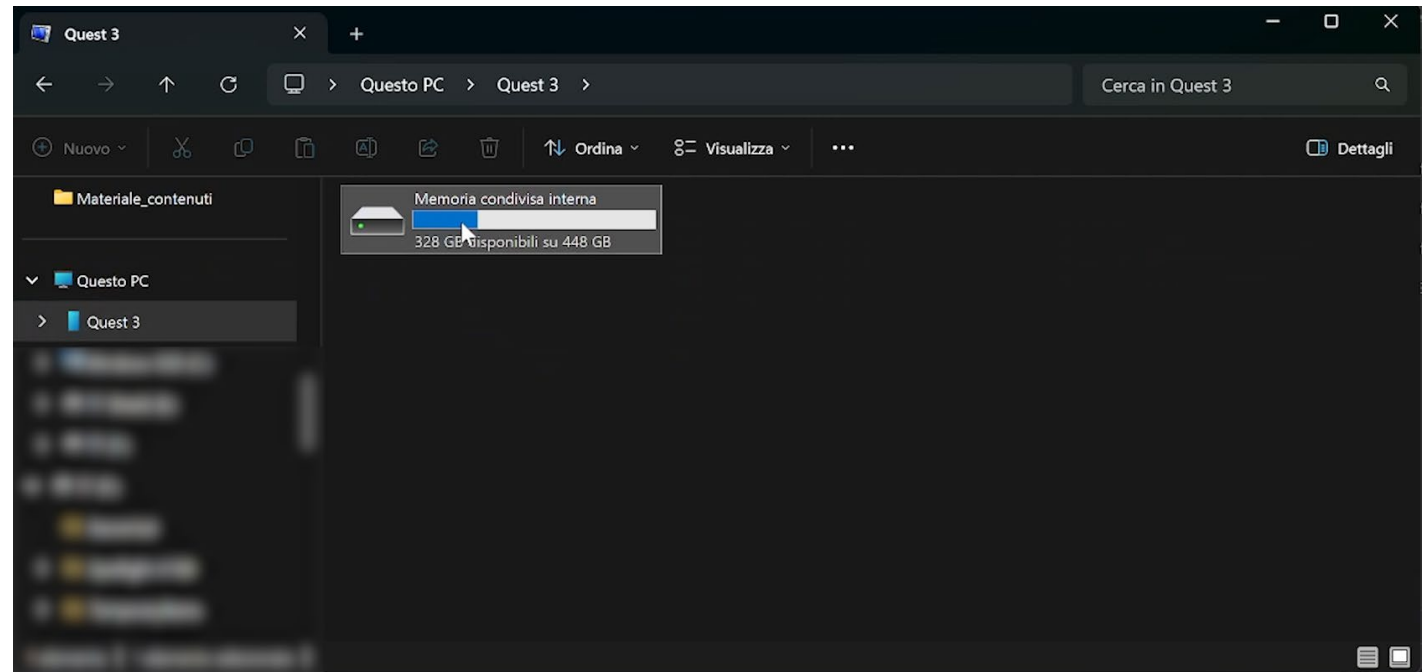
## 4. ON YOUR COMPUTER



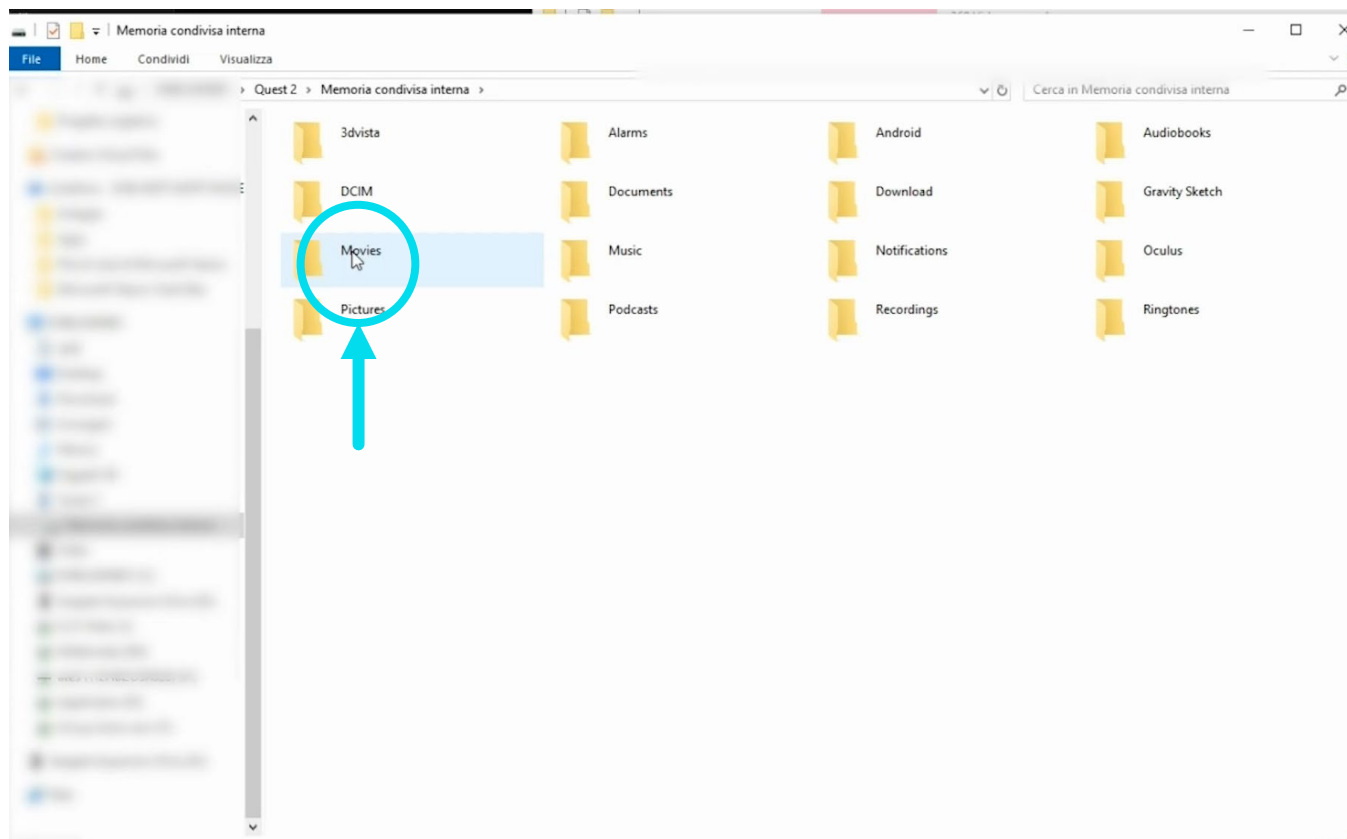
- The Meta Quest should now appear among the connected devices.

## 5. ON YOUR COMPUTER

- Open the headset's internal memory



## 6. ON YOUR COMPUTER

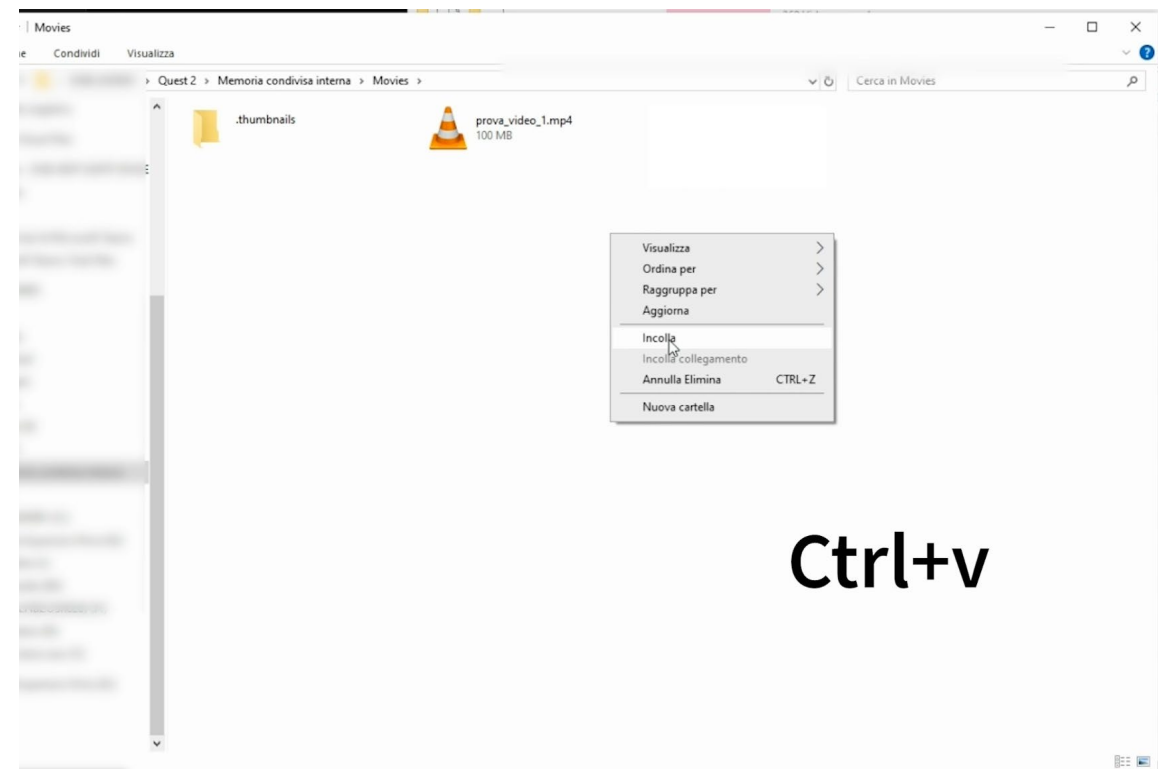


- Open the "Movies" folder  
"Movies"



## 7. ON YOUR COMPUTER

- In that folder, copy and paste the 360° video.



## 8. INTO METAQUEST



- Put on the headset

## 9. INTO METAQUEST

Press the “Oculus button”.



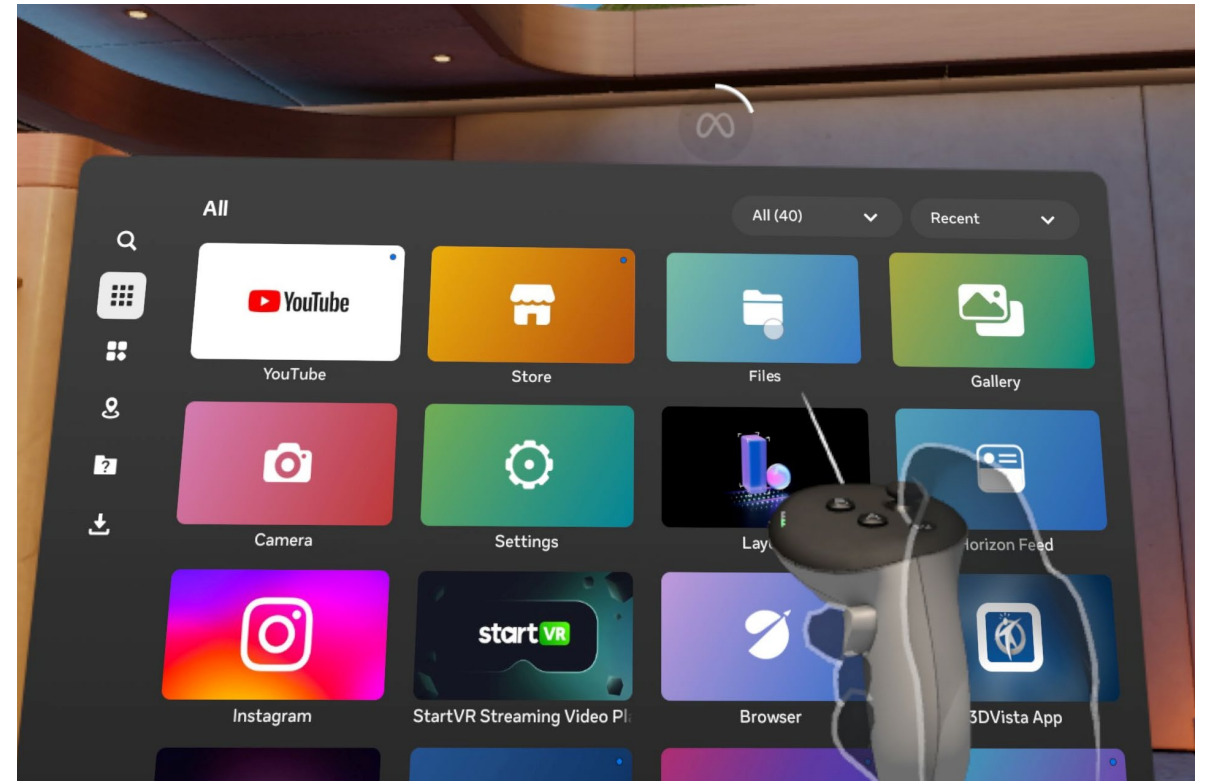
## 10. INTO METAQUEST

- Open the “Library”.



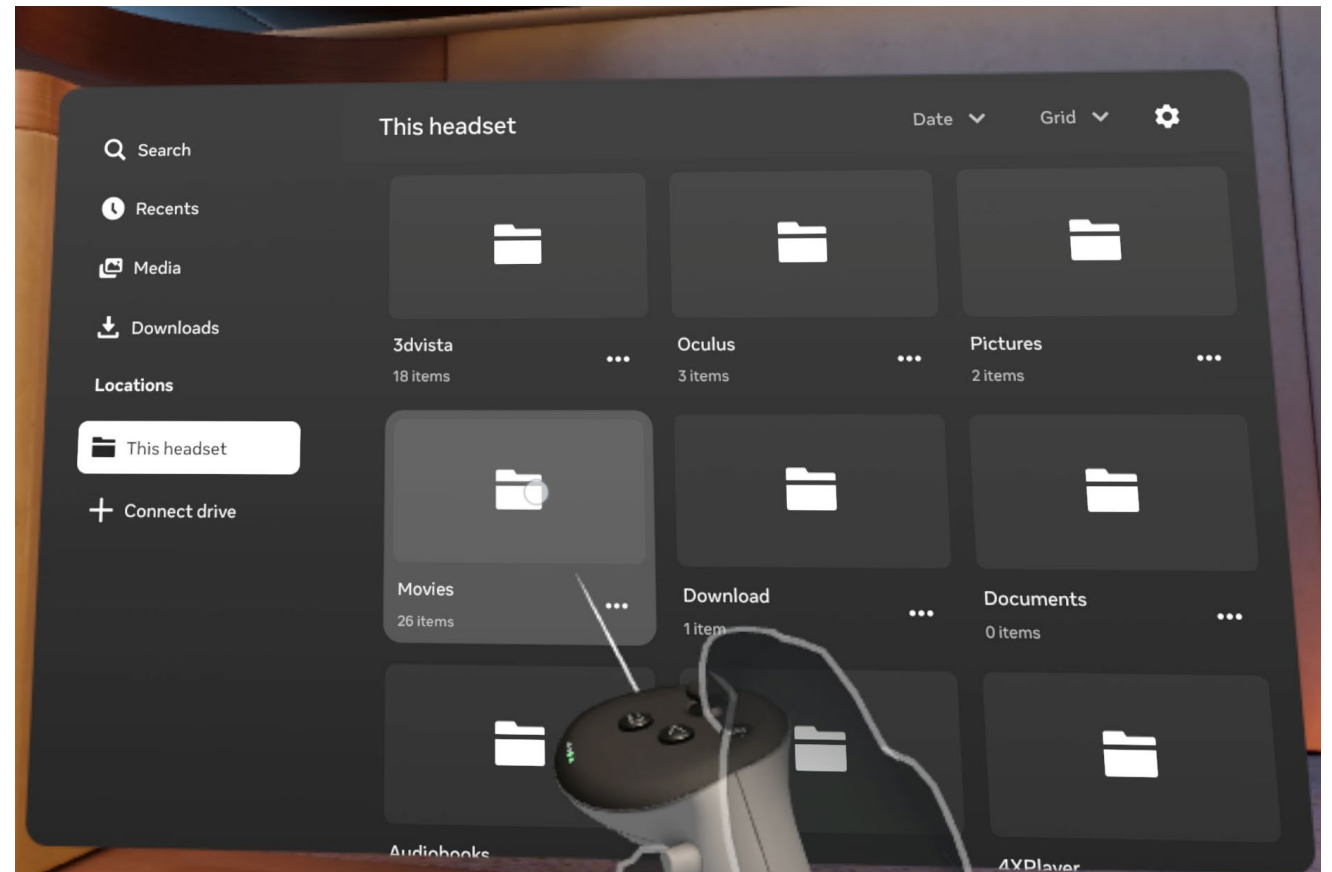
## II. INTO METAQUEST

- Open the “Files” app.

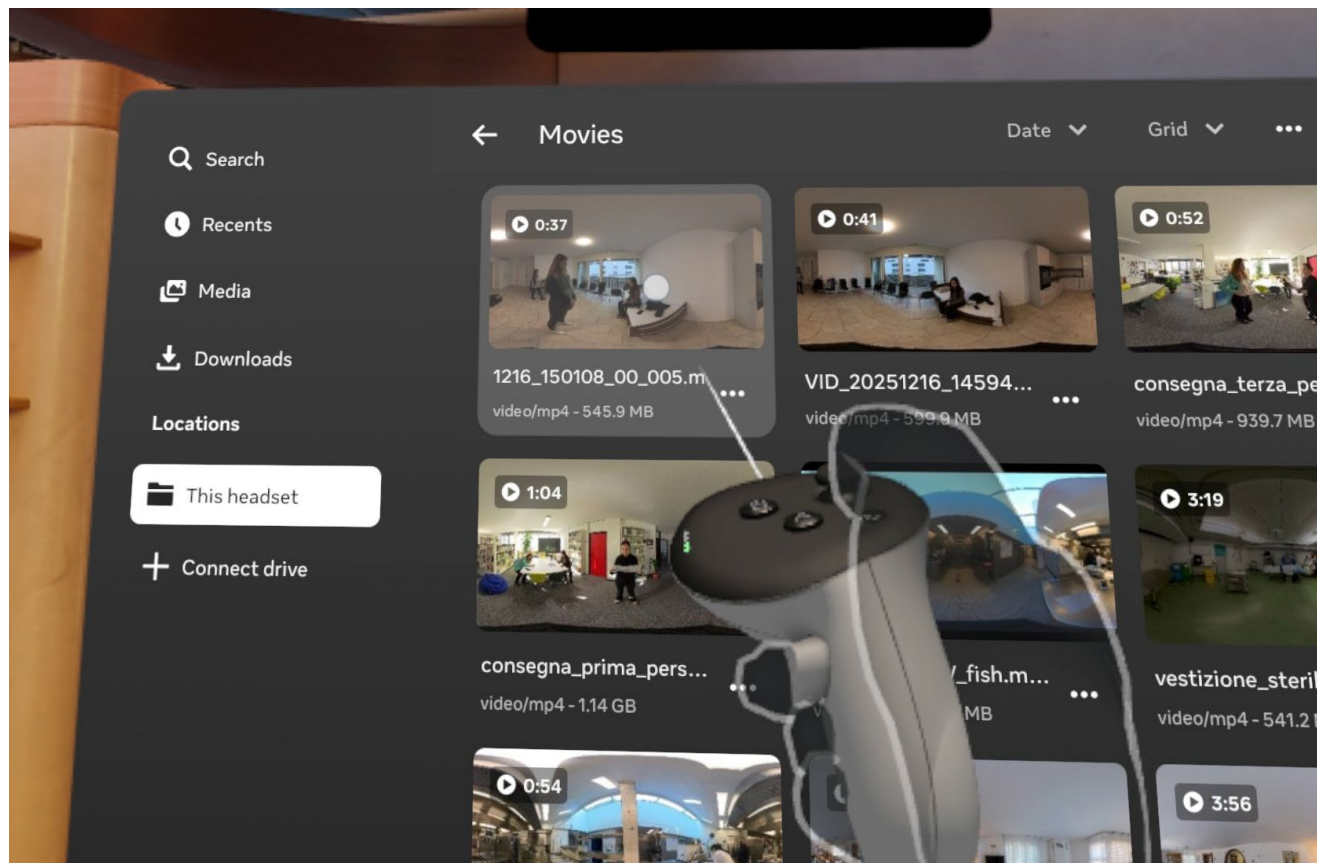


## 12. INTO METAQUEST

- Search for "Media Resource"



## 13. INTO METAQUEST

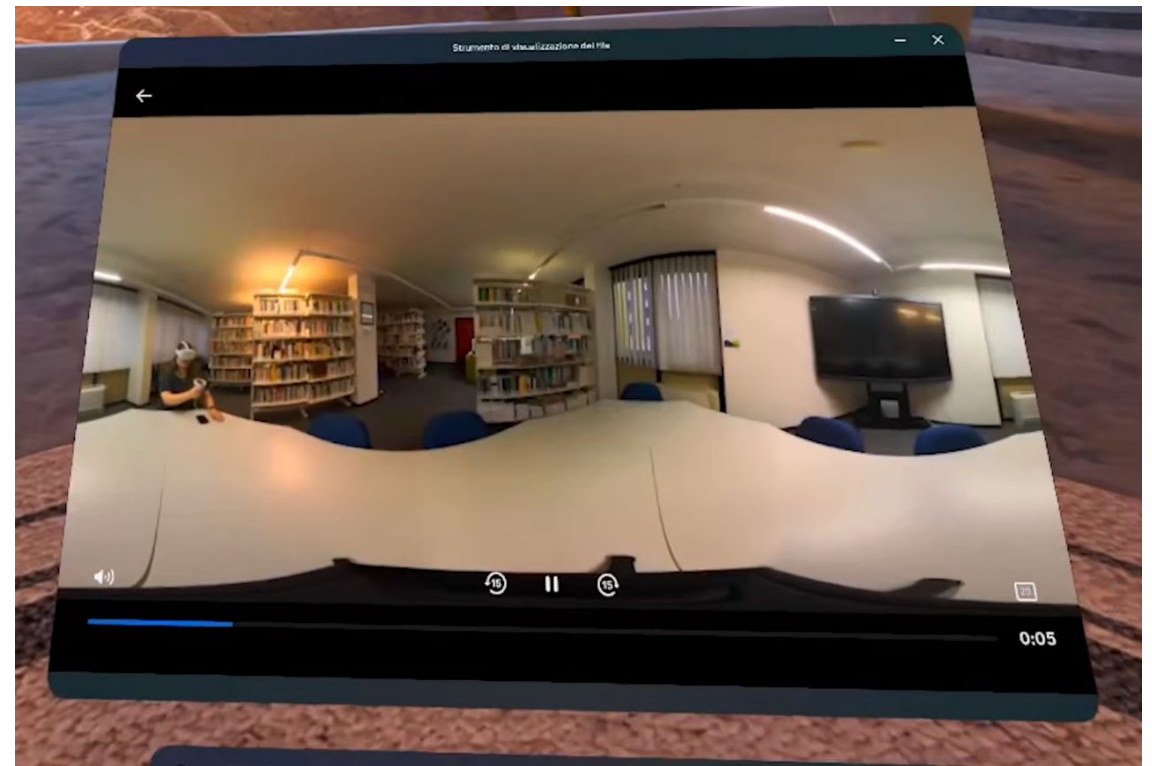


- You will find your video there.



## I 4. INTO METAQUEST

- Open it to view the video.





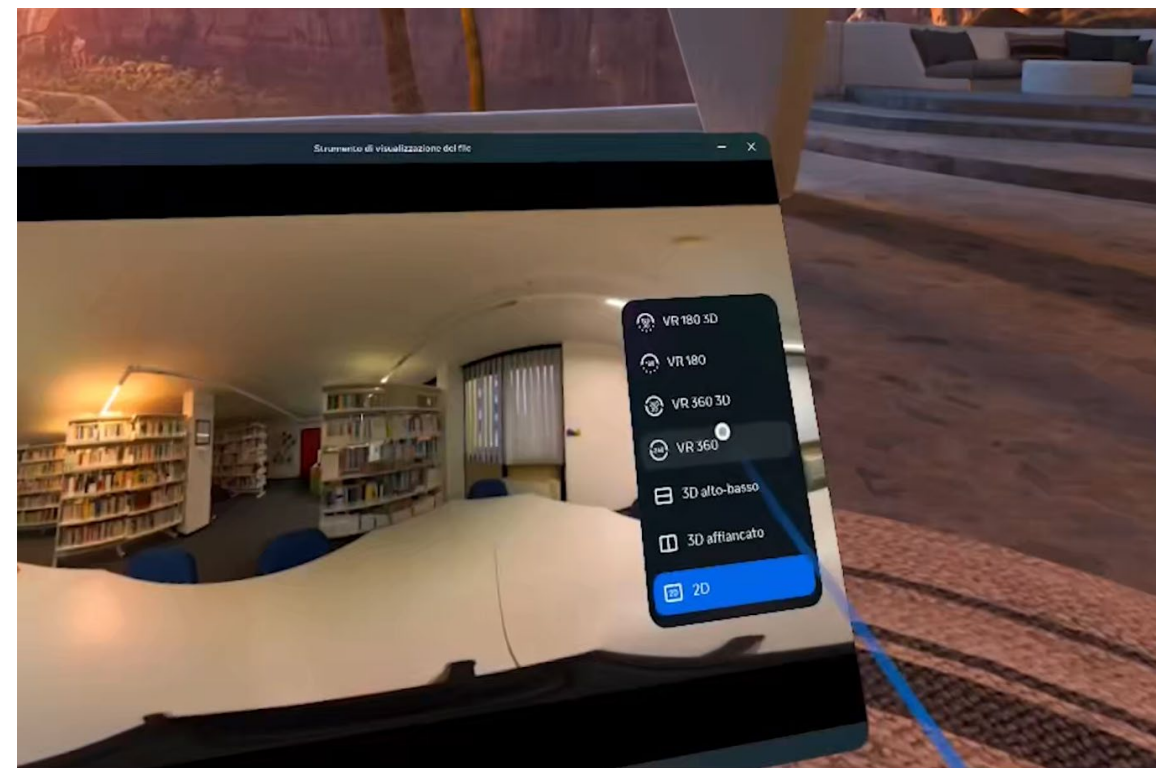
## 15. INTO METAQUEST



- To view the video in 360°, select the cube icon in the bottom-left corner.

## I 6. INTO METAQUEST

- Select the 360° option from the available options. If you don't see it, point and scroll using the controller's thumbstick.



## THREE OPTIONS FOR IMPORTING A VIDEO

1.

**Upload to  
MetaQuest**

2.

**Upload to  
Youtube**



3.

**Upload to  
3DVista**

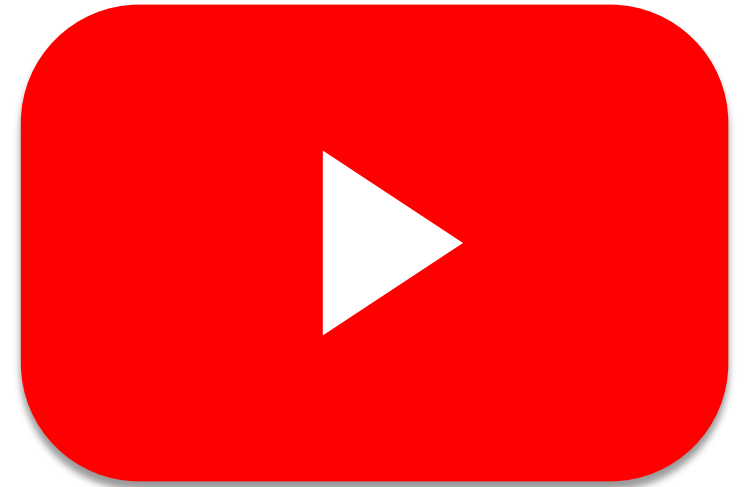
1. MetaQuest with Youtube VR installed (<https://www.meta.com/it-it/experiences/youtube/2002317119880945/>)
2. Computer
3. A Youtube account
4. A 360° video
5. Internet connection

## I. TECHNICAL REQUIREMENTS

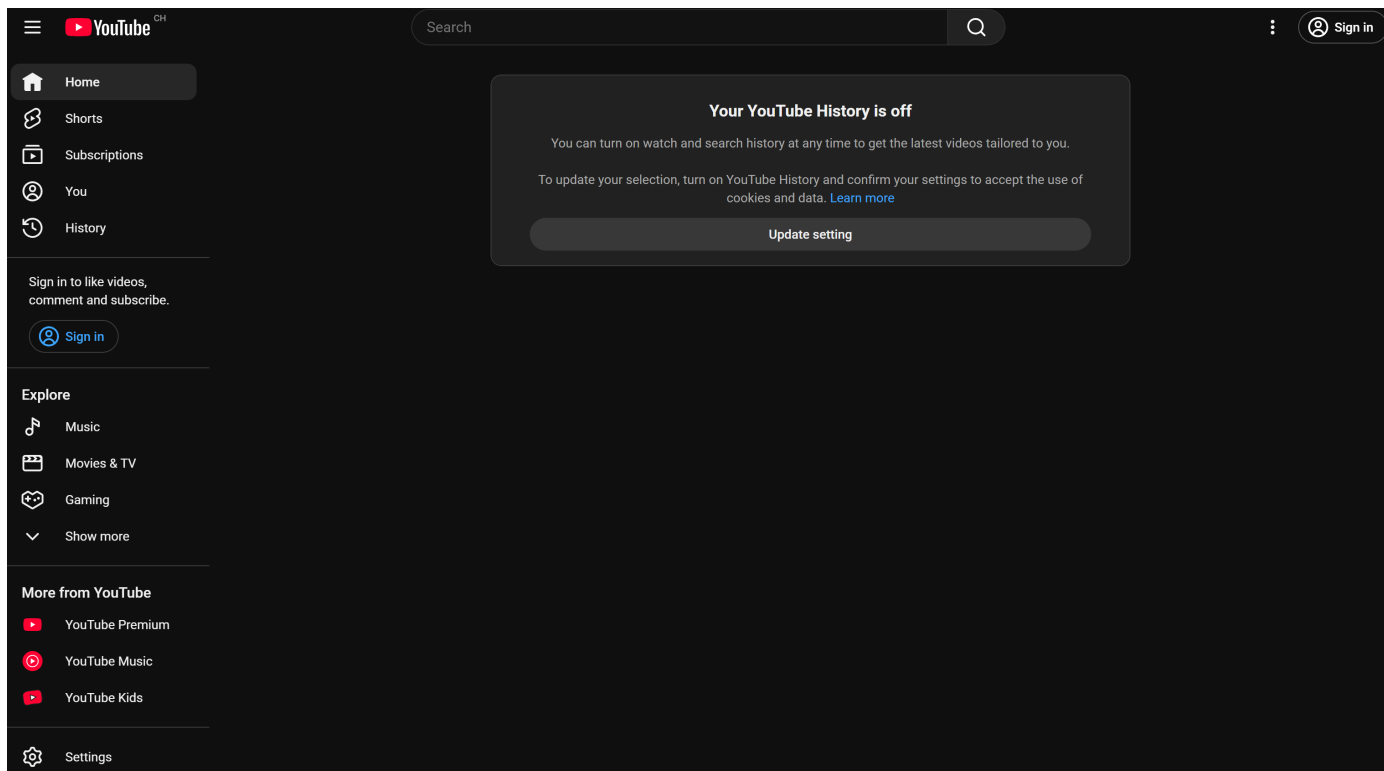
A VIDEO PROCEDURE IS AVAILABLE IN THE MOODLE COURSE:  
IF YOU PREFER TO READ THE INSTRUCTIONS, CONTINUE WITH THE SLIDES.

## 2. UPLOAD INTO YOUTUBE

- YouTube allows you to upload 360° videos, so you can share them with a wider audience.



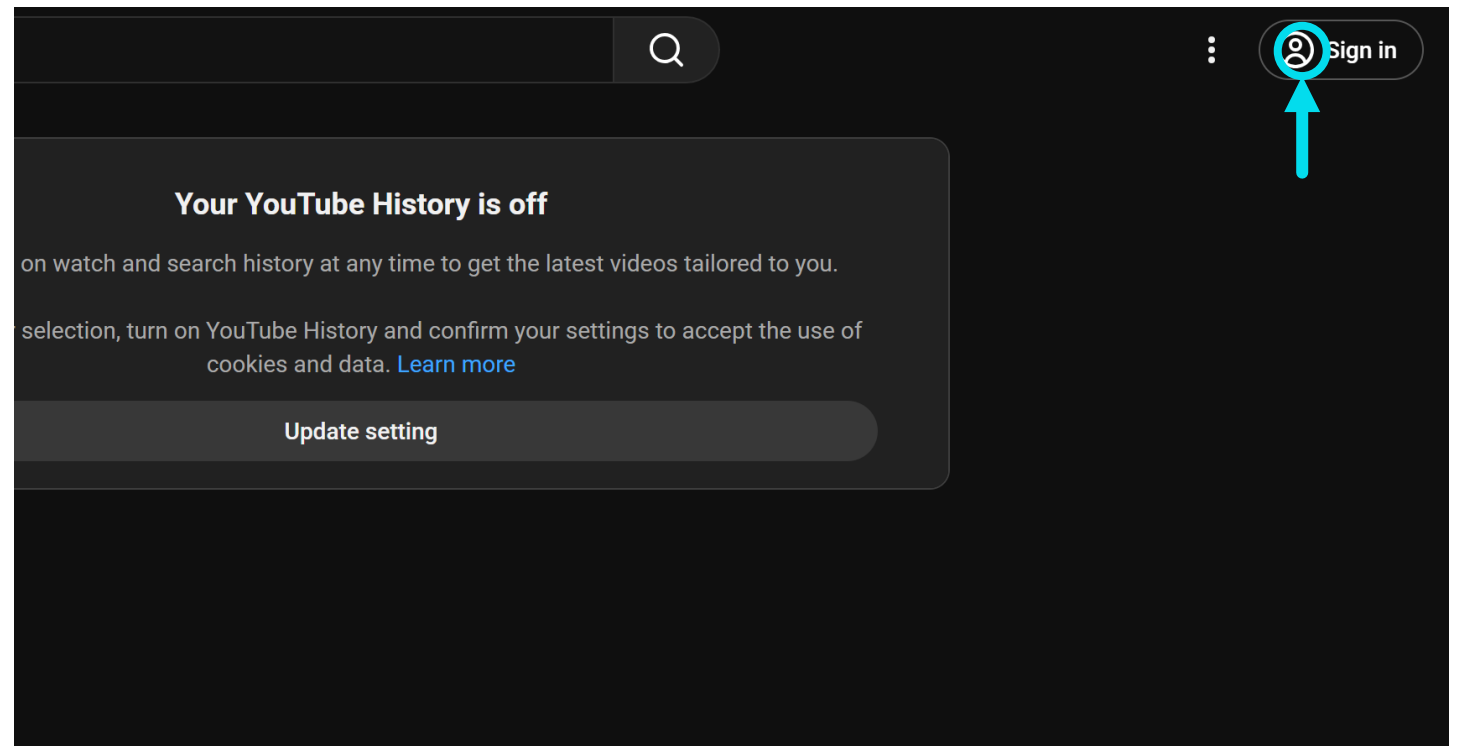
# I. OPEN YOUTUBE ON PC



[YouTube](https://www.youtube.com)

## 2. LOG IN OR CREATE A PROFILE

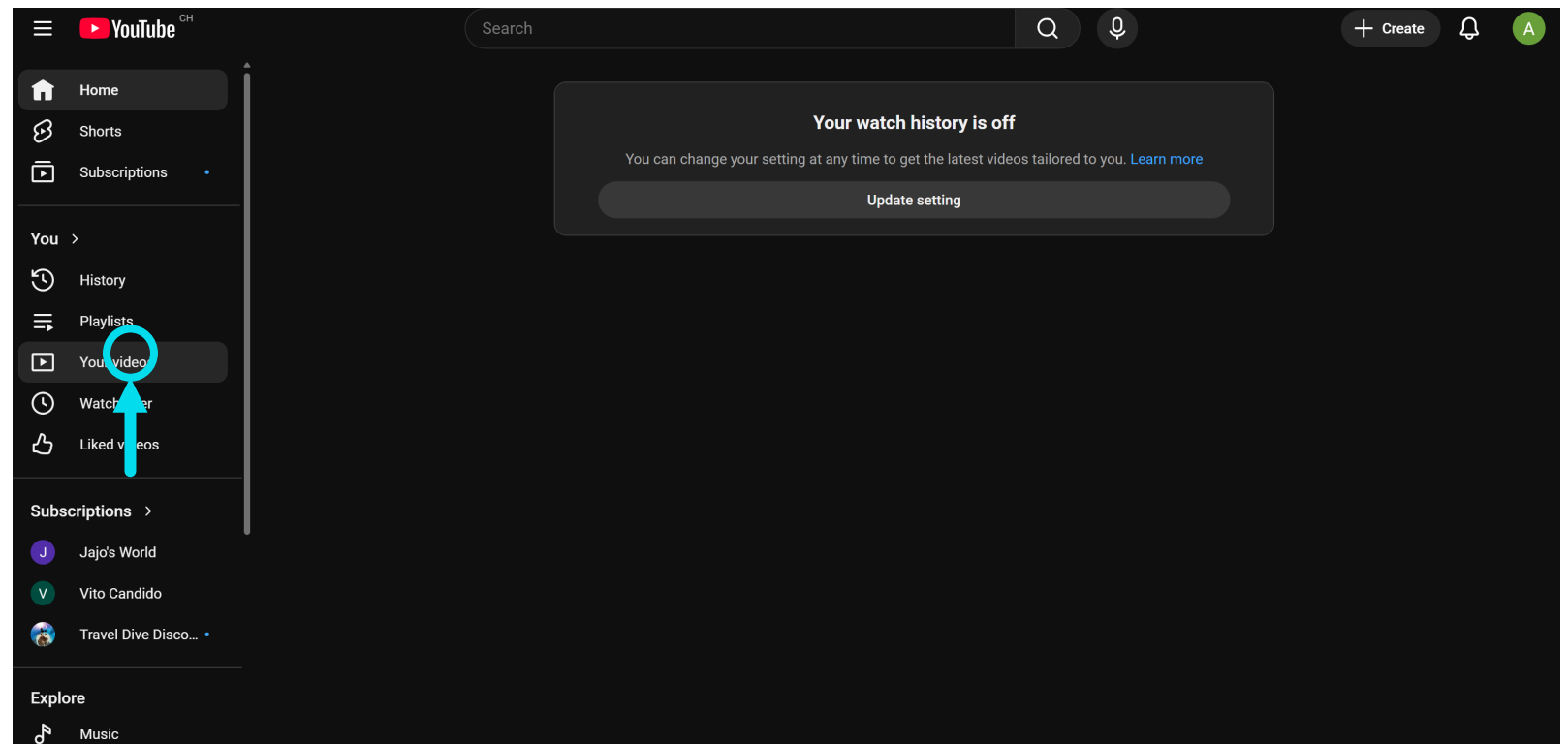
- Create a YouTube account or sign in to an existing one.





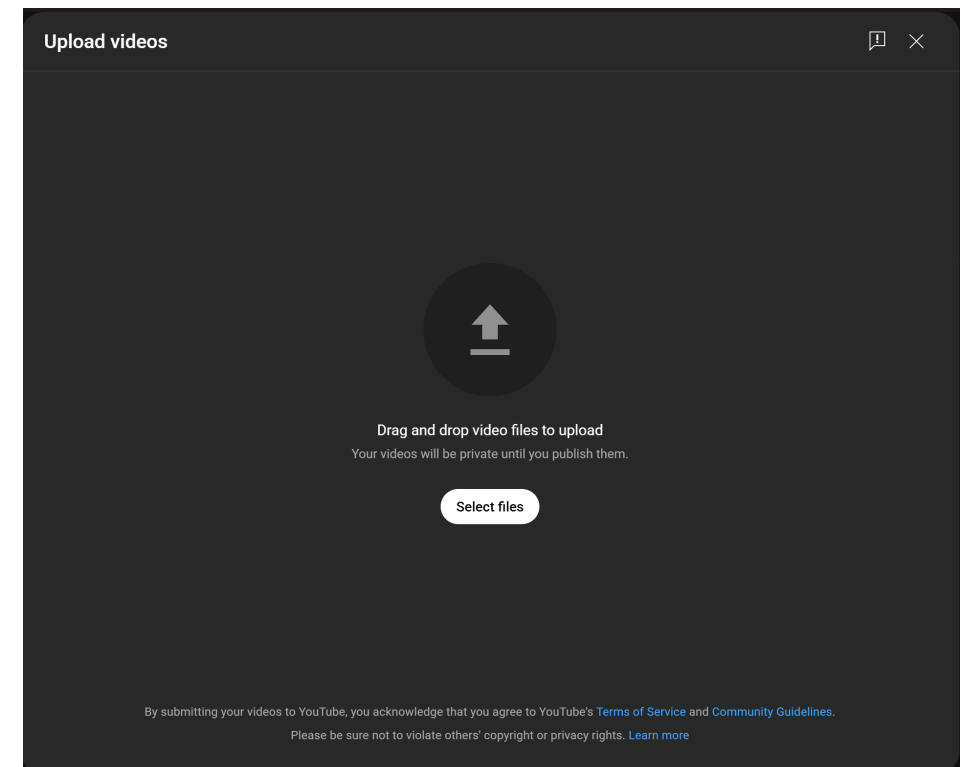
### 3. OPEN «MY VIDEOS»

- Tap “My videos.”



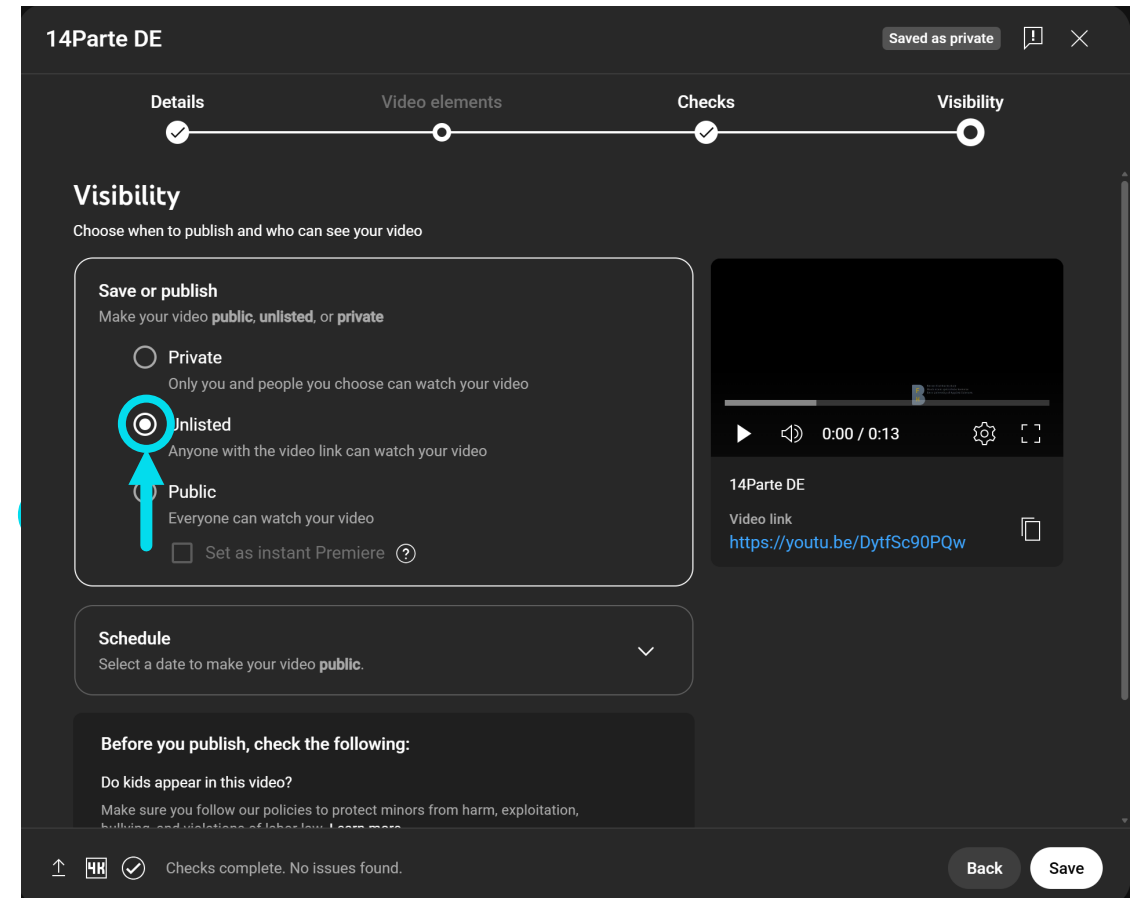
### 3. UPLOAD THE VIDEO

- Drag and drop the 360° video.



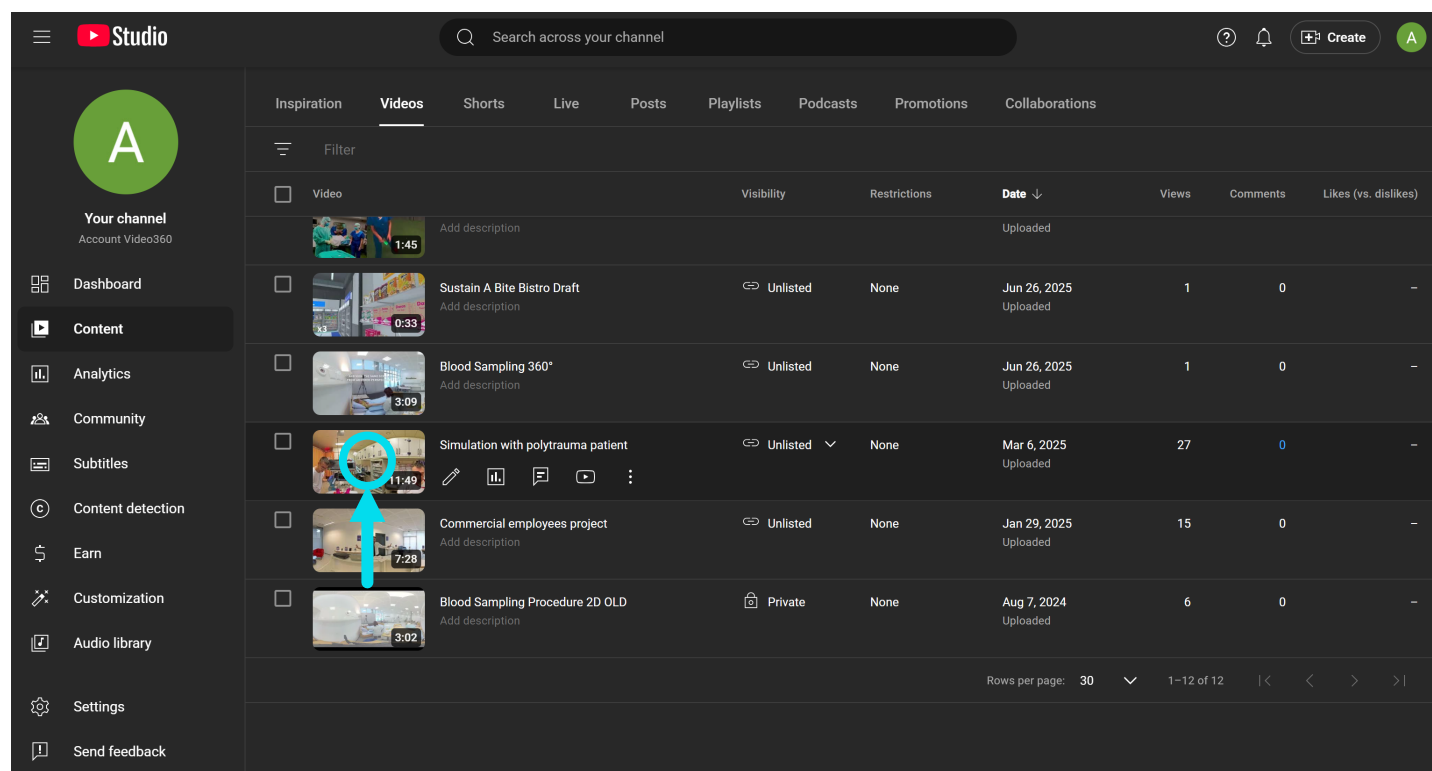
## 4. UPLOAD THE VIDEO

- Set it to “Unlisted” so that anyone with the link can access it. You can then share it with your students.



## 5. UPLOAD THE VIDEO

- Now your 360° video is uploaded and visible to anyone with the link.



## 6. SHARE THE VIDEO

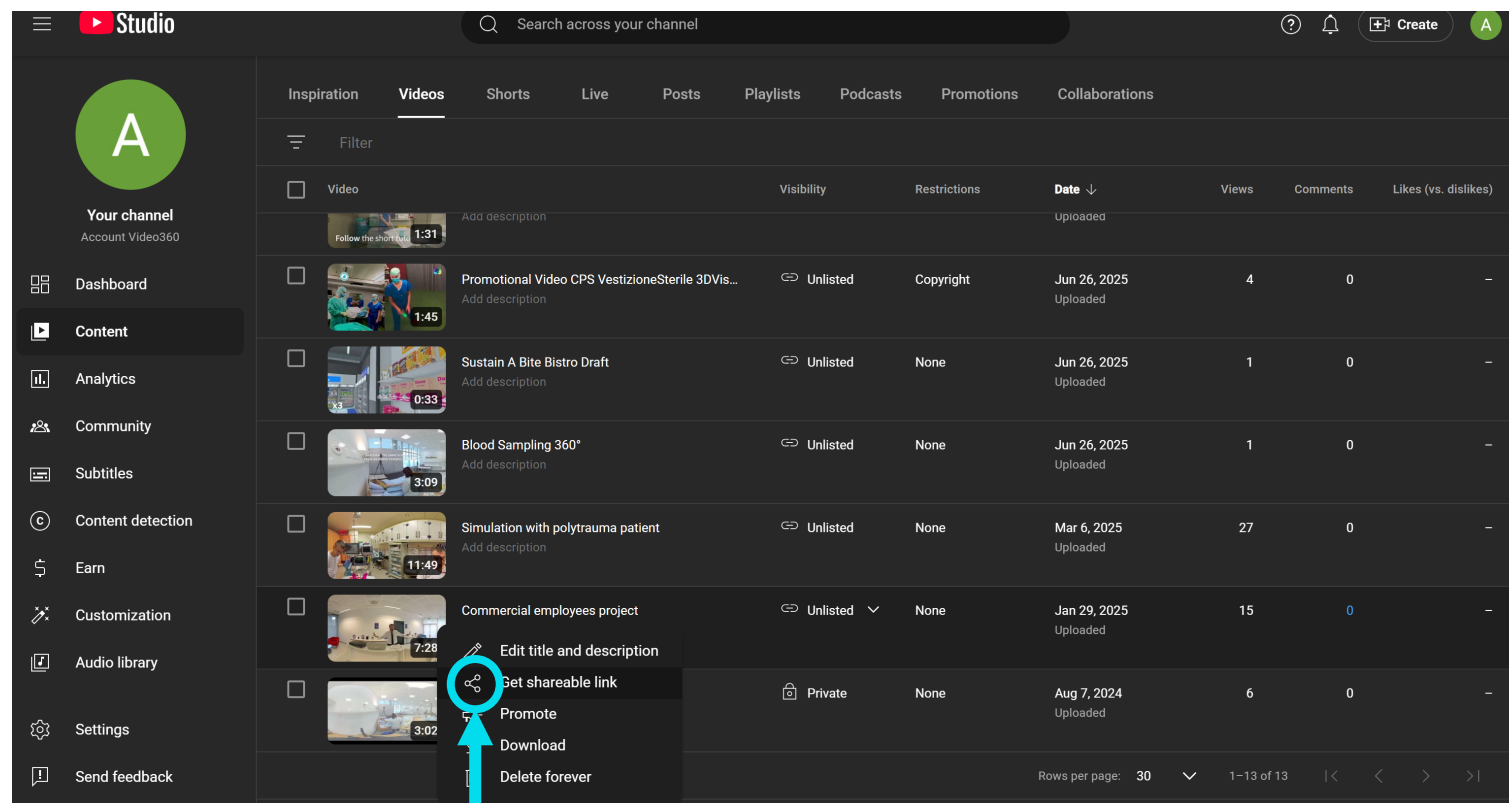
- To share the link, click on “Options.”

The screenshot shows the YouTube Studio dashboard. The left sidebar contains navigation links: Your channel, Dashboard, Content, Analytics, Community, Subtitles, Content detection, Earn, Customization, Audio library, Settings, and Send feedback. The main area displays a list of videos under the 'Videos' tab. The table columns are: Video, Visibility, Restrictions, Date, Views, Comments, and Likes (vs. dislikes). The video 'Blood Sampling Procedure 2D O...' is highlighted with a red circle and arrow pointing to the 'Options' menu icon (three vertical dots) in the bottom right corner of the video thumbnail area.

Video	Visibility	Restrictions	Date	Views	Comments	Likes (vs. dislikes)
Follow the steps 1:31			uploaded			
Promotional Video CPS VestizioneSterile 3DVis... 1:45	Unlisted	Copyright	Jun 26, 2025 Uploaded	4	0	-
Sustain A Bite Bistro Draft 0:33	Unlisted	None	Jun 26, 2025 Uploaded	1	0	-
Blood Sampling 360* 3:09	Unlisted	None	Jun 26, 2025 Uploaded	1	0	-
Simulation with polytrauma patient 11:49	Unlisted	None	Mar 6, 2025 Uploaded	27	0	-
Commercial employees project 7:28	Unlisted	None	Jan 29, 2025 Uploaded	15	0	-
Blood Sampling Procedure 2D O... 3:02	Private	None	Aug 7, 2024 Uploaded	6	0	-

## 7. SHARE THE VIDEO

- Copy and share the link with anyone you want.

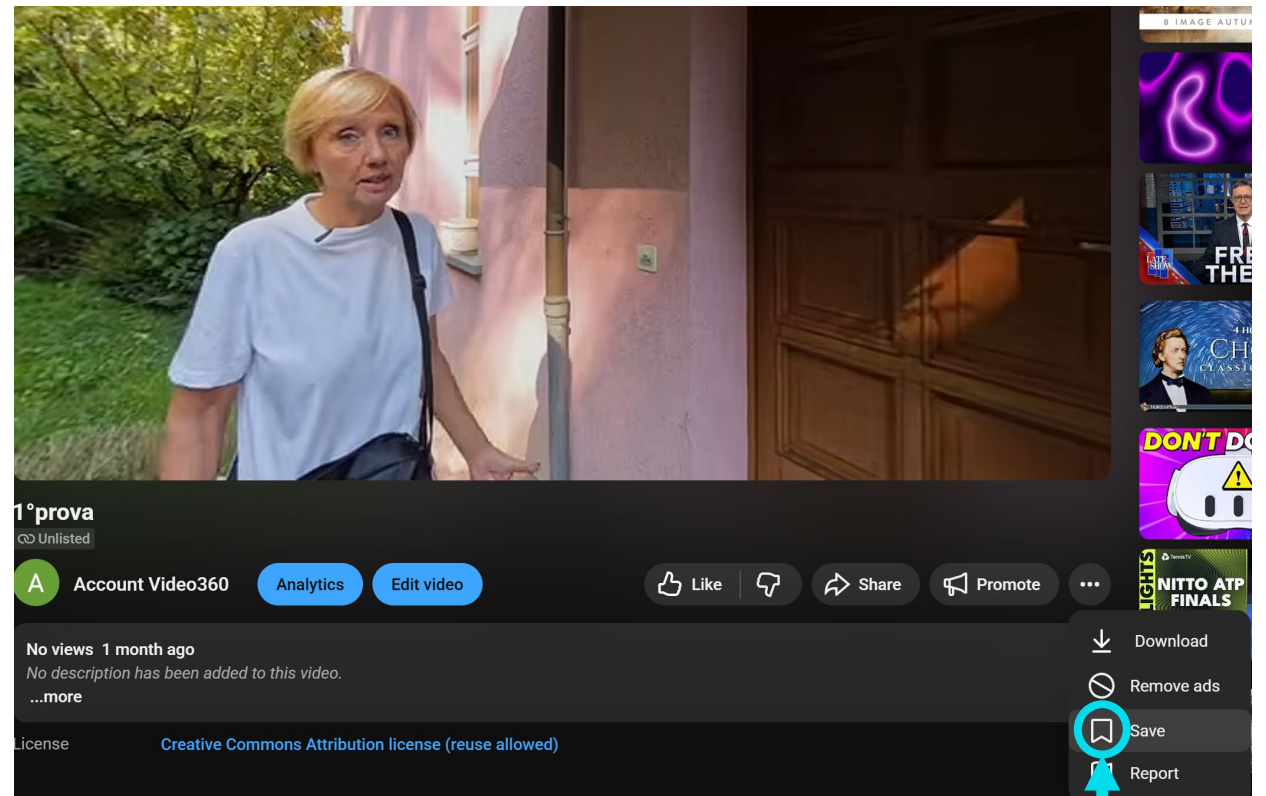


The screenshot shows the YouTube Studio interface. On the left is a sidebar with navigation options: Dashboard, Content, Analytics, Community, Subtitles, Content detection, Earn, Customization, Audio library, Settings, and Send feedback. The main area displays a list of videos under the 'Videos' tab. A context menu is open for the video 'Commercial employees project', with the 'Get shareable link' option highlighted by a red circle and a blue arrow. The menu also includes options for 'Edit title and description', 'Promote', 'Download', and 'Delete forever'.

Video	Visibility	Restrictions	Date	Views	Comments	Likes (vs. dislikes)
Follow the shorts			Uploaded			
Promotional Video CPS VestizioneSterile 3DVis...	Unlisted	Copyright	Jun 26, 2025 Uploaded	4	0	-
Sustain A Bite Bistro Draft	Unlisted	None	Jun 26, 2025 Uploaded	1	0	-
Blood Sampling 360°	Unlisted	None	Jun 26, 2025 Uploaded	1	0	-
Simulation with polytrauma patient	Unlisted	None	Mar 6, 2025 Uploaded	27	0	-
Commercial employees project	Unlisted	None	Jan 29, 2025 Uploaded	15	0	-
	Private	None	Aug 7, 2024 Uploaded	6	0	-

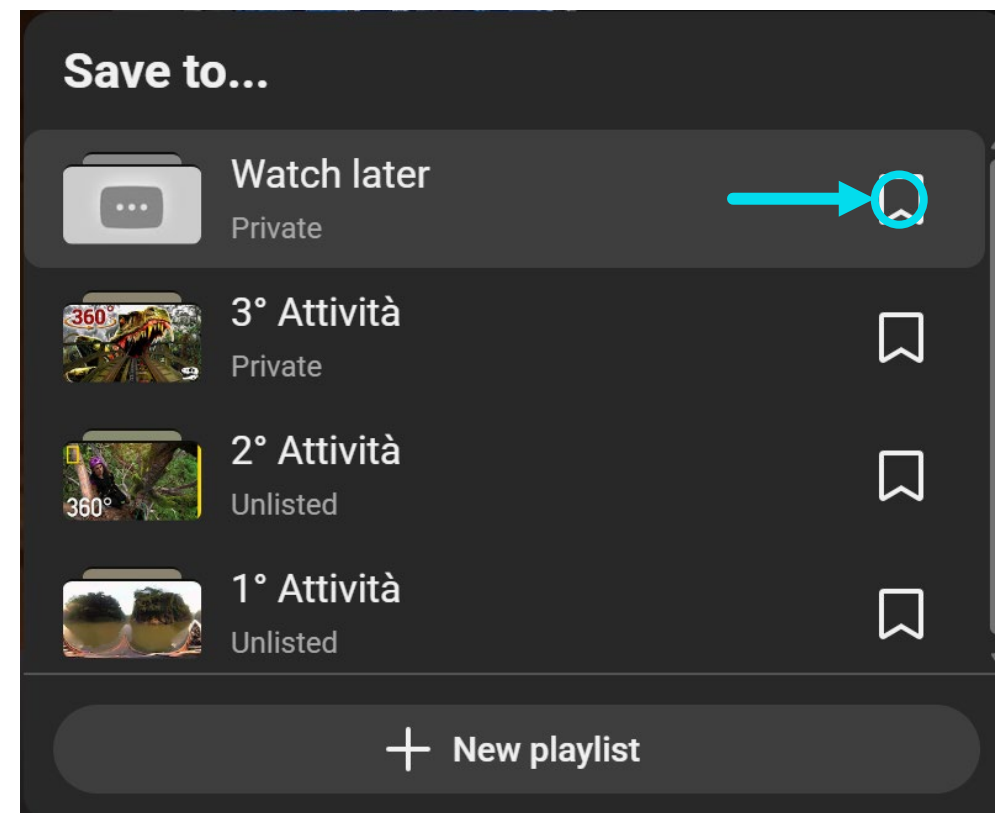
## 8. SHARE THE VIDEO

- On the account you will use on the headset in YouTube VR, save the shared video using the link.



## 9. SHARE THE VIDEO

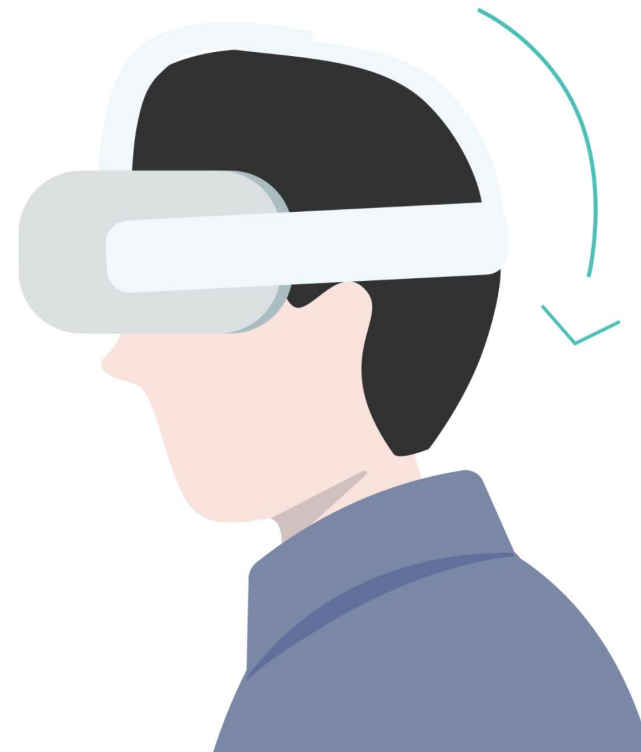
- You can save it to Watch later.





## 10. INTO METAQUEST

- Put on the headset



## II. INTO METAQUEST

- Press the “Oculus button”.



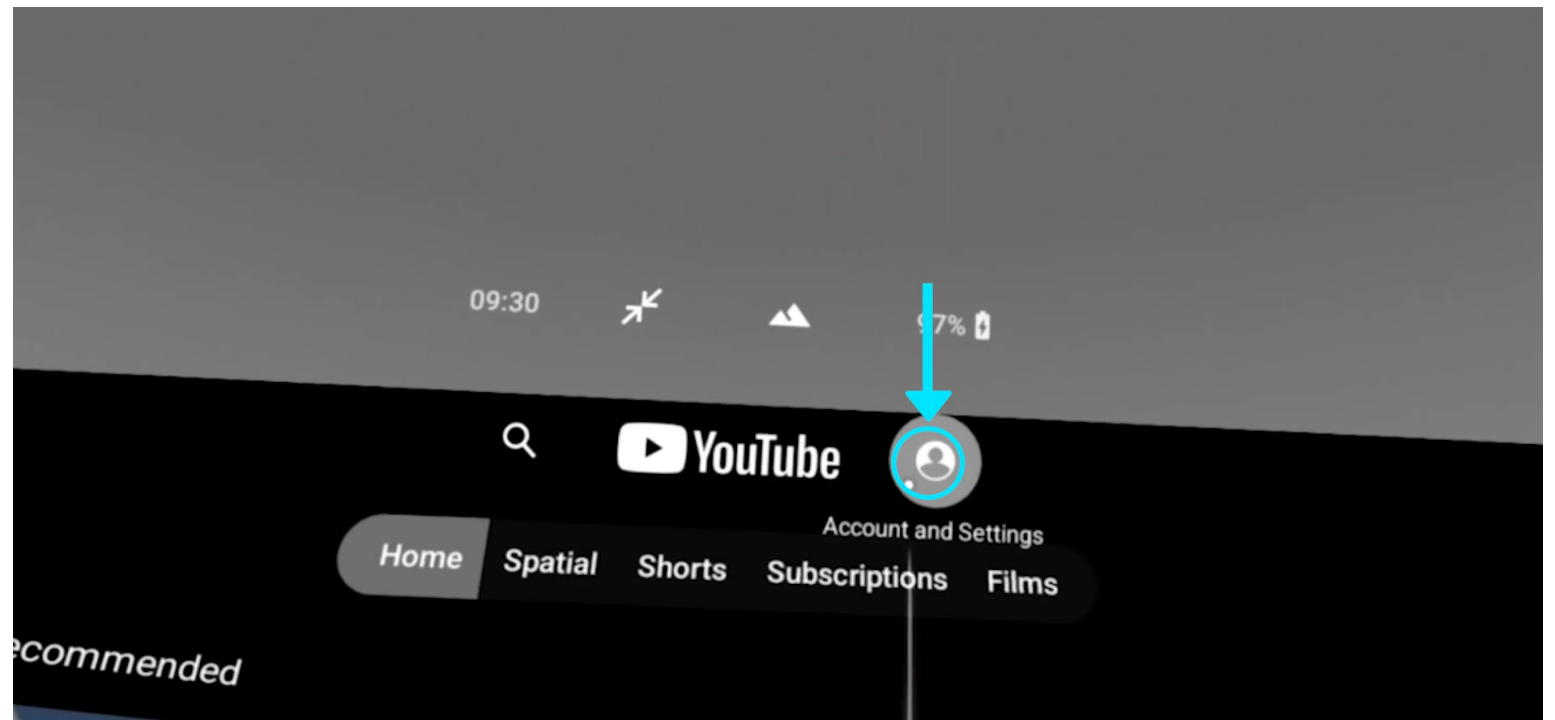
## I2. INTO METAQUEST

- Open the “Library”.



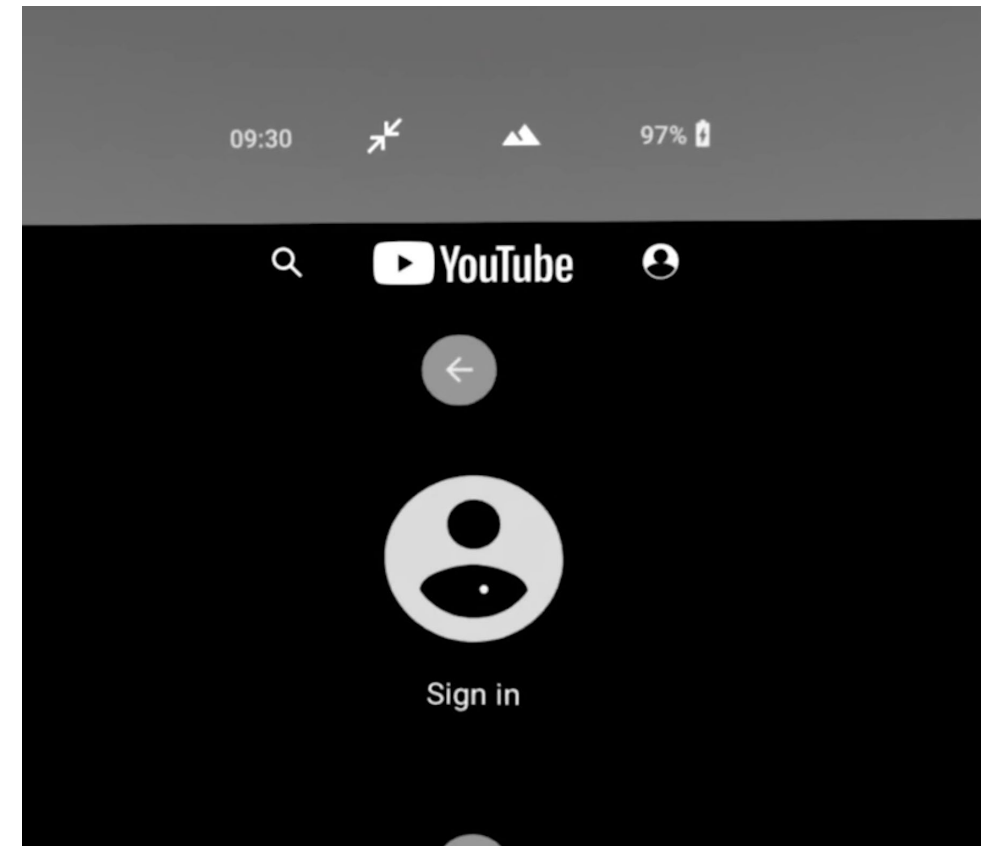
## 13. INTO METAQUEST

- Click on “Account and Settings”



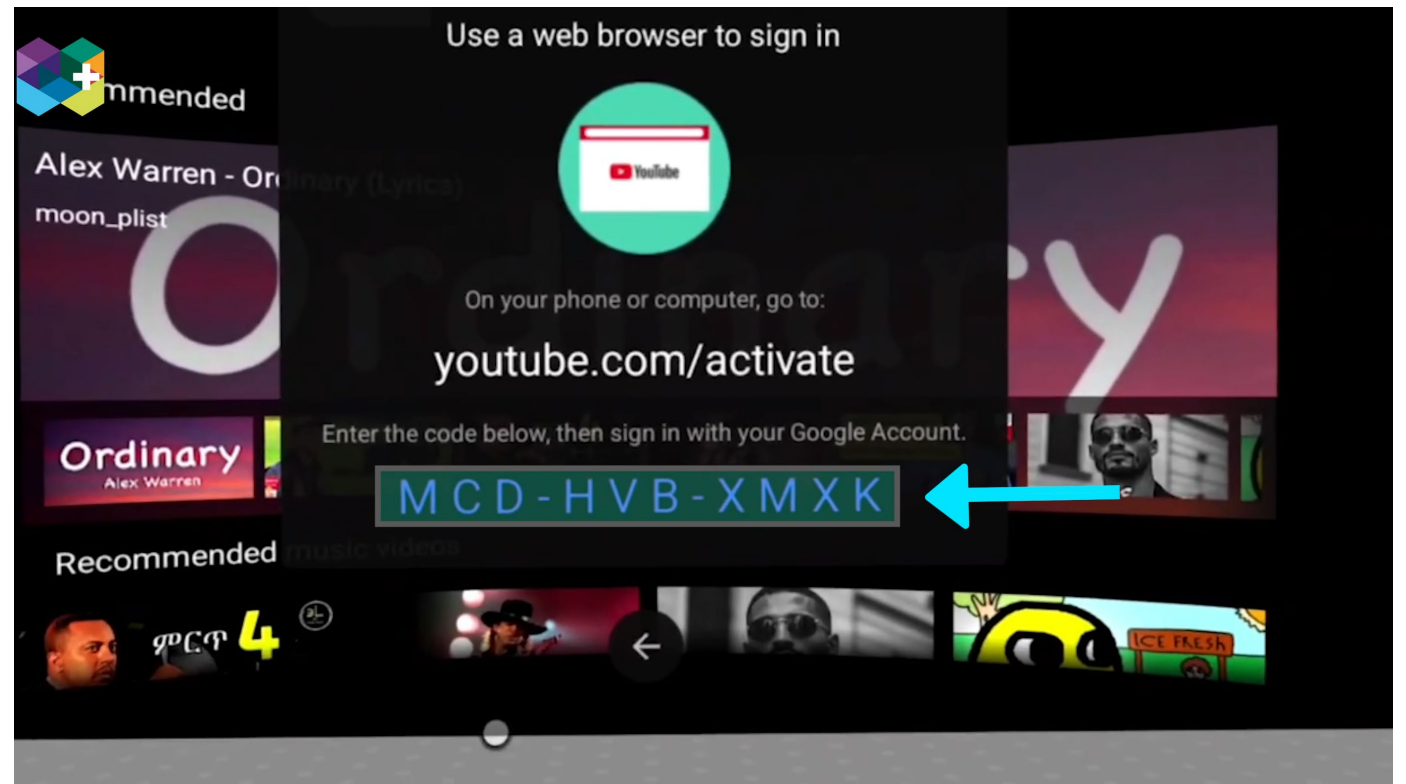
## I 4. INTO METAQUEST

- Click on the icon “Sign in”



## 15. INTO METAQUEST

- You will need to enter the code shown in the headset using a laptop or a smartphone.

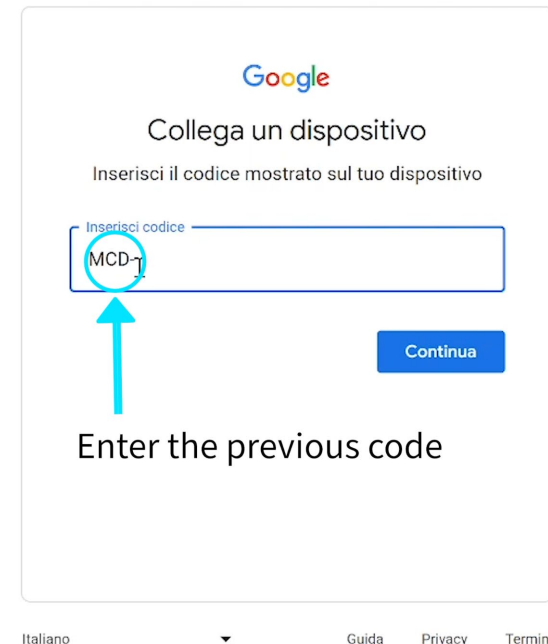


## I 6. INTO COMPUTER

- So, from a computer, go to <https://youtube.com/activate> and enter the code shown previously.



<https://youtube.com/activate>

A screenshot of the YouTube activation page. At the top is the Google logo. Below it, the text "Collega un dispositivo" (Connect a device) is displayed. Underneath, it says "Inserisci il codice mostrato sul tuo dispositivo" (Enter the code shown on your device). There is a text input field with the placeholder "Inserisci codice" and the text "MCD-1" entered. A blue arrow points from the text "Enter the previous code" below the input field to the "MCD-1" text. To the right of the input field is a blue button labeled "Continua". At the bottom of the page, there are links for "Italiano", "Guida", "Privacy", and "Termini".

Google

Collega un dispositivo

Inserisci il codice mostrato sul tuo dispositivo

Inserisci codice

MCD-1

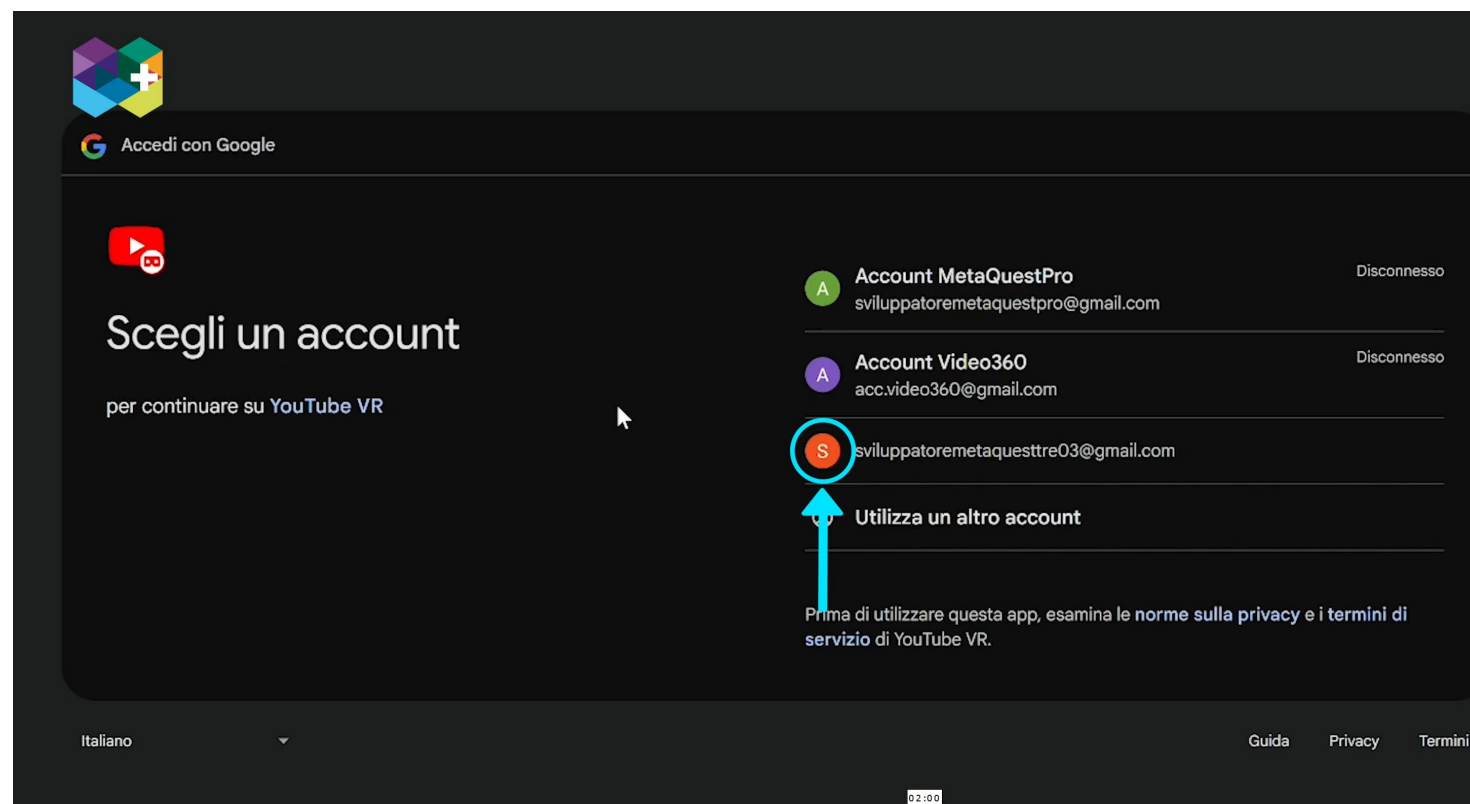
Continua

Enter the previous code

Italiano Guida Privacy Termini

## 17. INTO COMPUTER

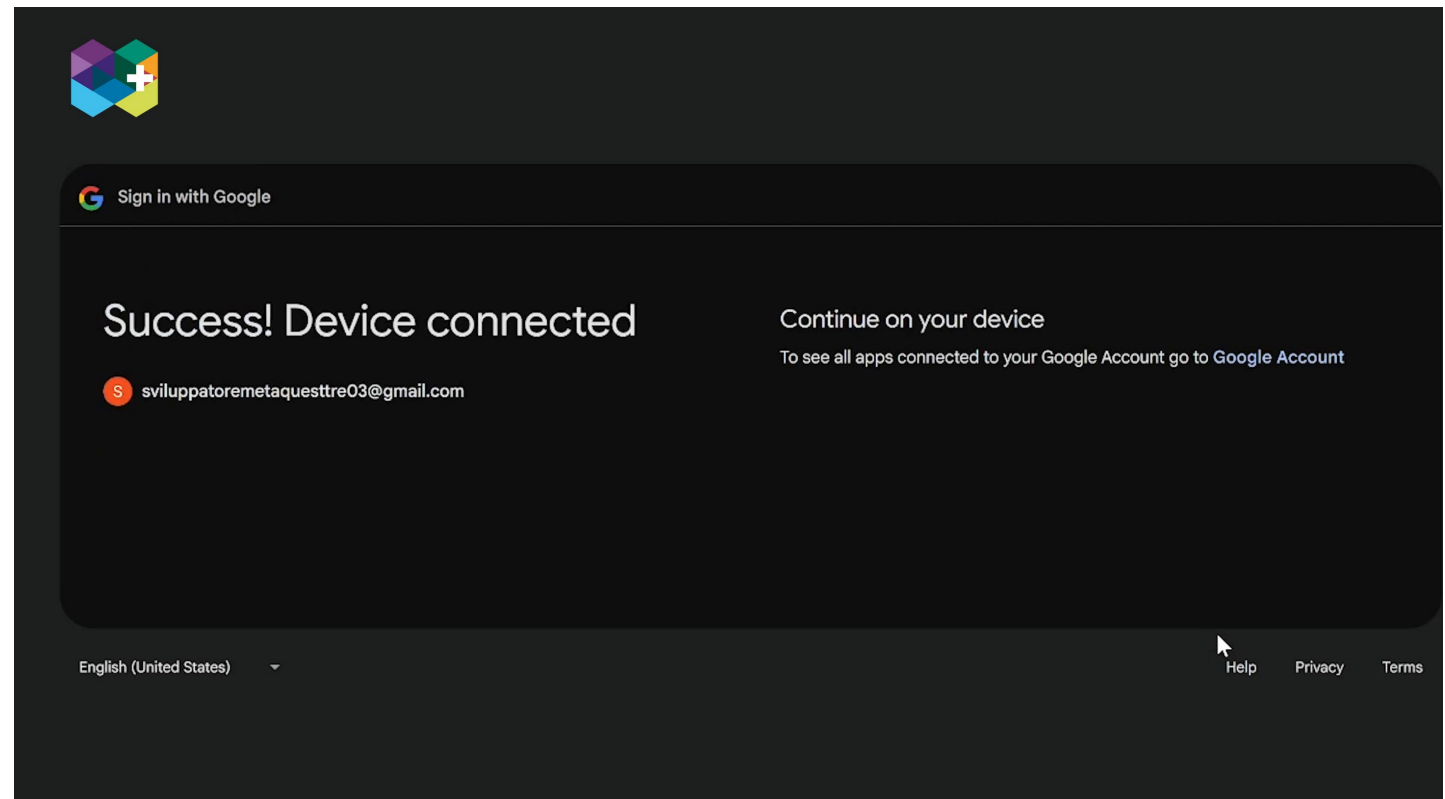
- Sign in with the same account where you save the video in the “Watch later” list.





## 18. INTO COMPUTER

- The connection should be done.



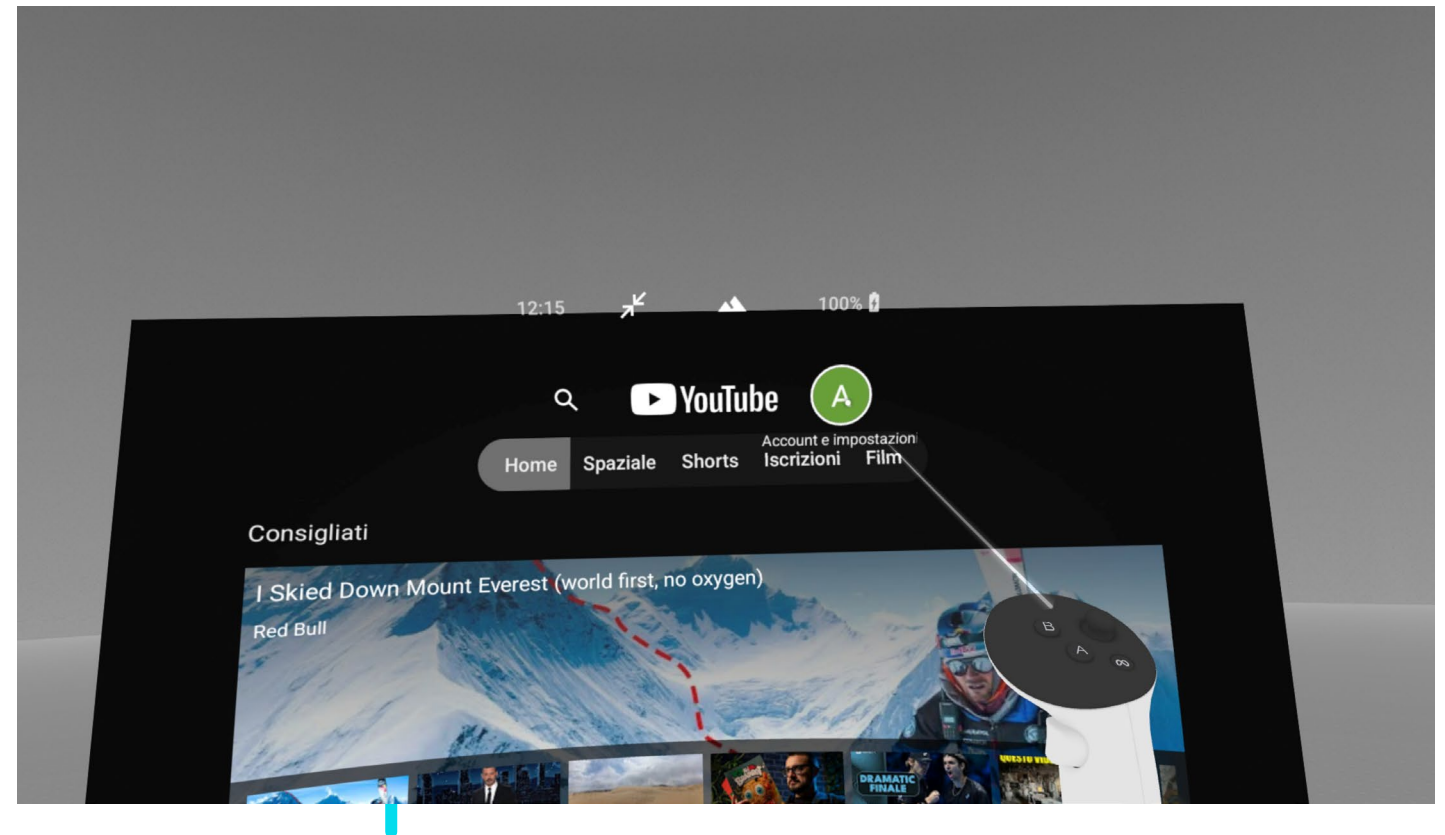
## 19. INTO METAQUEST

- Put on the headset



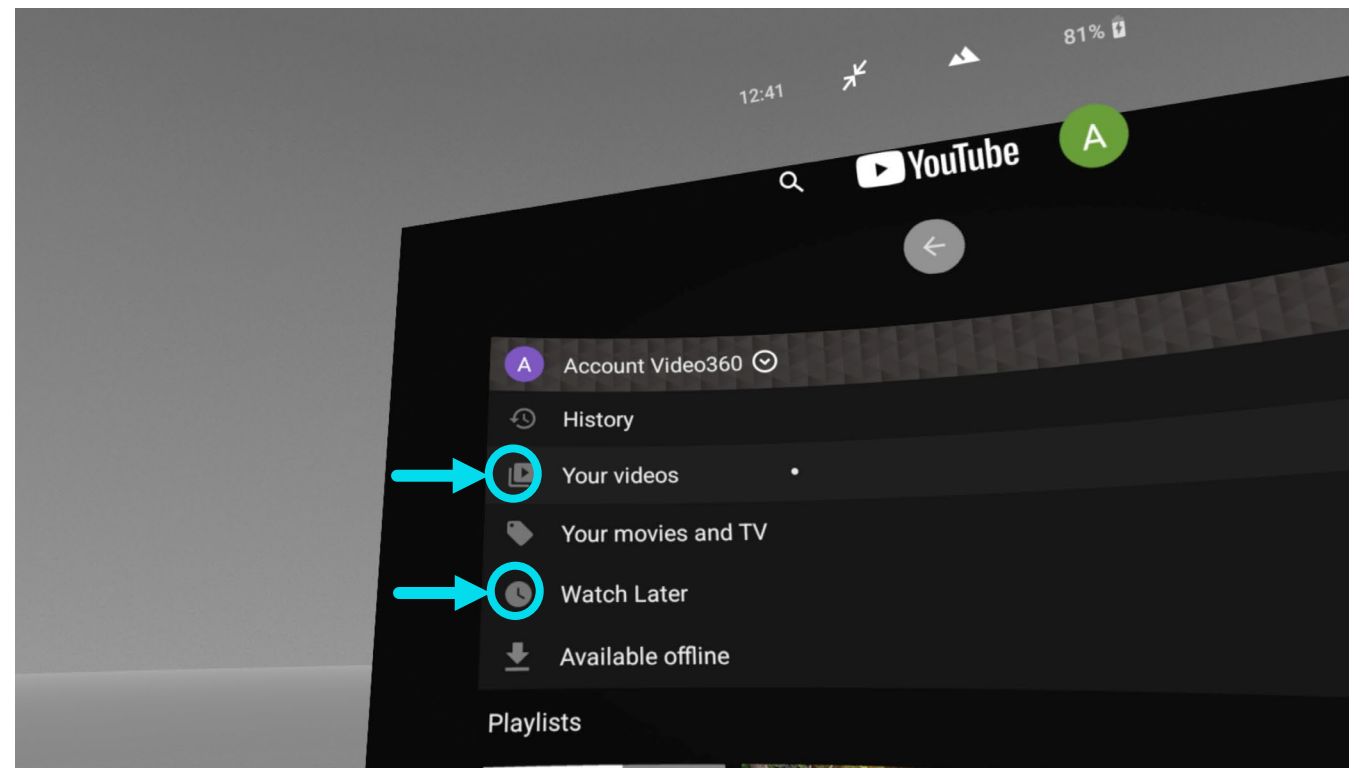
## 20. INTO METAQUEST

- The account used in YouTube VR on the headset must either be the same account that uploaded the video or have the video saved in a personal playlist or in “Watch Later.”
- Tapping the account name will take you to the appropriate screen.



## 21. INTO METAQUEST

- Depending on where you saved it, you can view the 360° video under “Your videos” or “Watch Later.”



## THREE OPTIONS FOR IMPORTING A VIDEO

1.

**Upload to  
MetaQuest**

2.

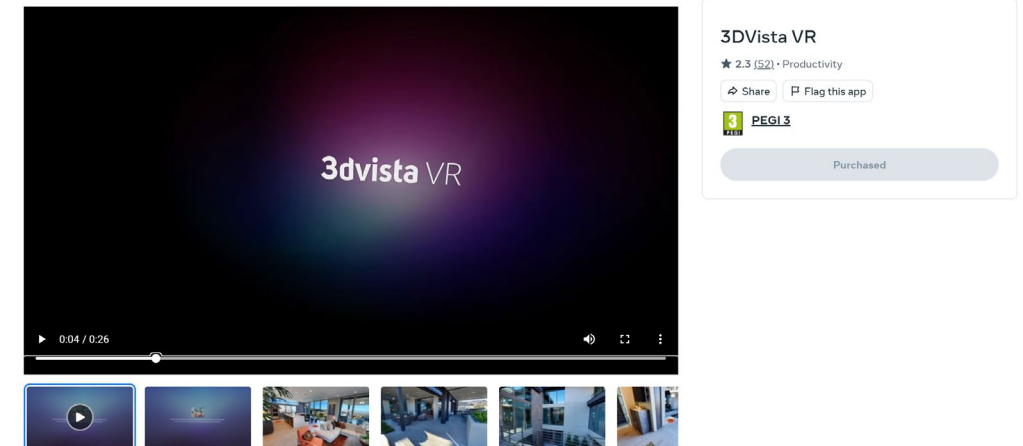
**Upload to  
Youtube**



3.

**Upload to  
3DVista**

1. MetaQuest
2. Computer
3. A 360° video
4. 3Dvista installed on Computer
5. A headset with 3DVista installed([3DVista VR on Meta Quest | Quest VR Games | Meta Store](#)),
6. 3dVista License (also free of charge for 30 days: [3DVista - Professional Virtual Tour Software, leading since 1999.](#))
7. A USB-C cable
8. A laptop



## I. TECHNICAL REQUIREMENTS

A VIDEO PROCEDURE IS AVAILABLE IN THE MOODLE COURSE:  
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# I. UPLOADING INTO 3DVISTA



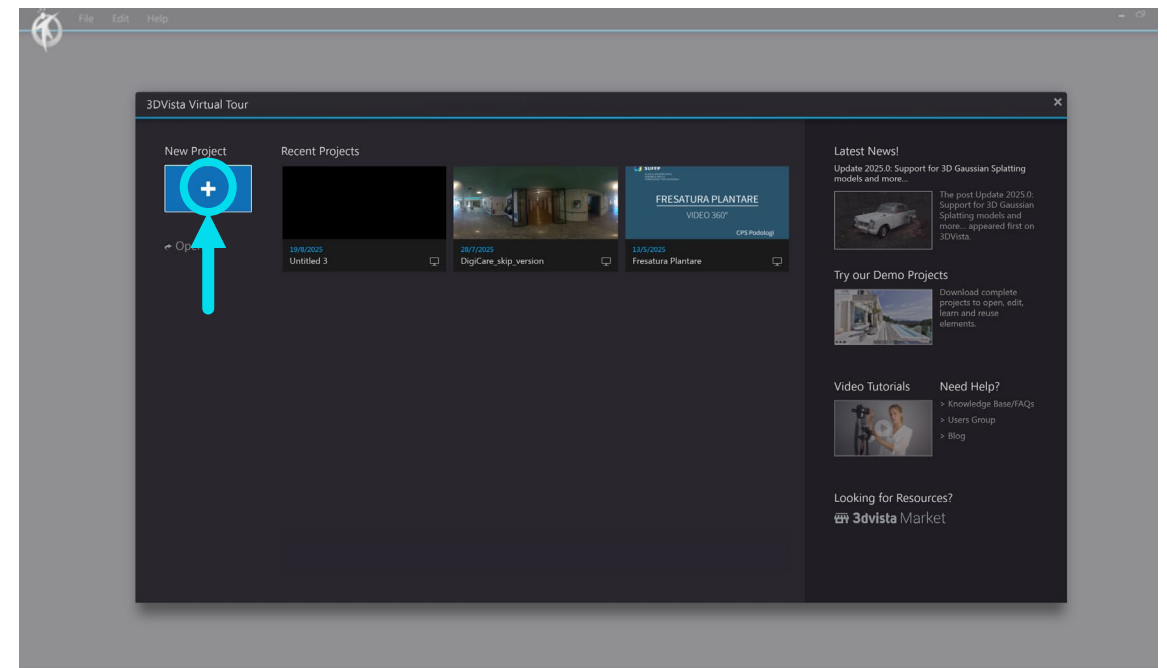
- 3DVista was selected as the third example method for importing a 360° video, alongside the local and YouTube-based solutions presented earlier, as it is a well-established reference in the field.
- Its user-friendly interface, compatibility with multiple formats, and ability to publish content both online and locally make it particularly suitable for educational, promotional, and research projects requiring immersive and interactive experiences.

[3DVista - Professional Virtual Tour Software, leading since 1999.](#)

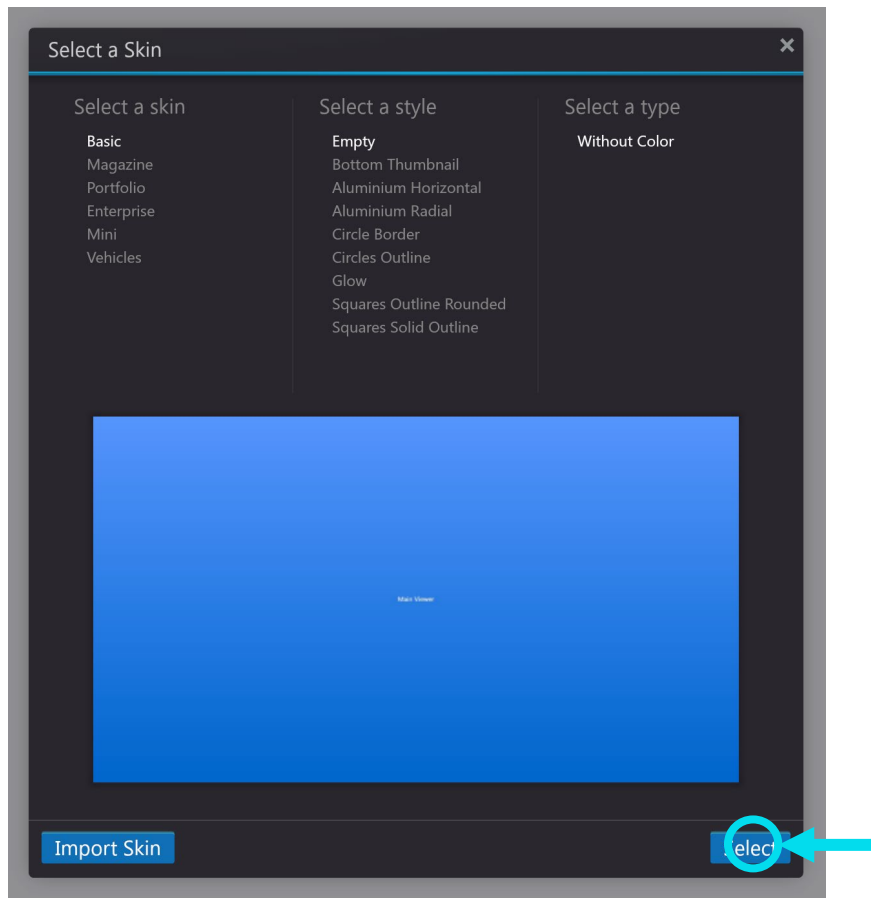


## 2. UPLOADING INTO 3DVISTA

- Open 3DVista and start a new project.



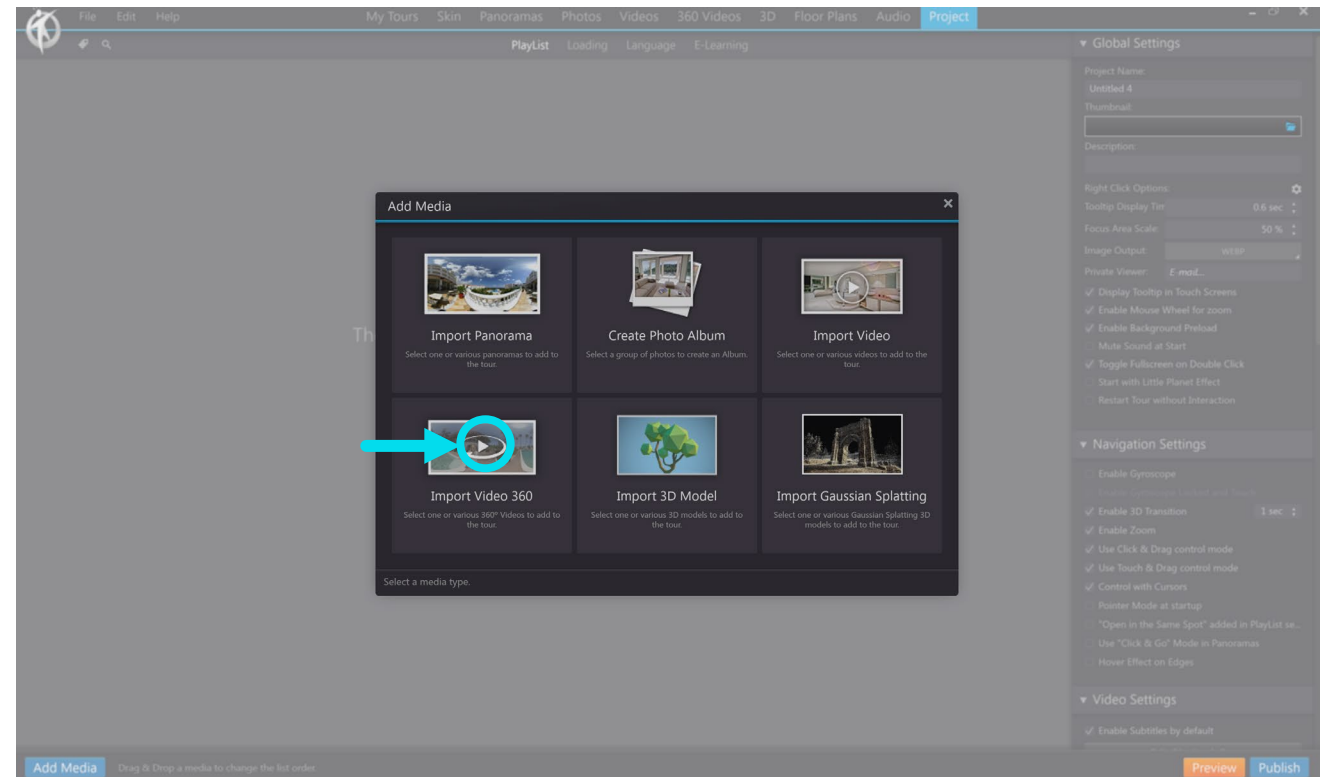
### 3. UPLOADING INTO 3DVISTA



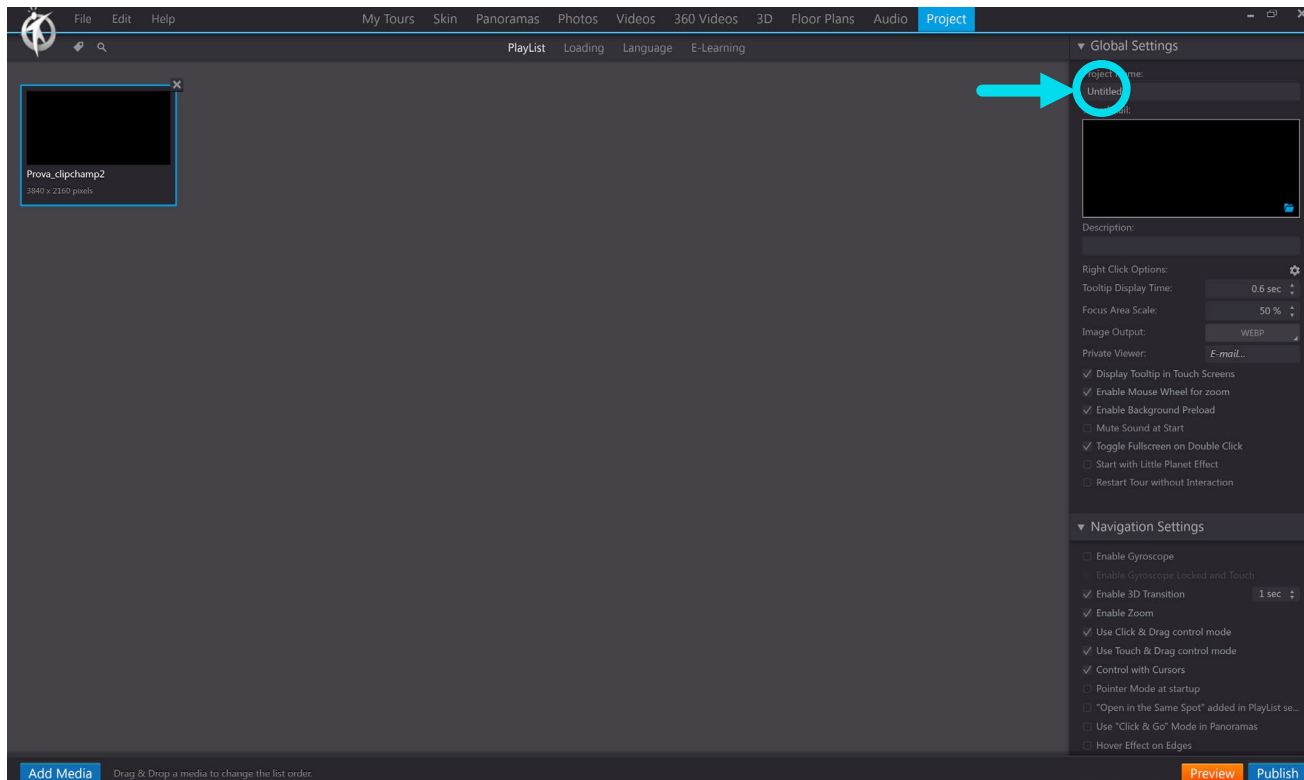
- Select the basic skin by clicking “Select.”

## 4. UPLOADING INTO 3DVISTA

- Import the 360 videos or panoramas (360° images) you want.



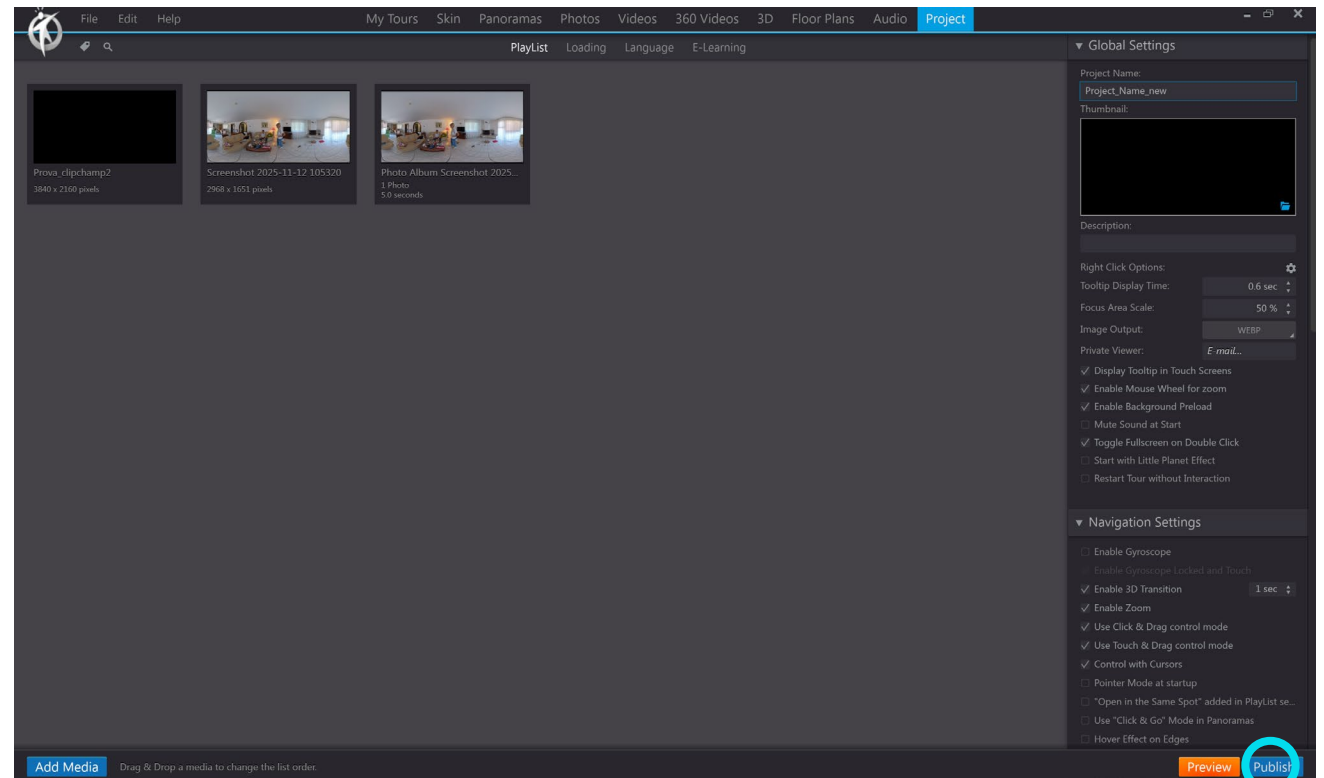
## 5. UPLOADING INTO 3DVISTA



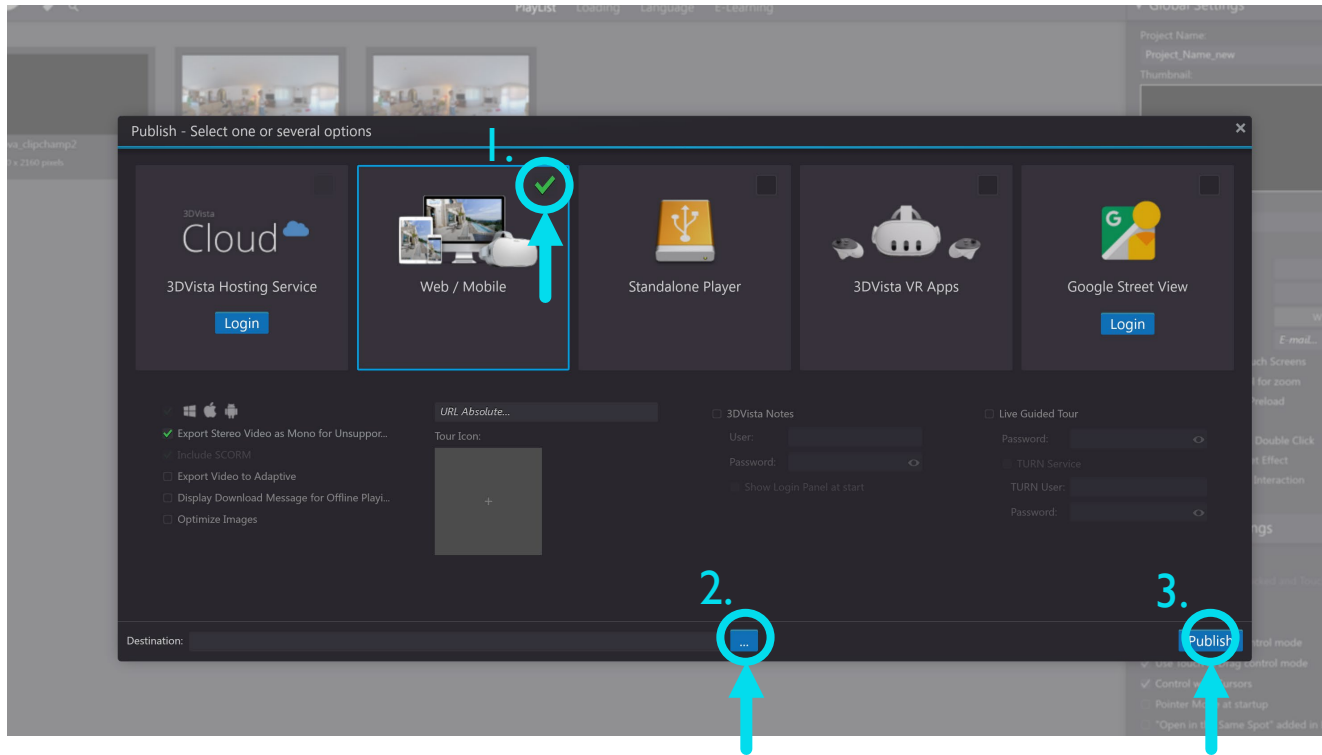
- Rename the project.

## 6. UPLOADING INTO 3DVISTA

- Click on “Publish”



## 7. UPLOADING INTO 3DVISTA

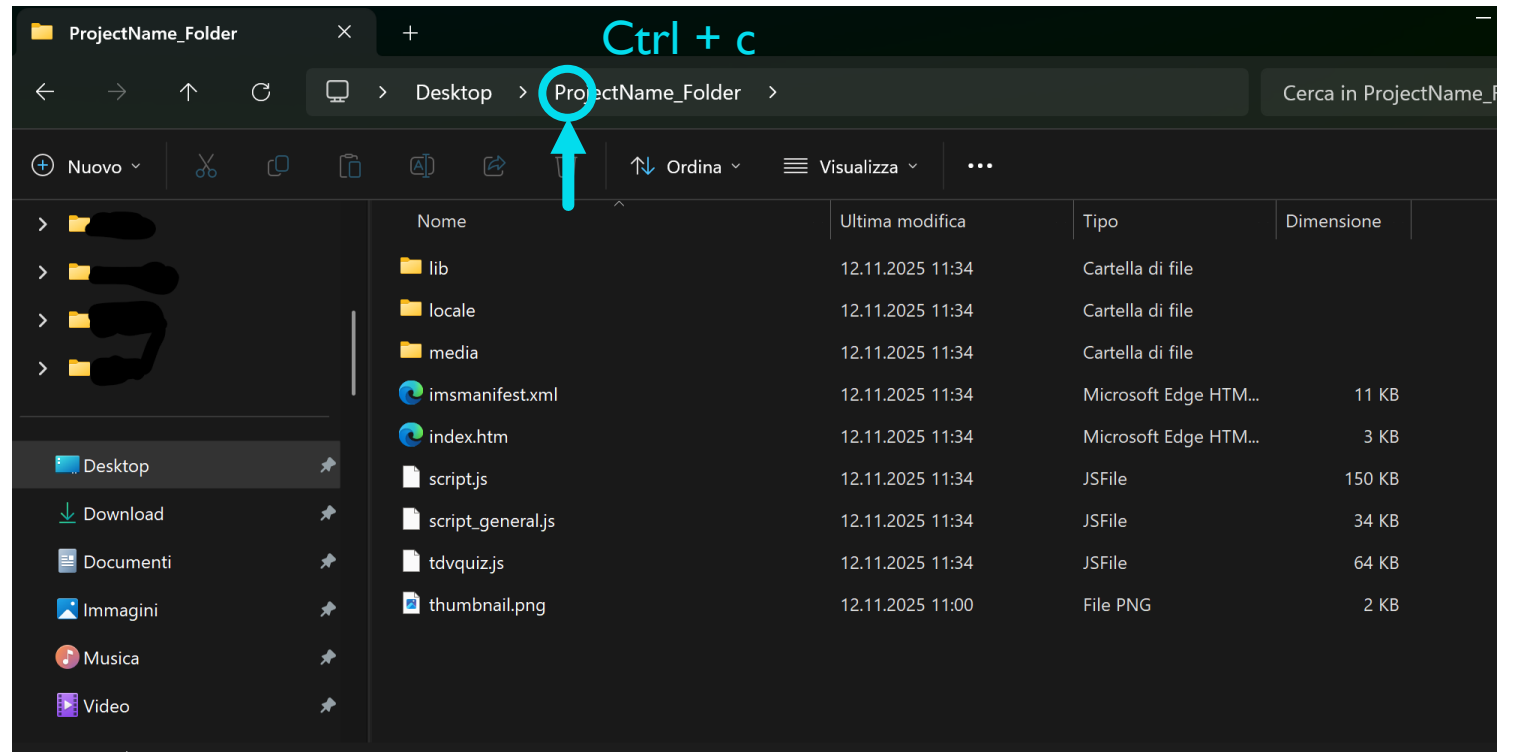


If you want to export for Meta Quest:

1. Select “Web/Mobile.”
2. Change the save destination (create a folder named after your project, e.g. `ProjectName_Folder`).
3. Click “Publish.”

## 8. UPLOADING INTO 3DVISTA

- Now a folder was created.
- You should see a similar folder.
- This “ProjectName\_Folder” will be copied to the Meta Quest device.



## 9. INTO META QUEST

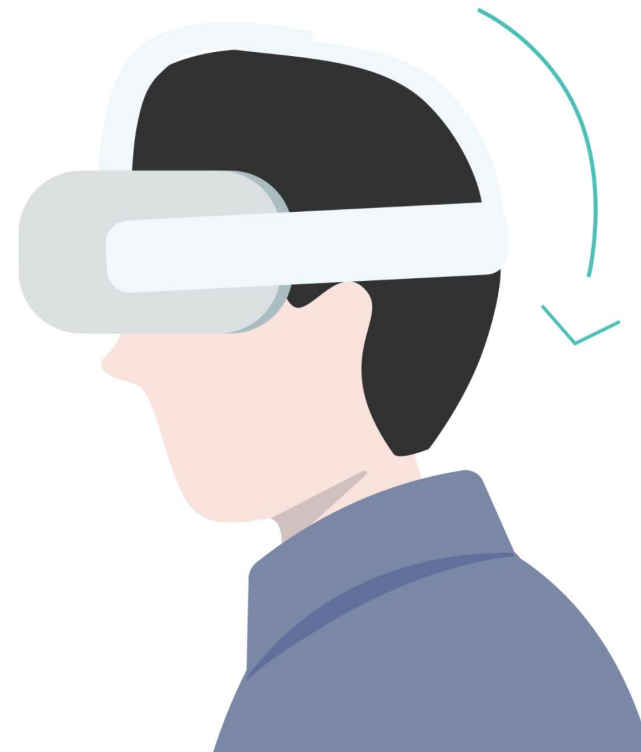


- After turning on the Meta Quest, connect it to your computer using a USB-C cable.

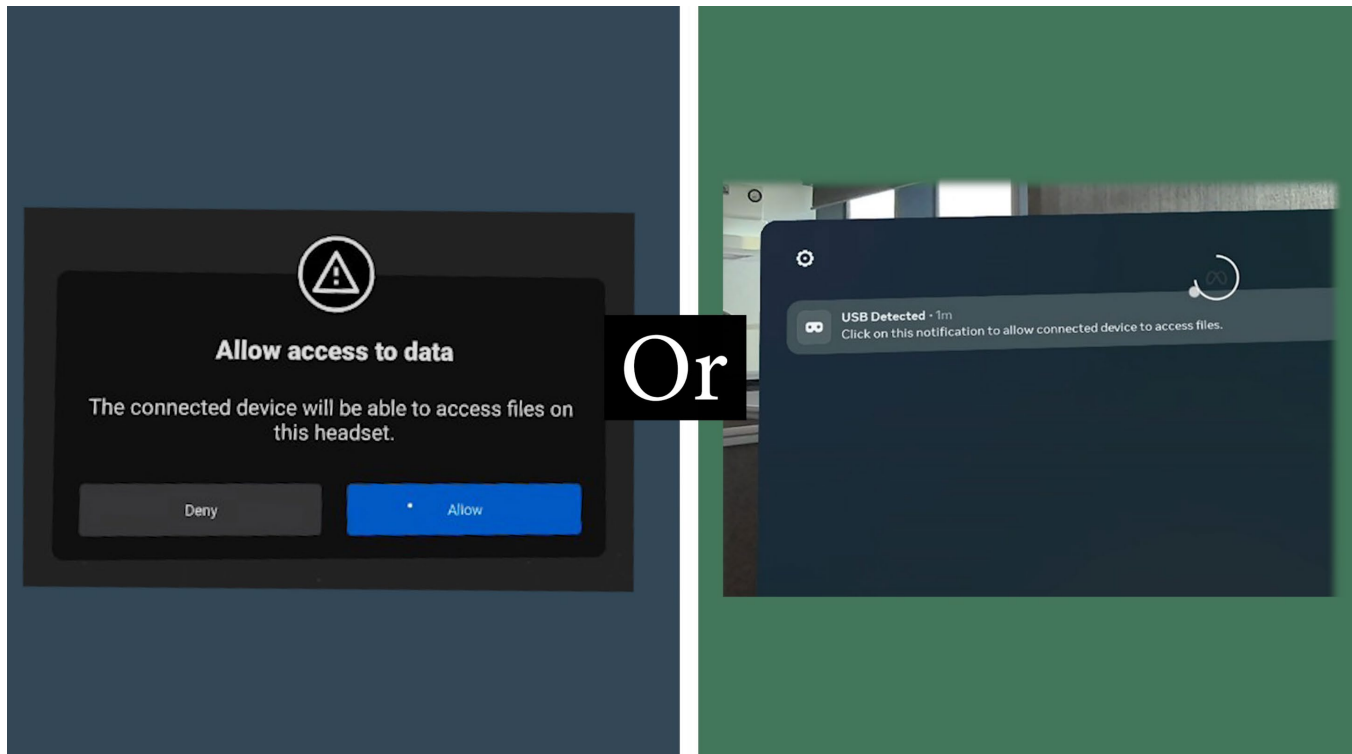


## 10. INTO META QUEST

- Put on the headset.

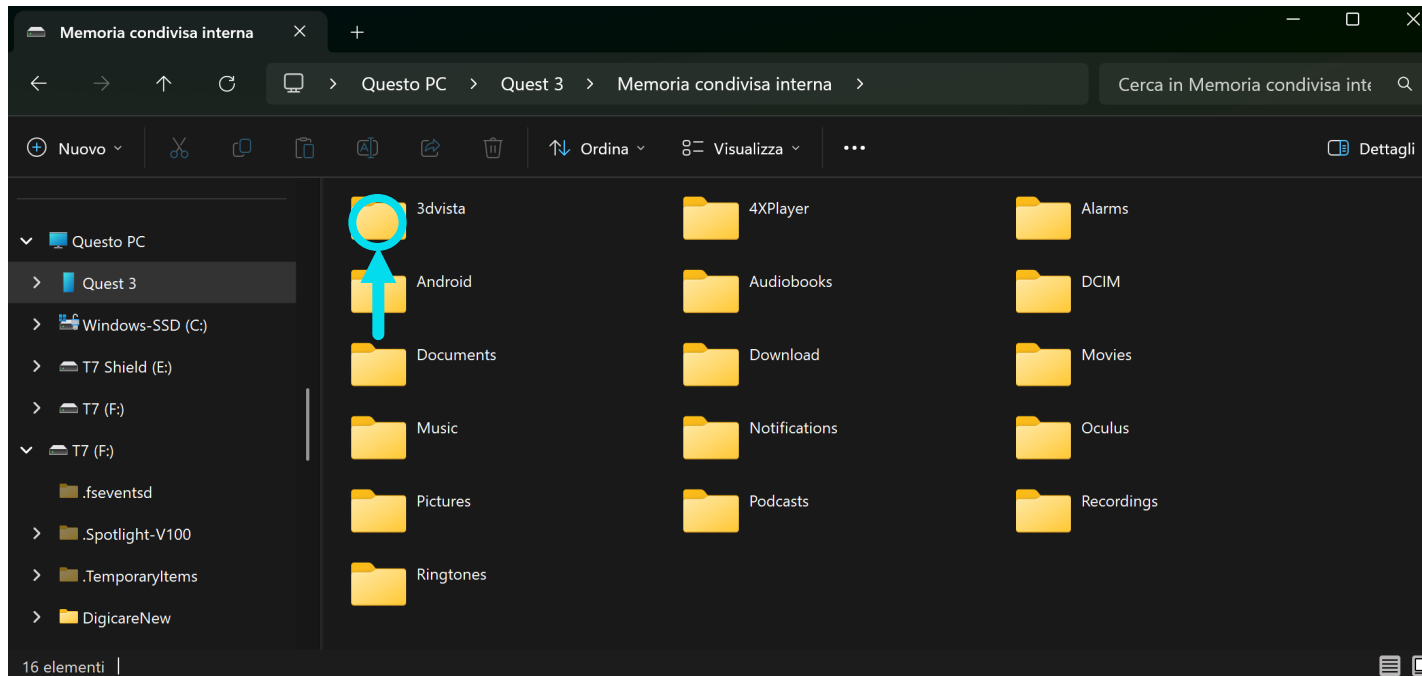


## II. INTO META QUEST



- You should see one of the two messages below, allow access.

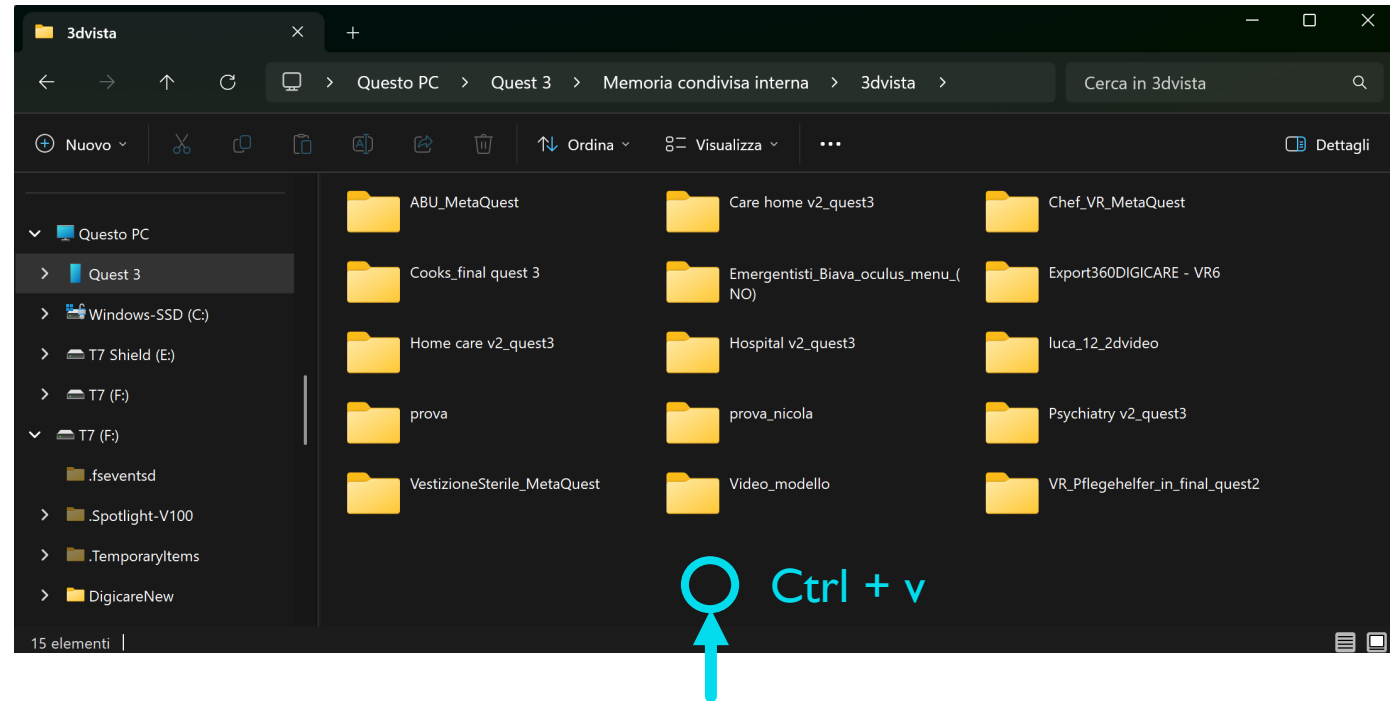
## 12. META QUEST FOLDERS



- You should now see your metaquest linked between the devices and you should find several folders.
- If the folder with the name "3dvista" does not yet exist, create it.
- N.B. the name of the folder must be **3dvista** all lowercase and all attached.

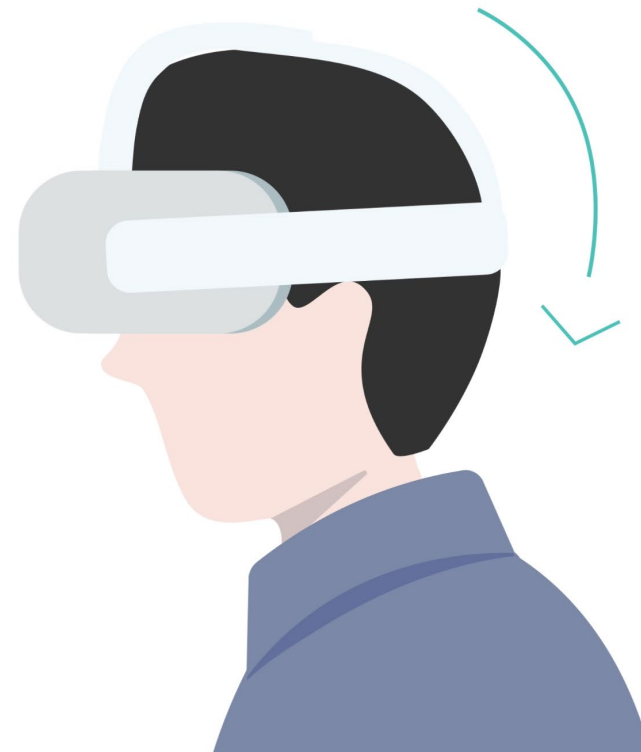
## 13. META QUEST FOLDERS

- Inside the folder, copy and paste your export folder. The one we had named "ProjectName\_Folder"



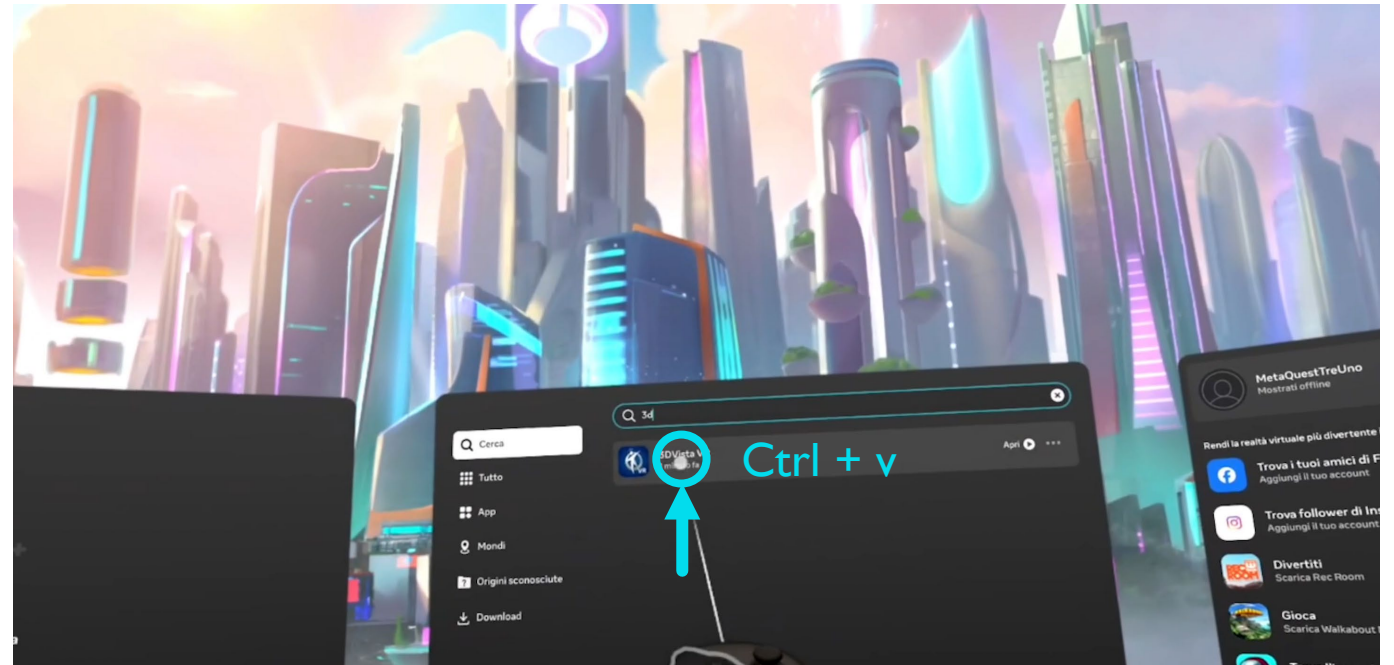
## I4. INTO META QUEST

- Put on the headset.



## I5. INTO META QUEST

- Open 3dVista.



## I 6. INTO META QUEST

- You should see the video named after the project.



## 17.THE END

In this tutorial, you learned how to upload a 360° video to Meta Quest using the headset's internal storage, 3DVista, or YouTube, and how to share it with others.