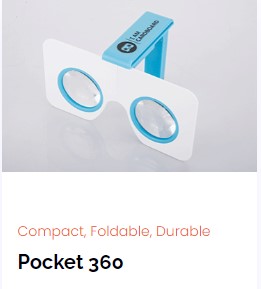
**Basic Virtual Reality Activities for SHSM Programs**

***Please Note - It is the teachers responsibility to ensure that the technology and applications outlined in this resource are approved by their School Board.***

**Introduction:** Virtual Reality (VR) training is quickly becoming a widely used tool among post-secondary institutions and career sectors. For our SHSM programs, these VR tools can be used to supplement Reach Ahead experiences, Experiential Learning, and certifications.

**Materials Needed:** On this page, you will find a list of VR activities that can be facilitated with relatively inexpensive headsets. Here are some examples of affordable headsets. Essentially, the more money spent per unit means an easier interactive and/or comfortable experience for students (for example, some Google Cardboard headsets have buttons to tap your screen and a head strap to allow for a more immersive experience). See examples of Cardboard/phone viewers on I am Cardboard: <https://www.imcardboard.com/>

**Health Warning:** Educators and students using Virtual Reality headsets might find these experiences disorienting, nauseating, and/or may have headaches with extended use.



**Free VR Experiences with Foldable VR Glasses and/or Cardboard**

Foldable Glasses, like the Pocket 360, hold the phone in place on an adjustable clamp. Students will then hold the glasses up to their eyes, and can continue to use their own touch screens to navigate around apps.

On this page, you will find a list of apps that only require basic VR glasses or cardboard. Each of these are ranked out of five star rating, which is based on the amount and richness of content, user friendliness, and app support:

[1. YouTube VR](#_wu9c0b6z5cji)

[2. Within VR](#_vfxffgazgr46)

[3. EON Experience VR](#_h3m5wucn05uy)

[4. Virtual Speech](#_9lascy3pxyey)

[5. Sites in VR](#_si9othytj06c)

[6. Travel Apps (New York VR, Athens in VR)](#_h59np7jaw0kf)

[7. Google Arts and Culture](#_aw9jzz6ha09y)

[8. Guardian VR](#_9ug30xpzmsi2)

[9. Google Cardboard - Cardboard Demos](#_ww361zjl1qmn)

[10. Meteo VR](#_ussyq134kvfj)

[11. InCell VR](#_50l70tafw0ge)

[12. Honorable Mention: Zoll’s Virtual Rescue on Mobile](#_f771n2tyhnnm)

###### 1. **YouTube VR**

This app makes the top of the list. Although the videos can range in time, they can be enough to supplement SHSM experiences and can be curated to a playlist of your liking. YouTube, being arguably the most popular video streaming platform, is likely to be the most reliable in user friendliness, have the most lasting app support, and will have an ever growing library of content.

5/5 Stars

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| **YouTube VR**: YouTube videos on mobile apps have a button that allows you to enable VR mode. You can watch any YouTube videos in VR, but the videos curated in this list have been designed to be 360 videos. Students can move their phone around to explore a 360 environment while the video plays, or, they can use VR glasses/cardboard to immerse themselves in the experience.. An image below shows you how to activate VR:    Download from the Android or iOs store.  Video Recommendations curated from the following weblinks:  <https://www.forbes.com/sites/jessedamiani/2020/01/14/the-top-25-youtube-vr-videos-of-2019/?sh=7075e0945a61>  <https://www.forbes.com/sites/jessedamiani/2021/02/28/the-top-15-youtube-vr-videos-of-2020/?sh=6ee2ca592b26>  <https://www.tomsguide.com/us/best-360-degree-videos-youtube,review-5329.html>  <https://www.g2.com/articles/vr-videos>  <https://www.wareable.com/vr/the-best-360-degree-vr-videos-on-youtube>  Note for SHSM Lead Teachers: videos vary in length. You may wish to use them individually or curate your own playlist to supplement a Reach Ahead, SPE, and/or certification. | | |
| **Video Title, Link** | **Description** | **Relevant SHSMs** |
| [New York Times VR Playlist](https://www.youtube.com/playlist?list=PL4CGYNsoW2iCGZa3_Pes8LP_jQ_GPTW8w) | A playlist of 200 + VR videos. | All SHSMs |
| [Be the Bee](https://www.youtube.com/watch?time_continue=187&v=YGM2-qI6jX4&feature=emb_logo) | Bees are, like, super important to how our ecologies work. You probably learned all of this in elementary school, but have you ever seen the process, from beginning to end? The National Honey Board wants to show you, in 360. You'll be a bee flying from flower to flower, then going back into the hive with the queen bee. After that, you'll take a look at how they get the honey out of the honeycombs and onto your table. | Agriculture, Environment |
| [Alan Walker - LIVE VR 180 Experience](https://www.youtube.com/watch?v=-tW87CY1Bw8&feature=emb_imp_woyt) | As the title indicates, this video finds EDM Producer Alan Walker bringing audiences a glimpse of what his live show is like. But the video isn’t just a single VR180 camera propped up in the crowd. Instead, using a futuristic motif and post-production style, Walker calls out individual aspects of his show. The result is that the video can function both as a musical experience and one that gives a more personal “behind the scenes” experience. | Arts and Culture |
| ["Beautifully Broken" by Warren Haynes and Danny Louis in 360/Virtual Reality](https://www.youtube.com/watch?v=D3dmlcLR8Uo&feature=emb_imp_woyt) | 360 performance videos have been a core part of the immersive video landscape for years, but they took on a new life during shelter-in-place and lockdown measures. Rather than recreating performance in a dark venue, Warren Haynes and Danny Louis took their craft outdoors, sans audience—implicitly mirroring the constraints of the moment. | Arts and Culture |
| [Cirque du Soleil: KÀ Fight Scene Wrestling in VR180 | IMMERCIRQUE Episode 4 | Cirque du Soleil's Barri Griffiths](https://www.youtube.com/watch?v=8MY42p1_yh4) | Cirque du Soleil continues its tradition of producing standout immersive content with this VR180 video featuring WWE Superstar Mason Ryan—who is now an artist with Cirque du Soleil. Follow Mason—real name: Barri Griffiths—as he takes you backstage through his training, makeup, and costume routine—leading up to a final exclusive performance. | Arts and Culture |
| [VR180 Up-Close & Personal | Cirque du Soleil BAZZAR Aerial Rope Artist | IMMERCIRQUE Episode 1](https://www.youtube.com/watch?v=tGzF9yawei4) | Get to know the people behind the acts! IMMERCIRQUE is a virtual reality tour of the epic show, including interviews with the artists and an up-close look at the ins and outs of the performance. | Arts and Culture |
| [Out Of The Blue](https://www.youtube.com/watch?v=sU4dfDgusWg) | After a festival debut in 2017, “Out of the Blue” reemerged on YouTube VR in 2020, offering a powerful example of immersive storytelling, notably in an underwater setting. | Arts and Culture, Environment, Hospitality and Tourism |
| [AMC’s The Terror](https://www.youtube.com/watch?v=mTeBgqyrK9U) | AMC has a new horror show about a crew of a doomed ship in the Arctic. What better way to promote something terrifying than to put you into the terrifying situation? Enter this 360 video, taking you through the ship as you listen to the crew slowly lose their minds. And hey, at least you'll get to check out an Arctic sunset. | Arts and Culture, Environment, Hospitality and Tourism |
| [Ship Cemetery](https://www.youtube.com/watch?v=-WD4DNwLJoE&feature=emb_imp_woyt) | Over in the southwestern Pacific Ocean, near the Caroline Islands, there is Truk Lagoon. It's said to be the largest ship cemetery in the world, and now you can fully explore it in this 360 video from AirPano. This one is for you ruinporn obsessives. | Arts and Culture, Environment, Hospitality and Tourism |
| [The Dawn of Art: A Virtual Journey Inside Chauvet Cave](https://www.youtube.com/watch?v=htFsh56dKIY&feature=emb_imp_woyt) | Daisy Ridley narrates this animated journey into a cave in the south of France famous for holding some of the best-preserved figurative cave paintings in the world, thought to be 36,000 years old. | Arts and Culture |
| [Yawarani: A VR Film Made With Indigenous Creators](https://www.youtube.com/watch?v=FU6OwSjod3o&feature=emb_imp_woyt) | “Yawarani” is a VR180 film created as a collaboration between Outside TV and the indigenous community Yawarani in the Amazon rainforest, produced in hopes of preserving their sacred culture and the wisdom of their elders. | Arts and Culture, Environment, Forestry |
| [What’s Inside: What’s Inside the Washington Monument](https://www.youtube.com/watch?v=sD2rAkiMgR0&feature=emb_imp_woyt) | The What’s Inside father-son duo brings their usual brand of peppy edutainment to the iconic Washington Monument, which had been closed for the previous three years. Thanks to the U.S. Department of the Interior, the two were able to showcase the monument dedicated to George Washington before it officially reopened on Sept. 19, 2019, letting audiences experience the Monument without any crowd interference. | Arts and Culture, Hospitality and Tourism |
| [Do Not Touch](https://www.youtube.com/watch?v=ecajlIKwlCg&feature=emb_logo) | Browse exhibits in this new type of immersive museum where art actually comes to life. The paintings in this VR video were stylized with advanced AI to create a one-of-a-kind experience. | Arts and Culture, Hospitality and Tourism |
| [Rome: A Guided City Tour](https://www.youtube.com/watch?v=1ziMH_lAUW0&feature=emb_imp_woyt) | Alongside Daan and his girlfriend Elske, the viewer is taken on a tour of one of the oldest and historically richest cities in the world: Rome. The commentary is refreshing and informative without being overbearing. The daytime filming and camerawork make the various monuments look stunning. Plus, Daan's narration never feels stuffy or overwrought, so the viewer feels less like a member of a field trip and more like a close friend and fellow traveler. This film is perfect for both frequent European sightseers and anyone who cannot afford the airfare right now. | Arts and Culture, Hospitality and Tourism |
| [Rediscover ancient Egypt](https://www.youtube.com/watch?v=0khdjCUIR1g&feature=emb_logo) | Take a virtual trip to modern Cairo in the shadow of the great Giza pyramids. After some gorgeous cinematography of these world wonders, you'll be treated to a report about the changing nature of the area around them. If you've ever wanted to travel to Egypt to see the pyramids, you owe it to yourself to check this out. | Arts and Culture, Hospitality and Tourism |
| [Isle of Dogs](https://www.youtube.com/watch?v=JqXC46b1uUg&feature=emb_logo) | Get a behind-the-scenes look at Wes Anderson’s stop-motion film Isle of Dogs. This 360-degree video shows viewers the ins and outs of how the characters were created. | Arts and Culture, Information Communication Technology |
| [Google Doodles](https://www.youtube.com/watch?v=BEePFpC9qG8&feature=emb_logo) | Watch this animated VR video and interact by moving the screen to follow the characters. This video received a 2018 official Emmy nomination for outstanding original interactive programs. | Arts and Culture, Information Communication Technology |
| [BBC Earth: Total Solar Eclipse: 360 VR Video Seen From Space | Earth From Space](https://www.youtube.com/watch?v=53PvDEkgbno&feature=emb_imp_woyt) | Exactly as the name implies: this video from BBC Earth lets users witness a total solar eclipse from space—the first time this experience is available in full immersion. Punchy captions connect audiences to the content, providing insight and guiding us toward viewing the main event. | Aviation/Aerospace |
| [NASA: Cassini's Grand Finale](https://www.youtube.com/watch?v=hFjzFSidX3s) | The vastness of space has never been more beautifully captured than in this video of the Cassini spacecraft's final exploration around Saturn's orbit. This spacecraft's 20-year journey is a marvel in and of itself, and the pictures that were collected will be invaluable in gathering information about how fast Saturn rotates. Even if you are not a huge astronomy fan, you will be enraptured by the views of Saturn's atmosphere, the planet's famous rings, and Enceladus, one of Saturn's many moons. The narrator's voice adds a nice soothing effect to the visuals and further lends a sense of scale to the video. | Aviation/Aerospace |
| [NASA Atlas V launch](https://www.youtube.com/watch?v=FfLIVGxNhxY&feature=emb_imp_woyt) | NASA and NOAA worked together to launch the new GOES-S satellite up into space. Just so happens that NASA recorded it in immersive 360, giving you an up-close and personal view of the Atlas V rocket launching into space. | Aviation/Aerospace |
| [What Wormholes Would Actually Look Like According To Physics (VR/360)](https://www.youtube.com/watch?v=V7e-1bRpweo&feature=emb_imp_woyt) | Immersive media has a unique capability to help audiences experience what would otherwise be impossible. After being fascinated by wormholes and their portrayal in traditional media, Scott Manley created an immersive video about the experience of traveling through a wormhole relying on two specific formulations for wormhole geometry. | Aviation/Aerospace |
| [Aerospace Engineer - The Female Planet](https://www.youtube.com/watch?v=wrtFLhwu168) | Get to know Tiera Fletcher, a Boeing aerospace engineer working with NASA. Her team is designing a rocket and leading the “Mars generation.” | Aviation/Aerospace |
| [Inside NYC's Skinniest Supertall Skyscraper | 3D VR180](https://www.youtube.com/watch?v=n5bm9xXkS_I&feature=emb_imp_woyt) | Take a 91-story ride on an exterior hoist of New York City’s “skinniest supertall” skyscraper on 111 West 57th Street (filmed prior to its completion) for spectacular views of Central Park and the more of the iconic U.S. metropolis. | Construction |
| [Brave Wilderness: Giant Mud Dragon a.k.a Big Daddy! - in VR180!](https://www.youtube.com/watch?v=9ZCXipLyGLw) | Brave Wilderness is known for bringing audiences “up close animal encounters,” but in this VR180 things get seriously up close and personal. See if you can keep your cool joining host Coyote in an encounter with a giant common snapping turtle—and learn why it also earned the name “Big Daddy.” | Environment |
| [Guardians of the Kingdom VR](https://www.youtube.com/watch?v=D01POrw8N_o&feature=emb_imp_woyt) | Blending live-captured immersive footage with computer-generated content and animations, “Guardians of the Kingdom” explores the connection between humans and whales through a story of two mothers: a human and a whale. | Environment |
| [National Geographic: Iceland’s Glaciers - 360 | Into Water](https://www.youtube.com/watch?v=pzehE5A1Oi4&feature=emb_imp_woyt) | In National Geographic’s first installment of its “Into Water” 360 series, users travel across Iceland’s countryside with glaciologist Dr. M Jackson. Dr. Jackson has spent the last decade documenting “the incredible physical and cultural changes” ofIceland in response to an unprecedented melting of its ice, and now, users can witness the scope of change through her eyes. | Environment |
| [Wild With: Bears - Discovery](https://www.youtube.com/watch?v=lnh53i6RqQc&feature=emb_logo) | Stand face to face with a real Kodiak grizzly bear in his natural habitat with this short VR video experience from Discovery – from your very safe living room. | Environment |
| [National Geographic: Lions 360](https://www.youtube.com/watch?v=sPyAQQklc1s&feature=emb_imp_woyt) | Nature truly comes alive in this short video about a young lion named Gibson and his journey to adulthood in Zambia. The camera places you in the middle of the savanna and as close to these fierce felines as possible. Lions 360 offers an interesting story in which you find out about Gibson's struggle to survive while facing the threat of a dominant male lion. Taking full advantage of the capabilities of 360 video, Lions 360 allows you to view beautiful skyscapes and fully immerse yourself in the open wilderness. Instead of feeling like a voyeur, you too will feel like a member of Gibson's pride. | Environment, Hospitality and Tourism |
| [Victoria Falls](https://www.youtube.com/watch?v=7EJpyrHqcP4&feature=emb_logo) | Explore the spectacular views of Victoria Falls, The Pearl of Africa soaring over the rapids and waterfalls like a bird with this 360 video. | Environment, Hospitality and Tourism |
| [Take a Tropical Break](https://www.youtube.com/watch?v=XnhZq_SF0ec&feature=emb_imp_woyt) | Mahalo! Need a little break from the doldrums of everyday life? This video takes you on a tour of Hawaii in VR, from the most beautiful waterfalls and vistas to the most gorgeous beaches. And that's not all, you'll dive into both the warm Hawaiian waters and the culture of the island. | Environment, Hospitality and Tourism |
| [GoPro Spherical: Land, Air, and Sea – A Virtual Reality Experience](https://www.youtube.com/watch?v=pMBDA-Our4w) | GoPro again and it's really making a mark in the VR world. The company made a 16-camera rig specifically for virtual reality and this 360-degree intro video lets you search around as "GoPro Heroes" travel across the sea, sail through the air, and climb rock faces on land. | Environment, Hospitality and Tourism, Sports, Transportation |
| [Grand Canyon 360° Video by 360 Labs](https://www.youtube.com/watch?v=WKAgKlnfkDA) | You can float down the Colorado River inside the Grand Canyon in this immersive VR adventure. Start off in calm waters and quickly get blasted in the rough whitewater rapids of the Hance, Granite, and Hermit. If you've always wanted to try an adventure on the rapids, but are a bit scared, this video will give you a sense of what it's like without the wet side effects. | Environment, Hospitality and Tourism, Sports |
| [How Volcanoes Affect Earth's Climate Over Millions of Years 360° I NOVA I PBS](https://www.youtube.com/watch?v=GZyboz34bv8&feature=emb_imp_woyt) | NOVA from PBS takes viewers to the Sierra Nevadas' Long Valley Caldera and Antarctica's Mount Erebus to see how volcanoes “belch” carbon dioxide and other gases into the atmosphere, transforming Earth's climate over millions of years. | Environment |
| [Africa’s Pristine Delta - National Geographic](https://www.youtube.com/watch?v=LS111RWqblk) | Join Dr. Steve Boyes and his team on a 3-week expedition through the Okavango Delta, where you’ll canoe down a river and get up close and personal with the local wildlife like lions, zebras, and elephants. | Environment |
| [London Hacks: Dumpster Diving London VR180 - Part 1](https://www.youtube.com/watch?v=4_z5XORPrTg&feature=emb_imp_woyt) | One of VR video’s “superpowers” is to give viewers experiences they don’t typically get to have. In some cases (like the below), that means going to wild places across the globe—but it also applies to scenarios that occur all around us, but outside of our usual routine. In this video from London Hacks, take a look at the produce that often—literally—goes to waste. | Food Processing, Environment |
| [National Institute of Standards and Technology: In the Eye of the Fire - 360° video](https://www.youtube.com/watch?v=kjx7z1F3pzE&feature=emb_imp_woyt) | It’s not every day you get to see what the inside of a forest fire looks like—particularly in full immersion. That’s exactly the experience NIST researchers wanted to provide. Working in conjunction with the New Jersey Forest Fire Service, the U.S. Forest Service. and the New Jersey Conservation Foundation, NIST was able to develop a solution for capturing a controlled “crown fire” from within by using a water-cooled glass enclosure to protect 360° cameras in fires. It’s a fascinating experience in-and-of itself, but also carries massive potential for recording immersive video in other ultra-hot environments. | Forestry,  Justice, Community Safety, and Emergency Services |
| [Lockdown Around the World | National Geographic](https://www.youtube.com/watch?v=zCbQffIER_E&feature=emb_imp_woyt) | March 2020 was a month unlike any in recent memory. Countries around the world responded to the threat of a rapidly spreading pandemic with shelter-in-place orders and quarantine measures. Spanning cities across five continents, this VR video from National Geographic preserves a view of what otherwise crowded cities looked like during an unprecedented moment. | Health and Wellness |
| [What Happens Inside Your Body?](https://www.youtube.com/watch?v=kw9EJbezlK4&feature=emb_imp_woyt) | What Happens Inside Your Body is a fun, cutesy video that feels like a straight-laced version of a Magic School Bus trip. Travel through blood vessels and internal organs while being informed by the narrator's dulcet tones about how the human body works. The animation is stunning, and the perspective gives the viewer a nice sense of scale about the vastness of the human body. Plus, this video is perfect for children or squeamish viewers because the organs are detailed without being graphic. | Health and Wellness |
| [CreatorUp: São Paulo in 360° VR - Shot on Qoocam 8K & GoPro MAX](https://www.youtube.com/watch?v=MZunWdxZWLs&feature=emb_imp_woyt) | The immersive travel genre holds strong in examples like CreatorUp’s incredible glimpse of São Paulo. Hugh Hou’s touch is evident here—the cinematography oscillates between on-the-street shots that linger to let audiences absorb the scene and smooth drone shots that orient viewers to the reality of the city from above, with helpful tags that help viewers know city landmarks. | Hospitality and Tourism |
| [Jamie Oliver: Quick Cheese Omelette Baguette VR180 | Jamie Oliver](https://www.youtube.com/watch?v=PLZRE1W9a8I&feature=emb_imp_woyt) | If you’re the type of person who loves to torture yourself with beautiful food videos, this offering from Jamie Oliver will let you take it to the next level. Once in the headset, join Oliver in the kitchen as he prepares a silky, oozy omelette with salsa and a baguette. You’ll feel like you’re right there in the kitchen with him, but unfortunately any salivation stays definitively in your own world. | Hospitality and Tourism |
| [Car Crash Experience – What Is It Like To Be Involved In A Car Accident In 360° Virtual Reality](https://www.youtube.com/watch?v=aBiNNgfB7jI) | This truly immersive 360-degree film puts the viewer inside a car as a car crash unfolds before their eyes. The virtual reality experience leaves nothing to the imagination. The crash and its aftermath are shocking, and make a long-lasting impression on young drivers. | Justice, Community Safety, and Emergency Services |
| [Invisible People: Homeless Disabled Firefighter Helping Homeless People in San Francisco VR180](https://www.youtube.com/watch?v=SHb_yeKODs4&feature=emb_imp_woyt) | One of VR’s most powerful use cases is bringing to light untold or ignored stories through documentary; the chance to feel embodied in other people’s lives can foster empathy in ways that 2D video cannot. In this video from Invisible People, we join Couper, a disabled, homeless firefighter and street medic in San Francisco in her journey to help other homeless people in need. | Justice, Community Safety, and Emergency Services |
| [Fire Rescue (360 Video) - BBC News](https://www.youtube.com/watch?v=JGbf1y_WmAE) | Breathe the smoke and smell the fear as two London firefighters put their lives on the line to rescue six children from a blazing house fire. Experience what it’s like to be a firefighter in a life and death emergency in this true story with dramatic reconstruction. | Justice, Community Safety, and Emergency Services |
| [VRFlood - A 360VR Flood Experience](https://www.youtube.com/watch?v=f_pFe3Jglvw) | See what happens when water takes the wheel in this virtual reality experience of a flash flood in Las Vegas from the driver's perspective. Optimized for Google Cardboard. | Justice, Community Safety, and Emergency Services, Environment |
| [The Joel Embiid Experience - GQ](https://www.youtube.com/watch?v=_4a9zLiXVT0&feature=emb_logo) | Stand next to the court with basketball superstar Joel Embiid while he shoots around and dunks right in front of you. | Sports |
| [NBA 360: Donovan Mitchell's winning dunk](https://www.youtube.com/watch?v=JGaJhoWf9Bg&feature=emb_imp_woyt) | The NBA has long been interested in virtual reality and 360 filmmaking, so it's no surprise that it would decide to take one of the most exciting events on All Star Weekend, the Dunk Contest, and turn it into a 360 video. In this case, you'll get to see all the dunks of winner Donovan Mitchell. Sit courtside as this mountain of a man charges to the hoop and seemingly defies the laws of physics. | Sports |
| [The Champions League Final](https://www.youtube.com/watch?v=JTWdUBIvOFY&t=2s) | Fox Sports aired the 2017 Champions League final in VR, and they've opted to cut together a short video compiling all the best moments in one. So now, if you need to try to convince someone whether watching an entire football match in VR is worth it, you can just watch this and have them figure it out for themselves. | Sports |
| [A Surfing Journey - Jeep](https://www.youtube.com/watch?v=z6i64pJun90) | Jump in for a road trip adventure down the coast with champion surfers Jordy Smith and Malia Manuel to find the best waves. | Sports, Environment, Hospitality and Tourism |
| [Outside TV: In Control | Yosemite Higher Spire Free, Part 3 (VR180)](https://www.youtube.com/watch?v=ZMWYKtW1n00&feature=emb_imp_woyt) | Ever want to know what it would look like to climb one of the most dangerous spires in Yosemite? Now you can take a look from the safety of your couch as Adidas athletes Kevin Jorgeson and Ben Rueck do the hard work for us and make history, becoming the first to ever free climb the perilous Pitch 7 route. | Sports, Environment, Hospitality and Tourism |
| [Solo to the South Pole — The VR documentary [360/VR]](https://www.youtube.com/watch?v=vQnWPdRNrRY&feature=emb_imp_woyt) | In this documentary, viewers meet Matthieu Tordeur, the young French explorer who made the 50-day journey from the Antarctic coast to the South Pole all alone, without any outside assistance. | Sports, Hospitality and Tourism, Environment |
| [Free Solo - National Geographic](https://www.youtube.com/watch?v=FRGF77fBAeM&feature=emb_logo) | Experience the award-winning documentary, Free Solo, in virtual reality. Explore new heights and breathtaking views that most of us will never see in real life. Join Alex Honnold on an unbelievable free solo climb (yes, that means no ropes) to the top of Yosemite's giant El Capitan. | Sports, Hospitality and Tourism, Environment |
| [Line of Sight](https://www.youtube.com/watch?v=DR9UfkaGFdg&feature=emb_logo) | Experience the thrill of heli-skiing, without the frostbite (or the jumping out of a helicopter part). This fully immersive VR video drops you into fresh powder on some of the best runs in the world. | Sports, Hospitality and Tourism, Environment, Transportation |
| [ChrisFix: Ride Along in my Drift Car (Virtual Reality)](https://www.youtube.com/watch?v=UZOWfbxu24A&feature=emb_imp_woyt) | Hop into the passenger seat of the ChrisFix DriftStang, a project car won for $1,000 at a charity auction. Get an intimate view of how expert drivers drift—including clutch kicking and emergency-brake pulling—or see what it feels like by looking out the window. | Transportation |
| [Waymo 360](https://www.youtube.com/watch?v=B8R148hFxPw&feature=emb_imp_woyt) | No, this isn't a VR-ready look into the huge court case between Uber and Waymo. It's a 360 video that lets you see how Google's fleet of self-driving cars sees the world. You'll "sit" right on top of the car's LIDAR systems and view the world as machine vision sees the world, complete with lots of little graphics pointing out absolutely everything in sight. There is no better way to learn about self-driving technology than this. | Transportation |

###### 2. Within VR

Although not nearly as expansive as YouTube in the amount of content it has, Within VR focuses on adding VR experiences to its library, so you won’t have to wonder if your video has 360 viewing capabilities. A very minor challenge is that some videos appear in more than one category, and it is not always easy to browse the library. However, Within VR is always stable and continues to have older content updated with new content.

5/5 Stars

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| **WithinVR**: this app is compatible with foldable VR glasses and provides many immersive cinematic VR experiences. Note: videos available in English only. Download from the Android or iOs store. Descriptions of the videos are directly cited from the WithinVR app. | | |
| **Video Title** | **Description and Time in Minutes** | **Relevant SHSMs** |
| This is Climate Change: Feast | Witness the beautiful expanse of the Amazon, under growing threat as trees are cleared to make way for the sprawling cattle ranches. (9:12) | Agriculture, Environment, Forestry |
| This is Climate Change: Famine | Travel into the arid and expanse of Somalia, where crushing drought is placing an entire generation of children at great risk. (10:11) | Agriculture, Environment, |
| Do Not Touch | Don’t touch the art! Two museum-goers break the rules and find themselves trapped in paintings. (3:01) | Arts/Culture |
| New York Times: Walking New York | From the New York Times, French artist JR, creates a poetic awareness of NYC’s history as a city of immigrants. (6:47) | Arts/Culture, Hospitality and Tourism |
| CNN: Toro Bravo | Witness Spain’s intense and controversial spectacle, Running of the Bulls, up close like never before. (10:59) | Arts/Culture, Hospitality and Tourism |
| Reviving Folk Music in Sindh | Take a journey into Pakistan’s land of Sindh and feel the spirit of its music and poetry, as Saif fights against its disappearance. (8:14) | Arts/Culture, Hospitality and Tourism |
| Teaching Ancient Dance in Lahore | Immerse yourself in the richness of Pakistani song and dance alongside Beena Jawad, who passes this tradition to children in ancient Lahore. | Arts/Culture |
| Fistful of Stars | Explore the cosmos through the lens of the Hubble Telescope. Journey to the Orion Nebula and experience the birth, life, and death of a star. (5:45) | Aviation/Aerospace |
| The Spacewalker | Strap into a rocket ship and blast off into space in this groundbreaking recreation of the 1965 Voskhod-2 rocket launch. (4:21) | Aviation/Aerospace |
| Rapid Fire: A Brief History of Flight | Witness the Wright Flyer’s first leap, get buzzed by the cutting-edge F-22 Raptor Jet, and be nearly engulfed by the world’s largest plane! (6:40) | Aviation/Aerospace, Transportation |
| The Possible: Listening to the Universe | What happens when black holes collide? Now you can visit LIGO and see for yourself. A double feature with GE’s Fighting Fire with Fire. (10:32) | Aviation/Aerospace |
| The Possible: A Balloon Ride to Space | Soar to the edge of Earth and experience humanity’s latest push into space tourism. A double feature with GE’s “Fighting Fire with Fire”. (10:08) | Aviation/Aerospace, Hospitality and Tourism |
| TOMS Virtual Giving Trip | Journey to Peru to meet some of the children who receive TOMs shoes and the Giving Partners who make it possible. (4:19) | Business |
| The Ellen Fund Presents: Gorillas in VR | Sit face-to-face with wild mountain gorillas in Rwanda. The Ellen Fund is helping to protect these iconic but threatened animals. (6:03) | Environment, Non-Profit |
| Sanctuaries of Silence | In Sanctuaries of Silence, join ecologist Gordon Hempton on a listening journey into Olympic Park.  (7:15) | Environment |
| The Click Effect | Freedive with two marine scientists, capturing the secret “click” language of dolphins and sperm whales. (7:15) | Environment |
| The Source | Experience clean water through the eyes of a 13-year-old girl in Ethiopia. (8:59) | Environment |
| 700 Sharks: Into the Pack | In part two of this series, dive into a feeding frenzy of 700 gray sharks. (7:06) | Environment |
| Anote’s Ark | Travel to Kiribati, an island in the middle of the Pacficic, and observe its peoples’ daily life as they battle against the rising sea levels. (10:32) | Environment |
| My Africa | Journey with Conservation International to face thundering wildebeest, baby elephants and a community devoted to saving Africa’s wildlife. (9:13) | Environment, Non-Profit |
| CNN: Iceland is Melting | Fly over Iceland’s most famous and natural wonders and discover how climate change could make it all disappear. (4:05) | Environment |
| This is Climate Change: Melting Ice | Travel to Greenland with Former Vice President Al Gore to witness glaciers melting into rivers as icebergs disappear into the ocean. (9:46) | Environment |
| The Protectors | National Geographic brings us into the habitat of endangered African Elephants and those who risk their lives to protect them from poachers. (10:26) | Environment |
| Bringing Water to the Thar Desert | Journey to Pakistan’s beautiful desert villages of the Thar with Ali Akbar, who brings water and innovation to the barren land of his home. (7:02) | Environment, Non-Profit |
| This is a Climate Change: Fire | Experience the California fires of 2017, and follow brave firefighters whose jobs have turned into year-round battles against these blazes. (11:05) | Forestry, Environment, Justice Community Safety and Emergency Services |
| The Atomic Tree | Journey into the memories of one of the most revered trees in the world- - a 400 year old bonsai that survived the atomic blast in Hiroshima. (10:12) | Forestry |
| Saving Children’s Lives in Karachi | In the slums of Karachi, Pakistan, child mortality is a daily threat. Explore the new emergency wards where Dr. Nasser saves young lives. (5:24) | Health and Wellness |
| Restless: Hong Kong | Take a wild ride through the chaotic and Vibrant city of Hong Kong, leading up to the dazzling New Year’s Fireworks over Victoria Harbor. (3:58) | Hospitality and Tourism |
| The Real Thing | Journey into a copy of our world, and meet the citizens living inside China’s full-size replicas of Paris, Venice, and London. (16:25) | Hospitality and Tourism |
| Tokyo Light Odyssey | From skyscrapers and neon streets to cars and trains in motion, fragments of Tokyo float like stardust against the curtain of the night sky. (5:24 mins) | Hospitality and Tourism |
| The People’s House | Take a historic visit to the White House (made while Barack Obama was president). (22:23) | Hospitality and Tourism |
| The Possible: Hello, Robot | Meet the world’s most advanced robots and step inside Boston Dynamics’ secret lab. A double feature with GE’s “Fighting fire with Fire”. (11:06) | Information and Communications Technology |
| Extreme Rescues with the NYPD | Fly high above Manhattan with one of the NYPD’s most elite teams: the Emergency Service Unit. (3:49) | Justice, Community Safety and Emergency Services |
| Send Me Home | Rickey Jackson served 39 years of wrongful imprisonment before his exoneration in 2014. Experience the meaning of freedom through his eyes. (13:27 minutes) | Justice, Community Safety and Emergency Services |
| VICE NEWS VR: Millions March NYC 12.13.14 | The first-ever VR news broadcast covers the Millions March in New York City, as 60,000 New Yorkers protest racial profiling by police. (8:08 mins) | Justice, Community Safety and Emergency Services |
| Women Fighting Terrorism in Nowshera | Rappel down a tower, fire rockets and defuse explosives with the young women training to fight against terror in Nowshera, Pakistan. (6:07) | Justice, Community Safety and Emergency Services |
| Step to the Line | “Step to the Line” takes you inside a maximum security penitentiary, and provides a new perspective on prisoners, the system, and yourself. (11:43) | Justice, Community Safety and Emergency Services |
| Waves of Grace | From 2015, this story is as relevant as ever: Decontee Davis is an Ebola survivor who uses her immunity to care for orphaned children. (9:41 mins) | Non-Profit |
| Awakening: A Prologue to Nakuru Kuru | A journey of exploration and stewardship through the eyes of a surf pioneer. (9:15) | Sports |
| The Possible: Speed Machine | 387 mph. Feel what it’s like to reach top speed at the Bonneville Salt Flats. A double feature with GE’s “Fighting Fire with Fire”. (9:19) | Transportation |
| The Possible: Hoverboard | Alexandru Duru wanted to fly, so he built himself a hoverboard. Fly with him. A double feature with GE’s “Fighting Fire with Fire”. (9:18) | Transportation |

###### 3. **EON Experience VR**

EON experience has several apps that use Virtual Reality and Augmented Reality to engage its users with content. One of the best features that SHSM leads will enjoy is that the content is organized into categories that are very similar to the SHSM program titles. Also, each individual experience is rated within the app, which can save teachers frustration if they are curating multiple items for students to use. However, the app seems to have overlap between its VR and AR content. There are times when loading can be buggy. However, EON still seems to be updating their apps regularly.

4.5/5 Stars

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| **EON Experience VR**: EON Experience VR is a service for viewing interactive Augmented Reality and Virtual Reality applications on your mobile device. The EON Experience VR application delivers an exceptional AR/VR experience anywhere, anytime. Get the free app and become instantly immersed in a growing selection of AR and VR experiences on your mobile device. Currently, you can experience your application in three different modes: Normal, AR, and VR. Categories include:   * Edutainment * Education * Industry * Anatomy * Architecture * Biology * Energy * Entertainment * Furnishings * Geography * History * Science * Space * Transportation   Each VR and AR experience is individually rated by users. Some description information taken from the iOs store. Also available on Android devices. |
| **Relevant SHSMs**: Arts and Culture, Aviation and Aerospace, Construction, Energy, Environment, Forestry, Health and Wellness, Hospitality and Tourism, Manufacturing, Sports, Transportation |

###### 4. **Virtual Speech**

This app allows for students to take courses in customer service and business skills, such as public speaking, sales pitches, networking, presentations and media training. A community partner can work with SHSM leads to determine if the courses (in VR) are worthy of a certification. It can be difficult to access the courses in the 360 environment, but a library of potential certifications make this app well worth your time.

4.5/5 Stars

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| **Virtual Speech**: Practice soft skills in virtual reality with the VirtualSpeech app. Scenarios include public speaking, sales pitches, networking, presentations and media training.  \*app formerly known as Public Speaking for Cardboard / Public Speaking VR.  Our app works with VR headsets, such as the Merge VR, Google Cardboard and Blitzwolf VR.  VR COURSES  We offer a range of VR courses with additional VR scenarios and features. The courses combine traditional online classes with practice in VR. Current courses include:  - Essential Public Speaking  - Sales Pitch and Closing  - Train the Trainer  - Workplace Mindfulness  - Business Networking  - Learn English for Business  - Leadership Communication  - Business Storytelling  - Many more courses covering a range of soft skills  APP GUIDE: Read about VR features, scenarios and setup in our App Guide: https://virtualspeech.com/app-guide  VR APP FEATURES  - Speech Analysis: we provide real time feedback on elements such as hesitation words, pace of voice and eye contact.  - Realistic VR Scenarios: selection of high quality rooms to improve your soft skills in, from communication to networking.  - Track Your Progress: unlock awards, track speech analysis progress and listen back to your previous speeches.  - Sound & Visual Distractions: audience and room distractions add to the immersion and make you feel like you’re at the event.  - Add Your Own Slides: add your slides into the virtual room within the VR app, so that you can practice for an upcoming event.  Download from the Android or iOs store. |
| **Relevant to SHSMs with Leadership and Customer Service skills** |

###### 5. **Sites in VR**

The next few apps all share something in common: they are virtual touring apps. However, Sites VR has more locations available within it, so it pulls ahead due to its versatility. It even takes you into space itself. Also, depending on which sites you visit in individual cities, SHSM leads may find connections to other SHSMs while using the app. The app appears to be stable and receiving regular updates. The only reason it loses a star is because the use of the app is not as versatile as others previously recommended on this list.

4.5/5 Stars

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| **Sites in VR**: Virtual tours (also for VR goggles) of landmarks from Turkey, Egypt, Saudi Arabia, Syria, Morocco, Kuwait, Yemen, Macedonia, Holland, Belgium and France. Examine the marvels of Islamic architecture, visit mosques, tombs, palaces of sultans, museums, inns, baths, castles, towers, old houses, squares, parks, nature, religious sites, ancient cities, space and other places with more than a thousand 360 degree panoramic images in high quality. Go up the Eiffel tower, go inside the Egyptian Pyramids and even visit Mars! You will feel as if you are there...  VR headsets can be chosen from a list of presets or using a QR code. Download from the Android or iOs store. |
| **Relevant SHSMs**: Hospitality and Tourism, Aviation/Aerospace |

###### 6. **Travel Apps (New York VR, Athens in VR)**

These apps, as mentioned in the Sites in VR app review, bring you to specific locations in the world. They are tied on this list due to New York VR having more reliable stability, whereas Athens in VR has more information in the application (New York has more of a viewing experience in contrast to Athens in VR’s details).

4/5 Stars

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| **New York VR**: Visit New York in virtual reality mode and dive into the heart of its most iconic places at 360 degrees.  Download from the Android or iOs store. |
| **Relevant SHSMs**: Hospitality and Tourism |

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| **Athens in VR**: For the first time ever, you can use your iPhone to take a self-guided on site tour of Athens, Greece, the greatest tourist destination of them all. Experience this immersive VR whilst you visit the Acropolis and the Agora, or do it all from the comfort of your own home or classroom.  Lithodomos VR has painstakingly recreated the Acropolis, Parthenon and Athenian Agora in virtual reality, allowing you to step back in time and visit, and explore, these cultural icons in all of their original splendour and glory. You will be transported to the most important parts of ancient Athens and delve deep into the Acropolis. You will interact with its artefacts to hear their stories and get a view of the site that has not been possible for thousands of years.  You commence your experience where democracy began and you can directly engage with the greatest philosophers the world has ever known, and from here you can easily navigate your journey from place to place.  Visit music halls, grand temples, ancient colonnades and take control of the order in which you view all of the sites. You are the conductor of this tour, and you can choose to listen to the entertaining and educational audio guide.  This immersive Lithodomos VR experience is not just engaging and entertaining, but it contains factual content of great historical significance. Every detail has been researched, approved, and is backed-up by archaeological evidence. It is perfect for tourists who are visiting (or planning to visit) Athens and is designed for students learning about ancient Greek history, Athens or Archaeology. It is also perfect for people who want to find out more and take their first foray into VR (virtual reality).  Turn back time. See Athens now, the birthplace of western civilisation.  Description taken from the iOs store. Also available on Android devices. |
| **Relevant SHSMs**: Arts and Culture, Hospitality and Tourism |

###### 7. **Google Arts and Culture**

Google has recently abandoned some of its apps that educators had benefited from in the past: Google Expeditions and the Google Daydream VR. However, Google Arts and Culture is the replacement. You can use VR tools to go on expeditions like before, and visit art galleries. There is a lot of content and activities jam packed into this app, which can be both a blessing and curse since it’s easy to get overwhelmed. The app is currently supported.

4/5 Stars

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| **Google Arts and Culture**: Are you curious about what Van Gogh’s Starry Night looks like up close? Have you ever toured the ancient Maya temples or met the inspirational figures of Black history? Do you want to learn about Japan’s unique food culture or incredible Indian railways?  Google Arts & Culture puts the treasures, stories and knowledge of over 2,000 cultural institutions from 80 countries at your fingertips. From the suffragettes who fought for women’s rights, to performing arts at the Paris Opera, to NASA’s archive of stunning images, discover stories about our cultural heritage. It’s your doorway to explore the art, history, people and wonders of our world.  Highlights:  • Art Transfer – Take a photo and transform it with classic artworks  • Art Selfie – Discover portraits that look like you  • Color Palette – Find art by using the colors of your photo  • Art Projector – See how artworks look in real size  • Pocket Gallery – Wander through immersive galleries and get up close to art  • Art Camera – Explore high-definition artworks  • 360° videos – Experience culture in 360 degrees  • Virtual reality tours – Step inside world-class museums  • Street View – Tour famous sites and landmarks  • Explore by time and color – Travel through time and see the rainbow through art  • Art Recogniser – Point your device camera at artworks to learn more about them, even when offline (at select museums only)  More features:  • Exhibits – Take guided tours curated by experts  • Favorites – Save and group your favorite artworks into galleries to share with friends or students  • Nearby – Find museums and exhibitions near you  • Notifications – Subscribe to receive weekly highlights or favorite content updates  • Translate – Use the translate button to read about exhibits from around the world in your language  Permissions notice:  • Location: used to recommend cultural sites and events based on your current location  • Camera: used to recognise artworks and provide related information about them  • Contacts (Get Accounts): used to allow sign in with a Google Account, in order to store users' favourites and preferences  • Storage: used to allow artworks to be recognised and related information to be accessed while offline  Description taken from the [Google Play Store](https://play.google.com/store/apps/details?id=com.google.android.apps.cultural&hl=en_CA&gl=US). Download from the Android or iOs store. |
| **Relevant SHSMs**: Arts and Culture, Hospitality and Tourism (teacher and community partner discretion to deem what could be appropriate; for example, construction SHSMs could look at the construction of new buildings or the architecture of old buildings) |

###### 8. **Guardian VR**

This app, made by The Guardian news publisher, uploads new documentaries on a regular basis. The organization of the app is similar to WithinVR. However, the app can be a challenge to use for two reasons. First, you must download each video before viewing as opposed to streaming it, which can eat up valuable class time. Also, the app tends to have “shaking” visuals because the app does not focus the VR setting properly, requiring a reset of a student’s phone. If you can get the app working correctly, there are some great experiences to be had.

3.5/5 Stars

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| **Guardian Virtual Reality**: The Guardian provides virtual reality experiences that are updated, similar to a streaming service. The list below is reflective of what is available now. \*Note: experiences download into the app. Storage on devices may be an issue for students. Download from the Android or iOs store. | | |
| **Video Title** | **Description** | **Relevant SHSMs**: |
| Celestial Moon | Inspired by the spectacular imagery of solar physics, Celestial Bodies uses contemporary dance and motion capture technology to explore movement across human and astronomical scales. | Arts/Culture, Aviation/Aerospace |
| Wilderness | Parque Patagonia is a remote area in Chile, a region of rugged beauty that is bordered by the majestic Andes Mountains. This 360 experience takes you on an immersive journey through this spectacular wilderness. | Arts/Culture, Hospitality and Tourism, Environment |
| Songbird | Hawaii is the bird extinction capital of the world. Many of the birds native to the islands are severely under threat, but for some it’s too late. Set in the painted cloud forest of Kauai, Songbird takes you back in time to meet a legendary bird and hear its last song. | Environment |
| Arctic 360 | After years of record temperatures, the Arctic is melting. The Northwest passage had an ice-free summer in 2016, allowing cruise ships into one of the world’s most remote places. Join our environmentally friendly Arctic your, and witness the consequences of human behaviour. | Environment |
| First Impressions | Using the latest research in neural development and colour vision in infants, this film allows you to experience and interact with the world from the point of view of a baby. It’s a period that none of us remember but is the most crucial stage of our development. WARNING: this film contains effects which may cause anxiety for some viewers. | Health and Wellness |
| 6x9 | Currently more than 80,000 people are in solitary confinement in the US. They spend 22-24 hours a day in their cells, with little to no human contact for days or even decades. We invite you into this world to hear the stories and experience the psychological damage that can happen during extreme isolation. | Justice, Community Safety, and Emergency Services |
| Sea Prayer | The night before a potentially fatal journey, a father reflects with his son on their life in Syria before the war - and on their unknown future. Illustrated in Google Tilt Brush and written by Khaled Hosseini, award-winning author of ‘The Kite Runner’ and Goodwill Ambassador for UNHCR, the UN Refugee Agency. | Non-profit |

###### 9. **Google Cardboard - Cardboard Demos**

As mentioned in the Google Arts and Culture review, Google has abandoned apps like Google Expeditions, However, you can still use the Google Cardboard app. One of the remaining functionalities of the app is the Cardboard demos. There is not a lot to offer, and it sometimes glitches. For example, you might have the camera “shake” in 3D mode, which requires a reset of your device. Due to lack of available items, and frequent resets, this app may only be useful for some SHSM leads.

3/5 Stars

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| **Google Cardboard: Cardboard Demos**: Cardboard puts virtual reality on your smartphone. The Cardboard app helps you launch your favorite VR experiences, discover new apps, and set up a viewer.  Try out a set of included demos as well:  • **Earth:** Fly where your fancy takes you on Google Earth.  • **Tour Guide:** Visit Versailles with a local guide.  • **My Videos:** Watch your videos on a massive screen.  • **Exhibit:** Examine cultural artifacts from every angle.  • **Photo Sphere:** Look around the photo spheres you've captured.  • **Arctic Journey:** Fly alongside Arctic terns, create your own flower garden, relax under the northern lights and more.  Description taken from the Google Play Store. Download from the Android or iOs store.  \*Note: Google no longer updates this app with new experiences. |
| **Relevant SHSMs**: Arts and Culture, Hospitality and Tourism |

###### 10. **Meteo VR**

This app has unique visuals of the planet and displays complex science data. There does not seem to be a lot of categories to explore for all SHSMs, but the app seems stable most of the time and should be useful for very specific SHSM programs.

3/5 Stars

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| **Meteo VR**: The Meteo-VR app provides a Virtual Reality interface for exploring 3D earth science data sets and learning more about the complex environment we live in. Just insert your smartphone into a Google Cardboard or other compatible reader and see science and supercomputer data come alive before your very eyes!  Description taken from the Google Play Store. Download from the Android or iOs store. |
| **Relevant SHSMs**: Aviation/Aerospace, Environment |

###### 11. **InCell VR**

This popular game has students flying around the inside of a body. Their mission is to destroy infectious viruses in a simulated body. The app may not necessarily connect to real world contexts, but it could be a fun activity to supplement a health and wellness training. The app is still supported, and popular.

3/5 Stars

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| **InCell VR (Cardboard)**: InCell is an action/racing game with a bit of strategy and science thrown into the mix in a rare and highly unusual micro world of the carefully recreated human cell. This is the right project to start your acquaintance with Cardboard VR or receive new VR impressions. The game is focused on Virtual Reality but you can play just fine without a set (Cardboard or any other).  To switch VR mode off - just tap & hold the screen or use Cardboard's trigger to open the main menu.  A unique experimental project made by Luden.io to test the opportunities of the new Virtual Reality provided by Google Cardboard.  Compatible with View Master, Fibrum, Homido, Lakento, Archos, Durovis and others Cardboard like headsets.  Download from the Android or iOs store. |
| **Relevant SHSMs**: Health and Wellness |

###### **12. Honorable Mention: Zoll’s Virtual Rescue on Mobile**

Zoll is a recognized brand name of AEDs. They have provided a VR experience of a Cardiac arrest. Although the app only has one scenario (and at times, is sensitive to being shut off), it offers a hands-on experience. All you need is to have a manikin or pillow (rescue object) in front of you. When you are in the VR world, it registers the compressions made on your rescue object and guides you through the training. Although the app only has one function and scenario, it’s still a great app to add rescue experience to a CPR Awareness certification. \*Warning: performing chest compressions with a headset can be disorienting.

This app is labelled an honorable mention because it requires Google Cardboard or some other mobile VR headset with a strap, as opposed to the other apps on this list only requiring VR Mobile Glasses.

3/5 Stars

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| **VR Mobile:** The ZOLL AED 3™ VR Mobile app allows you to be “The unexpected hero in ZOLL’s VR World”. You can experience the power of ZOLL’s Real CPR Help® which guides rescuers to achieve high-quality CPR.  With the support of the ZOLL AED 3 you will perform CPR and help saving a life in virtual reality. This experience is for VR mobile virtual readily headsets, like Google Cardboard. For the best experience you should also use headphones for audio and music. You will have to kneel down and perform CPR on a dummy. You may want to use a manikin (“Rescue Annie”) or firm pillow for this. Start the app, put your phone in your VR headset and follow the instructions. The first time you start the app you can select your preferred language. The app saves your language selection. The language selection menu can be accessed by “gazing” at the globe at the beginning of the VR experience in subsequent uses of the app.  VR Mobile is available for iPhone and Android smartphones with Google Cardboard VR headsets. iPhone 6s and newer are supported as well as Samsung S6 and newer. Other and older devices may be able to run the app but are not supported.  Description taken from the developer’s web page. |
| **Relevant for SHSM leads using CPR/AED Awareness (with direction of community partner)** |