

Independent/Remote Learner Guidance

About Bodyswaps

Bodyswaps is an award-winning soft skills training platform on which participants can practise and develop essential human skills.

We've worked with world renowned subject matter experts to develop hyper realistic off-the-shelf simulations that are truly immersive, empowering and psychologically safe.

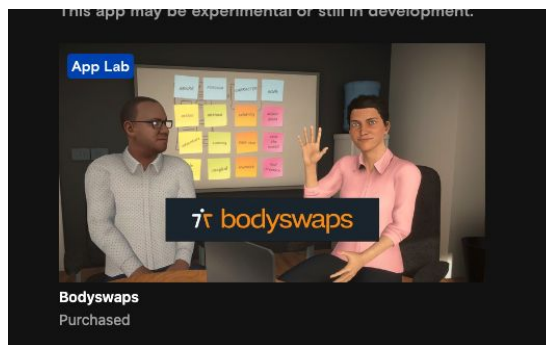
Your data is anonymous. We do not store any voice recording. We only capture your self-reported data at the end of the module.



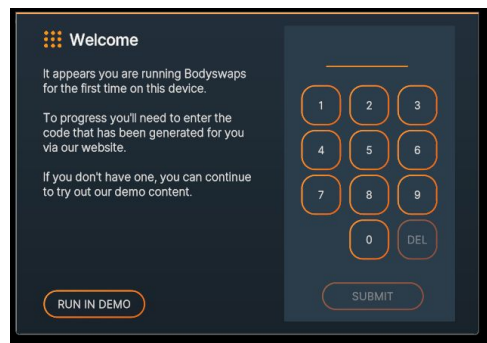
Launch

1. Download Bodyswaps on your laptop, mobile or tablet.

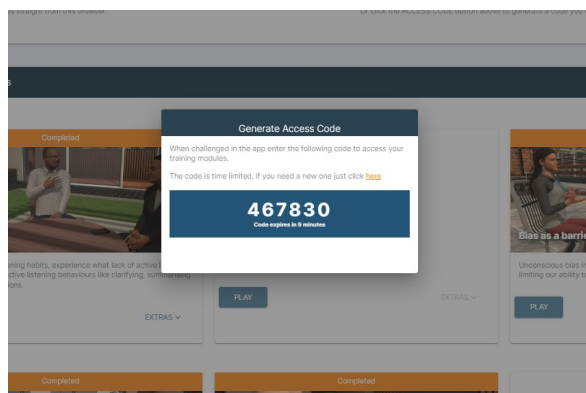
You can search in the device app store or [find the install links here](#).



2. Once downloaded, open the app.



3. Once the app has launched, you'll need to generate a code from your email link or Bodyswaps Go (instructions on the next page).

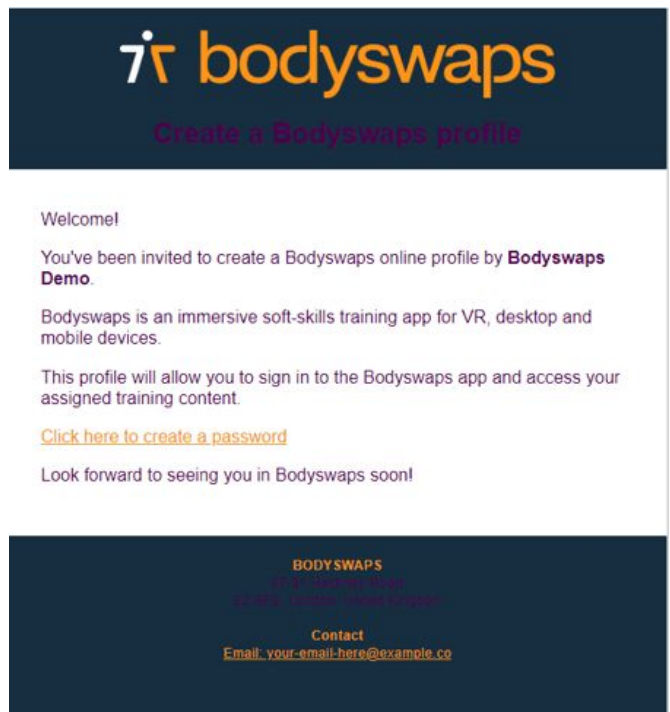


Generating a code on Bodyswaps Go

Step 1

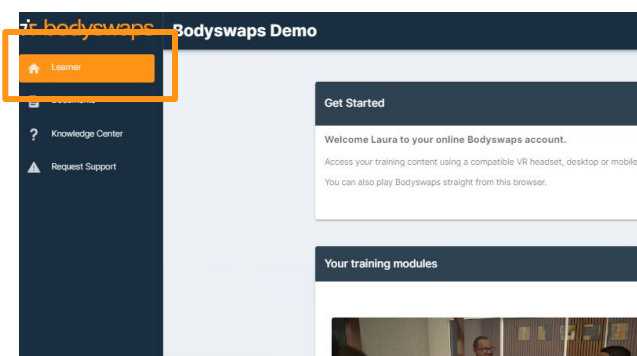
If you've been invited to create a password and register for a profile on Bodyswaps Go, complete the steps in the email.

[More information here.](#)



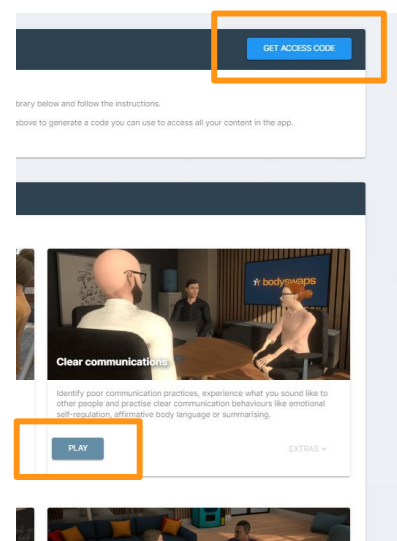
Step 2

Once logged in, navigate to the Learner Tab (left hand side)



Step 3

Click 'Get Access Code' or click 'Play' on the module that you wish to begin.



Generating a code via email link

Step 1

Click the link in the email you've received.

 **bodyswaps**

Invitation to participate

Hello.

You've been invited by Laura at Bodyswaps Demo to participate in the virtual training class **Communications Class**.

Click on your unique link below and follow the instructions to proceed:

<https://go.bodyswaps.co/#/launch?inviteCode=58619f058ab9273636875b1b878c031f>

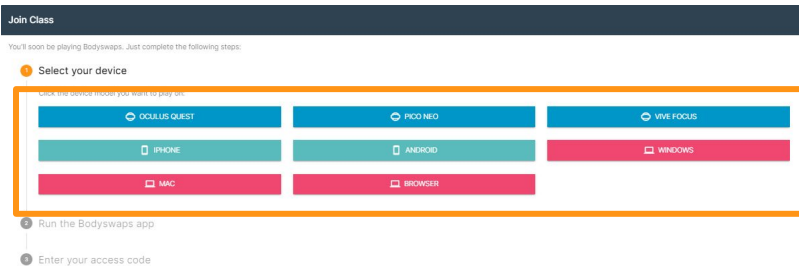
Bodyswaps leverages VR & AI to empower learners to practise and develop their soft skills through empathy and self-reflection. Learn more on [our website](#).

BODYSWAPS
87-91 Hackney Road
E2 8FE, London, United Kingdom

Contact
Email: hello@bodyswaps.co

Step 2

Select the device you'll be using



Step 3

Follow the instructions and enter the code that is presented into your device.

Join Class

You'll soon be playing Bodyswaps. Just complete the following steps:

- ✓ Select your device
- ✓ Run the Bodyswaps app
- 3 Enter your access code

When asked for an access code in the app please enter:

880001

No code appearing? Get a new one by clicking [here](#)

Further instructions are available in [knowledge center](#)

VR Experience

Basic Controls & Instructions:

- You can interact and select options by reaching out and touching with your virtual hands (no buttons to press).
- When asked to identify behaviours, use the triggers on the controllers (ask your facilitator if you are unsure).
- Every new user will go through an onboarding process so you can get used to the controls.
- You do not need to pick an avatar that looks like you for this training - you are in VR, why not try something new.
- Please make sure you are in a space where you feel comfortable and have enough space.
- You can hold up your left hand to access the journal - here you'll find hints and support.

Post-Module Completion

- Once you have completed a module you'll receive a certificate from Bodyswaps via email, congrats!

Navigating the Bodyswaps app in VR

In Bodyswaps, you navigate with the user interface with your virtual hand.

Change Settings

To change your settings, you must return to the lobby (Virtual Training Centre) before pressing the Menu Button (2) and selecting Settings. You can change your avatar on the **User Profile** page.

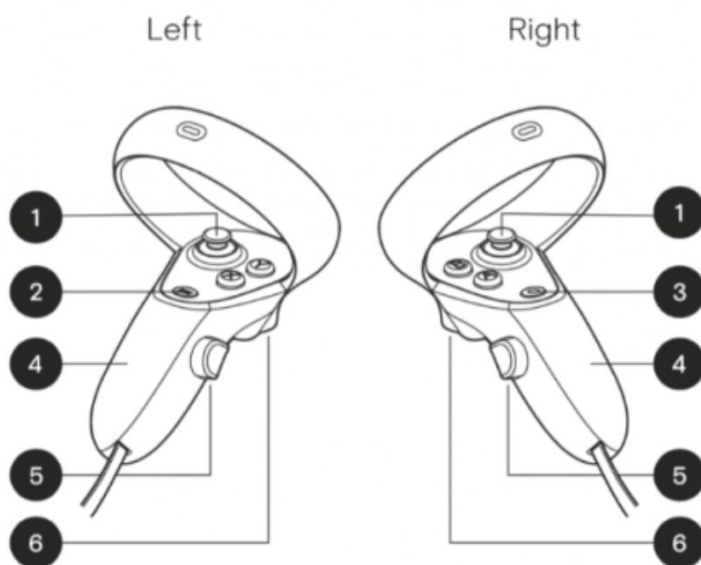
Leaving a module

Press the Menu Button (2) when in a module to pause the experience.

Select **Leave Module** to exit the module or click the **X** in the top right-hand corner when you are ready to continue.

Quit

To quit the Bodyswaps app, press the Oculus Button (3) on your right hand-held controller, then select **Quit** from the Oculus menu.



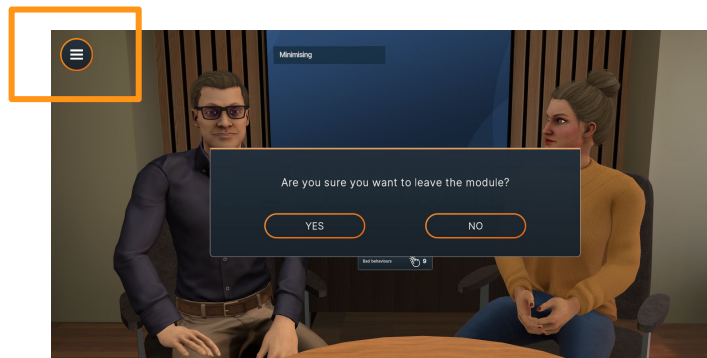
- 1. Thumbsticks
- 2. Menu button
- 3. Oculus button

- 4. Battery covers
- 5. Grip buttons
- 6. Triggers

PC/Laptop Experience

Basic Controls & Instructions:

- You can interact, identify behaviours and select options with your mouse.
- Every new user will go through an onboarding process so you can get used to the controls.
- You do not need to pick an avatar that looks like you for this training.
- Please make sure you are in a space where you feel comfortable and have enough space.
- You can click the circle with three lines in the top left-hand corner to access the journal, checkpoints (module progress) and to leave the module.



Post-Module Completion

- Once you have completed a module you'll receive a certificate from Bodyswaps, congrats!

Mobile/Tablet Experience

Basic Controls & Instructions:

- You will need to hold the phone/tablet in landscape mode.
- You will need to use headphones.
- You can interact and select options by reaching out and touching options on the screen.
- When asked to identify behaviours, tap the screen anywhere.
- Every new user will go through an onboarding process so you can get used to the controls.
- You do not need to pick an avatar that looks like you for this training.
- Please make sure you are in a space where you feel comfortable and have enough space.
- You can click the circle with three lines in the top left-hand corner to access the journal, checkpoints (module progress) and to leave the module.

Post-Module Completion

- Once you have completed a module you'll receive a certificate from Bodyswaps, congrats!

Need support?

1. Contact your Facilitator
2. Explore the [Help Center](#)
3. Fill out a [Support Ticket](#)
4. Email us at support@bodyswaps.co