

# **Bodyswaps**

# **Learner Guidance**

# About Bodyswaps

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

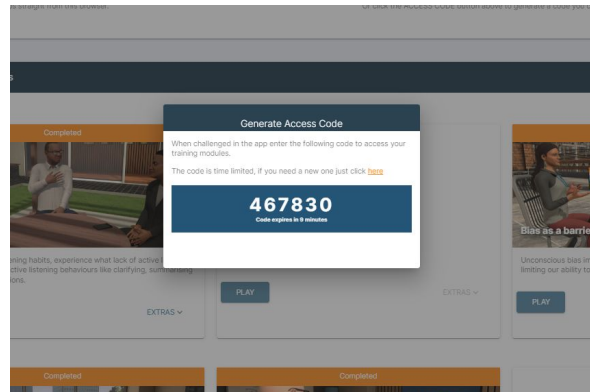
We've worked with world renowned subject matter experts to develop hyper realistic off-the-shelf simulations that are truly immersive, empowering and psychologically safe.

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

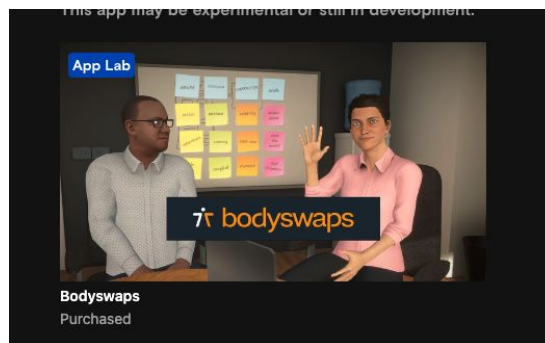


# Launch

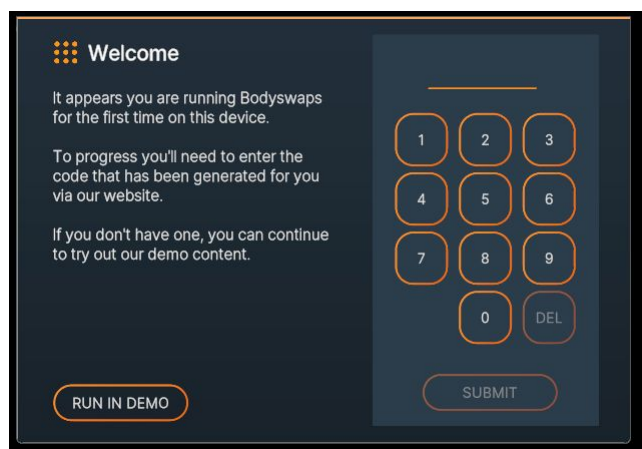
1. Follow instructions from your Facilitator on how to generate a code. This may be from a Bodyswaps Go log in or via a link they share with you.



2. On your device, search for Bodyswaps in the App Library.



3. Once the app has launched, enter the code you that you generated in step 1.



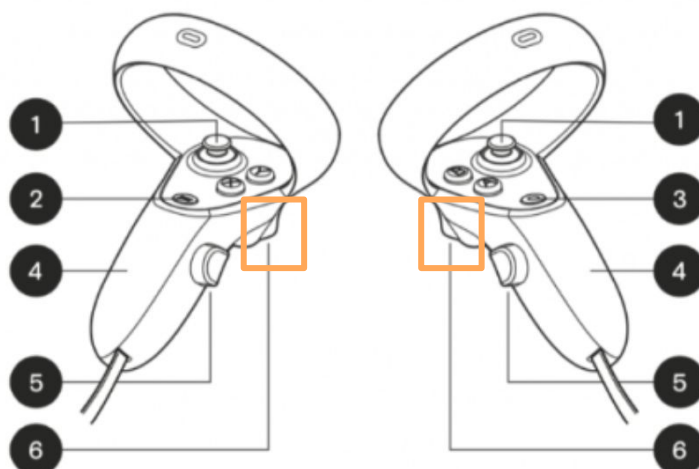
# VR Experience

## 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 (highlighted below).
- 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, 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.

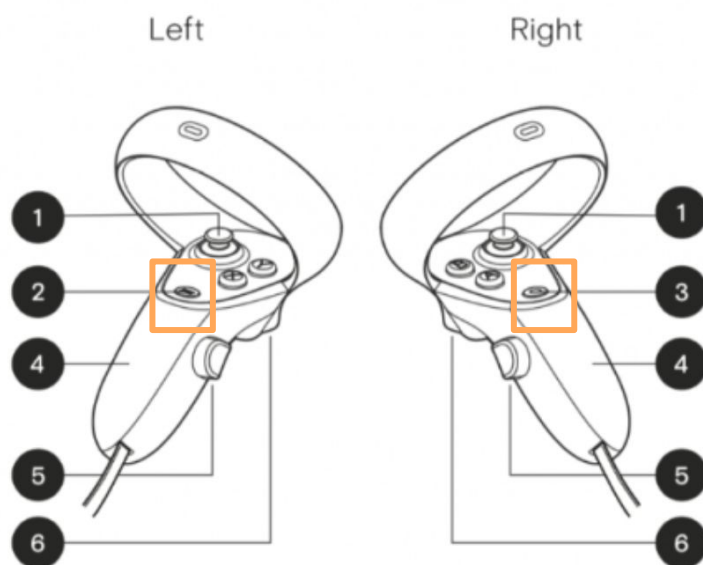
## Leaving a module

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

# Closed Captions & Avatars in VR

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

## Closed Captions

To turn captions on, you must return to the lobby (Virtual Training Centre) before pressing the Menu Button (2) and selecting **Settings**.

Here, you can toggle on the Captions button and click **Apply**. All modules that have closed captions available will have a CC icon on the module page in the library.

## Changing Avatars

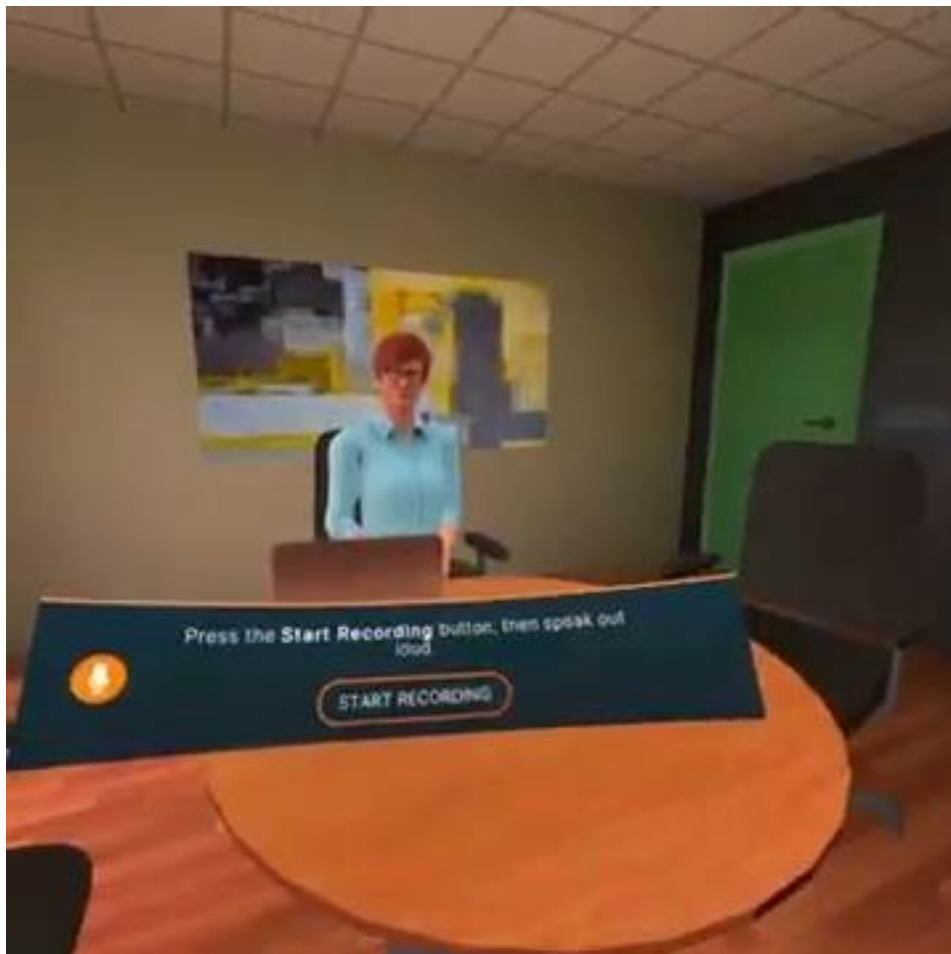
To change your avatar, you must return to the lobby (Virtual Training Centre) before pressing the Menu Button (2) and selecting **User Profile** and then **Change Avatar**.



# Bodyswaps Virtual Journal

You can access learning notes, jump between checkpoints or leave a module by turning your left palm towards you when you're in a module.

See the video below for a demonstration of how to access and navigate the journal.



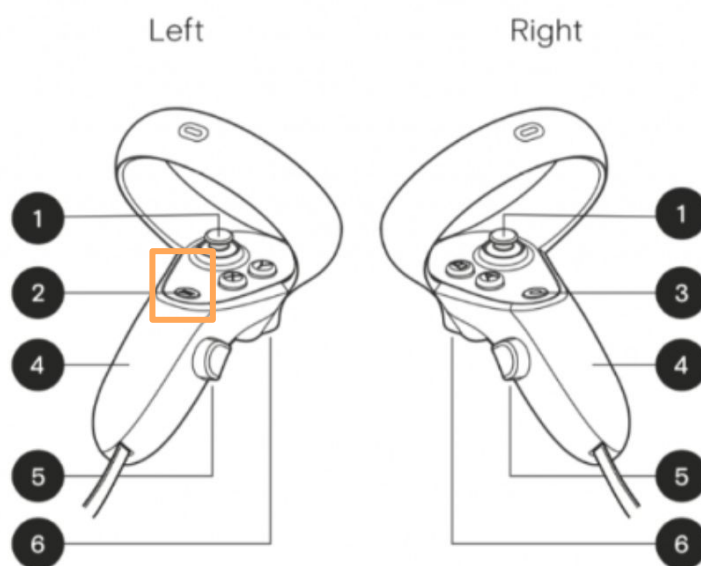
URL: <https://www.loom.com/share/Of92e782f6b142ef8e79641cb6e4eb02>

# Logging Out in VR

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

## Logging Out

To log out, you must return to the lobby (Virtual Training Centre) before pressing the Menu Button (2) and selecting User Profile and **Log Out**.



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

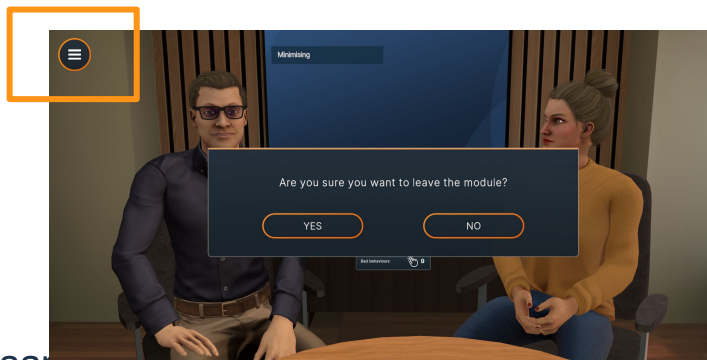
- 4. Battery covers
- 5. Grip buttons
- 6. Triggers



# 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.



- Click the same button when in the virtual training Center to access **Settings** (for closed captions) and **User Profile**.

## 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.
- Click the same button when in the Virtual Training Center to access Settings (for closed captions) and User Profile.

## 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](mailto:support@bodyswaps.co)