

A dinosaur's VR exploration is how I felt, an unnatural experience for me. I had to dig deep to get results that I am satisfied with.

VR exploration - today, Adobe After Effects software wasn't behaving. To find a workaround, I downloaded a free 360 video from Pexels and exported to Premier Pro to export as VR. My first video is the original 360 video and a partial duplicate to create a longer video and the 2nd is VR output.

It's tricky for me to visualise what this looks like without a VR headset.

Personally, I struggle using a VR headset as I get motion sickness and with wearing varifocal glasses, find it uncomfortable wearing a headset and can't see images properly which causes blurred vision. I attended an AR/XR NHS virtual reality roadshow and was able to trial and experience different types of headsets and still felt the experience uncomfortable, I'm looking forward to when the headsets become smaller and lighter, like a pair of glasses which I would get a better experience with.

At work, there is already a Virtual Reality dedicated training facility at Wansbeck hospital http://dash.northumbria.nhs.uk and Northumbria Training Academy has recently opened, both facilities have excellent training facilities to provide virtual learning experience.

I have shadowed a training day at DASH to experience their training environment, which was enjoyable, and we can use their facilities however, because my job is e-Learning there hasn't been a requirement just yet. In our team Bryan has carried out 360 filming and produced hospital tours for staff and patients to navigate hospitals. At work, if there is additional 360 filming requested, this is a task that Bryan would pick up as the job would get done quicker and because there are high demands for other responsibilities, I wouldn't have luxury of time to play around to perfect this. If required, I know I could pick up the task and make a 360-video work in a VR headset, it would take time, but I would get there!

The following slides show my workflow and how I have tried to troubleshoot and find workarounds with the eventual result of a 360 video that you can control with mouse.





Software compatibility is a challenge and I always explore workarounds, on this occasion, every attempt, ran into a brick wall with slow or no progress. So, I revisited the 2 360 videos from my previous attempt, created a YouTube channel and uploaded them – on my AppleMac the video wouldn't work as a 360 view, however on my phone it worked!

The video on next page shows that you can move around the 360 video using a mouse/keyboard



