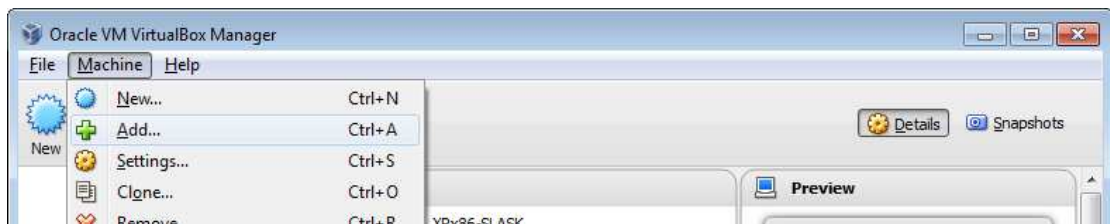




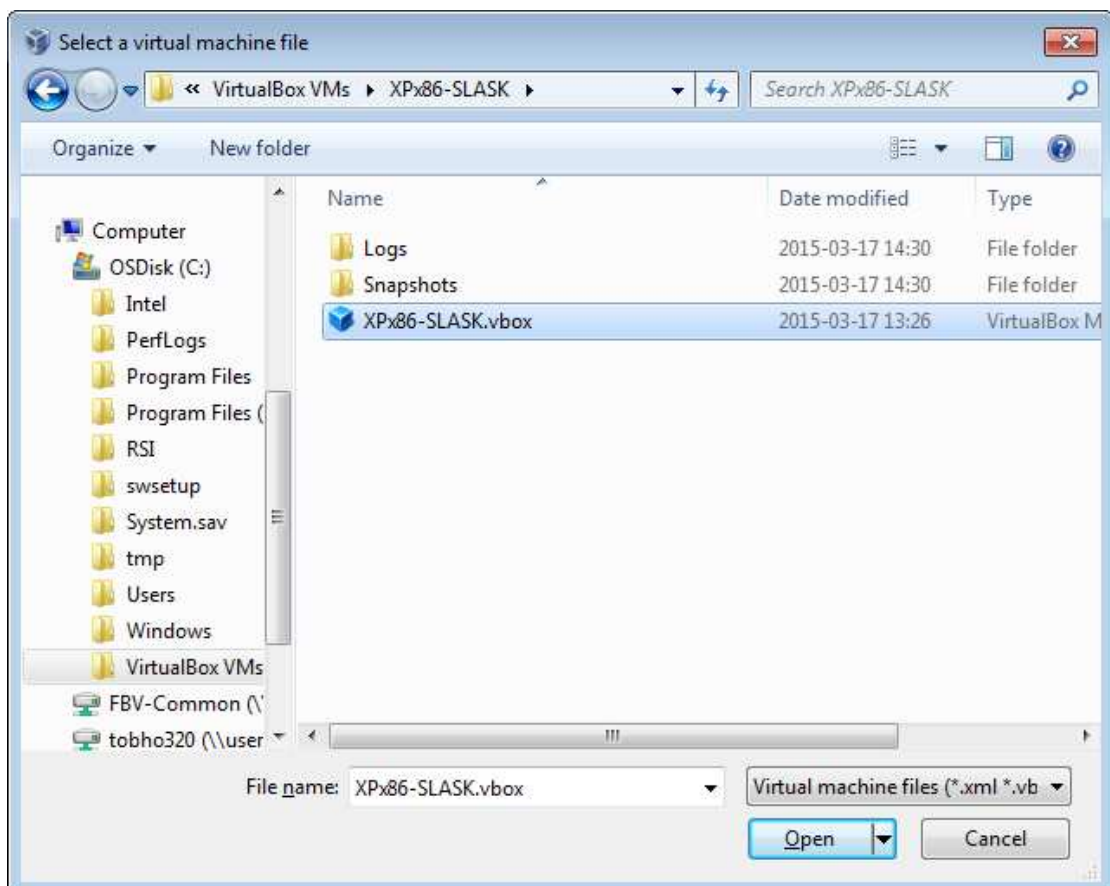
SOP – Add a VirtualBox machine in Win7

I Add and start the virtual machine

- I.1 Press the **“Windows-key”** on the keyboard, type **“virt”** and press the **“Enter”**-key to start **“Oracle VM VirtualBox”**.
- I.2 Go to menu **“Machine / Add...”** in VirtualBox:



- I.3 Browse to your virtual machine, this is an example:
C:\VirtualBox VMs\XPx86-SLASK\XPx86-SLASK.vbox



- I.4 Doubleclick on the .vbox-file to add the machine.



- 1.5 Click on the green arrow icon “**Start**” to start the virtual machine:



2 Stop the virtual machine

- 2.1 When stopping the virtual machine you can suspend it for faster startup time. Remember to save any unsaved work before putting the virtual machine in suspend mode. Sometimes the machine crashes and if you haven't saved your work it will be lost.

To stop the virtual machine, click on the red button in upper right corner:



And select “**Save the machine state**”. Click “OK”.



3 Access your files

- 3.1 You can open and save files through your host machine. In WinXP you can find the files under [\\VBOXSVR\Users](#) if this folder is shared. You can set folder sharing using the menu “**Devices / Shared folder settings...**”. Here's an example how it can look in WinXP:

