



Expand your Frontiers in High Technical Skills and Public Speaking

IO3 VR App - User Manual

Training for Public Speaking

VR Training for Public Speaking in an innovative training for combating social phobia of public speaking. The Virtual Reality will introduce the participant into a simulation of public speaking and evaluate the behavior on real time for encouraging the participant in effective public speaking and manage negative states.





IO1 Manual Excellent Public Speaking

IO2 E-learning Platform for Public Speaking

IO3 VR Training for Public Speaking



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Intellectual Output 3
VR App
User Manual
V1.0

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Introduction

This document makes integral part off all development material for the third Intellectual Output of ERASMUS+ project :

[Expand your Frontiers in High Technical Skills and Public Speaking, 2020-1-FR01-KA226-VET-094712.](#)

The document presents and describes the use of the main features of the Virtual Reality (VR) Application for mobile device (APP) developed during this project. The system includes an APP and a web application that supports the App management.

- [App Installation](#)

The App will be available on Google Play for free download. Meanwhile, da App can be installed accessing the corresponding apk in:

- https://drive.google.com/drive/folders/1vOVbAAubjFqL089nNVFsatuXlsh9UIOv?usp=drive_link

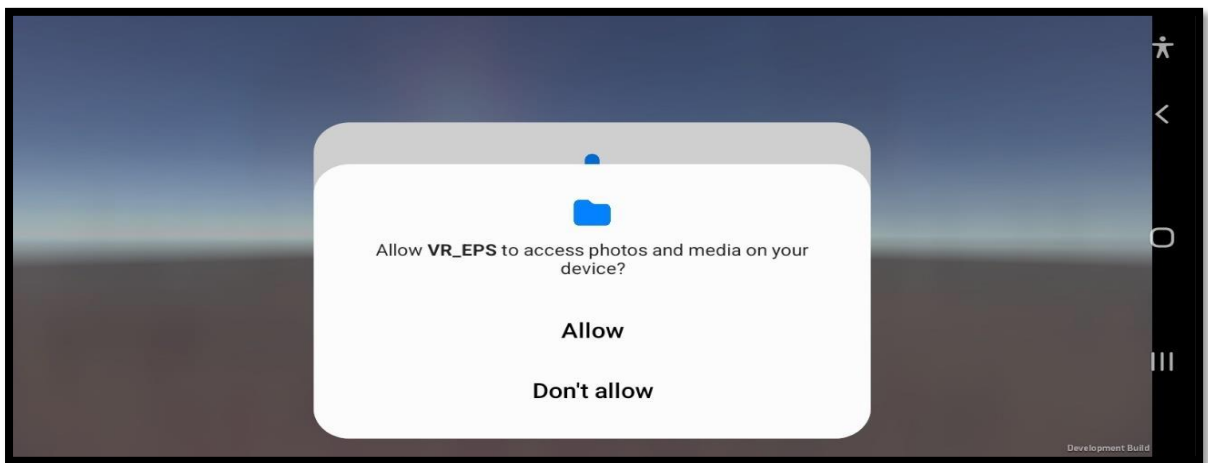


Figure 1 - Smartphone camera access

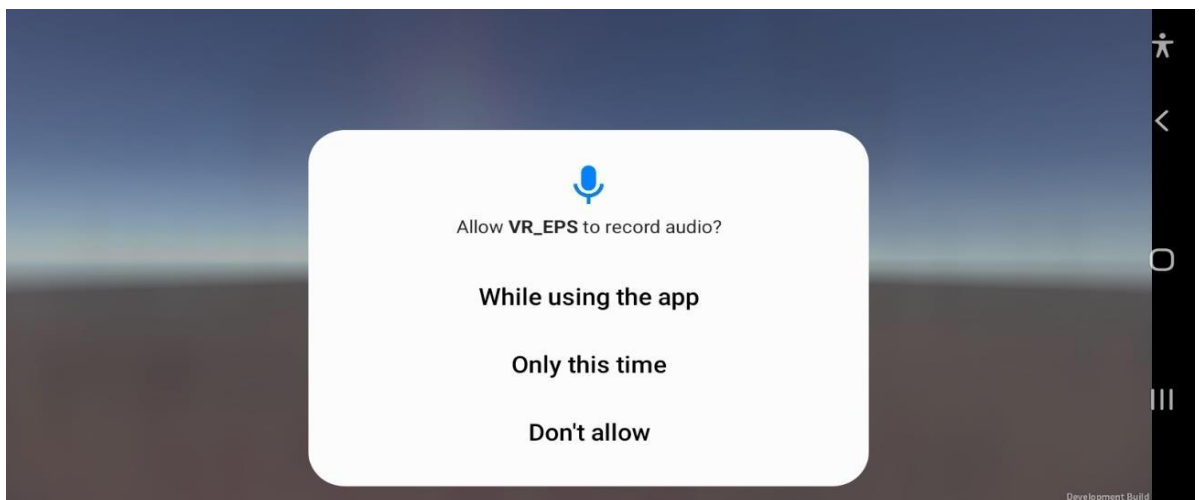


Figure 2 - Smartphone video recording

During the installation, it could be necessary to allow access to the smartphone camera (Figure 1) and media, as well as allow recording video (Figure 2).

App User Account: Before using the application, a user account is required. Sign In if you already have an account; otherwise, a new account must be created.

Access the Application: Sign In

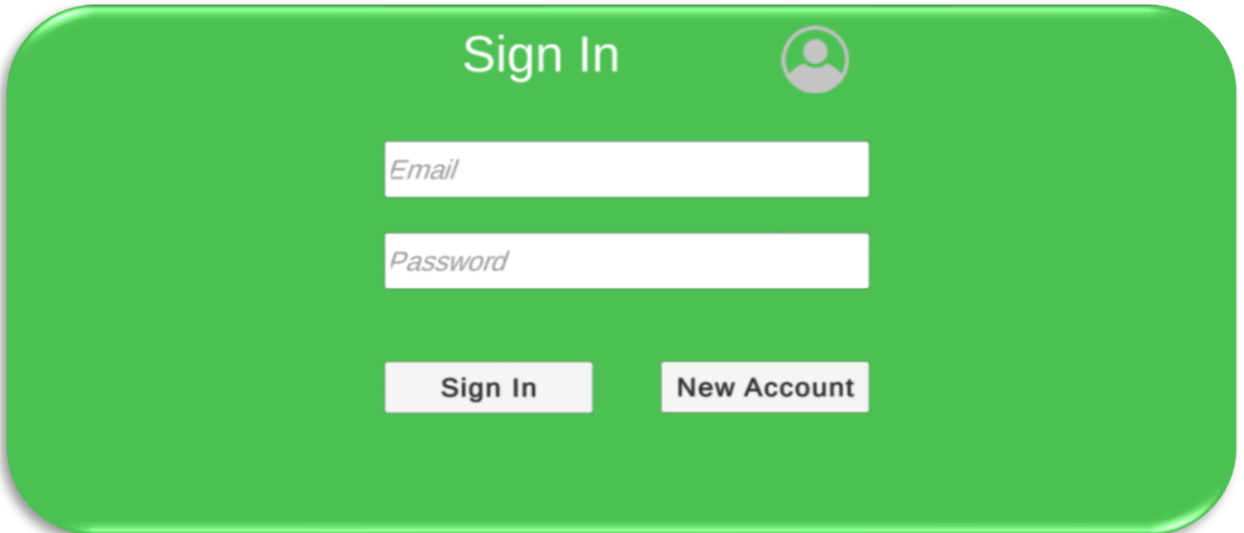


Figure 3 - Initial page of the App

Fill with your credentials: email and password

New account



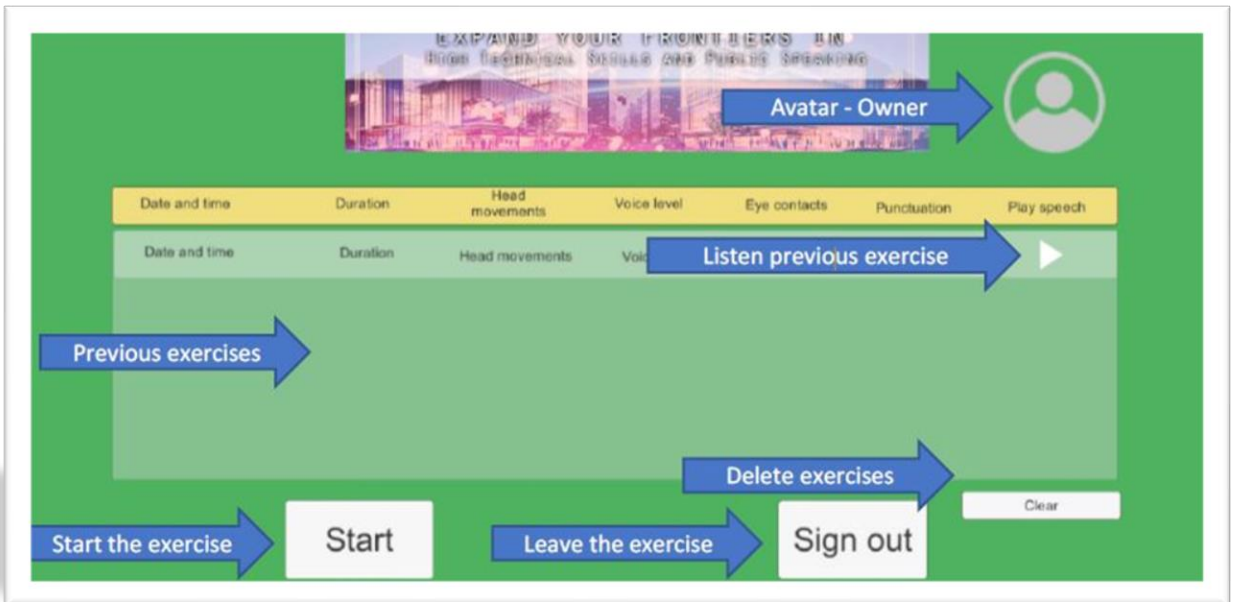
Figure 4 - Account creation

It requires:

<i>First and Last Name</i>	First and last name of the user
<i>Gender</i>	Male, Female, Other
<i>Birthday</i>	Date of Birth (optional)
<i>Country</i>	Select the name of the country
<i>Idiom</i>	Select the preferred idiom of the application
<i>Email</i>	Syntax: aaa@bbb.c
<i>Password</i>	Any character
<i>Confirm Password</i>	Any character

Using the Application

SignIn : After sign in, you have access to your home context. In there you can observe all your previous exercises and speeches.



<i>Start</i>	start a new exercise of public speaking
<i>Sign Out</i>	leave the application
<i>Table</i>	review previous exercises, including earing previous speche
<i>User Avatar</i>	Allow to confirm the owner of the current session
<i>Clear</i>	Delete all existing exercises

Selecting Scenarios

The experience starts by selecting one of the existing scenarios. Is it possible to see all other existing scenarios.



Figure 6 - Scenarios selection

To continue the exercise, a scenario must be selected (checkbox below each scenario)

Start	start a new exercise of public speaking
Sign Out	leave the application
Table	review previous exercises, including earring previous speeches
User Avatar	Allow to confirm the owner of the current session
Clear	Delete all existing exercises
Previous scenario	Move left for more existing scenarios
Next scenario	Move right for more existing scenarios
Left green arrow	Go back in the exercise
Right green arrow	Continue the exercise

Selecting Speeches

After having selected a scenario (Figure 6), you can define the way you want to make the exercise. You can select a particular idiom (different of your own), an existing speech to follow or even try a free speech (Figure 7).

Previous speech	Move left for more existing speeches
Next speech	Move right for more existing speeches
Left green arrow	Go back in the exercise
Right green arrow	Continue the exercise

To continue the exercise, you can choose a scenario (checkbox on right top corner of each presented scenario) or just go forward and experiment a free speech.



Figure 7 - Speeches selection

Next steps of the exercise require your Google Cardboard.
Preparing the Google cardboard
Follow existing folding instructions (on the cardboard).



Figure 8 - Preparing the Google Cardboard

Making the speech exercise

This step of the process must be supported using the Google Cardboard. Having the cardboard in your eyes, you can look around and see all the scenario details. You have a writing text that represents your selected speech. You must read it in voice. Once you want to start the exercise, press the Start button (put the white dot over the start button, until it gets green (Figure 10), then tap using your cardboard controlling button). The white dot in the middle of the screen represents the direction of what you are looking for.

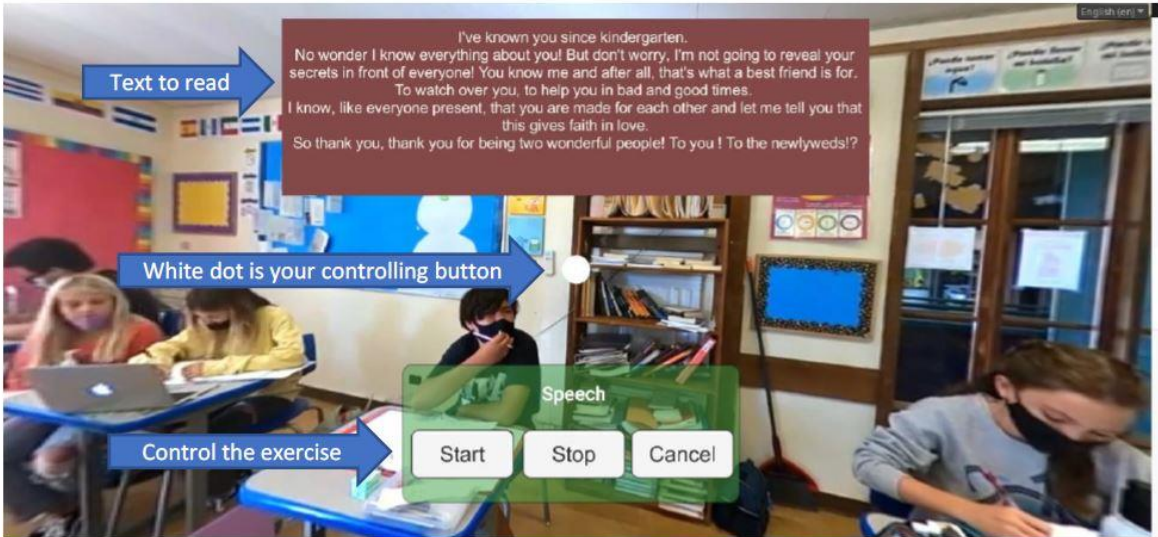


Figure 9 - Speech exercise

Start	Start the speech exercise, reading the text or speaking freely.
Stop	Terminate the speech exercise
Cancel	Go back in the exercise



Figure 10 – Starting the exercise

Speech assessment

Since you conclude your speech exercise (after *Stop* button pressed), the speech is analysed and assessed. A dashboard appears with all the indicators results. In this moment you can ear your speech, save your exercise, repeat another exercise, or even return to you home page (*Back* button).

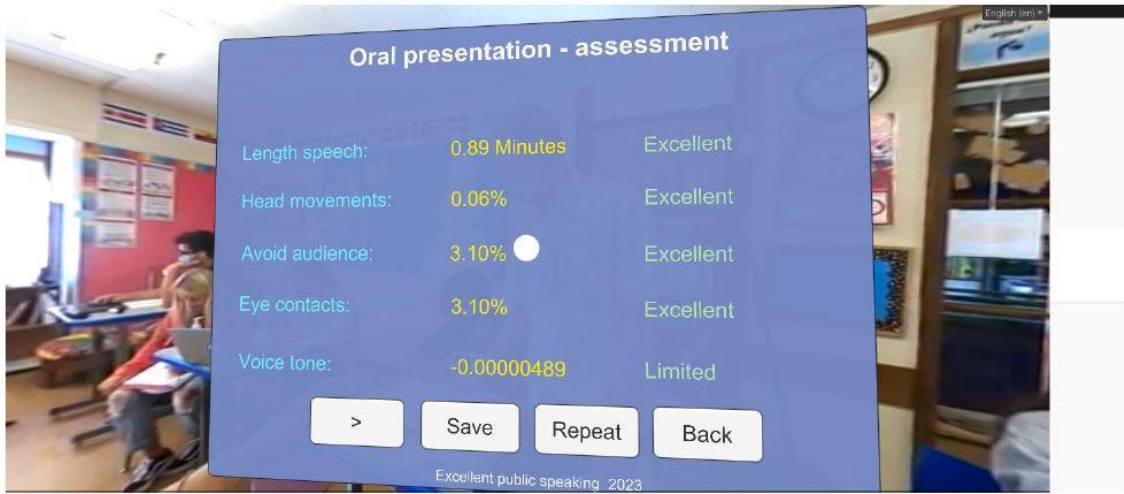


Figure 11 - Exercise assessment

>	Earing the speech
Save	Save the speech
Repeat	Repeat new exercise
Back	Return to home page

Web Application

The web application represents the backend to manage all system entities, namely: users, speeches and scenarios. There are two allowed profiles: *admin* and *user*.
 Access the web application : <http://eps.ipca.pt> - SignIn

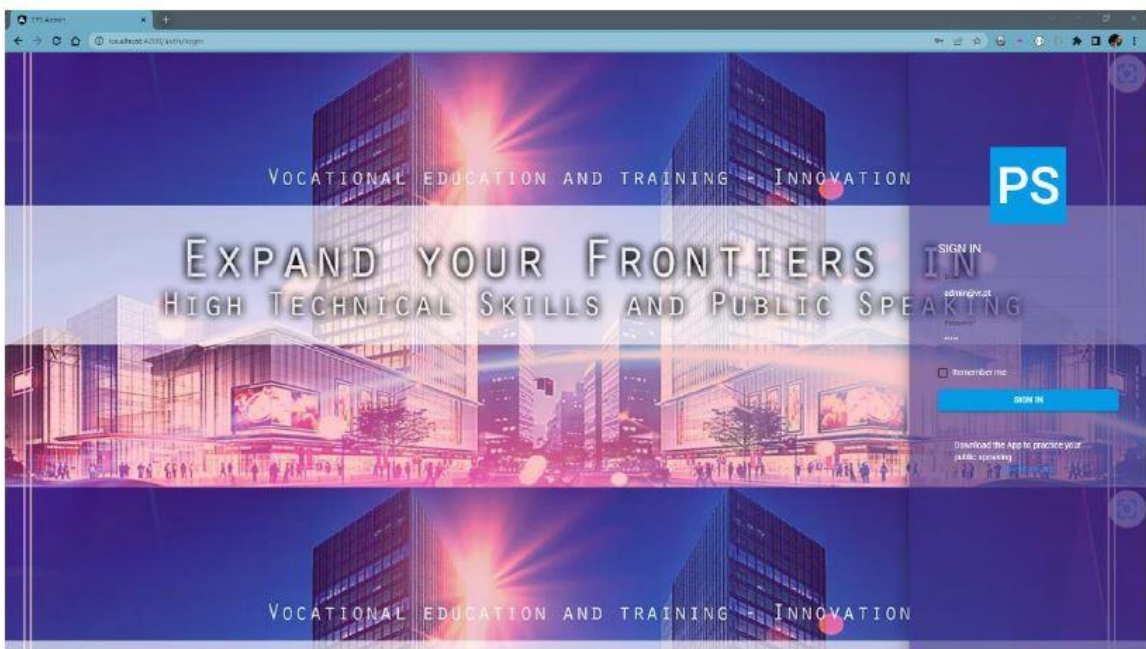


Figure 12 - Backend login page

It is possible to sign in the application as administrator (*admin*) or another registered user. The registration credentials must be used¹.
After signed in (Figure 12), the initial dashboard allows to manage users (if signed in as *admin*), speeches and scenarios.

Users Management

The dashboard for Users management (Figure 13) is only allowed for admin profile. It allows to observe users' details, users suspension or even removing definitely them from the platform.

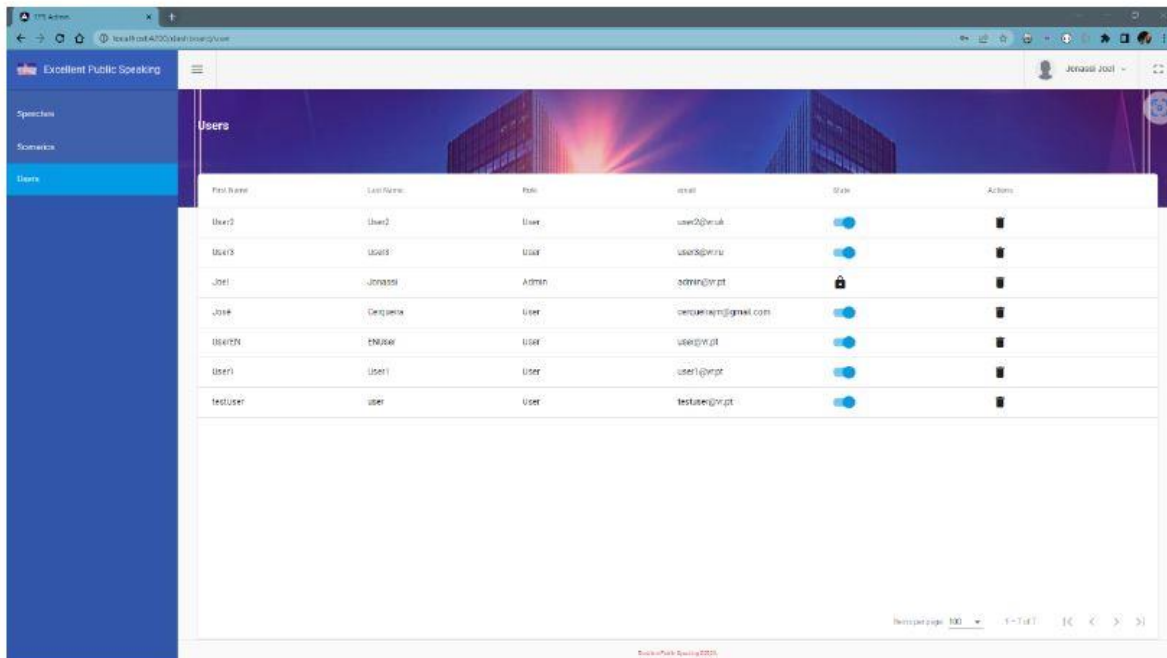


Figure 13 – Dashboard for users management

Scenarios Management

Scenarios can be uploaded, analysed, suspended, and even removed. Each uploaded scenario can be previewed.

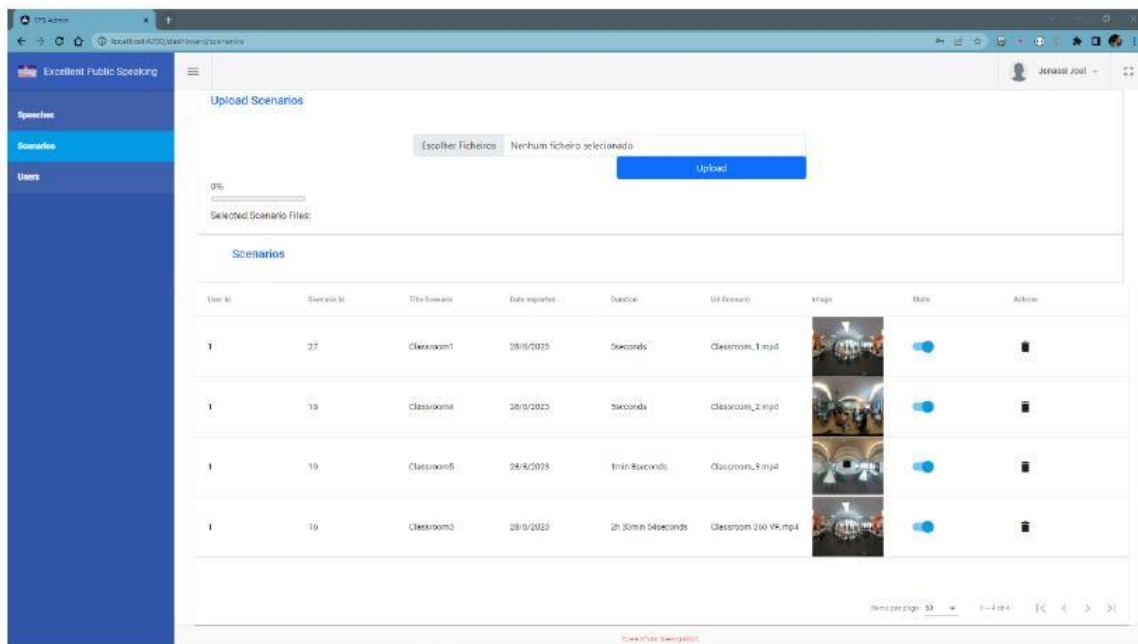
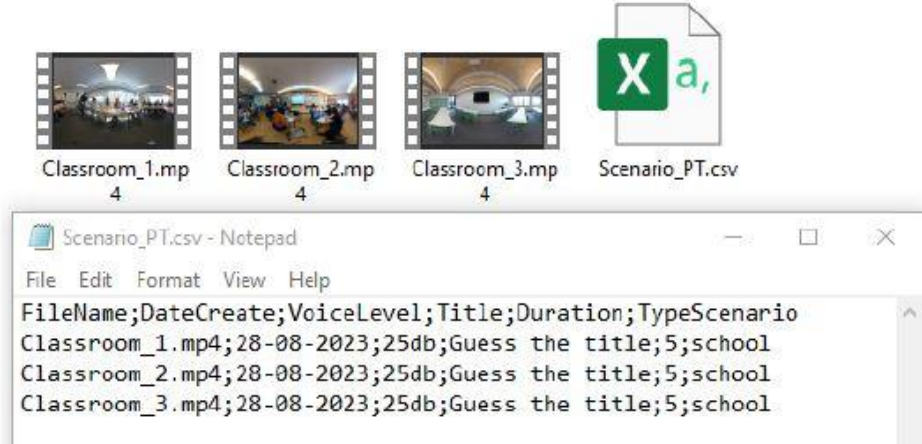


Figure 14 – Dashboard for speeches management

Scenarios can be uploaded automatically and in bulk, i.e., many at the same time. To upload scenarios, it must be prepared previously, following the next instructions:

1. Each scenario can be a picture or a movie (normal or 3D movie). Their files name must have the syntax: "scenario_seqNumber_country.mp4". For instance, "scenario1_UK.mp4" or "scenario2_UK.mp4"



2. Select the scenarios to be uploaded

3. After concluded, the new scenarios will be listed in the table.

Speeches Management - Speeches can be uploaded, analysed, suspended, and even removed. Each speech can be previewed.

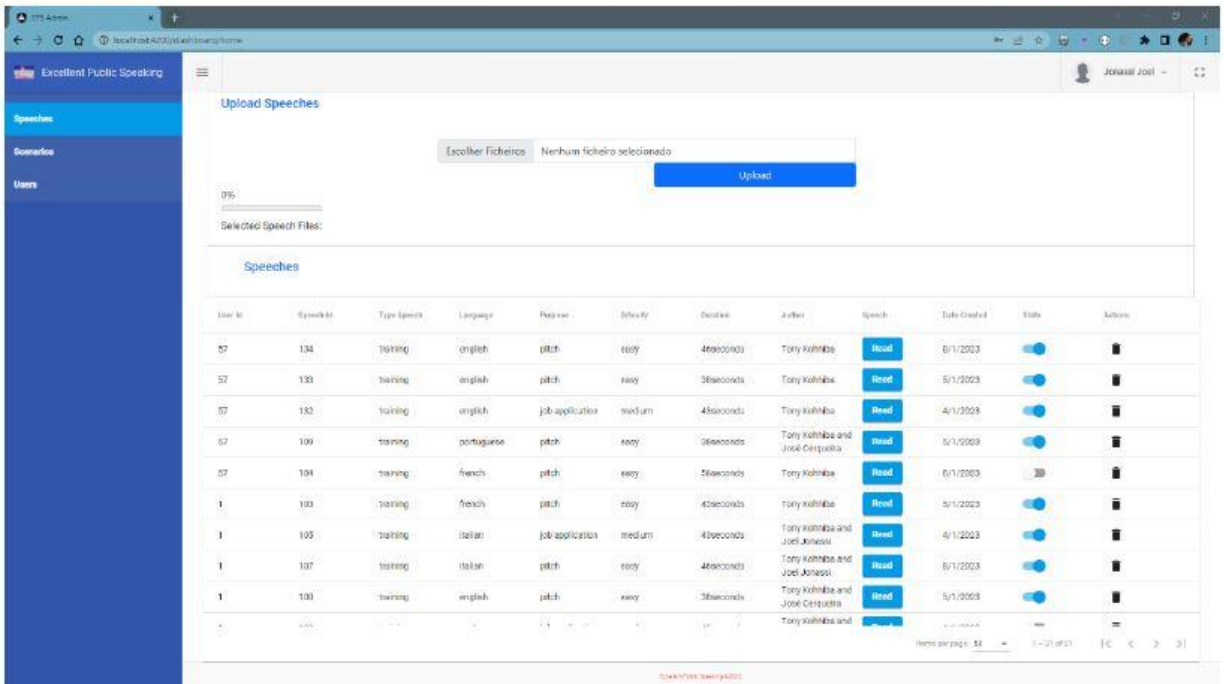


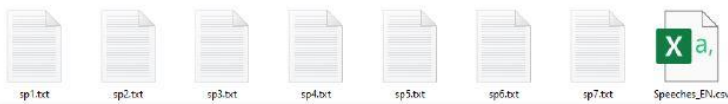
Figure 15 - Dashboard for speeches management

Speeches can be uploaded automatically and in bulk, i.e., many at the same time. To upload speeches, it must be prepared previously, following the next instructions:

1. Each speech should be a text file. Their files name must have the syntax: Create each speech in a separate file, naming them following the syntax “spseqName.txt”. For instance, “sp1.txt”
2. An index file must be created. This file must be an Excel file, have de extension “.csv” and follows the structure. In this file must described all speeches intended to upload.

FileName	Purpose	TypeSpeech	Duration	Difficulty	Idiom	NumberWords	AuthorName	DateCreation	DateUpdate
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Eg:



3. To upload, select the index file (*.csv) and corresponding speeches files (*.txt).
4. After concluded, the new speeches will be listed in the table