Virtual Box instructions
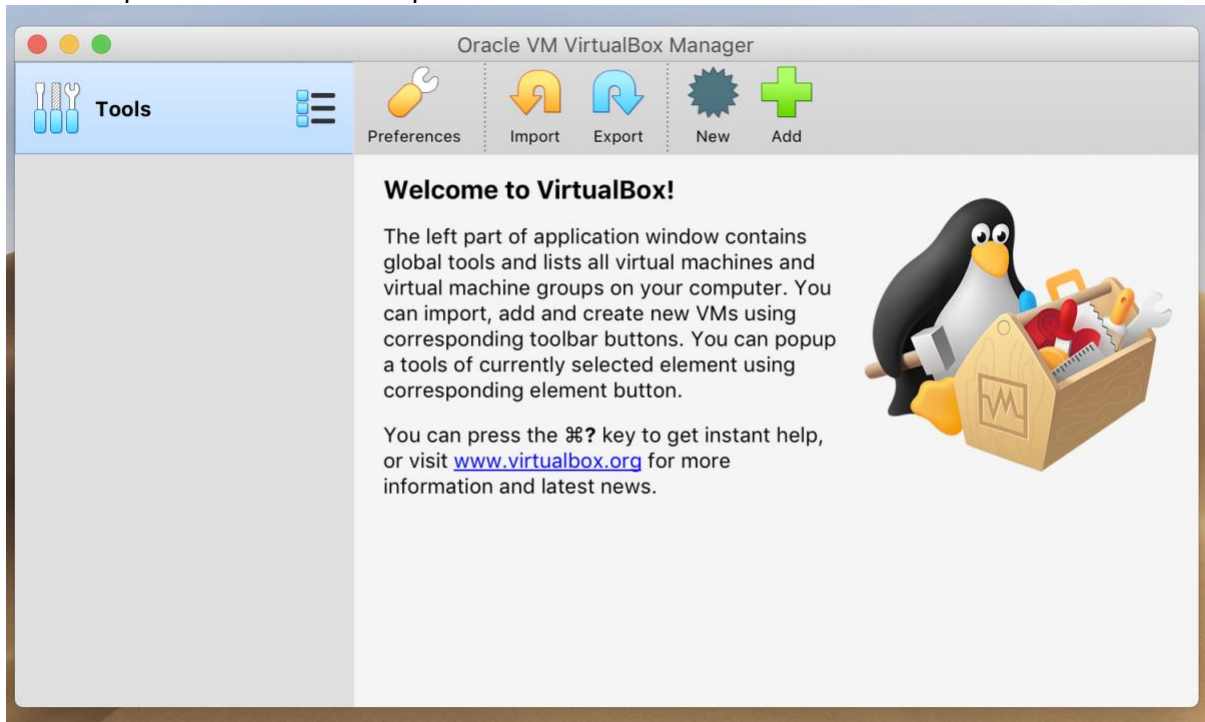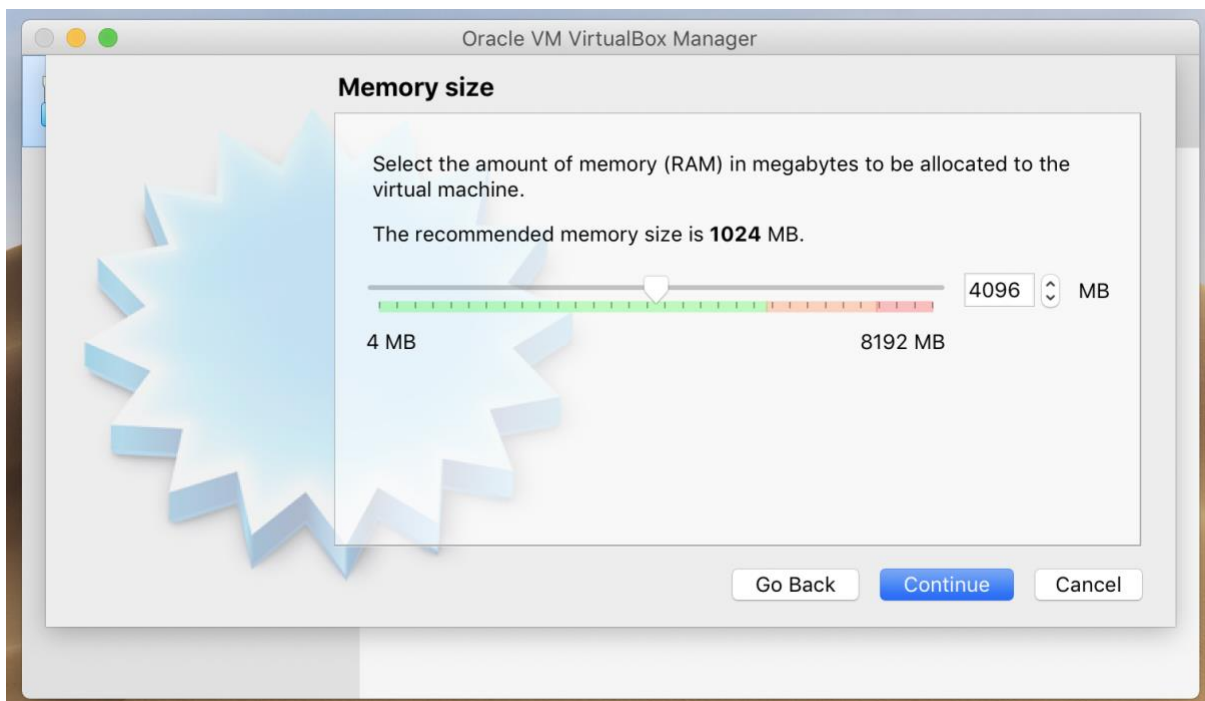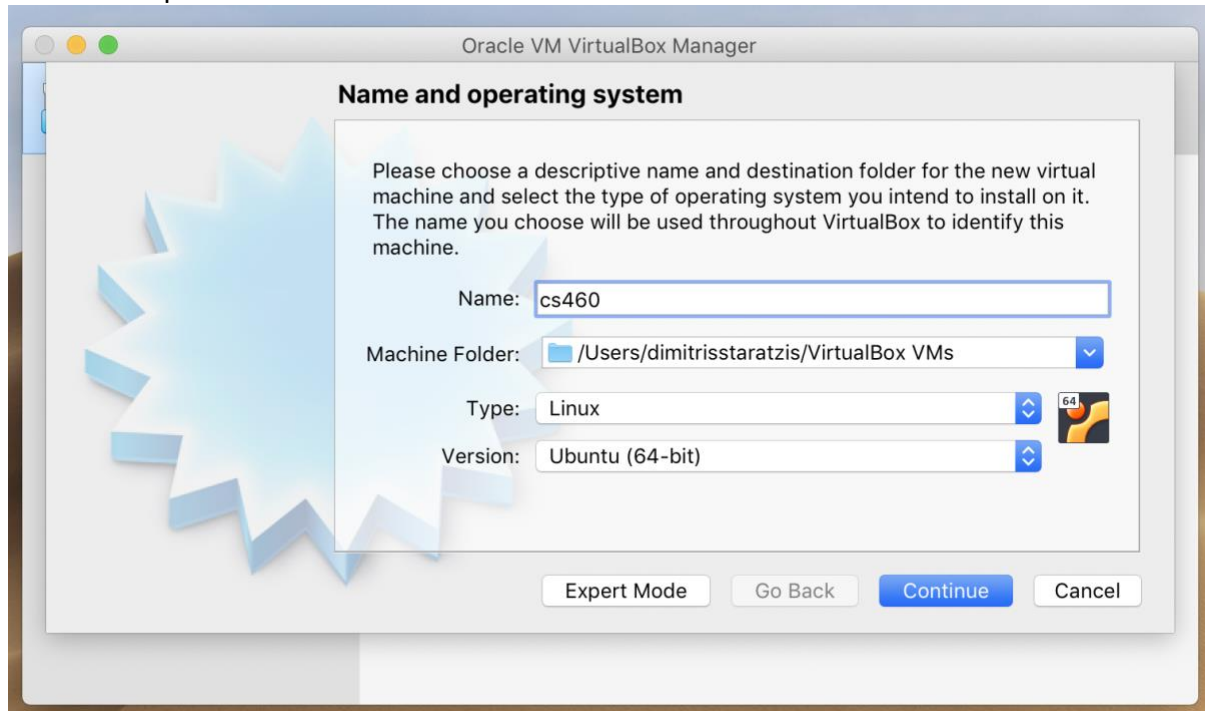
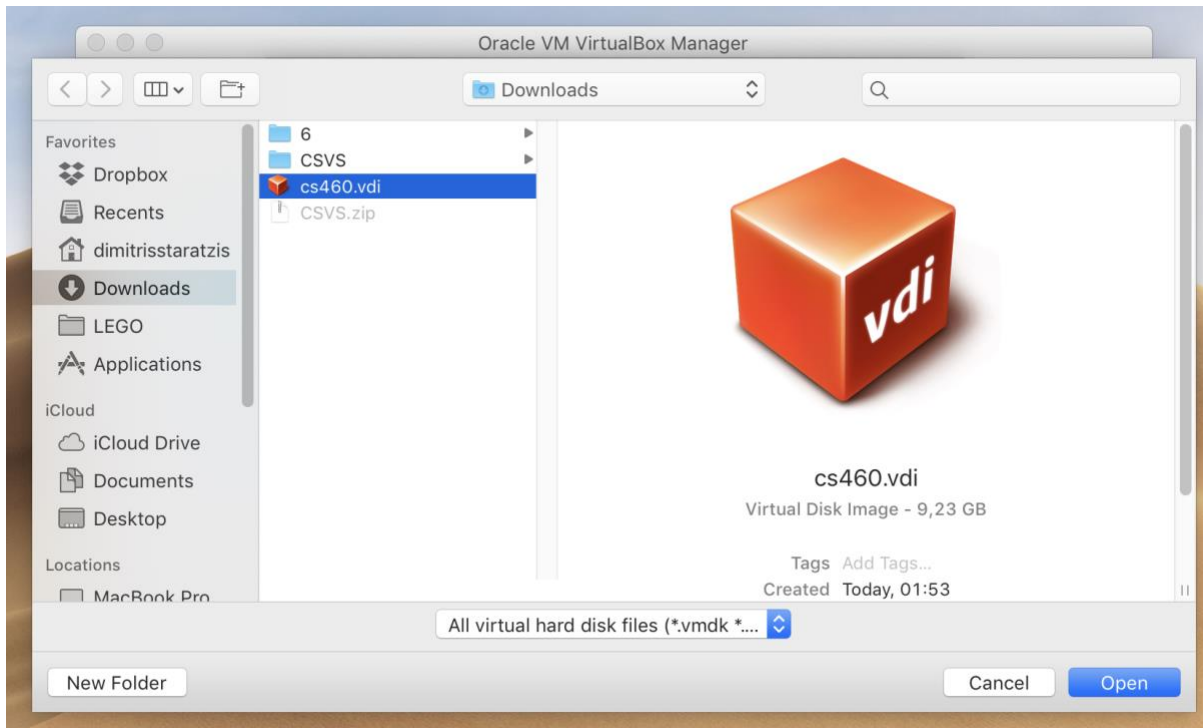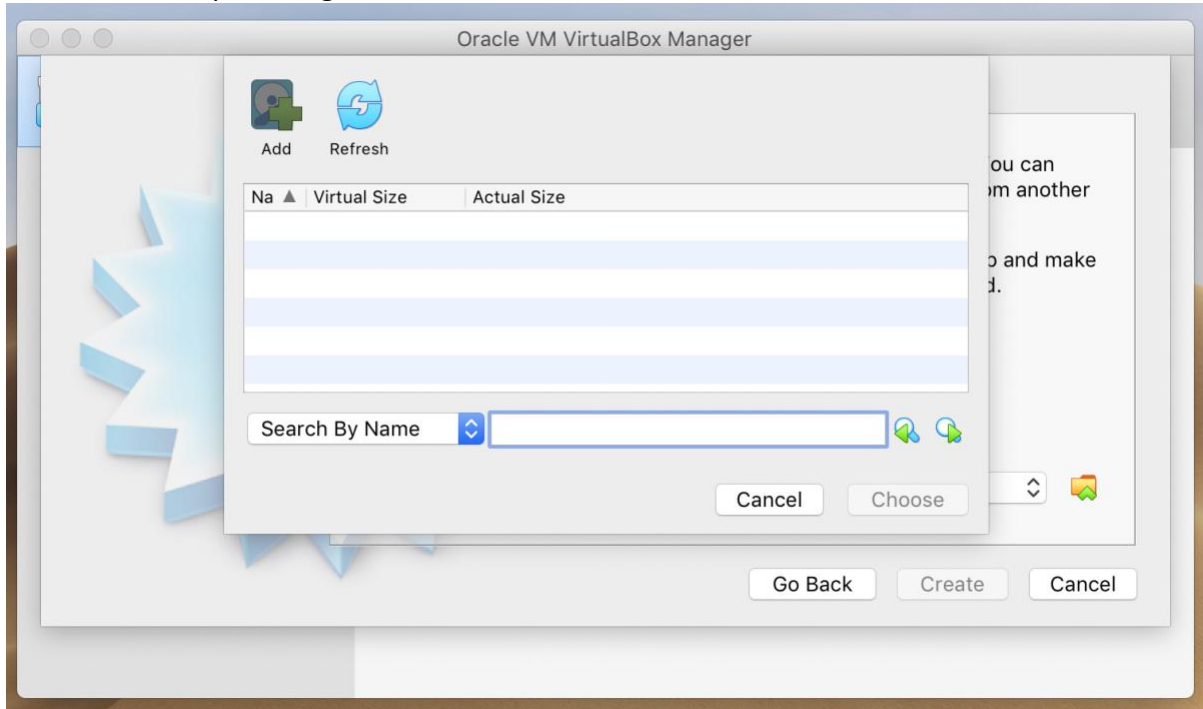1. Open Virtual Box and tap 'new'

2. Select the amount of memory to be allocated to the virtual machine

3. Complete all fields as shown

4. Add the preconfigured Virtual Machine file

5. Launch by double clicking.