Grinding Simulator Installation Guide

This guide was written on 27 August 2026 and applies to the app versions available at that time.

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Instructions for Meta Quest 3 and 2

Prerequisites

You will need the following equipment to use the VR application:

- Meta Quest 3 or 3S VR headset
    - Meta Quest 2 also works, but simulator performance is not optimal on this headset
- An Android phone or iPhone to manage the headset
- A Windows PC to install SideQuest

Follow Meta’s instructions to set up your headset. Instructions are available at: https://www.meta.com/fi-fi/help/quest/10004693912934783/

Enabling Developer Mode

At this point, your VR headset should be set up and connected to Wi-Fi. The Meta Horizon app should be installed on your phone, and your headset should appear in the app (Figure 1). The highlighted items are:

1. Headset view
2. Currently selected headset

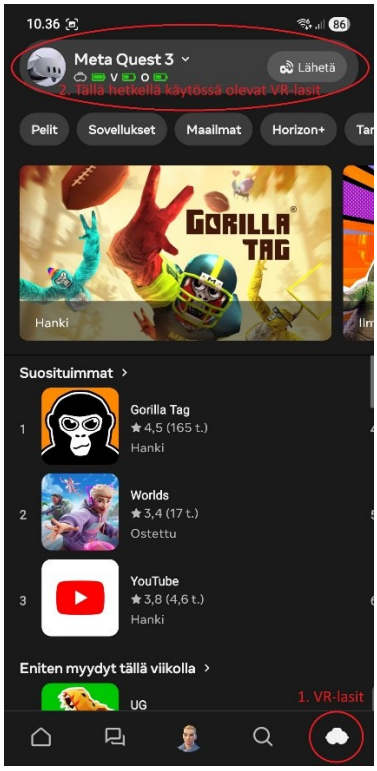


Figure 1: Meta Horizon app

The grinding simulator is distributed through SideQuest. To use SideQuest, you must enable Developer Mode on your VR headset.

Next, we will enable Developer Mode. If it is already enabled on your headset, skip directly to Installing SideQuest on the headset. You can check its status in the Meta Horizon app. Tap the headset image shown in Figure 1 (highlight 2). The view in Figure 2 will open. Scroll down until you see “Headset settings” (Figure 3).



Figure 2: Connected headset

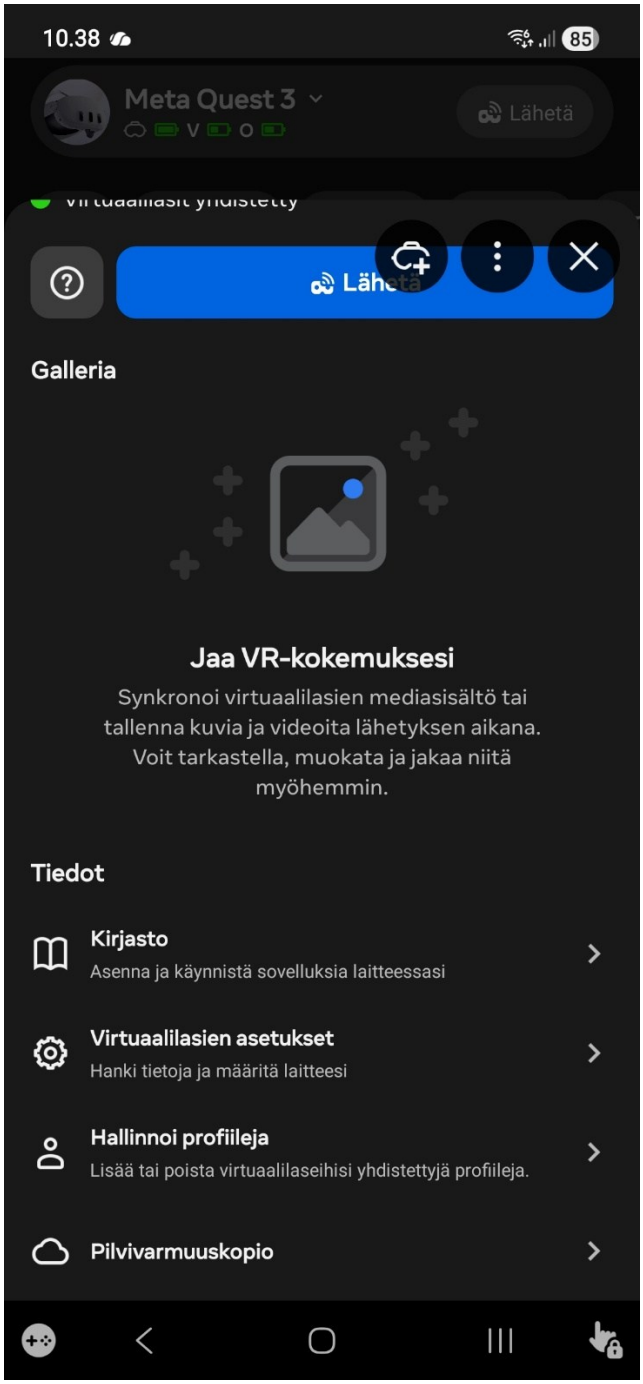


Figure 3: Headset settings

Tap “Headset settings”. If Developer Mode is already available, the “Developer Mode” option appears in the menu (Figure 4). If this option is missing, enable Developer Mode using the steps below.

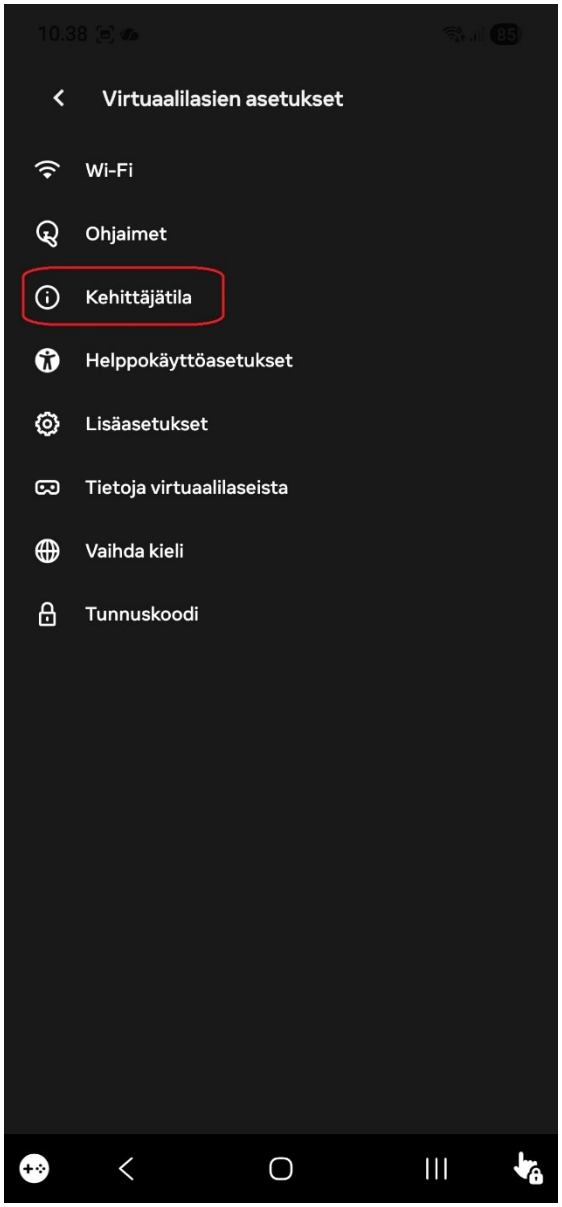


Figure 4: Developer Mode in settings

If the Developer Mode option is visible, make sure it is switched on. Tap “Developer Mode” and check that the switch is enabled, as shown in Figure 5.

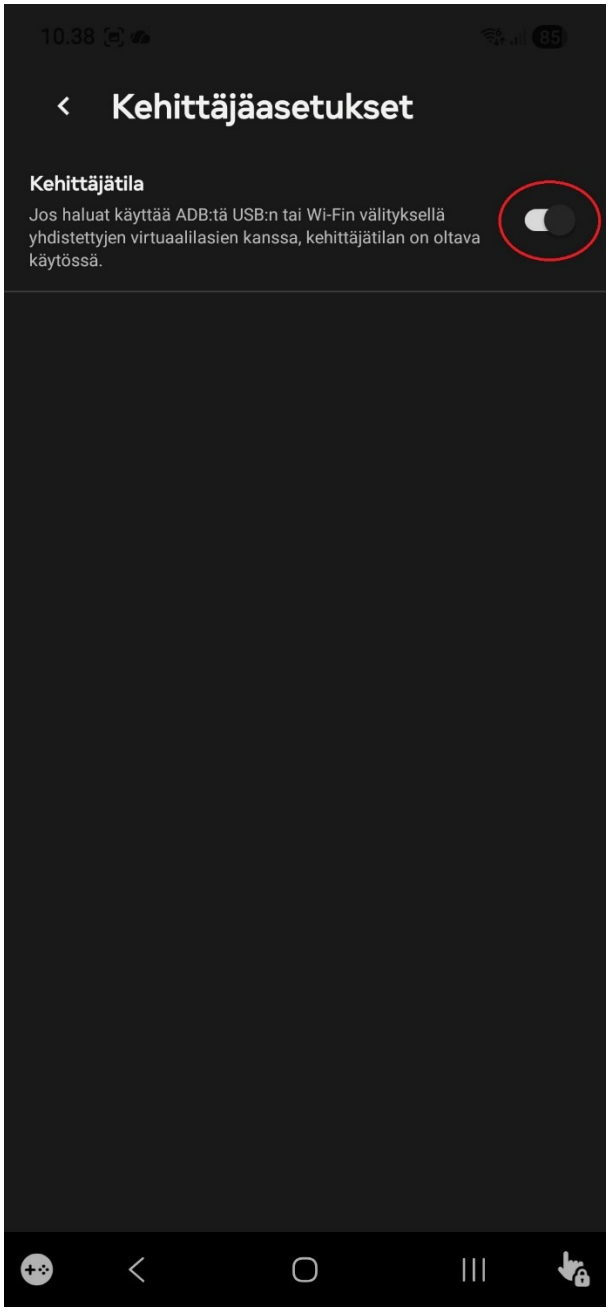


Figure 5: Developer Mode switch

SideQuest has published a video on enabling Developer Mode. Watch it here: https://youtu.be/j4WvIpYlie4?si=1ry4aB3ydd47IEkM (in English).

Follow these steps:

1. Go to https://dashboard.oculus.com
2. Sign in with your Meta account.

    a. Use the same account as on your VR headset.
    b. Make sure you are signed in with this account on both the headset and

    the Meta Horizon app on your phone.
    c. Figure 6 shows the Meta Dashboard after signing in.

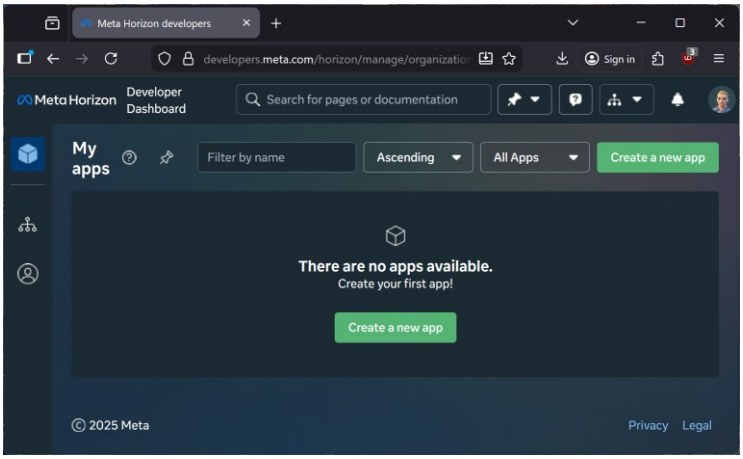


Figure 6: Meta Dashboard

3. Enable two-factor authentication for your Meta Horizon account if it is not already enabled.

    a. Meta requires this.
    b. Alternatively, you can provide Meta with credit card details (not recommended).
    c. Click “Set up” as shown in Figure 7.

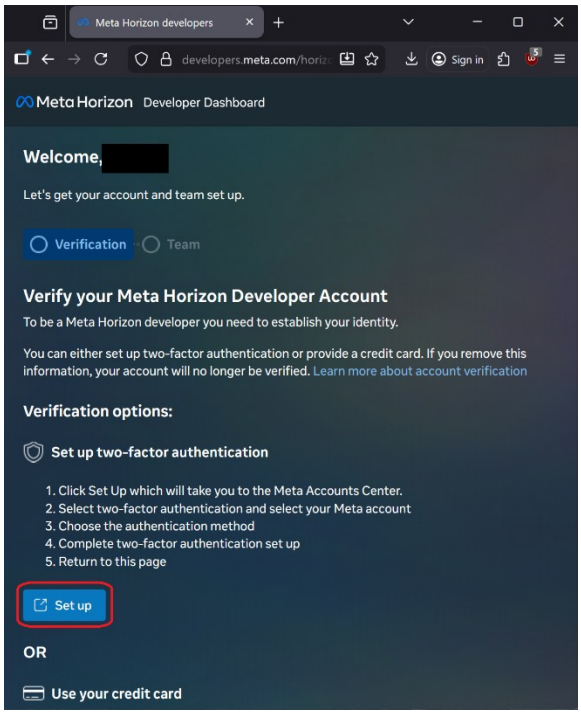


Figure 7: Two-factor authentication

    d. Select the account for which you want to enable two-factor authentication (Figure 8).

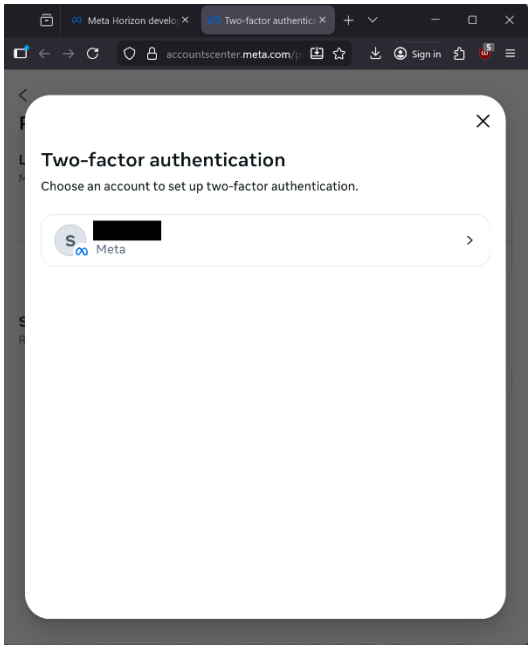


Figure 8: Select an account

e. Next, choose the authentication method: either an authentication app (e.g. Google Authenticator), a text message, or a WhatsApp message (Figure 9).

i. An authentication app is more secure, so these instructions assume that you choose an app.

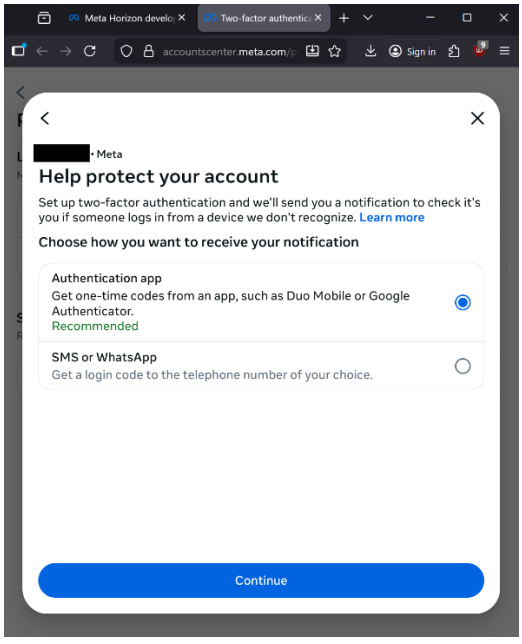


Figure 9: Select an authentication method

f. Follow the on-screen instructions to enable two-factor authentication (Figure 10).

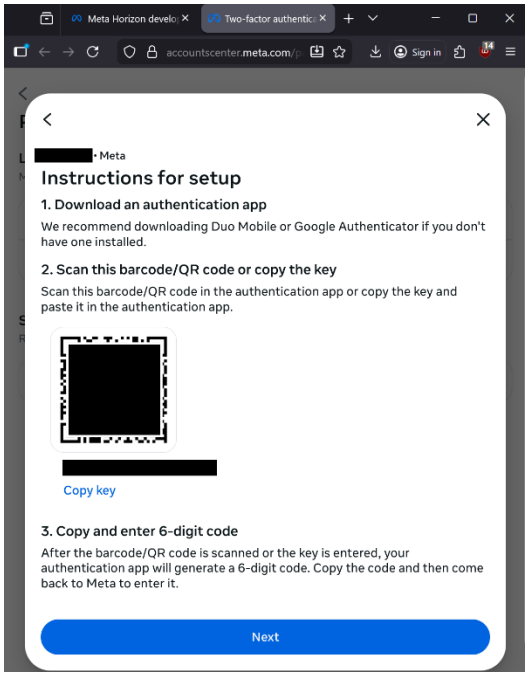


Figure 10: Scan the code with an authenticator app

g. Give your authentication device a descriptive name (e.g. “Phone” in Figure 11).

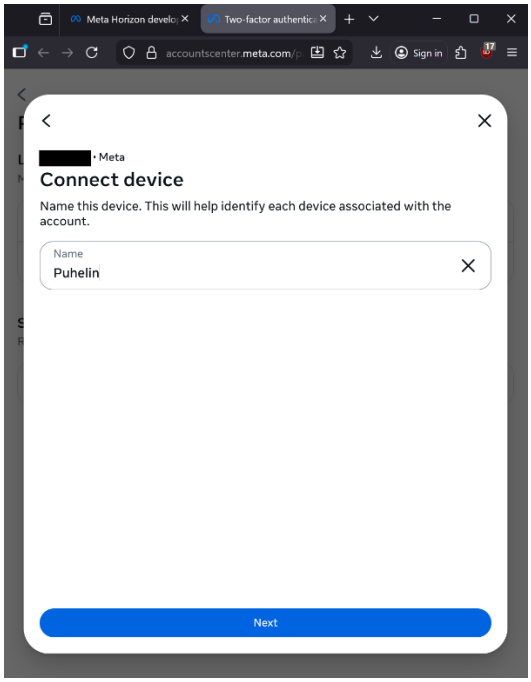


Figure 11: Naming the authenticator

h. Enter the current code displayed by your authentication app (Figure 12).

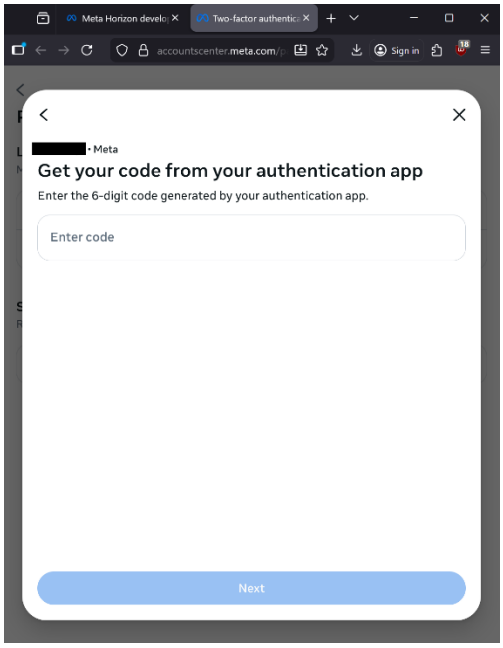


Figure 12: Enter the authenticator code

i. Note: The code normally changes every 30 seconds.
i. Two-factor authentication is now enabled.

i. Confirm by clicking “Done”.
ii. You can also close the Meta Accounts Center tab if it is open separately.

iii. Return to the Meta Developer Dashboard tab.
4. Create a new team.

a. Your account is now verified through two-factor authentication.

b. Next, create a new team (Figure 13).

i. Meta requires a team for users who want to install apps from “unknown sources”, meaning outside the Meta store (such as SideQuest).

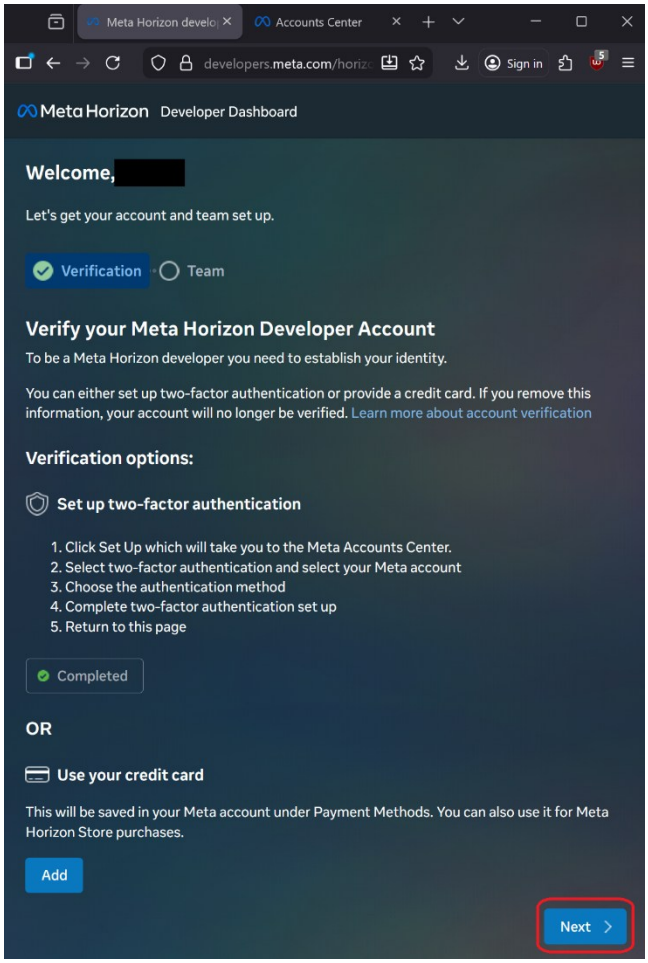


Figure 13: Create a team

c. Choose a name for your team (Figure 14).

i. Since you are not developing a new Quest app, you can choose any team name.

ii. Accept Meta’s terms of service.

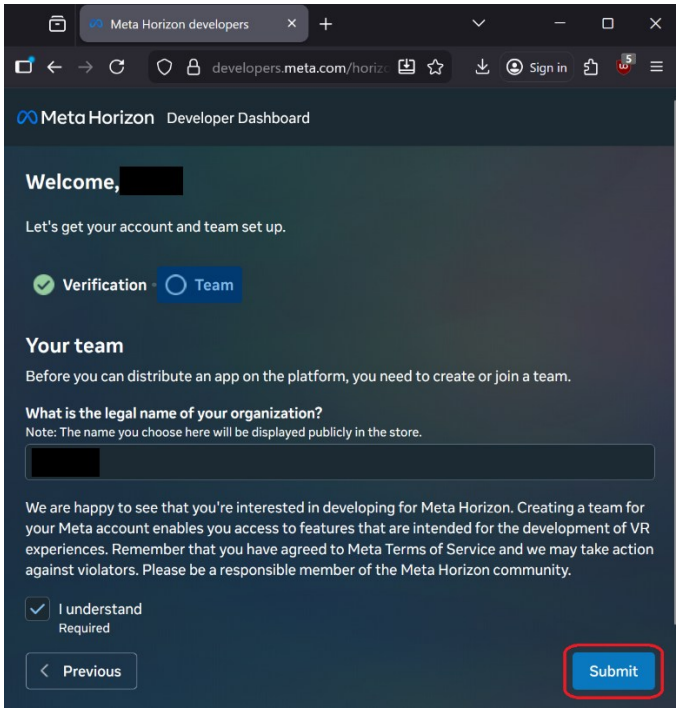


Figure 14: Naming your team

5. Open Meta Horizon on your phone and make sure you are signed in with the same account used to create the team.
6. Open the menu and select Devices (Figure 1).
7. Select your VR headset (Figure 2).
8. Open Headset settings (Figure 3).
9. Select Developer Mode (Figure 4).
10. Enable Developer Mode (Figure 5).

Installing SideQuest on the headset

SideQuest has published a video on installing the SideQuest app on your headset. Watch it here: https://youtu.be/lmPTbcpIAT4?si=UwmnNqXUG2ljmWoy (in English).

1. Open Google Chrome or Microsoft Edge.

a. This step does not work in browsers such as Firefox!
2. Go to https://sidequestvr.com/setup-howto (Figure 15).

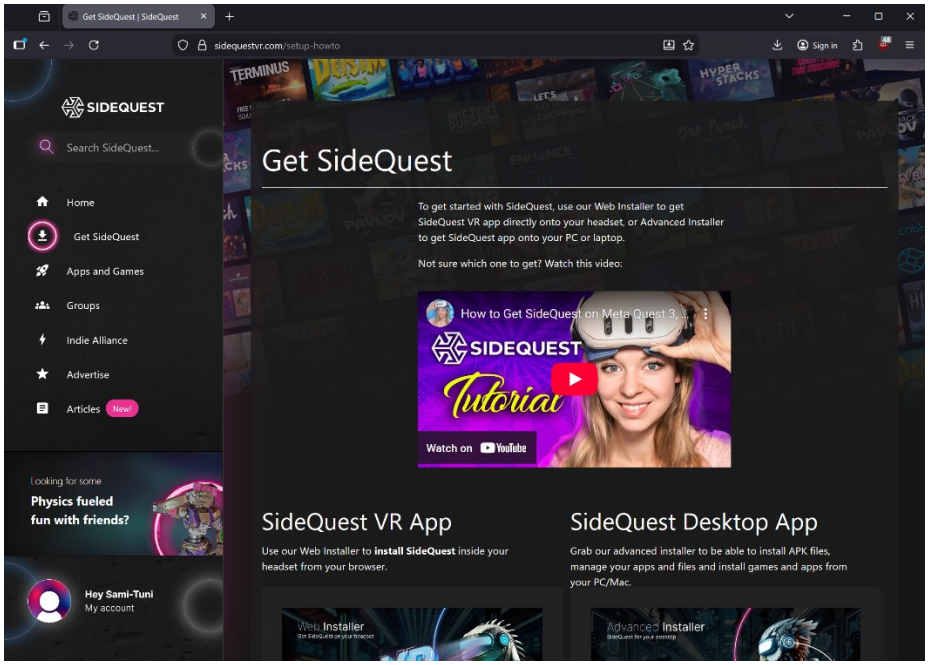


Figure 15: Get SideQuest

3. Scroll down to “SideQuest VR App” and click “Select” (Figure 16).

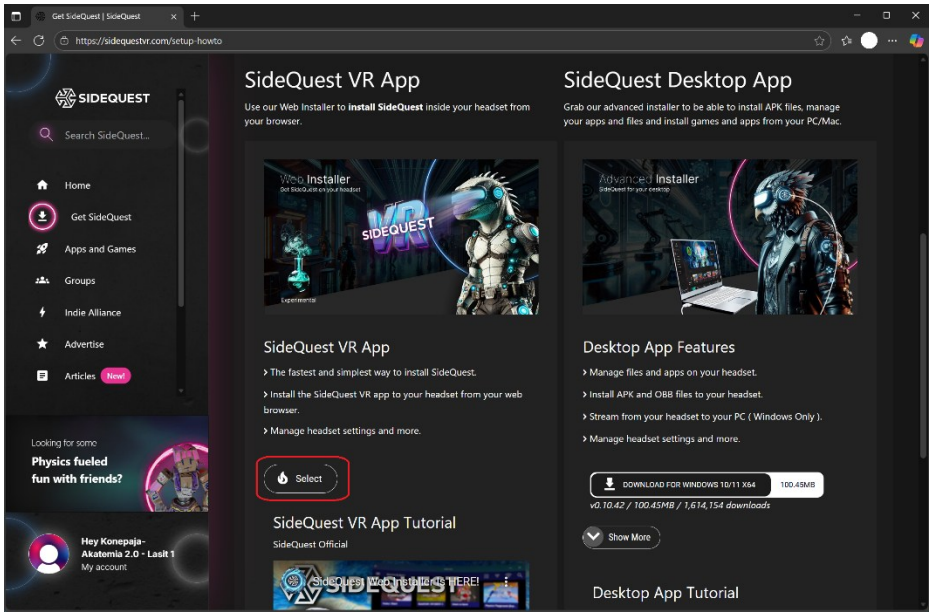


Figure 16: Install SideQuest using a browser

4. Connect your VR headset to the computer using a USB cable.
5. Click “Select Device” (Figure 17).

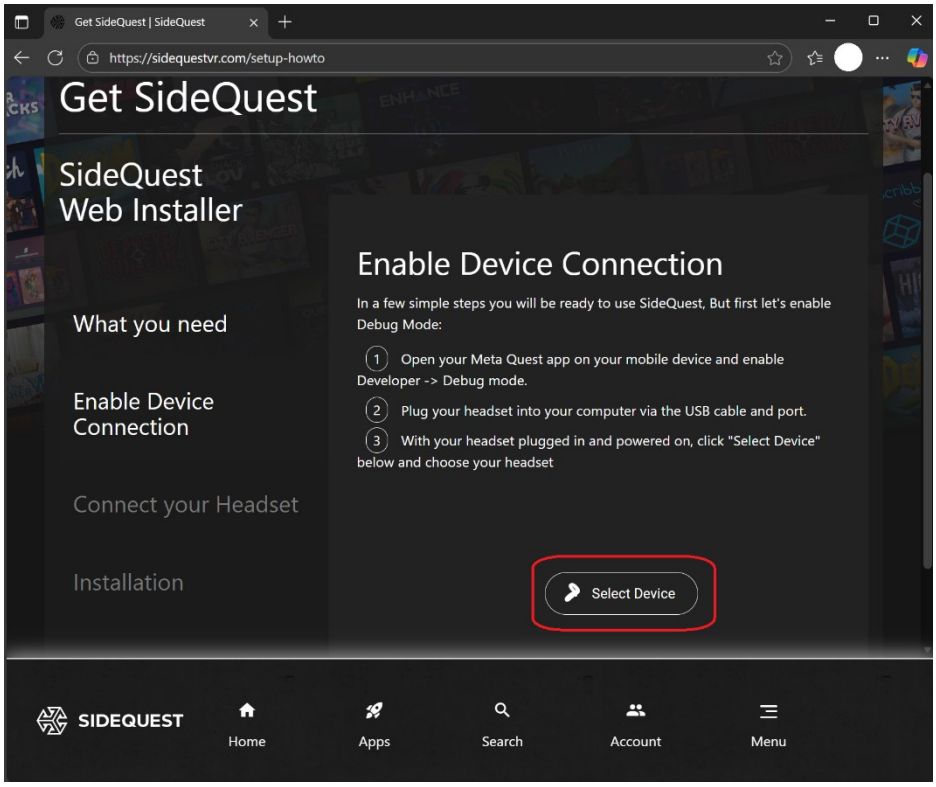


Figure 17: Select the device on which to install SideQuest

6. A browser dialog lists the VR headsets connected to the computer.
    a. Select your headset from the list and click “Connect” (Figure 18).

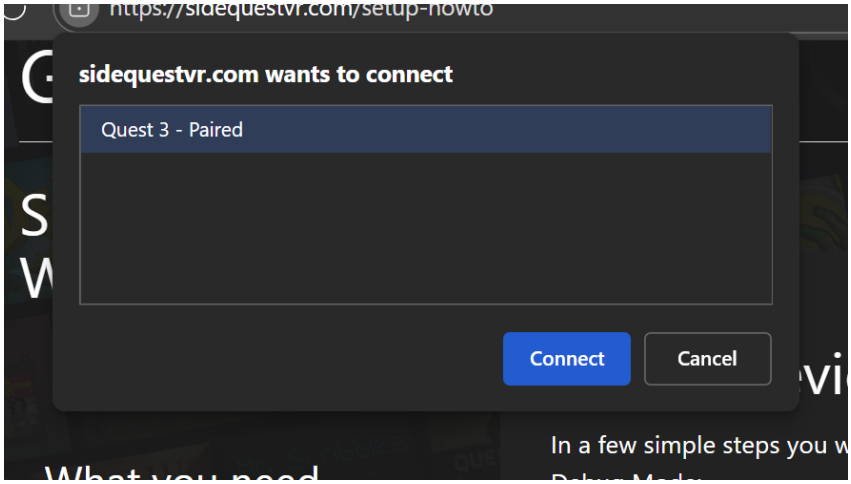


Figure 18: Connect the headset

    b. A “Allow USB debugging” pop-up appears in the headset. Select “Allow” (Figure 19).

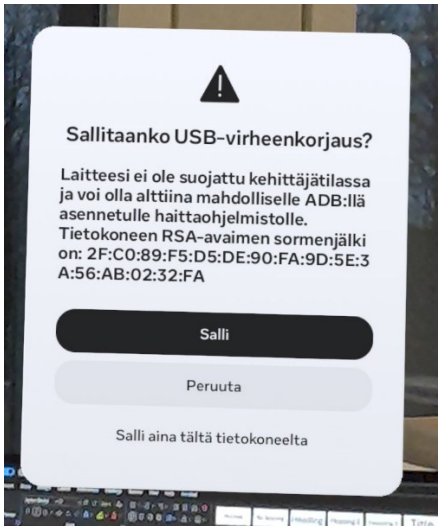


Figure 19: Allow USB debugging in the headset

7. Click “Install SideQuest” (Figure 20).

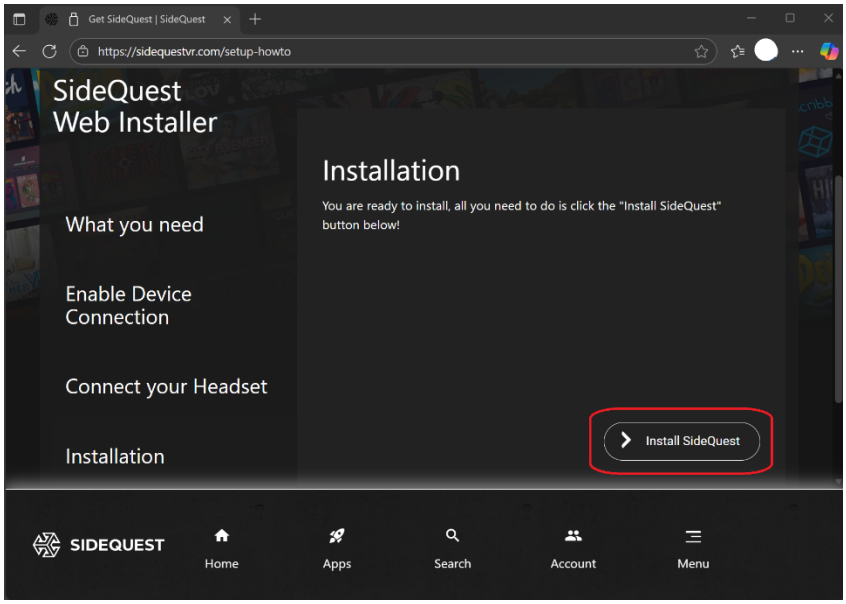


Figure 20: Install SideQuest

8. SideQuest opens on the VR headset.
9. Create a SideQuest account if you do not have one yet.

    a. Go to https://sidequestvr.com/login
    b. Click “Sign up here” (Figure 21).

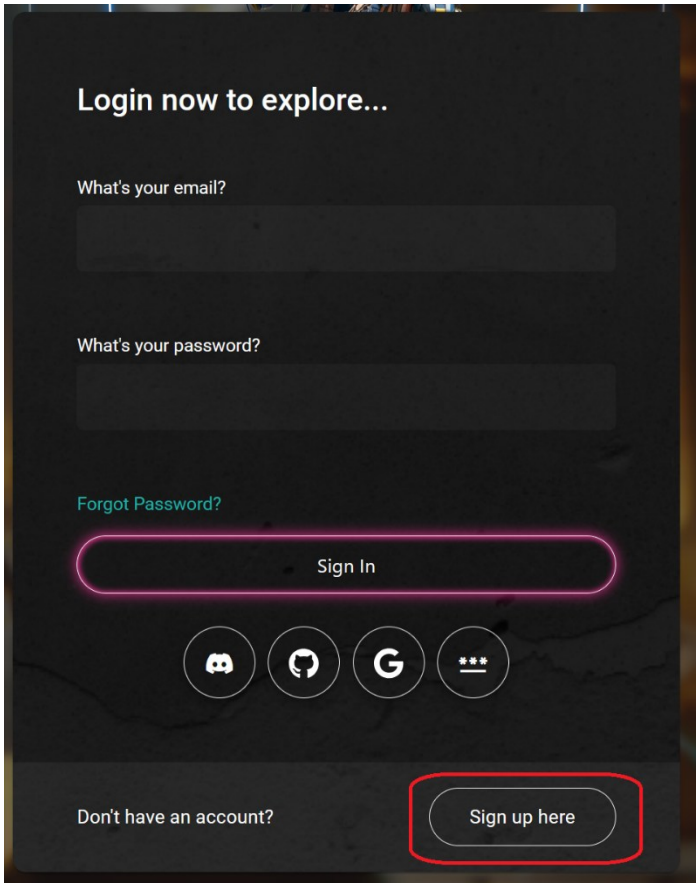


Figure 21: Create a SideQuest account

c. Enter the email address you want to use for the account and click “Send Verification Link” (Figure 22).

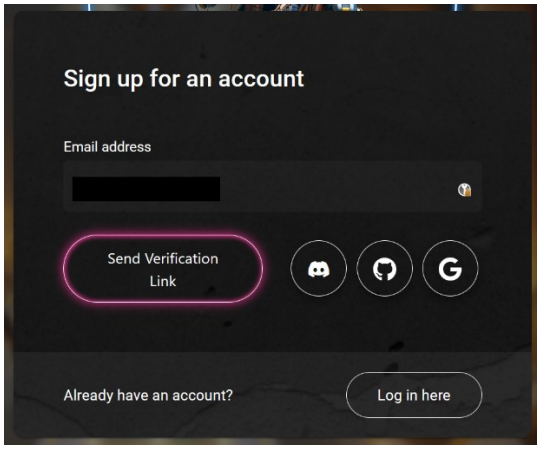


Figure 22: Verify your address

d. Open your email and copy the verification code from the message (Figure 23).

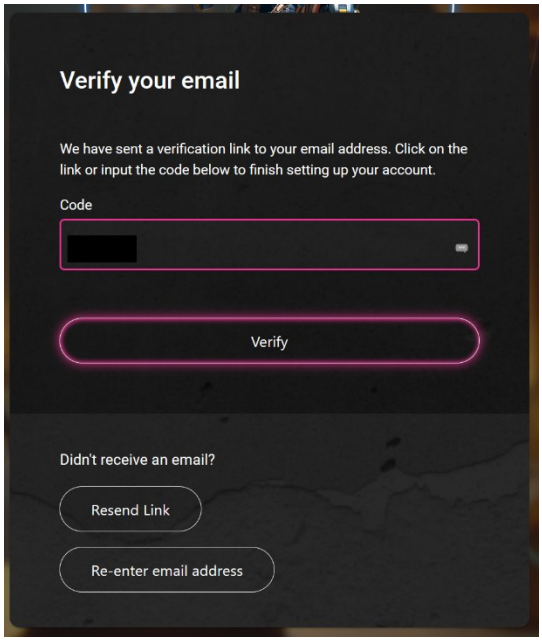


Figure 23: Enter the verification code

e. Click “Verify”.
f. Enter your details on the next screen and click “Sign up” (Figure 24).

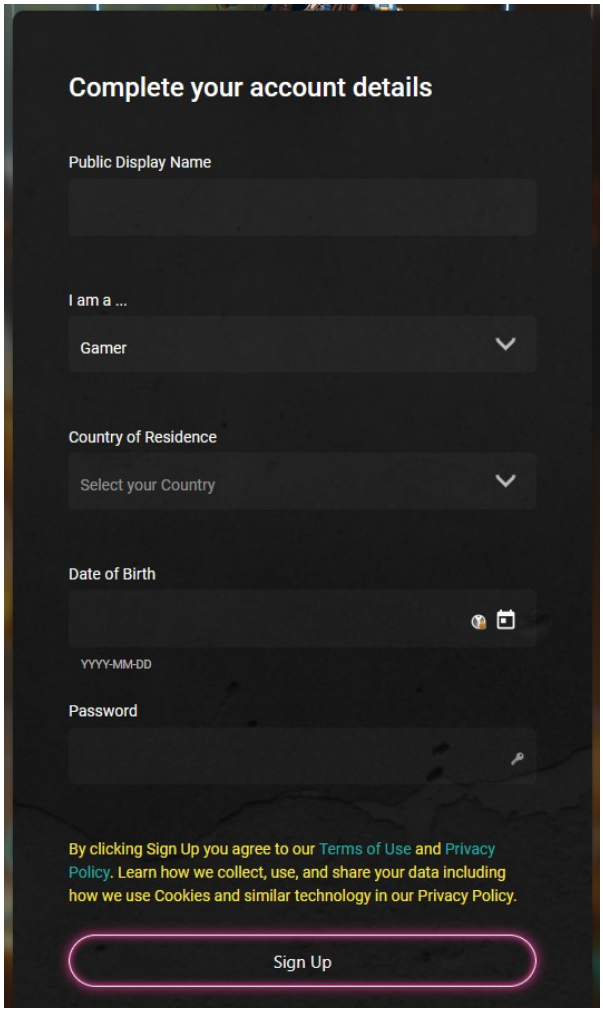


Figure 24: Enter your details

10. Sign in through a browser on your computer by going to

    https://sdq.st/link

    a. Enter the code displayed in your headset in the browser.
    b. Click “Yes, link now!”.

Installing the simulator

1. Open SideQuest on your VR headset.

    a. First, open the app menu (Figure 25, highlight 1).
    b. Select “Unknown sources” on the left side of the menu

    (Figure 25, highlight 2).
    c. Select SideQuest from the list (Figure 26).
    d. The SideQuest interface is shown in Figure 27.

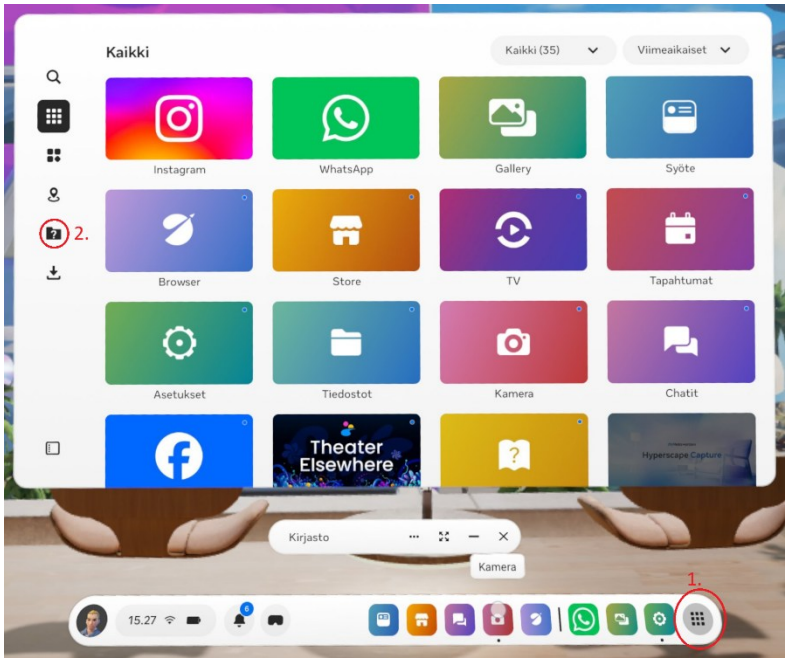


Figure 25: App menu

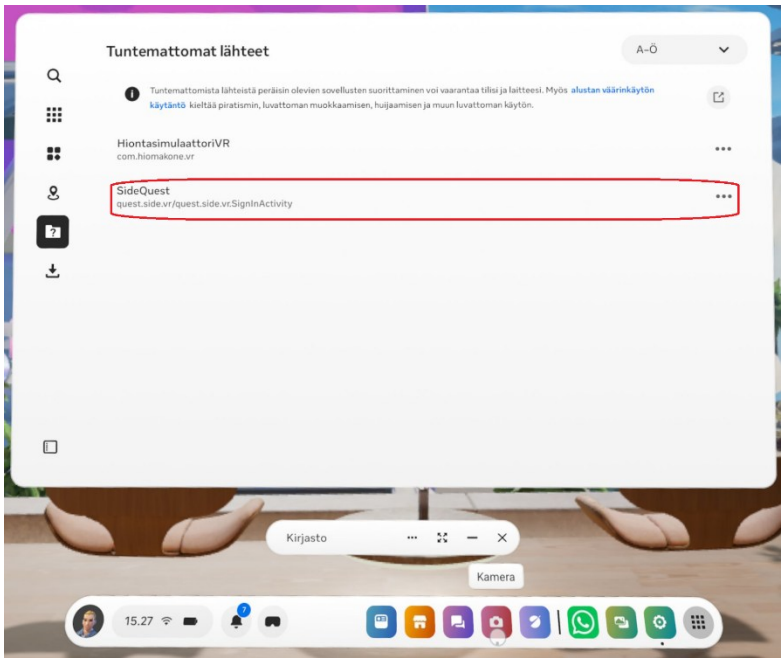


Figure 26: Unknown sources

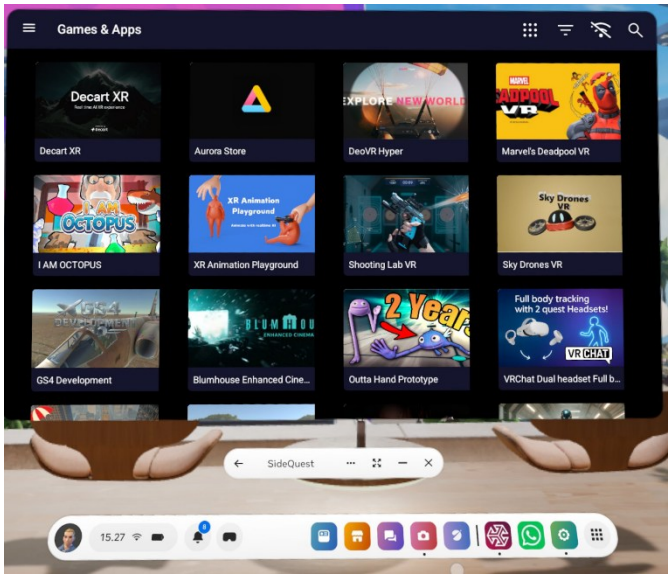


Figure 27: SideQuest

2. Type “Konepaja VR” in the search field (Figure 28, highlight 1).
3. Click the simulator icon (Figure 28, highlight 2).

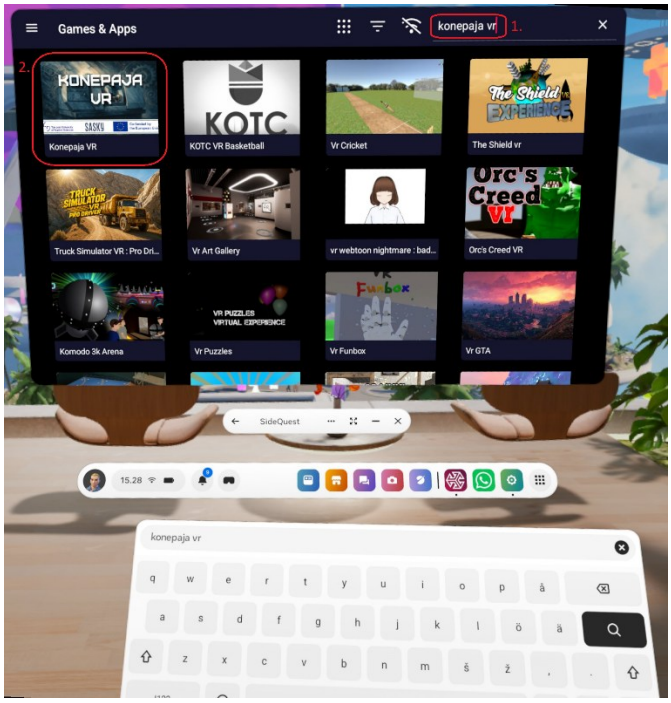


Figure 28: Konepaja VR

4. Click “Sideload Now” in the view that opens (Figure 29).
    a. The simulator will be downloaded to the headset.

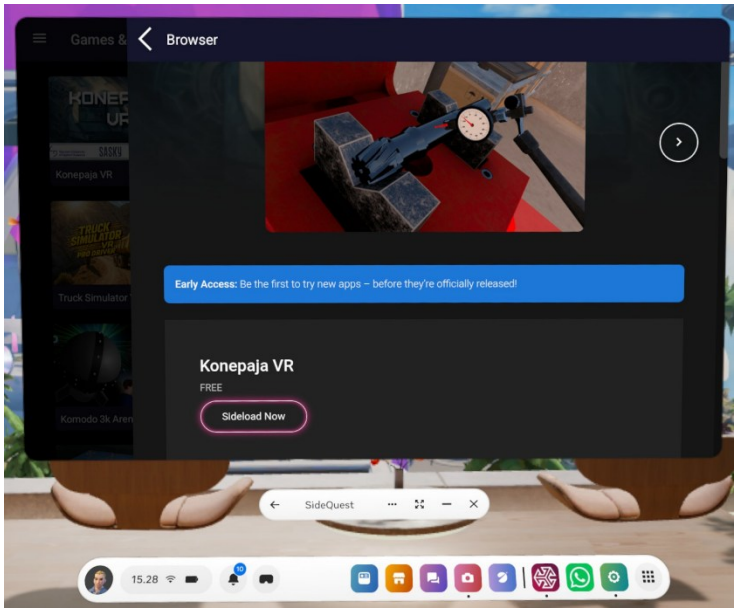


Figure 29: Click “Sideload Now” to install the simulator

5. If SideQuest displays a pop-up saying that installing apps from unknown sources is blocked, select “Settings”.

a. In the new window, select “Allow from this source”.

6. The next pop-up asks you to install the app.

    a. Click “Install”.
    b. Note: If an earlier version is installed, the option will say “Update”, as shown in Figure 30.

7. The simulator is now installed.

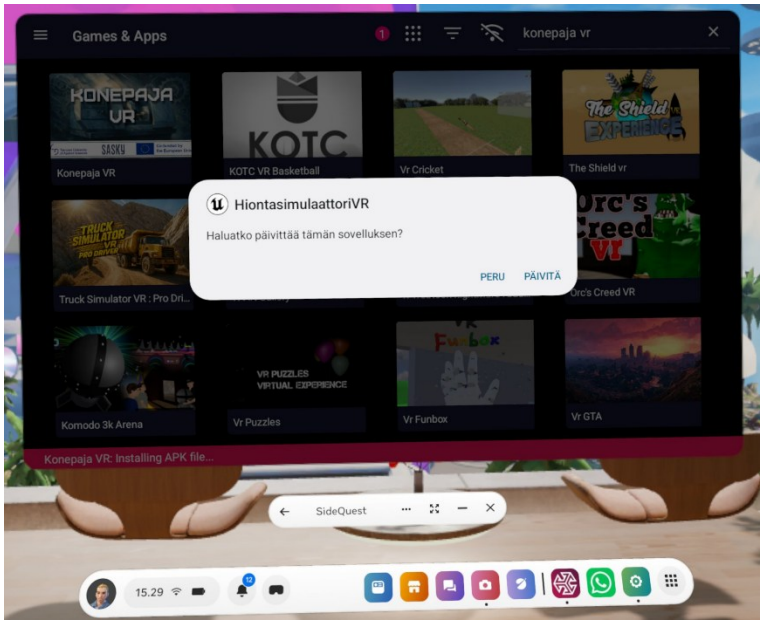


Figure 30: Confirm installation or update of the simulator

Installing the simulator on PICO 4 VR headsets

1) Enabling Developer Mode on Pico 4

These instructions were written on 1 June 2026. For the latest instructions, visit PicoXR: https://developer.picoxr.com/document/unity/pdc-basic-info/#5d66be43

1. Put on your PICO VR headset.
2. Open Settings.
3. Select the General tab.
4. Tap System Version repeatedly until the Developer tab appears.
5. Open the Developer tab.
6. Enable USB debugging.

You can install the simulator on Pico 4 from a computer via USB.

2) Manual installation via USB

1. Download the grinding simulator APK file to your computer from:
   https://cdn.sidequestvr.com/file/3581825/hiontasimulaattorivr-android-shipping-arm64.apk
2. Connect the headset to your computer using a USB cable.
3. Transfer the downloaded APK file to the headset.
4. Put on the Pico headset and open File Manager.
5. Select the APK tab.
6. Open and install the transferred APK file.

The app is now installed and appears in the app list as “Hiontasimulaattori”.