After importing the .ova file, select the RUNER's virtual machine and select 'Settings'.



Select 'Shared Folders' and use the '+' icon to select a folder from your local machine.

*		NMRFAM_RUNER - Settings		×
	General	Shared Folders		
	System	Shared <u>F</u> olders		
	Display	Name Path Machine Folders	Auto-mount	Access
\bigcirc	Storage			
	Audio			~~~
₽	Network			
	Serial Ports			
Ø	USB			
	Shared Folders			
:	User Interface			
			<u>C</u> ancel	<u>о</u> к

Select 'Other' to get a list of folders on your local machine.



In this example, my local machine is a Centos machine and I selected my 'Desktop'.

*	Find Directo	ry	×
Look in:	🔁 /home/Hesam) 🔳
📃 Compute 🚺 Hesam	er Desktop Documents Downloads		
	EMAN2 2 Music		
	Public Python-3.6.1		
	 Templates Videos VirtualBox VMs 		
Directory: Files of type:	Desktop Directories	<u>Choo</u>	ose cel

Check the 'Auto-mount' box.

👙 🛛 🗛 Add Share 🛛 🛪
Folder Path: 🛅 /home/Hesam/Desktop 💌
Folder Name: Desktop
<u>R</u> ead-only
✓ <u>A</u> uto-mount
Cancel

'Start' the VM. You will see the shared folder on the VM's Desktop

Ŷ		Oracle VM VirtualBox Manager _ 🗆
File Machine	Help	
New Settings	Disc Start	Machine Tools Global Tools
	d Off	🧧 General 📃 Preview
		Name: NMRFAM_RUNER Operating System: Ubuntu (64-bit)
		🔝 System
		Base Memory: 1024 MB Boot Order: Floppy, Optical, Hard Disk Acceleration: VT-s/AMD-V, Nested Paging, KVM Paravirtualization
		Display
		Video Memory: 16 MB Remote Desktop Server: Disabled Video Capture: Disabled
		Storage
		Controller: IDE IDE Primary Master: [Optical Drive] Empty Controller: SATA SATA Port 0: NMRFAM_GISSMO-disk001.vmdk (Normal, 16.00 GB)
		🕞 Audio
		Host Driver: PulseAudio Controller: ICH AC97