

Document	NMRbox Quick Start Guide
Platform	OSX
Software	RealVNC Connect VNC Viewer
Includes	Install RealVNC Viewer Connect to NMRbox Virtual Machine (VM)

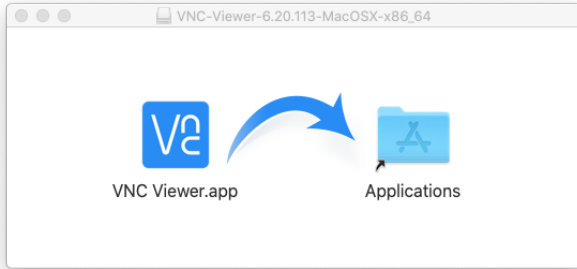
Install RealVNC Viewer

These steps only need to be performed once on each computer from which you plan to connect to NMRbox VM.

1. Select the installer based on the device from which you are connecting:
 - <https://www.realvnc.com/en/connect/download/viewer/>

The screenshot shows the RealVNC website's download page for VNC Viewer. At the top, there is a navigation bar with the RealVNC logo, links for Products, Company, and Contact us, and user options for EN and Sign in. A secondary navigation bar features 'vnc connect' and links for Discover, Pricing, Download, Support, and Partners, along with 'Try' and 'Buy' buttons. The main content area has the heading 'VNC® Connect consists of VNC® Viewer and VNC® Server' and a sub-heading 'Download VNC® Viewer to the device you want to control from, below. Make sure you've installed VNC® Server on the computer you want to control.' Below this is a row of icons for various operating systems: Windows, macOS, Linux, Raspberry Pi, iOS, Android, Chrome, Solaris, HP-UX, and AIX. A large blue button labeled 'Download VNC Viewer' is centered below the icons. Underneath the button is the SHA-256 hash: 'SHA-256: d6035174e9e4aa2e281b49abc953b75c915a1eca9173d56140ddfa3c129197dd'. A link 'Looking for VNC® Server?' is provided below the hash. At the bottom, there are two columns: 'Important information' with links for Release notes, Supported platforms, Terms & conditions, Privacy policy, and Security policy; and 'Related downloads' with a link for Policy template files and a 'Download' button.

2. Click button to download installer. Depending on your OS and browser, you may be prompted to select a destination for the saved file or it may download to a default location (e.g. "Download" folder or "Desktop").
3. When download is complete, open the installer and follow instructions.

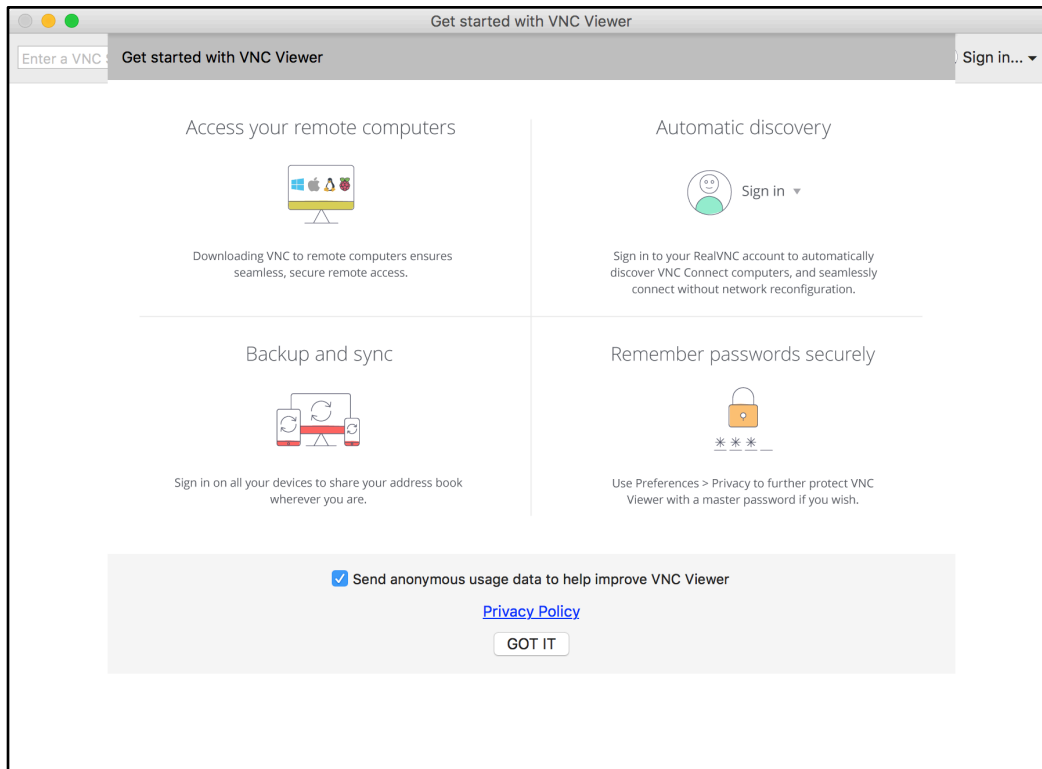


4. The VNC Viewer should now be visible in LaunchPad.

Connect to NMRbox VM

Follow these steps if this is your **first time connecting** to NMRbox VM:

1. You may use LaunchPad or Finder to start the viewer. The default installation location is in the "Applications" folder. There will be a "RealVNC" folder that contains "VNC Viewer.app". Double-click to launch the application. Acknowledge the splash screen and decide if you want to provide usage data to RealVNC. Click "GOT IT" button.



2. Log into the user dashboard <https://nmrbox.org/user-dashboard>. Expand the top section, if necessary:

Available VMs

We currently run 24 copies of NMRbox on different hosts (i.e. servers at UConn). Click [here](#) for information on how to use this page or download bookmarks for the VMs.

Connect to NMRbox.
Click the "launch" button to download a .vnc file which you can open with RealVNC on your computer to start an NMRbox session to your selected host. Due to RealVNC security settings, connections started this way will not be saved in your RealVNC dashboard.

Download bookmarks for all NMRbox hosts.
Following these instructions will ensure that all available VMs are saved in your RealVNC connections dashboard. These instructions are also illustrated in [this video](#).

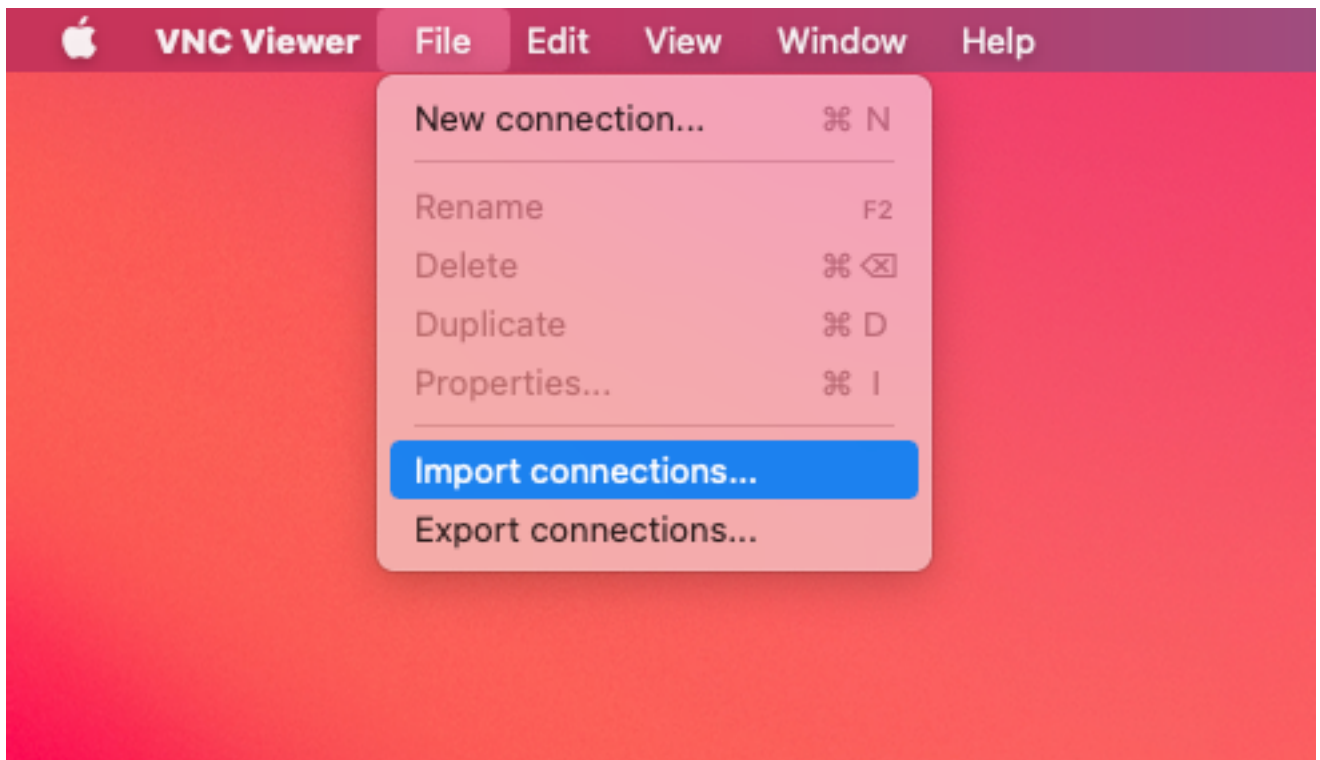
1. Click [here](#) to download a zip file with bookmarks for all available VMs.
2. Unzip the file on your computer.
3. Open RealVNC, click "File", then "Import connections", and then select the folder where you unzipped the zip file.
4. Click "Next" and then "Import" to have all available VMs show in your RealVNC client.

Which NMRbox VM should I choose?
Community usage will fluctuate, but sometimes there are longer periods of high usage on some VMs. Click the percent utilization bar for a given VM to view its historical activity. You can sort any of the fields, including Utilization, by clicking on the column header. You can view more details about a VM (memory, CPUs, GPU, etc.) by clicking "Toggle detailed VM view". Pick a VM that is not overly busy and connect.

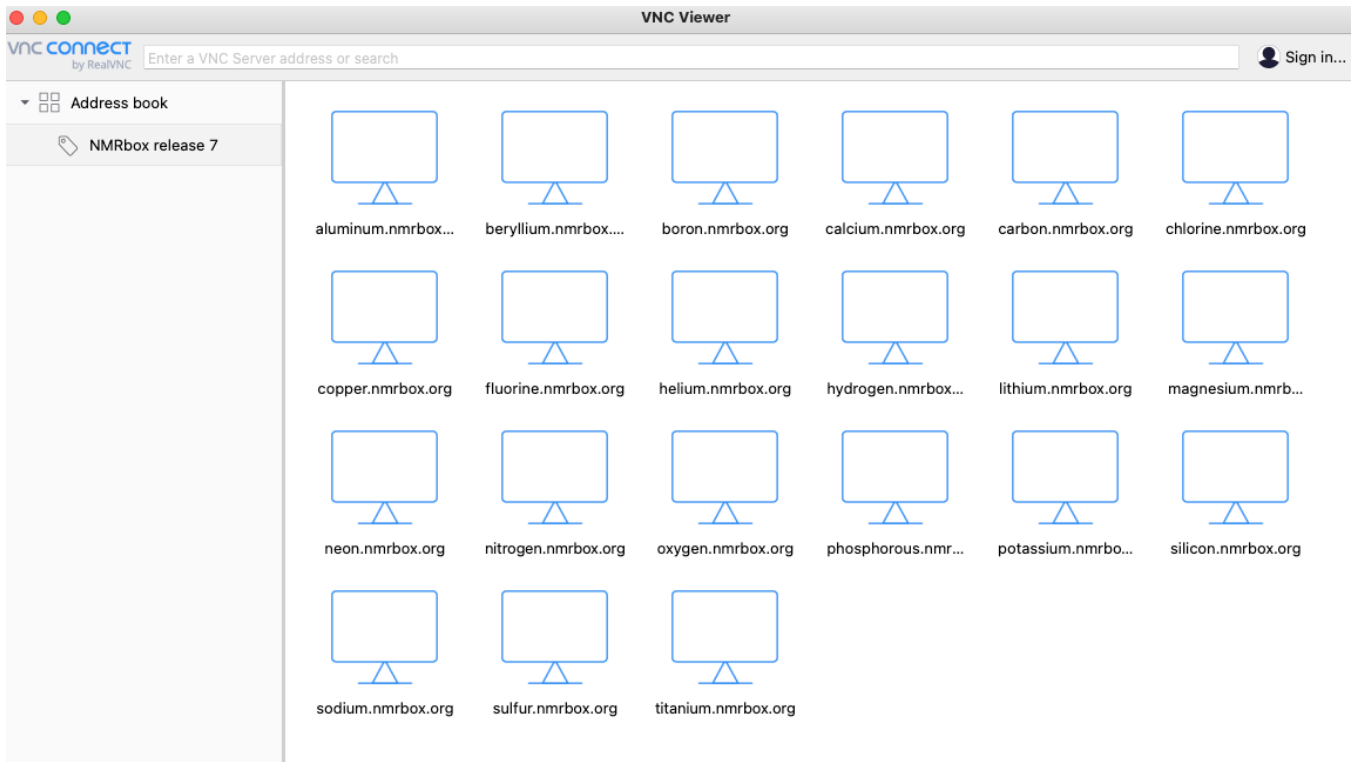
Status Icon Explanations:
For any icon, you can hover your mouse over it to see more details.

- This icon indicates the machine is online and fully functional.
- This icon indicates that the VM is partially functional.
- This icon indicates that the machine is scheduled for upcoming maintenance.
- This icon indicates that the VM is offline.
- This icon indicates you have an open VNC session to this machine. Click it to terminate that session.

3. Download the zip file with bookmarks for the production NMRbox virtual machines. Click File -> Import connections and select the downloaded zip file.

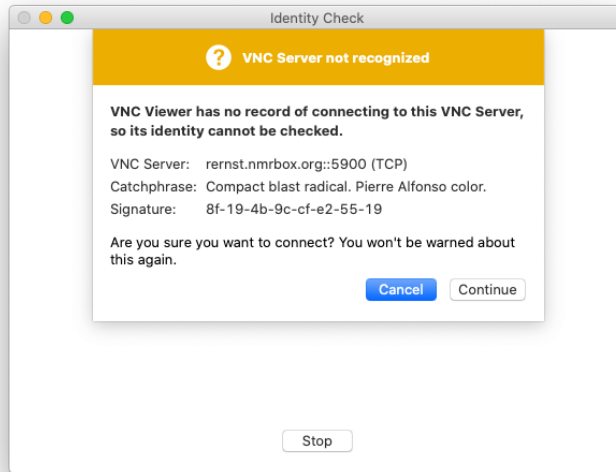


4. After importing, you will see the current release virtual machines. You can use any virtual machine. The user-dashboard provides information on machine capabilities and recent compute load. Double click on one of the VMs.



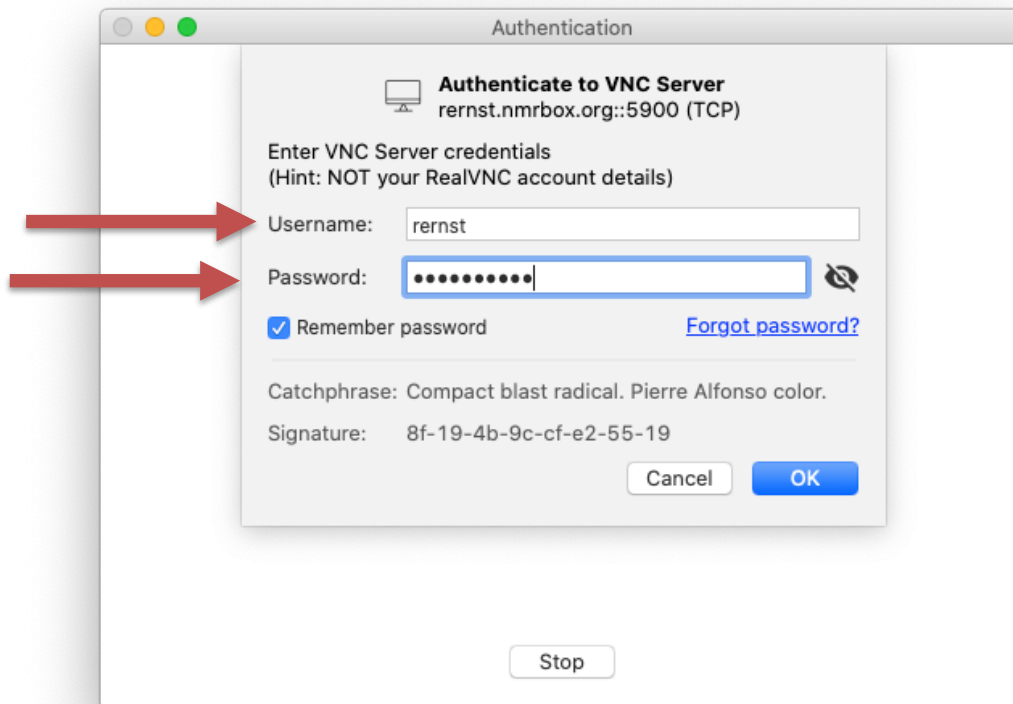
5. An “Identify Check” panel appears. Click “Continue”.

NOTE: If NMRbox releases a new VM, this security check will appear the first time you connect, even though the VM hostname has not changed.




6. An “Authentication” panel appears. Enter your NMRbox username and password. Click on the “Remember password” box to have RealVNC save your information.


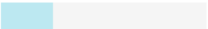

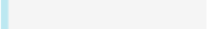
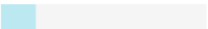

NOTE: The authentication box will automatically fill in the username from your *local* computer. If this is not the same as your NMRbox username, **you must clear this field and enter your NMRbox username.**



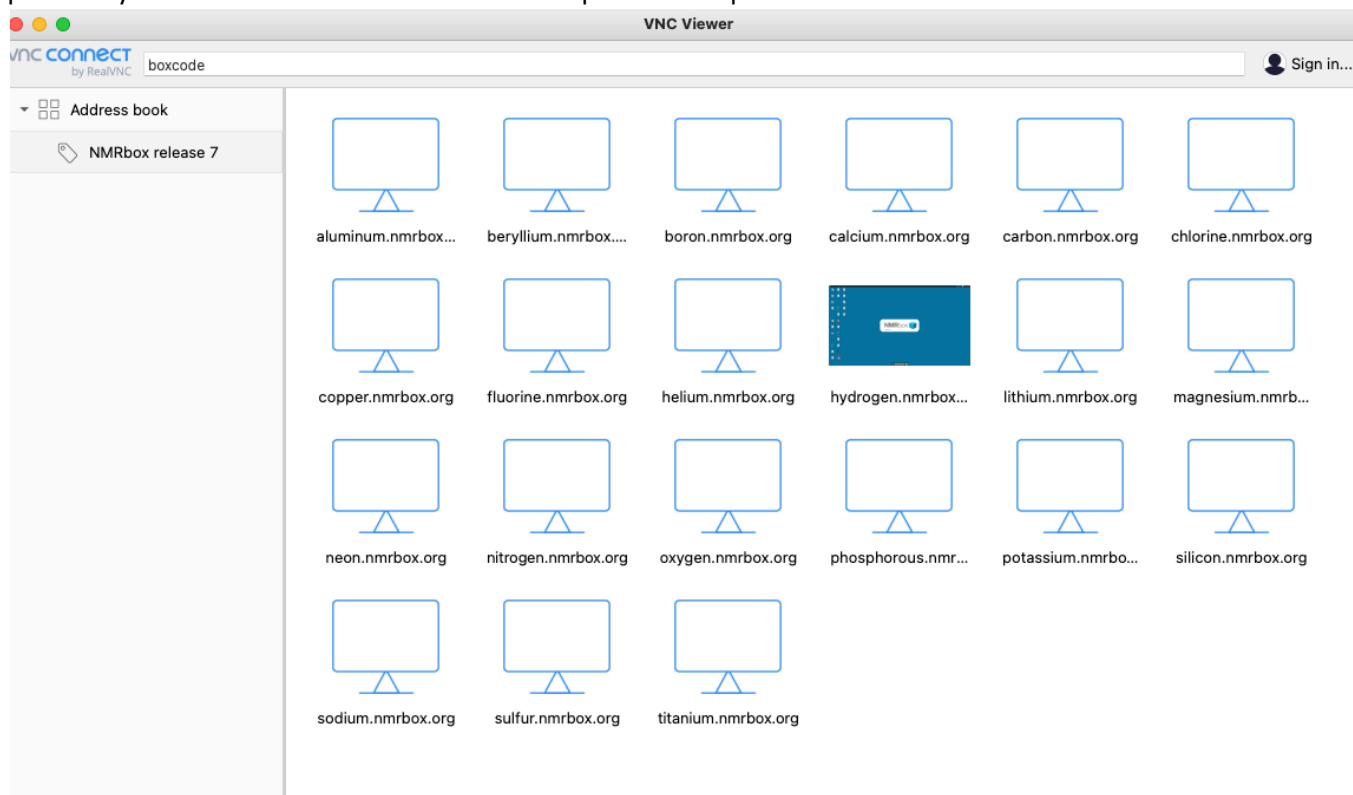
Click “OK” button and a VNC connection to your NMRbox VM will open. Enjoy!

Follow these steps if you have **previously connected** to NMRbox VM:

1. By default, your desktop remains running when you disconnect from it. If you do not recall which VM you used, it will be shown on the user-dashboard with the  symbol, **hydrogen** in this example.

neon.nmrbox.org	✓			Connect
helium.nmrbox.org	✓			Connect
hydrogen.nmrbox.org	✓			Connect
lithium.nmrbox.org	✓			Connect
magnesium.nmrbox.org	✓			Connect

2. Launch the RealVNC Viewer application. You should see a thumbnail image for any VM to which you have previously connected and used the “Remember password” option noted above.



3. Double-click on your desired VM and your NMRbox session will open.
4. The default configuration of RealVNC should be adequate, but preferences are available from:
 - Go to menu bar at top of screen and select: “VNC Viewer” > “Preferences...”
 - Select a particular VM thumbnail and from menu bar, select: “File” > “Properties”