

# Casting your device to another screen & do various screenrecordings

An experience in a headset is mostly individual. Here's how to share your experience real time with others:

## To start casting:

1. From your Meta Quest headset, press / on your controller to open the universal menu.
2. Select Camera then select Cast.
3. Select Computer or Meta Quest mobile app to begin casting.

## Casting (realtime)

<https://www.youtube.com/embed/GPZP56VunvY>

## Stream and Record on Oculus Quest 2

using OBS

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Revision #3

Created 8 January 2024 10:45:00 by Astrid

Updated 22 August 2024 13:04:23 by Simone