

## **Abstract**

Virtual reality (VR), an immersive technology that places users into a computer-generated virtual environment, has emerged as a promising tool with applications in various fields such as gaming, training, education, and social networks. In the aerospace engineering domain, VR has proven to be a valuable asset, providing them with multiple solutions to older problems with elegance. Therefore, this literature review will explore the expansive potential of VR, focusing on the aerospace engineering sector and highlighting what VR has already contributed to aerospace. It will also investigate proposed implementations of VR in aerospace companies and outline the most popular next steps. The review emphasizes the pursuit to solve the problem of cybersickness and promotes the further development and experimentation of VR in companies to advance the field of aerospace engineering.

*Keywords:* cybersickness, mental health, teleoperation, training, visualization