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The simple answer is no, as you probably expected. A very few games (like Half Life Alyx) have been modded to allow play without a headset but they are clunky, rare and still require a capable PC, which it doesn't sound like you have. If you desperately need VRChat in your life, you'll need a headset.

Anyway i can play VR games without a headset? - Meta Community Forums : Talk-VR

Some VR games allow players to play without a VR headset, for instance, Star Trek Bridge Crew or Rec Room but most other VR games will not allow this, for instance, Job Simulator or Beat Saber because they would basically have to make a 2nd game because of the control integration (keyboards, mice).

Can VR games be played without VR? - Quora

quora : Can-VR-games-be-played-without-VR

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