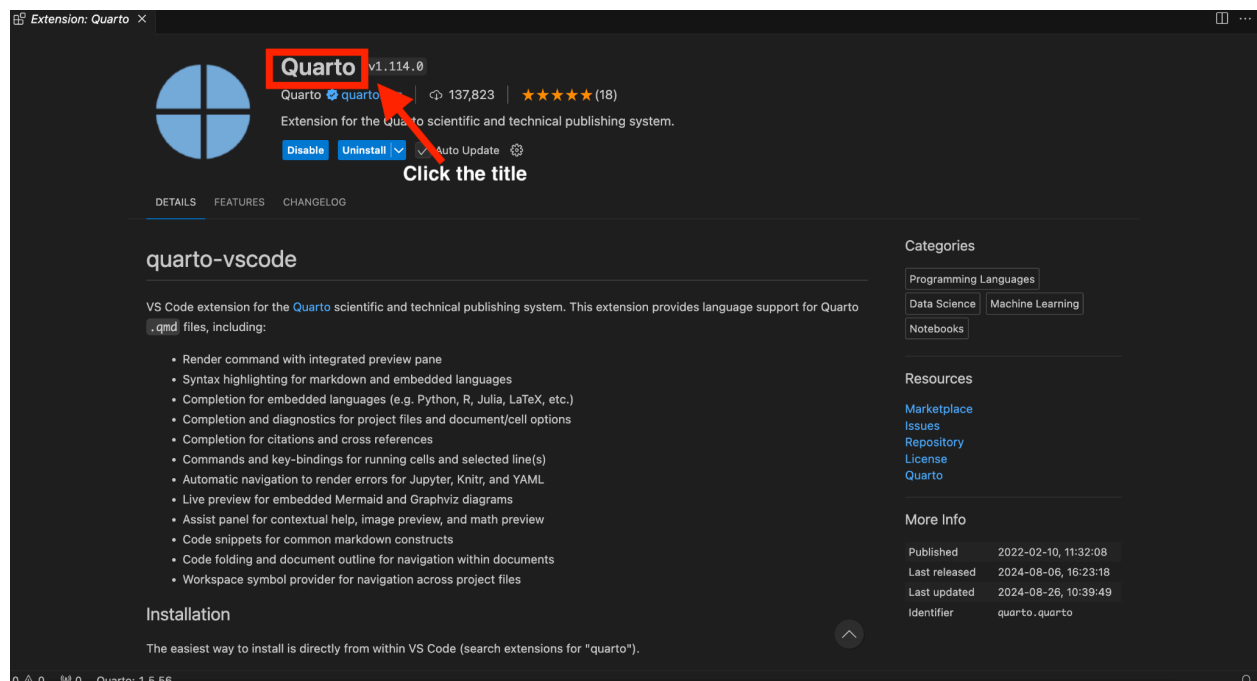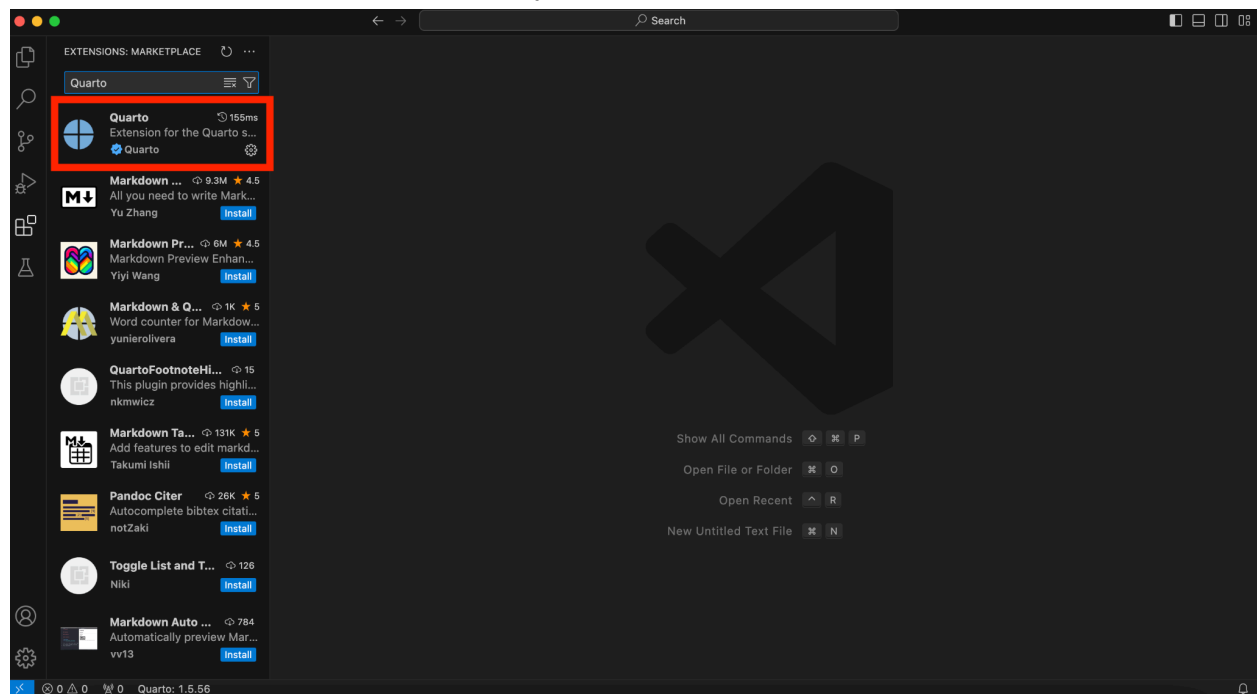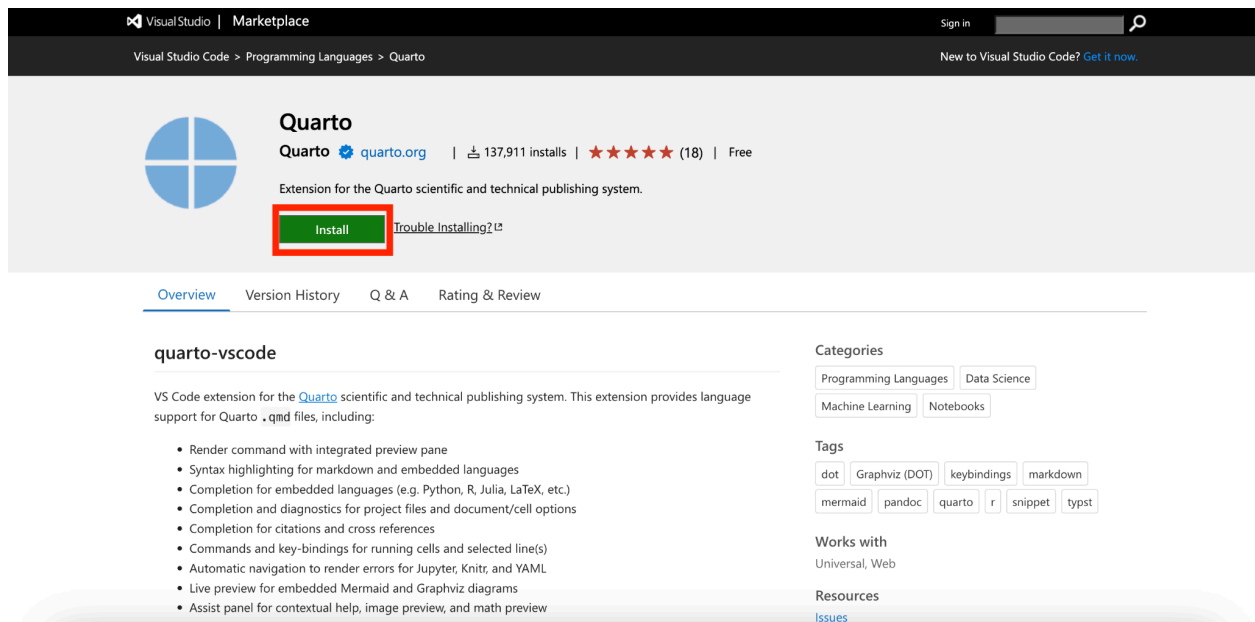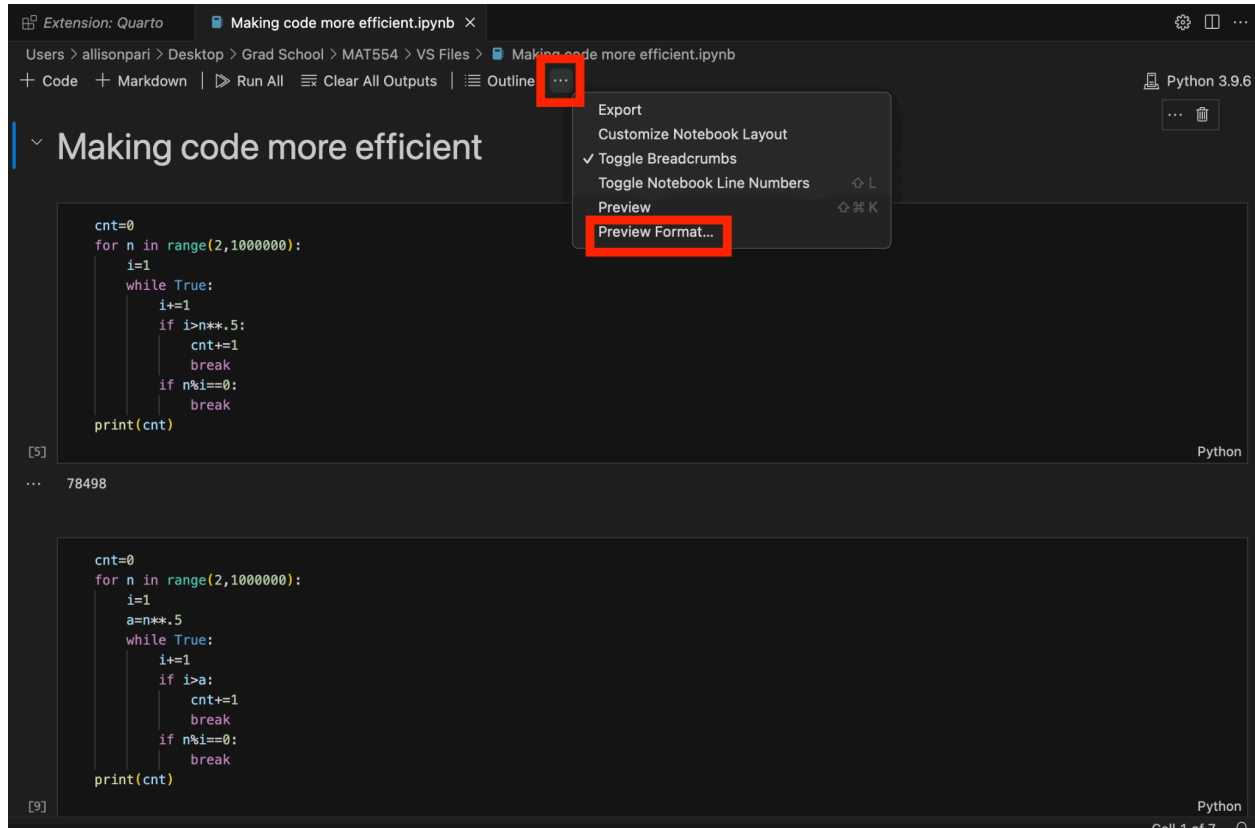First, you must have Quarto installed on Visual Studios. You can install it by searching for Quarto on extensions in VS Code, and following the link to the browser. You cannot just install it on VS Code, it must also be installed on your computer.
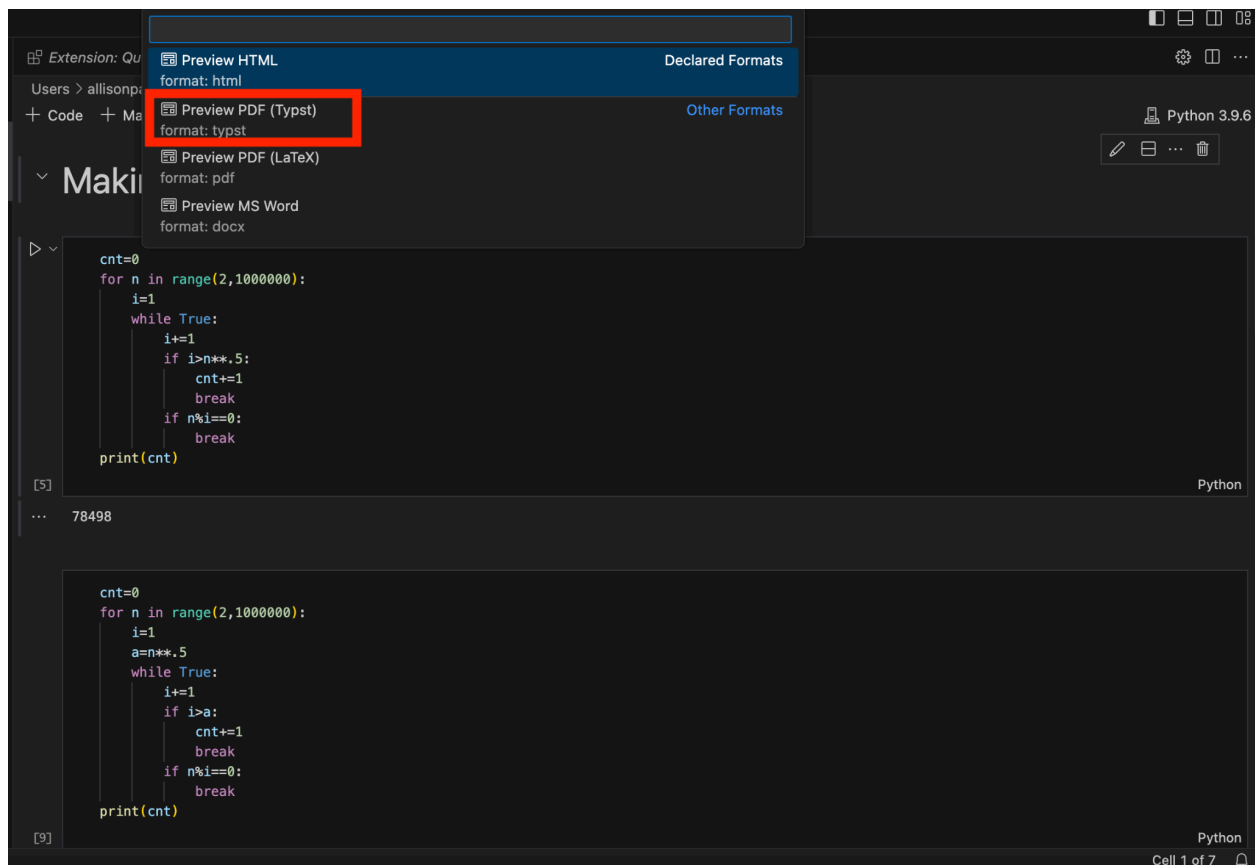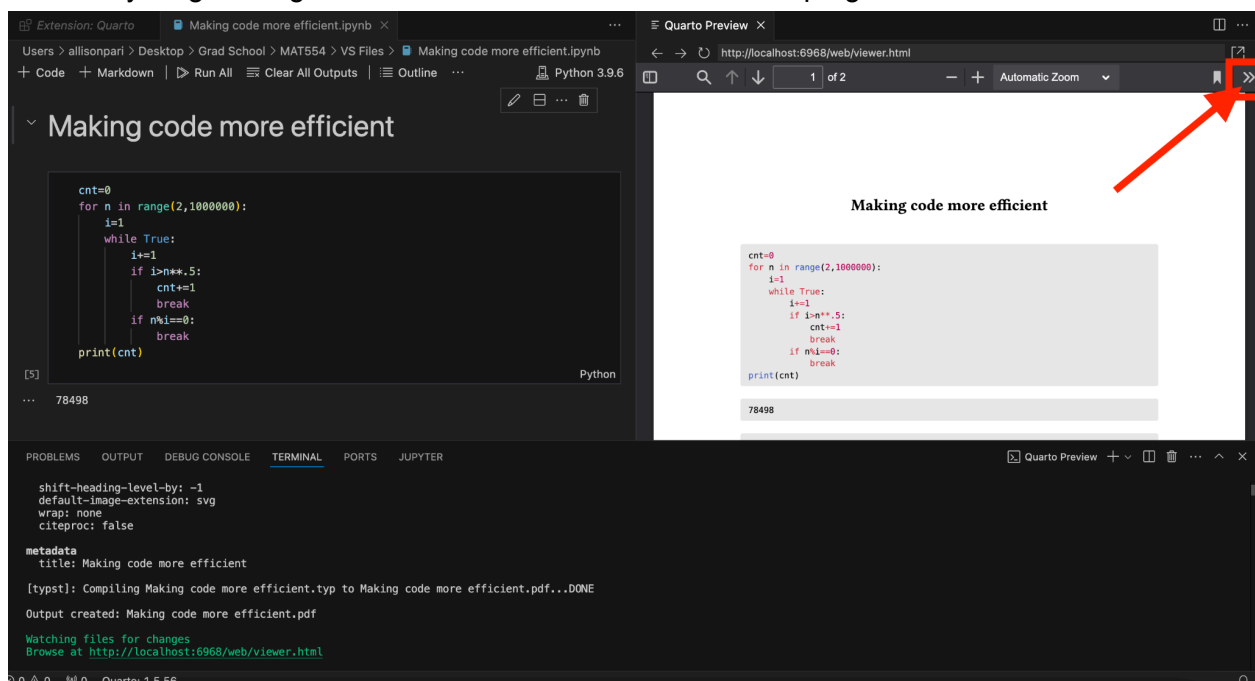
After installing Quarto, it is a good idea to restart your VS Code app (it might not recognize that Quarto has been installed until you restart).

Then, you will open the notebook that you would like to export to PDF. In the top bar, click on the three dots next to "Outline". Then click on "Preview Format". This should provide a dropdown of exporting options. Choose "Typst".
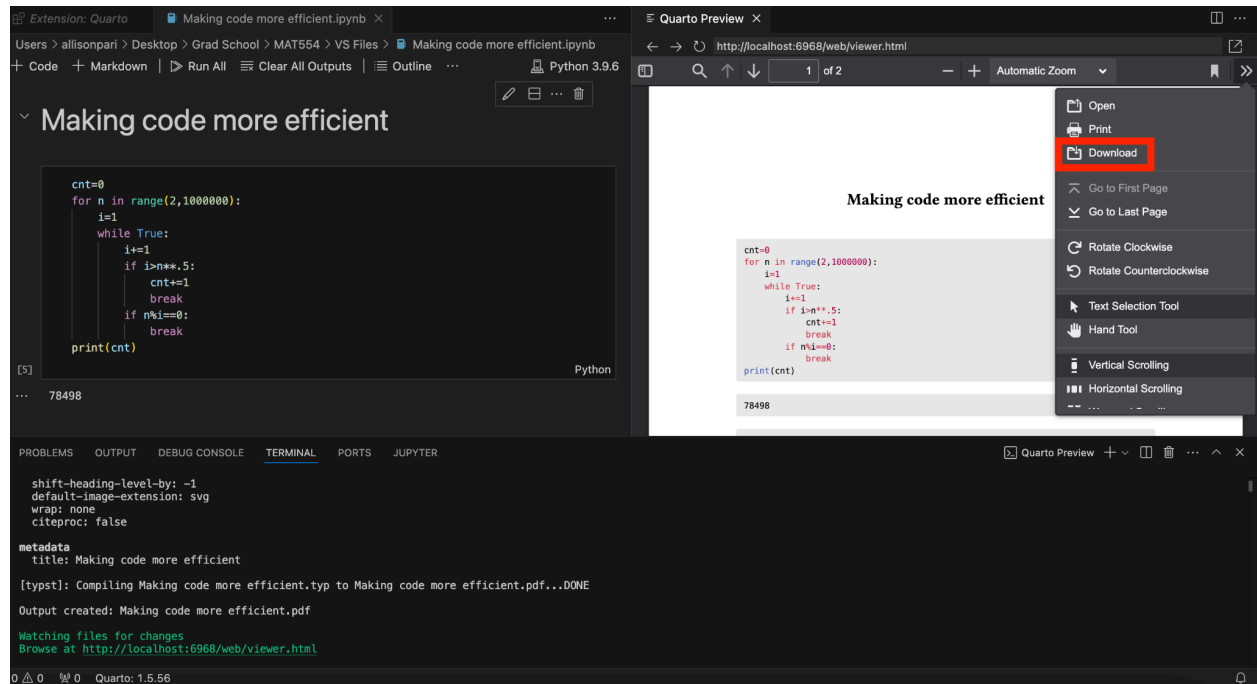
This should bring up a preview of your document in PDF format. Review the document to make sure everything looks good, then click the two arrows in the top right corner.

This should provide another dropdown of options. Choose "Download".

Troubleshooting:
- If you click on "Preview" instead of "Preview Format" it will give the default format, which is HTML to begin with. After you choose "Typst", it should switch to "Typst" for the default. If you are unsure of what the default is, just always use "Preview Format".
- If you choose "LaTeX", you will be prompted to download additional files. Using "Typst" will give you a PDF without needing to download more files.
- You may not have certain special characters like "#" in your title when you export to PDF using "Typst". If it is giving you an error, check your title.