



NEXILY AI ACADEMY · LEVEL 0

Discover *AI*

Understand artificial intelligence starting from absolute zero. No jargon, no fear, no technical skills required. Your very first hands-on steps, one at a time.

The path

Four short modules, in the exact order you need them. Each one explains a single thing in plain words, then ends with a small exercise you do yourself. No technical knowledge required.

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NOTE

This course is a starting point. AI tools change fast: the screens, buttons and features described may have changed by the time you read this. Always check on the official website or app of the tool you're using.

How to follow this course

Read this page before anything else. It explains how the course works — and why you absolutely have what it takes to follow it.

This course is for you

If you can send a message and open a website or an app, you already have everything you need. There's nothing else to install, nothing to program, nothing to memorise.

This course is for people who have barely ever used AI: the parent who hears about ChatGPT without knowing what it is, the employee who sees the word everywhere at work, the curious student, or simply you, thinking “everyone's talking about it, but I don't even know where to start”. That's exactly the right place to begin.

KEY POINT

You can't break anything. A conversational AI is a risk-free testing ground: you type, it answers, and if it's not right, you start over. Nobody's judging you, and a bad question has no consequences at all.

The rule: one module, then practice

Do one module, then its exercise, then and only then the next module. The modules are in a set order: each builds on the one before. The goal isn't to read everything fast, but to understand and, above all, to try it yourself.

The only real progress happens the moment **you type something into the tool yourself**. Reading this course without ever typing a request is like reading a cookbook without ever turning on the oven. Keep your phone or computer next to you.

How to read the boxes

BOX	WHAT IT HOLDS
Key point	The main idea to keep in mind, even if you forget the rest of the page.
Example	A concrete case, written out in full, to see the thing applied for real.
Pitfall	The mistake many beginners make at this exact step.
Copy this	A ready-made line you can paste straight into the tool.
Put it into action	What you do before moving to the next module. The most important part.

- 1 Get ready where you'll practise: your phone or computer, within reach.
- 2 Pick a calm moment, no rush. Twenty minutes is enough for one module.
- 3 Write down (on paper or your phone) what you'd like to manage to do with AI. You'll reread it at the end.
- 4 Promise yourself one thing: do every exercise, even quickly, rather than just reading.

01

THE DISCOVERY PATH

Welcome to the world of AI

Before touching a single button, let's take two minutes to see what we're talking about — and to clear away the fear that holds most beginners back.

BY THE END OF THIS MODULE, YOU CAN

- Why AI is in every conversation right now
- What AI actually changes in everyday life
- How to tell real facts from common myths
- What's worth learning today, and where to begin

Why everyone is talking about AI

For a long time, artificial intelligence was a laboratory subject, reserved for engineers. What changed everything was the day you could use it simply by writing, the way you talk to someone.

Overnight, millions of people found themselves chatting with a program able to write a text, summarise a document, translate, explain an idea or suggest ideas — all in seconds and often for free. Tasks that used to require a specialist became accessible to anyone. That's what sparks so much discussion: it isn't just one more novelty, it's a tool anyone can use right away.

What AI actually changes

The simplest way to picture AI is as a versatile assistant, available at any hour, that you can ask for help on everyday tasks. It doesn't replace your judgement, but it saves time on concrete things:

- **Write and correct** — a tricky email, a letter, a listing, a polite message.
- **Summarise and explain** — a long document, an official letter, a complicated topic.
- **Translate** — into correct English, keeping the meaning and the tone.
- **Find ideas** — gifts, meals for the week, activities, names, arguments.
- **Learn** — ask all the "silly" questions you don't dare ask elsewhere.

EXAMPLE

Someone who has never "done computers" asks an AI: "Help me write an email to tell the school my son will be absent on Thursday." Ten seconds later, they have a clear, polite message, which they reread, tweak with the real name, and send. No technical skill was needed — just a sentence written normally.

Common myths

A lot of the worry comes from false beliefs. Here are the three most common ones.

- **"It's only for computer people."** False. You use it by writing in plain English, like a message.
- **"You need to know how to code."** False. You'll never write a single line of code in this course.
- **"AI is magic and never wrong."** Also false, and this matters: it can be wrong with total confidence. We'll see how to check.