

## PROGRAM OVERVIEW

# Ten days to genuine fluency with Claude.

*Almost everyone has access to Claude now. Far fewer have a way to get genuinely good at it. This is that way — a deliberate path from “what is this?” to “I can build with this, and teach it” — one concept a day, hands-on, every day.*

---

**THE FORMAT**

10 illustrated guides · one a day ·  
roughly 30–60 minutes each

**WHO IT'S FOR**

Individuals, team leads, and  
trainers — no coding  
background required

**WHAT IT LEAVES YOU WITH**

A working map of Claude,  
durable habits, and a real project  
underway

# Why this program exists

THE CASE

Access is not the same as ability. A login gets you a powerful assistant; it does not get you the judgement to use it well — and that gap is where most people quietly stall.

The advice that exists is scattered — a thread here, a video there, a docs page somewhere else — and most of it stops at the shallow end. People learn that Claude can draft an email and never reach the work that actually changes how they operate: structuring hard problems, building real tools, connecting Claude to the systems they already use. Not because that work is hard to learn, but because no one handed them a path through it.

The Field Guide for Humans is that path. Ten short days, each a complete lesson, arranged so every day builds on the last — from a first clear mental model of what Claude is, through prompting and structure, into Claude Code, the developer platform, connectors, and designing with Claude. It ends with you holding one coherent map instead of ten loose tips — and ready to teach it.

**01**

## A real path, not a pile of tips

A deliberate arc with a beginning and an end. Each day assumes the last, so understanding compounds instead of scattering.

**02**

## One day at a time

Thirty to sixty minutes, one concept, then space to let it settle before the next. Designed for busy weeks, not a heroic weekend.

**03**

## Hands-on every single day

Every guide ends in a Lab you run on your own real work — because this is learned by doing it, not by reading about it.

**04**

## Built to be taught from

Each guide carries instructor notes, discussion prompts, and a quiz — so one learner can turn a whole team into capable users.

*“Access isn’t ability. The difference between the two is a path — and ten deliberate days is a path.”*

# What's inside — the ten days

THE ARC

The series moves in three movements: getting fluent with Claude itself, then building with it, then bringing it all together and teaching it onward.

1	<b>Meet Claude</b>	FLUENCY
What Claude is, the family of models, how it “thinks,” and where its edges are.		
2	<b>Working in Claude.ai</b>	FLUENCY
Projects, Artifacts, memory, and files — making the everyday surface actually work for you.		
3	<b>The Art of the Prompt</b>	FLUENCY
The fundamentals that carry everyday work: task, context, format, and examples.		
4	<b>Advanced Prompting &amp; Context</b>	FLUENCY
Structure for hard work — long instructions, source material, system prompts, reasoning.		
5	<b>Meet Claude Code</b>	BUILDING
An agent in your terminal — reading a codebase, editing files, and the explore-plan-act-verify loop.		
6	<b>Claude Code in Practice</b>	BUILDING
The working craft — scoping, plan-first, disciplined review, project memory, and extending its reach.		
7	<b>The Claude Developer Platform</b>	BUILDING
Putting Claude inside your own software — the API, the shape of a request, and building responsibly.		
8	<b>Connecting Claude to Everything</b>	BUILDING
MCP, connectors, and agentic workflows — giving Claude safe reach into the tools you already use.		
9	<b>Claude Design</b>	BUILDING
Claude as a making partner — turning a brief into a working thing, and the art direction that makes it good.		
10	<b>Bringing It Together</b>	TOGETHER
The whole-surface map, a capstone project, and becoming the person who teaches the series onward.		

## EVERY GUIDE INCLUDES —

- ✓ A cover with clear outcomes — what a learner will be able to do
- ✓ A hands-on Lab — run on the learner’s own real work
- ✓ A Cheat Sheet — the day distilled to a reference card
- ✓ Core concepts — each anchored in a plain mental model
- ✓ Teaching Notes — how to open it, pace it, and pre-empt confusion
- ✓ A check-for-understanding quiz — with answer notes

# Who it's for

## THE AUDIENCE

### INDIVIDUALS

#### Anyone who wants to stop guessing

You use Claude already, but suspect you're scratching the surface. Ten days gives you the depth — and the habits — to use it with real intent.

### TEAM LEADS

#### Managers and enablement leads

You need a team that's genuinely capable, not just licensed. Run the series as a cohort and bring everyone to a shared, solid baseline.

### TRAINERS

#### Educators and internal trainers

You teach this for a living. The guides are built to teach from — notes, prompts, labs, and quizzes already in place, ready to deliver.

# What you'll be able to do

## THE OUTCOMES

- ✓ Choose the right Claude surface for any job, by reflex
- ✓ Write prompts that are specific, structured, and grounded
- ✓ Use Claude Code to work inside a real codebase safely
- ✓ Understand the API well enough to scope what to build
- ✓ Connect Claude to your tools — and reason about doing it safely
- ✓ Direct Claude as a design partner to build real, usable things
- ✓ Carry six durable habits into everything you do with Claude
- ✓ Teach the whole series confidently to someone else

### START THE PROGRAM

#### Ten days from now, you'll work differently.

The hardest part of getting good at Claude was never the difficulty — it was the absence of a path. Here is the path. It asks for one short session a day and a willingness to actually run the Labs. Begin with Day One: Meet Claude.

#### 01

Open Day One and read it through — about half an hour.

#### 02

Run that day's Lab on your own real work, the same day.

#### 03

Return tomorrow for Day Two. Repeat for ten days.

## NOTES & DISCLAIMER

**Independent resource.** The Field Guide for Humans is an independent, unofficial educational resource produced and published by Kirevra Press, an imprint of Kyvara Pty Ltd (ACN 697 072 049). It is not affiliated with, endorsed by, sponsored by, or officially connected to Anthropic, PBC (“Anthropic”), the maker of Claude.

**Trademarks.** “Anthropic,” “Claude,” “Claude Code,” and related names and marks are trademarks of Anthropic, PBC, used here for identification and descriptive purposes only. Their use does not imply any endorsement by or affiliation with Anthropic.

**Accuracy & currency.** The Guide describes third-party products that change frequently. All product details — features, model names, capabilities, commands, interfaces, and pricing — are believed accurate as of the 2026 edition but are provided “as is,” without warranty of any kind, and are subject to change without notice. Always confirm current information against Anthropic’s official documentation before relying on it.

**No professional advice; no guaranteed results.** The Guide is provided for general educational and informational purposes only. It does not constitute professional, legal, financial, or technical advice. No particular outcome, result, or level of proficiency is promised or guaranteed; results depend on the individual.

**Copyright.** The Field Guide for Humans — its text, design, structure, and original illustrations — is © 2026 Kyvara Pty Ltd. All rights reserved.