






Sip & AI | Block 1: Life & Leisure

Welcome to your first session! Today is about experimentation. If you already use an AI daily, **challenge yourself** to use a different one for the next 45 minutes to see how the "personalities" differ.





Find all prompts and links at: <https://juntoai.org/sipai>

The Famous AIs (Start Here)

- **ChatGPT (OpenAI):** The best all-rounder. Great for general conversation.
 -  chat.com
- **Google Gemini:** Best for live information and Google integration (Maps/Gmail).
 -  gemini.google.com
- **Claude (Anthropic):** Known for being the most "human" and nuanced writer.
 -  claude.ai
- **Perplexity AI:** The "Search Engine" AI. It gives you links and sources for every answer.
 -  perplexity.ai
- **Microsoft Copilot:** The pro choice for Windows and Office users.
 -  copilot.microsoft.com

The "Exotic" & Advanced Options

If you are an experienced user, try these to see the "edge" of the technology:

- **DeepSeek:** The lightning-fast new model that is taking the tech world by storm.
 -  chat.deepseek.com
- **Grok (xAI):** If you have an X (Twitter) account, Grok offers a more "unfiltered" and real-time news perspective.
 -  x.com/i/grok
- **Ollama (Local AI):** For the privacy-conscious. This allows you to run AI **entirely on your own laptop** without an internet connection.
 -  ollama.com
- **Mistral:** The European powerhouse from France. Clean, efficient, and very capable.
 -  chat.mistral.ai

5 Tips for your "Digital Intern"

1. **Talk, don't just "prompt":** Use natural language. Just talk to it like you're explaining a task to a helpful student.
2. **The "Inception" Trick:** If you are stuck, ask: "I want to do XYZ. How should I ask you so that I get the best possible result?"
3. **Start Fresh:** Use the "New Chat" button for every new topic to avoid confusing the AI with old information.
4. **Stop & Redirect:** If the AI is rambling, hit the **Stop** (Square) button and tell it: "Actually, focus more on XYZ."
5. **Verify & Check:** Ask the AI at the end: "Are there any errors in what you just wrote? Please double-check your facts."

Block 1 Exercises: Part A

Home & Kitchen

- *"I have a 10cm scratch on my wooden coffee table. What are 3 home remedies I can try before calling a professional?"*
- *"Create a 5-day vegetarian meal plan for a busy person. All meals must take less than 20 minutes to cook."*
- *"Explain the most energy-efficient way to use a heat pump during a Kerry winter."*
- *"Write a funny house-warming invitation for a party next Saturday. The theme is 'Ugly Tropical Shirts'."*
- *"I found an old cast iron pan that is slightly rusted. Step-by-step, how do I restore it?"*

Travel & Local Exploration

- *"I'm doing the Ring of Kerry. Give me 5 'hidden gems' that most tourists drive past but shouldn't."*
- *"Draft a polite message to a B&B owner asking if they have space for a secure bike rack and an early check-in."*
- *"Suggest a 4-hour rainy day activity near Glenbeigh that isn't just sitting in the pub."*
- *"Create a packing list for a week-long hiking trip in the West of Ireland in May. Prepare for all four seasons!"*

The Secret Sauce: Personal Context

Before you move to Part B, try this! **AI works best when it knows who it's talking to.** Instead of a generic prompt, tell the AI your "Profile" first.

- Tell it who YOU are: *"I am a vegetarian woman who loves spicy food but hates mushrooms. I live in Glenbeigh and enjoy long walks."*
- The "Switch" Trick: You can also tell the AI to act like someone else to get a different perspective.
 - *Try this: "Act as my husband who is very practical, hates spending money unnecessarily, and loves DIY. Tell me why I shouldn't buy a new sofa yet."*
- Now try your prompt again! You'll notice the answers become much more relevant or provide a helpful new point of view.

Block 1 Exercises: Part B (With your Context)

Communication & Admin

- *"Rewrite this text to be much shorter and more exciting for a WhatsApp group: [Paste a long event description]."*
- *"I need to complain about a late delivery. Write a firm but reasonable letter that asks for a refund on the shipping costs."*
- *"Create a template for a simple 'Agreement of Sale' for a second-hand car I'm selling to a neighbor."*
- *"Translate this into Irish (Gaeilge) and explain how to pronounce it: 'Welcome to our home, please make yourself comfortable.'"*

Learning & Curiosity

- *"Explain the difference between a 'Hard Border' and a 'Soft Border' as if I am 10 years old."*
- *"Give me a list of 5 interesting facts about the history of the Puck Fair in Killorglin."*
- *"Recommend 3 podcasts for someone who loves history but hates dry, academic lectures."*
- *"I want to start birdwatching in South Kerry. Which 5 birds should I look for first and where?"*

Local Life & Community Connect

- *"Help me draft a friendly newsletter announcement for a local Tidy Towns meeting next Tuesday evening. Include a call for volunteers to help with a new community*

garden project."

- *"Write a polite WhatsApp message to neighbors on our street asking if anyone noticed a missing black and white cat that went missing last night."*
- *"I am organizing a small local charity raffle. Brainstorm 5 creative prize ideas that don't cost a lot of money but would appeal to people living in Kerry."*
- *"Draft a formal but neighborly letter asking the local council to review the speed limits or add a digital speed warning sign near a busy residential stretch in our village."*

Health & Wellbeing

- **Health Advice:** *"I am feeling a bit 'burnt out' from work. Suggest 5 small daily habits that can help lower my stress levels without taking more than 10 minutes."*
- **Sport Advice:** *"I want to start running again but I am prone to knee pain. Create a 4-week 'Couch to 5k' plan that is specifically designed to be low-impact and includes strengthening exercises."*
- **Food Advice:** *"What are the most nutrient-dense 'superfoods' available in an Irish supermarket during the winter? Suggest 3 ways to incorporate them into family dinners."*
- **Recovery:** *"I went for a long hike in the Reeks and my legs are very stiff. Suggest a 10-minute recovery stretching routine I can do tonight."*

Creativity & Just for Fun

- *"Write a short story (200 words) about a sourdough starter at Emilie's that gains consciousness and tries to escape."*
- *"Invent a new sport that combines Gaelic Football with high-speed chess. What are the 3 main rules?"*
- *"Write a review of a glass of red wine in the style of a pirate who has spent too much time at sea."*

For experts: <https://arena.ai> - have fun comparing the output of different AI models

Brought to you by Dr. Markus Schmidberger from JuntoAI