

First Agent Lab: Install Guide

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You will install two free programs and download one AI model. There is no account to create, no credit card and no API key. Follow the section for your computer, then do the Final check.

Before you start

What you are installing

Thing	What it is
Ollama	A free program that runs an AI model on your own laptop
llama3.2	The AI model itself. It is one big file, about 2 GB
Python	The programming language we will write the agent in

What you need

- A laptop with Windows 10 or 11, a Mac, or Linux. Chromebooks, iPads and phones will not work. If that is you, pair up with a neighbour.
- About 8 GB of free storage space.
- Wifi and your charger. Downloads drain the battery.
- About 15 to 20 minutes. Most of that is waiting for downloads.

Which computer do I have?

- **Windows:** there is a Windows logo key on your keyboard and a Start button at the bottom of the screen.
- **Mac:** there is an Apple logo in the top-left corner of the screen.
- **Linux:** you installed it yourself, so you already know.

Two words you will see a lot

- **Terminal:** a window where you type commands and do not click buttons. Each section shows you how to open it.

- **Run a command:** copy the grey line exactly, paste it into the terminal, then press Enter.

Copy and paste every command. Do not retype them, because one wrong letter breaks the command.

Windows

Four steps: install Ollama, open a terminal, download the model, install Python. You need Windows 10 or 11 with recent updates.

Step 1: Install Ollama

1. Open your web browser (Edge or Chrome).
2. Go to ollama.com/download.
3. Click **Download for Windows**. A file called `ollamaSetup.exe` starts downloading. It is a big file, so wait until it finishes.
4. Open your **Downloads** folder and double-click `ollamaSetup.exe`.
5. Click **Install**. If Windows asks for permission, click **Yes**.
6. Wait for it to finish. An Ollama window may open. You can close it. Ollama keeps running in the background.

Step 2: Open a terminal

Do this after Ollama has finished installing. If you already had a terminal open, close it and open a new one.

1. Press the **Windows key** on your keyboard.
2. Type `PowerShell`.
3. Press **Enter**. A window with text and a blinking cursor opens. This is your terminal.

Step 3: Download the AI model

Copy this command. Click inside the terminal, press **Ctrl + V** to paste, then press **Enter**.

```
ollama pull llama3.2
```

A progress bar appears. This is the 2 GB download, so it takes a while. It is done when you see the word `success`. Leave the terminal open.

Step 4: Install Python

First check whether you already have it. Run this command:

```
python --version
```

- If you see something like `Python 3.14.0`, you already have Python. Any number that starts with 3 is fine. Go to the Final check.
- If you see `Python was not found`, or any red error text, follow the steps below.
 1. Press the **Windows key**, type `Store`, and press **Enter**. The Microsoft Store opens.
 2. In the search bar at the top, type `Python Install Manager`.
 3. Click the result made by **Python Software Foundation**, then click **Get** or **Install**.
 4. When it finishes, close the terminal and open a new one (Step 2).
 5. Run `python --version` again. The first time, it downloads Python. That takes a minute or two.
 6. If it asks you a question, press **Enter** to accept the suggested answer.
 7. When you see `Python 3` followed by more numbers, go to the Final check.

Mac

Four steps: install Ollama, open Terminal, download the model, install Python. Ollama needs macOS 14 (Sonoma) or newer.

To check your version, click the **Apple logo** in the top-left corner, then **About This Mac**. If your macOS is older than 14, pair up with a neighbour. Do not start a system update during the meeting.

Step 1: Install Ollama

1. Open Safari or Chrome.
2. Go to ollama.com/download.
3. Click **Download for macOS**. A file called `ollama.dmg` starts downloading. Wait until it finishes.
4. Open your **Downloads** folder and double-click `ollama.dmg`. A small window opens.
5. In that window, drag the **Ollama** icon onto the **Applications** folder icon.
6. Open **Finder**, click **Applications** on the left, and double-click **Ollama**.
7. If your Mac asks whether you are sure you want to open it, click **Open**.

8. If Ollama asks to install its command line tool, click to allow it. Type your Mac password if asked.
9. A small llama icon appears in the bar at the top of the screen. That means Ollama is running.

Step 2: Open Terminal

1. Press **Command + Space**. A search bar appears.
2. Type `Terminal`.
3. Press **Return**. A window with text and a blinking cursor opens. This is your terminal.

Step 3: Download the AI model

Copy this command. Click inside Terminal, press **Command + V** to paste, then press **Return**.

```
ollama pull llama3.2
```

A progress bar appears. This is the 2 GB download, so it takes a while. It is done when you see the word `success`. Leave Terminal open.

Step 4: Install Python

First check whether you already have it. Run this command:

```
python3 --version
```

- If you see something like `Python 3.14.0`, you already have Python. Any number that starts with 3 is fine. Go to the Final check.
 - If a pop-up asks to install **command line developer tools**, click **Cancel**. That is a very large download and you do not need it. Follow the steps below.
 - If you see `command not found`, follow the steps below.
1. Go to python.org/downloads.
 2. Click the yellow **Download Python** button. A file ending in `.pkg` downloads.
 3. Open your **Downloads** folder and double-click that file.
 4. Click **Continue**, then **Agree**, then **Install**. Type your Mac password if asked.
 5. When it says the installation was successful, click **Close**.
 6. Quit Terminal with **Command + Q**, then open it again (Step 2).

7. Run `python3 --version` again. When you see `Python 3` followed by more numbers, go to the Final check.

Linux

Four steps: open a terminal, install Ollama, download the model, check Python. These steps are written for Ubuntu, Debian, Mint, Kali and Fedora.

Step 1: Open a terminal

- 1. Press **Ctrl + Alt + T**.
- 2. If nothing opens, open your apps menu, search for `Terminal` , and click it.

To paste into a Linux terminal, press **Ctrl + Shift + V**. Plain Ctrl + V does not work there.

Step 2: Install Ollama

Copy this command, paste it into the terminal, and press **Enter**.

```
curl -fsSL https://ollama.com/install.sh | sh
```

- 1. It asks for your password. Type it and press **Enter**. Nothing shows on screen while you type. That is normal.
- 2. Wait until you see `Install complete` .

If you see `curl: command not found` , install curl first, then run the command above again.

Your Linux	Command to install curl
Ubuntu, Debian, Mint, Kali	<code>sudo apt install curl</code>
Fedora	<code>sudo dnf install curl</code>

Step 3: Download the AI model

Run this command:

```
ollama pull llama3.2
```

A progress bar appears. This is the 2 GB download, so it takes a while. It is done when you see the word `success` . Leave the terminal open.

Step 4: Check Python

Almost every Linux system already has Python. Run this command to check:

```
python3 --version
```

- If you see something like `Python 3.12.3` , you are set. Any number that starts with 3 is fine. Go to the Final check.
- If you see `command not found` , install Python with the command for your system, then check again.

Your Linux	Command to install Python
Ubuntu, Debian, Mint, Kali	<code>sudo apt install python3</code>
Fedora	<code>sudo dnf install python3</code>

Final check (everyone)

You are ready when these two commands both work. Run them in your terminal.

Check 1: the AI model answers

```
ollama run llama3.2 "Reply with only the word READY"
```

Wait for it. The first answer can take up to a minute, because the model has to load. You should see `READY` . Any reply in words means it works.

Check 2: Python answers

Your computer	Command
Windows	<code>python --version</code>
Mac or Linux	<code>python3 --version</code>

You should see `Python 3` followed by more numbers.

Done?

- **Both worked:** you are ready. Leave your terminal open and enjoy the talk.
- **Something failed:** look at the next section. If that does not fix it, raise your hand.
- **Still stuck when the lab starts:** pair up with someone who is ready. You will not miss anything.

If something goes wrong

Most problems are fixed by closing the terminal and opening a new one. Try that first.

What you see	What to do
<code>ollama</code> is "not recognized" or "command not found"	Close the terminal and open a new one. If it still fails, open the Ollama app from your Start menu or Applications folder, then try again.
"could not connect to ollama"	Ollama is not running. Windows and Mac: open the Ollama app. Linux: run <code>sudo systemctl start ollama</code> .
The model download is stuck or very slow	Press Ctrl + C to stop it. Run <code>ollama pull llama3.2</code> again. It continues from where it stopped.
"not enough space" or "disk full"	Empty your Recycle Bin or Trash and delete large files from Downloads. Then run the command again.
Windows still says <code>Python was not found</code> after installing	Close the terminal and open a new one. If it still fails, run <code>py --version</code> .
Mac says Ollama needs a newer macOS	Your Mac is older than macOS 14. Pair up with a neighbour.
The Final check is very slow or the laptop freezes	Close your browser tabs and other apps, then run the check again. The first answer is always the slowest.
A school or work laptop blocks the installer	Pair up with a neighbour.

If none of these help, raise your hand and a helper will come over.

Optional: VS Code

You do not need VS Code to pass the Final check. It is a free code editor that makes the lab nicer. Start this only after your model download has finished, so the two downloads do not compete.

1. Go to code.visualstudio.com.
2. Click the big **Download** button.
3. Install it:
 - **Windows:** double-click the downloaded file and click **Next** until it says **Finish**.
 - **Mac:** open the downloaded file, then drag **Visual Studio Code** into your **Applications** folder.
 - **Linux:** choose the `.deb` file for Ubuntu, Debian, Mint or Kali, or the `.rpm` file for Fedora. Open it with your software installer.
4. Open VS Code.
5. Click the **Extensions** icon in the bar on the left. It looks like four small squares.
6. Search for `Python` and click **Install** on the one made by **Microsoft**.
7. To open a terminal inside VS Code, click **Terminal** in the top menu, then **New Terminal**.

Sources

- [Ollama on Windows](#)
- [Ollama on macOS](#)
- [Ollama on Linux](#)
- [llama3.2 model sizes](#)
- [Using Python on Windows](#)