from **C** to **D** is given by the following data: 1. A functor $L: \mathbb{C} \to \mathbb{D}$ (the *left adjoint*);

2. A functor $R: \mathbf{D} \to \mathbf{C}$ (the right adjoint);

3. A natural isomorphism $\tau : \operatorname{Hom}_{\mathbf{D}}(L-;-) \Rightarrow \operatorname{Hom}_{\mathbf{C}}(-;R)$

We use the notation $L \dashv R$ to indicate that L and R form an adjunction, with L the left adjoint and *R* the right adjoint.