What is a CI?

CI stands for Continuous Integration  
Continuous Integration is a practice where you merge the work of all your developers multiple times in a day.

Each “Integration” is run through automated tests and built.

CI is used to move fast, to move with confidence that you are not breaking anything.  
The CI Server/Program makes sure the new code won’t have unexpected side effects by performing all the tests for the app whenever a change is made  
  
A CI will tell you if your build passed or failed ( Green or Red build )

Every pull request triggers a build, a code review by one or more engineers is performed, once a green build occurs its safe to merge.