What does the fetch() method do? How can it be used instead of an AJAX call?

fetch() is a JavaScript method that allows for the use of the Fetch browser API which provides an easy way to fetch resources asynchronously across the network. It is newer and supposed to be more convenient to use. This is not the same as using AJAX, but the end result is the same.

In JQuery, what does it mean to "traverse the DOM"?

Traversing is a way to move through the DOM in order to find/select the HTML elements based on their relation to other elements. Traversing allows you to filter elements based on criteria, insert/remove new elements in a particular place, and highlight elements. Traversing the DOM does not modify elements, but allows you to move through them.

https://www.xul.fr/en/html5/fetch.php

https://www.w3schools.com/jquery/jquery_traversing.asp