1st install nextjs:

npx create-next-app@latest

app folder->

layout is a Structure of the website  
page is a content of the website

app folder is the root folder

page.js is like index.js I mean root file  
layout is a common file for all page

now create about us section  
so create folder  
app/about/page.js

then automatic if you hit  
<https://...../about> then see the about section

if you want to create custom layout for about then creage layout.js

Now add Link

Normal Html we use in <a>  
but here we use <Link>

Because  
when we use <a>  
then it go to this link with reload  
but  
Link without reload it can rander anypage