**What is Branching in Git?**

Branching means creating a separate copy of your project called a *branch* to work on new features or fixes without affecting the main code. Think of it as making a "fork" of your project where you can try changes safely.

* The main branch is often called master or main.
* You create new branches for features, bugs, or experiments.
* This way, your main code remains stable while you develop independently.

**What is Merging in Git?**

Merging means taking the changes from one branch and combining them back into another branch (often the main branch).

* When your new feature or fix is ready, you merge it into the main branch.
* Git combines the changes and, if there are conflicts (where two changes clash), you resolve them.
* This helps keep all updates organized and integrated smoothly.

**What is a Branch Request (or Branching) in GitLab?**

In GitLab, you create a new branch on the project to start working on your feature or fix.

* You usually create the branch from the main branch.
* This is done via GitLab’s web interface or using Git commands.
* It allows multiple team members to work in parallel on different branches safely.

**What is a Merge Request in GitLab?**

A Merge Request (MR) is a way to propose your changes from your branch to be reviewed and merged into another branch (usually main).

* You create an MR after finishing your work in your branch.
* Team members can review your code, discuss it, suggest changes, and approve it.
* Once approved, the MR is merged, and your changes become part of the main code.
* The MR helps keep the code quality high and makes teamwork easier.