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Get started

Quickstart

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This quickstart will walk you through running your first model with Ollama. To get started, download Ollama on macOS, Windows or Linux.

[Download Ollama](#)

Run a model

[CLI](#) [cURL](#) [Python](#) [JavaScript](#)

Start by downloading a model:

```
ollama pull gemma3
```



Then install the Ollama JavaScript library:

```
npm i ollama
```



Lastly, chat with the model:

 Assistant

Responses are generated using AI and may contain mistakes.

Ask a question...

