Quick Introduction to Apache POI - Java API for Microsoft Documents

Creating a new Workbook and getting access to cells

```
XSSFWorkbook wb = new XSSFWorkbook();
XSSFSheet sheet = wb.createSheetAt(0);
XSSFRow row = sheet.createRow(0);
XSSFCell cell = row.createCell( 0);
cell.setCellValue(„Hello World");
```

Reading the cell

```
cell.getStringCellValue();
```

Reading a Workbook from file

```
FileInputStream fis = new FileInputStream(File);
XSSFWorkbook input = new XSSFWorkbook(fis);
```