**Zap:**

A "Zap" is a workflow in Zapier that automates a task or a series of tasks between different apps. It connects two or more apps to automate repetitive tasks without coding or relying on developers to build the integration. Each Zap consists of a "Trigger" and one or more "Actions" or "Searches."

**Trigger:**

A "Trigger" is the event in an app that starts the Zap. Once you set up a Zap, Zapier will monitor the app for that event. For example, receiving a new email in Gmail, getting a new form response in Typeform, or adding a new row in a Google Sheet can all be triggers. When the trigger event occurs, Zapier will automatically start the workflow and execute the subsequent actions or searches defined in the Zap.

**Action:**

An "Action" is the event that Zapier performs after the trigger event occurs. It's what happens in another app as a result of the trigger. For instance, if the trigger is "New Email in Gmail," the action could be "Create a New Task in Todoist." So, every time you receive a new email in Gmail, Zapier would automatically create a new task in Todoist for you.

In summary:

* **Zap**: An automated workflow between apps.
* **Trigger**: The event that starts the Zap.
* **Action**: What happens as a result of the trigger.

Zapier allows you to create these Zaps to connect and automate tasks between thousands of different apps, making manual tasks more efficient and saving time.