

# Introduction

The guides on this page will explain background information on Osmosis.

[## Overview](#) [The guides on this page will explain background information on Osmosis.](#) [## What is Osmosis?](#) [Osmosis is hub. As the liquidity center and primary trading venue of Cosmos – the open, emergent ecosystem of sovereign Layer 1s connected with the Inter-Blockchain Communication protocol \(IBC\) – it is the access point for the wide world of appchains, the gateway to the interchain.](#) [## The OSMO Token](#) [The OSMO Token is a governance token that allows staked token holders to decide the future of the protocol, including every implementation detail. OSMO is currently used for the following \(although governance is free to add or remove these functions\):](#) [## Getting Started](#) [Set up a Wallet](#) [## learn about terms used in Osmosis and the Cosmos ecosystem.](#) [Edit this page](#) [Previous](#) [Overview](#) [Next](#) [What is Osmosis?](#)