A **database** is an organized collection of data stored in a computer system, typically managed by a database management system (DBMS). It allows efficient storage, retrieval, and manipulation of structured information. Now, here are **five free resources** where you can learn more about databases and SQL:

1. **Relational Database Curriculum (freeCodeCamp)**: This project-based curriculum covers Git, GitHub, Bash, Nano, SQL, PostgreSQL, and more. [You’ll build practical projects like a Mario database and a Bike rental shop1](https://www.upwork.com/resources/data-base-technology).
2. **SQL Tutorial - Full Database Course for Beginners (freeCodeCamp)**: Learn the basics of SQL, including creating tables, inserting data, and using wildcards, unions, and joins. [The course also covers installing MySQL and building a company database1](https://www.upwork.com/resources/data-base-technology).
3. **Learn SQL In 60 Minutes (Web Dev Simplified)**: A quick introduction to SQL basics, covering topics like primary keys, foreign keys, and aggregate functions. [Great for beginners who want a concise overview1](https://www.upwork.com/resources/data-base-technology).
4. **SQL For Beginners Tutorial (Amigoscode)**: Get started with PostgreSQL on Mac and Windows. Learn about creating tables, primary keys, and more. [Nelson’s YouTube channel offers additional free courses1](https://www.upwork.com/resources/data-base-technology).
5. **MySQL Database - Full Course (freeCodeCamp)**: Bharath teaches how to install MySQL locally, create tables, insert data, and perform data modeling. [The course covers locks, SQL Explain, and more1](https://www.upwork.com/resources/data-base-technology).

Feel free to explore these resources and dive into the world of databases! 📊👩‍💻