Here's the 2-minute basic intro:

1. Edit this Page. Then type as you like.
2. You can't do any permanent damage. See "Revisions" to see revision history for a page and undo changes if needed
3. See "Recent Changes" to see what people have been adding lately
4. Create a new page by putting a page name in [square brackets] (creates a new page in this wiki site), like this: page name
5. Create a hyperlink (an external link) by placing an existing URL in <angle brackets>, like this: http://www.example.com/