

Quick Practice: Create Your Own Custom AI

In 30 minutes, design and test your own Custom AI assistant for youth work or training purposes.

1. Choose your tool

Pick **one** platform to create or customise an AI:

- Mistral Agent: <https://chat.mistral.ai/agents>, easy flow of Agent creation, quite big limits for documents upload for free version
- Perplexity Spaces: <https://www.perplexity.ai/spaces>, easy to create, free version is using less advanced LLMs, but still can do less complex tasks quite well.
- NotebookLM: <https://notebooklm.google.com>, good for upload your documents, and then asking to produce lists, visuals, audio, video, based on what you uploaded.
- ChatGPT Custom GPT (*Pro version only*): <https://chat.openai.com/create>, easy creation process, high quality content generation, though sometimes 'forgets' instructions or does not search all documents provided.

2. Define one clear purpose - What's one task in youth work/training you repeat often and could offload to an assistant?

Example: "An AI assistant that helps trainers create reflection questions"

Some other possibilities: My Critical Trainer Friend; The Humorous training instruction writer; Reflection Question Generator; Training Session Designer; Evaluation results analyser;

3. Add your materials

Upload or link up to:

- 3 PDF files, clearly linked with the purpose of the AI agent
- 3 websites or sources (make sure these are accessible without login and without payment)

(Use only public or shareable materials — no personal data.)

4. Set your instructions

Add short, clear lists:

- **3 things it must do** (e.g. generate 3 questions per topic; use only uploaded sources, etc.)
- **3 things it should NOT do** (e.g. do not search online, do not use complicated words, etc.)
- **3 points on communication style** (e.g. supportive, concise, youth-work context, no emojis)

5. Test your Custom AI

Ask 2–3 practical prompts related to your purpose.

Observe how it answers and note one thing to improve.

6. Adjust & share

Tweak your instructions if needed.

If you have a few minutes left, share the link with a peer and ask for quick feedback.

Tip:

Even a custom AI can still *hallucinate* or *forget*.

Treat it as a co-creator — test, guide, and refine it.