LaTeX is a high-quality open-source typesetting system; it includes features designed for the production of technical and scientific documentation.

LaTeX compiler installation files are available for free here. To use download preferable the complete installation and install the on your machine. After installation you will require a user interface to use writing. One of the free LaTeX editors is Texnic Center which you can downloaded here.

After you have installed Miktex followed by an editor you are ready to use LaTeX. The easiest way to start learning is through the following documentation LaTeX wikibooks forum. Which provides a comprehensive coverage on how to use LaTeX in writing. For a simple test start-up compile the following code via your installed Editor. To learn more on the benefits of LaTeX visit this blog http://www.andy-roberts.net/writing/latex/benefits.

```
\documentclass[12pt,a4paper]{article}
\usepackage{graphicx}

\begin{document}
\title{Introduction to \LaTeX{}}
\author{Author's Name}
\maketitle
\begin{abstract}
The abstract text goes here.
\end{abstract}
\section{Introduction}
Here is the text of your introduction.
\begin{equation}
   \label{simple_equation}
   \alpha = \sqrt{ \beta }
\end{equation}
\subsection{Subsection Heading Here}
Write your subsection text here.
Insert a figure as below:
%\begin{figure}
%   \centering
%   \resizebox{0.75\textwidth}{!}{\includegraphics{FigureName.pdf}}
%   \caption{FigureName}
%   \label{Fig:Demo1}
%\end{figure}
\section{Conclusion}
Write your conclusion here.
\end{document}
```

For more help contact Dr. Kenduiywo