Getting started guide, beginner

Your first week

A practical seven-day plan for new players, built from how the game's systems actually work.

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Introduction

Your first week sets habits that pay off for years. This plan is the Academy's advice, not a rule, but every step is built on how the game works: energy and nerve regenerate whether you use them or not, education and training compound, and early decisions about where you live and work matter more than they look.

There is a printable version in Downloads.

How it works

Three things grow without you having to watch them, as long as you start them:

1. **Your bars.** Energy and nerve regenerate on fixed timers. Using them before they fill is free progress.
2. **Education.** A course runs in real time. Starting one on day one means it finishes days sooner.
3. **Work.** City jobs pay and give work stats daily, and job points build up to be spent on specials.

Everything else in the first week builds on those three.

Step by step

Day 1

1. Read Understanding Torn and find your gym, the Item Market and the Hospital.
2. Spend all your energy in the gym (see Gym training).
3. Spend your nerve on the easiest crimes.
4. Apply for a starter job. Army, Grocer and Casino need no work stats on your first day.
5. Start your first education course.

Days 2 to 3

1. Keep emptying your energy and nerve each time you log in.
2. Save money towards moving out of the Shack. A better property raises your maximum happiness, which raises your gym gains.
3. Read Early money and try one or two ways of earning.

Days 4 to 5

1. Unlock the next gym once you have the gym experience and the fee.

2. Look for a faction that welcomes new players (see Finding and joining a faction). A good faction gives advice, training help and, later, upgrades that boost you.
3. At level 3, consider a company job instead of a city job, if one offers better pay or useful specials.

Days 6 to 7

1. Review: what earned you the most? What did you waste?
2. Read Common mistakes.
3. Plan your next course and your next property.

Examples

- A player who empties a 100-energy bar three times a day trains with about 300 energy a day for free, compared with 100 for someone who logs in once and leaves it full.
- Starting a course on day one rather than day four means it finishes three days earlier, and every course after it does too.

Advanced tips

- Becoming a donator raises your maximum energy to 150 and regeneration to every 10 minutes. That is a real-money purchase; whether it is worth it is your choice.
- Some city jobs have passive rewards you keep forever once you reach the top position, such as the Education job's Principal rank, which shortens all future courses by 10%.
- Be careful with drugs in your first weeks. Every drug adds addiction, and once addiction is high enough you are removed from the education course you are taking.

Common mistakes

- **Logging in once a day.** Your bars fill in hours, not days.
- **Spending energy on attacks before your stats can win fights.** Training first makes later fights profitable.
- **Buying expensive items early.** Property and education give more lasting value than gear you are not ready to use.
- **Not joining anything.** Factions and companies multiply what a new player can do alone.

Sources

Torn wiki: Job: https://wiki.torn.com/wiki/Job, retrieved 2026-11-23

Torn wiki: Education: https://wiki.torn.com/wiki/Education, retrieved 2026-11-23

Torn wiki: Gym: https://wiki.torn.com/wiki/Gym, retrieved 2026-11-23

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Torn wiki: Level and Ranks: https://wiki.torn.com/wiki/Level_and_Ranks, retrieved 2026-11-23

Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Torn wiki: Nerve: https://wiki.torn.com/wiki/Nerve, retrieved 2026-11-23

Related guides: Understanding Torn, Energy, Gym training, Early money, Common mistakes, Finding and joining a faction