

Claude Ecosystem Quick Reference Card

Three Apps, One Window

Claude Cowork Online Course | Module 1 Companion



	Chat Thinking	Cowork Doing	Code Building
ENVIRONMENT	Cloud-hosted (Anthropic servers)	Local sandbox (Linux VM on your machine)	Native host (your terminal)
FILE ACCESS	Manual uploads only	Mounted folders only	Full file system access
SANDBOX	None needed (cloud)	Ubuntu VM, wiped each session	None (un-sandboxed)
EXECUTION	Conversational reasoning	Background task agent (autonomous)	Interactive REPL / terminal
PROJECT	Cloud workspace + knowledge base. Shareable.	Local folder + instructions + tasks. No cloud sync.	Implicit: the directory you launched from (git root)
MEMORY	Auto-summarized across conversations (cloud)	Project-scoped only (since March 2026). Standalone sessions have no memory.	CLAUDE.md + auto-memory (MEMORY.md)
OUTPUT	Artifacts: rendered previews in side panel	Real files on disk (.docx, .xlsx, .pdf)	Files on disk (native)
EXTENSIONS	Connectors + Skills	Connectors + Skills + Plugins	Connectors + Skills + Plugins
INSTRUCTIONS	Profile Preferences, Project Instructions, Styles (tone selector)	Global, Folder, Project instructions	~/.claude/CLAUDE.md, ./CLAUDE.md, .claude/settings.json, .claude/settings.local.json, Managed policies

Shared Across All Tabs

Your account login, the model you select, the Connectors directory

Stays Behind When You Switch

Conversations, instructions, memory, project knowledge, plugin installations

Cowork and Code share the same engine. Chat is a separate system. Nothing else syncs across tabs.