A detailed proof of Demailly's regularisation-of-currents theorem will be presented as an application of the introductory courses 1 (L^2 methods, especially Hörmander's L^2 estimates, Skoda's L^2 Division Theorem and the Ohsawa-Takegoshi L^2 Extension Theorem) and 2 (Monge-Ampère currents and masses, weak convergence of currents, plurisubharmonic functions). Many of the intermediate results needed will be presented in the form of exercises that have been split up into successive stages and provided with detailed hints that will guide the students through the proof while enabling them to discover by themselves quite a number of basic techniques.