When cooled to temperatures below approximately 2 K (-271.15 °C) liquid helium starts behaving in very peculiar ways. This behavior has come to be known as superfluidity and is a manifestation of the quantum nature of the system (known as a quantum liquid). Superfluids have been discovered in several other systems as well, some surprising, and have become an important link between many branches of physics. In this talk I will give a broad overview of superfluids, mainly in the context of liquid helium. I will show how superfluids can be used to study a range of topics in widely varying fields, and finally discuss the possibility of the existence of superfluidity in a solid system.