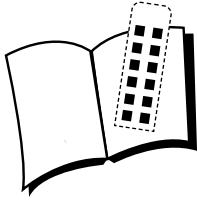


My skills in Afrikaans



Enjoy a healthy mind and body

Geniet 'n gesonde liggaam en gees



Ask questions that will help you understand what is going on

Vra vrae wat jou sal help om te verstaan wat aangaan



Convince someone of your point of view

Oortuig iemand van jou oogpunt



Listen, talk and work it out together

Luister, praat en werk dit saam uit



Test your idea – change your mind

Toets jou idee – verander van plan



Create an image or a story to show what it is like

Maak 'n prent of 'n storie om te wys hoe dit is



Step back – reflect and rethink – step back in

Staan terug – dink na – tree weer in



Work out what is right and wrong for you

Werk vir jouself uit wat is reg of verkeerd



Explore and express your emotions

Ondersoek en vertolk jou emosies



Tell a story based on the evidence

Vertel 'n storie gebaseer op die bewyse



Find your own way to solve it

Vind jou eie manier om dit op te los



Search, record, compare

Soek, maak notas, vergelyk



Make a choice and decide

Maak 'n keuse en besluit



Listen deeply to someone's feelings and thoughts

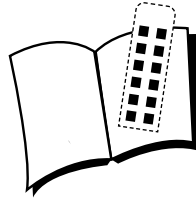
Luister diep na iemand se gevoelens en gedagtes



How did this happen? What will happen next?

Hoe het dit gebeur? Wat gaan volgende gebeur?

My skills in Afrikaans



Enjoy a healthy mind and body

Geniet 'n gesonde liggaam en gees



Ask questions that will help you understand what is going on

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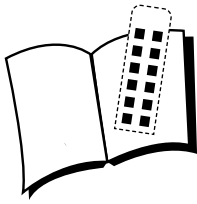
Luister diep na iemand se gevoelens en gedagtes



How did this happen? What will happen next?

Hoe het dit gebeur? Wat gaan volgende gebeur?

My skills in isiNdebele



Enjoy a healthy mind and body

Zijabulise ngengqondo kanye nomzimba ophilileko



Ask questions that will help you understand what is going on

Buza imibuzo ezakusiza bonyana uzwisise ukobana kwenzekani



Convince someone of your point of view

Dosa umuntu ngombono wakho



Listen, talk and work it out together

Lalelani, nikhulume begodu niyirarulule ngokuhlanganyela



Test your idea – change your mind

Lingelela umbono wakho – tjhugulula umkhumbulo wakho



Create an image or a story to show what it is like

Yakha umfanekiso namkha indatjana ukutjengisa ukobana injani



Step back – reflect and rethink – step back in

Thatha igadango lokubuyela emva – ucabangisise begodu ucabange butjha – buyele ngaphakathi



Work out what is right and wrong for you

Funisisa okulungileko kanye nokunga-kalungi kuwe



Explore and express your emotions

Hlola begodu zwakalisa imizwa yakho



Tell a story based on the evidence

Coca indaba ngokuya kobuFakazi



Find your own way to solve it

Thola indlela yakho yokuyirarulula



Search, record, compare

Ifune, itlole phasi, imadanise



Make a choice and decide

Khetha begodu thatha Isiqunto



Listen deeply to someone's feelings and thoughts

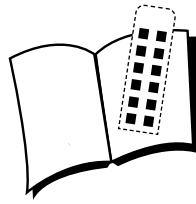
Lalela ngokunge-neleleko imizwa kanye nemicabango yomunye umuntu



How did this happen? What will happen next?

Kwenzeke njani lokhu? Kuzokwenzekani ngokulandelayo?

My skills in isiNdebele



Enjoy a healthy mind and body

Zijabulise ngengqondo kanye nomzimba ophilileko



Ask questions that will help you understand what is going on

Buza imibuzo ezakusiza bonyana uzwisise ukobana kwenzekani



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Tell a story based on the evidence

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Find your own way to solve it

Thola indlela yakho yokuyirarulula



Search, record, compare

Ifune, itlole phasi, imadanise



Make a choice and decide

Khetha begodu thatha Isiqunto



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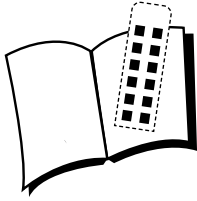
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How did this happen? What will happen next?

Kwenzeke njani lokhu? Kuzokwenzekani ngokulandelayo?

My skills in Sepedi



Enjoy a healthy mind and body

Iphshine ka mmele le mogopolo wo o phetšego gabotse



Ask questions that will help you understand what is going on

Botšiša dipotšišo tšeo di tla go thušang gore o kwešiše gore go diragalang



Convince someone of your point of view

Kgodiša motho yo mongwe ka moo o bonago dilo ka gona



Listen, talk and work it out together

Theeletša, bolela gomme le šomane le yona mmogo



Test your idea – change your mind

Lekola kgopolo ya gago – fetola mogopolo wa gago



Create an image or a story to show what it is like

Bopa seswantšho goba kanegelo go bontšha gore o nagana gore se bjang



Step back – reflect and rethink – step back in

Tšea kgato ya oragogopola o be o naganeleswa - tšea kgato ya go boela gare



Work out what is right and wrong for you

Hwetša gore ke eng seo se go loketšeng le seo se sa go lokelago



Explore and express your emotions

Lebelediša o be o tswetletše maikutlo a gago



Tell a story based on the evidence

Hlaloša tiragalo e theilwego ke bohlatse



Find your own way to solve it

Humana tsela ya gago ya go e rarolla



Search, record, compare

Nyakišiša, gatiša, bapetša



Make a choice and decide

Dira kgetho gomme o tšee Sephetho



Listen deeply to someone's feelings and thoughts

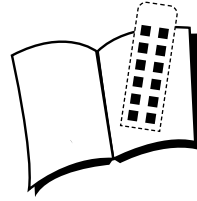
Theeletša ka go tsitsinkela maikutlo le dikgopolo tša motho yo mongwe



How did this happen? What will happen next?

Naa se se diregile bjang? Go tlo diregang morago ga fao?

My skills in Sepedi



Enjoy a healthy mind and body

Iphshine ka mmele le mogopolo wo o phetšego gabotse



Ask questions that will help you understand what is going on

Botšiša dipotšišo tšeo di tla go thušang gore o kwešiše gore go diragalang



Convince someone of your point of view

Kgodiša motho yo mongwe ka moo o bonago dilo ka gona



Listen, talk and work it out together

Theeletša, bolela gomme le šomane le yona mmogo



Test your idea – change your mind

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Work out what is right and wrong for you

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Explore and express your emotions

Lebelediša o be o tswetletše maikutlo a gago



Tell a story based on the evidence

Hlaloša tiragalo e theilwego ke bohlatse



Find your own way to solve it

Humana tsela ya gago ya go e rarolla



Search, record, compare

Nyakišiša, gatiša, bapetša



Make a choice and decide

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Listen deeply to someone's feelings and thoughts

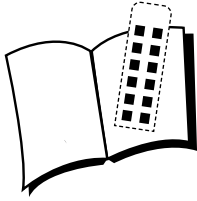
Theeletša ka go tsitsinkela maikutlo le dikgopolo tša motho yo mongwe



How did this happen? What will happen next?

Naa se se diregile bjang? Go tlo diregang morago ga fao?

My skills in Sesotho



Enjoy a
healthy mind
and body

Natefelwa
ke kelello
le mmele
o phetseng
hantle



Ask questions
that will help
you under-
stand what is
going on

Botsa dipotso
tse tla o
thusa hore o
utlwisise se
etsahalang



Convince
someone of
your point
of view

Kgodisa
motho e
mong ka
maikutlo a
hao



Listen, talk
and work it
out together

Mamelang,
buang e be
le e sebetsa
mmoho



Test your
idea – change
your mind

Leka
mohopolo
wa hao
– fetola
monahano
wa hao



Create an
image or a
story to show
what it is like

Bopa
setshwanstho
kapa pale ho
bontsha hore
se tla ba
jwang



Step back –
reflect and
rethink –
step back in

Ikgule –
lekola
botjha hape
o nahanisise –
kgutlela hape



Work out what
is right and
wrong for you

Batla se
nepahetseng
le se
fosahetseng
bakeng sa h



Explore and
express your
emotions

Hlahloba le
ho hlalisa
maikutlo a
hao



Tell a story
based on the
evidence

Pheta pale
e nang le
Bopaki



Find your
own way
to solve it

Fumana tsela
ya hao ya
ho e
rarolla



Search, record,
compare

Fuputsa,
ngola
fatshe, bapisa



Make a choice
and decide

Kgetha
mme o
etse Qeto



Listen deeply
to someone's
feelings and
thoughts

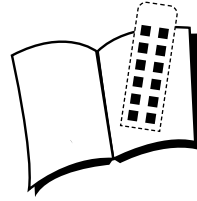
Mamela ka ho
teba maikutlo
le menahano
ya motho e
mong



How did this
happen?
What will
happen next?

Na hona ho
etsahetse
jwang? Na ho
tliilo etsahala
eng ho ya
pele?

My skills in Sesotho



Enjoy a
healthy mind
and body

Natefelwa
ke kelello
le mmele
o phetseng
hantle



Ask questions
that will help
you under-
stand what is
going on

Botsa dipotso
tse tla o
thusa hore o
utlwisise se
etsahalang



Convince
someone of
your point
of view

Kgodisa
motho e
mong ka
maikutlo a
hao



Listen, talk
and work it
out together

Mamelang,
buang e be
le e sebetsa
mmoho



Test your
idea – change
your mind

Leka
mohopolo
wa hao
– fetola
monahano
wa hao



Create an
image or a
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what it is like

Bopa
setshwanstho
kapa pale ho
bontsha hore
se tla ba
jwang



Step back –
reflect and
rethink –
step back in

Ikgule –
lekola
botjha hape
o nahanisise –
kgutlela hape



Work out what
is right and
wrong for you

Batla se
nepahetseng
le se
fosahetseng
bakeng sa h



Explore and
express your
emotions

Hlahloba le
ho hlalisa
maikutlo a
hao



Tell a story
based on the
evidence

Pheta pale
e nang le
Bopaki



Find your
own way
to solve it

Fumana tsela
ya hao ya
ho e
rarolla



Search, record,
compare

Fuputsa,
ngola
fatshe, bapisa



Make a choice
and decide

Kgetha
mme o
etse Qeto



Listen deeply
to someone's
feelings and
thoughts

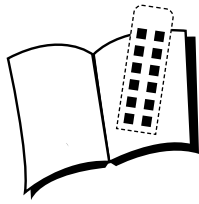
Mamela ka ho
teba maikutlo
le menahano
ya motho e
mong



How did this
happen?
What will
happen next?

Na hona ho
etsahetse
jwang? Na ho
tliilo etsahala
eng ho ya
pele?

My skills in Setswana



Enjoy a healthy mind and body

Itumelele tthaloganyo le mmele o o itekanetseng



Ask questions that will help you understand what is going on

Botsa dipotso tse di tlaa go thusang go tthaloganyanya gore go diragala eng



Convince someone of your point of view

Bolelela mongwe o dire gore a tthaloganyane se o se naganang



Listen, talk and work it out together

Reetsang, buang mme lo direng mmogo



Test your idea – change your mind

Leka kgopolo ya gago – fetola mogopolo wa gago



Create an image or a story to show what it is like

Tlhopha o bo o tsaya Tshwetso



Step back – reflect and rethink – step back in

Eya kwa morago – akanya o bo o nagane gape – boela mo teng gape



Work out what is right and wrong for you

Iterele go bona se se go siametseng le se se sa go siamelang



Explore and express your emotions

Tlhotlhomisa o bo o tlhagise maikutlo a gago



Tell a story based on the evidence

Fa kanelo e e theilweng mo Bosuping



Find your own way to solve it

Batla tsela ya gago ya go e rarabolola



Search, record, compare

Batla, kwala, bapisa



Make a choice and decide

Tlhopha o be o tsaya tshwetso



Listen deeply to someone's feelings and thoughts

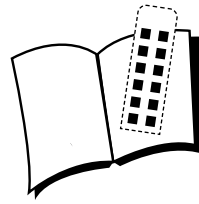
Reetsa ka boteng maikutlo le tthaloganyo ya yo mongwe



How did this happen? What will happen next?

Se diragetse jang? Go tile go diragala eng morago?

My skills in Setswana



Enjoy a healthy mind and body

Itumelele tthaloganyo le mmele o o itekanetseng



Ask questions that will help you understand what is going on

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Tell a story based on the evidence

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Find your own way to solve it

Batla tsela ya gago ya go e rarabolola



Search, record, compare

Batla, kwala, bapisa



Make a choice and decide

Tlhopha o be o tsaya tshwetso



Listen deeply to someone's feelings and thoughts

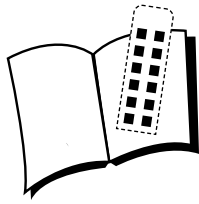
Reetsa ka boteng maikutlo le tthaloganyo ya yo mongwe



How did this happen? What will happen next?

Se diragetse jang? Go tile go diragala eng morago?

My skills in siSwati



Enjoy a
healthy mind
and body

Tfokotela
ingcondvo
nemtimba
lophile kahle



Ask questions
that will help
you under-
stand what is
going on

Buta imibuto
letakusita
kuvisisa kutsi
kwentekani



Convince
someone of
your point
of view

Kholisa
lomunye
umuntu
ngembono
wakho



Listen, talk
and work it
out together

Lalela,
khuluma futsi
niyisebente
sikanye



Test your
idea – change
your mind

Hlola
umbono
wakho –
ntjintja
umcondvo
wakho



Create an
image or a
story to show
what it is like

Enta sitfombe
nobe indzaba
kukhombisa
kutsi injani



Step back –
reflect and
rethink –
step back in

Buyela emuva
– cabangisisa
uphindze
ucabange
kabusha –
buyela futsi



Work out what
is right and
wrong for you

Tfola kutsi
ngukuphi
lokulungile
nalokunga-
lungi kuwe



Explore and
express your
emotions

Hlolisa
uphindze
ukhombise
imivo yakho



Tell a story
based on the
evidence

Coca indzaba
mayelana
neBufakazi



Find your
own way
to solve it

Tfola indlela
yakho
yekuyicat-
ulula



Search, record,
compare

Phenya,
rekhoda,
chatsanisa



Make a choice
and decide

Khetsa futsi
utsatse
Sincumo



Listen deeply
to someone's
feelings and
thoughts

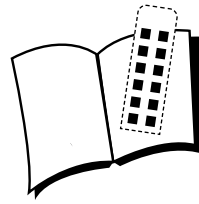
Lalelisa
imiva
nemicabango
yalomunye
umuntu



How did this
happen?
What will
happen next?

Kwenteke
Njani
Loku? Yini
Lokutawu-
landzela?

My skills in siSwati



Enjoy a
healthy mind
and body

Tfokotela
ingcondvo
nemtimba
lophile kahle



Ask questions
that will help
you under-
stand what is
going on

Buta imibuto
letakusita
kuvisisa kutsi
kwentekani



Convince
someone of
your point
of view

Kholisa
lomunye
umuntu
ngembono
wakho



Listen, talk
and work it
out together

Lalela,
khuluma futsi
niyisebente
sikanye



Test your
idea – change
your mind

Hlola
umbono
wakho –
ntjintja
umcondvo
wakho



Create an
image or a
story to show
what it is like

Enta sitfombe
nobe indzaba
kukhombisa
kutsi injani



Step back –
reflect and
rethink –
step back in

Buyela emuva
– cabangisisa
uphindze
ucabange
kabusha –
buyela futsi



Work out what
is right and
wrong for you

Tfola kutsi
ngukuphi
lokulungile
nalokunga-
lungi kuwe



Explore and
express your
emotions

Hlolisa
uphindze
ukhombise
imivo yakho



Tell a story
based on the
evidence

Coca indzaba
mayelana
neBufakazi



Find your
own way
to solve it

Tfola indlela
yakho
yekuyicat-
ulula



Search, record,
compare

Phenya,
rekhoda,
chatsanisa



Make a choice
and decide

Khetsa futsi
utsatse
Sincumo



Listen deeply
to someone's
feelings and
thoughts

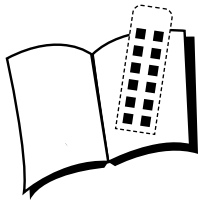
Lalelisa
imiva
nemicabango
yalomunye
umuntu



How did this
happen?
What will
happen next?

Kwenteke
Njani
Loku? Yini
Lokutawu-
landzela?

My skills in Tshivenda



Enjoy a healthy mind and body

ifhelwani nga muhumbulo na muvhili zwi re na mutakalo



Ask questions that will help you understand what is going on

Vhudzisani mbudziso dzine dza o ni thusa u pfesesa zwine zwa khou itea



Convince someone of your point of view

Itani uri mu we muthu a pfesese kuvhonele kwa u



Listen, talk and work it out together

Thetshesani, ambani ni shumane nazwo no he



Test your idea - change your mind

Lingani muhumbulo wa u - shandukisani tsho ya u



Create an image or a story to show what it is like

Vhumbani tshifanyiso kana tshi ori u sumbedza uri zwi hani



Step back - reflect and rethink - step back in

Sendelani murahu - isedzuluseni ni humbule hafhu - ni dovhe ni dzhene



Work out what is right and wrong for you

iwaneleni zwo ni lugelaho na zwi songo ni lugelaho



Explore and express your emotions

Sedzulusani ni ambe zwi pfi zwa u



Tell a story based on the evidence

Ambani mafhungo o itikaho nga vhu anzi



Find your own way to solve it

iwaneleni n ila ya u zwi tandulula



Search, record, compare

o ulusani, rekhodani, vhambedzani



Make a choice and decide

Nangani ni dzhie Tsho



Listen deeply to someone's feelings and thoughts

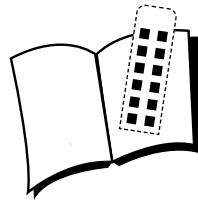
Thetshesani nga maan a zwi pfi na mihumbulo zwa mu we muthu



How did this happen? What will happen next?

Zwo itea hani? Hu o iteani u bva afho?

My skills in Tshivenda



Enjoy a healthy mind and body

ifhelwani nga muhumbulo na muvhili zwi re na mutakalo



Ask questions that will help you understand what is going on

Vhudzisani mbudziso dzine dza o ni thusa u pfesesa zwine zwa khou itea



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Create an image or a story to show what it is like

Vhumbani tshifanyiso kana tshi ori u sumbedza uri zwi hani



Step back - reflect and rethink - step back in

Sendelani murahu - isedzuluseni ni humbule hafhu - ni dovhe ni dzhene



Work out what is right and wrong for you

iwaneleni zwo ni lugelaho na zwi songo ni lugelaho



Explore and express your emotions

Sedzulusani ni ambe zwi pfi zwa u



Tell a story based on the evidence

Ambani mafhungo o itikaho nga vhu anzi



Find your own way to solve it

iwaneleni n ila ya u zwi tandulula



Search, record, compare

o ulusani, rekhodani, vhambedzani



Make a choice and decide

Nangani ni dzhie Tsho



Listen deeply to someone's feelings and thoughts

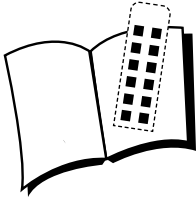
Thetshesani nga maan a zwi pfi na mihumbulo zwa mu we muthu



How did this happen? What will happen next?

Zwo itea hani? Hu o iteani u bva afho?

My skills in isiXhosa



Enjoy a healthy mind and body

Yonwabela ingqondo nomzimba osempilweni



Ask questions that will help you understand what is going on

Buza imibuzo eya kukunceda ekuqondeni okuqhubekayo



Convince someone of your point of view

Kholisa omnye umntu ngoluvo lwakho



Listen, talk and work it out together

Mamelani, thethani niyisombulule kunye



Test your idea - change your mind

Vavanya uluvo lwakho - tshintsha ingqondo yakho



Create an image or a story to show what it is like

Yila umzobo okanye ibali elibonakalisa ukuba injani na



Step back - reflect and rethink - step back in

Buya umva - cinga ucingisise kwakhona - phinda ubuyele



Work out what is right and wrong for you

Khangela okukulungeleyo noko kungakulungelanga wena



Explore and express your emotions

Lubhence uluvakalise uvakalelo lwakho



Tell a story based on the evidence

Balisa ibali elisekelwe kubungqina



Find your own way to solve it

Zifunele eyakho indlela yokuyisombulula



Search, record, compare

Phanda, bhala phantsi iinkcukacha, thelekisa



Make a choice and decide

Khetha uze uthathe Isigqibo



Listen deeply to someone's feelings and thoughts

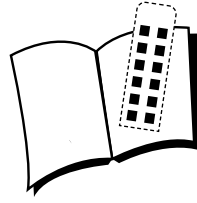
Zimamelisise izimvo neengcinga zomnye umntu



How did this happen? What will happen next?

Yenzeke njani le nto? Yintoni eza kulan-dela?

My skills in isiXhosa



Enjoy a healthy mind and body

Yonwabela ingqondo nomzimba osempilweni



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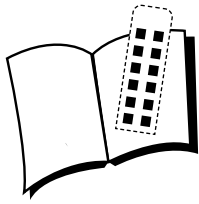
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How did this happen? What will happen next?

Yenzeke njani le nto? Yintoni eza kulan-dela?

My skills in Xitsonga



Enjoy a healthy mind and body

Tiphine hi miehleketo na miri wa rihanyu



Ask questions that will help you understand what is going on

Vutisa swivutiso leswi swi nga ta ku pfuna leswo u twisisa hi leswi swi humelelaka



Convince someone of your point of view

Endla munhu wun'wana a kholelwa eka mavonelo ya wena



Listen, talk and work it out together

Yingisela, vulavula na ku tirhana na swona hi ku hlanyanya swin'we



Test your idea – change your mind

Ringa muanakanyo wa wena – cinca mavonelo/ ngqondo ya wena



Create an image or a story to show what it is like

Vumba xifaniso kumbe xitori ku kombisa leswi xi nga hi xiswona



Step back – reflect and rethink – step back in

Tihelela endzhaku – anakanya endzhaku na ku tlhela u ehleketa nakambe – tihelela endzeni



Work out what is right and wrong for you

Kuma leswo hi swihi leswi nga lulama na leswo hi swihi leswi nga lulamangu eka wena



Explore and express your emotions

Xopaxopa no humesa matitwelo ya wena



Tell a story based on the evidence

Rungula xitori hi ku landza Vumbhoni



Find your own way to solve it

Kuma ndlela ya wena ya ku thantlha xirhalanganyi lexi



Search, record, compare

Secha, rekhoda, pimanisa



Make a choice and decide

Langa no Tekka Xiboho



Listen deeply to someone's feelings and thoughts

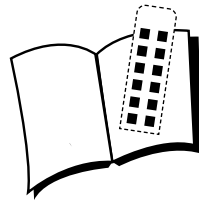
Yingisela hi vuenti matitwelo ya munhu wun'wana na miehleketo ya yena



How did this happen? What will happen next?

Xana leswi swi humelerise ku yini? Xana ku ta humelela yini ka ndzhaku?

My skills in Xitsonga



Enjoy a healthy mind and body

Tiphine hi miehleketo na miri wa rihanyu



Ask questions that will help you understand what is going on

Vutisa swivutiso leswi swi nga ta ku pfuna leswo u twisisa hi leswi swi humelelaka



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Kuma ndlela ya wena ya ku thantlha xirhalanganyi lexi



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Secha, rekhoda, pimanisa



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Langa no Tekka Xiboho



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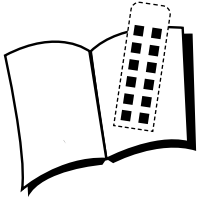
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My skills in isiZulu



Enjoy a healthy mind and body

Thokozela ingqondo nomzimba onempilo enhle



Ask questions that will help you understand what is going on

Buza imibuzo ezokusiza uqondise ngokwenze-kayo



Convince someone of your point of view

Yenza omunye umuntu akholelwe kumbono wakho



Listen, talk and work it out together

Lalela, khuluma ebese nixazulula nonke ngokuhlanganyela



Test your idea – change your mind

Hlola umbono wakho – shintsha ingqondo yakho/guqula umqondo wakho



Create an image or a story to show what it is like

Yenza umfanekiso noma indaba ukubonisa indlela okunjengayo



Step back – reflect and rethink – step back in

Buyela emuva – buyekeza okucabangayo nokucabanga kabusha – buyela kukho futhi



Work out what is right and wrong for you

Thola ukuthi yini okukulungele nokungakulungele



Explore and express your emotions

Hlola kanzulu ebese uveza imizwa yakho



Tell a story based on the evidence

Landa indaba ngokulandela Ubufakazi



Find your own way to solve it

Thola indlela yakho yokuyixazulula



Search, record, compare

Sesha, rekhoda, qathanisa



Make a choice and decide

Khetha ebese uthatha isinqumo



Listen deeply to someone's feelings and thoughts

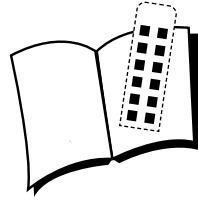
Lalela kanzulu imizwa nemicabango yomunye umuntu



How did this happen? What will happen next?

Ngabe lokhu kwenzeka kanjani? Ngabe yini okuzolandela?

My skills in isiZulu



Enjoy a healthy mind and body

Thokozela ingqondo nomzimba onempilo enhle



Ask questions that will help you understand what is going on

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