

New York State of Mind London calling: a stroll along the Thames Sydney Breathe in the ocean in a busy city Dublin Have a great craic! Chicago Lakeside winds





New York State of Mind



There is something in the New York air that makes sleep useless.

Simone de Beauvoir, French writer and philosopher

efore your feet touch the ground at LaGuardia or JFK airport, here's some practical advice on how to get around the city without revealing that you are a tourist. When hailing a taxi, make sure that its roof lights are on, a sign that a taxi is available. If they are completely turned off, there already is a passenger in the cab, while if only the side lights are on, you're out of luck – the driver is off-duty (actually most of them are off-duty in the peak hours between 4 pm and 5 pm, due to shift-change schedule).

Rude but polite

While wandering around the city on foot, don't wait for the walk sign when crossing a street, you are fine to go provided there is a lull in traffic. Neither should you be overly polite when hopping on a crowded subway. A healthy dose of hostility is recommended, if you really want to get on board. Last, but not least, say "thank you" to a bus driver when leaving a bus, it's a widespread custom in NYC.

Must-sees

New York City has arguably one of the highest numbers of iconic places in the world. Manhattan Island is packed with such renowned landmarks as Times Square, Central Park, the Museum of Modern Art or the Empire State Building. From the top of the latter, you can enjoy an unobstructed view of Manhattan. It costs more than \$50 dollars to get to the 102nd floor, but you may choose a bit less pricey spot on the Top of The Rock observation deck located at the apex of the Rockefeller Center.

Alternatively, you can try something different – the Roosevelt aerial tramway which links Roosevelt Island with Manhattan. For as little as \$2.50 you can hop on an aerial gondola and have a splendid view over East Manhattan. Once you have taken a selfie with skyscrapers in the background, it's time to check what NYC is offering at the ground level.





Chelsea Hotel

"I remember you well in the Chelsea Hotel" go the lyrics of one of Leonard Cohen's songs about the NYC landmark, and the home to many notable residents, including writers, singers, actors and artists. Janis Joplin, Iggy Pop, Charles Bukowski or Tom Waits, among others, lived at the Chelsea Hotel at some point of their lives. Currently, the hotel does not accept long-term residents, but it is still home to many, who had lived there before the change of policy took effect.





New York State of Mind

City of celebrities

New York is full of recognizable places known from films. At 590 Lexington Avenue you will find a subway grate upon which Marilyn Monroe stood trying to hold down her dress being blown upwards, an iconic pop culture image. The glass of the Tiffany's store into which Audrey Hepburn gazed in Breakfast at Tiffany's is located on Fifth Avenue. You may also want to pay a visit to Carrie Bradshaw's apartment from Sex and the City on 1866 Perry Street, Greenwich Village. Bear in mind that this is a private house and respect the resident's privacy. You can't stand on the steps and if you do take a photo, a donation for charity is expected.





Fine arts

In search of entertainment, catch *Mamma Mia!* or *Phantom of the Opera*, two of many shows still going strong on Broadway. Located in Manhattan, Broadway comprises 40 official theatres with 500 or more seats, charging the highest prices for their shows, which can easily reach \$100 per ticket. Don't worry if you can't afford them, you can buy same-day show tickets at half-price at the Times Square TKTS booth. Bad luck getting tickets? You can still enjoy great shows at Off-Broadway and Off-Off Broadway, both names referring to smaller and cheaper theatres just around the corner.



One step further

Tired of the city clamour? Try an excursion outside the NYC. You may want to visit Woodstock, a place most famous for the 1969 music festival of the same name, just a two-hour drive away. If nature is your thing then head for awe-inspiring views of the Niagara falls, but be prepared for a two-day trip, as it is some 350 miles away from New York City.



Past and present

New York City's history starts in 1624, when the Dutch West India Company sent 30 families to tiny Nutten Island (now: Governors Island) in order to establish the first settlement, dubbed New Amsterdam. The next year, the community's leader Peter Minuit, acquired Manhattan Island from Native Americans for 60 goulders (equal to \$1,000 dollars in 2006), a transaction which turned out to be pivotal in the history of NYC. Although only 300 people lived in Manhattan at that time, the settlement began to expand rapidly and by 1810 it became the largest city in the Western hemisphere, with a population of 202,589. Currently, there are more than 8 million people living in New York's five boroughs, which makes the city the most populous in the US, a melting pot of cultures, nations and languages. In fact, the term "melting pot" was coined to describe the inflow of immigrants to New York and was used metaphorically for the first time in the 1908 play of the same name.

Glossary

to hail a taxi – wzywać taksówkę off-duty – nie na służbie, tu: nie przyjmujący pasażerów lull – spokój, chwilowy brak ruchu unobstructed – niezakłócony apex – wierzchołek, szczyt to gaze – spoglądać clamour – wrzawa, zgiełk awe-inspiring – wzbudzający respekt settlement – osada melting pot – tygiel (tu: mieszanina wielu kultur i narodowości)

London calling: a stroll along the Thames



When a man is tired of London, he is tired of life.

Samuel Johnson, 16th century poet and essayist

he important thing you should know about London before arriving is that most of the popular events and places are usually overbooked, therefore you should plan in advance. If you want to have a dinner at big-name restaurants, like Gordon Ramsey in Chelsea , be aware that you should make your reservation three to six months ahead. The same goes for Saturday night big West-End shows.

If you are fond of "serious" theatres and want to see Kevin Spacey performing at the Old Vic, you should book at least two months before. As to sports events, the Wimbledon tennis tournament offers a public ballot, which closes in December of the preceding year. Don't worry, however, if you missed the deadline. In fact, Wimbledon is one of few premium sports events in the UK where you can buy a ticket on the day of the game, but you must be prepared to stand in an overnight queue.

Southbank

You may begin your journey with a stroll through the Southbank area. Stretching for two miles along the River Thames. it is home to iconic attractions, designer boutiques and art venues. Dominating the area is the London Eye, a 135-metre observation Ferris wheel with 32 capsules, one for each of London's boroughs. Within the 30 minutes it takes the wheel to make a full circle, you will see all the major London landmarks. However, if you don't feel like waiting an hour in a queue, you may visit the highest skyscraper in the European Union, the Shard. For the price of the London Eye ticket, you will be treated with a cocktail in a bar at the top of the building, from where you can enjoy the city skyline.





The Oyster Card is a sort of electronic ticket, which allows you to travel on the tube, buses, suburban trains, and other means of transport, including even some boat trips. With the oyster card you save money as you get the cheapest fare for your route. The card is free, but you have to pay £5 of refundable deposit or you may also purchase a visitor oyster card for £3 and take it home as a souvenir. Good advice: try to avoid using the tube during rush hour as it is extremely overcrowded. If you prefer taxis, try to choose black cabs (famous London taxis) over minicabs. The former, also known as hackney carriage, has a meter, so you know how much you are paying, while a licensed driver knows alternative ways which may turn out to be useful since traffic in London can be really bad.

London calling: a stroll along the Thames



On the other side of the river, you will find the City, or the Square Mile, as it is called after its size. This is where London was originally located. Today, this international financial centre has its own police and is home to many of London's landmarks including St. Paul's Cathedral, the Tower Bridge, the Tower of London and the London Museum. The population of the City is only 8,000, which is why the City may seem deserted on the weekends, when the financial district stops bustling and resembles a ghost town.

Stores with history

If jewellery is your thing, you just can't miss the London Silver Vaults located near Chancery Lane. It dates back to 1876, when it started renting safe rooms for storing valuables. The vault has 1.2-meter thick walls and has never been broken into. Currently, it houses some 30 specialist shops where you can buy quality English silver. Within a walking distance from the vault, located at 216 Strand, there is the 300-year-old Twinings store. The company has occupied the same premises since 1706, when Thomas Twining bought Tom's Café and transitioned it into a tea house. Presently, you can choose among a plethora of different tea types and pay a visit to the Twinings museum, adjacent to the shop.

Borough market

Southbank offers a variety of places to eat, with one of the most vibrant wholesale and retail food markets in Europe, the Borough market, just off the London Bridge. Stallholders trade specialities directly from producers, with an offer ranging from fresh fruits and vegetables, through meat, cheese, pastries and wine, to traditional continental food. If you're looking for something more up-scale, you can have lunch at the OXO tower. You will find great cuisine in a restaurant at the top of the tower while enjoying breathtaking views of the River Thames and the Embankment. The tower itself is home to designer boutiques, hairdressers, cafés and art shops.



Past and present

London's history dates back to the Romans, who founded the settlement in AD 43, naming it Londinium. The city survived the Viking invasions and the Norman occupation in the 11th century, as well as a number of natural disasters, such as fires, in its long history. The most notable one was the Great Fire of 1666. It destroyed 60% of the city, including 13,000 houses. The fire also ended the plague epidemic of 1665. More recently, London was the target of several terrorist attacks.

It remains the wealthiest and most populous city in the UK. Since 1851, the number of residents has nearly guadrupled, reaching more than 8.5 million people, of which almost 37% are foreign-born. Present day London is a real melting pot of cultures, with the second largest immigrant population, behind New York City, in absolute numbers.



Glossary

ballot – głosowanie, tu: losowanie refundable - podlegający zwrotowi wholesale - hurtowy retail – detaliczny stallholder – właściciel straganu **deserted** – opuszczony, bezludny to bustle – krzątać się, spieszyć się premises – siedziba, teren, posesja vault - sejf, skarbiec quadruple – wzrosnąć czterokrotnie

Speak Up – Główny partner metodyczny

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FIVE CITIES ONE LANGUAGE – 4



Breathe in the ocean in a busy city



If Paris is a city of lights, Sydney is the city of fireworks.

Baz Luhrmann, the director of Moulin Rouge! and Romeo+Juliet

or a warm-up, take a free walking tour with a local guide. It doesn't matter what the weather is like, the staff from I'm Free Walking Tours depart every day at 10.30 am and 2.30 pm. The three-hour easy walking tours will show you the most interesting sights.

Roam and explore

Harbour Bridge is among the must-see sights in Sydney. Climbing the bridge costs around 120-300 Australian dollars (plus, you cannot take your camera with you) so a cheaper (free of charge) option is to simply walk across the Harbour Bridge and take in the same panoramic views at a bit lower level. You can also visit the Pylon Lookout (just 200 steps up) for just \$11 and get fantastic views plus three levels of exhibits telling the history of the Bridge.

Circular Quay, the hub of Sydney Harbour is a great place to wander and take photos of the Opera House and the Harbour Bridge. Nearby is the entrance to the Royal Botanical Gardens. If you want to get to different parts of the city, ferries leave every few minutes. Additionally there is a chance that you may see a huge ship arrive at or depart from the port.





Hello, kangaroo

Have you always wanted to see a huge crocodile, a kangaroo or a sweet koala bear? Meet the wonderful and bizarre Australian animals at the Sydney Zoo if you are not planning on seeing them in the wild. You can also take a walk through Aussie (Australian sheepdog) habitats or encounter night creatures. A little tip for you – buying tickets online is much cheaper than at the gate. You can get to the zoo from Circular Quay by a ferry.



Breathe in the ocean in a busy city

Blue mountains

The Blue Mountains make for a great day trip out of the hustle and bustle of the city. You will get there by the train from Sydney to Katoomba. After two hours, you will step out into breathtaking scenery of steep hills covered with gum trees. The name "Blue Mountains" is derived from the blueish mist of oil, given off by these gum trees. Take comfortable shoes and start your exploration!

Get off the beaten track and take a 20-minute trip by ferry from Circular Quay to Cockatoo Island, once one of the biggest shipyards in Sydney, now a heritage site. The place is impressive in itself: there are several tunnels filled with old iron industrial machines and the island hosts various festivals throughout the year.





Out of the way

If you feel like camping, there is no better place than the Sydney area! Try the Royal National Park. Australia's oldest and the world's second oldest National Park behind Yellowstone. Located within a short drive (just a couple of hours) south of Sydney's Central Business District (CBD or just "the City"), you can relax surrounded by one of the most beautiful landscapes you'll ever find.

Do you want to experience one of the most wonderful ocean beaches? Take a ferry from Circular Quay to Manly. A private sightseeing cruise around the harbour would cost you \$50, while the ferry to Manly Wharf is \$10 (\$14 return). The trip takes about 30 minutes and departs every half an hour. Once you hit the ground, you have the choice of a walking the scenic Manly to Spit Bridge walk (9.1 km long) or hiring a bicycle and exploring the beautiful sights on the beach. Plan to spend at least half a day at Manly before coming back



From above

and have some more money to spend? Take an amazing helicopter tour (operated by one of three companies) and enjoy the magnificent view of Sydney and the entire harbour!

Do you fancy helicopters

Be frugal

Buy a MyMulti Day Sydney Pass and enjoy unlimited travel on trains, buses and ferries for \$21 per day or \$60 per week. If you are travelling with family, every Sunday you get unlimited travel on all trains, buses, ferries and light rail for just \$2.50 per person. You may be interested in a free CBD shuttle (route 555) which runs every 10 minutes on a loop from Central Station to Circular Quay via Elizabeth and George Streets.



Past and present

Distant, from the European perspective, Sydney is the state capital of New South Wales. located on Australia's beautiful east coast. To the west, it sprawls towards the Blue Mountains. Indigenous Australians inhabited the city area for hundreds of years. The first British settlers arrived in the late 18th century and founded Sydney as a penal colony.

Sydney grew to become a global multicultural economic centre. It is the most populous city in Australia with a population of 4.4 million including people of various ethnic and cultural backgrounds. There are over 250 different languages spoken in the city and about one-third of the residents speak a language other than English at home. Sydney is a fine example of a multicultural city!

Glossary

to roam = to wander - wedrować habitat – środowisko naturlne, siedlisko to encounter – napotkać hustle and bustle - rwetes, bieganina, pośpiech to derive from – pochodzić od heritage – spuścizna, dziedzictwo scenic – malowniczy to fancy - mieć ochote na frugal – oszczędny, skromny to sprawl – rozprzestrzeniać się, rozlewać się (o zabudowie miejskiej)

Speak Up – Główny partner metodyczny

FIVE CITIES ONE LANGUAGE – 6



Have a great craic!



Good puzzle would be cross Dublin without passing a pub.

James Joyce, a Dublin-born writer, the author of Ulysses

ublin is an example of a city where history is visible at every corner. Street signs are still written in both English and Irish (Gaelic). The city vibrates with the music played by buskers on pavements and people having a good time in various pubs all day and all night long. The night life of Dublin and numerous tourist attractions encourage many to visit the capital of Ireland and enjoy its exceptional atmosphere.

The black stuff

Let's start with the Temple Bar, which is the cultural and party heart of the city, located on the south bank of the River Liffey in central Dublin. Venues such as the Palace Bar, the Temple Bar Pub, Oliver St. John Gogarty's and the Auld Dubliner are where you can have some true "craic" (Irish word for "fun"), apart from a pint of some of the best beer in the world.

If you hear someone asking for "a pint of the black stuff," it means the famous dry stout, Guinness.

As for tipping, restaurants and cafés will most likely add a 10 to 15 percent service charge to your bill. If a service charge is not allotted, it's customary to tip the equivalent. If you're drinking at a pub or a wine bar, tipping is voluntary.





€18

is the admission charge to the Guinness Storehouse, a place where the internationally known Irish beer is made. The fee is rather steep, but it's free if you have a valid Dublin Pass! Learn how the beer is made and, most importantly, drink a delicious pint of Guinness in the panoramic Gravity Bar for free! If you want to skip the tour (and save the €18) but still drink your Guinness close to the Storehouse, you can always enter the area of the factory without going into the museum itself.



Have a great craic!

Green hat extravaganza

Don't miss St. Patrick's Festival if you are in the city around March 17! Take part in a treasure hunt. watch a boat race. join a parade or a party in one of the busy Dublin pubs. Every year, the streets turn green, as do Dubliners' clothes, the music gets louder as the people celebrate the national holiday.



Time and monev

If you're operating on a shoestring budget, visit free attractions like the National Gallery, the Museum of Modern Art or the Kilmainham Gaol (a famous prison where Irish independence fighters were kept). Steer clear of taxis, they are way too expansive! Your feet and the city transit system will serve you just fine.

If you cannot spend too much time at the National Museum of Ireland, but you still want to learn about Dublin, the Little Museum of Dublin is an excellent solution for you. It is a tiny place, but covers the most recent 100 years of the city's history. You can discover the story of Dublin in just half an hour. The museum is not only entertaining but very reasonably priced, as the admission fee for adults is around €7 and €3 to €4.50 for children.



Music and beer

Whelan's might not appear in every guide book, but is truly worth visiting. It is a legendary music venue, a home for rock/alternative/folk bands from all around the world. Arctic Monkeys, Ed Sheeran and Kate Nash played there and left their mark on this place. Feel like catching the spirit of Irish music and having a good refreshing beer? Whelan's is a perfect place for you then. A fun fact about the venue - it was where some scenes of the film P.S. I Love You were shot

Fans of such Ireland-born idols as U2. Van Morrison and Sinead O'Connor used to flock to the Irish Music Hall of Fame, but the museum has recently been closed and is awaiting reopening at a new location. Nevertheless, you can still see the photographs of the greatest Irish musicians still hanging on the wall outside the former museum.



One step further

Are you tired of the hustle and bustle of the city centre? Give your guidebook a day off and take a short 20-minute northbound trip using DART (Dublin Area Rapid Transit) and you will come across a peaceful fishing village of Howth. This place is an ideal resting spot where you can enjoy a magnificent panoramic view of Dublin. Howth is also where Leopold Bloom proposed to Molly in Ulysses. What is more, every Sunday there is a fish market on the pier.

Past and present

Dublin is Ireland's largest city, the country's capital and its very heart. It was founded as a Viking settlement in the first half of the 9th century. The name Dublin comes from Old Irish meaning "black pool" or "dark pool," which refers to a dark tidal pool where the River Poddle entered the River Liffey. Dublin is located on the coast of the Irish Sea. The city expanded rapidly in the 17th century and was the second largest city in the British Empire before the Act of Union in 1800. Between 1846 and 1851, about 1 million people died and 2 million emigrated from Ireland due to the Irish Potato Famine. After the partition of Ireland in 1922, Dublin became the capital of the Irish Free State - the Republic of Ireland.

The population of the city now totals around 530,000 people and is composed of people with different nationalities and backgrounds. Less than 80% of the capital's residents are Catholic, with Muslims comprising the main minority religious group in the city.

Glossary

busker – grajek uliczny pint – miara objkętości, ok. pół litra to allot – przydzielać, wyznaczać to flock – gromadzić się stadnie hustle and bustle – rwetes, bieganina, pośpiech **shoestring budget** – bardzo małym kosztem to steer clear – unikać, trzymać się z dala tidal – pływowy, związany z pływami famine – klęska głodu to commemorate – upamiętnić



Lakeside winds



Hollywood is hype, New York is talk, Chicago is work.

Michael Douglas, actor

hicago's lakefront is its most redeeming feature. It is mostly made up of parks and public spaces open to everyone. With breathtaking photo opportunities from Adler Planetarium, the city's skyline comes out on a sunny day. Around Adler, statues of Kosciuszko, Havlicek and Copernicus are just a handful of the monuments found in the city. Visitors will also find numerous museums, Soldier Field (home of the Chicago Bears football team), and Grant Park with concerts and events all year round. Live blues are best at Buddy Guy's Legends on Wabash Street.

Sampling Chicago

The annual mid-July "Taste of Chicago" gives a sampling of the city's diverse cuisine. A short elevated train ride to Goose Island Brewery will give you a taste of locally brewed beer. Chicago's elevated train rapid transit system includes eight lines and offers a quick connection with most parts of the city and the "Loop," also known as Downtown.

On the weekends, Chicagoans can be seen on the lakefront. North Avenue Beach is where the bikini-clad hardbodies can be found. Volleyball courts and beer stands are a favourite hangout for the "yuppies," affluent young people. Nearby, you can visit Lincoln Park Zoo, which is open every day of the year and is free of charge.





Mob ties

Chicago has one more "claim to fame." It used to be the breeding ground for a number of gangs and high-profile mobsters, including Al Capone. Though born in New York, he operated in the "Windy City" (as Chicago is often referred to) between 1919 and 1931 when he was finally convicted of tax evasion and sentenced to 11 years in federal prison. When Al Capone was eventually released in 1939, he suffered from mental disorders caused by years of untreated syphilis.



Speak Up – Główny partner metodyczny



Lakeside winds



Mingling nations

In Chicago, you will find many of the old ethnic neighbourhoods have been replaced by gentrified, hip quarters. This includes Wicker Park, Lakeview or the Near West Side. Beautiful brick apartments have replaced creaky 80-year-old townhomes, provided new shop space and attracted a young and vibrant population. Wicker Park is especially worth visiting, with a plethora of bars and restaurants, as well as local boutiques by the dozen. You can try Mirai Sushi on Division Street or Hollywood Grill on North Avenue, which is open 24/7. There are plenty of choices in Mexican, Thai and Italian establishments.

The social milieu keeps changing. Local residents have protested gentrification as it has caused the social fabric and legacy of the neighbourhoods to deteriorate. Chicago's old "Polish Triangle" at Milwaukee and Ashland Avenues has virtually no signs of its Polish history any more. Nonetheless, some institutions have survived. You can visit the Polish Museum, Holy Trinity Parish, St. Stanislaus Kostka Parish and Podhalanka bistro. The Polish "Jackowo" is also on the brink of extinction, although it still has many shops and restaurants with Polish names (Staropolska, Czerwone Jabłuszko restaurants still serve up traditional Polish cuisine and craft sausage) and of course St. Hyacinth's Basilica.



Money-saving tips

Travel can take a toll on your wallet. That's why Chicagoans know all the special ways to save money. Talk to a local to find out the best Mexican food joint. Be on the lookout for specials on barnative.com. You can buy a Chicago CityPASS or a Go Chicago Card to bundle tourist attractions together. And try to avoid driving your car into the Loop and near north shore. Finding parking is a problem.



Architecture

Willis Tower is Chicago's most famous skyscraper (with a very interesting viewing deck on top), but Chicago is known for its architecture and an architecture tour is a must. From early high-rises to Frank Lloyd Wright's Prairie Style in Oak Park, it is a treat to experience the tradition of the Chicago architecture. If you just want a view of the city, head up to the John Hancock Building's 95th floor restaurant for lunch or an evening drink.

Speak Up – Główny partner metodyczny



Lakeside winds



America's sports mecca

Further north along the lake at Montrose Beach, you may see Mexican picnics on the weekends with shirtless soccer games including players aged from 5 to 55. In the US, it is not uncommon for strangers to join in pick-up basketball, soccer or volleyball games. Nearby is Wrigley Field, a mecca of American baseball. Wrigley is one of the few remaining original ballparks in the United States. It still sports a manually-operated scoreboard and in the outfield, neighbouring houses have set up their own rooftop seats, where you can watch the game without being inside the stadium. A standard ticket for a baseball game costs between \$20-60. Chicago is a sports crazy town. The Chicago Bulls (basketball) play at the United Center. A statue of the greatest Bull of all time, Michael Jordan, flying through the air – is located in front of the Arena on the city's near west side.





Past and present

Nestled next to the southern tip of Lake Michigan, Chicago was a village just 180 years ago. With westward expansion, it became one of the world's fastest growing cities, serving as a railway hub and a meatpacking centre around the turn of the 20th century. Erik Larson's *The Devil in the White City*, gives an account of intrigue, crime and the deplorable conditions of a city growing like crazy at this time. Immigrants flowed in from Europe. They made up about two-thirds of the population at the turn of the 20th century. Immigrants settled in different communities: Germans (Lakeview), Irish (Norwood Park, South Side), Poles (Milwaukee Avenue, Archer Avenue) to name a few. Besides intercultural rivalries the workers often found themselves living and working in squalid conditions which led to the Haymarket Square Riots in 1886.

Chicago's current up-scale and university neighbourhoods provide an entirely different picture. The North Shore and Evanston (Northwestern University), Hyde Park (University of Chicago) and Oak Park are upper-class neighbourhoods with tree-lined streets and spacious residences. The University of Chicago was home to Barack Obama and Milton Friedman, among numerous Nobel Prize winners. A walk near the Lake in Evanston is perfect for a summer afternoon. The Gold Coast is a swank neighbourhood that provides plenty of night life. Hyde Park, on the other hand, hosted the 1900 Columbian Exposition which is described in Larson's novel.

Glossary

redeeming – tu: będący największą zaletą to sample – próbować, kosztować elevated – wzniesiony bikini-clad – odziany w bikini creaky – skrzypiący plethora – obfitość milieu – otoczenie, środowisko gentrification – gentryfikacja, zmiana charakteru dzielnicy miasta nestled – wtulony deplorable = squalid – żałosny, opłakany, nędzmny, zaniedbany

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