

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
ДЕРЖАВНИЙ ВИЩИЙ НАВЧАЛЬНИЙ ЗАКЛАД  
«ДОНБАСЬКИЙ ДЕРЖАВНИЙ ПЕДАГОГІЧНИЙ УНІВЕРСИТЕТ»

**ПРАКТИКА УСНОГО ТА ПИСЕМНОГО МОВЛЕННЯ.  
ЗАВДАННЯ З ПЕРЕКЛАДУ (з англійської мови)**

**Методичні вказівки  
до організації самостійної роботи студентів  
бакалаврського рівня вищої освіти**

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Практика усного та писемного мовлення. Завдання з перекладу (з англійської мови) : до організації самостійної роботи студентів бакалаврського рівня вищої освіти. Слов'янськ : Вид-во Б. І. Маторіна, 2022 32 с.

Методичні рекомендації призначено для організації самостійної роботи студентів бакалаврського рівня вищої освіти, як навчально-методична допомога для опанування уміннями та навичками з курсу „Практика усного та письмового мовлення (англійська мова)”. Рекомендації містять тексти для перекладу, завдання з перекладу, список тем для обговорення.

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## ПЕРЕДМОВА

Самостійна робота є важливою складовою роботи студентів магістерського вищої освіти з навчальної дисципліни «ПУМП з англійської мови». Мета методичних вказівок – формувати у студентів навички наукового спілкування іноземною мовою, самостійної роботи з літературою за фахом, позитивне ставлення до оволодіння науковим стилем; розвивати здатність до самооцінки і самовдосконалення, що допоможе їм успішно завершити курс вищої освіти і стане передумовою наступного професійного росту; формувати професійну наукову компетентність шляхом ознайомлення студентів з різними аспектами професійної іноземної мови та залучення до виконання професійно орієнтованих завдань.

Завдання цих методичних вказівок полягає в теоретичній та практичній підготовці майбутніх науковців до спілкування англійською мовою в науковому середовищі, перекладі текстів, тем для організації бесід.

Рекомендації містять тексти для перекладу, завдання з перекладу, список тем для обговорення.

## **Методичні рекомендації щодо самостійної роботи студентів**

Методичні вказівки призначені для студентів бакалаврату філологічного факультету з метою використання, у першу чергу, на позааудиторних заняттях для вільного володіння німецькою мовою, розширення світогляду. Метою методичних вказівок є формування у студентів навиків спілкування іноземною мовою, стимулювання самостійного мислення, спонукання до ініціативного мовлення, планування та організація самостійної роботи з художнім текстом. Студентам запропоновано виконати вправи, розроблені автором указівок. Для успішного виконання кожної вправи важливо уважно ознайомитися із завданнями, осмислити їх зміст. При прочитанні завдань, вправ, текстів необхідно з'ясувати значення незнайомих слів і виразів та запам'ятати контекст, в якому вжито лексичні одиниці. Методичні вказівки містять завдання, безпосередньо пов'язані зі змістом вправ, текстів. Обов'язковим є відтворення подієвого ланцюга тексту шляхом відповідей на поставлені запитання.

Послідовне виконання всіх завдань сприяє формуванню навичок перекладу, а також допоможе реалізації набутих знань у мовленнєвій діяльності.

## **Tema 1. Making a good impression**

### **10 things you should never do when starting a new job**

Congratulations! You've finally secured a new job, and now you want to start off on the right foot. You want to be careful not to make any career-ending mistakes. So, what should you NEVER do when starting a new job?

Title1 \_\_\_\_\_

You learned this in first grade, when the teacher began keeping track of tardies: Being on time matters. Factor in extra time if there's traffic, construction, or other reasons to expect a delay.

Title 2 \_\_\_\_\_

Before starting your job, talk with the hiring manager or human resources professional to make sure you understand what constitutes acceptable outfit for your new workplace. There's nothing more embarrassing than showing up wearing something that doesn't fly with your supervisors.

Title 3 \_\_\_\_\_

Many companies require new employees to go through a training process before starting a new position. While it may be tempting to skip these sessions or treat them lightly, don't do it. Even if your training managers won't be your direct supervisors, they are watching you.

Title 4 \_\_\_\_\_

No matter where you're working, there are certain processes, tools, and

forms that make up the standard operating procedures of your company. You may have been introduced to these through a very organized, systematic orientation, or you may feel like you're expected to absorb them by osmosis. If you were formally informed, consider yourself fortunate, if not, don't feel shortchanged or frustrated. Instead, take initiative and master the basics on your own.

#### Title 5 \_\_\_\_\_

It's understandable that you may need help or guidance during your first few weeks at a new job, and asking co-workers for assistance or just to answer questions can be perfectly acceptable. But remember, you were hired because managers believed in your ability to get the job done. Ask for help if you need it, but believe in yourself and prove that you can do the work yourself.

#### Title 6 \_\_\_\_\_

Your employer isn't paying you to chat with your girlfriend or even your kids' babysitter. Make a personal policy of limiting personal phone calls and texts to your lunch break, except for emergencies.

#### Title 7 \_\_\_\_\_

Most likely, you and your employer agreed to a certain salary during the hiring process. So don't change your mind before you even show up at work. Don't expect more money until you've worked long enough to prove your value to the employer.

#### Title 8 \_\_\_\_\_

Of course you want to make a good impression as soon as you arrive at a new job, and show your new employer they made the right choice in

hiring you. However, be cautious of suggesting new policies or strategies during your first few weeks, as it may not be the best way to demonstrate you are a team player. At first, take time to really understand and learn your job, then over time, you can make suggestions and changes as situations arise, and as your input and expertise is called upon.

Title 9 \_\_\_\_\_

In a new job, there will always be a learning curve, and effective supervisors understand that. Inevitably, you'll be asked to do something or expected to know something that you don't yet know or know how to do. Rather than saying you can complete the task on your own, tell the truth and "don't be afraid to say, 'I don't know,'"

Title 10 \_\_\_\_\_

You may be so eager to start your new job that you don't want to stop and ask questions. But by skipping even the most basic questions, you are setting yourself up for failure.

Choose titles to the paragraphs

- a. Don't show up late
- b. Don't be dishonest
- c. Don't try to change things
- d. Don't dress unprofessionally
- e. Don't be afraid to ask for help
- f. Don't avoid the job orientation
- g. Don't demand a higher income
- h. Don't lose confidence in yourself



- i. Don't spend time on private matters
- j. Don't take too long before you start work
- k. Don't feel disappointed if you are not given total support

## **Tema 2. Exceptional people**

### **Personality and health**

There is increasing evidence that health is linked to personality. However, until now, the relationship has not affected the way health care is delivered. There are several reasons for this. Some health workers doubt whether there is a direct link between health and personality or whether it's just a coincidence. Some feel it is their professional duty to treat all patients in the same way. Others argue that delivering health services according to patients' personalities will have minimal impact and therefore isn't worth the effort. However, some psychologists believe that applying different procedures to people with different personalities could have a significant, positive effect on health. Research into personality has, in recent years, focused on the Big Five model of personality types. This model measures how neurotic, extrovert, open to experience, agreeable and conscientious a person is. Some of these personality types have been studied in relation to health. For example, conscientious people tend to be less likely to smoke, drink too much alcohol or be inactive. However, in other cases, the relationship is less clear. Neurotic behaviour, for instance, has been found in some studies to increase the risk of death, in others to protect people from illness and in others to have no link to health at all.

Even so, if health workers applied an understanding of personality to the services they provide, they could influence the extent to which patients act on advice and follow their treatment. For example, high sensation-seeking individuals, who are extroverts and unconscientious in

the Big Five model and tend to take part in risky activities, respond to drama, energy and emotion. Thus, to encourage those people to follow health advice, health promotions can be designed to incorporate those factors. An example of this was the campaign SENTAR which aimed to reduce cannabis use among high sensation-seeking teenagers. By creating a suitable television advert, they successfully engaged these youths and reduced their recreational drug use. Of course, this approach isn't always possible. It is often impractical and expensive to create several versions of a campaign to reach different personality types. However, recent developments in computer technology, cookies and targeted advertising may allow this approach to be used more in future. Personality could also be considered when sending messages, information and guidance to specific patients. Already, health information is usually available in various forms – printed, digital, audio, and so on – to be suitable and accessible for different users, such as the blind, the elderly, and people with reading difficulties. Research has also shown that, by identifying different patients' motivations for treatment and then corresponding with them in a way that reflects their motivations, patients will become more involved in their treatment, compared to when the same messages are sent to everyone. Correspondence could, therefore, be adapted to reflect patients' personality type, too. For example, less conscientious people could be sent phone reminders to attend appointments. So far, there has been very little research into the effectiveness of tailoring health guidance according to personality, so this area deserves further study. Until now, the focus of personality-health research has been to explore the link between personality and health and has had very little practical application. Thus, health workers have not engaged deeply with it. However, by suggesting, trialling and implementing practices to engage patients with different personalities, the relationship between psychology

researchers and health workers could improve, along with the health of the general public.

Answer the questions:

1. Who is the article most likely aimed at?
2. What is the main idea of the article? Research into the link between Health and Personality...
3. Which of these is NOT a reason why clinicians do not currently consider personality in their approach to healthcare?
4. What can be concluded from the text about neurotic patients?
5. It can be inferred that the campaign SENTAR...
6. The writer believes that improving computer technology...
7. In paragraph 4, the writer refers to a study that found that...
8. In the final paragraph, what does the writer advise researchers in health/personality to do?

### **Tema 3. Being confident**

#### **How to stay fit, happy and healthy**

If you've been listening to the news you already know about our national obesity levels rising by the day. It has never been more important \_\_\_\_\_1\_\_\_\_\_ and to get an adequate amount of exercise and sleep to keep yourself fit and healthy. Though it may feel like really hard work at first, once you adopt an exercise routine and start \_\_\_\_\_2\_\_\_\_\_, you'll forget you ever did things differently.

Here are just four of the top adjustments to make:

### **1. Get more sleep!**

Sleep is huge and almost a third of the US population doesn't get near enough to staying physically and mentally healthy. If you are sleep deprived, try changing your habits in order \_\_\_\_\_ 3 \_\_\_\_\_

### **2. Strive for a better diet**

Look at your diet and what you're eating now and make changes where you see fit. If you are susceptible to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, take out white bread and replace with whole grains and make sure each meal contains at least one portion of fruit and – or vegetables. Healthy food doesn't have \_\_\_\_\_ 4 \_\_\_\_\_ , and you can get an abundance of low priced fruit and veggies, like apples, bananas, potatoes and peas.

### **3. Stop all those bad habits**

Take a look at your current lifestyle and make a small list of everything you do that is not good for your health. This could be anything, from eating too much junk food or drinking too much caffeine, to smoking or drinking. Start the process of breaking these habits one by one. Some will be easy, while others may take months or maybe years \_\_\_\_\_ 5 \_\_\_\_\_ , but the sooner you start fighting, the better.

Some addictions (like smoking, drugs or alcohol) are incredibly bad not only to your health, but also to your pocketbook. If you smoke and – or drink, start by cutting back on how many drinks you have, or cigarettes you smoke, in a day, and if necessary, seek medical advice and assistance \_\_\_\_\_ 6 \_\_\_\_\_ .

#### 4. Exercise, exercise, exercise

We all should be doing at least 30 minutes of exercise, 3 to 4 or more times a week, \_\_\_\_7\_\_\_\_. This can be pretty much anything that is physical, like walking, cycling, running, swimming to weightlifting, etc. This too does not have to be expensive, and you can get a great work out without joining any costly gyms. Most of these exercises are inexpensive, and just doing a cardiovascular exercise, like walking, jogging, or walking on a treadmill a few times a week will do your body (and heart) good.

- a. to adapt to a new situation
- b.to reduce your protein intake
- c.to watch what you are eating
- d.to change your sleep patterns
- e.to be expensive in the least bit
- f.to get a full eight hours every night
- g.to maintain good health and keep fit
- h.to make further steps towards stopping completely
- i.to get rid of and eradicate completely from your life

#### **Tema 4. Society and Media**

##### **Teenage Social Media Millionaires**

Many kids dream of becoming millionaires before they're twenty, but few realise their dreams. Some do, however. Harnessing new

technology, their ideas become thriving multi-million-dollar businesses that inspire others. Let's see how some of them did it.

### Dominic McVey

Dominic became a millionaire at the age of 13 due to a simple misspelling. He had been searching on the internet for information about Visa credit cards but mistakenly spelt it Viza. This took him to the website of an American company that sold scooters. Dominic had always wanted a scooter but couldn't afford one. So he contacted the site and offered to sell their scooters in the UK. The company gave him a deal: if he could sell five scooters, he would get one free. He scraped the money together, ordered the five scooters and sold them easily. After that, demand for scooters went up, and before long, he was selling thousands per week. He was later honoured by the queen as a young entrepreneur.

### Maddie Bradshaw

10-year old Maddie wanted to decorate her school locker but couldn't find exactly what she wanted in the stores. So instead, she came up with her own idea. She had recently been given 50 bottle caps by her uncle, who had an old Coke machine that didn't work. She decorated these, added magnets to the back, and soon the handy, attractive magnets on her locker were attracting attention from all over the school. Her ideas didn't stop there, though. With help from her mother and a few hundred dollars' investment, she converted her bottle-cap idea into jewellery. At the age of 12, she created 'Snap-cap' necklaces with exchangeable magnetic pendants and add-ons, allowing girls to make custom designs that reflected their personalities. She made her first million when she was 13.

## Nick D'Aloisio

15-year-old Nick was struggling with the amount of news on the internet. Despite his intention to keep up-to-date with current affairs, there just seemed no end to the stream of information. So he came up with 'Trimit', an app that compressed news articles into short summaries. Trimit was pretty basic, and summaries were mostly gibberish. However, the app attracted the attention of a Hong Kong investment company, which gave Nick \$300,000 to develop his idea. He improved the app and re-launched it under the name 'Summly'. This version was very successful and later sold to Yahoo! for 30 million dollars. Now Nick runs a team of programmers who work on algorithms and language processing intricacies while he focuses on design.

## Sean Belnick

As a young teenager, Sean made money by selling Pokemon cards and mowing lawns. But he also had an eye for business and paid curious attention to his stepfather's work as a manufacturer's representative for office furniture. He noticed that customers generally had no need for face to face contact with suppliers, so he invested \$500, learned HTML programming and created a website from which he sold mid-price office chairs. He sourced these directly from the manufacturer and stored them in his bedroom. His timing was perfect, as his business launched when companies were looking to cut costs. Sean, a millionaire by the age of 16, continues to work with his stepfather in a partnership that brings together experience gained over time and youthful, fresh ideas. Their company has won an award for its efforts to reduce energy consumption and carbon dioxide emissions.

1. Although his/her first product didn't function adequately, it was noticed and admired.

- a. Dominic McVey
- b. Maddie Bradshaw
- c. Nick D'Aloisio
- d. Sean Belnick

2. An odd gift inspired this person to come up with his/her idea.

- a. Dominic McVey
- b. Maddie Bradshaw
- c. Nick D'Aloisio
- d. Sean Belnick

3. This person's product enabled him and other people to save time.

- a. Dominic McVey
- b. Maddie Bradshaw
- c. Nick D'Aloisio
- d. Sean Belnick

4. This person's business involved importing products.

- a. Dominic McVey
- b. Maddie Bradshaw
- c. Nick D'Aloisio



d.Sean Belnick

5. This person's artistic designs and products became popular among his/her peers.

a.Dominic McVey

b.Maddie Bradshaw

c.Nick D'Aloisio

d.Sean Belnick

6. This person's product allowed people to skip a step in the shopping process.

a.Dominic McVey

b.Maddie Bradshaw

c.Nick D'Aloisio

d.Sean Belnick

7. This person started selling in order to acquire something he/she wanted.

a.Dominic McVey

b.Maddie Bradshaw

c.Nick D'Aloisio

d.Sean Belnick

8. This person's business has been recognised for minimising environmental damage.

- a. Dominic McVey
- b. Maddie Bradshaw
- c. Nick D'Aloisio
- d. Sean Belnick

9. This person's business took advantage of the fact that people like to express their individuality.

- a. Dominic McVey
- b. Maddie Bradshaw
- c. Nick D'Aloisio
- d. Sean Belnick

## **Tema 5. Behind the Glamour**

### **Why are so many men secret dieters?**

A survey has found that one in three men wouldn't tell anyone they were on a diet. So why is there so much shame surrounding this issue?

Before they even start dieting, men have difficulty accepting that they have a problem in the first place.

When you're trying to diet in secret in a busy office, says Dave Briscoe (not his real name), a researcher from Surrey, the trick is to accept each treat that is offered – but only one chocolate, and the smallest

piece of cake. Accept less, and you'll be suspect. Accept more, and your plan will fail. "That was the rule I kept to," he says, "to avoid people asking awkward questions."

Briscoe isn't the only man who has dieted in secret. A survey of more than 600 men, conducted for the home delivery brand Diet Chef, found 90% wanted to lose weight, \_\_\_\_ 1 \_\_\_\_ – even friends and family. It seems that too much shame still exists around weight and a good proportion of people at any one time are likely to be dieting secretly. But this issue seems to affect men and women in different ways.

Phil Mundy, a food and diet writer says many men are unwilling to say they are on a diet \_\_\_\_ 2 \_\_\_\_\_. He thinks there might be more willingness among younger men to discuss weight in public – but the problem is, if they do, says Briscoe, it's still considered acceptable "to take the piss out of them, in a way you never would with women. It's seen as just a part of office banter, but for men it's equally upsetting. Why wouldn't it be?"

Bob Baker (again, not his real name), from Brighton, says the moment it becomes possible to discuss weight is often \_\_\_\_ 3 \_\_\_\_\_, and feels proud of their achievement. At that stage, Briscoe agrees, men will often start talking about it, "but in my experience they'll make it sound simpler, more sensible and easier than it probably was. They just cut out a certain food, or stopped eating after a certain time. They won't be telling the whole truth; just a version. They won't be saying: 'Actually, \_\_\_\_ 4 \_\_\_\_\_'. They want to portray it like a DIY problem. 'There was a problem, and I fixed it.'"

There are mixed outlooks \_\_\_\_\_5\_\_\_\_\_; support from family and friends can, of course, be helpful, but divulging your diet to anyone who might respond with fat jibes could prompt a sorry descent into comfort eating, says Mundy. When it comes to this subject, we probably all just need to grow up, so it can be discussed honestly and clearly. It's not an uncommon problem – and it shouldn't be an unspeakable one.

### **Take the reading test**

#### Gap 1

a.to have had eating disorders

•

b.on whether it is healthier to be open

•

c.when a secret dieter has shifted a good few stone

•

d.that highlight the importance of being open-minded

•

e.this has been quite a big part of my everyday thoughts

•

f.but almost one in three wouldn't tell anyone about their diet plans

- 

g.because it involves admitting they have a problem in the first place

## Conversation Topics For Anyone

1. Which scent do you find the most soothing?
2. What is a language you love to listen to even if you don't speak or understand it?
3. Oceans or mountains? Why?
4. Describe the most captivating painting or artwork you've ever seen.
5. Do you remember the first novel you ever read? If so, what was it?
6. What is your favorite thing about your personality?  
    “What is your favorite thing about your personality?”
7. If you could have a fictional superhero for a best friend, who would it be?
8. What color would you choose to describe yourself?
9. What is something you have accomplished as an adult that your younger self would be proud of?
10. Is there a place in the world that you feel most represents who you are?
11. Where is one place you'd love to travel to again?
12. If your pet could talk, what would their voice sound like? What would they say about you?
13. What does your name mean?
14. What tasks make you feel like your best self?
15. What's your Enneagram number and how does it influence your self-care practices?
16. Where do you feel most centered and happy?
17. What's your favorite comfort food?
18. What do you wear when you're feeling your very best, and why?

19. What is the best meal you've ever had, and what's the best meal you've ever cooked for yourself?
20. What do you love most about your home?  
    “What do you love most about your home?”
21. What's a yearbook-style superlative you'd give to your high school self? What's one for your current self?
22. What gives you goosebumps?
23. Do you know your astrology sign? How about your birth chart?
24. How are you consciously practicing sustainability?
25. Do you have any tattoos?
26. Scuba diving or skydiving?
27. What are you most grateful for in this season of life?
28. Do you give back or volunteer with any organizations?
29. What's your love language?

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### Conversation Topics For Friends

30. What do you look for and need in your friendships?
31. How do you feel that you best offer love and support to your friends?
32. Tell me about your childhood best friend.
33. When do you feel most authentically yourself?
34. What's one form of self-expression you've been too hesitant to explore?  
    “What's one habit you want to get rid of and one habit you want to keep?”
35. What's one habit you want to get rid of and one habit you want to keep?

37. If you were to perform a duet with a famous musician, who would it be and why?

38. Do you have any recurring dreams? If so, what do you think they are trying to tell you?

39. Who do you most admire, and how has that impacted the way you live your life?

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### Mindful Conversation Topics for Your Parents

40. What's one thing you'd tell yourself at my age? What's one thing your younger self would tell you?

41. What do you wish you'd known before having kids?

42. What was the first big purchase you made as an adult?

43. How did you know when you fell in love?

“What was the first big purchase you made as an adult?”

44. Have you kept any memorabilia from your childhood?

45. What do you miss most about being a child? A teenager? My age?

46. What about the current world would be most surprising to your younger self?

47. If you could travel back in time, which part of your life would you go back to?

48. Who did you vote for in past elections? Why?

49. What are some of your favorite memories about your parents?



50. If you could have one cartoon character be your real-life best friend, who would you choose and why?

51. What's your earliest memory?

52. What do you love most about school?

53. Who are your best friends?

“What does a perfect day with the family look like?”

54. What is your favorite season?

55. What superpower do you wish you had?

56. What do you want to be when you grow up?

57. If you could have any animal as a pet, which would you choose and why?

58. What does a perfect day with the family look like?

59. What do you love most about our house?

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### Conversation Topics For Date Night

60. How do you feel best supported in hard times?

61. What does “alone time” look like for you?

62. Dogs or cats (or rabbits)?

63. What do you wish people better understood about you?

“What does ‘alone time’ look like for you?”

64. What lessons from your childhood have most impacted your worldview?

65. If we could live in another country for a year (no strings attached), where would we go?

66. What do you love most about our relationship? What do you wish to work on?

67. What small joys bring light to your day?

68. How can we better practice sustainability as a couple?

69. What's a favorite memory you have of us together?

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### Conversation Topics For Siblings

70. What's one of your favorite memories from our childhood?

71. What do you think everyone in the family will be doing 10 years from now?

“Which characteristics do you think you inherited from our parents?”

72. Do you have a morning routine?

73. What was your favorite subject in school? Favorite teacher?

74. Which characteristics do you think you inherited from our parents?

75. If you could return to school, what would you study?

76. What Netflix show or movie are you watching?

77. What are you currently reading?

78. What food reminds you most of home?

79. What do you love most about yourself?

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### Conversation Topics For Work

80. What accomplishments are you most proud of?

81. What projects are you working on right now that bring you joy?

82. How do you unwind after work?

83. Do you listen to any podcasts during your commute? If so, which ones?

“How do you track your work goals and accomplishments?”

84. What do you enjoy most about our company?
85. Where do you need support that you're not getting it?
86. How do you track your work goals and accomplishments?
87. Do you enjoy networking? Why or why not?
88. What was your very first job?
89. What skills are you focused on cultivating right now?

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### Conversation Topics For Strangers

90. How are you truly doing?
  91. What's one act of kindness you experienced today?
  92. What do you do for enjoyment?
  93. Do you recharge by being around other people or by spending time alone?
- “What is the compliment you receive most often?”
94. If you had a day to yourself, what would it look like, where would you go, and what would you do?
  95. What is the compliment you receive most often?
  96. Do you collect anything?
  97. What was the last movie you watched?
  98. What's one thing your loved ones would be surprised to learn about you?
  99. If you woke up one morning and all your problems were solved, how would go about your day?

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