



**EXPAND  
YOUR  
COMFORT  
ZONE**

**#DiscoverEU**



**Erasmus+**

Enriching lives, opening minds.



## **EUROPEAN COMMISSION**

Directorate-General for Education, Youth, Sport and Culture  
EAC/B3 - Youth, Volunteer Solidarity and Traineeships Office

Contact: DiscoverEU Team  
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European Commission  
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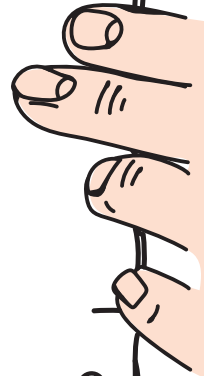
*this* DiscoverEU **COMPANION**  
 Belongs to an EU **EXPLORER**



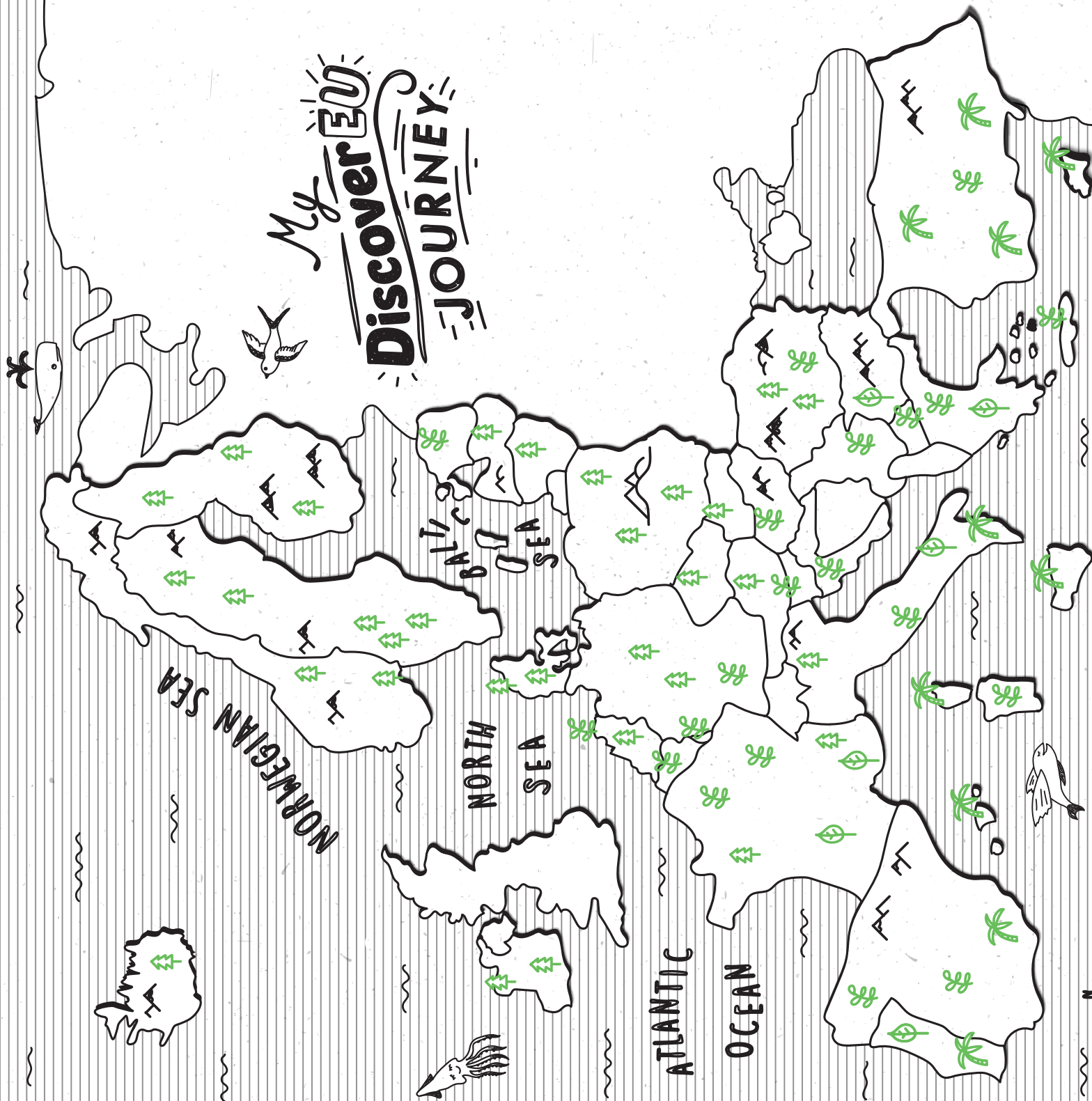
Name:  
 Age:  
 Nationality:  
 Email:  
 Phone:

- I speak:
- Favourite place in Europe:
- If you pass me in the street, you'll recognise me because:

WHAT I WANT TO ACHIEVE THROUGH MY DISCOVEREU JOURNEY:



# My DiscoverEU JOURNEY



Erasmus+  
Enriching lives, opening minds.

# EVERYONE'S EXPERIENCE IS *Unique*

To discover Europe is to open a treasure chest filled with amazing culture, fascinating history, mesmerising landscapes, interesting people and unique experiences. Awaiting you on your journey are historic monuments, unforgettable events, exotic traditions and surprising local dishes. There's something to discover around every corner.

DON'T BELIEVE US? LET'S HEAR FROM THE PEOPLE WHO HAVE ALREADY TRAVELLED:

"I really appreciated being able to travel freely without regard to geographic boundaries. I was very much surprised to find out how the differences between my country and the other Member States are in fact minimal, and it is always possible to feel at home."

Samuele, Italy

"Now I've visited other countries without my parents, I've realised it isn't as scary as it might seem at first. I will definitely try travelling more – maybe even by myself in the future."

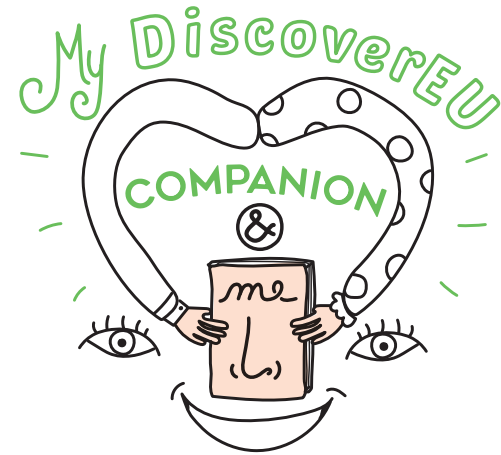
Linda, Estonia

"I loved finally visiting places that were on my bucket list for so long."

Franka, Croatia

"My journey reminded me of my geography classes, only instead of illustrations in the book, I could admire the real panorama live."

Patryk, Poland



In your hands, you are holding your fellow traveller for the upcoming journey across Europe. This practical DiscoverEU Companion will help you get organised before your departure, capture your memories as you travel and help you reminisce when you return. It'll be with you as you wander Europe's historic streets, as you gaze at beautiful artworks in famous museums and as you meet other travellers following their own unique routes around the EU. Feel free to fill it with notes, stickers, train tickets, drawings, photos and anything else that helps you remember this extraordinary experience. Afterwards, it will act as your go-to guide for becoming a great DiscoverEU Ambassador!

We've included a few suggestions of what to write in this journal, but remember – it's just for fun! It's up to you how, when and why you use it.

In short, this DiscoverEU Companion will be your best friend for the journey (just don't forget it on a train!)

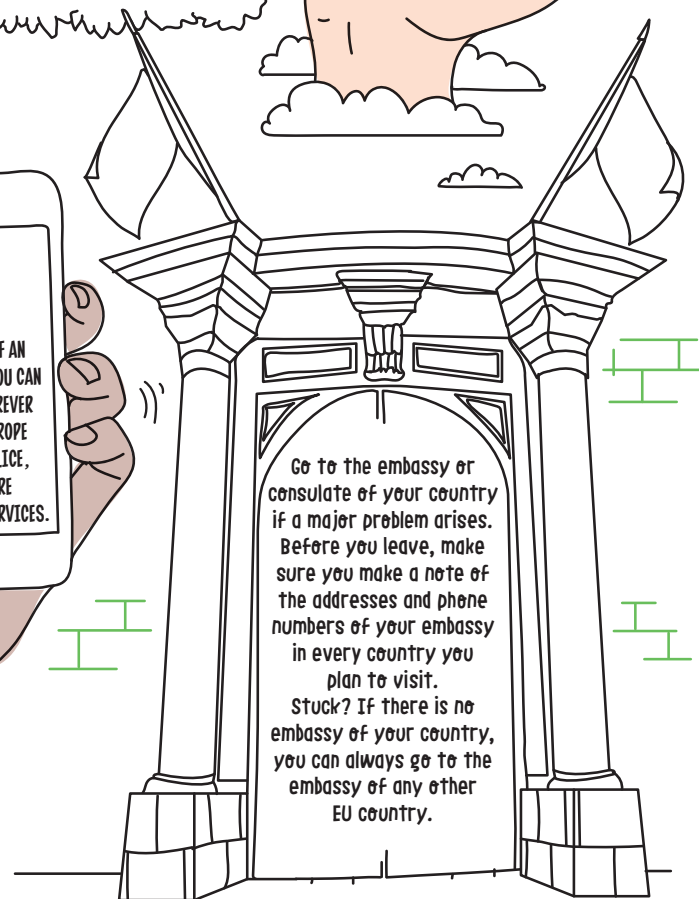
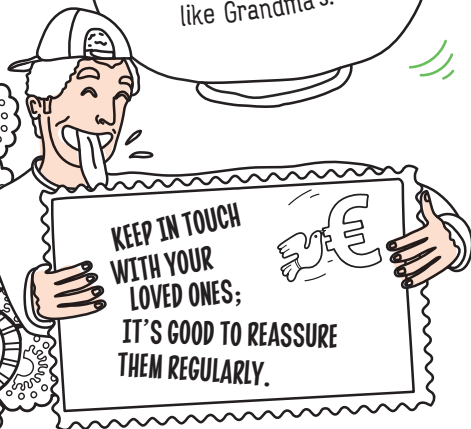
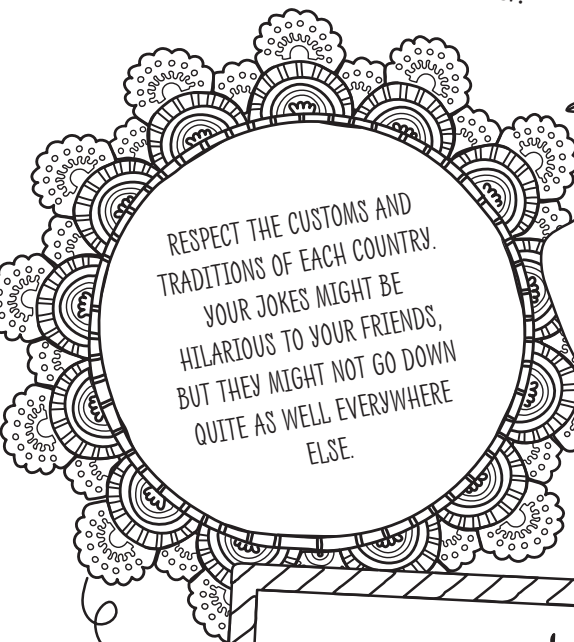
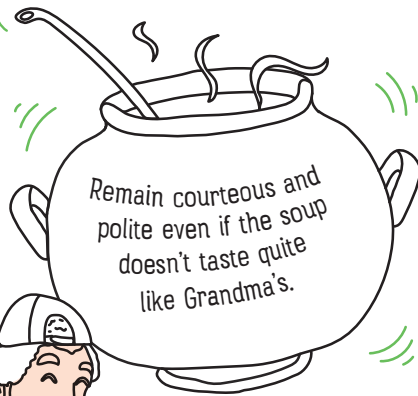
Remember, you can participate in the **DISCOVEREU PHOTO COMPETITION TO WIN GREAT PRIZES!**

Post your pictures on Instagram using **#DiscoverEU #Competition #Companion.**



# A FEW THINGS *you* SHOULD KNOW BEFORE *you* HIT THE ROAD

Europe unites different people, languages, traditions and cultures, so exploring it requires tolerance and respect. The diversity of Europe means that we all have different ways of working (and that's a great thing!) but what's okay in one country might be less so in another.





# DAY 1

WHERE AM I?



Empty rectangular box for location notes.

## TRAVEL TIPS

How much do you know about your rights when travelling around Europe?  
Visit [europa.eu/euandme/](http://europa.eu/euandme/) to find out more!



## CULTURAL HIGHLIGHTS

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

MIND = BLOWN

Something amazing I learned today:



## Challenge of the day!

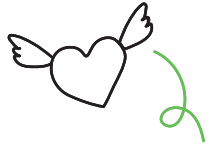
Can you remember 5 words from the local language?

Word                  Translation


Lined area for writing notes.



DAY 1



**DAY 2**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

In the Netherlands?  
Be sure to visit the village of Giethoorn. Instead of streets, there are canals – hence the nickname 'Venice of the Netherlands'.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:



**Challenge of the day!**

Talk to a local!  
Ask them one thing they like about living in their country.

WHAT DID THEY SAY?

[Large lined area for writing answers to the challenge and highlights sections]

# DAY 2



**DAY 3**

WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

The old centre of the Austrian city of Graz displays over 1,000 different styles of architecture, from Baroque to modern.

How many can you spot?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing I learned today:



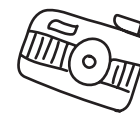
**Challenge of the day!**

Take a photo of the most interesting place you visited today. Post it on Instagram with the hashtags #DiscoverEU, #Competition and #Companion.

Something to share? Why not add a fact that you learned about this place in the caption?

[Lined writing area for notes and answers]

DAY 3



# DAY 4

WHERE AM I?



Empty rectangular box for location entry

## TRAVEL TIPS

Andy Warhol's parents were Slovakian and the country hosts the largest collection of his art outside of the US. If you're a Pop Art fan, Slovakia is the place to visit!



## CULTURAL HIGHLIGHTS

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

MIND = BLOWN

something amazing I learned today:



## Challenge of the day!

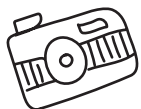
Time to help the environment! Pick up 5 pieces of litter around the city today.

How green is the city you're in? Do they have bicycles to rent? What could they do better?



Lined writing area for journaling

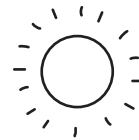
DAY 4







DAY 5



**DAY 6**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

Legend has it that by visiting – and kissing – the Blarney Stone in Cork, Ireland, you'll be blessed with the gifts of luck and eloquence.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:



**Challenge of the day!**

**GRAB YOUR PENCILS!**

Think of your favourite piece of art from the trip so far (painting, sculpture, architecture... the choice is yours!) and sketch it on the next page.

[Lined writing area for notes and sketches]

DAY 6





DAY 7



**DAY 8**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

Porto, Portugal,  
is famous for its bridges.  
But did you know that  
2 of them were created  
by Gustave Eiffel –  
the mastermind behind  
the Eiffel Tower?



**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE  
OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing  
I learned today:



**Challenge of the day!**

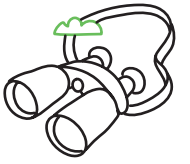
Travelling is all about  
discovering the unknown.



Try one food specialty from the country  
you are in and describe the taste:

[A series of horizontal lines for writing answers to the challenges and highlights.]

DAY 8



DAY 9

WHERE AM I?



[Empty rectangular box for location entry]

### TRAVEL TIPS

Deep underneath Slovenia is Postojna Cave – one of the largest underground canyons in the world.

### CULTURAL HIGHLIGHTS

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

MIND = BLOWN

something amazing I learned today:

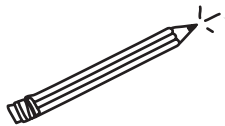
### Challenge of the day!

Let's get to know the country you're in. Visit a historical monument or building, and explain why it's significant in the story of the country:

[Large lined area for writing answers to the challenge and highlights]



# DAY 9



**DAY 10**

WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

There are 170 860 km  
of railway lines  
in the European Union!

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE  
OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing  
I learned today:



**Challenge of the day!**

You're 10 days into your journey!

How many other DiscoverEU travellers  
have you met?

Write about 3 of them (and add their  
contact details for staying in touch!):

[Lined writing area for notes and challenges]



**DAY 11**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

The Heilig-Geist-Kirche is a beautifully decorated church in Munich, Germany.

If you look closely at the painting on the ceiling, you can see a knight holding a pretzel!

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

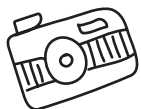
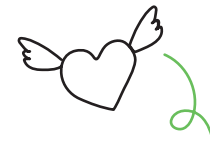
Who knows a city better than the people who live there?

Ask a local for tips on what to see, where to go and what to eat. Bonus points if you can do it in their language!

What did they recommend?

[Lined writing area for notes and answers]

DAY 11



**DAY** 12

WHERE AM I?



[Empty rectangular box for location notes]

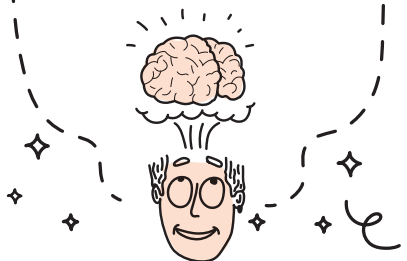
**TRAVEL TIPS**

The longest journey you can make across the EU without changing trains is Paris to Warsaw. That's 1 600 km!

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing I learned today:



**Challenge of the day!**

DiscoverEU is all about meeting – and helping – other people, so why not post on the #DiscoverEU Official Facebook group? You could post tips to other travellers or offer to meet them in the city you're in. The choice is yours! Describe the responses you got on the next page.

[Large lined area for writing responses and notes]



**DAY** 13

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

If you're travelling to Greece and love the theatre – you're in luck. Athens has 148 stages – more than Broadway and the West End combined.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing I learned today:



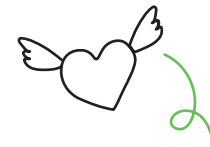
**Challenge of the day!**

Did you know that the Irish tricolour flag was a gift from France?  
Or that the flag of Latvia reputedly dates back to 1279, making it one of the oldest in Europe?

Sketch the flag of the country you are in:

[A series of horizontal lines for writing answers to the challenges and highlights.]





**DAY 14**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

The most popular sport in Czechia is ice hockey. You might be travelling in the warmer months, but why not catch a game while you're there?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

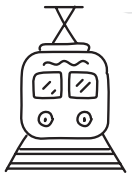
something amazing I learned today:

**Challenge of the day!**

Travelling to a country involves more than just walking its streets. It requires you to taste, smell and listen to the culture of the region. Which song is currently #1 in the music charts of the country you're in? Write the title and artist below and give it a listen!

[Lined writing area for notes and answers]

DAY 14



**DAY 15**

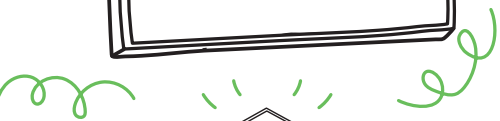
WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

Can't make it to the Leaning Tower of Pisa? Visit Kraków instead – the Town Hall Tower leans by as much as 55 cm.



**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing I learned today:



**Challenge of the day!**

We're over 2 weeks into the trip now, so a quick budget check is advisable. Use the space below to check both the budget you've used so far (be honest!) as well as how much you've got left per day.

[Large area of horizontal lines for writing]



**DAY 16**

WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

Sibiu is the medieval jewel of Romania, featuring Gothic churches, open squares and small, winding streets. Why not stop by?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

Bonjour! Tere! Olá! Здравей!  
How many European languages can you say 'hello' in?  
(Hint: we have given you 4 above!)

[A series of horizontal lines for writing notes or answers.]





**DAY 17**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

The best way to see Luxembourg City is by bicycle – and you can rent one for free for the first 30 minutes!

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

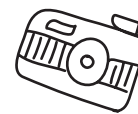
**Challenge of the day!**

From French poet Baudelaire to Finnish author Tove Jansson, Europe is famous for its wordsmiths. Who is the most famous novelist, playwright or poet from the country you're in?

[Lined writing area for notes and answers]







**DAY 18**

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

Interested in art but can't get to Paris? The Palais des Beaux-Arts museum in Lille hosts France's second largest art collection after the Louvre.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

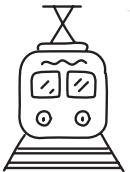
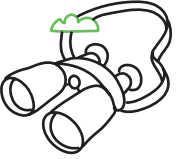
something amazing I learned today:

**Challenge of the day!**

As DiscoverEU travellers, we're all here to learn from each other. Think about one DiscoverEU traveller you've met on the journey so far and write down 3 things they told you about their family, culture or country:

[Lined writing area for notes and answers]

DAY 18



**DAY 19**

WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

Athens and Cadiz are well known to be among Europe's oldest cities, but did you know that Plovdiv, Bulgaria, can also be traced back 6 000 years?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

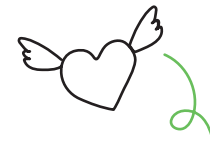
**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

Let's get green! There are many ways to travel sustainably such as using public transport, preserving water and eating seasonal vegetables. Describe 3 things that you've been doing to make your journey sustainable:

[Lined writing area for notes and answers]



**DAY** 20

WHERE AM I?



[Empty rectangular box for location]

**TRAVEL TIPS**

Durbuy, in Belgium, has a claim to fame as the smallest city in the world. Why not see for yourself?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

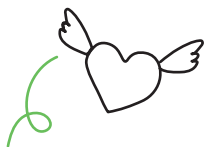
**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

Can you find the oldest building in the city you're in? Write its name below and either take a photo or sketch it on the next page.

[Lined writing area for notes and challenge response]



**DAY 21**

WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

Looking to practice your language skills?  
Try Lithuanian – it's one of the oldest languages in the world today.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

Say cheese! Take a selfie with your favourite building or landscape in the area you're currently in and tweet it to us with the hashtag #DiscoverEU and #Companion.

[Lined writing area for notes and answers]





**DAY** 22

WHERE AM I?



[Empty rectangular box for location entry]

### TRAVEL TIPS

Up for a plog? If you're heading to Sweden, why not try 'plogging' – the Swedish pastime that combines jogging with litter-picking. It's great for the environment, and great for your health!

### CULTURAL HIGHLIGHTS

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

MIND = BLOWN

something amazing I learned today:

### Challenge of the day!

Our environment faces a huge challenge – more than 150 million tonnes of plastic lie in the oceans today. Can you go for a whole day without using any single-use plastic items?

[A series of horizontal lines for writing answers to the challenge and highlights sections.]





**DAY** 23

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

The slow food movement – which promotes using local ingredients in traditional or regional dishes – started in the Italian town of Bra, near Turin. Why not try it out?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

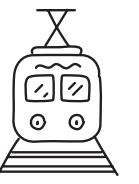
**MIND = BLOWN**  
something amazing I learned today:



**Challenge of the day!**

Warm up the vocal chords! Learn the first 5 lines of the national anthem of the country you're in. Sing them loud, and describe what they are about.

[A series of horizontal lines for writing.]



**DAY** 24

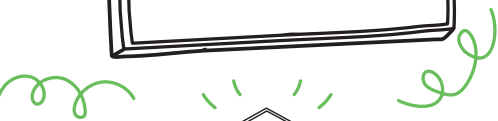
WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

Looking to spend some time in the wild?  
54% of Latvia is forest, making it perfect for a woodland getaway.



**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

From the Pompidou to the Prado — Europe has some of the best museums in the world.

Visit a museum today and write down 3 things you learned:

[Lined writing area for notes and answers]



**DAY** 25

WHERE AM I?



[Empty rectangular box for location entry]

**TRAVEL TIPS**

Sweet tooth?  
Malta is famous for its honey – it's even how the island got its name.  
Why not try some if you visit?

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

After 25 days of travelling, you're bound to be a pro at making the most of every cent, penny, grosz or ban. Give us your top 3 tips for travelling on a budget:

[A series of horizontal lines for writing answers to the challenge and highlights sections.]





**DAY** 26

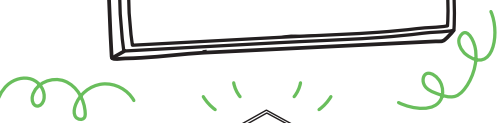
WHERE AM I?



[Empty rectangular box for location]

**TRAVEL TIPS**

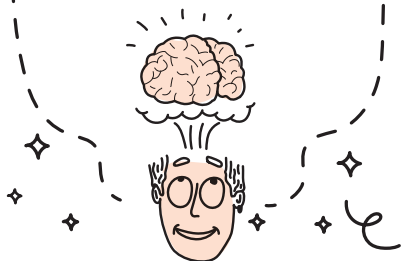
Looking to spend an afternoon window shopping? The Strøget in Copenhagen, Denmark, is the longest pedestrian street in the world.



**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing I learned today:



**Challenge of the day!**

Europe is known for its many languages and its excellent food – so let's combine the 2 in today's challenge. Can you order your dinner in the local language? Describe what you had and how you asked for it:

[Lined writing area for notes and answers]



**DAY** 27

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

History buff? The entire town of Paphos, Cyprus, is a UNESCO World Heritage Site. It's perfect for visiting and taking in the past.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

**Challenge of the day!**

Think back to everyone you've met throughout your journey across Europe. How many different nationalities have you come into contact with? List them all here:

[Large area of horizontal lines for writing answers to the challenges and highlights sections.]



**DAY** 28

WHERE AM I?



[Empty rectangular box for location notes]

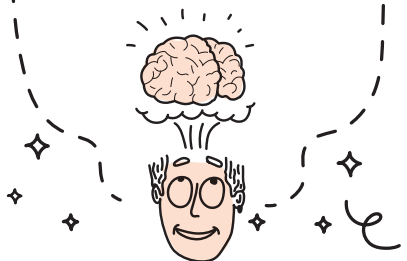
**TRAVEL TIPS**

Looking to visit a different landscape?  
Try bogshoeing (like snowshoes) in Estonia's Lahemaa National Park.

**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**  
something amazing I learned today:



**Challenge of the day!**

From Greek coffee (made in a briki) to an Italian espresso, Europeans are famous for their coffee. You've no doubt been to a few cafes on your trip so far, so let's settle the debate. Where was the best cup of coffee you've had?

[A series of horizontal lines for writing notes.]



**DAY** 29

WHERE AM I?



[Empty rectangular box for location information]

### TRAVEL TIPS

The Sea Organ in Zadar, Croatia, uses the motion of sea waves flowing through a series of pipes to make music. As a result the noise is random, but soothing. Why don't you visit and listen?

### CULTURAL HIGHLIGHTS

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

MIND = BLOWN

something amazing I learned today:



### Challenge of the day!

Having new experiences and trying new things is a fantastic way to understand more about Europe. However, trying new things for free is even better! Describe the best free experience you've had while on your DiscoverEU journey:

[Large lined area for writing answers to the prompts]





**DAY** 30

WHERE AM I?



[Empty rectangular box for location information]

**TRAVEL TIPS**

Fans of architecture should visit Bilbao, Spain. The Bilbao Santiago Cathedral and Frank Gehry's Guggenheim are just 2 highlights.



**CULTURAL HIGHLIGHTS**

THE MOST INTERESTING PLACE OR EVENT I VISITED TODAY WAS:

**MIND = BLOWN**

something amazing I learned today:

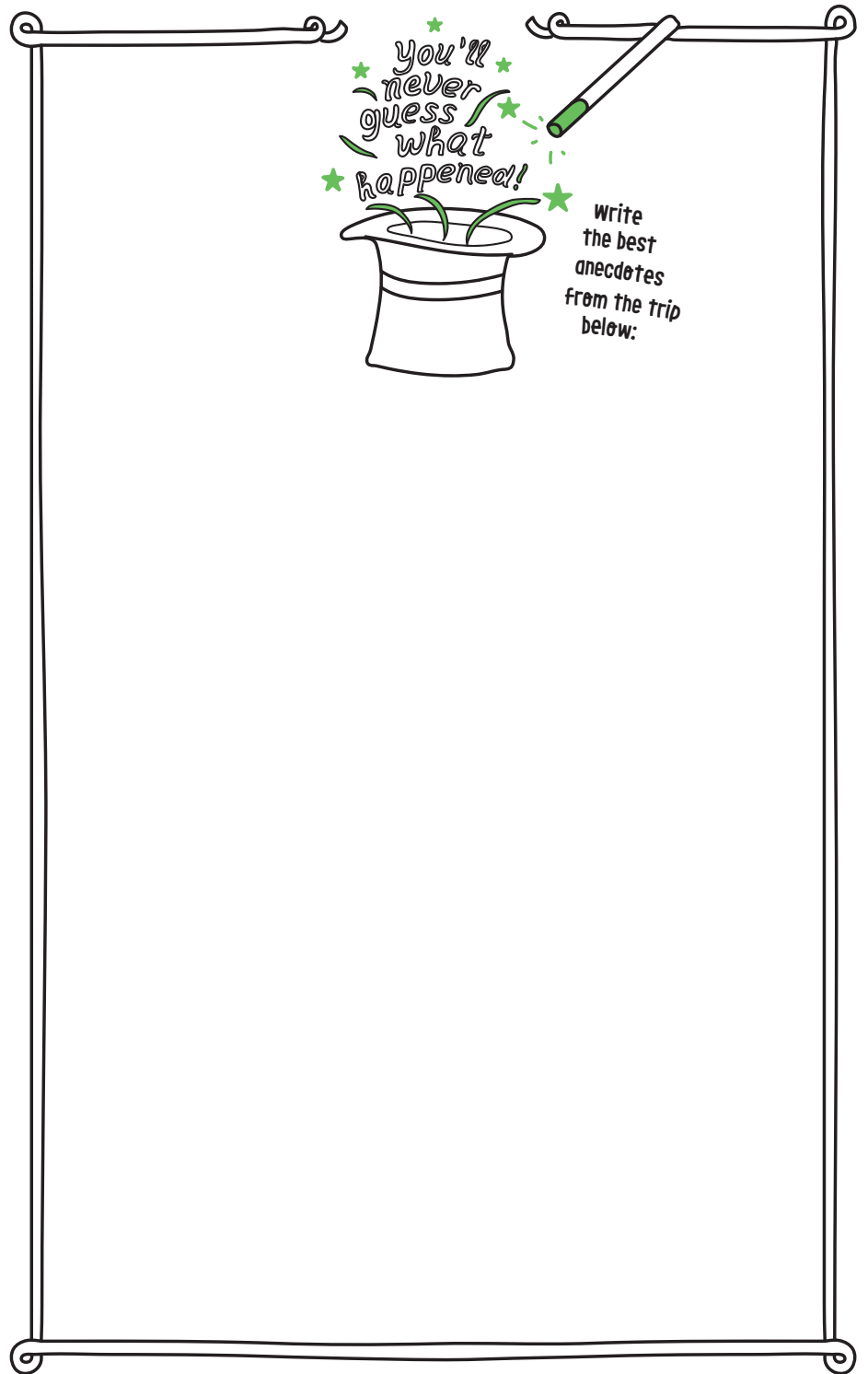


**Challenge of the day!**

Look through the ticket stubs you've collected over the course of the trip (from museums, galleries, trains, metros, attractions) and choose the one that you have the best memory of. Attach it to the next page and describe why you chose it!

[A series of horizontal lines for writing on the right side of the page.]





# THE numbers BEHIND THE journey

HOW MANY...

...days did your journey last?



.....

...countries did you see?



.....

...cities did you explore?



.....

...new friends did you make?



.....

...kilometers did you travel?



.....

...museums did you visit?



.....

...trains did you take?



.....

...times did you get lost?



.....

...places will you return to?



.....



My general impression of the trip was...



SHOOT &



Take a photo of your favourite page of this journal and share it on Facebook and Instagram to show your friends how amazing your journey across Europe was. Don't forget to use the hashtags

#DiscoverEU

#Companion

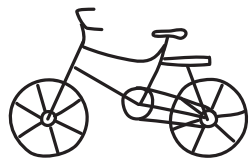
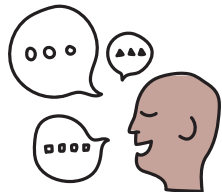
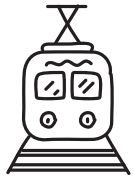
#Competition



TO ME

EUROPE IS...

Being European means

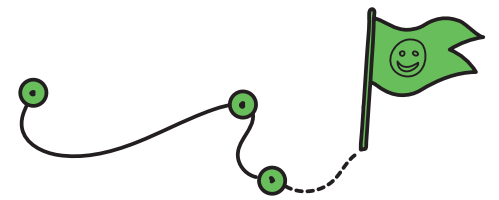




What has been the most important lesson you have learned? What would you have done differently?



Can you think of three pieces of advice that you would give next year's DiscoverEU travellers before they begin their journey?





# END OF THE STORY?



Of course not! In fact, at 18 years old, DiscoverEU is just the beginning of your journey.

The European Union is here to help you on whichever path you choose. Take a look at the three initiatives on the next page - all of them can assist you in exploring Europe, learning something new, meeting people from across the continent and helping those in need. As a young person in the European Union, there are always new adventures.



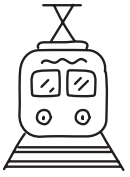
**European SOLIDARITY Corps**

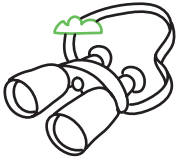
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## GETTING IN TOUCH WITH THE EU

### In person

All over the European Union there are hundreds of Europe Direct information centres. You can find the address of the centre nearest you at: [https://europa.eu/european-union/contact\\_en](https://europa.eu/european-union/contact_en)

### On the phone or by email

Europe Direct is a service that answers your questions about the European Union. You can contact this service:

- by freephone: 00 800 6 7 8 9 10 11 (certain operators may charge for these calls),
- at the following standard number: +32 22999696, or
- by email via: [https://europa.eu/european-union/contact\\_en](https://europa.eu/european-union/contact_en)

## FINDING INFORMATION ABOUT THE EU

### Online

Information about the European Union in all the official languages of the EU is available on the Europa website at: [https://europa.eu/european-union/index\\_en](https://europa.eu/european-union/index_en)

### EU publications

You can download or order free and priced EU publications from: <https://publications.europa.eu/en/publications>. Multiple copies of free publications may be obtained by contacting Europe Direct or your local information centre (see [https://europa.eu/european-union/contact\\_en](https://europa.eu/european-union/contact_en)).

### EU law and related documents

For access to legal information from the EU, including all EU law since 1952 in all the official language versions, go to EUR-Lex at: <http://eur-lex.europa.eu>

### Open data from the EU

The EU Open Data Portal (<http://data.europa.eu/euodp/en>) provides access to datasets from the EU. Data can be downloaded and reused for free, for both commercial and noncommercial purposes.



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