



International
House
London

LEARN PORTUGUESE

WITH IH LONDON

WHY STUDY PORTUGUESE WITH IH LONDON?

1. IH London was established in 1959 and is one of the top-ranking language schools in the UK.
2. IH London is a founding member of IH World Organisation - a network of over 150 high quality language schools located across 52 countries.
3. We are regularly inspected by educational bodies such as the British Council and Eqauals, ensuring we deliver high quality courses to students.
4. IH London is located near Covent Garden and is a purpose-built language school boasting 9 floors of modern classrooms, as well as study areas and a library with a Portuguese language section.
5. We are proud to have a highly qualified team of professional Portuguese language teachers, who have extensive experience in teaching their language.
6. IH London offers both online and face-to-face Portuguese classes from beginners to advanced levels, with regular start dates throughout the year.
7. Our class sizes are kept small with an average size of 8 students.
8. All students have access to our online Moodle platform where Portuguese language teachers upload notes for each class, and where extra resources can be found.
9. Students receive regular Portuguese Top Tips emails with cultural and self-study recommendations to enhance their studies.
10. Themed events and workshops take place throughout the year, both online and face-to-face, introducing students to different elements of Portuguese culture.



OUR COURSES



We have Portuguese courses starting regularly throughout the year, with most courses being 6, 8 or 10 weeks long. You can check individual course dates on our course web pages at: ihlondon.com/foreign-languages/



OUR PORTUGUESE LANGUAGE LEVELS EXPLAINED

Course	Category	Course duration	Number of class hours taken before the course	CEF estimates
Level 1	Beginner	12 hours	0 hours	A1
Level 2	Elementary	12 hours	12 hours	A1
Level 3	Elementary	12 hours	24 hours	A1
Level 4	Elementary	12 hours	36 hours	A1
Level 5	Elementary	12 hours	48 hours	A1
Level 6	Elementary	12 hours	60 hours	A1
Level 7	Elementary	12 hours	72 hours	A2
Level 8	Elementary	12 hours	84 hours	A2
Level 9	Pre-Intermediate	12 hours	96 hours	A2
Level 10	Pre-Intermediate	12 hours	108 hours	A2
Level 11	Pre-Intermediate	12 hours	120 hours	A2
Level 12	Pre-Intermediate	12 hours	132 hours	A2
Level 13	Intermediate	12 hours	144 hours	B1
Level 14	Intermediate	12 hours	156 hours	B1
Level 15	Intermediate	12 hours	168 hours	B1
Level 16	Intermediate	12 hours	180 hours	B1
Level 17	Intermediate	12 hours	192 hours	B1 +
Level 18	Intermediate	12 hours	204 hours	B1 +
Level 19	Intermediate	12 hours	216 hours	B1 +
Level 20	Intermediate	12 hours	228 hours	B1 +
Level 21	Upper-Intermediate	12 hours	240 hours	B2
Level 22	Upper-Intermediate	12 hours	252 hours	B2

OTHER COURSES

Pre-Holiday	Beginner	12 hours	0 hours	A1
Introduction to	Beginner	15 hours	0 hours	A1
Club	Advanced	12 hours	Min 252 hours	B2 +
Conversation	Advanced	15 hours	Min 252 hours	B2 +

SEE FULL
SYLLABUS



MAP OF PORTUGUESE-SPEAKING COUNTRIES

The Portuguese Language Orthographic Agreement of 1990 unified the spellings of the different varieties of the language into one accepted standard – great news for language students!

Fun fact – Pastéis de nata, or Portuguese custard tarts, have taken the UK by storm recently with trendy bakeries popping up all around the country!

Portuguese is the fastest growing European language after English.

Portuguese has over 270 million speakers around the world and is an official language in 9 countries, as well as in Macau, China.



THE AZORES



BRAGA

PORTO

LISBON



MADEIRA

MACAU

EAST TIMOR

ANGOLA

GUINEA-BISSAU

MOZAMBIQUE

SÃO TOMÉ AND PRÍNCIPE

TOP 5 PLACES TO VISIT

RIO DE JANEIRO

Rio de Janeiro is known by locals as the Cidade Maravilhosa and we couldn't agree more! With its golden beaches, luscious green mountains and crystal-clear ocean - not forgetting its exciting nightlife – there's no place like it and Rio is the perfect location to kick-start your Brazilian escapade. While there head up the Pão de Açúcar or climb up to Christ the Redeemer (Cristo Redentor) for a breathtaking panorama of the city and local landscape. If you can, try to coincide your trip with the Carnival season to really experience the full energy, charisma and buzz of the city.



LISBON

Portugal's capital is an ideal destination for a weekend getaway. During your stay, you should hop on the vintage 28E tram that will take you through some of the city's most ancient cobbled streets and past stunning white-domed cathedrals. Don't forget to pay the Alfama district a visit too with its labyrinth of intertwining lanes leading you to hidden courtyards, intriguing taverns and trendy wine bars where you can soak up the Lisbon spirit to the backdrop of fado music. Last but not least, be sure to visit the fascinating museums and admire the beautiful architecture of UNESCO World Heritage site, Belém, and stop off at the internationally renowned Fábrica de Pastéis de Belém for some of the best pastéis de nata you'll have in your life.



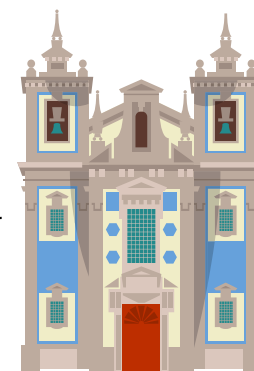
CATARATAS DO IGUAÇU

Sitting on the border between Brazil and Argentina, the Iguaçu Falls are the largest waterfall system in the world, and they sure are a site to behold! The long stretch of dramatic waterfalls, the 'Trilha das Cataratas', will leave you gobsmacked by the sheer beauty of mother nature and mesmerized by the powerful sound of crashing water. If you want a closer peek, jump on a boat to get even nearer to the falls - but don't forget to bring your waterproof gear as you'll get absolutely drenched! Top tip: whilst on the Brazilian side, be sure to head to the waterfalls as early as you can to catch the best lighting for photographs.



PORTO

Hugging the Rio Douro lies the trendy yet charming city of Porto that should be high up on your list of places to visit in Portugal. Known for its charismatic locals and gorgeous historic centre, you're always in for a great time when you come to Porto. Explore the lovable Ribeira district and join the tripeiros (local residents) for a brew and some people watching in one of its cafes. For the best sites, visit the Igreja de São Francisco, walk through the Jardins do Palácio de Cristal and admire the spectacular Ponte de Dom Luís.



LENÇÓIS MARANHENSES NATIONAL PARK

Brazil is home to countless natural wonders, and one of the most spectacular is the Lençóis Maranhenses National Park. With an immense expanse of sand dunes and crystal-clear lagoons, visitors can go quad biking or horse riding deep into the park to find the most remote, pristine areas. Bring your swimming gear so that you can cool off in the lagoons after a long, hot journey and soak in the extraordinary scenery surrounding you.

Honourable Mentions: Evora, Sintra, Salvador de Bahia, Cape Verde.

CULTURAL ACTIVITIES

WINE TASTING IN THE DOURO VALLEY

Although it may not have the same reputation as other countries, Portugal produces some exquisite wine. If you happen to be near Porto, you should definitely take a boat trip up the river and join a Douro Valley wine tour. Learn about the processes behind making this delicious regional wine and afterwards, taste some of the finest selections along with some petiscos (small dishes) with the backdrop of rolling vineyards.



LISTEN TO FADO IN ALFAMA

Unique to Portugal, fado is Moorish-influenced music originating in the 19th century. According to local stories, fado started from sailors singing about love, destiny and saudade ('nostalgic longing'), however through time it has been heavily influenced by many different genres and has engrained itself deep into Portuguese culture. For the most authentic fado, head to the Alfama district in Lisbon where you can either listen to some fado vadio (street fado) in the squares or attend a live performance of a fadista in one of the many theatres.



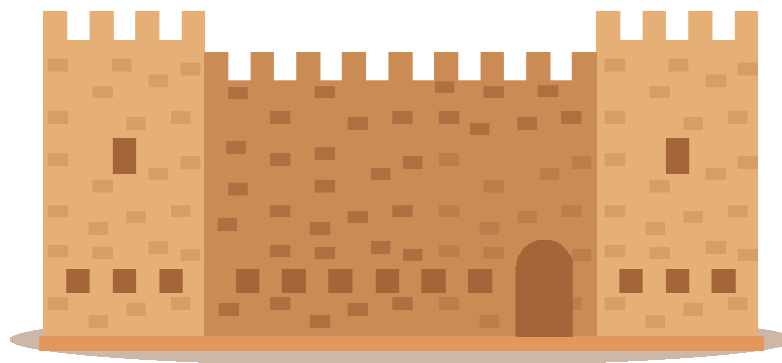
BOAT TRIP THROUGH THE AMAZON

At just a short trip away from the Amazon rainforest, Manaus is the Brazilian gateway to one of the most biodiverse jungles in the world. Join one of the many river tours from the city to explore the black water canals and dense forestry in search of rare monkeys, anacondas, pink dolphins and much more. For a particularly eye-opening experience, visit one of the numerous indigenous communities to discover their way of life and customs.



MEDIEVAL MARKET IN OBIDOS

If you're a bit of a history buff, then Obidos is the place to visit in the summer. For two weeks every July/August, the quaint Portuguese town of Obidos hosts an incredible historic recreation of the Middle Ages. Take a trip back in time by roaming through the markets past tasty food stands and knights in full armour for a peculiar yet memorable experience.



FESTIVALS

RIO CARNIVAL (USUALLY FEBRUARY)

Perhaps the most spectacular festival of all, Rio Carnival is famous across the world and rightly so. For the 5 days before Ash Wednesday, cariocas (Rio residents) erupt into celebration with colourful parades featuring impressive giant floats, feathered dancers and the beat of hundreds of drummers. With so much joy, energy and colour, the parades are a magnificent sight and are an unforgettable experience for anyone who's lucky enough to go. Party the night away, break into samba with the locals and enjoy plenty of caipirinhas for the festival of a lifetime.



FESTAS DE LISBOA (JUNE)

During the month of June, the whole of Lisbon flocks to the streets for endless street parties and feasts. With various national holidays commemorating patron saints, the most important being the celebration of St. Anthony on the 13th of June, Lisboans get into party-mode, have lots of fun with their family and friends and eat plenty of sardinhas assadas (grilled sardines).



FESTIVAL DE CACHAÇA (AUGUST)

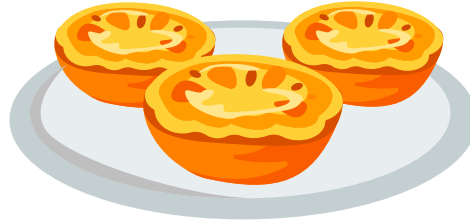
Held in the beautiful colonial town of Paraty, just south of Rio, the Festival de Cachaça (sometimes known as the 'Festival de Pinga') is dedicated to the national liquor, cachaça, that's made from sugar cane. Have a sip of various samples at the fair to get a real taste of this quintessential Brazilian beverage, but be warned as it packs quite a punch. Aside from all the drinking, get your groove on with lots of samba and reggae blasting out in the street as well as mouth-watering food trucks at every turn. With lots of music, dancing and feasting, this sounds like the perfect party doesn't it?



MUST-TRY FOOD

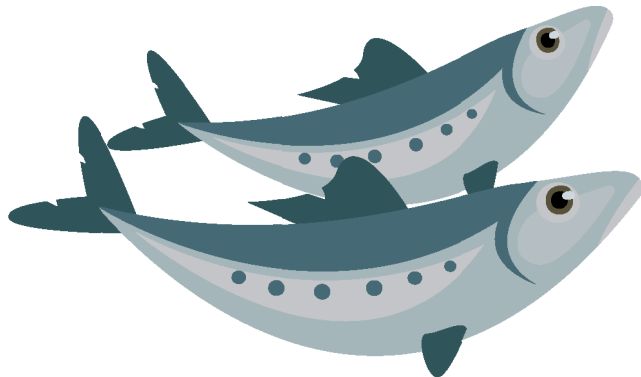
PASTEL DE NATA

This traditional egg tart pastry was created by Catholic monks in Lisbon during the 19th century, who used leftover egg yolks to make these scrumptious little cakes. Eventually the recipe was sold on to a sugar refinery in Belém, which opened its own Fábrica de Pastéis de Belém, that still exists today and is run by the same family. Since then pastéis de nata have taken the world by storm and you can now find plenty of places selling them in the UK!



BACALHAU À BRÁS

This staple Portuguese dish made from shredded salted cod, onions, garlic, scrambled eggs and fried potatoes topped with olives and parsley, is a must-try wherever you are in Portugal. Originating from the Bairro Alto district in Lisbon, the dish was invented by a tavern owner called Brás, and boy did he come up with something special. Nowadays, there are hundreds of ways to prepare bacalhau, but none are more delicious than the bacalhau à Brás.

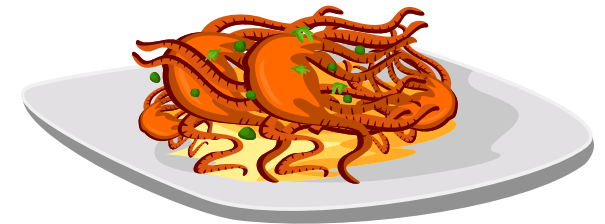


FAROFA

Very unique to Brazil, farofa is a delicious side dish made from farinha de mandioca (toasted cassava flour) usually with bacon and butter, although you can get vegan variants as well. This Brazilian delicacy goes well with just about anything and certainly adds a tasty crunch to any meal.

POLVO À LA LAGAREIRO

No one makes seafood like the Portuguese, with one of the most delicious of these meals being polvo à la lagareiro. This meal consisting of a boiled, baked octopus with smashed, garlic and coriander infused potatoes, never lets you down.



FEIJOADA

Popular in all Portuguese-speaking countries, feijoada is always on the menu. As the national dish of Brazil, this hearty beany stew with beef and pork is particularly popular in Rio and São Paulo. Served with rice and assorted sausages, feijoada always goes down a treat.



PORTUGUESE DIALOGUES

1. ORDERING IN A CAFÉ | PEDINDO EM UM CAFÉ

Waiter: Good morning. What can I get you?

Customer: Good morning. Could I have an americano?

Waiter: How would you like your coffee? Any milk or sugar?

Customer: Black with no sugar, please.

Waiter: Of course. Anything else?

Customer: I would like a pastel de nata too. I'm feeling quite hungry.

Waiter: I'll bring it right over.

Waiter: Here you go. Enjoy!

Customer: Thank you very much. Could I also have the bill? I'm in a bit of a rush.

Waiter: No problem – I'll be right back in a second.

Customer: How much does it come to?

Waiter: €3.30.

Customer: Here's €4.00. Keep the change.

Waiter: That's very kind, sir. Have a nice day.

Customer: You too. Goodbye.

Empregado/a: Bom dia. Que desejam?

Cliente: Bom dia. Queria um galão, por favor.

Empregado/a: Claro ou escuro?

Cliente: Escuro e sem açúcar.

Empregado/a: Naturalmente. Mais alguma coisa?

Cliente: Gostaria de um pastel de nata também. Estou com tanta fome.

Empregado/a: Muito bem. Trago já.

Empregado/a: Aqui está. Aprecie!

Cliente: Muito obrigado/a. Poderia trazer a conta por favor, tenho um pouco de pressa.

Empregado/a: Sem problema. Volto sem demora.

Cliente: Quanto é tudo?

Empregado/a: São €3.30.

Cliente: Aqui está €4.00. Pode ficar com o troco.

Empregado/a: Gentil da sua parte senhor/a. Tenha um bom dia.

Cliente: Igualmente. Até logo.



Nota: No Brasil, usa-se muito a expressão 'Pois não?' que significa 'Can I help you?' quando interrogativa. 'Pois não', quando não é interrogativa significa 'Of course... naturally...'

PORTUGUESE DIALOGUES

2. WATCHING A FLAMENGO GAME AT THE MARACANÃ (FLAMENGO VS FLUMINENSE)

ASSISTINDO A UM JOGO DO FLAMENGO NO MARACANÃ (FLAMENGO X FLUMINENSE)

Nota: Flamengo x Fluminense é o maior clássico do futebol carioca.

Fan: Excuse me, could you help us find our places?

Steward: Sure, let me see your tickets... you're in the Top Tier in seats 509 and 510.

Fan: How do we get there?

Steward: If you take those set of stairs there, climb right to the top and then go to Entrance 16. Your seats are in Row F just on the left.

Fan: Brilliant – I think we've got it. Is there somewhere where we can grab something to eat up there?

Steward: Yes – there are a few good places next to Entrance sixteen. You won't miss them.

Fan: Thank you very much for your help.

Steward: Enjoy the game!

Fã: Com licença, você poderia nos ajudar a encontrar nossos lugares?

Atendente: Claro, deixe-me ver seus ingressos ... você está na Categoria Três nos assentos 509 e 510.

Fã: Como fazemos para chegar lá?

Atendente: Se você pega aquelas escadas ali, suba até o topo e vá para a entrada 16. Seus assentos estão na Fileira F, logo à esquerda.

Fã: Brilhante - acho que entendemos. Existe algum lugar onde possamos pedir algo para comer lá?

Atendente: Sim, há alguns bons lugares próximos à entrada dezesseis. Você não deixará de notá-los.

Fã: Muito obrigado/a pela ajuda.

Atendente: De nada. Aproveite o jogo!



PORTUGUESE DIALOGUES

3. TAKING THE TRAM IN LISBON | APANHAR UM BONDE EM LISBOA

Tourist: Sorry to disturb you, do you know how to get to Belém from here?

Stranger: Not a problem. The quickest way to get there is by taking the number fifteen tram from the Cais de Sodré station.

Tourist: Where is that station?

Stranger: It's just a couple of blocks away from here near the Praça do Comércio. Just follow this avenue for five or so minutes and then it will be on the right.

Tourist: That's really helpful – thank you very much. Any local tips for things to see while I'm there?

Stranger: You simply must visit the beautiful Mosteiro dos Jerónimos and also the Torre de Belém as they're some of the main sites in the city.

Tourist: Oh very interesting, thank you for the tips and for your help!

Stranger: You're welcome. Hope you enjoy your stay in Lisbon!

Turista: Desculpe incomodar, você sabe como chegar a Belém daqui?

Transeunte: Sem problema. A maneira mais rápida de chegar lá é apanhar o bonde quinze da estação Cais de Sodré.

Turista: Onde fica essa estação?

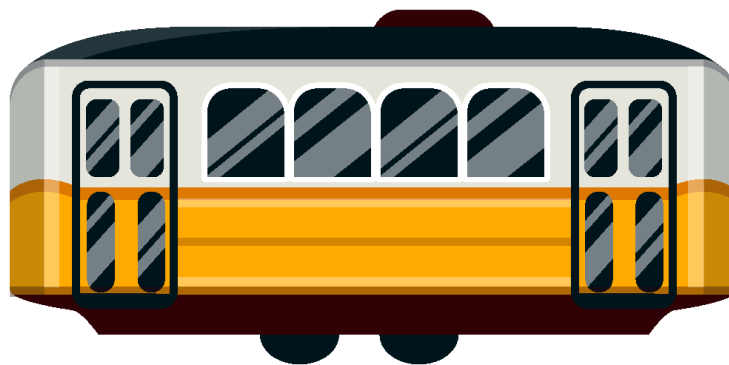
Transeunte: Fica a apenas alguns quarteirões de distância daqui, perto da Praça do Comércio. Basta seguir esta avenida por cerca de cinco minutos e então ela estará à direita.

Turista: Sua informação é realmente útil - muito obrigado/a. Alguma dica local sobre o que ver enquanto estiver lá?

Transeunte: Não pode deixar de visitar o bonito Mosteiro dos Jerónimos e também a Torre de Belém, pois são alguns dos principais locais da cidade.

Turista: Ah, muito interessante, obrigado/a pelas dicas e pela ajuda!

Transeunte: De nada. Espero que aproveite a sua estadia em Lisboa!



PORTUGUESE DIALOGUES

4. CHECKING INTO A HOSTEL | HOSPEDANDO-SE EM UM ALBERGUE

Hostel Worker: Good evening – welcome to São Paulo Hostel! How may I help you?

Traveler: Good evening. Do you have a room available for two people?

Hostel Worker: Let me check... we do! How many nights would you like to stay?

Traveler: 3 nights. We might stay longer depending how much we enjoy the city.

Hostel Worker: Would you like breakfast included?

Traveler: Sure, why not.

Hostel Worker: In that case, it'll come to 190 reais a night.

Traveler: OK. Can I pay by card?

Hostel Worker: Of course. Just put your card in the machine and enter your PIN here.

Traveler: Alright.

Hostel Worker: Well, here are the keys - you're in room 11 on the first floor. If you have any questions or issues during your stay, reception is always open 24/7.

Traveler: Thank you very much. Quick question - what time is breakfast served?

Hostel Worker: The buffet breakfast is available between 7-10am, however the hostel café is open all day long until 5pm.

Traveler: OK. Is there also a hostel bar?

Hostel Worker: Yes – there is a rooftop bar that's open every night until 1am.

Traveler: Awesome – I know where we'll go straight after we dump our bags in the room!

Funcionário do albergue: Boa noite - bem-vindo ao São Paulo Hostel! Como posso ajudá-lo?

Viajante: Boa noite. Vocês têm quarto disponível para duas pessoas?

Funcionário do albergue: Deixe-me verificar ... nós temos! Quantas noites vocês gostariam de ficar?

Viajante: Três noites. Podemos ficar mais tempo dependendo do quanto gostarmos da cidade.

Funcionário do albergue: Vocês gostariam do café da manhã incluído?

Viajante: Claro, por que não?

Funcionário do albergue: Neste caso, será 190 reais a diária.

Viajante: OK. Posso pagar com cartão?

Funcionário do albergue: Claro. Basta colocar seu cartão na máquina e digitar a sua senha aqui.

Viajante: Tudo bem.

Funcionário do albergue: Bem, aqui estão as chaves – vocês estão no quarto 11 no primeiro andar. Se vocês tiverem dúvidas ou problemas durante a sua estadia, a recepção está sempre aberta, 24 horas por dia, 7 dias por semana.

Viajante: Muito obrigado/a. Uma pergunta rápida - a que horas é servido o café da manhã?

Funcionário do albergue: O buffet do café da manhã está disponível das 7h às 10h, no entanto, o café do albergue fica aberto o dia todo até as 17h.

Viajante: OK. Existe também um bar no albergue?

Funcionário do albergue: Sim - há um bar na cobertura que fica aberto todas as noites até a 1h da madrugada.

Viajante: Incrível - eu sei para onde iremos assim que jogarmos nossas malas no quarto!

Nota: Em Portugal 'o café da manhã' chama-se 'o pequeno almoço'.

PORTUGUESE VERBS - USEFUL CONJUGATIONS

REGULAR VERBS



-AR

FALAR - to speak					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	falo	falei	falava	falaria	falarei
Tu	falas	falaste	falavas	falarias	falarás
Você/Ele/Ela	fala	falou	falava	falaria	falará
Nós	falamos	falamos	falávamos	falaríamos	falaremos
Vós	falais	falastes	faláveis	falaríeis	falareis
Vocês/Eles/Elas	falam	falaram	falavam	falariam	falarão

-ER

COMER - to eat					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	como	comi	comia	comerias	comerei
Tu	comes	comeste	comias	comerias	comerás
Você/Ele/Ela	come	comeu	comia	comeria	comerá
Nós	comemos	comemos	comíamos	comeríamos	comeremos
Vós	comeis	comestes	comíeis	comeríeis	comereis
Vocês/Eles/Elas	comem	comeram	comiam	comeriam	comerão

-IR

PARTIR- to leave					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	parto	parti	partia	partiria	partirei
Tu	partes	partiste	partias	partirias	partirás
Você/Ele/Ela	parte	partiu	partia	partiria	partirá
Nós	partimos	partimos	partíamos	partiríamos	partiremos
Vós	partis	partistes	partíeis	partiríeis	partireis
Vocês/Eles/Elas	partem	partiram	partiam	partiriam	partirão

IRREGULAR VERBS

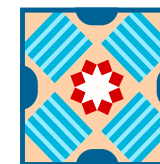
SER – to be

	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	sou	fui	era	seria	serei
Tu	és	foste	eras	serias	serás
Você/Ele/Ela	é	foi	era	seria	será
Nós	somos	fomos	éramos	seríamos	seremos
Vós	sois	fostes	éreis	serieis	sereis
Vocês/Eles/Elas	são	foram	eram	seriam	serão



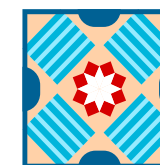
ESTAR – to be

	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	estou	estive	estava	estaria	estarei
Tu	estás	estiveste	estavas	estarias	estarás
Você/Ele/Ela	está	esteve	estava	estaria	estará
Nós	estamos	estivemos	estávamos	estaríamos	estaremos
Vós	estais	estivestes	estáveis	estaríaes	estareis
Vocês/Eles/Elas	estão	estiveram	estavam	estariam	estarão



IR – to go

	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	vou	fui	ia	iria	irei
Tu	vais	foste	ias	irias	irás
Você/Ele/Ela	vai	foi	ia	iria	irá
Nós	vamos	fomos	íamos	iríamos	iremos
Vós	ides	fostes	íeis	iríeis	ireis
Vocês/Eles/Elas	vão	foram	iam	iriam	irão



TER – to have					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	tenho	tive	tinha	teria	tereí
Tu	tens	tiveste	tinhas	terias	terás
Você/Ele/Ela	tem	teve	tinha	teria	terá
Nós	temos	tivemos	tínhamos	teríamos	teremos
Vós	tendes	tivestes	tínheis	teríeis	tereis
Vocês/Eles/Elas	têm	tiveram	tinham	teriam	terão

FAZER – to do/make					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	faço	fiz	fazia	faria	farei
Tu	fazes	fizeste	fazias	farias	farás
Você/Ele/Ela	faz	fez	fazia	faria	fará
Nós	fazemos	fizemos	fazíamos	faríamos	faremos
Vós	fazeis	fizestes	fazíeis	faríeis	fareis
Vocês/Eles/Elas	fazem	fizeram	faziam	fariam	farão

QUERER – to want					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	quero	quis	queria	quereria	quererei
Tu	queres	quiseste	querias	quererias	quererás
Você/Ele/Ela	quer	quis	queria	quereria	quererá
Nós	queremos	quisemos	queríamos	quereríamos	quereremos
Vós	quereis	quisestes	queríeis	quereríeis	querereis
Vocês/Eles/Elas	querem	quiseram	queriam	quereriam	quererão

PODER – to be able					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Eu	posso	pude	podia	poderia	poderei
Tu	podes	pudeste	podias	poderias	poderás
Você/Ele/Ela	pode	pôde	podia	poderia	poderá
Nós	podemos	podemos	podíamos	poderíamos	podemos
Vós	podeis	pudestes	podíeis	poderíeis	podereis
Vocês/Eles/Elas	podem	puderam	podiam	poderiam	poderão

HAVER – Impessoal no sentido de 'existir' conjugamos apenas na 3ª. pessoa do singular					
	Presente	Pretérito Perfeito	Pretérito Imperfeito	Condicional	Futuro
Não tem sujeito	Há	Houve	havia	haveria	Haverá

Exemplos: Há um rio em Lisboa que se chama Tejo.

Há muitas praias magníficas no Brasil.





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