

SEMILLAS LIFE

Puerto Inca, Huanuco, Peru

June 9th, 2022

Who we are:

We are a growing project working for the economic and social development of different communities in the Peruvian Amazon. Approximately 90% of the population in Puerto Inca lives without access to basic needs such as, running water, sewage and paved roads. However, Puerto Inca has the potential to be a touristic province. We believe that creating an infrastructure for sustainable ecotourism can help to develop these communities. For this reason, we started this project in June 2018, putting a lot of our hearts and energy into it.

What we do? – Mission & Vision

We focus on education, environment, ecotourism and cultural exchange. We believe that working together with these communities in developing different skills for its people and creating new job opportunities, not only will help to reduce poverty but to reduce activities that are damaging the environment such as, logging and gold mining with strong contaminating chemicals. We want to give opportunities to the community to change and care for their environment like having other ways to earn money instead of destroying the Amazon rainforest.

Protecting the Amazon should be a global commitment because of its incalculable biological and ecological value.

Where we work?

We are working in different districts of the Province of Puerto Inca, Huanuco, Peru and Contamana, Loreto, Peru as well.

Puerto Inca, Huanuco, Peru

Puerto Inca is the largest of eleven provinces of the Huánuco Region. It is a Province as well as a district. It is located in the central Amazon of Peru at an altitude of 330 meters above sea level. It is one of the most biodiverse places in the world. This province is also home of different indigenous communities such as, the ethnicities Ashaninka, Yanesha and Shipibo-Cacataibo. An Austrian-German Community can also be found in Puerto Inca.

Puerto Inca is a very peaceful and safe place. Visitors can walk around the village at any time without any problem.

The province of Puerto Inca, Huanuco is divided into **five districts**, (villages) which are:

. **Codo del Pozuzo**

. **Honorita**

. **Puerto Inca**

. **Tournavista**

. **Yuyapichis**

Semillas Life is working in 3 districts in the province of Puerto Inca, (Puerto Inca, Codo Del Pozuzo, Tournavista).

According to the 2015 census, Spanish was spoken by 89.5% of the population as their first language, while 5.5% spoke Quechua, 1.9% spoke Ashaninka, 0.3% spoke Aymara, 2.6% spoke other indigenous languages and 0.1% spoke foreign languages.

Goals:

One of our mid-term goals is to make a difference in the lives of disadvantaged children by creating a safe environment for healthy physical, social, and emotional development. We want to encourage a passion and respect for the natural world to help transition eager young minds into caring, sociallyconscious global citizens. Through a connection with nature, we can nurture a better understanding of the environment whilst improving their interpersonal skills with one another and other adults.

Who are we looking for?

We are looking for motivated people who are not only eager to teach others but who are willing together with the students to look at different perspectives, finding solutions, trying new things and developing ideas in a team. Especially for “our Kids Explorer” and “Teaching English” programs we would like volunteers to independently run short workshops. Therefore, we are looking for volunteers who have an interest in different topics such as arts and crafts, music and drama, environment protection, DIY and repair workshops, animals, plants or taking photos and making videos and enthusiastically pass on their personal passion. All volunteers are role models for their home culture, their behavior and their way of problem solutions. We would like volunteers to keep this in mind and also to not judge other ways of thinking and acting, instead using open and critical discussions.

Why choose us?

By volunteering with us, you get a unique chance to experience the stunning natural diversity and experience the beautiful local culture beyond a busy tourist industry. At the same time, you will help us to achieve our goal in giving back to our local community. We co-operate with a range of local people.

Therefore, all booking fees go either straight to people in our community such as, farmers, taxi and tuc tuc drivers, hostels, restaurants, groceries, boat and tour guides, artisans, etc. You will also help to cover the expenses of our project.

Cultural exchange and learning opportunities

There are many ways our volunteers can benefit from this cultural exchange:-

- 1.** Volunteers will be welcomed into the community where they can witness and take part in the region's customs and traditions, where people live happily despite their limitations and lack of modern-world facilities. You can develop new friendships and learn how to talk and interact with people from another culture, whilst learning how to adapt to a new environment and different way of living. Our vision is to build relationships, promoting a mutual understanding of respect and values.
- 2.** We are happy to organize trips to local attractions and, of course, into the rainforest, where we can introduce our volunteers to the incredible flora and fauna of our beautiful Peruvian Amazon and also share some fascinating jungle legend stories!
- 3.** And if you like food, you will have the opportunity to learn how to cook some of the amazing Peruvian dishes with the help of our project chef!! Buen provecho!

Volunteer Opportunities

Teaching English Language Program

We provide free English classes for children, teenagers and adults. Therefore, everybody can participate in our community. We believe that English lessons will provide a valuable opportunity to help local people gain the skills they need to communicate with tourists and also help the younger generations to have better life opportunities. TEFL Certificate is not a requirement but, it is a plus. We are looking for volunteers that are fluent in English and also have creative teaching ideas such as playing games, singing,

storytelling, acting other activities. The focus should be on developing curiosity about other cultures and to experience language as a communication tool and part of a culture.

Volunteers can also design workshops for kids or adults such as football matches, arts and crafts, environmental education, drama and so on. The idea is to connect the new language abilities with positive emotions.

Volunteers could build teaching materials such as posters, cards and games with vocabularies to subject or writing down songs, rhymes and so on for other volunteers.

We teach English to three groups for 3 days a week. The first group is children between the ages of 6 and 9. The second group is children aged 10 to 14 years old. The third group are 15 years of age and older.

Volunteers help teaching up to 15 hours a week.

Typical Day – English Program

On a typical day, volunteers prepare their class in advance by following a schedule with the topics to be taught. Classes are on Monday, Wednesday and Thursday. Children ages 6-9 and 10-14 begin class in separate groups at 4:00 p.m. and end at 5:30 p.m. Then the Adults come at 6:00 p.m. until 8:00 p.m.

Desired Skills:

- Fluent in English
- Team Worker
- Self Confidence
- Good Communication
- Problem Solving
- Positive Attitude
- Decision Maker
- Microsoft Office
- Creative

Kids Explorer Program (Scouts)

Our Kids Explorer Program is a holistic program focusing on environmental education and social integration of local kids. During the week volunteers will offer different workshops to teach ways to save

the environment and during the weekend volunteers and staff members will take the kids on small camping trips into the rainforest.

Our 'Explorer' kids program (scouts) is another strategy that we are developing to give a new perspective of life to this Amazonian community. Our vision is to make a difference in the lives of disadvantaged children by creating a safe environment for healthy physical, social, and emotional development. We want to encourage a passion and respect for the natural world to help transition eager young minds into caring, socially-conscious global citizens. Through connection with nature we can nurture a better understanding of the environment while improving their interpersonal skills with one another and other adults.

This trips need to be well prepared such as packing equipment, informing the kids about risks and rules and sharing out tasks. During the trip volunteers not only assist us with supervising the kids, but also introducing games for social interaction and group connection. Another focus will be nature education. Therefore, we are not asking volunteers to have the specific knowledge about Amazonian animals and plants, but together with the kids ask curious questions and search for answers. Ideas could be: to make research diaries with photos, sketches and data or to start making a herbarium (press leaves and label them), experimenting with filtering river water, making fire by friction with sticks or stones, etc. The idea behind this is to protect what your love.

Volunteers will be trained to develop hands on ideas for different workshop such as paper making, upcycling art, building a compost, making paints out of soil and flower or guiding discussion groups about global environmental problems. After this training volunteers are welcome to work independently in small groups with our students. Volunteers are welcome to develop their own ideas. There will be regular staff meeting to exchange ideas and to report the progress. Volunteers will also receive first aid training.

We are also starting a **reforestation project** in areas damaged by mining and illegal logging and, we will need volunteers to make this possible.

We provide tents, food, transportation for our trips, camera traps, binoculars, walkie talkies, solar charger, first aid kit, etc.

(Experience Preferred But Not required) Desired

Skills:

- Map reading and navigation
- Pioneering
- Fire Lighting

-Knots and lashings

-First aid

-Ten Pitching

-Field hygiene

-Backwoods cooking

-Shelter building

Typical Day Description

Weekday: mornings are free. Usually volunteers spend breakfast together, walk around in the village, going to the mini markets, etc. After lunch volunteers meet for a short staff meeting. In the afternoon workshops are held outside like going with a group of kids to pick garbage or making arts out of plastic. These workshops are also fun activities and different songs and games in English or Spanish will be used to gain a feeling of connection. The evening are free, usually volunteers gather, visit local pubs.

Weekend: depending on the weather and our group scout trips can be over night in tents or day trips. Depending on our destination the group will take transportation and then continue to hike or hike all the way to our base. There we will build up the tents, make a fire and explain kids the important rules. Volunteers can offer group games, singing songs, but also educational games such as observing different bird songs, collecting plants, using magnifying glasses and binoculars, sketching animals and so on. We close the day together at the campfire.

Teaching German Language Program

This is a new program as part of our alliance with the Austrian - German Cultural Association, 'Die Lustigen Jungen' from Codo del Pozuzo, Puerto Inca, Huanuco. This community has a combination of historical customs from Austria and southern Germany as well as Amazonian influence. Therefore, a culture exchange can be beneficial for both sides. We believe that by preventing the youth of this community from losing the German language of their ancestors, they will be able to keep their culture alive.

Once these young people have the basic knowledge of the German language, another of the projects that we have in mind to work in the future with this community is to send these young people to different volunteer programs in Germany.

We are looking for native German-speaking volunteers who have the ability to create different teaching strategies such as, playing games, singing, storytelling, acting and other activities. The focus should be on developing curiosity about other cultures and to experience language as a communication tool and part of a culture.

Volunteers can also design workshops for kids or adults such as football matches, arts and crafts, environmental education, drama and so on. The idea is to connect the new language abilities with positive emotions.

Volunteers could build teaching materials such as posters, cards and games with vocabularies to subject or writing down songs, rhymes and so on for other volunteers.

We will teach German to three groups for 3 days a week. The first group is children between the ages of 6 and 9. The second group is children aged 10 to 14 years old. The third group are 15 years of age and older.

Volunteers help teaching up to 15 hours a week.

Desired Skills:

- Fluent in German
- Team Worker
- Self Confidence
- Good Communication
- Problem Solving
- Positive Attitude
- Decision Maker
- Microsoft Office
- Creative

Construction and Gardening Program

Volunteers with interests and skills in maintaining and constructing are always welcome. With the help of volunteers we were able to build an outside organic toilet and an outside kitchen. For the future we would like to build more toilets, outside rainwater shower and a pizza clay oven which could be used for different events.

We have planted some vegetables and would like to expand our garden with herbs, fruits and a variety of different vegetables.

We are also starting a **reforestation project** in areas damaged by mining and illegal logging and, we will need volunteers to make this possible.

Volunteers help in this area up to 15 hours a week from Monday through Friday.

Creative Arts and Media Program

We believe that visual communication is crucial in order to effectively deliver a meaningful message for advertising our project. As this is an educational and tourism project in the Amazon of Peru, we are very interested in keeping our website and social media fan pages updated at all the time. Volunteers support taking good quality photos, videos, editing, writing content, web design, etc. Volunteer are need to bring their own equipment. Drones are not a requirement but, they are a plus for making aerial video shots.

Volunteers help in this area up to 15 hours a week from Monday through Friday.

Permaculture

The Amazonas has rich soil and a great climate to grow a diversity of fruits and vegetables. Unfortunately nowadays farmers cannot live from their own production and often use (illegal) mining and (illegal) tree selling to better their income. Often farmers grow monoculture such as coffee or cocoa to export and therefore are weaker for crop failure. To give farmers the opportunity to be more independent and to protect the rainforest knowledge about soil and biodiversity farming could help to break this negative cycle.

People with skills in permaculture could share this with us and host workshops for the local farmers.

We are also starting a **reforestation project** in areas damaged by mining and illegal logging and, we will need volunteers to make this possible.

Volunteers help in this area up to 15 hours a week from Monday through Friday.

Business Management - Marketing – Publicity

Volunteers can also help by getting involved with the local community and support Indigenous people by creating business plans, business start- up, import/export, international trade, marketing strategies, publicity and different ways to sell their products such as, handcraft, cacao and agricultural products. (Fair Trade)

Volunteers help in this area up to 15 hours a week from Monday through Friday.

MANDATORY FEE FOR ALL VOLUNTEERS

As part of our tourism project, we have one time fee of US\$279.00 dollars for the Weekend of Adventure Package. This fee cover the whole staying. Volunteers do not have to pay anything else. They only pay for their food

This is also at the moment the only way to financially solvent our project as we don't get any financial support from no one.

Fee: US\$279.00 dollars (cash) If paid by credit/debit card, it will cost US\$293.00 dollars.

-INCLUSIONS:

- 5 days of different tours and adventures in the Amazon.
- Transportation for our trips during the first week.
- Tents
- We offer an amazing perspective on life in the Amazon and its beautiful nature.
- We provide electricity, WiFi, water, gas and a kitchen where volunteers can prepare their own food.
- Certificate of participation.
- More trips around the village
- Peruvian cooking lessons

Volunteers support to Semillas Life up to 15 hours a week.

EXCLUSIONS:

- Sleeping bag
- Airfares or bus fares
- Transportation from/to the airport or bus station in the city of Pucallpa
- We do not provide visas or any documentation to apply for visa. However, we can help you once you are in Peru by calling the immigration service to request information for the extension of the visa if volunteers want to stay longer in Peru. For most nationalities it is possible to enter Peru for 90 days without visa. After this period you can extend for another 90 days which will cost US\$3.5 dollars or 3.00 € euros or GBP £2.55 GBP approximately. Then you need to fill out an application through the Peruvian Immigration website.

Schedule For The First Week in Puerto Inca.

- DAY ONE: Welcome to this week of adventure!

- . Volunteers are picked up from the colectivos station in Puerto Inca.
- . Check in at the accommodation.
- . Free day around the village.

- DAY TWO: Swimming day

- Visit the beautiful stream of Pintuyacu, (La Cooperativa).
- Walk around the village to pick fresh fruits and vegetables.

-DAY THREE: Camping into the Quimpichari Rainforest.

- Transportation by tuc tuc to Quimpichari Village.
- Trekking through the wild life with one night camping in the jungle.

(Depending on weather conditions, night camping can be canceled) • Fishing.

- Bonfire

- Exploring the jungle.

-DAY FOUR: Trek to local caves • Trip

to La Viuda (widow's) caves.

- Swimming at near stream.

- Back to Puerto Inca by car or tuc tuc.

-DAY FIVE: Visiting the Stream of Churuyaquillo

- Fruit picking around the village

- Trip to Churuyaquillo Stream

-DAY SIX: Visiting the Waterfall Sungarillo

- Exploring and swimming at the beautiful waterfall Sungarillo

.**The order of the trip days can be changed** depending on the arriving day of volunteers. The trips will be the same but, the **chronogram could be changed**. For example, the trip on day 2 can be moved to day 3 and so on. We will give a time schedule to volunteers when they arrive to Puerto Inca.

Important Information for volunteers

.**Volunteers** can either take a bus or flight from the city of **Lima** to the city of **Pucallpa**. Buses take about 20 hours long and flights take 1 hour to get to Pucallpa. From Pucallpa's airport or bus station, volunteers need to take a taxi or tuc tuc to get to the colectivos station to get to Puerto Inca. They usually charge S/10.00 soles or US\$2.75 dollars or 2.50€ euros or £2.00 GBP approximately. The colectivos to Puerto Inca are usually autos or vans for 4 or 6 passengers and charge S/50.00 soles or US\$13.00 dollars or 11.00€ euros or £9.00 GBP approximately. This ride from Pucallpa to Puerto Inca takes about 2.5 hours.

. **We recommend** our volunteers to change any foreign currency to local currency. This can be done at the exchange houses in Lima or Pucallpa. It is better to pay for any purchase or service with local currency (soles). Volunteers can also withdraw soles from the ATM machines at the airport in Lima or Pucallpa. Banco De La Nacion and BCP Bank do not charge for this transaction. **Attention, there is NOT ATM machines in Puerto Inca!. The closest one is in Pucallpa which is 2 hours away by car.**

. **We do not recommend** to exchange money at the airport. They pay way less for any foreign currency.

. **Airline companies** flying from Lima to Pucallpa are: Latam airline, Sky airline, (low cost) and Star Peru, (low cost). Usually flights cost US\$60.00 dollars or 50.00€ euros or £44.00 GBP approximately or sometimes less. It depends on how much weight you carry in your suitcases and anticipation time of your flight reservation.

. **Bus Companies** going from Lima to Pucallpa are: Cruz Del Sur, ExcluCiva, TEPESA and CIVA, (low cost). They usually cost between US\$35.00 - US\$45.00 dollars or 29.00€ - 37.00€ euros or £25.55 - £33.00 GBP approximately.

. **Arrival:** Transportation is included from Puerto Inca's colectivo's station to our hut.

. **Accommodation** is included for all our programs. Volunteers stay in one of our huts. Each hut has an eco-toilette and kitchen. Volunteers share a dorm. We also have a private bedroom for couples.

. **Food** is very cheap. For example, a lunch menu in a local restaurant costs, S/7.00 soles or US\$2.00 dollars or 1.65€ euros or £1.46 GBP approximately. This menu consists of, an entry (soup or salad). A

main dish that can be with chicken, fish, or beef. You also get a soft fruit juice and refill if they like you, lol! If you cook your own food it is cheaper. Volunteers can also go fruit picking around the village.

. **Internet:** We share our hot spot at any of our huts. Also for an extra cost of US\$15.00 dollars or 12.50€ euros or £11.00 GBP approximately, volunteers can get a local sim card with unlimited internet up to 30 days.

. **Water:** The village of Puerto Inca has no running water. People use water wells to get water. Previous volunteers and we have drunk this water without problems. However, we recommend volunteers can bring a portable **water filter** to make sure they are drinking good water at any time such in our trips to the jungle.

. **Hospital and Health Centers:** Puerto Inca has two health centers that can be used for volunteers in case they have any minor injuries or illness. We are also first aid certificated and have first aid kit. Hospitals and Clinics can be found in the city of Pucallpa, (2.5 hours away by car from Puerto Inca). We have 3 small **pharmacies** in Puerto Inca and the main health center has an **ambulance** for emergency cases.

. **Vaccines:** Although we haven't seen or heard any case of **yellow fever** since we started this project 3 years ago, we recommend volunteers to have this vaccination if they can get it.

. **Transportation fees** to the places we will visit the first week **are included**.

. **Volunteers** can chose **1 or 2 weeks** program just to go trekking and research about the biodiversity into the **Sira Reserve**. (Contact us for more info and fees).

. A lot of rain (**rainy season**) falls in the months: December 15th, January, February, March 15th.

. On average, January is the **wettest month**.

. On average, July is the **driest month**.

. We are **available 24/7** in case volunteers have **any emergency**.

. We speak **Spanish, English and German**.

. **We accept**, groups of people, couples, single volunteers and pets.

. We can **accept up to 12 volunteers** at the same time.

. **We recommend volunteers to bring**, fresh clothes such as T-shirts, shorts, bathing suits, rain coat, etc. Also, trekking boots, hat, sunglasses, flip flops, flash light, pocket knife, compass/GPS, sleeping bag, sun blocker, mosquito repellent and water filter, pills for cold, pain, fever, stomach ache, diarrhea, etc. **Bring cash** because the closest **ATM** machine is in the city of Pucallpa. The local bank only exchange dollars to soles. They do not accept euros or any other currencies.

. **We accept smokers**. However, smoking in front of our students is forbidden.

. **We use different photos of our volunteers taken during our trips to the jungle for our projects social media and website**.

.**Drinking alcohol** in public areas (street) is forbidden.

.Because we are an educational project, **we do not accept volunteers with drug abuse problems.**

. **Volunteers with inappropriate behaviors that violate our rules will be immediately expelled from Semillas Life and exhorted to leave Puerto Inca during the next 24 hours after their expulsion.**

Departure: Transportation is included from our hut to Puerto Inca's colectivos station.

Biodiversity Research in the Amazon Rainforest Program

(El Sira Communal Reserve) USD 1949.00 (2 weeks). This is a special program for biologists or biology students. After the two weeks, volunteers can choose to stay in one of our huts at no additional cost, only food expenses.

People with special knowledge in the field of Biology could help us by observing and documenting different species in this rural area of biodiversity. The idea of this project is to be able to document all kinds of possible biodiversity through photos and videos in order to develop different types of teaching materials to share with the community and different Peruvian and international schools.

We will spend 10 days in the Amazon Jungle with an experienced guide who has worked with different international expeditions. The Expedition includes porters to transport our gear, enabling us to focus exclusively on looking for biodiversity and increasing the chances of once-in-a-lifetime experiences. We will use camera traps to capture as much wildlife as possible.

We need volunteers with studies on: Biology, Biotechnology, Environmental, Zoology and Botany.

El Sira Communal Reserve

WILD LIFE

One of the places in Peru that biologists, birdwatchers and explorers cannot miss is, El Sira Communal Reserve (Spanish: Reserva Comunal El Sira).

This is a protected area in Peru created on 23 June 2001 and located in three regions: the Huánuco Region (Puerto Inca Province), the Pasco Region (Oxapampa Province) and the Ucayali Region (Atalaya Province and Coronel Portillo Province).

The whole area is extremely rich in birds including many localized lowland and foothill birds such as Blueheaded Macaw, Curl-crested Aracari, Sulphury Flycatcher, Black-capped and White-bellied Parrots, Wingbanded Wren, Crested and Band-bellied Owls, Solitary Eagle, Koepcke's Hermit, Black-streaked

Puffbird, Creamy-bellied Antwren, Peruvian Tyrannulet, Cerulean-capped and Jet Manakins, Fiery-throated and Scarlet-breasted Fruiteater, Olivaceous Piha and Rufous-brown Solitaire.

Of the mammals in the El Sira Communal Reserve, **54 species** are of special importance due to a threat category, such as: giant armadillo (*Priodontes maximus*), pacarana (*Dinomys branickii*), river otter (*Pteronura brasiliensis*), tapir (*Tapirus terrestris*), Amazon River dolphin (*Inia geoffrensis*), manatee (*Trichechus inunguis*), bush dog (*Speothus venaticus*), spider monkey (*Ateles belzebuth*), jaguar (*Panthera onca*) and otter (*Lontra longicaudis*).

In addition, **203 species of BIRDS** have been registered, especially the Passeriformes with 63 species. The Sira is one of the greatest areas of bird endemism of the planet (Peruvian East Andean Foothills). Among the most representative endemic species of birds is the Paujil del Sira or Piurí (**Pauxi unicornis koepckeae**), a subspecies of horned curassow that lives only in the El Sira mountain range.

The **Sira curassow**, a large bird in the Cracidae family is listed as Critically Endangered on the IUCN Red List. Also endemic are the **Sira tanager (Tangara phillipsi)** and the **Sira hummingbird (Paethornis koepckeae)**.

Picture yourself walking among the ear-deafening noise of hundreds of parrots and macaws, an unforgettable cacophonous experience as you explore the Amazon jungle. Imagine having a close encounter with a beautiful male toucan, with his powerful and long beak, or seeing the colorful macaws as they soar above the trees. Experience the overwhelming image of a Marvelous Spatuletail (*Loddigesia mirabilis*) hauling his coin-sized tail discs or moving through the bushes at 14,000 feet.

There is also a large possibility of future scientific discoveries of species and subspecies of birds in areas of the reserve that are relatively inaccessible and that, as a consequence of their remoteness, may add new records of species not previously encountered.

In addition, some **105 species of reptiles** have been reported, of the families of the Amphisbaenidae, saurians and especially snakes. Also 68 species of amphibians, mostly toads and frogs of the families Hylidae and Leptodactylidae, are known from the reserve. Finally, 111 species of bony fish have been reported, the most diverse being Characiforms.

FLORA

Some 190 species have been collected, including 8 endangered species, such as tall or red cedar (*Cedrela odorata*), mahogany (*Swietenia macrophylla*), quinilla (*Manilkara bidentata*), ceiba (*Ceiba pentandra*), ishpingo (*Amburana cearensis*) and palo rosa (*Aniba rosaeodora*). In the high parts the vegetation consists of trees with thin stems and small crowns, with a high presence of epiphytes: Bromeliads, orchids, ferns, Piperaceae, lichens, Sellaginaceae and mosses; while in the lower part there are taller and more vigorous trees with diameters exceeding 1.5m, in whose branches there is a varied plant community, composed of bromeliads, ferns, orchids and anthuriums, among others. There are 44 registered orchid species.

We provide an experienced tour guide, porters, tents, food, transportation for our trips, camera traps, binoculars, walkie talkies, , solar charger, first aid kit, etc.

Transportation from/to Pucallpa airport is included in this program.

Desired Skills:

- Photography
- Team work
- Introspection
- Camping
- Scout
- First aid
- Survival
- Communication and navigation techniques

Please, do not hesitate to contact us if you need further information.

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