

Career Planning Learning Options

Sport and Recreation money Smarts



Life Goals Community Involvement

Declan

What's outside
The Box?



What's Outside the Box? Transition Workbook cover created by The Shed Project Creative Spaces Artists.

Main artwork by Declan Jack.

Magic fill art by Lewis Ryder, Caitlin Morgan, Harry Elsworth, Marshall Wallace, Malia Ugone, Matthew Harris, Tessa Gaskin.



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THIS BOOK IS FOR YOU



If you are a rangatahi with a disability, and you are starting to think a lot more about your future, you have come to the right place!

- How and where do you want to spend your days?
- Do you want to learn to ride the public buses and trains?
- Do you want to do more learning after high school?
- Where do you want to live?
- Do you need to have people in your life to help you take care of your health?
- Do you need to have people in your life to help you take care of your finances?

This booklet can help you think about and plan for when you leave school. You don't need to complete all the sections, just choose the ones you want to do.

You don't need to do this by yourself. You can have a support team of whānau, friends, teachers and other community staff that can help you to plan.

So dive in, have fun and remember you can get help from a lot of people along the way!

“
**Kāhore taku toa i te toa
takitahi, he toa takitini**
*We cannot succeed without the support of
those around us*

”

ABOUT ME



MY NAME IS _____

INSERT PHOTO HERE

What is important to me?

What are my strengths...

What are my interests...

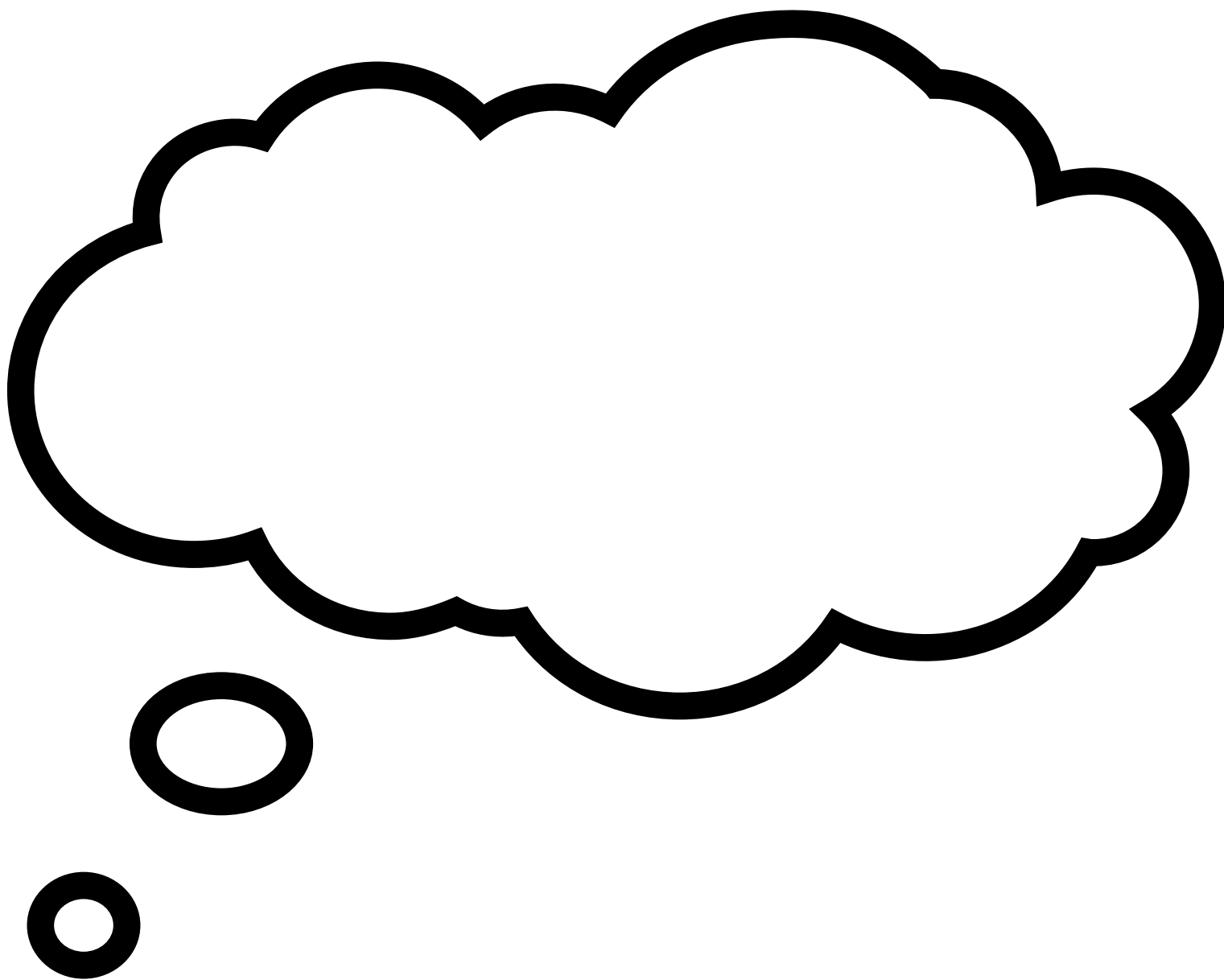
How best to support me.....

MY DREAMS



What are my dreams?

(write or draw)



SOCIAL CONNECTION AND COMMUNITY INVOLVEMENT

Things to think about when turning your dreams into goals

- Are there any day programmes close by that you want to go to?
- Have you got your friend's phone number and/or email address to stay in touch? What about social media?
- Do you like playing sport? Would you like to continue after you leave school?
- Maybe you want to practice skills to make you more independent like:
 - Making a shopping list and cooking a meal
 - Gardening and growing your own vegetables
 - Getting around in your community
 - Managing your own money and saving for something you want
 - Being safe on the internet

There are lots of great opportunities in the community for you to enjoy.

More information on community involvement can be found on page 19

DO YOU WANT TO CONTINUE LEARNING AFTER SECONDARY SCHOOL?

If you want to continue with further education and/or training after secondary school, then speak with your whānau and **Teacher** and/or **School Careers Team**, they can help you decide what additional education/training will help you with your career choice.

Do you need support with your learning?

Tertiary providers have **Disability Coordinators**. It could be a good idea to contact the Disability Coordinator at the campus you want to study, to see how they can help you with learning and accessibility support during your study.

You don't have to study full time, there are part-time options available too. Your chosen tertiary provider also has a **Student Services** that can help you work out your options.

More information on career planning and learning options can be found on page 17 & 18

WHERE DO YOU WANT TO LIVE AFTER YOU LEAVE SCHOOL?

There are different living options available:

- You can stay at **home** with your whānau.
- You can stay at home with your whānau and take short breaks away using **respite** care.
- You can live in a different house with flatmates or by yourself, this is called **renting/flatting**.
- You can live in a different house with support, this is called **residential services**.

Whatever option you choose, it needs to be right for you, so have a chat with your whānau.

More information on living options can be found on page 23



HOW AM I GOING TO GET AROUND?



HOW ARE YOU GOING TO GET AROUND?

Transport plays such a key part in connecting with your friends and community. **Do you like to travel by bus? Maybe you enjoy catching the train? Do you want/need a travel buddy?**

Below are the transport options available in the Wellington region to help you make your choice. Check with Metlink to see if you are eligible for discounted transport.

WELLINGTON REGION TRANSPORT SERVICES

Driving Miss Daisy

drivingmissdaisy.co.nz



Freedom Companion Drivers

freedomdrivers.co.nz



I.Drive Licensing Program - coming to Wellington!

www.ilead.org.nz/programs-i-drive-licensing-program/



Metlink

www.metlink.org.nz



Te Hunga Whaikaha Total Mobility

www.metlink.org.nz/getting-started/total-mobility



Driving 101

<https://driving101.co.nz/>



MY GOALS



After secondary school, I want to...

.....

.....

.....

.....

Ways I can work toward my goals:



.....

.....

.....

Why these goals is important to me:



.....

.....

.....

Who can help me reach my goals?



.....

.....

.....

I want to reach my goals by:

.....

.....

.....

If I feel anxious or overwhelmed, I will help myself or tell/show my whānau by.....

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MY GOALS



After secondary school, I want to...

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Ways I can work toward my goals:



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Why these goals is important to me:



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Who can help me reach my goals?



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I want to reach my goals by:

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If I feel anxious or overwhelmed, I will help myself or tell/show my whānau by.....

.....

.....

.....



WHAT'S OUTSIDE
THE BOX?

ADDITIONAL INFORMATION

STARTING CONVERSATIONS

Family/Whānau and Friends

Having those important conversations at home are as key as any other conversations to plan for life after secondary school. Get help from your whānau to plan. Get them to share their thoughts, bounce ideas and keep talking throughout this process. They are your lifelong support crew!

Teachers

Your Teachers can also help. Talk to them about how they might help you decide what steps and support are required to help you achieve your goals. Some of it may already be in your Individual Education Plan (IEP) which may sit alongside your Individual Transition Plan (ITP) and/or Career Plan.

Some of the things they can help with is exploring the options that are available and adding activities into lessons to help you achieve your goals. Some of the topics they might help with are:

- Life skills
- Work experience and employment options
- Community involvement, such as sports and recreation
- Tertiary Education
- Gateway and Star Programmes

School Careers Advisor/Guidance Counselor

You can see your Career Advisor/Guidance Counselor to talk about the subject choices that will help you achieve your life goals.

TIPS FOR GUIDING YOUR RANGATAHI ON THEIR TRANSITION JOURNEY

- Let them have a big dream for their future
- Find ways to let rangitahi communicate what they want (eg coreboard, talking mats etc)
- Transition from school can be a confusing and challenging time for everyone. Talking to other whānau about this can help
- Finding the right support services that suit your whānau can take time. Keep talking to people and gathering information about different organisations that can help
- Continue with connecting your rangitahi to community activities through places like your marae, clubs, and church. Often these community relationships will lead to other opportunities



Support for Transitions – last one–two years of school

Transition services for ORS funded students are funded by MSD.

For ORS funded students the transition provider will work with you, your school and whānau to develop a plan for when you leave secondary school.

If you do not receive ORS funding check with your school and local NASC to see what other supports are available.

If you are supported by ACC there will be other supports available. Check with ACC to see what supports are available to you.

WELLINGTON REGION NASC SERVICES

Capital Support

www.ccdhb.org.nz/our-services/a-to-z-of-our-services/capital-support/

Your Way | Kia Roha

www.yourwaykiaroha.nz



Your Way | Kia Roha



WELLINGTON REGION TRANSITION SUPPORT SERVICES

Blind Low Vision NZ

blindlowvision.org.nz



CCS Disability Action

www.ccsdisabilityaction.org.nz



Choices NZ

www.choicesnz.org.nz



Community Connections

connections.org.nz



Evaro

www.evaro.nz



Whitford Brown Community Trust

www.wbct.org.nz



TRANSITION TIMELINE



Getting these tasks done early can make the transition process easier. Below is a timeline for when you should aim to complete tasks as part of the transition process.

Early secondary school, age 14 – 16

- ☐ Work with your school to focus IEP's on life skills
- ☐ Join in with community activities. Build connections that can remain once you leave secondary school
- ☐ Register with your local NASC
- ☐ Set up bank accounts and get an IRD number
- ☐ Start looking at possible pathways for after secondary school that build on your interests

Mid secondary school

- ☐ If you are interested in tertiary study – check with your school careers advisor/guidance counsellor early to check you are doing the right subjects
- ☐ Collect pictures of the things you like to do, so that you can share your ideas with your whānau and school
- ☐ You could start learning to do some tasks independently, like getting to school, participating in community activities, and helping with household chores
- ☐ Check that you are receiving the right financial support from WINZ – benefits, community services card
- ☐ Work out whether you want help to make legal decisions. Do you need a to set up power of attorney, so your whānau can help with legal decisions
- ☐ Get a Kiwi Access Card and/or set up a RealMe account
- ☐ Apply for a Total Mobility Scheme card and start learning to use public transport
- ☐ Check with your pediatrician before you are discharged to make sure you have been referred for the right services to support you

TRANSITION TIMELINE



Last two years of secondary school

(ORS funded students can choose to remain at school until the year they turn 21)

- ☐ • Choose a Transition Provider before the last year of school
- ☐ • Work out how you are going to get around – bus, train etc
- ☐ • Try to get your Transition Plan in one document that you can easily access (this could be a PATH plan)
- ☐ • Talk to the Ministry of Education (MOE) about any assistive technology you are using to find out if you are able to keep it or if it needs to be returned.

After school

- ☐ • Keep working on achieving your life goals



COMPLETING - ABOUT ME



MY NAME IS _____

INSERT PHOTO HERE

With permission from the rangatahi and parent/carer

What is important to me?

Add a list of what really matters to you. It is not a list of likes and dislikes but what and who is most Important to you.

Who are the important people in your life? How and when do you spend time together?

What are my strengths...

List your character strengths here. These could include kindness, patience, manaaki tanga etc

What are my interests...

List your interests at home, school and in the community.

What do you like to do?

How best to support me.....

This should be a list of how you might need additional support .

It includes what people need to either know or do, so that they can help make your experiences positive.

It can include your health and wellbeing needs as well as what you dislike and/or fear.

DREAMS & GOALS EXAMPLE



WHAT'S OUTSIDE
THE BOX?

After secondary school, I want to...

I want to make and sell jewellery

Ways I can work toward my goals:



Talk to Auntie Becky and my Teacher about my goal to make jewellery



Find some pictures on the internet and print out the ones I like



Draw some jewellery designs to show my Transition Team

Why these goals are important to me:

I love jewellery and I want to learn how to make it and earn some money

Who can help me reach my goals?

Auntie Becky - she makes jewellery

My Teacher - find out where else I can learn to make jewellery

I want to reach my goals by:

the time I'm 22

If I feel anxious or overwhelmed, I will help myself or tell/show my whānau by.....

saying, Mum I need help

There is a lot of information online that can help with career planning, we have added three websites below to get you started with your planning.

SCHOOL LEAVERS TOOLKIT - <https://school-leavers-toolkit.education.govt.nz/>

Advice and resources for finding your way after leaving school.

CAREERS NZ - www.careers.govt.nz

CareersNZ is a great general source of information about careers and how to train for them.

It also contains articles about disability and neurodiversity:

- www.careers.govt.nz/courses/find-out-about-study-and-training-options/study-and-training-if-you-need-learning-support
- www.careers.govt.nz/articles/transitioning-from-school-for-young-people-with-autism

TAHATŪ NAVIGATE YOUR CAREER - www.tahatu.govt.nz

This is the new Tertiary Education Commission (TEC) website that is being developed and piloted in some secondary schools throughout New Zealand to help navigate study, work, and career options.

Understanding the options that are available to study after secondary school are an important part of this process.

Below are links to local tertiary provider options to help you explore the what is available:

- **Capital Training** - www.capitaltraining.co.nz
- **Duke of Edinburgh Hillary Award** - dofehillary.org.nz
- **Literacy Aotearoa** - www.literacy.org.nz
- **Massey University of New Zealand** - www.massey.ac.nz
- **NZMA** - www.nzma.ac.nz
- **Open Polytechnic** - www.openpolytechnic.ac.nz
- **The Learning Connexion** - www.tlc.ac.nz
- **UCOL** - www.ucol.ac.nz
- **Victoria University of Wellington** - www.vuw.ac.nz
- **Whitireia | WelTec** - www.whitireiaweltec.ac.nz
- **Yoobee** - www.yoobee.ac.nz
- **Tūhura Tech** - <https://tuhuratech.org.nz/>

Each tertiary provider has a person or service for people with disabilities. Do your research and have a conversation with the Disability Coordinator at the campus you are wanting to attend. They will help you with your support and access needs.

Supported Community Programmes and Events

There are services, events and programmes that you can access based on your interests. These provide opportunities to make friends and keep active in your community.

WELLINGTON REGION SUPPORTED COMMUNITY SERVICES

Evaro

www.evaro.nz



Hōhepa

www.hohepawellington.com



idea services

www.idea.org.nz



Manaaki Ability Trust

manaakiabilitytrust.org.nz



Mash Trust

www.masstrust.org.nz



Recreate NZ

www.recreate.org.nz



Spectrum Care

www.spectrumcare.org.nz



The Shed Project

shedproject.co.nz



Thumbs Up

<https://thumbsuptrust.org.nz/>



Whitford Brown Community Trust

www.wbct.org.nz



Community Activities and Events

There are also lots of active opportunities available in the community. You can visit your local Council website and/or Facebook page to see what activities and events they are running. You could also check with your local community centre, marae, church, cultural group and/or youth group to see if they are running activities that interest you.

Wellington City Council

www.wellington.govt.nz

Hutt City Council

www.huttcity.govt.nz

Porirua City Council

www.porirua.govt.nz

Upper Hutt City Council

www.upperhutt.govt.nz

Kapiti Coast District Council

www.kapiticoast.govt.nz



Who can I speak to about getting involved in active opportunities?

There are lots of opportunities to get involved in sporting activities. Some of the following National Sports Organisations will be able to help, whether you're an avid sports person or keen to try something new.

Get in touch with the local contact and they will be able to help you into a sport or physical activity in your area.

Halberg Trust Sport

www.halberg.co.nz

Nuku Ora

www.nukuora.org.nz

Special Olympics

www.specialolympics.org.nz

dSport (formally ParaFed Wellington)

www.dsport.nz

Deaf Sports NZ

www.deafsports.nz

NZ Riding for the Disabled

www.rda.org.nz

Blind Sport NZ

www.blindsport.kiwi

Sense Rugby

www.senserugby.co.nz

Green Prescription (GRx) is also a free service aiming to improve the health and wellbeing of individuals, and whānau through movement, physical activity and support about nutrition. More information can be found at [Wellbeing Hub | Nuku Ora](#) and at [Green Prescriptions – Health New Zealand | Te Whatu Ora](#)



WELLINGTON REGION SPORTS & RECREATION

Below are some other sports and recreation options in the Wellington region that you could try.

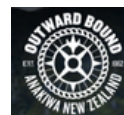
Dance and Arts Therapy NZ
dancetherapy.co.nz



NZ Disability Karate Association
karatedojo.nz



Outward Bound
www.outwardbound.co.nz



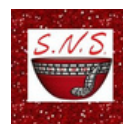
Quiet Current Therapies
Hanno.musictherapy@gmail.com



Recreate NZ
www.recreate.org.nz



Silver Noodle Soup
www.facebook.com/silvernoodlesoup/



Tū Mātau Ora
<https://tumatauora.org/>



Vincents Art Workshop
<https://vincents.co.nz/>



Wellington Inclusive Dance
widance.nz



SUPPORTED LIVING OPTIONS



This is a big decision for you and your whānau, and there is no right or wrong answer. Have a chat to your whānau, to explore the options that are available, including staying at home.

There are community services available to assist with this process and there are different living arrangements available in the community. If you and your whānau decide that living away from home is a good option for you, then contact the service/s you like to discuss the support they offer. You and your whānau should visit a few different residential options to make sure you are happy it is going to be an environment that you feel safe and comfortable in.

WELLINGTON REGION SUPPORTED LIVING OPTIONS

Access Community Health

www.access.org.nz



CCS Disability Action

www.ccsdisabilityaction.org.nz



TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA

Community Connections

connections.org.nz



Choices NZ

www.choicesnz.org.nz

choicesnz

Hearth Trust

www.hearthtrust.co.nz



Healthvision

<https://www.healthvision.co.nz/>



Hōhepa

www.hohepawellington.com



idea services

www.idea.org.nz



WELLINGTON REGION SUPPORTED LIVING OPTIONS CONTINUED

L'Arche
larchekapiti.org.nz



Laura Fergusson Brain Injury Trust
www.lfbit.co.nz



pact
www.pactgroup.co.nz



Spectrum Care
www.spectrumcare.org.nz



What do you want to do for a job when you leave school? Would you like to get a job before you leave school?

After school or weekend part-time work opportunities are a great way to earn money as well as gaining important work experience for your Curriculum Vitae (CV).

Sometimes you can get a part-time job through family and friends or community connections.

Supported Employment Services

These services are there to support people with disabilities to find and keep employment. You can have a discussion around the types of employment that might suit you.

You can also get help with writing your CV and being interviewed as well as receiving ongoing support once you are employed. They can also help you with applications for extra funded support.

The Ministry of Social Development (MSD) have **Employment Coordinators** to work with you one on one to make an employment plan. They also work with potential employers in area's you may have said you would like to try.

Volunteering (unpaid work experience) is also a great way to meet people and gain practical work experience in a job you enjoy. Talk to your Teacher or contact your local Volunteer Centre to find out what opportunities are available.

SUPPORTED EMPLOYMENT



WELLINGTON REGION EMPLOYMENT SUPPORT SERVICES

APM

apm-nz.co.nz



Blind Low Vision NZ

blindlowvision.org.nz



CCS Disability Action

www.ccsdisabilityaction.org.nz



TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA

Choices NZ

www.choicesnz.org.nz



Community Connections

connections.org.nz



Disability Business Network & My

Business Starter Programme

<https://www.disabilitybusinessnetwork.org/>



Evaro

www.evaro.nz



Habit Health

www.habit.health



HLC

www.hlc.ac.nz



pact

www.pactgroup.co.nz



Spectrum Care

www.spectrumcare.org.nz



Workbridge

workbridge.co.nz



LOOKING AFTER YOUR MONEY



WHAT'S OUTSIDE
THE BOX?

Looking after your money is a very important step in becoming independent.

There are lots of ways you can prepare to be money wise and help your family/whānau.

- Help set a family/household budget
- Prepare the weekly shopping list, then take a calculator to do the shopping so you can track the budget
- Start to use a money card or cash to buy things you need
- Set aside a small amount each week towards a savings goal
- Plan an outing for your family and friends and create a budget

Learning to be safe with your money is very important to make sure you get to use \$ how you want too.

- Remember, only ask for help from people you trust. You might need someone to look after your money for you
- It is best not to lend money to friends
- Buy the things you need first (food, clothes, rent)
- You can spend money on fun things if you have extra money left over (new toy, more Lego, new computer game)
- Talk to your family/support person if you get a call, text or email asking you for your personal information
- Only share your password with your family/close support person



LOOKING AFTER YOUR MONEY



How much money do I need?

It can be hard to know how much money you need.

- Think about what you spend your money on each week
- You can ask someone in your family or a support worker to help you



Making a budget

When you know how much you spend, you can make a budget. A budget is a plan for what money you will get and what money you will spend.

Your budget will say:

- What money you will get each month
- What money you will spend each month

You should only spend money that is in your budget.



How do I save money?

You do not have to spend all your money. You can put some money away for later. This is called saving.

You can save money for something important or something fun like a holiday or a present.

Need some help?

Stand Tall is a free budgeting game that teaches you how to manage your money. Choose where to focus your finances and learn how to live independently.

The game is available now to [play online](#) or download from [Google Play](#) or the [Apple App Store](#).



LOOKING AFTER YOUR MONEY



Inland Revenue

If you start earning money you will need a special code from Inland Revenue (IRD). This is called a tax code. Tax is what all people who earn money pay to the government.



You can get a tax code by contacting IRD through their website www.ird.govt.nz.

Other resources to help you look after your money:

Firstport

firstport.co.nz

Pūtea | Financial support for disabled people

Firstport

Independent Living Charitable Trust

ilsnz.org

Comfortable with Money Financial Fitness Programme



Money Hub NZ

www.moneyhub.co.nz

Financial Planning for Children With Disabilities – The Definitive Guide for New Zealand Parents



Care on Call

www.careoncall.nz

Assistance with managing your disability support funding



Flying Kites

<https://www.flyingkites.org.nz/>

Assistance with managing your disability support funding



Manawanui

www.manawanui.org.nz

Assistance with managing your disability support funding



FINANCIAL SUPPORT AVAILABLE FROM WORK AND INCOME

Supported Living Payment – from 16 years

If you are not working or working less than 15 hours a week due to your disability you may be able to get the Supported Living Payment.

To receive this payment you need to meet the eligibility requirements. Part of these requirements are that you are permanently and severely restricted in your capacity to work.

Permanent is defined as the condition, injury or disability being expected to continue for at least 2 years, or that your life expectancy is less than 2 years.

Severe means you are unable to work 15 hours or more per week.

Jobseeker Support – Health condition, injury or disability

If you are not able to work or are only working a little due to a disability or health condition, but you expect to be able to return to work within two years, you may be eligible for Jobseeker Support. This is a weekly payment that helps people while they are looking for work or can't work right now.

To get Jobseeker Support on the grounds of a health condition, injury or disability, you need to be:

- limited in your capacity or unable to work full-time due to a health condition, injury or disability or
- in employment, but because of a health condition, injury or disability cannot work or can only work at a reduced level.

HELP WITH HEALTH AND DISABILITY RELATED COSTS

Disability Allowance

You don't have to be on a benefit to qualify for Disability Allowance but eligibility does depend on how much you, and your partner if you have one, earn.

Disability Allowance is a weekly or fortnightly payment for people who have regular, ongoing costs because of a disability or health condition, such as visits to the doctor or hospital, or the purchase of medicines, extra clothing or travel.

FOR CARERS

Supported living payment – carers – caring for someone who needs full time care and attention

If you are caring full-time for someone other than your partner, and the person you are caring for would otherwise need to receive hospital or residential-level care, you may be able to get Supported Living Payment. This is a weekly payment.

Eligibility for this payment, and how much you receive, depends on how much you and your partner (if you have one) earn.

When applying for this payment, a doctor will need to fill out a medical certificate about the person you're caring for.

MY SAVINGS ACTIVITY



I want to save money to buy a

This costs: \$

I have: \$

I have: \$

I have: \$

I have: \$

I have: \$

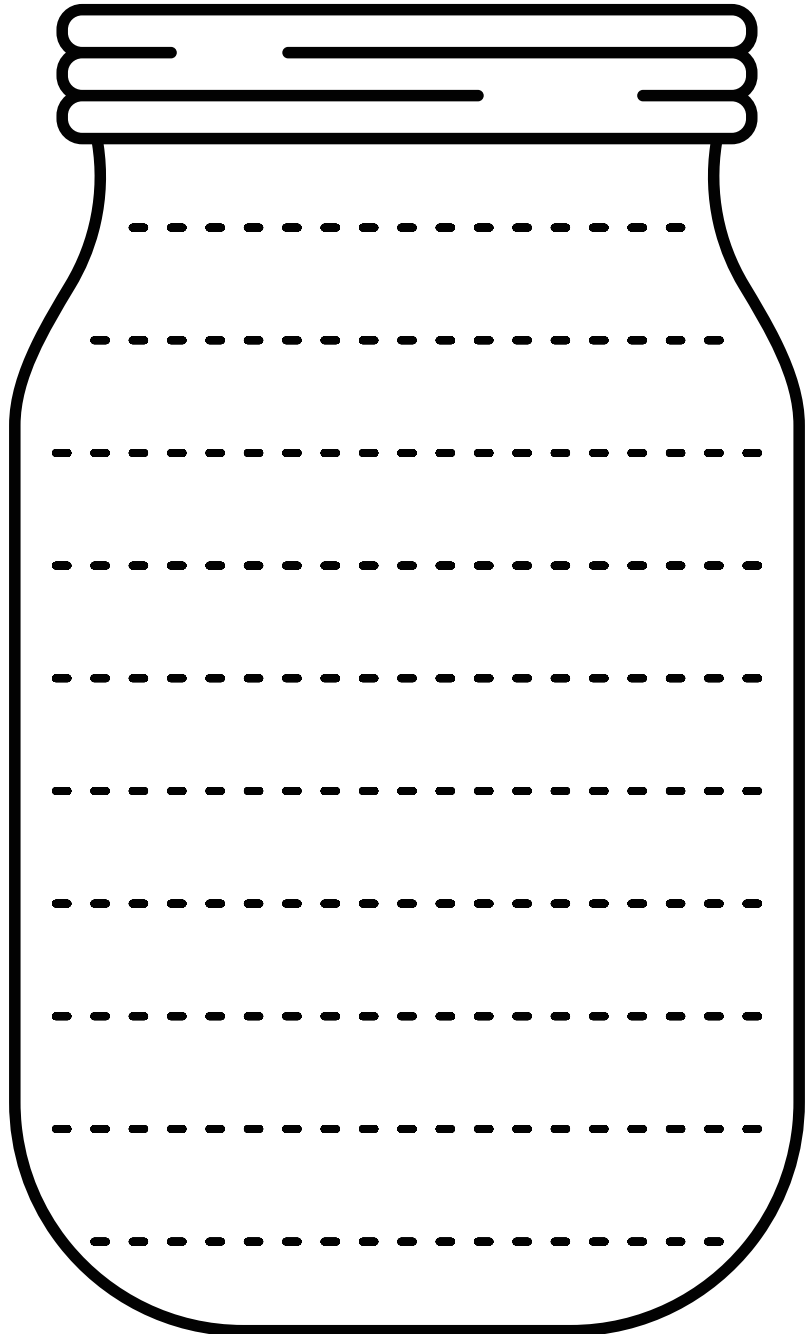
I have: \$

I have: \$

I have: \$

I have: \$

I have: \$



DISABILITY INFORMATION & SUPPORT

ADHD New Zealand
www.adhd.org.nz



Altogether Autism
www.altogetherautism.org.nz



Autism NZ
<https://autismnz.org.nz/>



CCS Disability Action
www.ccsdisabilityaction.org.nz



Citizens Advice Bureau
www.cab.org.nz



Deaf Aotearoa
<https://www.deaf.org.nz/>



DiNZ – Disability Information NZ
disabilityinformation.co.nz



Epilepsy First Aid
epilepsyfirstaid.bigcartel.com



DISABILITY INFORMATION & SUPPORT

Firstport

firstport.co.nz



ihc in your community

www.ihc.org.nz



nzdsn

nzdsn.org.nz



Parent to Parent

parent2parent.org.nz



People First

www.peoplefirst.org.nz



Vaka Tautua

www.vakatautua.co.nz



Vibe

<https://www.vibe.org.nz/>



WellAble

www.well-able.org.nz



EMERGENCY PLANNING INFORMATION

Wellington Region Emergency Management Office

www.wremo.nz



LEGAL INFORMATION & SUPPORT

Auckland Disability Law

aucklanddisabilitylaw.org.nz



Community Law

Wellington & Hutt Valley – www.wclc.org.nz

Porirua & Kāpiti – pkclc.com



COMPLAINTS & ADVOCACY SERVICES

Health & Disability Advocacy Service

advocacy.org.nz



Health & Disability Commissioner

www.hdc.org.nz



POLITICS & VOTING

Electoral Commission

www.elections.nz



iLead

www.ilead.org.nz



VOLUNTEER CENTRES

Volunteer Wellington – includes Hutt Valley and Porirua

volunteerwellington.nz



Volunteer Kāpiti

volunteerkapiti.org.nz



SOCIAL ENTERPRISES

Catherine's Dog Biscuits

www.facebook.com/100039555532587



Made by Maranga

www.facebook.com/MadebyMaranga/



The Shed Project

shedproject.co.nz



THE SHED PROJECT

KĀPITI

Unlocking Potential





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