

# BEGINNER'S GUIDE TO LIVING WITH LESS PLASTIC

## 9 TIPS TO GET YOU STARTED

Reusable Bags



Switch the Straw



Water Bottle



Your Own Cup



Produce Bag



Eat More Plants



Toothbrush



Soap Bars



Second Hand



Lindsay Miles | [treadingmyownpath.com](http://treadingmyownpath.com)

# Plastic Free For Beginners

**Richard Bailey**



**Plastic Free For Beginners:**

## **Plastic Free For Beginners** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Plastic Free For Beginners**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://ftp.thebrandexperience.com/data/Resources/Documents/Therapy%20Techniques%20Guide.pdf>

### **Table of Contents Plastic Free For Beginners**

1. Understanding the eBook Plastic Free For Beginners
  - The Rise of Digital Reading Plastic Free For Beginners
  - Advantages of eBooks Over Traditional Books
2. Identifying Plastic Free For Beginners
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Plastic Free For Beginners
  - User-Friendly Interface
4. Exploring eBook Recommendations from Plastic Free For Beginners
  - Personalized Recommendations
  - Plastic Free For Beginners User Reviews and Ratings
  - Plastic Free For Beginners and Bestseller Lists
5. Accessing Plastic Free For Beginners Free and Paid eBooks

- Plastic Free For Beginners Public Domain eBooks
  - Plastic Free For Beginners eBook Subscription Services
  - Plastic Free For Beginners Budget-Friendly Options
6. Navigating Plastic Free For Beginners eBook Formats
    - ePub, PDF, MOBI, and More
    - Plastic Free For Beginners Compatibility with Devices
    - Plastic Free For Beginners Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Plastic Free For Beginners
    - Highlighting and Note-Taking Plastic Free For Beginners
    - Interactive Elements Plastic Free For Beginners
  8. Staying Engaged with Plastic Free For Beginners
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Plastic Free For Beginners
  9. Balancing eBooks and Physical Books Plastic Free For Beginners
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Plastic Free For Beginners
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Plastic Free For Beginners
    - Setting Reading Goals Plastic Free For Beginners
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Plastic Free For Beginners
    - Fact-Checking eBook Content of Plastic Free For Beginners
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

### **Plastic Free For Beginners Introduction**

Plastic Free For Beginners Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Plastic Free For Beginners Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Plastic Free For Beginners : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Plastic Free For Beginners : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Plastic Free For Beginners Offers a diverse range of free eBooks across various genres. Plastic Free For Beginners Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Plastic Free For Beginners Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Plastic Free For Beginners, especially related to Plastic Free For Beginners, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Plastic Free For Beginners, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Plastic Free For Beginners books or magazines might include. Look for these in online stores or libraries. Remember that while Plastic Free For Beginners, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Plastic Free For Beginners eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Plastic Free For Beginners full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Plastic Free For Beginners eBooks, including some popular titles.

## FAQs About Plastic Free For Beginners Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Plastic Free For Beginners is one of the best book in our library for free trial. We provide copy of Plastic Free For Beginners in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Plastic Free For Beginners. Where to download Plastic Free For Beginners online for free? Are you looking for Plastic Free For Beginners PDF? This is definitely going to save you time and cash in something you should think about.

## Find Plastic Free For Beginners :

### **therapy techniques guide**

~~2025 edition mindfulness meditation~~

### **mental health guide**

~~self help latest~~

### **planner sleep optimization**

[emotional healing ebook](#)

[ideas emotional healing](#)

[for beginners mindfulness meditation](#)

[tutorial nutrition guide](#)

*toolkit self help*

[pro mental health](#)

[yoga practice ideas](#)

[toolkit mental health](#)

**pro emotional healing**

*weight loss manual*

**Plastic Free For Beginners :**

**encyclopa c die pratique de la chasse** - Dec 31 2022

web encyclopa c die pratique de la chasse is available in our book collection an online access to it is set as public so you can get it instantly our books collection spans in multiple countries allowing you to get the most less latency time to

**encyclopa c die pratique de la chasse 2023** - Jun 24 2022

web la philosophie de la lointaine antiquité aux questionnements actuels les grands courants de la philosophie les débats qui la traversent les concepts qu elle élabore sont la matière vivante de quelque 280 articles écrits par les meilleurs spécialistes au fil des textes c est le laboratoire des philosophes qui se découvre du

encyclopa c die pratique de la chasse book ejeupdates cn - Feb 18 2022

web oct 12 2023 encyclopa c die pratique de la chasse encyclopa c die pratique de la chasse 2 downloaded from ejeupdates cn ca on 2022 11 20 by guest anarchisme cartésianisme chiisme constructivisme dérive des continents École de vienne

encyclopédisme figuralisme hindouisme hippocratisme keynésianisme kitsch

**encyclopa c die pratique de la chasse full pdf canacademies** - Sep 08 2023

web un affaire benalla gilets jaunes sans oublier la victoire française en coupe du monde de football le monde de 2018 aura apporté son lot de malheurs de surprises parfois bonnes et d espoirs À peine reprend on son souffle que déjà un

**encyclopa c die pratique de la chasse wrbb neu** - Jul 06 2023

web encyclopa c die pratique de la chasse is available in our digital library an online access to it is set as public so you can get it instantly our books collection saves in multiple countries allowing you to get the most less latency time to

**encyclopa c die pratique de la chasse pdf** - Feb 01 2023

web encyclopa c die pratique de la chasse gwf das gas und wasserfach may 21 2020 circulars of information of the bureau of education may 13 2022 meyers hand lexikon des allgemeinen wissens bd a kyzikos apr 24 2023 manual of gynecology jun 14 2022 medicinisch chirurgische rundschau nov 19 2022

*chasse wikipédia* - Mar 02 2023

web un chasseur avec une carabine pendant une battue en finlande la chasse est la traque d animaux dans le but de les capturer ou de les abattre les manger ou les détruire 1 quand la chasse est soumise à une réglementation la pratique de la chasse en dehors de son cadre légal est appelée braconnage les opérations de destruction sont

encyclopa c die pratique de la chasse 2023 old syndeohro - Aug 07 2023

web encyclopaedia c die pratique de la chasse 1 encyclopaedia c die pratique de la chasse the encyclopaedia britannica an encyclopaedia of architecture historical theoretical and practical encyclopaedia londinensis or an universal dictionary of arts sciences literature the edinburgh encyclopaedia conducted by d brewster new international

*encyclopaedia c die pratique de la chasse pdf uniport edu* - Jun 05 2023

web apr 3 2023 encyclopaedia c die pratique de la chasse 1 6 downloaded from uniport edu ng on april 3 2023 by guest encyclopaedia c die pratique de la chasse right here we have countless books encyclopaedia c die pratique de la chasse and collections to check out we additionally manage to pay for variant types and in addition to type of the books to

**encyclopédie pratique de la chasse by losange pascal** - Aug 27 2022

web encyclopédie pratique de la chasse by losange pascal durantel alain brigas encyclopédie d histoire naturelle ou couperin loose murmur pdf partition saxo facile vol 1 april 26th 2020 du tourisme de la chasse et de la pêche etude des crédits du ministère de l industrie et du commerce séance du mardi 6 mai

**encyclopaedia c die pratique de la chasse pdf textra com** - Nov 29 2022

web the encyclopedia americana the edinburgh encyclopaedia medicine encyclopaedia c die pratique de la chasse downloaded from textra com tw by guest

**encyclopaedia c die de la chasse ead3 archivists** - Oct 09 2023

web encyclopaedia c die de la chasse annuaire encyclopédique encyclopedias and dictionaries 1861 1862 auteur inconnu 2023 05 13 réimpression inchangée de l édition originale de 1862 la maison d édition anatiposi publie des livres historiques en réimpression en raison de leur âge ces livres peuvent présenter des pages manquantes ou une

*encyclopaedia c die pratique de la chasse pdf uniport edu* - May 24 2022

web jul 9 2023 kindly say the encyclopaedia c die pratique de la chasse is universally compatible with any devices to read catalogus koninklijke militaire academie netherlands bibliotheek 1869

chasse larousse - Oct 29 2022

web 4500 3700 avant j c débuts de la culture jomon japon caractérisée par des poteries portant des marques de cordes île de honshu ou des impressions de coquillages île de kyushu population de chasseurs ramasseurs et de pêcheurs 4000 2000 avant j c culture de yangshao chine caractérisée par sa poterie rouge ornée de motifs

**encyclopaedia c die pratique de la chasse uniport edu** - Sep 27 2022

web encyclopaedia c die pratique de la chasse 1 5 downloaded from uniport edu ng on april 12 2023 by guest encyclopaedia c die pratique de la chasse this is likewise one of the factors by obtaining the soft documents of this encyclopaedia c die pratique de la chasse by online you might not require more grow old to spend to go to the ebook creation as well

**encyclopédie pratique de la chasse by losange pascal** - Jul 26 2022

web responsable de la chasse cette encyclopédie est une relecture complète du monde de la chasse par pascal durantel auteur et journaliste cynégétique bien connu des lecteurs du chasseur français gibier par gibier les techniques de chasse les armes les munitions et les races de chiens sont détaillées et expliquées dans une

[encyclopa c die pratique de la chasse copy uniport edu](#) - Apr 22 2022

web aug 23 2023 download and install the encyclopa c die pratique de la chasse it is enormously simple then previously currently we extend the member to purchase and create bargains to download and install encyclopa c die pratique de

**encyclopa c die pratique de la chasse pdf uniport edu** - Apr 03 2023

web encyclopa c die pratique de la chasse 1 3 downloaded from uniport edu ng on may 14 2023 by guest encyclopa c die pratique de la chasse this is likewise one of the factors by obtaining the soft documents of this encyclopa c die pratique de la chasse by online you might not require more become old to spend to go to the ebook instigation as with

[encyclopedie pratique de la chasse collectif](#) - May 04 2023

web noté 5 retrouvez encyclopedie pratique de la chasse et des millions de livres en stock sur amazon fr achetez neuf ou d occasion

[encyclopa c die pratique de la chasse book zuzutop com](#) - Mar 22 2022

web le dictionnaire de la philosophie d encyclopaedia universalis dresse un vaste panorama des thèmes et questions propres à la philosophie de la lointaine antiquité aux questionnements actuels les grands courants de la philosophie les débats qui la traversent les concepts qu elle élabore sont la matière vivante de

[unit 1 lesson plans](#) - Sep 04 2022

web unit 1 lesson plans class biology topic macromolecules lesson 7 of objectives i can statement students will be able to classify the variety of macromolecules describe how polymers are formed and broken down in organisms

[lesson plan biological macromolecules nagwa](#) - Aug 15 2023

web lesson plan biological macromolecules start practising this lesson plan includes the objectives prerequisites and exclusions of the lesson teaching students how to describe key components found in the cells of organisms including inorganic and organic compounds and large biological molecules

[macromolecules activity worksheets teachers pay teachers](#) - Dec 27 2021

web in this ready to go digital lesson students will create an organizer for information about macromolecules they are asked to correctly sort the function examples and building blocks of the four main classes of macromolecules

**lesson presentation biological macromolecules nagwa** - Nov 06 2022

web lesson presentation biological macromolecules biology lesson plan lesson presentation lesson video lesson explainer

lesson playlist lesson worksheet nagwa is an educational technology startup aiming to help teachers teach and students learn

**macromolecule manipulative review oak ridge institute for** - Feb 09 2023

web grade 10 lesson duration this activity is versatile it can be a quick 10 minute review or a longer 30 minute activity  
materials needed macromolecule manipulative sheets attached scissors background information there are four groups of  
compounds that are found in

**macromolecules lesson plan bundle the trendy science teacher** - Jan 28 2022

web description save time and valuable energy with this macromolecules lesson plan bundle this resource is just what you  
need to teach proteins lipids carbohydrates and nucleic acids to your middle or high school students this no prep resource is  
complete with everything that you ll need to teach a 5 6 day lesson need a digital option no problem

*carbohydrates lesson plans biology ck 12 foundation* - Mar 30 2022

web carbohydrates lesson plan correlating the study of macromolecules to real life applications includes student  
misconceptions pre and post possible concepts introduction assessment materials resources and necessary attachments  
attachments are at the end of the document as links open the resource in a new window

ch 9 macromolecules lesson plans resources study com - Jan 08 2023

web this helpful resource offers teachers lesson plan outlines with relevant tools to make planning macromolecules lessons  
easy find lesson plans for specific macromolecule topics you

**5e lesson macromolecules science math master** - Jun 01 2022

web 5elesson romolecu hill sandy rubbico m arjorie bonnie sagraeves schuylervanm sciencemathmasters universityoftampa  
les iles dozier ontfrans gsshs ls1 6 constructandreviseanexplanation basedonevidenceforhowcarbon hydrogen  
andoxygenfromsugar moleculesmaycombinewithother

**macromolecules lesson plan study com** - Jun 13 2023

web use this lesson plan to introduce students to macromolecules students will watch an informative video lesson discuss  
macromolecules and create a poster of a chosen macromolecule

*macromolecules lesson plans worksheets reviewed by* - Dec 07 2022

web find macromolecules lesson plans and teaching resources from biological macromolecules worksheets to  
macromolecules lipids videos quickly find teacher reviewed educational resources

**macromolecules carbohydrates lipids and proteins** - Oct 05 2022

web dec 20 2019 overview carbon and other elements play a key role in determining the structure and function of  
macromolecules needed to sustain life processes life processes include growth and repair reproduction gas exchange  
metabolism and response cells make a variety of macromolecules needed for life processes from a relatively small set

biology basics unit 1 lesson plans iteachly com - Aug 03 2022

web summary of activities 1 distribute and complete bell ringer activity 2 discuss guided notes and slideshow with students 3 vocabulary worksheet 4 exit quiz additional resources see online activities homework homework assignment task assessment bell work assignment exit quiz end of unit review

**introduction to macromolecules article khan academy** - Mar 10 2023

web there are four classes of macromolecules that constitute all living matter carbohydrates lipids proteins and nucleic acids while they have different structures and functions they are all composed of long complex chains of molecules polymers made up of simpler smaller subunits monomers

**teaching macromolecules in biology the trendy science teacher** - May 12 2023

web sep 5 2021 teaching macromolecules could very well be one of the most boring topics in biology well it was for me until last year when i decided to re vamp my lesson plan to include more engaging activities today on the blog i am sharing some ideas for teaching macromolecules in biology

**catering middle school science monomers polymers and macromolecules** - Apr 30 2022

web sep 3 2001 lesson plan 1 monomers polymers introduce students to monomers and polymers by explain that one is made up of the other the links between molecules are called bonds and some molecules are straight others can be curved folded or bunched the simplest molecule to start with is methane ch<sub>4</sub>

**practice biological macromolecules nagwa** - Jul 02 2022

web explore and practice nagwa s free online educational courses and lessons for math and physics across different grades available in english for egypt watch videos and use nagwa s tools and apps to help students achieve their full potential

macromolecule activity usbiologyteaching.com - Feb 26 2022

web dec 31 2017 download macromolecule activity i developed this macromolecule activity after reviewing our students scores on the state exam initially this was the lowest scoring area for students in my school and district 5 high schools after implementing this activity this standard was our student s second highest scoring area in this

building blocks of life 28 macromolecules activities - Apr 11 2023

web dec 7 2022 looking for a range of worksheets on macromolecules we ve got you covered slide shows lesson plans worksheets and quizzes this one stop shop has got everything you ll need to craft your lessons for middle and high school biology students learn more iteachly 13 dna gene bracelet turn your science lesson into an art activity

**macromolecule lesson plans edutoolbox** - Jul 14 2023

web included in the macromolecule content area are carbohydrate experiments protein labs macromolecule projects dehydration synthesis activities ph demos acid and base worksheets and biochemistry exam test quiz questions some lesson plan topics include macromolecules carbohydrates proteins lipids nucleic acids water molecules acids

[aqa physics revision physics maths tutor](#) - May 25 2022

web kick start your revision with our 2 day online mock preparation courses for physics aqa and ocr a 5 6th january book your place now for each of the papers below there are revision notes summary sheets questions from past exam papers separated by topic and other worksheets

**aqa gcse sciences student book answers separate sciences** - Oct 10 2023

web download answers to the practice and summary questions in your aqa gcse sciences 9 1 biology chemistry and physics student books looking for the practice and summary question answers for the combined science student books find them here looking for the answers to the end of spread questions find them here biology practice questions

**aqa gcse computer science assessment resources** - Aug 08 2023

web jul 14 2023 answers and commentaries 3 centre declaration sheets 1 examiner reports 2 mark schemes 4 notes and guidance 5 practice questions 2 question papers 20

*aqa computer science activity sheets answers pdf* - May 05 2023

web this online statement aqa computer science activity sheets answers can be one of the options to accompany you later than having supplementary time it will not waste your time allow me the e book will very freshen you other situation to read

**5 series circuit worksheet doc p2 5 4 activity sheet** - Feb 02 2023

web view 5 series circuit worksheet doc from aa 1p2 5 4 activity sheet name class series circuit problems aim to reinforce what you have learned about series circuit 1 a cell a resistor a lamp and ai homework help

[gcse computer science aqa exam practice workbook cgp](#) - Jun 25 2022

web in stock 6 50 add to basket add to book list this unbeatable workbook is packed with exam style questions for the grade 9 1 aqa gcse computer science course with added content on supported programming languages the book tests students on basic definitions to tricky extended answers and there s practice at writing code programs

**aqa gcse computer science past papers save my exams** - Aug 28 2022

web browse our range of aqa gcse computer science past papers and mark schemes below testing yourself with gcse computer science past papers is a great way to identify which topics need more revision so you can ensure that you are revising as effectively as possible to help you get ready for your gcse computer science exam

**gcse computer science lesson resources aqa ocr edexcel** - Jan 01 2023

web gcse computer science 9 1 resources 27 modules covering every computer science topic needed for gcse level subscribe download today

*gcse computer science textbook sample aqa* - Feb 19 2022

web computer science the aim of this book is to provide an accessible text for students covering the aqa gcse 9 1 8525

computer science specification it can be used both as a course text and as a revision guide for students nearing the end of their course

**aqa computer science activity sheets answers** - Sep 28 2022

web aqa computer science activity sheets answers author iet donnu edu ua 2023 07 28 05 40 56 subject aqa computer science activity sheets answers keywords aqa computer science activity sheets answers created date 7 28 2023 5 40 56 am

**mr watkins resources teaching resources tes** - Oct 30 2022

web i will be using these worksheets 3 times each in the delivery of my aqa computer science course first as an in lesson worksheet second as a spaced retrieval task a month or two later and finally as an end of year 11 revision resource

**isaac computer science** - Apr 23 2022

web it includes over 300 questions covering all of the gcse computer science topics with space to write and work out answers it includes questions for gcse exam boards aqa edexcel eduqas ocr and wjec online versions of all of the questions can also be found on our topics page

**aqa search** - Nov 30 2022

web apr 9 2015 search the aqa website showing 347 results for worksheets indices worksheet mathematics for a level science student worksheet indices plotting equations worksheet student worksheet plotting equations standard form worksheet mathematics for a level science student worksheet standard form student worksheet structures

*learn more hodder education* - Jul 27 2022

web learn more home workbooks welcome to the answers page for workbooks please click on the links below to see the answers for your workbooks to find out more about other workbooks please visit studentworkbooks to buy the workbooks now click on the link to the right of the answers

**aqa gcse 9 1 computer science teaching resources** - Mar 03 2023

web aqa gcse computing teaching resources revision material lesson plans suitable for teachers of computer science parents or students find out more

*aqa computer science activity sheets answers* - Jul 07 2023

web aqa computer science activity sheets answers liste von abkürzungen quicking steel door solar solaris québec manufacturer of doors useful links metlink teaching weather and climate famous scientist press release activity by drbiffy eagle specialty products inc free projects mark greenaway essay writing service essayrudite com custom

**activate student book answers secondary oup** - Apr 04 2023

web activate ks3 science aqa activate for ks3 aqa geography a level as 2016 aqa a level maths aqa gcse french aqa gcse sciences 9 1 edexcel a level maths gcse 9 1 geography aqa gcse 9 1 geography edexcel b gcse religious studies for edexcel

see all series key issues revision with results ofsted framework

[aqa computer science activity sheets answers full pdf](#) - Jun 06 2023

web 2 aqa computer science activity sheets answers 2022 04 23 aqa computer science activity sheets answers downloaded from mail lafamigliawv com by guest cabrera elle my revision notes aqa gcse 9 1 computer science third edition bloomsbury publishing unlock your full potential with this revision guide which focuses on the key

[teaching guide programming challenge 1 aqa](#) - Mar 23 2022

web programming is a fundamental skill required for success in gcse computer science this programming challenge is designed to develop students programming skills in the paper 1 exam students will be required to design write test and refine program code in either c python version 3 or vb net to develop their programming skills

[aqa gcse computer science teaching resources](#) - Sep 09 2023

web 1 2 showing 35 results scheme of work published 26 jan 2022 docx 853 kb teaching guide programming challenge 1 published 11 nov 2020 pdf 385 kb lesson activity programming challenge 1 published 11 nov 2020 pdf 148 kb lesson activity programming challenge 3 files published 11 nov 2020 zip 3 kb