

Martin

A

INGRIKAGET

Lina deli

P
0-12m



FAIR TRADE COFFEE



Det andra minnet







DRINKS
LARGE 4.75 MEDIUM 4.25
ICE
BOTTLED DRINKS/ BOTTLED WATER
CANDY
2.75 3.25

PULP FICTION

POPCORN

Garden of Eatin'
Garden of Eatin'
America's Greatest Soft Ice Cream

ICEE
ICEE
ICEE

Cherry Blast

05/C/Z 1T/D 2N 3M 4R 5L 6G/J 7K 8S/W 9P/B



Valet 2022

valet

PULL

PULL

TUP FEVER

0S/C/Z 1T/D 2N 3M 4R 5L 6G/J 7K 8V/F 9P/B



MNA

K 8V/F 9P/B





Abstract

Concrete

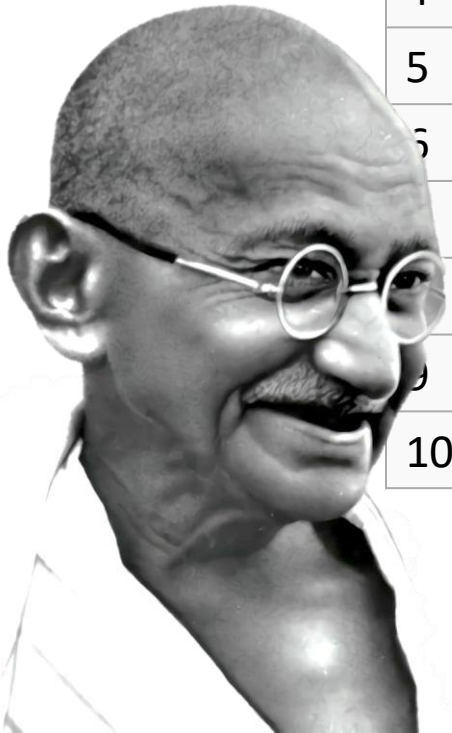
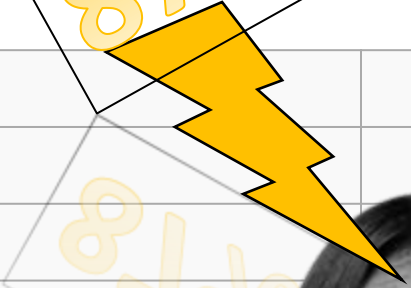
Largest countries in the world

62%



1	Russia	17 098 242
2	Canada	9 984 670
3	China	9 596 960
4	USA	9 826 675
5	Brazil	8 514 877
6	Australia	7 741 220
7	India	3 287 263
8	Argentina	2 780 400
9	Kazakhstan	1 724 900
10	Algeria	381 741

87%



Largest countries in the world

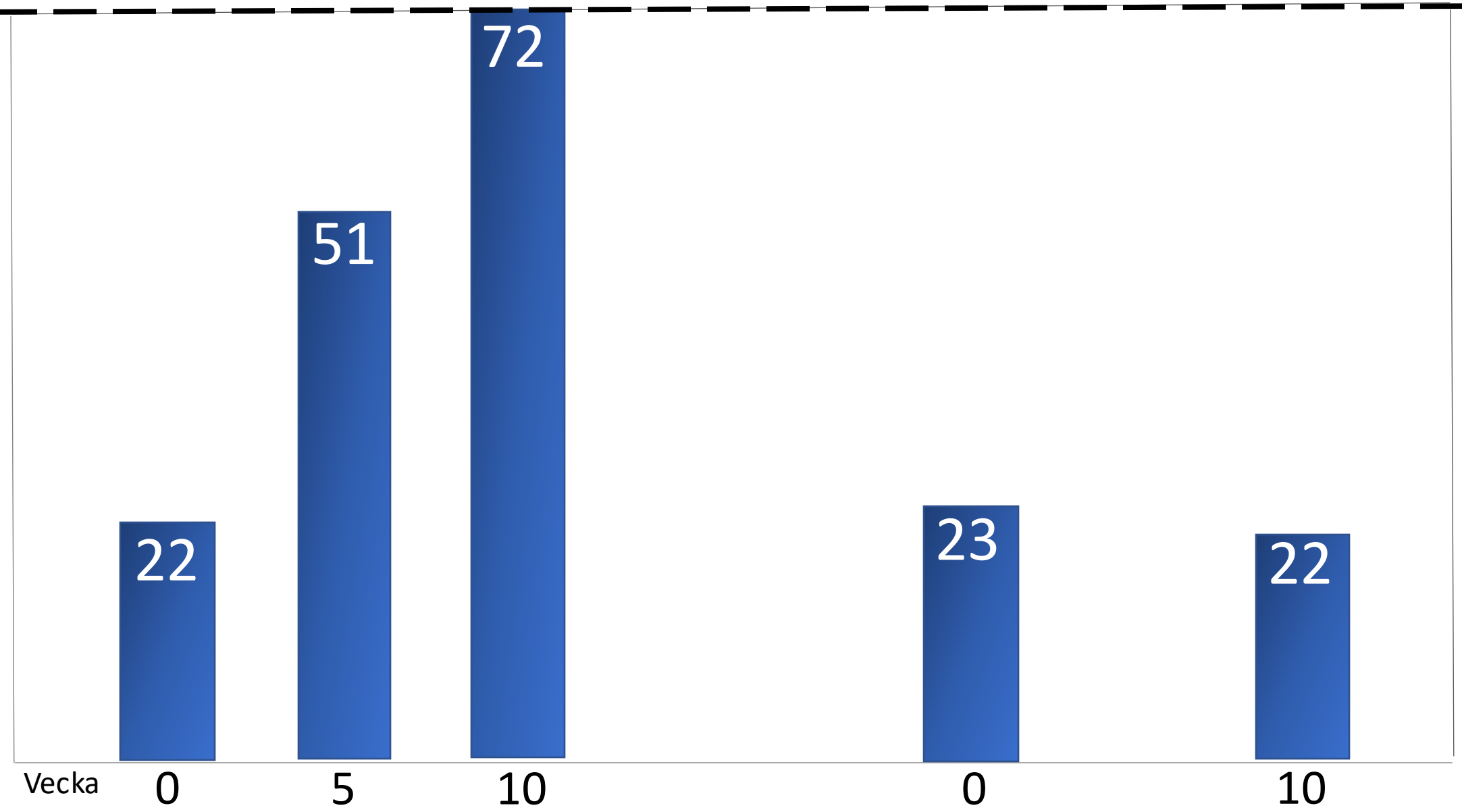
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MAX



Memory training

No training



"With the help of the memory technique **memory palace**, I have simply become better at remembering (somewhat expected and quite obvious) but I have also found it to be more fun.

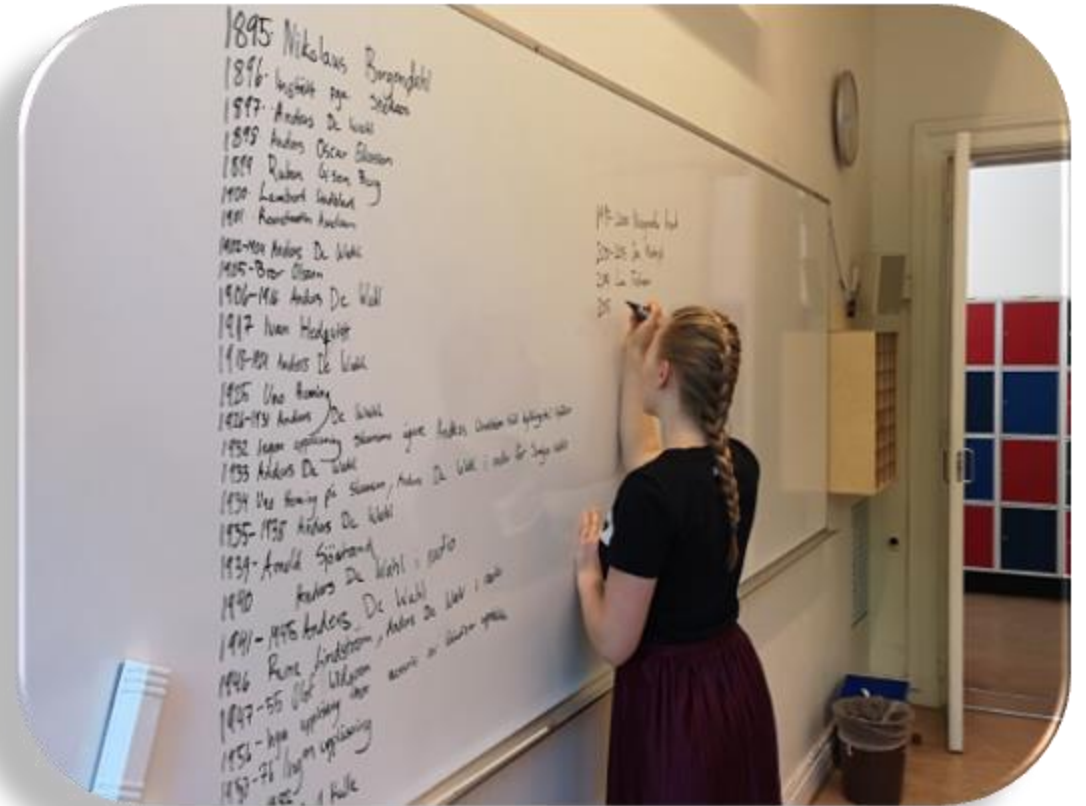
The boring words on paper instead become vivid images and actions in my memory palace. It almost becomes like a story where I can show people around my palace.

Therefore, I easily remember more."

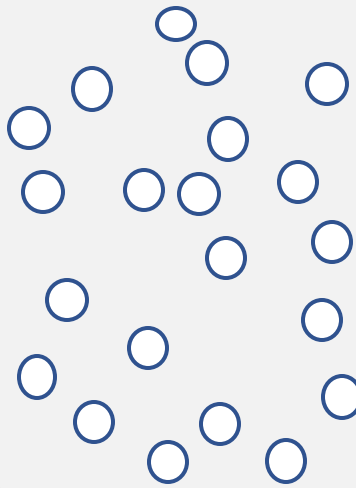
(student evaluation, 2020)

Projects

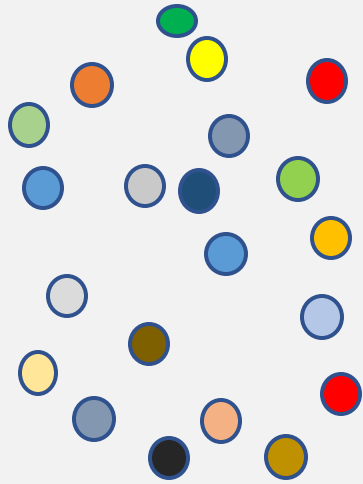
- Nobel prize laureates
- All bone and muscles(latin)
- Criminal code
- 2000 most common words in German
- 5000 decimals of Pi
- Shakespeare monologues
- Periodic table
- One hour speech



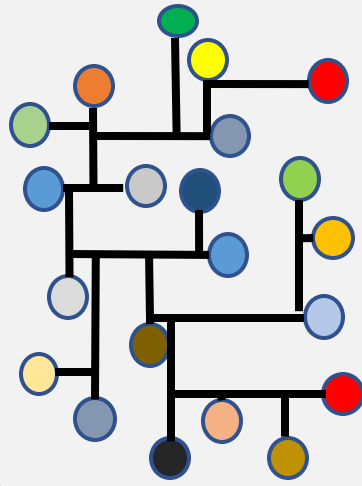
DATA



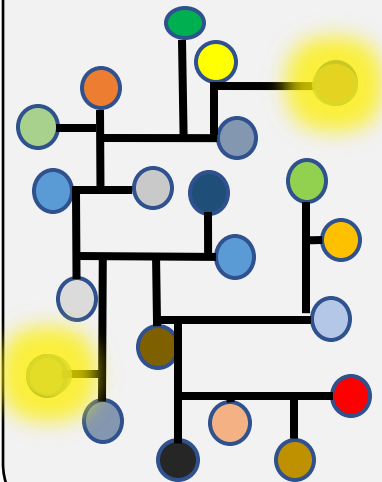
INFORMATION



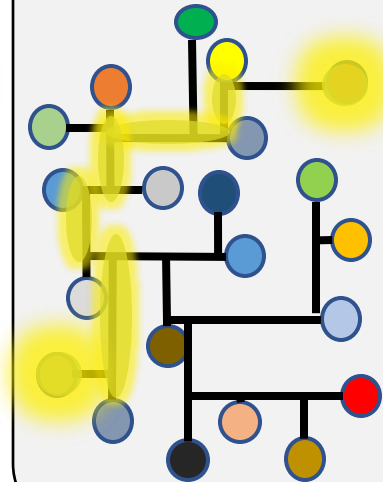
KNOWLEDGE



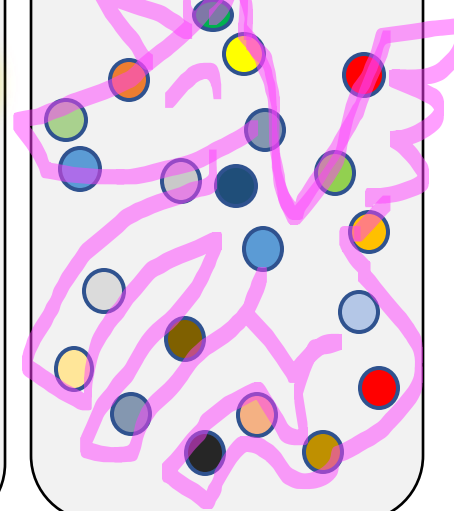
INSIGHT



WISDOM



CONSPIRACY







15

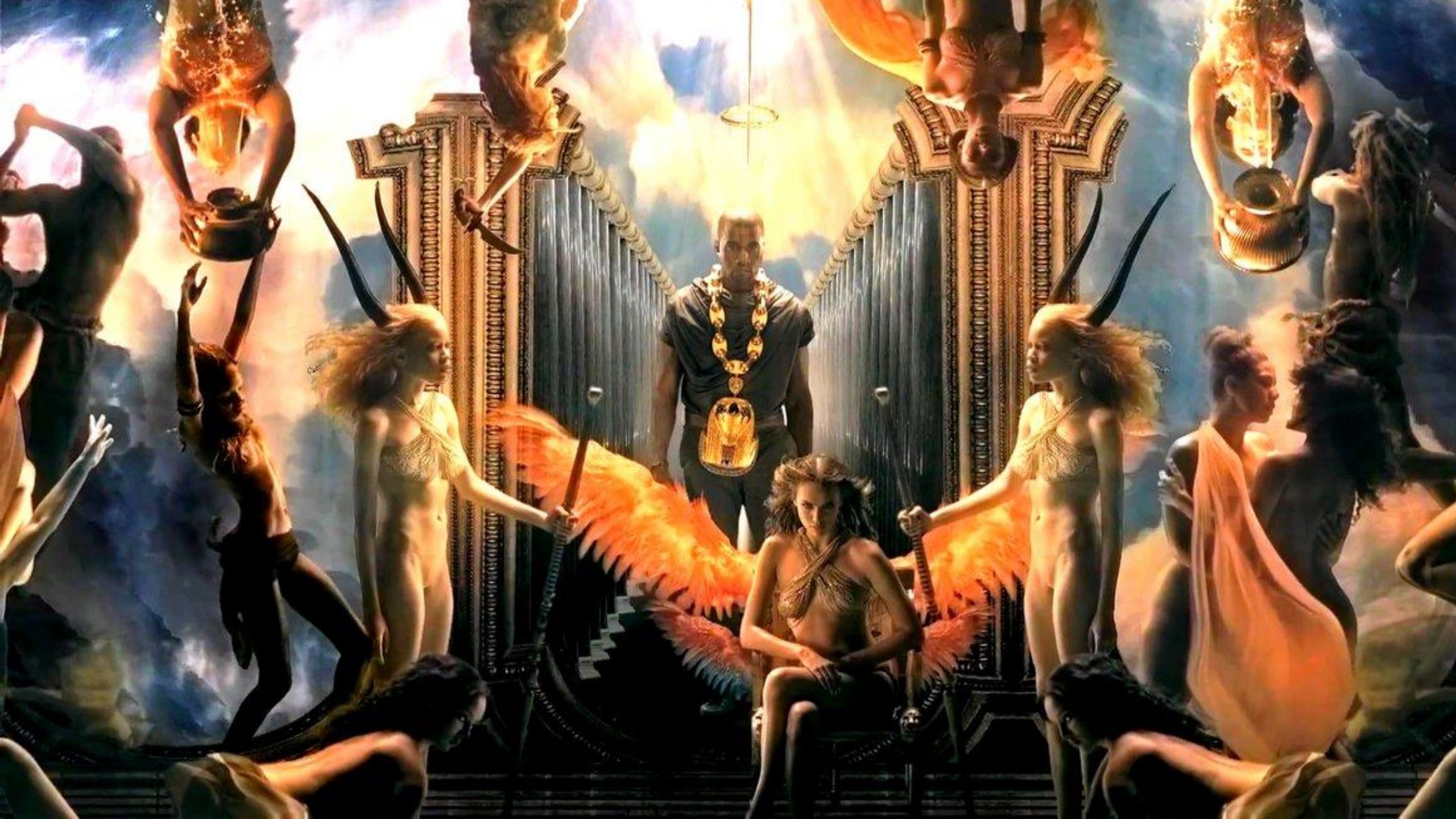


30













2010/10/24 14:25



















XH-705
CO. COLORADO



















Service!

\$5.00 Charge
for Whiskey

WICKET HOTEL
NEXT to HOME ... THIS is THE PLACE to EAT MEATLOAF

STOP
TRAFFIC

OUR COFFEE
IS SO GOOD

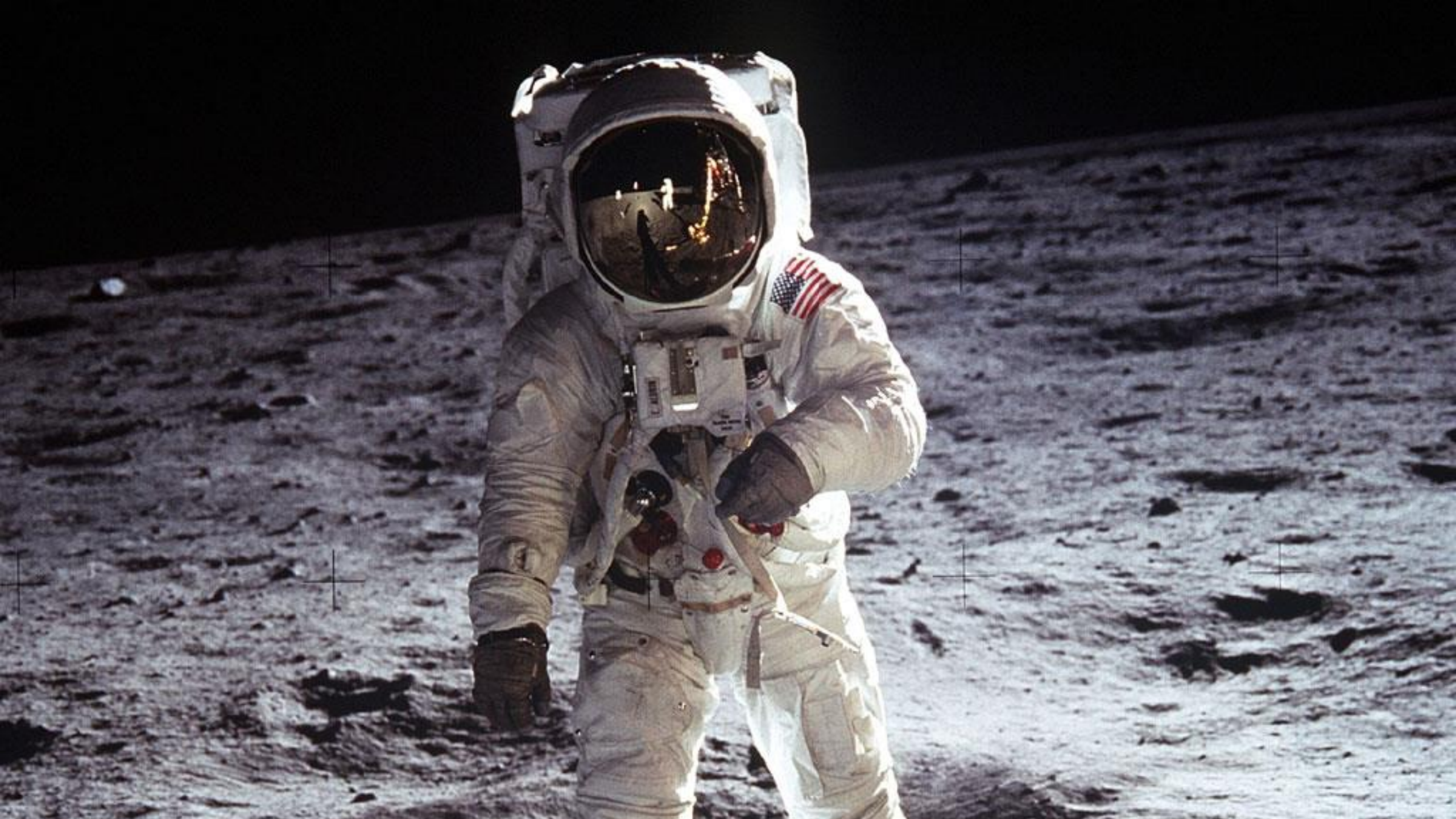
STOP



Have a Coke





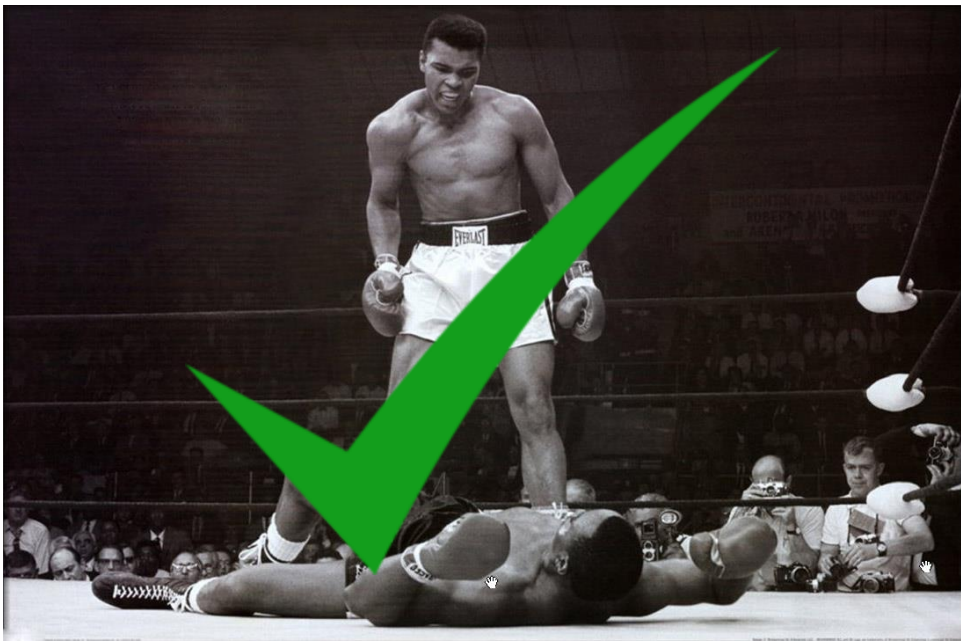






30 bilder, 30 minnen
Vad kommer du ihåg?







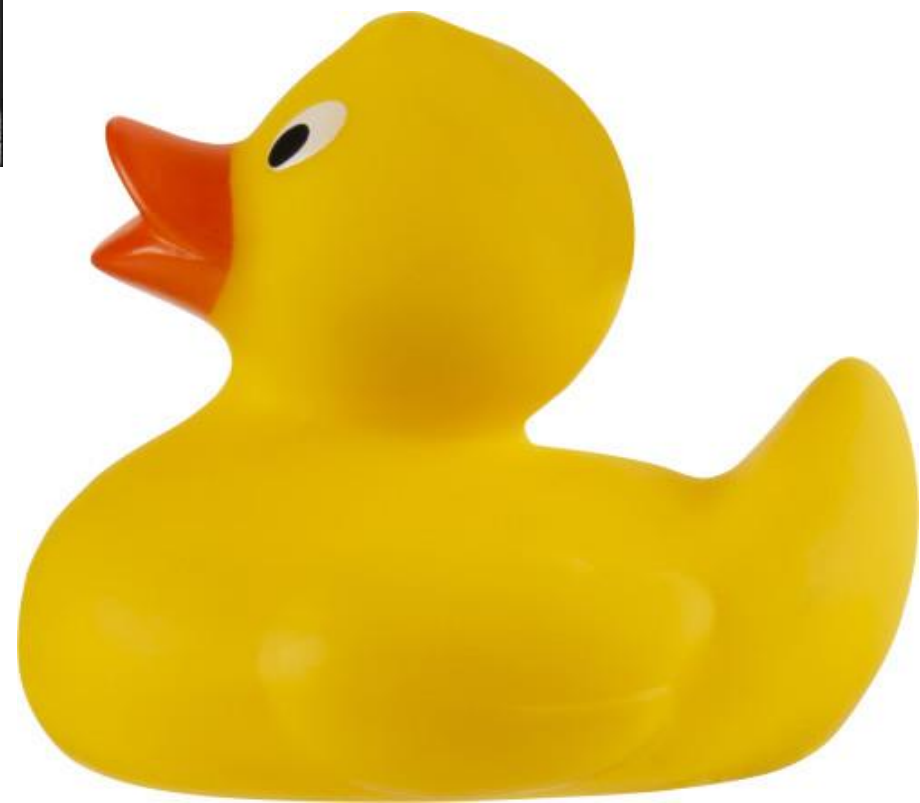










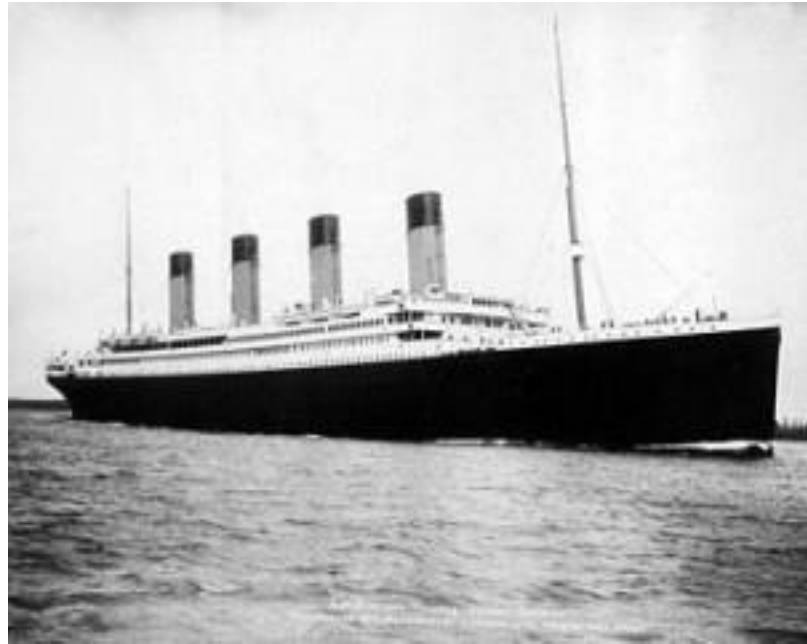


















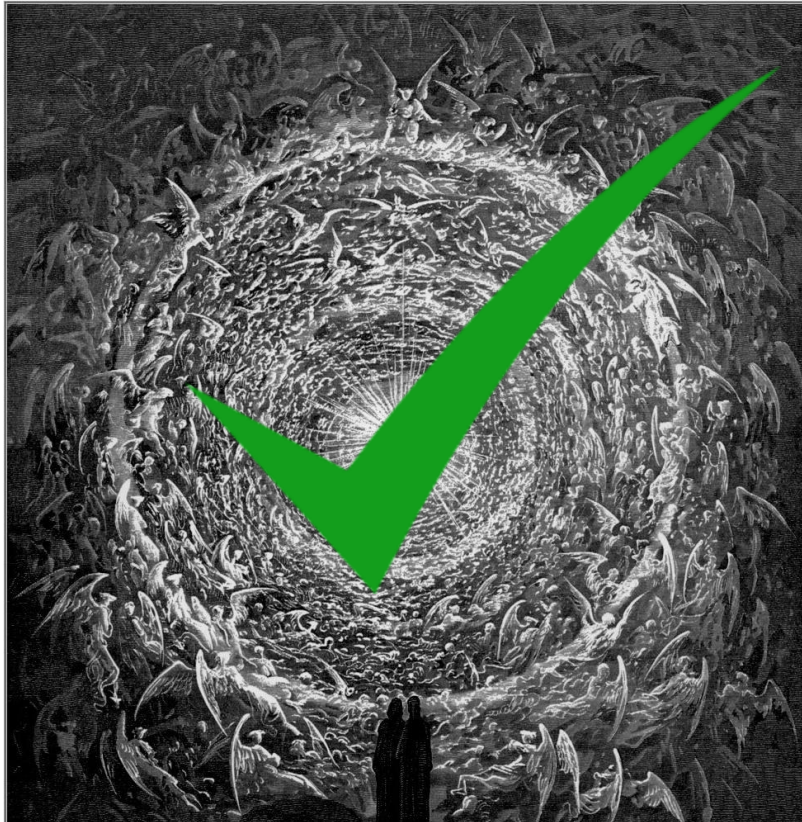


















12 FL OZ (355 mL)

VERY LOW SODIUM
35mg or less per 240 mL (8 fl oz)

Nutrition Facts	
Serving Size 1 Can	
Amount Per Serving	
Calories 150	
	% Daily Value*
Total Fat 0g	0%
Sodium 35mg	1%
Total Carb. 41g	14%
Sugars 41g	
Protein 0g	

Not a significant source of other nutrients.
*Percent Daily Values are based on a diet of other people's secrets.

CONTAINS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVORS.

CAFFEINE CONTENT: 38 mg (12.8 g) or 100 mg (33.8 g) per 12 FL OZ (355 mL) can.

PLEASE RECYCLE
STORE IN A COOL PLACE

0 121300 7

MANUFACTURED BY LOCAL BOTTLERS FOR THE PEPSI BOTTLING GROUP, INC., STAMFORD, NY 10310 UNDER THE AUTHORITY OF PEPSICO, INC.

For product information call 1-800-435-2652

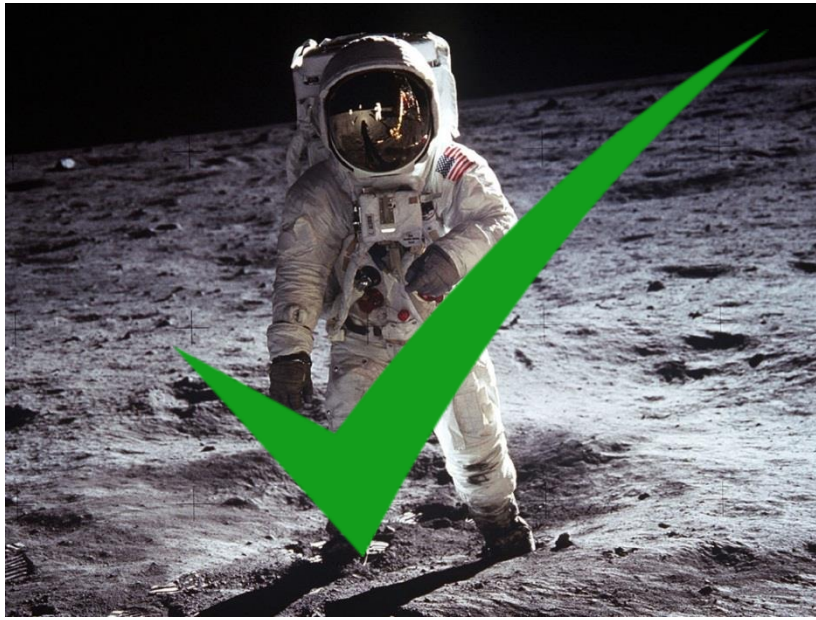
NET WT: 355g (12.5 oz) (12.5 FL OZ)

Have a Coke

Coca-Cola

Coca-Cola



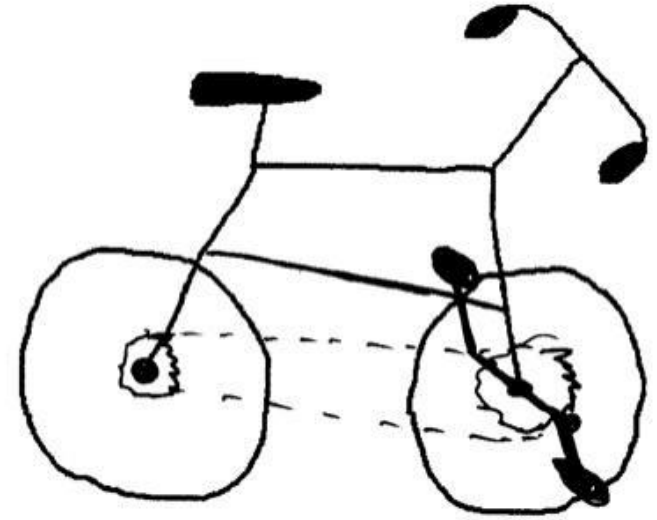








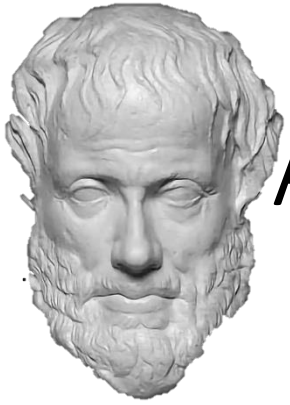
recognition



recall



MEMORY PALACE



Aristoteles & memory

Natural memory



The Other Memory - Artificial memory

Kryss & Quiz

SA HÄR TAYLAR DU

De flesta nummerade
svaren hittar du
i utgåvan 1 av 100 000
1000-10000. Använd Swish
eller ring till en vanlig
502 08 02. Du ska inte skicka ditt namn, det
är automatiskt.

SVAR VIA SWISH

Swish till: **0900 114 70 70** eller **meddelande till: 0900 114 70 70**
du hittar i utgåvan 1 av 100 000
1000-10000. Använd Swish
eller ring till en vanlig
502 08 02. Du ska inte skicka ditt namn, det
är automatiskt.

SVAR VIA TELEFON

Ring **0900-114 70 70** (ca 10 min och 100 kr)
du hittar i utgåvan 1 av 100 000
1000-10000. Använd Swish
eller ring till en vanlig
502 08 02. Du ska inte skicka ditt namn, det
är automatiskt.

SVAR VILL DU

svaret vill du ha
senast nu på
fredag klockan
18.
Använd Swish
eller ring till en vanlig
502 08 02.



VINN FINA PRISER!

1 av 1000
Fem Sverigepengar
1 av 1000
Tre Sverigepengar
1 av 1000
En Sverigepengar

FRÅGOR?

Skicka dina frågor till: Ring till oss på 0771-44 04 40 på vardagar eller kryss kundcenter@folkopul.se
Har du frågor om hur man spelar kryss? #FolkopulKryss & Quiz eller ring 0771-751 25 00. Klockan 5, måndag-torsdag klockan 12-17

K
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Baker

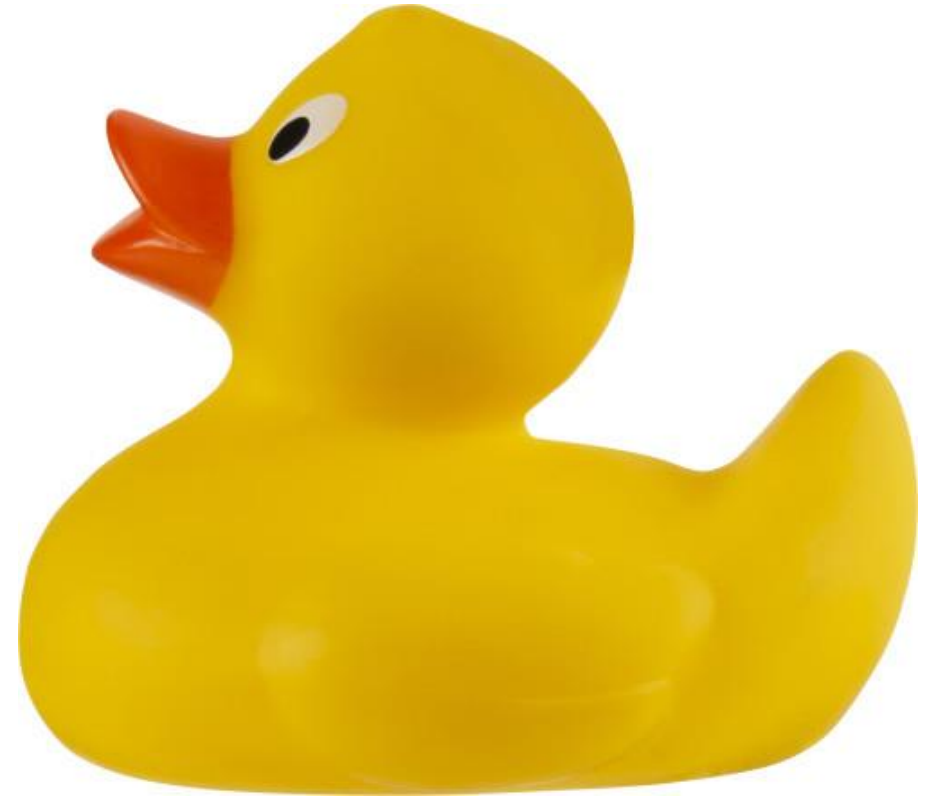


baker











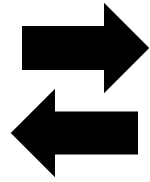
Sensory information



Short term memory



repetition



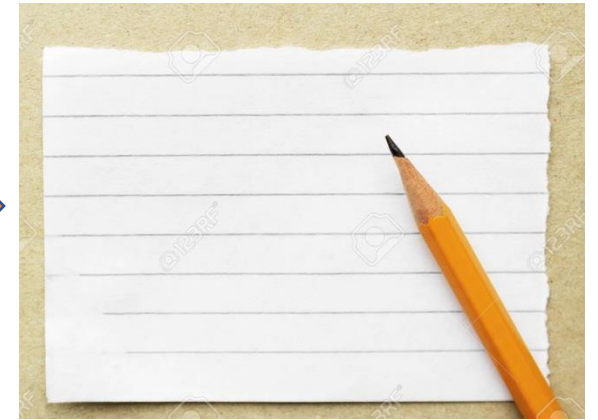
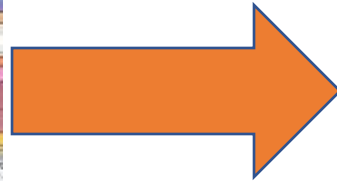
Long term memory



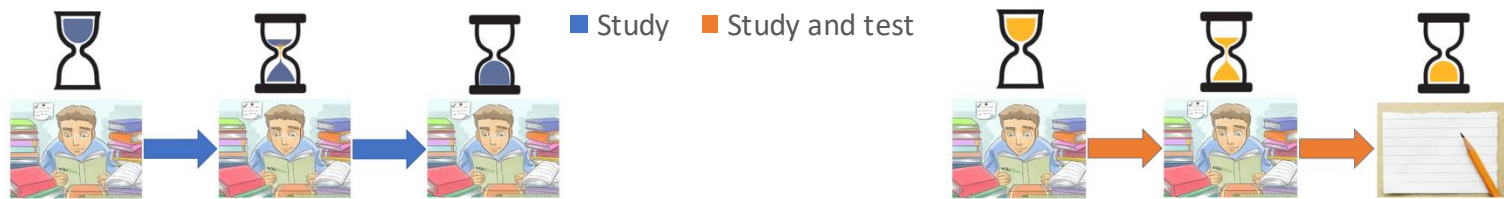
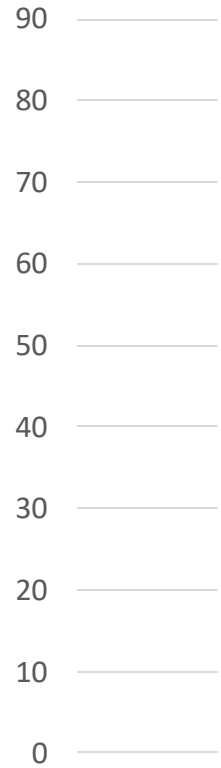
Two ways to study



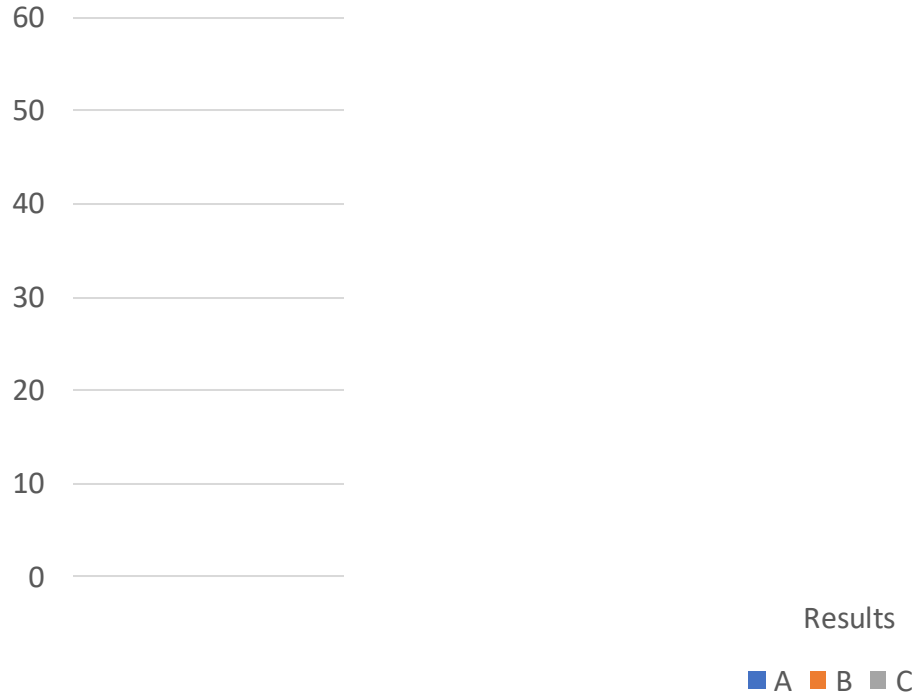
Two ways to study



Two ways to study



Results one week later



After reading through your **Spanish** word list you can:



A) get five more minutes with your word list



B) Get a blank sheet of paper and test yourself



C) Get three blank sheets of paper and test yourself three times



Now

Later today

Tomorrow

Next week

Next month

Next year

”You do not rise to the level of your dreams
You fall to the level of your systems”

