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# Heading Example

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**Table 1**

Percentage of EU Population Capable of Conversation in a Foreign Languagea

| Age | One Language | Two Languages | Three languages |
| --- | --- | --- | --- |
| 15–24 | 74% | 37% | 12% |
| 25–39 | 64% | 31% | 12% |
| 40–54 | 55% | 25% | 10% |
| 55+ | 38% | 17% | 7% |

Adapted from: Raimo Streefkerk. “MLA Format for Academic Papers and Essays.” *Scribbr*. 18 Jun. 2021, www.scribbr.com/mla/formatting/.

1. Research based on 1,500 participants from 15 countries.

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Fig. 1. Claude Monet, *San Giorgio Maggiore at Dusk*, 1908–1912.

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