



EDUARDO JOSÉ PICO SÁDIO
BSc in Computer Science and Engineering

**A VERY LONG AND IMPRESSIVE
THESIS TITLE WITH A FORCED LINE BREAK**
SOME THOUGHTS ON THE LIFE, THE UNIVERSE,
AND EVERYTHING ELSE

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BSc in Computer Science and Engineering

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ABSTRACT

Regardless of the language in which the dissertation is written, usually there are at least two abstracts: one abstract in the same language as the main text, and another abstract in some other language.

The abstracts' order varies with the school. If your school has specific regulations concerning the abstracts' order, the NOVAthesis L^AT_EX (`novathesis`) (L^AT_EX) template will respect them. Otherwise, the default rule in the `novathesis` template is to have in first place the abstract in *the same language as main text*, and then the abstract in *the other language*. For example, if the dissertation is written in Portuguese, the abstracts' order will be first Portuguese and then English, followed by the main text in Portuguese. If the dissertation is written in English, the abstracts' order will be first English and then Portuguese, followed by the main text in English. However, this order can be customized by adding one of the following to the file `5_packages.tex`.

```
\ntsetup{abstractorder={<LANG_1>, ..., <LANG_N>}}
\ntsetup{abstractorder={<MAIN_LANG>={<LANG_1>, ..., <LANG_N>}}}
```

For example, for a main document written in German with abstracts written in German, English and Italian (by this order) use:

```
\ntsetup{abstractorder={de={de,en,it}}}
```

Concerning its contents, the abstracts should not exceed one page and may answer the following questions (it is essential to adapt to the usual practices of your scientific area):

1. What is the problem?
2. Why is this problem interesting/challenging?
3. What is the proposed approach/solution/contribution?
4. What results (implications/consequences) from the solution?

Keywords: One keyword, Another keyword, Yet another keyword, One keyword more, The last keyword

RESUMO

Independentemente da língua em que a dissertação está escrita, geralmente esta contém pelo menos dois resumos: um resumo na mesma língua do texto principal e outro resumo numa outra língua.

A ordem dos resumos varia de acordo com a escola. Se a sua escola tiver regulamentos específicos sobre a ordem dos resumos, o template (L^AT_EX) **novathesis** irá respeitá-los. Caso contrário, a regra padrão no template **novathesis** é ter em primeiro lugar o resumo *no mesmo idioma do texto principal* e depois o resumo *no outro idioma*. Por exemplo, se a dissertação for escrita em português, a ordem dos resumos será primeiro o português e depois o inglês, seguido do texto principal em português. Se a dissertação for escrita em inglês, a ordem dos resumos será primeiro em inglês e depois em português, seguida do texto principal em inglês. No entanto, esse pedido pode ser personalizado adicionando um dos seguintes ao arquivo `5_packages.tex`.

```
\abstractorder(<MAIN_LANG>) := {<LANG_1>, ..., <LANG_N>}
```

Por exemplo, para um documento escrito em Alemão com resumos em Alemão, Inglês e Italiano (por esta ordem), pode usar-se:

```
\ntsetup{abstractorder={de={de,en,it}}}
```

Relativamente ao seu conteúdo, os resumos não devem ultrapassar uma página e frequentemente tentam responder às seguintes questões (é imprescindível a adaptação às práticas habituais da sua área científica):

1. Qual é o problema?
2. Porque é que é um problema interessante/desafiante?
3. Qual é a proposta de abordagem/solução?
4. Quais são as consequências/resultados da solução proposta?

Palavras-chave: Primeira palavra-chave, Outra palavra-chave, Mais uma palavra-chave, A última palavra-chave

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GLOSSARY

computer An electronic device which is capable of receiving information (data) in a particular form and of performing a sequence of operations in accordance with a predetermined but variable set of procedural instructions (program) to produce a result in the form of information or signals. This is a test that adds a citation [1] to the glossary! (*p. 26*)

ACRONYMS

aaa	acronym aaa (<i>p. 26</i>)
aab	acronym aab (<i>p. 26</i>)
aba	acronym aba (<i>p. 26</i>)
abbrev	abbreviation of a longer text (<i>p. 26</i>)
 bbb	acronym bbb (<i>p. 26</i>)
 DI	Department of Computer Science (<i>p. 2</i>)
 FCT	NOVA School of Science and Technology (<i>p. 2</i>)
 NOVA	NOVA University Lisbon (<i>p. 2</i>)
novathesis	NOVAthesis L ^A T _E X (<i>pp. i, ii, vi, vii, 1, 2, 4, 6–9, 19–22</i>)
novathesis.cls	novathesis class (<i>p. 22</i>)
 xpto	and extension of a xpto xpto xpto xpto xpto xpto xpto xpto xpto xpto xpto xpto (<i>p. 26</i>)

S Y M B O L S

μ Mu (*p. 26*)

π the numerical value of pi (*p. 26*)

r the radius of a circle (*p. 26*)

INTRODUCTION



This is the **novathesis** L^AT_EX template Version 7.1.27 from Template!date2024-05-05.

This work is licensed under the [L^AT_EX Project Public License v1.3c](#). To view a copy of this license, visit the [LaTeX project public license](#).

1.1 Welcome to the novathesis Template

This first Chapter introduces the **novathesis** template and how it is organized. In Chapter 2 you can find some specific instructions on how to use this template. Chapter 3 shows some examples and give some hints on how to write your text. Please read these next Chapters carefully.

1.1.1 Your Time is Precious

Did you learn how to drive by sitting by the wheel and throwing your car into the road? Most probably you did take your time *learning the rules* and *practicing* first! Likewise, it is not wise to throw yourself at the task of writing a thesis/dissertation in L^AT_EX without seriously considering the following recommendation!

If you are going to spend zillions of hours writing your thesis/dissertation using the **novathesis** L^AT_EX template (or some other L^AT_EX template), be wise and spend a couple of hours learning how to use it properly by reading its manual. And then, be even wiser, and spend a few more hours **learning some L^AT_EX**. I am sure that the time you are investing now will pay itself countless times before you submit your thesis/dissertation.

— João Lourenço

1.1.2 Recognition

The **novathesis** template was born in 1996, and what you see now accumulates to many many hundreds (thousands?!?) of working hours, unpaid and stolen from family and friends. This work is available to the community under the **L^AT_EX Project Public License v1.3c**, which means you are entitled to use it for free and change it at your will. However, if you decide to use this template to write your thesis/dissertation, **be fair to the developers** and:

1. Cite the **novathesis** manual [2] in a place of your choice (e.g., in the *Acknowledgments*) of your thesis/dissertation with “\cite{novathesis-manual}”. If you cite it this way, the correct entry will be added automatically to your bibliography (no need to worry with the necessary BibTeX entry, as it will be added automatically);
2. Go to the [project web page in GitHub](#) and give the project a star (marked with a red ellipse at the top-right in Figure 1.1); and
3. Make a donation by visiting the **novathesis** project page and clicking in the button marked with a green ellipse at the top-center in Figure 1.1). Alternatively, just click [HERE](#) and your browser will be directed to the right page.

1.2 The NOVAthesis Template

The **novathesis** template was born at the Department of Computer Science (DI) of NOVA School of Science and Technology (FCT) of NOVA University Lisbon (NOVA), Portugal. But the user base grew... initially grew to other Departments of FCT-NOVA, then to other Schools of NOVA, and later to other Schools of other Universities. Currently more than 25 Schools are natively supported by the **novathesis** template (see Tables 1.1, 1.2, 1.3, 1.4, 1.5, and 1.6).

Table 1.1: NOVA University Lisbon’s Schools supported by the **novathesis** template

NOVA University Lisbon



NOVA School of Science and Technology (FCT-NOVA)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



NOVA School of Social Sciences and Humanities (FCSH-NOVA)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



NOVA Information Management School (NOVA-IMS)

- All PhD Programs ([PhD](#))
- Master's in Data Science and Advanced Analytics ([MMAA](#))
- Master's in Statistics and Information Management ([MEGI](#))
- Master's in Information Management ([MGI](#))
- Master's in Geographic Information Systems and Science ([MCSIG](#))
- Master's in Geospatial Technologies ([GeoTech](#))



National School of Public Health (ENSP-NOVA)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



Instituto de Tecnologia Química e Biológica (ITQB-NOVA)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))

CHAPTER 1. INTRODUCTION

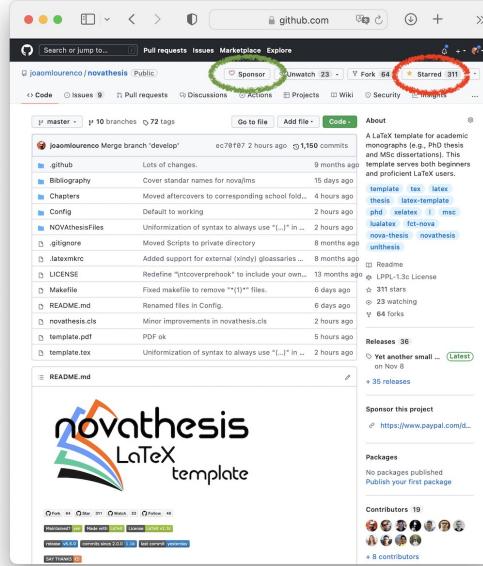


Figure 1.1: The **novathesis** project web page in GitHub.

Table 1.2: University of Lisbon's Schools supported by the **novathesis** template

		University of Lisbon
Instituto Superior Técnico (IST-UL)		
	<ul style="list-style-type: none">• All PhD Programs (PhD)• All MSc Programs (MSc)	
	Faculdade de Ciências (FCUL)	
	<ul style="list-style-type: none">• All PhD Programs (PhD)• All MSc Programs (MSc)	
	Faculdade de Medicina Veterinária (FMV-UL)	
	<ul style="list-style-type: none">• All PhD Programs (PhD)• All MSc Programs (MSc)	

Table 1.3: University of Minho's Schools supported by the **novathesis** template



University of Minho



School of Architecture (EA-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Sciences (EC-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Law (ED-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Engineering (EE-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Economics and Management (EEG-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Medicine (EM-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Psychology (EP-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Nursing (ESE-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))

CHAPTER 1. INTRODUCTION



Institute of Social Sciences (ICS-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



Institute of Education (IE-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



School of Arts and Humanities (ELACH-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))



Research Institute 13Bs (I3B-UMINHO)

- All PhD Programs ([PhD](#))
- All MSc Programs ([MSc](#))

Table 1.4: Instituto Politécnico de Lisboa's Schools supported by the **novathesis** template

	Instituto Politécnico de Lisboa
	Instituto Superior de Engenharia de Lisboa (ISEL-IPL) <ul style="list-style-type: none">• All MSc Programs (MSc)

Table 1.5: Instituto Politécnico de Setúbal's Schools supported by the **novathesis** template

	Instituto Politécnico de Setúbal
	Escola Superior de Tecnologia de Setúbal (ISEL-IPL) <ul style="list-style-type: none">• All MSc Programs (MSc)

Table 1.6: Other Universities/Schools/Degrees's Schools supported by the **novathesis** template

Other Universities/Schools/Degrees
Escola Superior de Enfermagem do Porto (ESEP) • All MSc Programs (MSc)

1.3 Getting Started

The template provides an *easy to use* setting for you to write your thesis/dissertation in \LaTeX :

- Select your school;
- Fill your thesis metadata (title, research field, etc) in the file “`template.tex`”;
- Create your thesis/dissertation contents using the files in folder “`Chapters`”; and
- Process using you favorite \LaTeX processor (`pdflatex`, `Xe\LaTeX` or `Lua\LaTeX`).

1.3.1 Using Overleaf

Overleaf is a collaborative cloud-based \LaTeX editor used for writing, editing and publishing scientific documents. Like “Google Docs”, for \LaTeX users. You can edit and compile your \LaTeX source on the cloud, without installing software in your own computer, and, much like *Google Docs*, you can share your document with others users and everybody can edit the same file at the same time (this may be dangerous).

If you do not have an account in Overleaf, you must [create one first](#).

Once you have an account, please access the **novathesis** template in [Overleaf](#) and select the green button *Open as Template* (see [Figure 1.2](#)).

Please notice that the version currently available in Overleaf (v6.10.10) is slightly outdated (current version is v7.1.27). A new version (v7.0.0) will be submitted to Overleaf soon. Until then, please:

1. Download the [latest version](#) from the GitHub repository as a Zip file.

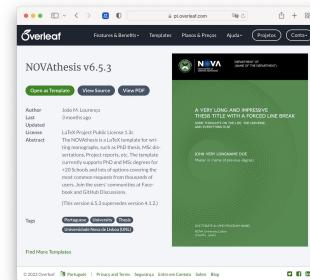


Figure 1.2: NOVAthesis template in Overleaf.

2. Login to your favorite \LaTeX cloud service. I recommend [Overleaf](#) but there are alternatives (these instructions apply to Overleaf and you'll have to adapt for other providers).
3. In the menu select: *New project* → *Upload project*.
4. Upload the zip file.
5. Select “*template.tex*” as the main file.
6. Let Overleaf compile the document.

1.3.2 Using a Local \LaTeX Installation Local

First of all, start by installing \LaTeX in your computer. There are two main distributions, [Mik\TeX](#) and [TeXLive](#), and both of them are available for the 3 most popular Operating Systems: Linux, macOS and Windows.

Be aware that a full installation of Mik\TeX or TeXLive will take near 5 GB of hard disk space. So, think twice before installing the full distribution. See the [novathesis](#) Wiki for the [list of packages required to compile the template](#).

Once you have \LaTeX up and running, remember to install a good \LaTeX text editor. I recommend you to take a look at [this post](#) in the [tex.stackexchange.com](#) site. If you want a quick and dirty recommendation, try [TeXStudio](#).

Now, you must access the [novathesis](#) repository in [GitHub](#), select the green button *Code* and then *download* (or *clone*) the template. You will always get the latest version of the template (currently v7.1.27 from 2024-05-05).

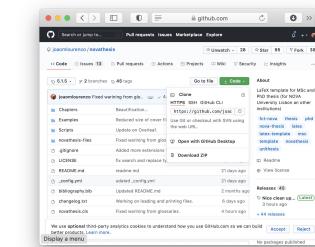


Figure 1.3: The NOVAtethesis Project page in GitHub.

1.4 Getting Help

No! You don't have to use this template to write your thesis. You don't even have to use \LaTeX . However, writing a thesis is serious stuff, and which tool you shall use to write it is not a decision to make lighthearted.

\LaTeX is hard enough by itself. This template aims at making your life easier, but not easy. If you choose to use this template to write your thesis, you are very welcome. However, don't expect me to provide you help with \LaTeX . Look for help with your friends (you have some friends, don't you?), or search the web, or try even to read some book(s) on \LaTeX . In the end you will certainly find the experience rewarding.

When you come to the point of “*How do I do this with the novathesis template?*”, remember...

1. To check the [novathesis wiki](#) and have some hope! :D
2. [Google](#) is your best friend.

3. Search the [GitHub Discussions](#) page for a question related to yours. *If and only if* you don't find one, then post your own question in English please!
4. Search the [NOVAtheis Facebook group](#) for a question related to yours. *If and only if* you don't find one, then post your own question in either Portuguese or English, at your preference.

When you post your own question, remember to **always** state the `novathesis` version number you are using and referring to.

Please do not attempt to contact me directly (email, Messenger, etc)...
I WILL NOT REPLY!

1.4.1 Suggestions, Bugs and Feature Requests

Help: If you just need some help, see above [Section 1.4](#).

Suggestion: Do you have a suggestion/recommendation? Please add it to the wiki and help other users!

Bug: Did you find a bug? Please open an issue. Thanks!

New Feature: Would you like to request a new feature (or support of a new School)? Please open an issue. Thanks!

1.5 Donors

The [list of Donors](#) is available in the `novathesis` Project page.

1.6 Disclaimer

Although the `novathesis` template is endorsed by some Schools (e.g., [linked from FCT-NOVA web site](#)), the `novathesis` template **this not an official template** for any School.

The `novathesis` template exists to make your life easier and we do our best to make it compliant to the supported (+25) Schools' regulations but, in the end of the line, you and only you are accountable for both the look and the contents of the document you submit as your thesis/dissertation.

BACKGROUND AND RELATED WORK

Write something here to introduction to chapter.

2.1 Stroke disease

2.1.1 Definition

The abrupt onset of a localized neurological deficit caused by a vascular source is the clinical state known as a stroke. This illness is caused by either an internal blood vessel rupture (hemorrhagic stroke) or an obstruction of blood flow to the brain (ischemic stroke). Stroke has a substantial socioeconomic impact and is a leading cause of disability and death worldwide [3].

2.1.2 Signs and symptoms

The portion of the brain affected by a stroke can change the symptoms (see Figure 2.1). Nonetheless, typical symptoms consist of:

- **Abrupt Weakness or Numbness:** Especially affecting the face, arm, or leg, and usually on one side of the body.
- **Confusion:** Difficulty speaking or understanding speech.
- **Visual Issues:** An abrupt difficulty seeing with one or both eyes.
- **Dizziness and Loss of Coordination:** Sudden trouble walking, dizziness, and loss of balance or coordination.
- **Severe Headache:** An abrupt, intense headache without a recognized reason.

Additional symptoms may include difficulty swallowing, difficulty speaking or understanding, abrupt, violent vomiting, or altered awareness [3, 4].

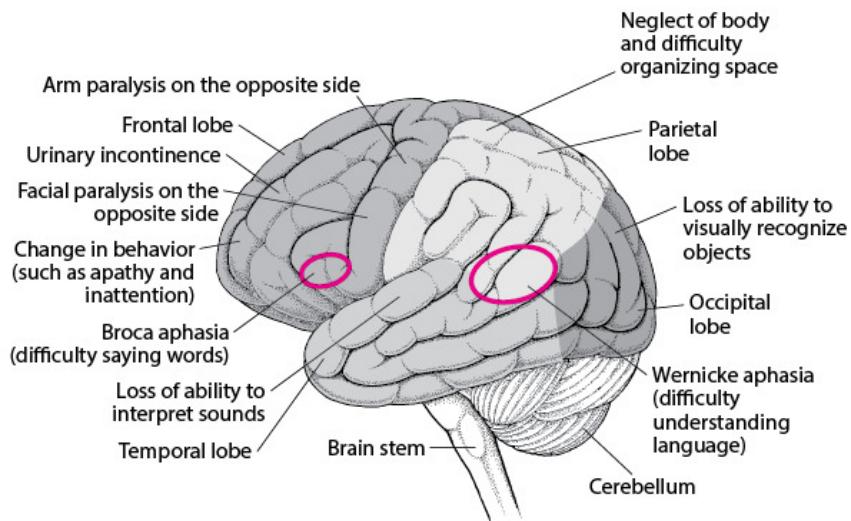


Figure 2.1: Areas of the brain affected by a stroke and the specific functions they control [5]

2.1.3 Types of Strokes

Strokes are broadly classified into two main types: ischemic and hemorrhagic, with a third type, transient ischemic attack (TIA), considered a warning sign.

1. **Ischemic Stroke:** As mentioned by Andrei V. Alexandrov and Balaji Krishnaiah [6], “An ischemic stroke typically results from blockage of an artery that supplies blood to the brain, most commonly a branch of one of the internal carotid arteries. As a result, brain cells are deprived of blood. Most brain cells die if they are deprived of blood for 4.5 hours” (see Figure 2.2).

Ischemic strokes are further classified into several subtypes based on their etiology [3]:

- **Large Artery Atherosclerosis:** Caused by thrombus formation in atherosclerotic vessels, leading to vessel occlusion.
- **Cardioembolic Stroke:** Caused by emboli originating from the heart, often due to atrial fibrillation or other cardiac abnormalities.
- **Small Vessel Occlusion (Lacunar Stroke):** Results from the occlusion of small, penetrating arteries that supply deep brain structures.
- **Cryptogenic Stroke:** An ischemic stroke for which a definitive cause cannot be found despite intensive testing.

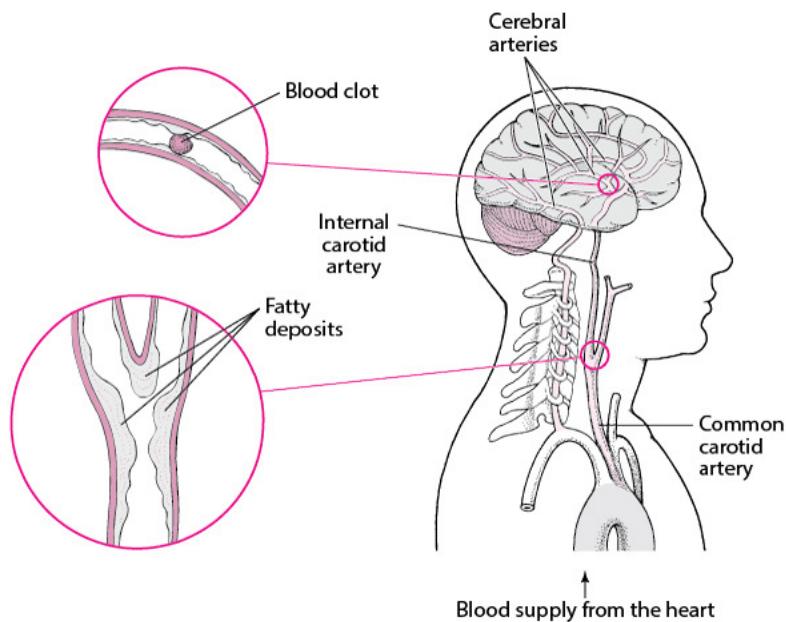


Figure 2.2: Illustration of an ischaemic stroke, showing the formation of a blood clot in the internal carotid and cerebral arteries, and fatty deposits that can cause blockage of blood flow to the brain[6]

2. Hemorrhagic Stroke: According to Andrei V. Alexandrov and Balaji Krishnaiah [7], “When blood vessels of the brain are weak, abnormal, or under unusual pressure, a hemorrhagic stroke can occur. In hemorrhagic strokes, bleeding may occur within the brain, as an intracerebral hemorrhage. Or bleeding may occur between the inner and middle layer of tissue covering the brain (in the subarachnoid space), as a subarachnoid hemorrhage” (see Figure 2.3).

Hemorrhagic strokes are further classified into two main types [3]:

- **Intracerebral Hemorrhage:** Occurs when a blood vessel within the brain bursts, leading to bleeding into the brain tissue. Common causes include hypertension and cerebral amyloid angiopathy.
- **Subarachnoid Hemorrhage:** Bleeding occurs in the subarachnoid space, often due to ruptured aneurysms or arteriovenous malformations.

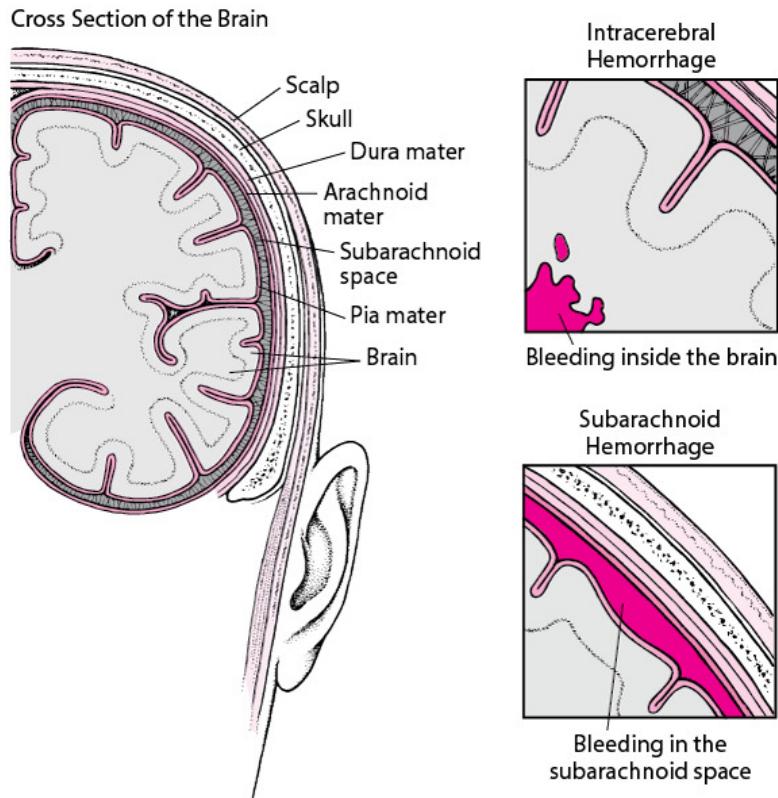


Figure 2.3: Illustration of a haemorrhagic stroke, showing intracerebral haemorrhage (bleeding inside the brain) and subarachnoid haemorrhage (bleeding in the subarachnoid space)[7]

3. Transient Ischemic Attack (TIA):

- Often called a mini-stroke, a TIA is a temporary period of symptoms similar to those of a stroke. It doesn't cause permanent damage and is caused by a temporary decrease in blood supply to part of the brain. TIAs are significant predictors of future strokes and should be taken seriously [3, 4].

2.1.4 Diagnosis

Advanced imaging methods and clinical evaluation are combined in the diagnosis of stroke:

1. Clinical Evaluation:

- To determine the start, nature, and severity of symptoms, a comprehensive history and neurological examination are part of the initial evaluation [4].

2. Imaging Methodologies:

- Computed Tomography (CT) scan:** The first imaging test used to distinguish between hemorrhagic and ischemic stroke is usually a non-contrast CT scan.

It can also aid in ruling out other brain disorders that might resemble the symptoms of a stroke [3].

- **Magnetic Resonance Imaging (MRI):** Provides more detailed images of brain tissue compared to CT scans and is particularly useful in detecting ischemic strokes in the early stages. Diffusion-weighted MRI is more sensitive in detecting early ischemic changes and can help in identifying the exact location and extent of the infarct [3].
- **Carotid Ultrasound:** Used to assess blood flow in the carotid arteries and to identify blockages or narrowing that could lead to a stroke [3].
- **Cerebral Angiography:** An invasive procedure that involves injecting a contrast dye into the brain's blood vessels to visualize them on X-ray images, helping to identify aneurysms, arteriovenous malformations, and other vascular anomalies [8].

3. Additional Tests:

- **Blood Tests:** These may include complete blood count, coagulation profile, and blood glucose levels to identify any underlying conditions that might have contributed to the stroke [3].
- **Cardiac Evaluation:** Electrocardiogram (ECG) and echocardiography are used to detect potential cardiac sources of emboli, such as atrial fibrillation or valvular heart disease [3].

2.1.5 Effects and Complications of Stroke

2.1.6 Treatment

Thanks to developments in medical technology and our growing understanding of the pathophysiology of strokes, the treatment of strokes has changed dramatically over the past several decades. Stroke therapy options are roughly categorized as acute management, secondary prevention, and rehabilitation.

2.1.6.1 Acute Management

The major goal during the acute phase of stroke treatment is to restore cerebral blood flow as soon as possible. The primary treatment for acute ischemic stroke remains thrombolytic therapy with recombinant tissue plasminogen activator (rt-PA). When given within a short window of 3 to 4.5 hours following the onset of symptoms, rt-PA can considerably lessen neurological damage by dissolving the blood clot clogging the cerebral artery.

However, the use of rt-PA is limited due to rigorous eligibility requirements and the risk of hemorrhagic transformation. As a result, this treatment benefits only a limited number of patients.

In addition to rt-PA, mechanical thrombectomy has become a standard treatment for major vascular occlusions. This procedure involves physically removing the clot with stent retrievers and is most effective when performed within 6 hours of symptom onset [9].

2.1.6.2 Intensive Stroke Units

Intensive Stroke Units (ISUs) are a novel approach to stroke therapy, offering patients a dedicated environment in which they get thorough and ongoing care. These units are staffed by a multidisciplinary team of neurologists, nurses, physiotherapists, and occupational therapists, resulting in better patient outcomes such as lower mortality rates and shorter hospital stays [0].

2.1.6.3 Secondary Prevention

Preventing recurrent strokes is an important aspect of stroke therapy. This includes addressing modifiable risk factors such as hypertension, diabetes, dyslipidemia, and atrial fibrillation.

Secondary prevention options for cardioembolic stroke include antiplatelet treatment, anticoagulation, and lifestyle adjustments.

Carotid ultrasonography is commonly used to diagnose carotid artery stenosis, which can be treated surgically by carotid endarterectomy or stenting to lower the risk of future strokes [3].

2.1.6.4 Rehabilitation

Rehabilitation begins as soon as the patient is medically stable, usually within the first 24-48 hours of hospitalization. A multidisciplinary approach that includes physical therapy, occupational therapy, and speech-language pathology is critical for maximizing functional rehabilitation and encouraging independence.

The goal of rehabilitation is to improve motor skills, cognitive functions, and everyday activity abilities in stroke survivors, hence improving their overall quality of life ("Treatment of Stroke on an Intensive Stroke Unit: A Novel Concept" by Mohn et al.).

2.1.7 Importance of Physiotherapy in Stroke Rehabilitation

Physiotherapy is a critical component of stroke patients' rehabilitation, helping them regain function, increase their range of motion, and generally improve their quality of life.

The process of rehabilitation is intricate and multidimensional, incorporating a range of methods and strategies catered to the individual requirements of every patient.

2.1.7.1 Improving Functional Recovery

Physiotherapy's main objective in stroke recovery is to maximize function restoration. To do this, intensive physical treatment is especially beneficial.

Higher intensity physical therapy sessions have been linked to improved functional outcomes, according to studies.

Compared to patients receiving conventional care, patients receiving more frequent and intensive therapy show considerable increases in mobility and total functional ability ("Physiotherapy After Stroke: More is Better"). This emphasizes how crucial it is to offer therapy at a sufficient intensity in order to optimize recovery potential.

2.1.7.2 Long-Term Benefits and Persistent Enhancements

For stroke survivors, ongoing physiotherapy offers long-term advantages. Sustaining and improving the progress made during the early period of recovery is facilitated by ongoing rehabilitation activities.

The necessity of ongoing rehabilitation even in the later stages of recovery has been emphasized by meta-analyses that show sustained physiotherapy interventions result in prolonged improvements in physical activity and decreased disability levels ("Efficacy of Physiotherapy Interventions Late After Stroke: A Meta-Analysis").

2.1.7.3 Neuroplasticity and Recovery

The idea that the brain can rearrange itself by generating new neural connections is known as neuroplasticity, and physiotherapy makes use of this. This is especially crucial for stroke recovery since specific workouts and activities can help restore lost skills and boost brain activity.

Physiotherapy improves neuroplasticity through targeted, repetitive exercise, which improves recovery ("A Review of Stroke Rehabilitation and Physiotherapy").

2.1.7.4 Variety of Techniques and Approaches

Various physiotherapy methods support the healing process in different ways. Physiotherapists have embraced the Bobath paradigm, which emphasizes supporting normal movement patterns. Effective stroke rehabilitation practices are built around this strategy and eclectic approaches that incorporate ideas from other ways ("Physiotherapy Treatment for Stroke Patients: A Survey of Current Practice").

Furthermore, it has been demonstrated that interventions targeted at increasing physical activity, like exercise training, greatly improve physical fitness and the capacity to carry out everyday tasks ("Efficacy of Interventions Aimmed at Improving Physical Activity in Individuals with Stroke: A Systematic Review").

2.2 Self-Management in Stroke Rehabilitation

Escrever aqui alguma coisa

2.2.1 Definition of Self-Management

Self-management in healthcare refers to the active participation of patients in managing their symptoms, treatments, physical and psychosocial consequences and lifestyle changes associated with chronic illnesses.

Setting personal goals, monitoring progress, modifying behaviours so that wellbeing can be managed and taking a proactive approach to recovery are all important things that are necessary for people who have survived a stroke.

Giving patients responsibility for tasks that were previously the responsibility of healthcare professionals gives them the idea that they have more authority and autonomy(Jones, Pöstges, Brimicombe, Building Bridges Between Healthcare Professionals, Patients, and Families: A Co-Produced and Integrated Approach to Self-Management Support in Stroke).

2.2.2 Importance of Self-Management in Stroke Rehabilitation

Self-management is a fundamental aspect for stroke survivors, having a significant impact on their quality of life and functional independence.

Appropriate self-management leads to better physical and mental health outcomes, improved functional capabilities and better methods of dealing with long-term effects. It also encourages patients to be more compliant with rehabilitation exercises, thus reducing the risk of complications and reducing the number of hospital readmissions (Lamb et al., Physiotherapy After Stroke: More is Better; Experiences of Self-Management Support Following a Stroke: A Meta-Review of Qualitative Systematic Reviews).

By taking an active role in their own care, patients are able to achieve better health outcomes and maintain a higher level of independence and quality of life.

2.2.3 Elements of effective self-management

Effective self-management programmes for stroke survivors usually include several components:

- **Personalised care plans:** Consists of adapting rehabilitation plans so that each individual's needs and capabilities are met.
- **Education:** Giving patients all the information about their current condition and explaining the importance of following their rehabilitation plans.
- **Goal Setting:** Helping patients to set realistic and achievable goals that will allow them to recover.
- **Monitoring and feedback:** Regularly assessing the patient's progress and providing constructive feedback to help them stay on track.

- **Problem-solving skills:** Teaching patients strategies to overcome barriers and manage complications independently.
- **Behavioural change:** Encouraging lifestyle changes that support long-term health and recovery.
- **Support systems:** Involve family members and carers to provide both emotional and practical support.(Jones, Pöstges, Brimicombe, Building Bridges Between Healthcare Professionals, Patients, and Families: A Co-Produced and Integrated Approach to Self-Management Support in Stroke; Strategies for Self-Management Support by Patients with Stroke).

2.2.4 Autonomy and Social Engagement

As well as achieving independence, rehabilitation should also focus on strengthening the patient's autonomy and social involvement.

Autonomy allows patients to make decisions about their lives, even if they end up needing support to implement them. Social engagement involves building relationships and participating in community activities, which are crucial to the survivor's overall well-being.

Rehabilitation programmes should aim to balance independence with autonomy and social involvement to improve the quality of life of stroke survivors (Is independence enough? Rehabilitation should include autonomy and social engagement to achieve quality of life).

2.2.5 Obstacles and Difficulties in Self-Management

Stroke survivors often face some challenges and obstacles when it comes to self-management.

Many of them don't feel prepared for the new responsibilities that are thrust upon them. The fact that the support systems these survivors have access to are often inadequate makes their self-management efforts more difficult.

2.3 Quick Start

2.3.1 With a Local L^AT_EX Installation

Follow these steps to get started with a local L^AT_EX installation:

1. Download L^AT_EX. There are two major L^AT_EX distributions — [Mik^TE_X](#) and [T_EXLive](#) — that share lots of similarity, and L^AT_EX documents are portable between them. This means that, for most users, both systems are equally usable.

T_EX-Live is maintained by (La)T_EX developers and is certainly the best distribution you may install in your computer: However, the default distribution will take

more than 5 GB on your hard disk... so, if you are not short on disk space, install $\text{\TeX}{}Live$!

Mik\TeX will, by default, install only a minimal set of packages. The extra/additional packages will be installed on the fly. Installing packages on the fly is useful if disk space is limited, but has its own caveats in the longer term. Definitely choose Mik\TeX if you're short on disk space.

Which one to download? There are [pros and cons for both distributions](#) so it is essentially a question of where does your heart fall first! Mine falls to $\text{\TeX}{}Live$, but yours can fall elsewhere! :D

2. Install \LaTeX . Installation of \LaTeX is as hard as installing any other software. Just do your best and you will certainly succeed.
3. Update your \LaTeX installation using the *T\EXLiveUtility* program of the **Mik\TeX** console.
4. Download the NOVAthesis \LaTeX ([novathesis](#)) template by either:
 - Cloning the [GitHub repository](#) with

```
git clone --depth=1 https://github.com/joaomlourenco/novathesis.git
```

or
 - Downloading the [latest version from the GitHub repository as a Zip file](#).

5. Download additional School specific files if applicable:

Universidade do Minho (UMINHO) download the required *NewsGotT* font files

from <https://github.com/joaomlourenco/novathesis-extras/raw/main/Fonts/NewsGotT.zip>

then unzip the file and copy the 3 font files

“n015002t.ttf”, “n015003t.ttf”, and “n015006t.ttf”

to the folder

“NOVAthesisFiles/FontStyles/Fonts”.

Escola Superior de Enfermagem do Porto (ESEP) download the required *Calibri*

font files from <https://github.com/joaomlourenco/novathesis-extras/raw/main/Fonts/Calibri.zip>

then unzip the file and copy the 4 font files

“Calibri.ttf”, “Calibrib.ttf”, “Calibrii.ttf”, and “Calibriz.ttf”

to the folder

NOVAthesisFiles/FontStyles/Fonts.

6. Compile the document with you favorite LaTeX processor (pdfLaTeX, XeLaTeX or LuaLaTeX).
 - The main file is named “`template.tex`”, but you are free to rename it as you please.
 - Either load the main file in your favorite [LaTeX text editor](#) and press the appropriate (*magic*) button to generate a PDF file, or open a terminal and compile it with “`latexmk -pdf template`”. If you use a [LATEX](#) text editor, please notice that the `novathesis` template uses “`biber`” and not “`bibtex`” to process the bibliography, which means that most probably you have to open the *Editor Preferences* and somewhere (depending on the Editor you are using) change “`bibtex`” to “`biber`”.
 - Notice that, due to the external font sets used, pdfLATEX will not work for both **UMINHO** and **ESEP**, and you have to use either XE^LA_TE_X (“`latexmk -pdfxe template`”) or Lua^LA_TE_X (“`latexmk -pdflua template`”).

7. Edit the files in the “Config” folder:

File	Contents
<code>0_memoir.tex</code>	Options specific for the memoir package. <i>Don't touch this file unless you know what you are doing!</i>
<code>1_novathesis.tex</code>	Configure the template (e.g., the document type, the school, the languages used, etc.)
<code>2_biblatex.tex</code>	Select how your citations and bibliographic references will be printed. The default is numbers inside square brackets, e.g. [2], but you can change it to other formats, such as author-year, e.g., Lourenço (2021).
<code>3_cover.tex</code>	Configure cover contents (e.g., thesis/dissertation title, author's name, advisers' names, committee members' names, date, etc).
<code>4_files.tex</code>	Select the files for chapters, appendices, annexes, abstracts, glossaries, etc.
<code>5_packages.tex</code>	User's customization. Load additional packages and define your own commands to be used throughout the document.
<code>6_list_of.tex</code>	Configure the lists to be printed (table of contents, list of figures, list of tables, list of listings, etc). <i>Don't touch this file unless you know what you are doing!</i>
<code>9_nova_fct.tex</code>	Configuration specific to NOVA-FCT. Otherwise ignored.
<code>9_nova_ims.tex</code>	Configuration specific to NOVA-IMS. Otherwise ignored.
<code>9_nova_itqb.tex</code>	Configuration specific to NOVA-ITQB. Otherwise ignored.
<code>9_ulisboa_fmv.tex</code>	Configuration specific to ULISBOA-FMV. Otherwise ignored.

<code>9_uminho.tex</code>	Configuration specific to UMINHO (all Schools). Otherwise ignored.
---------------------------	--

8. Recompile de document.
9. And you're done with a beautifully formatted thesis/dissertation! :D

2.3.2 With a Remote Cloud-based Service

Follow these steps to get started with a remote L^AT_EX installation:

- Download the [latest version from the GitHub repository as a Zip file](#).
- Login to your favorite L^AT_EX cloud service. I recommend [Overleaf](#) but there are alternatives. These instructions apply to Overleaf and you'll have to adapt for other providers.
- In the menu select `New project` → `Upload project`.
- Select “`template.tex`” as the main file.
- Follow from Step 5 above in Section 2.3.1 (With a Local L^AT_EX Installation).

2.4 Folder and Files

The `novathesis` template is organized into many files and folders. At the main level it includes the following files and folders listed in Table 2.1.

Table 2.1: The folders and files.

Name	Type	Access	Contents
<code>novathesis.cls</code>	<i>file</i>		The main class file.
<code>template.tex</code>	<i>file</i>		The main template file. You need to <i>compile</i> this file with one of pdfL ^A T _E X, X _E L ^A T _E X, or LuaL ^A T _E X to obtain the PDF file (“ <code>template.pdf</code> ”).
<code>template.pdf</code>	<i>file</i>		A possible result of applying pdfL ^A T _E X to the “ <code>template.tex</code> ” file. The look and feel of the document will depend on the parametrization/configuration (e.g., School) of this template.
<code>Chapters</code>	<i>folder</i>		Examples of document contents, including Chapters, Appendices, Annexes, Abstracts, Glossaries, Lists of Symbols, etc. Replace them with your own.

Bibliography	<i>folder</i>		Where all your bibliography files should be located. You may have many as you want, as long as you add them to the template with "\ntaddfile{bib}{FILENAME.bib}!".
NOVAthesisFiles	<i>folder</i>		Additional files for the <code>novathesis</code> template. This is where all the juice is so, unless you are a TeXmagician, don't mess up with the files and folders inside this folder.

2.5 The `novathesis.cls` Class Options

The `novathesis` class (`novathesis.cls`) can be customized with the options listed below.

doctype=OPT	The type of the document. phd → PhD thesis (← default). phdprop → PhD thesis proposal (for FCT-NOVA). phdplan → PhD thesis plan. msc → MSc dissertation. mscplan → MSc dissertation plan. bsc → BSc report. plain → Other report.
school=OPT	Selection of the university and of the school. ⇒ Default: <code>nova/fct</code> This option changes the typesetting of the de document to some specific School formating and layout, like covers, margins, fonts, paragraph spacing and indentation, etc.
docstatus=OPT	The current status of the document. draft → Working version (← default). provisional → Version for submission. final → Final version.

lang=OPT	The main language for the document.
<i>en, pt, de, es, fr, gr, it</i>	<p>en → English (\Leftarrow default).</p> <p>pt → Portuguese.</p> <p>de → German.</p> <p>es → Spanish.</p> <p>fr → French.</p> <p>gr → Greek.</p> <p>it → Italian.</p>
abstractorder=OPT	Forces the abstracts languages and order.
$\{L_1, L_2, \dots, L_n\}$ $\{DL=\{L_1, L_2, \dots, L_n\}\}$	<p>DL → Document language (\Leftarrow defaults to the main language).</p> <p>L_i → A two-letters language code.</p>
lang/extralang=OPT	Additional languages used in the document.
$\{L_1, L_2, \dots, L_n\}$	<p>\Rightarrow Default: {}</p> <p>Besides the main language and those used in the abstracts.</p> <p>L_i → A two-letters language code.</p>
linkscolor=OPT	The color for all the hyperlinks in the PDF file.
<i>A color of your choice.</i>	<p>\Rightarrow Default: darkblue</p> <p>The “media=paper” option (see below) will override this option to “black”</p>
media=OPT	The target of the PDF.
<i>screen, paper</i>	<p>\Rightarrow Default: screen</p> <p>By default, PDF for screen has colored links and identical left and right margins, while PDF for paper (to print) has black links and may have different left and right margins.</p>
print/index=OPT	Produce the document index.
<i>true, false</i>	<p>\Rightarrow Default: false</p> <p>The index (<i>índice remissivo</i>) is a keyword index typeset at the end of the document. WARNING: Should not be confused with the table of contents.</p>
fontstyle=OPT	The font set to be used in the document.
<i>bookman, charter, fourier, kpfonts(*), mathpazo1, mathpazo2, newcent</i>	Please note that a font set include definitions for the main text, headings, maths, etc.
chapstyle=OPT	The chapter style
<i>bianchi, bluebox, brotherton, dash, default, elegant(*), ell, ger, hansen, ist, jenor, lyhne, madsen, pedersen, veelo, vz14, vz34, vz43</i>	The look of the chapter beginning.

converlang=OPT <i>en, pt(*)</i>	The language to be used when typesetting the cover page.
otherlistsat=OPT <i>front(*), back</i>	Where to put the other lists besides the table of contents. The default is (front) before the main text. But some scientific areas prefer them at the end of the document (back), just before the Appendixes.
statement=OPT <i>true, false(*)</i>	Include or don't include the contents of the "statement" file. The default is for this file to be ignored (if it exists).
spine=OPT <i>true, false(*)</i>	Generate the book spine and the last page in the PDF.
biblatex=OPT <i>OPT={list of options for biblatex}</i>	Customize biblatex, the bibliography management system used in this class. Probably you will want to change the value of the biblatex "style" option. For other customizations of biblatex check its manual.
memoir=OPT <i>OPT={list of options for memoir}</i>	Customize the base class memoir. The memoir manual should be the first document to be consulted when looking for "how can I do this?" You may want to change the base font size from 11pt to a smaller (10pt) or larger (12pt) size. Also, remember to change the "draft" to final when your document is finished.

2.6 Additional considerations about the class options

In this section we will provide some additional considerations about some of the customizations available as class options.

2.6.1 The main language

The choice of the main language with the option "lang=OPT" affects:

- **The order of the summaries.** First is printed the abstract in the main language and then in the foreign language. This means that if your main language for the document is English, you will see first the "abstract" (in English) and then the

“resumo” (in Portuguese). If you switch the main language for the document for Portuguese, it will also automatically switch the order of the summaries to “resumo” and then “abstract”.

- **The names for document sectioning.** E.g., “Chapter” vs. “Capítulo”, “Table of Contents” vs. “Índice”, “Figure” vs. “Figura”, etc.
- **The type of documents in the bibliography.** E.g., “Technical Report” vs. “Relatório Técnico”, “PhD Thesis” vs. “Tese de Doutoramento”, etc.

No matter which language you chose, you will always have the appropriate hyphenation rules according to the language at that point. You always get Portuguese hyphenation rules in the “Resumo”, English hyphenation rules in the “Abstract”, and then the main language hyphenation rules for the rest of the document.

2.6.2 Class of Text

You must choose the class of text for the document. The available options are:

1. **bsc** — BSc graduation report.
2. ***mscplan** — Preparation of MSc dissertation. This is a preliminary report graduate students at DI-FCT-NOVA must prepare to conclude the first semester of the two-semesters MSc work. The files specified by `\ntdedicatoryfile` and `\acknowledgmentsfile` are ignored, even if present, for this class of document.
3. **msc** — MSc dissertation.
4. **phdprop** — Proposal for a PhD work. The files specified by `\ntdedicatoryfile` and `\acknowledgmentsfile` are ignored, even if present, for this class of document.
5. **prepphd** — Preparation of a PhD thesis. This is a preliminary report PhD students at DI-FCT-NOVA must prepare before the end of the third semester of PhD work. The files specified by `\ntdedicatoryfile` and `\acknowledgmentsfile` are ignored, even if present, for this class of document.
6. **phd** — PhD dissertation.

2.6.3 Printing

You must choose how your document will be printed. The available options are:

1. **oneside** — Single side page printing.
2. ***twoside** — Double sided page printing.

2.6.4 Font Size

You must select the encoding for your text. The available options are:

1. **11pt** — Eleven (11) points font size.
2. ***12pt** — Twelve (12) points font size. You should really stick to 12pt...

2.6.5 Text Encoding

You must choose the font size for your document. The available options are:

1. **latin1** — Use Latin-1 ([ISO 8859-1](#)) encoding. Most probably you should use this option if you use Windows;
2. **utf8** — Use [UTF8](#) encoding. Most probably you should use this option if you are not using Windows.

2.6.6 Examples

Let's have a look at a couple of examples:

- Preparation of PhD thesis, in portuguese, with 11pt size and to be printed single sided (I wonder why one would do this!)
`\documentclass[prepphd,pt,11pt,oneside,latin1]{thesisdifct-nova}`
- MSc dissertation, in English, with 12pt size and to be printed double sided
`\documentclass[msc,en,12pt,twoside,utf8]{thesisdifct-nova}`

2.7 How to Write Using \LaTeX

Please have a look at Chapter 3, where you may find many examples of \LaTeX constructs, such as Sectioning, inserting Figures and Tables, writing Equations, Theorems and algorithms, exhibit code listings, etc.

2.8 Example glossary, acronyms, and symbols

This is the first occurrence of an abbreviation: abbreviation of a longer text (abbrev). And now the second occurrence of the same abbreviation: abbrev. And a new acronym with capital letter: And extension of a xpto (xpto) and reused xpto. Let's also use a few other acronyms such as acronym aaa (aaa), acronym aab (aab), acronym aba (aba), acronym bbb (bbb) and xpto. In geometry, the area enclosed by a circle of radius r is πr^2 . Here the Greek letter π is equal to the ratio of the circumference of any circle to its diameter. Lets add "computer" to the glossary! Be carefull with mathematical symbols in acronyms, please see the definition of μ .

A SHORT LATEX TUTORIAL WITH EXAMPLES

This Chapter aims at exemplifying how to do common stuff with LATEX. We also show some stuff which is not that common! ;)

Please, use these examples as a starting point, but you should always consider using the *Big Oracle* (aka, [Google](#), your best friend) to search for additional information or alternative ways for achieving similar results.

3.1 Document Structure

3.2 Dealing with Bibliography

Citing something online [10–12].

3.3 Inserting Tables

3.4 Importing Images

3.5 Floats, Figures and Captions

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Ut purus elit, vestibulum ut, placerat ac, adipiscing vitae, felis. Curabitur dictum gravida mauris. Nam arcu libero, nonummy eget, consectetuer id, vulputate a, magna. Donec vehicula augue eu neque. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Mauris ut leo. Cras viverra metus rhoncus sem. Nulla et lectus vestibulum urna fringilla ultrices. Phasellus eu tellus sit amet tortor gravida placerat. Integer sapien est, iaculis in, pretium quis, viverra ac, nunc. Praesent eget sem vel leo ultrices bibendum. Aenean faucibus. Morbi dolor nulla, malesuada eu, pulvinar at, mollis ac, nulla. Curabitur auctor semper nulla. Donec varius orci eget risus. Duis nibh mi, congue eu, accumsan eleifend, sagittis quis, diam. Duis eget orci sit amet orci dignissim rutrum.

Nam dui ligula, fringilla a, euismod sodales, sollicitudin vel, wisi. Morbi auctor lorem non justo. Nam lacus libero, pretium at, lobortis vitae, ultricies et, tellus. Donec aliquet, tortor sed accumsan bibendum, erat ligula aliquet magna, vitae ornare odio metus a mi. Morbi ac orci et nisl hendrerit mollis. Suspendisse ut massa. Cras nec ante. Pellentesque a nulla. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Aliquam tincidunt urna. Nulla ullamcorper vestibulum turpis. Pellentesque cursus luctus mauris.

Nulla malesuada porttitor diam. Donec felis erat, congue non, volutpat at, tincidunt tristique, libero. Vivamus viverra fermentum felis. Donec nonummy pellentesque ante. Phasellus adipiscing semper elit. Proin fermentum massa ac quam. Sed diam turpis, molestie vitae, placerat a, molestie nec, leo. Maecenas lacinia. Nam ipsum ligula, eleifend at, accumsan nec, suscipit a, ipsum. Morbi blandit ligula feugiat magna. Nunc eleifend consequat lorem. Sed lacinia nulla vitae enim. Pellentesque tincidunt purus vel magna. Integer non enim. Praesent euismod nunc eu purus. Donec bibendum quam in tellus. Nullam cursus pulvinar lectus. Donec et mi. Nam vulputate metus eu enim. Vestibulum pellentesque felis eu massa.

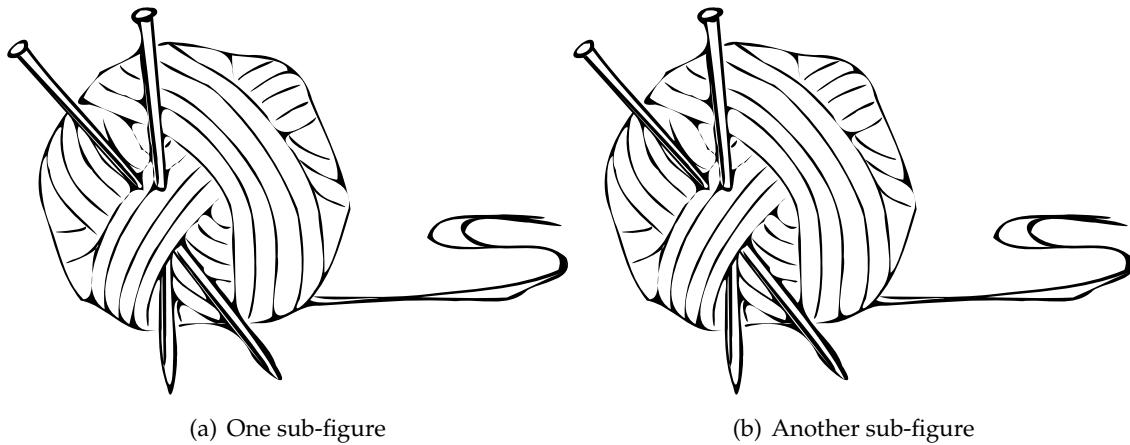


Figure 3.1: A figure with two sub-figures!

And this is a small text that references the Figure 3.1 and its Subfigures 3.1(a) and 3.1(b).

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Ut purus elit, vestibulum ut, placerat ac, adipiscing vitae, felis. Curabitur dictum gravida mauris. Nam arcu libero, nonummy eget, consectetuer id, vulputate a, magna. Donec vehicula augue eu neque. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Mauris ut leo. Cras viverra metus rhoncus sem. Nulla et lectus vestibulum urna fringilla ultrices. Phasellus eu tellus sit amet tortor gravida placerat. Integer sapien est, iaculis in, pretium quis, viverra ac, nunc. Praesent eget sem vel leo ultrices bibendum. Aenean faucibus. Morbi dolor nulla, malesuada eu, pulvinar at, mollis ac, nulla. Curabitur auctor semper nulla. Donec varius orci eget risus. Duis nibh mi, congue eu, accumsan

eleifend, sagittis quis, diam. Duis eget orci sit amet orci dignissim rutrum.

Nam dui ligula, fringilla a, euismod sodales, sollicitudin vel, wisi. Morbi auctor lorem non justo. Nam lacus libero, pretium at, lobortis vitae, ultricies et, tellus. Donec aliquet, tortor sed accumsan bibendum, erat ligula aliquet magna, vitae ornare odio metus a mi. Morbi ac orci et nisl hendrerit mollis. Suspendisse ut massa. Cras nec ante. Pellentesque a nulla. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Aliquam tincidunt urna. Nulla ullamcorper vestibulum turpis. Pellentesque cursus luctus mauris.

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3.6 Text Formatting

3.7 Generating PDFs from L^AT_EX

3.7.1 Generating PDFs with pdflatex

You may create PDF files either by using `latex` to generate a DVI file, and then use one of the many DVI-2-PDF converters, such as `dvipdfm`.

Alternatively, you may use `pdflatex`, which will immediately generate a PDF with no intermediate DVI or PS files. In some systems, such as Apple, PDF is already the default format for L^AT_EX. I strongly recommend you to use this approach, unless you have a very good argument to go for `latex + dvipdfm`.

A typical pass for a document with figures, cross-references and a bibliography would be:

```
$ pdflatex template  
$ bibtex template  
$ pdflatex template  
$ pdflatex template
```

You will notice that there is a new PDF file in the working directory called `template.pdf`. Simple :)

Please note that, to be sure all table of contents, cross-references and bibliographic citations are up-to-date, you must run `latex` once, then `bibtex`, and then `latex` twice.

3.7.2 Dealing with Images

You may process the same source files with both `latex` or `pdflatex`. But, if your text include images, you must be careful. `latex` and `pdflatex` accept images in different (exclusive) formats. For `latex` you may use EPS ou PS figures. For `pdflatex` you may use JPG, PNG or PDF figures. I strongly recommend you to use PDF figures in vectorial format (do not use bitmap images unless you have no other choice).

3.7.3 Creating Source Files Compatible with both `latex` and `pdflatex`

Do not include the extension of the file in the `\includegraphics` command. E.g., use

`\includegraphics{sonwman}`

and not

`\includegraphics{sonwman.eps}`.

If you use the first form, `latex` or `pdflatex` will add an appropriate file extension.

This means that, if you plan to use only `pdflatex`, you need only to keep (preferably) a PDF version of all the images. If you plan to use also `latex`, then you also need an EPS version of each image.

To be included in the sections above

Para fazer citações, deverá usar-se a chave da referência no ficheiro BibTeX. Se for uma única referência [1], usar um “~” para ligar o `\cite{...}` à palavra que o precede (`... referência~\cite{Artho04}`). Caso queira fazer múltiplas citações [13–15], deverá agrupá-las dentro de um único `\cite{...}`.

Note que o ficheiro de bibliografia pode ter tantas entradas quantas quiser. Apesar das aquelas cuja chave seja referenciada no texto é que serão incluídas na listagem de bibliografia.

Footnotes¹ will be numbered and shown in the bottom of the page.

A Tabela 3.1 ilustra alguns conceitos importantes associados à construção de tabelas:

- i) Não usar linhas verticais;
- ii) A legenda deve ficar por cima da tabela;
- iii) Usar as macros `\toprule`, `\midrule` e `\bottomrule` para fazer a linha horizontal superior, interiores e inferior, respectivamente.

Table 3.1: Test results summary.

Test	Anomalies	Warnings	Correct	Categories	Missed
Connection [16]	2	2	1	C	1
Coordinates'03 [17]	1	4	1	2B, 1C	0
Local Variable [17]	1	2	1	A	0
NASA [17]	1	1	1	—	0
Coordinates'04 [1]	1	4	1	3C	0
Buffer [1]	0	7	0	2A, 1B, 2C, 2D	0
Double-Check [1]	0	2	0	1A, 1B	0
StringBuffer [18]	1	0	0	—	1
Account [19]	1	1	1	—	0
Jigsaw [19]	1	2	1	C	0
Over-reporting [19]	0	2	0	1A, 1C	0
Under-reporting [19]	1	1	1	—	0
Allocate Vector [20]	1	2	1	C	0
Knight Moves [16]	1	3	1	2B	0
Total	12	33	10	5A, 6B, 10C, 2D	2

As figuras a inserir no documento deverão ser de qualidade, preferencialmente em formato vectorial (PDF vectorial) e não em *bitmap* (PNG, JPG, etc). As imagens *bitmap* (Figura 3.2) não escalam bem e têm reflexos negativos na qualidade do seu documento. Pelo contrário, as imagens *vectoriais* Figura 3.3 escalam muito tanto quanto o necessário sem degradar a qualidade da imagem.

¹This is a simple footnote.

Só deve usar *screenshots* se não tive mesmo nenhuma alternativa. Em vez e gerar um *screenshot*, tente usar uma impressora virtual PDF e imprimir para um ficheiro PDF. Regra geral obterá um PDF vetorial. Mesmo que o seu PDF contenha imagens, elas terão sempre qualidade maior ou igual à que obteria com um *screenshot*.

Para agregar várias figuras numa única... Poderá assim referenciar o conjunto como Figura 3.4 ou as sub-figuras separadamente como 3.1 e 3.1.

3.8 Equações

O LaTeX é uma ferramenta poderosa para escrever em estilo matemático. Permite inserir fórmulas no meio do texto como por exemplo esta: $ax^2 + bx + c = 0$. Também permite que as fórmulas sejam destacadas numa linha separada e centradas na página

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$
$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

ou numeradas

$$aaa \tag{3.1}$$

que depois pode ser referida no texto como sendo a equação 3.1

aa

$$a \tag{3.2}$$

$$b \tag{3.3}$$

$$c \tag{3.4}$$

$$(3.5)$$

3.9 Test for algorithms

Uncomment the algorithms source below and add the following to file “5_packages.tex”

```
\usepackage{algorithm2e}
\RestyleAlgo{ruled}
```

and uncomment

```
\ntaddlistof{listofalgorithms}
```

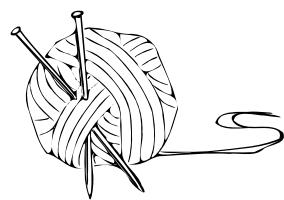
in file “8_list_og.tex”.



Figure 3.2: Imagem em formato *bitmap* (JPG)



Figure 3.3: Imagem em formato PDF vectorial



(a) Novelo de lã



(b) Tempestade com neve

Figure 3.4: Exemplo de utilização de *subbottom*

ADDING SUPPORT TO A NEW SCHOOL

My advice to customize the `novathesis` template to another School/University/Department/Degree is to browse the existing supported degrees to find one that is *close enough*, and depart from there!

The multitude of layouts supported by the `novathesis` template is based in a three-tier naming scheme, separated by slashes: University / School / Department-or-Degree. This three-tier naming scheme is also reflected in a three-tier directory (folder) structure in: `<project_root>a/NOVAthesisFiles/Schools/....` For example:

```
...
|
+-- nova
|   +-+ Images
|   +-+ fct
|   |   \-- Images
|   +-+ ims
|   |   \-- Images
|   ...
|
\-- uminho
    +-+ Images
    +-+ ea
    |   \-- Images
    +-+ ec
    |   \-- Images
    ...
...
```

The directory `uminho` contains the customization for all Schools of Universidade do Minho. This university is an example of the case where the regulations are defined at University level and all the schools apply the same thesis layout and organization. So,

the all the customization is done in the file `uminho/uminho-defaults.ldf`, except the definition of the name and logo of each individual school.

As another example, the directory `nova` contains the customization for all Schools from NOVA University Lisbon. This university grants a lot of freedom in the definition of the thesis layouts. In some cases, they are defined at the School level (e.g., NOVA FCT), while in some other cases they are defined separately for each degree (e.g., NOVA IMS).

1. Try all the already supported schools and check which one is closer to your needs;
 - a) Edit `Config/1_novathesis.tex` and near line 28 uncomment the line with key
`\ntsetup{school=<SOMETHING>};`
 - b) For each school supported (see the comment), replace `<SOMETHING>` with the school name, e.g., make it `\ntsetup{school=ulisboa/fmv}`
 - c) Recompile and check the document. Particularly, check the cover layout, the front-page (second cover) layout, the front-matter contents, the bibliography style;
 - d) Repeat for the next school, until you find one close enough.
- 2.

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A

NOVATHESIS COVERS SHOWCASE

This Appendix shows examples of covers for some of the supported Schools. When the Schools have very similar covers (e.g., all the schools from Universidade do Minho), just one cover is shown. If the covers for MSc dissertations and PhD thesis are considerable different (e.g., for FCT-NOVA and UMinho), then both are shown.

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Nulla mattis luctus nulla. Duis commodo velit at leo. Aliquam vulputate magna et leo. Nam vestibulum ullamcorper leo. Vestibulum condimentum rutrum mauris. Donec id mauris. Morbi molestie justo et pede. Vivamus eget turpis sed nisl cursus tempor. Curabitur mollis sapien condimentum nunc. In wisi nisl, malesuada at, dignissim sit amet, lobortis in, odio. Aenean consequat arcu a ante. Pellentesque porta elit sit amet orci. Etiam at turpis nec elit ultricies imperdiet. Nulla facilisi. In hac habitasse platea dictumst. Suspendisse viverra aliquam risus. Nullam pede justo, molestie nonummy, scelerisque eu, facilisis vel, arcu.

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Donec et nisl at wisi luctus bibendum. Nam interdum tellus ac libero. Sed sem justo, laoreet vitae, fringilla at, adipiscing ut, nibh. Maecenas non sem quis tortor eleifend fermentum. Etiam id tortor ac mauris porta vulputate. Integer porta neque vitae massa. Maecenas tempus libero a libero posuere dictum. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Aenean quis mauris sed elit commodo placerat. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos hymenaeos. Vivamus rhoncus tincidunt libero. Etiam elementum pretium justo. Vivamus est. Morbi a tellus eget pede tristique commodo. Nulla nisl. Vestibulum sed nisl eu sapien cursus rutrum.

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Nulla ac nisl. Nullam urna nulla, ullamcorper in, interdum sit amet, gravida ut, risus. Aenean ac enim. In luctus. Phasellus eu quam vitae turpis viverra pellentesque. Duis feugiat felis ut enim. Phasellus pharetra, sem id porttitor sodales, magna nunc aliquet nibh, nec blandit nisl mauris at pede. Suspendisse risus risus, lobortis eget, semper at,

imperdiet sit amet, quam. Quisque scelerisque dapibus nibh. Nam enim. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nunc ut metus. Ut metus justo, auctor at, ultrices eu, sagittis ut, purus. Aliquam aliquam.

A.1 A section here

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut purus elit, vestibulum ut, placerat ac, adipiscing vitae, felis. Curabitur dictum gravida mauris. Nam arcu libero, nonummy eget, consectetur id, vulputate a, magna. Donec vehicula augue eu neque. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Mauris ut leo. Cras viverra metus rhoncus sem. Nulla et lectus vestibulum urna fringilla ultrices. Phasellus eu tellus sit amet tortor gravida placerat. Integer sapien est, iaculis in, pretium quis, viverra ac, nunc. Praesent eget sem vel leo ultrices bibendum. Aenean faucibus. Morbi dolor nulla, malesuada eu, pulvinar at, mollis ac, nulla. Curabitur auctor semper nulla. Donec varius orci eget risus. Duis nibh mi, congue eu, accumsan eleifend, sagittis quis, diam. Duis eget orci sit amet orci dignissim rutrum.

Nam dui ligula, fringilla a, euismod sodales, sollicitudin vel, wisi. Morbi auctor lorem non justo. Nam lacus libero, pretium at, lobortis vitae, ultricies et, tellus. Donec aliquet, tortor sed accumsan bibendum, erat ligula aliquet magna, vitae ornare odio metus a mi. Morbi ac orci et nisl hendrerit mollis. Suspendisse ut massa. Cras nec ante. Pellentesque a nulla. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Aliquam tincidunt urna. Nulla ullamcorper vestibulum turpis. Pellentesque cursus luctus mauris.

Nulla malesuada porttitor diam. Donec felis erat, congue non, volutpat at, tincidunt tristique, libero. Vivamus viverra fermentum felis. Donec nonummy pellentesque ante. Phasellus adipiscing semper elit. Proin fermentum massa ac quam. Sed diam turpis, molestie vitae, placerat a, molestie nec, leo. Maecenas lacinia. Nam ipsum ligula, eleifend at, accumsan nec, suscipit a, ipsum. Morbi blandit ligula feugiat magna. Nunc eleifend consequat lorem. Sed lacinia nulla vitae enim. Pellentesque tincidunt purus vel magna. Integer non enim. Praesent euismod nunc eu purus. Donec bibendum quam in tellus. Nullam cursus pulvinar lectus. Donec et mi. Nam vulputate metus eu enim. Vestibulum pellentesque felis eu massa.

Quisque ullamcorper placerat ipsum. Cras nibh. Morbi vel justo vitae lacus tincidunt ultrices. Lorem ipsum dolor sit amet, consectetur adipiscing elit. In hac habitasse platea dictumst. Integer tempus convallis augue. Etiam facilisis. Nunc elementum fermentum wisi. Aenean placerat. Ut imperdiet, enim sed gravida sollicitudin, felis odio placerat quam, ac pulvinar elit purus eget enim. Nunc vitae tortor. Proin tempus nibh sit amet nisl. Vivamus quis tortor vitae risus porta vehicula.

Fusce mauris. Vestibulum luctus nibh at lectus. Sed bibendum, nulla a faucibus semper, leo velit ultricies tellus, ac venenatis arcu wisi vel nisl. Vestibulum diam. Aliquam pellentesque, augue quis sagittis posuere, turpis lacus congue quam, in hendrerit risus

eros eget felis. Maecenas eget erat in sapien mattis porttitor. Vestibulum porttitor. Nulla facilisi. Sed a turpis eu lacus commodo facilisis. Morbi fringilla, wisi in dignissim interdum, justo lectus sagittis dui, et vehicula libero dui cursus dui. Mauris tempor ligula sed lacus. Duis cursus enim ut augue. Cras ac magna. Cras nulla. Nulla egestas. Curabitur a leo. Quisque egestas wisi eget nunc. Nam feugiat lacus vel est. Curabitur consectetur.

Suspendisse vel felis. Ut lorem lorem, interdum eu, tincidunt sit amet, laoreet vitae, arcu. Aenean faucibus pede eu ante. Praesent enim elit, rutrum at, molestie non, nonummy vel, nisl. Ut lectus eros, malesuada sit amet, fermentum eu, sodales cursus, magna. Donec eu purus. Quisque vehicula, urna sed ultricies auctor, pede lorem egestas dui, et convallis elit erat sed nulla. Donec luctus. Curabitur et nunc. Aliquam dolor odio, commodo pretium, ultricies non, pharetra in, velit. Integer arcu est, nonummy in, fermentum faucibus, egestas vel, odio.

Sed commodo posuere pede. Mauris ut est. Ut quis purus. Sed ac odio. Sed vehicula hendrerit sem. Duis non odio. Morbi ut dui. Sed accumsan risus eget odio. In hac habitasse platea dictumst. Pellentesque non elit. Fusce sed justo eu urna porta tincidunt. Mauris felis odio, sollicitudin sed, volutpat a, ornare ac, erat. Morbi quis dolor. Donec pellentesque, erat ac sagittis semper, nunc dui lobortis purus, quis congue purus metus ultricies tellus. Proin et quam. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos hymenaeos. Praesent sapien turpis, fermentum vel, eleifend faucibus, vehicula eu, lacus.

Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Donec odio elit, dictum in, hendrerit sit amet, egestas sed, leo. Praesent feugiat sapien aliquet odio. Integer vitae justo. Aliquam vestibulum fringilla lorem. Sed neque lectus, consectetur at, consectetur sed, eleifend ac, lectus. Nulla facilisi. Pellentesque eget lectus. Proin eu metus. Sed porttitor. In hac habitasse platea dictumst. Suspendisse eu lectus. Ut mi mi, lacinia sit amet, placerat et, mollis vitae, dui. Sed ante tellus, tristique ut, iaculis eu, malesuada ac, dui. Mauris nibh leo, facilisis non, adipiscing quis, ultrices a, dui.

Morbi luctus, wisi viverra faucibus pretium, nibh est placerat odio, nec commodo wisi enim eget quam. Quisque libero justo, consectetur a, feugiat vitae, porttitor eu, libero. Suspendisse sed mauris vitae elit sollicitudin malesuada. Maecenas ultricies eros sit amet ante. Ut venenatis velit. Maecenas sed mi eget dui varius euismod. Phasellus aliquet volutpat odio. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Pellentesque sit amet pede ac sem eleifend consectetur. Nullam elementum, urna vel imperdiet sodales, elit ipsum pharetra ligula, ac pretium ante justo a nulla. Curabitur tristique arcu eu metus. Vestibulum lectus. Proin mauris. Proin eu nunc eu urna hendrerit faucibus. Aliquam auctor, pede consequat laoreet varius, eros tellus scelerisque quam, pellentesque hendrerit ipsum dolor sed augue. Nulla nec lacus.

Suspendisse vitae elit. Aliquam arcu neque, ornare in, ullamcorper quis, commodo eu, libero. Fusce sagittis erat at erat tristique mollis. Maecenas sapien libero, molestie et, lobortis in, sodales eget, dui. Morbi ultrices rutrum lorem. Nam elementum ullamcorper

APPENDIX A. NOVATHESIS COVERS SHOWCASE

leo. Morbi dui. Aliquam sagittis. Nunc placerat. Pellentesque tristique sodales est. Maecenas imperdierunt lacinia velit. Cras non urna. Morbi eros pede, suscipit ac, varius vel, egestas non, eros. Praesent malesuada, diam id pretium elementum, eros sem dictum tortor, vel consectetur odio sem sed wisi.

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Etiam euismod. Fusce facilisis lacinia dui. Suspendisse potenti. In mi erat, cursus id, nonummy sed, ullamcorper eget, sapien. Praesent pretium, magna in eleifend egestas, pede pede pretium lorem, quis consectetur tortor sapien facilisis magna. Mauris quis magna varius nulla scelerisque imperdierunt. Aliquam non quam. Aliquam porttitor quam a lacus. Praesent vel arcu ut tortor cursus volutpat. In vitae pede quis diam bibendum placerat. Fusce elementum convallis neque. Sed dolor orci, scelerisque ac, dapibus nec, ultricies ut, mi. Duis nec dui quis leo sagittis commodo.

Aliquam lectus. Vivamus leo. Quisque ornare tellus ullamcorper nulla. Mauris porttitor pharetra tortor. Sed fringilla justo sed mauris. Mauris tellus. Sed non leo. Nullam elementum, magna in cursus sodales, augue est scelerisque sapien, venenatis congue nulla arcu et pede. Ut suscipit enim vel sapien. Donec congue. Maecenas urna mi, suscipit in, placerat ut, vestibulum ut, massa. Fusce ultrices nulla et nisl.

Etiam ac leo a risus tristique nonummy. Donec dignissim tincidunt nulla. Vestibulum rhoncus molestie odio. Sed lobortis, justo et pretium lobortis, mauris turpis condimentum augue, nec ultricies nibh arcu pretium enim. Nunc purus neque, placerat id, imperdierunt sed, pellentesque nec, nisl. Vestibulum imperdierunt neque non sem accumsan laoreet. In hac habitasse platea dictumst. Etiam condimentum facilisis libero. Suspendisse in elit quis nisl aliquam dapibus. Pellentesque auctor sapien. Sed egestas sapien nec lectus. Pellentesque vel dui vel neque bibendum viverra. Aliquam porttitor nisl nec pede. Proin mattis libero vel turpis. Donec rutrum mauris et libero. Proin euismod porta felis. Nam lobortis, metus quis elementum commodo, nunc lectus elementum mauris, eget vulputate ligula tellus eu neque. Vivamus eu dolor.

Nulla in ipsum. Praesent eros nulla, congue vitae, euismod ut, commodo a, wisi. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Aenean nonummy magna non leo. Sed felis erat, ullamcorper in, dictum non, ultricies ut, lectus. Proin vel arcu a odio lobortis euismod. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Proin ut est. Aliquam odio. Pellentesque massa turpis, cursus eu, euismod nec, tempor congue, nulla. Duis viverra gravida mauris. Cras tincidunt. Curabitur eros ligula, varius ut, pulvinar in, cursus faucibus, augue.

Nulla mattis luctus nulla. Duis commodo velit at leo. Aliquam vulputate magna et leo. Nam vestibulum ullamcorper leo. Vestibulum condimentum rutrum mauris. Donec

id mauris. Morbi molestie justo et pede. Vivamus eget turpis sed nisl cursus tempor. Curabitur mollis sapien condimentum nunc. In wisi nisl, malesuada at, dignissim sit amet, lobortis in, odio. Aenean consequat arcu a ante. Pellentesque porta elit sit amet orci. Etiam at turpis nec elit ultricies imperdiet. Nulla facilisi. In hac habitasse platea dictumst. Suspendisse viverra aliquam risus. Nullam pede justo, molestie nonummy, scelerisque eu, facilisis vel, arcu.

Curabitur tellus magna, porttitor a, commodo a, commodo in, tortor. Donec interdum. Praesent scelerisque. Maecenas posuere sodales odio. Vivamus metus lacus, varius quis, imperdiet quis, rhoncus a, turpis. Etiam ligula arcu, elementum a, venenatis quis, sollicitudin sed, metus. Donec nunc pede, tincidunt in, venenatis vitae, faucibus vel, nibh. Pellentesque wisi. Nullam malesuada. Morbi ut tellus ut pede tincidunt porta. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam congue neque id dolor.

Donec et nisl at wisi luctus bibendum. Nam interdum tellus ac libero. Sed sem justo, laoreet vitae, fringilla at, adipiscing ut, nibh. Maecenas non sem quis tortor eleifend fermentum. Etiam id tortor ac mauris porta vulputate. Integer porta neque vitae massa. Maecenas tempus libero a libero posuere dictum. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Aenean quis mauris sed elit commodo placerat. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos hymenaeos. Vivamus rhoncus tincidunt libero. Etiam elementum pretium justo. Vivamus est. Morbi a tellus eget pede tristique commodo. Nulla nisl. Vestibulum sed nisl eu sapien cursus rutrum.

Nulla non mauris vitae wisi posuere convallis. Sed eu nulla nec eros scelerisque pharetra. Nullam varius. Etiam dignissim elementum metus. Vestibulum faucibus, metus sit amet mattis rhoncus, sapien dui laoreet odio, nec ultricies nibh augue a enim. Fusce in ligula. Quisque at magna et nulla commodo consequat. Proin accumsan imperdiet sem. Nunc porta. Donec feugiat mi at justo. Phasellus facilisis ipsum quis ante. In ac elit eget ipsum pharetra faucibus. Maecenas viverra nulla in massa.

Nulla ac nisl. Nullam urna nulla, ullamcorper in, interdum sit amet, gravida ut, risus. Aenean ac enim. In luctus. Phasellus eu quam vitae turpis viverra pellentesque. Duis feugiat felis ut enim. Phasellus pharetra, sem id porttitor sodales, magna nunc aliquet nibh, nec blandit nisl mauris at pede. Suspendisse risus risus, lobortis eget, semper at, imperdiet sit amet, quam. Quisque scelerisque dapibus nibh. Nam enim. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nunc ut metus. Ut metus justo, auctor at, ultrices eu, sagittis ut, purus. Aliquam aliquam.

B

APPENDIX 2 LOREM IPSUM

This is a test with citing something [21] in the appendix.

AAAAAAAAAAAAAAAAAAAAA

 Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Ut purus elit, vestibulum ut, placerat ac, adipiscing vitae, felis. Curabitur dictum gravida mauris. Nam arcu libero, nonummy eget, consectetuer id, vulputate a, magna. Donec vehicula augue eu neque. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Mauris ut leo. Cras viverra metus rhoncus sem. Nulla et lectus vestibulum urna fringilla ultrices. Phasellus eu tellus sit amet tortor gravida placerat. Integer sapien est, iaculis in, pretium quis, viverra ac, nunc. Praesent eget sem vel leo ultrices bibendum. Aenean faucibus. Morbi dolor nulla, malesuada eu, pulvinar at, mollis ac, nulla. Curabitur auctor semper nulla. Donec varius orci eget risus. Duis nibh mi, congue eu, accumsan eleifend, sagittis quis, diam. Duis eget orci sit amet orci dignissim rutrum.

 Nam dui ligula, fringilla a, euismod sodales, sollicitudin vel, wisi. Morbi auctor lorem non justo. Nam lacus libero, pretium at, lobortis vitae, ultricies et, tellus. Donec aliquet, tortor sed accumsan bibendum, erat ligula aliquet magna, vitae ornare odio metus a mi. Morbi ac orci et nisl hendrerit mollis. Suspendisse ut massa. Cras nec ante. Pellentesque a nulla. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Aliquam tincidunt urna. Nulla ullamcorper vestibulum turpis. Pellentesque cursus luctus mauris.

 Nulla malesuada porttitor diam. Donec felis erat, congue non, volutpat at, tincidunt tristique, libero. Vivamus viverra fermentum felis. Donec nonummy pellentesque ante. Phasellus adipiscing semper elit. Proin fermentum massa ac quam. Sed diam turpis, molestie vitae, placerat a, molestie nec, leo. Maecenas lacinia. Nam ipsum ligula, eleifend at, accumsan nec, suscipit a, ipsum. Morbi blandit ligula feugiat magna. Nunc eleifend consequat lorem. Sed lacinia nulla vitae enim. Pellentesque tincidunt purus vel magna. Integer non enim. Praesent euismod nunc eu purus. Donec bibendum quam in tellus. Nullam cursus pulvinar lectus. Donec et mi. Nam vulputate metus eu enim. Vestibulum pellentesque felis eu massa.

 Quisque ullamcorper placerat ipsum. Cras nibh. Morbi vel justo vitae lacus tincidunt ultrices. Lorem ipsum dolor sit amet, consectetuer adipiscing elit. In hac habitasse platea dictumst. Integer tempus convallis augue. Etiam facilisis. Nunc elementum fermentum wisi. Aenean placerat. Ut imperdiet, enim sed gravida sollicitudin, felis odio placerat quam, ac pulvinar elit purus eget enim. Nunc vitae tortor. Proin tempus nibh sit amet nisl. Vivamus quis tortor vitae risus porta vehicula.

 Fusce mauris. Vestibulum luctus nibh at lectus. Sed bibendum, nulla a faucibus semper, leo velit ultricies tellus, ac venenatis arcu wisi vel nisl. Vestibulum diam. Aliquam pellentesque, augue quis sagittis posuere, turpis lacus congue quam, in hendrerit risus eros eget felis. Maecenas eget erat in sapien mattis porttitor. Vestibulum porttitor. Nulla facilisi. Sed a turpis eu lacus commodo facilisis. Morbi fringilla, wisi in dignissim interdum, justo lectus sagittis duí, et vehicula libero duí cursus duí. Mauris tempor ligula sed lacus. Duis cursus enim ut augue.

APPENDIX B. APPENDIX 2 LOREM IPSUM

Cras ac magna. Cras nulla. Nulla egestas. Curabitur a leo. Quisque egestas wisi eget nunc. Nam feugiat lacus vel est. Curabitur consectetur.

Suspendisse vel felis. Ut lorem lorem, interdum eu, tincidunt sit amet, laoreet vitae, arcu. Aenean faucibus pede eu ante. Praesent enim elit, rutrum at, molestie non, nonummy vel, nisl. Ut lectus eros, malesuada sit amet, fermentum eu, sodales cursus, magna. Donec eu purus. Quisque vehicula, urna sed ultricies auctor, pede lorem egestas dui, et convallis elit erat sed nulla. Donec luctus. Curabitur et nunc. Aliquam dolor odio, commodo pretium, ultricies non, pharetra in, velit. Integer arcu est, nonummy in, fermentum faucibus, egestas vel, odio.

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ANNEX 1 LOREM IPSUM

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