

```
body {  
    font-family: Arial, sans-serif;  
    margin: 0;  
    padding: 0;  
    background-color: #f4f4f4;  
}
```

```
header {  
    background-color: #004080;  
    color: white;  
    text-align: center;  
    padding: 20px;  
}
```

```
nav ul {  
    list-style: none;  
    padding: 0;  
    background-color: #333;  
    text-align: center;  
}
```

```
nav ul li {  
    display: inline;  
    padding: 15px;  
}
```

```
nav ul li a {  
    color: white;  
    text-decoration: none;  
}
```

```
section {  
    padding: 20px;  
    margin: 20px;  
    background-color: white;  
    border-radius: 8px;  
}
```

```
footer {  
    text-align: center;  
    background-color: #004080;  
    color: white;  
    padding: 10px;  
    position: relative;
```

```
bottom: 0;
width: 100%;
}

form {
  display: flex;
  flex-direction: column;
  max-width: 400px;
  margin: auto;
}

input, textarea {
  margin-bottom: 10px;
  padding: 8px;
  border: 1px solid #ccc;
  border-radius: 4px;
}

button {
  background-color: #004080;
  color: white;
  padding: 10px;
  border: none;
  cursor: pointer;
}
```