Listings

Any text can go here

any text here including \begin{verbatim} is ok

```
1 import numpy as np
2 for i in range(10):
3     print(i)
```

Listing 1: hello this is a test caption

```
1 print("Hello world!")
2 print("and another one")
3 for j in range(10):
4     for i in range(20): #testing a comment out!
5         print("hello I am in {i}, and {j}")
```