```cpp
/* The following code example is taken from the book
 * "The C++ Standard Library - A Tutorial and Reference, 2nd Edition"
 * by Nicolai M. Josuttis, Addison-Wesley, 2012
 *
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 */
#include <iterator>
#include <iostream>
#include <list>
#include <algorithm>
using namespace std;

int main()
{
    list<int> coll;

    // insert elements from 1 to 9
    for (int i=1; i<=9; ++i) {
        coll.push_back(i);
    }

    list<int>::iterator pos = coll.begin();

    // print actual element
    cout << *pos << endl;

    // step three elements forward
    advance (pos, 3);

    // print actual element
    cout << *pos << endl;

    // step one element backward
    advance (pos, -1);

    // print actual element
    cout << *pos << endl;
}
```