

Python

if __name__ == "__main__" to ensure code only runs when the script is executed directly, and not when it is imported as module.

Strings

```
message = 'Hello world'
print(message.lower())    # converts all characters to lower case
print(message.upper())    # converts all characters to upper case
print(message.count('l')) # count number of passed argument

new_message = message.replace('World', 'Universe') #str.replace returns a value
```