```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>E-Learning Platform</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>
    <header>
        <nav>
            <ul>
                <li><a href="#home">Home</a></li>
                <li><a href="#courses">Courses</a></li>
                <li><a href="#about">About</a></li>
                <li><a href="#contact">Contact</a></li>
                <li><a href="https://www.example.com" target="_blank">Visit Example</a></li>
            </ul>
        </nav>
    </header>
    <main>
        <section id="home">
            <h1>Welcome to the E-Learning Platform</h1>
            <p>Learn at your own pace with our wide range of courses.</p>
        </section>
        <section id="courses">
            <h2>Our Courses</h2>
            <ul>
                <li>Web Development</li>
                <li>Data Science</li>
                <li>Machine Learning</li>
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          <li>Artificial Intelligence</li>

        </ul>

      </section>

      <section id="about">

        <h2>About Us</h2>

        <p>Learn more about our platform and our mission.</p>

      </section>

      <section id="contact">

        <h2>Contact Us</h2>

        <p>Address: 123 E-Learning St, Knowledge City, EduLand</p>

        <p>Phone: +123 456 7890</p>

        <p>Email: contact@elearningplatform.com</p>

        <p>Locations: We have offices in multiple cities across the globe.</p>

        <form id="contactForm">

          <label for="name">Name:</label>

          <input type="text" id="name" name="name" required>

          <label for="email">Email:</label>

          <input type="email" id="email" name="email" required>

          <label for="message">Message:</label>

          <textarea id="message" name="message" required></textarea>

          <button type="submit">Submit</button>

        </form>

      </section>

    </main>

    <footer>

      <p>&copy; 2024 E-Learning Platform. All rights reserved.</p>

    </footer>

    <script src="scripts.js"></script>

  </body>

</html>
```