```java
package collection;

import javax.persistence.EntityManager;
import javax.persistence.EntityManagerFactory;
import javax.persistence.Persistence;

public class AddProgrammer {

    public static void main(String[] args) {
        EntityManagerFactory emf = Persistence.createEntityManagerFactory("mssqlserver_msdb_ddl");
        EntityManager em = emf.createEntityManager();

        Programmer p = new Programmer();
        p.setName("Anders");
        p.getSkills().add("C#");
        p.getSkills().add("TypeScript");
        p.getSkills().add("Delphi");

        em.getTransaction().begin();
        em.persist(p);
        em.getTransaction().commit();

        em.close();
        emf.close();

    }

}
```