

$$\begin{aligned}
 \textcircled{1} \int_0^1 \int_0^1 v (4+v^2)^4 dv dv &= \int_0^1 \int_0^1 v (4^4 + 4 \cdot 4^3 v^2 + 6 \cdot 4^2 v^4 + 4 \cdot 4 v^6 + v^8) dv dv \\
 &= \int_0^1 \int_0^1 (4^4 v + 4 \cdot 4^3 v^3 + 6 \cdot 4^2 v^5 + 4 \cdot 4 v^7 + v^9) dv dv \\
 &= \int_0^1 \left[ \frac{1}{5} 4^5 v^5 + \frac{4}{4} 4^3 v^4 + 2 \cdot 4^2 v^6 + 2 \cdot 4 v^8 + \frac{1}{10} v^{10} \right]_0^1 dv \\
 &= \int_0^1 \left[ \frac{1}{5} 4^5 + 4^3 + 2 \cdot 4^2 + 2 \cdot 4 + \frac{1}{10} \right] dv \\
 &= \left[ \frac{1}{10} v^2 + \frac{1}{4} v^4 + \frac{1}{3} v^6 + \frac{1}{4} v^8 + \frac{1}{10} v^{10} \right]_0^1 = \left[ \frac{1}{10} + \frac{1}{4} + \frac{1}{3} + \frac{1}{4} + \frac{1}{10} \right] \\
 &= \left[ \frac{1}{5} + \frac{1}{2} + \frac{1}{3} \right] \\
 &= \frac{7}{10} + \frac{1}{3} = \boxed{\frac{31}{30}}
 \end{aligned}$$

$$\textcircled{2} \iint_D e^{-y^2} dA \quad D = \{ (x, y) \mid y \in [0, 3] \wedge x \in [0, y] \}$$

$$\begin{aligned}
 \int_0^3 \int_0^y e^{-y^2} dx dy &= \int_0^3 \left[ e^{-y^2} x \right]_0^y dy = \int_0^3 y e^{-y^2} dy = -\frac{1}{2} \int_0^9 e^{-u} du \\
 u &= y^2 \\
 du &= 2y dy \\
 -\frac{1}{2} du &= y dy \\
 &= -\frac{1}{2} e^{-u} \Big|_0^9 = -\frac{1}{2} e^{-9} + \frac{1}{2} e^0 \\
 &= \boxed{\frac{1}{2} (1 - e^{-9})}
 \end{aligned}$$