```
print("welcome to the diffrent methods\n")
print("in this project we are going to combine between some methods\n")
print("we are going to make  list from the 1 into 4 based on the age_n")
lists = [ ["mouhamed" , "samir" , "khalid" , "taha" ] ]
lists.insert (0 ,17)
lists.insert(0 , 18)
lists.insert(0 ,19)
lists.insert(0 , 20)
print(lists)
print("ok now we will move on Ascending")
print("the first one is taha with age 20 years old ")
print("the second one is khalid with age 19\n ")
print("the third one is samir\n")
print("and the last one is mouhamed\n")
print( "_____")
print("ok now we wil move on to the next method\n")
print("i will give you list and i want you to make from the lowest to the heighst")
lists_two = [1 , 2 , 25 , 3 , 28 , 7 , 16]
print(lists_two)
print(lists_two[0])
print(lists_two[1])
print(lists_two[3])
print(lists_two[5])
print(lists_two[6])
print(lists_two[2])
print(lists_two[4])
print("_____")
print("ok good now i wnat you to put some extra items into list\n")
lists_three = [["french" , "paris"] , ["morocco" , "algerie"]]
print("now this list list\n")
print(lists_three)
print("i want tantan name and housima name in it\n")
extra = ["tantan" , "housima"]
lists_three.append(extra)
print(lists_three)
print("good no i will give you numbers and you will makedthe opposite of before\n")
print("from the heighst into the lowest\n")
list_of_numbers = [ 50 , 100  , 9999 , 2015 , 13 , 95 , 34 , 125]
print (list_of_numbers[3])
print(list_of_numbers[2])
print(list_of_numbers[7])
print(list_of_numbers[1])
print(list_of_numbers[5])
print(list_of_numbers[0])
print(list_of_numbers[6])
print(list_of_numbers[4])
```