

1. ? ? ? ? ? ? ? ? ? ? ? ? ? O ? ? ? ? S ? ? ? ? ? ? ? ? ? ? ? S ? ? S ? S

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???e ?p??e???s? ? ???a??μ?? ?a??? ep?s?? ?a? ???e e??a??μe??? ? ??e???? ?a ?a
a?apt???e? p??pe? ?a p??sa?μ??eta? d??ap??? st? ?e????te?? pe??μ????? t?? G?a ?a ???e?
a?t? μe t?? ap?te?espat???te?? ?a? d??ap???te?? t??p?, p??pe? ?a ???et?se? μ?a
d??ap??? ?a? e?????t? d?ad??as?a ep?μ??f?s?? (t?? ?pa????? t?? ?ta? a?afe??μaste se
ep??e???s? ? ???a??sμ? ?a? ep?μ??f?s? s e p??s?p??? ep?ped? ?ta? μ???μe ??a
p??t?μ????e? e??a??μ???? ? a?????) st?? ??e? ???se?? ?a? de???t?te?, ?ste a?t?? ?a
a?tap??????ta? st?? d?ap??f??μe?e? a??a???

?a?????a, ? ???μ??a???? ???????a μete?e??sseta? s?μe?a μe ?????? ????μ??? se
??????a t?? ?????f???a?. ? e?sa???? p????f????? ?a??? ?a? ?? t??ep????????a???
te??????e? st?? d?μ? t?? eta????, ? apa?t??μe?? ?a? d?a???? a?apt?ss?μe??
a?ta????st???t?ta st?? a???? ?a??? ?a? ? "p???ap?as?asμ??" t?? epa??e?μat????
??a??t?t?? ap?te???? pa????ta ??t???? s?μas?a? ??a t? s??e?? e?pa?de?s? t??
a????p???? d??ap????. ? s??e?e? e?pa?de?s? t?s ? t?? e??a??μ???? ?s? ?a? t?? a??????
??e? ? st??? t? s??e?? μe?t??s? t?? ???se?? ?a? t?? de???t?te? t???

? ??ass??? p??s????s? st?? e?pa?de?s? pa????s???e? ??a? a???μ? p??μ??μ?t?? t?s? ??a
t?? ep??e???se?? ?a? t?? e??a??μe???? se a?t?? ?p?? e??a? ? ???t????t?ta t?? p??s?p????
?a? ? spat??? e??at???? ?????, t? ?????te?? ?μes? ?a? ?μes? ??st?? p?? p???a?e?ta?
ap? ta ???da ta??d??? ?a? ?a??μe???? d?at??f?? ?a? ? ad??ap?a p??sa?μ???? st??
p??s?p???? a????e? t?? ???e e?pa?de??μe??? ?s? ?a? ??a t?? a?????? ? ?p??e? p??pe? ?a
e??a? s????e?a e??μe??μ???? ??a t?? e?e???e?? ??? ap? ta epa??e?μat??? t??? p??s??ta
?s? ?a? ??a t?? μete????? t??? . G?a t?? ?????? a?t??? ta te?e?ta?a ?????a μ?a ??a
p??s????s? e??e a?apt???e?, ? ?p??a fa??eta? ?a d??e? pe?st???? ??se?? sta pa?ap???
p??μ??μata. ??t? ? p??s????s? st????t??e ?at? μ?s? st?? a?pt??? ??? te?????????
st??? t?μe?? t?? p??μ?s?? ?a? t?? t??ep??????????. ? e ???a t?? d??at?t?te? p??
p??sf??e? p???? ? te??????a a?apt????a? ?a??????e? e?pa?de?t??? p??se???se?? ?a?
????et????a? ?a??????a e?pa?de?t??? p??t?pa p?? st????ta? st?? e?pa?de?s? μe ???s?
e?pa?de?t??? p????μμ?t?? μ?s? ?p????st? ?a? st?? a????t? ?a? e? ap?st?se??
e?pa?de?s? ?a? ep?μ??f?s?. ? ???s? t?? ?p????st? st?? e?pa?de?t??? d?ad??as?a

a????e? ?????? t?? t?p? me t?? ?p??? pa?ad?s?a?? d?e?a??ta? ? e?pa?de?s?. H e?sa????
t?? ???? te????????? e?pa?de?s?? ?a? ep?m???f?s?? ep?t??pe? st??? sp???dast?? ?a
ap???m?s??? me?a??te?? e???? ????se?? ?a? ?a af ?m???s??? t?? ??e? ???se?? me t???
???m??? ?a? st? ????? p?? ????? d?a?s?m?. ? ep????????a meta?? e?pa?de??me??? ?a?
?p????st? d?m????e? ?at????e? p???p???se?? ??a t?? e?e???t??? s?muet??? t??
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d?ad??as ?a ?a? s?muet??e? me t? d??? t?? ep?ped? ???se??, me t? p??s?p??? t?? ?f??,
a?????ta? t?? eupе???e? ?a? t?? ???se?? t?? a??? ?a? e?at?m??e???ta? t?? ep????????a t??.
? e t?? ???s? e?pa?de?t???? p????app?t?? m?s? ?/? d??eta? ? d??at?t?ta st???
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a????e? t?? ???e e?pa?de??me???. ?p?p??? ?? te???????e? p?? af ????? st?? e'
ap?st?se?? e?pa?de?s? ep?t??p??? st??? e?pa?de??me???? ?a pa?a????????? t??
e?pa?de?s? se ?????? p?? e??a? ap?ma???s???? ap? t??? e?pa?de?t????? ? ??a???s????
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?p????st? e?te st? sp?t? t?? e?te st? ???? e??as?a? t?? e?te se m?a a????sa d?das?a??a?
?a? ?a d??eta? ?????e?a, ?p?te a?t? e??a? apa?a?t?t?, ap? ??a? e?pa?de?t?. ?
e?pa?de??me??? ?e? p???? st? d???es? t?? ef a?m???? ?p?? :

- ?a???s???? ?st?? (World Wide Web)
- ??e?t??????? ? a???p??a?a? (White Boarding)
- ??e?t??????? ?a???d??me?? (E-Mail)
- S???d??s?e?? S?me??? p??? S?me?? (Point to Point Conferencing Audio ?a?Video)
- S???d??s?e?? S?me??? p??? ????ap?? S?me?a (Point to Multipoint Conferencing Audio
?a?Video)
- S???d??s?e?? me e????a (Video conferencing)
- S???d??s?e?? me m??? me ??? (Audio Conferencing)

?a????a a?t? epe?d? ? ad????e?a t?? a??a??? ap? ??a pa?ad?s?a?? m???t??? e?pa?d e?s?? me
f?s??? pa???s?a se m?a t??? me ??a m???t??? ?p?? ? e?pa?de??me??? de? ??e???eta? ?a
p??a??e? se e?pa?de?t???? a????se? d?m?????se me???? ?a?st???s? st? d???d?s? a?t??
t?? t?p?? e?pa?de?s?? ?a? ep?p???? de? p?t??e ta p???sd???me?a e?pa?de?t???
ap?te??spuata ?a? ta?t????a apa?t??se ?a? m?a d?af??et??? p??s????s? t?? e?pa?de?s??
?a? ?????t???a te???? ?e? a????se? p???? ?a ?????ete?ta? ??a ??? m???t??? e?pa?de?s?? t?
?p??? s???d???e? ta p?e??e?t?muata ?a? t?? d?? t?p?? e?pa?de?s?? (pa?ad?s?a??
e?pa?de?s? ?a? e?pa?de?s? ap? ap?stas? me ???s? ?e????????? ?????f????? ?a?
?p????? ???) ?a? ta?t????a e?a?e?f e? ta me???e?t?muata t?? t?p?? a?t??. ?? m???t???

a? t? ???µ????µe ? ?t??? ? ?????µ???? ?pa?de?t??? ?s??. ?? µ??? t? ?
 ?????µ???? e?pa?de?t??? ?s? e?a? est?asµ??? st? e?pa?de?t??? ap?t?esµa .
 ?s?ast??? ????????e? t? ?a?te?e? e?pa?de?t??? d?ad?as?e? µe t? ?a?te?e?
 e?pa?de?t??? te?????e? ?a ?a «µetaf?e?» t? ?at????? ?s? ?a t? ?at????e?
 ?a?te?e? st? ?????p? p? t? ?e???eta? t? ?a p? t? ?e???eta?.

? e?pa?de?s? ?s?ast??? ?as???eta? st? ep???????a t? e?pa?de?µe??? µe t? p???
 ?s? ?a? st? µetaf??? µs? a?t? t? d?a??? ep????? ?a? ???se? ?a? ?a?te?t??.
 ?p????? d? t?p? ep???????a? ? s??????? t?p? ep???????a? (synchronous mode)
 ?a? ? as??????? t?p? ep???????a? (asynchronous mode). ?a? p?f a??? ?t? ?as???µe?
 se a?t? t? t?p? ep???????a? ?µe ?a? d? µ?f ? e?pa?de?s? t? S??????
 ?pa?de?s? ?a? t? ?s??????? ?pa?de?s?.

? **S?????? ?pa?de?s** ? apa?te? t? ta?t????? s?µµet??? ??? t? e?pa?de?µ???? ?a?
 t? e?pa?de?t?. ?? p?e????µ? t? e?a? ?t? ? a???ep?d?as? µeta? e?pa?de?t? ?a?
 e?pa?de?µe??? ?eta? se “p?a?µat??? ???”, ?a? ?at? t? d???e? t? µp???? ?a
 a?ta???ss??? e?t? ap? ap?e? ?a? e?pa?de?t??? ?????. ? ta?t????? epµ??? µp?e? ?a
 ep?te???e? e?te µe t? ?a ?s???ta? st? ?d? ??? (t??? ?p.) e?te µe t? ????e?a t?
 te?????a? .

? **?s?????? ?pa?de?s?** de? apa?te? t? ta?t????? s?µµet??? t? e?pa?de?µ???? ?a?
 t? e?pa?de?t?. ?? e?pa?de?µe??? de? e?a? a???? ?a ?s???ta? s???e?t?µ???? µa?
 st? ?d? ??? ? t? ?d?a ?????? st?µ?. ?t?eta, µp???? ?a ep????? µ???? t? t?
 p?s?p??? t??? e?pa?de?t??? ?????? p?a?s? ?a? ?a s??????? t? e?pa?de?t??? ?????
 s?µf??a µe a?t?. ? as????? e?pa?de?s? e?a? pe??ss?te? e????t? ap? t? s??????.
 St? e?d? a?t? t? e?pa?de?s? a???e? ? ?t?d?das?a??a ?a? ? µ?a?t???µ? ?pa?de?s?.

- St? **?t?d?das?a??a** ? e?pa?de?µe??? e?pa?de?eta? µ???? t? ?s?µp????ta? ?p???
 µs? ???e? a?t? ?at????? (ßß??a, CBT, Internet ?p.).
- St? **? µa?te???µ? ?pa?de?s?** ????e? ?t? ?a? st? ?t?d?das?a??a µ??? p? ?p???e?
 ?a? s???e???µ??? ?????d???µµa ep????? ?a? µe t? ?pe???? e?pa?de?t? e?te µe
 f?s??? pa???sa st? t???, e?te µs? t? d?at?t?t? p? p?sfs????? ? ? ?e?
 ?e?????e? (????f ???? & ???ep???????e?) ?a? p?f??? t? ?e? e?e?e? ?e?e?ta?
 ?t? ????? s??????? e?pa?de?s?.

????ta? ?p? ?p??? µa? t? d?at?t?te? p? p?sfs????ta? ap? t? te???????a ?a?
 ????????ta? t? ?ass??? µ?t??? e?pa?de?s? (e?pa?de?s? se a???sa, sequ????? ?p.) ?a?
 ????????ta? ?t? ? µ??? t?p? ?a a?t?µet?p?se? ? ?????p? t? ?a?da?e? e?e???e? ?
 ?p?e? s?te????ta? st? e?as?a?? ??? e?a? ? d?a ???? e?pa?de?s? ?s?µp????µa? t?
 ????????µ??? µ?t??? e?pa?de?s? t? ?p??? p?spa?e? ?a a????e? t? a?t???? ?a t?
 e?pa?de?s? p? ?p???e µ???? s?µe?a. ?? ???st? «? e?pa?de?µe??? p?a???e? st?

e?pa?de?s?» p?? ?s??e sta pa?ad?s?a?? p??t?pa e?pa?de?s?? ?etas??mat?eta? st? «? e?pa?de?s? p??a??e? st?? e?pa?de??me??» ?e t?? ef a?μ?? t?? μ??t???? ???????μ???? e?pa?de?s??.

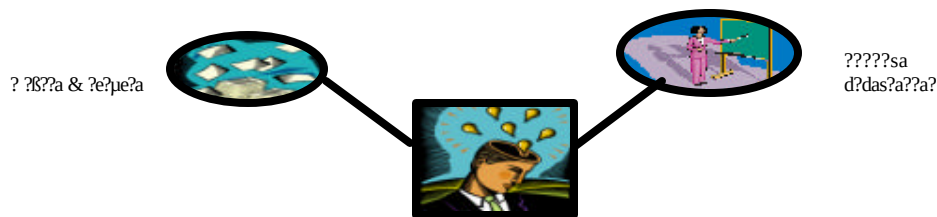
?p?? ??e? fa?e? μ???? t??a t? ???????μ??? μ??t??? e?pa?de?s?? e??a? ??a μ??t??? p?? s??d???e? ta pa?ad?s?a?? p??t?pa ?e t?? d??at?t?te? p?? p??sf ????? ?? ?e??????e? ?????f?????? ?a? ?p??????????.

?? ???t??? a?t? ??e? d?? ??s?ast??? d?ast?se?? t?? F?s??? (Physical) ? ?p??a a?t?at?pt???e? ta pa?ad?s?a?? p??t?pa ?a? t? ?e????????? – ??????? (Virtual) ? ?p??a a?t?at?pt???e? ta te????????? p??t?pa e?pa?de?s??.

St?? pa?a??t? p??a?a pa???s????ta? ?? ?as???? pa??met??? st?? ?p??e? t? ? ??t??? μp??e? ?a d?se? ??se?? ?a? ap? t?? ?p??e? p??fa??? e?a?t?ta? ?a? ? μ??? t?? ? ? pa??met??? a?t?? f a????ta? st?? pa?a??t? p??a?a.

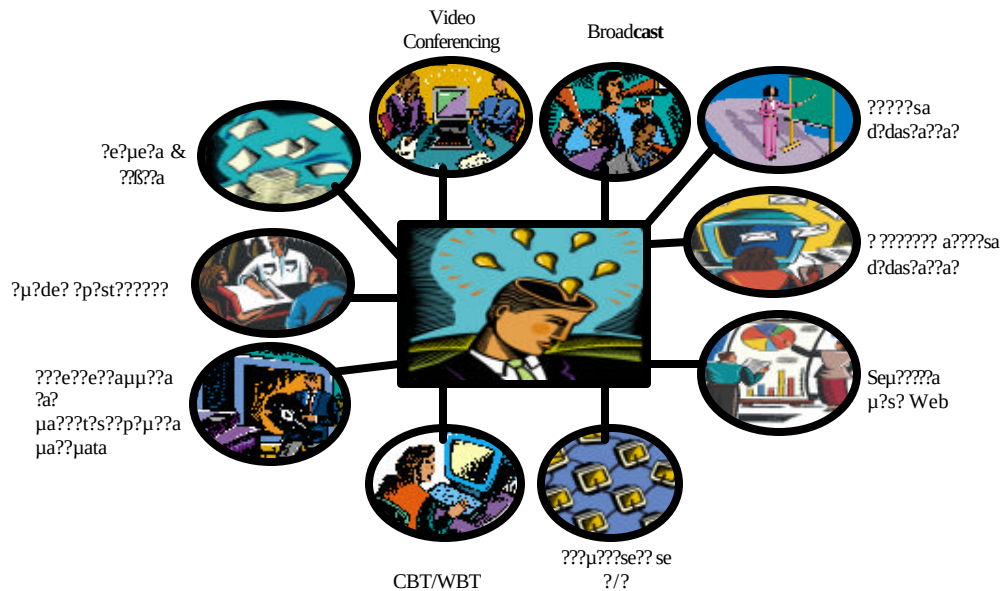
??????? ???????O????S ????????S? S	
F?s??? pa???s?a	? ?????? pa???s?a
???s?p???? ???μ?? ?ata???s?? ?a? af?μ???s??	S??e??as?a se p?a?mat??? ?????
??μ?μ??? ???s?	G??s? μ?s? e?e?e???s??
??μ?μ??? ?????	? d?μ?t? ?????
??p?p???μ??? ???s?	? ? t?p?p???μ??? ???s?
? ???s?	? p??t?s? ??a??t?t ? ?

?? pa?a??t? s??μa a?t?at?pt???e? t?? ?as???? p???? t?? ?p??e? e?meta??e??me?e? ? e?pa?de??me??? p??spa???se ?a ap??t?se? t?? ???se?? ?a? t?? ??a??t?te? p?? ?e?a??ta? s?μf??a ?e t? pa?ad?s?a?? p??t?p?.



????a ?e t?? d??at?t?te? p?? p??sf??e?t? ? ??t??? ? ???????μ???? ?pa?de?s?? ?a? t?? ??? ?a? ?a? a??a??me?e? a????e? ??a t?? ap?te?esmat???te?? ??a??p???s? ?e t? μ???st?

e?pa?de?t??? ap?t??esµa ???? t?? pa?ap?t??? st?? ?p??e? t? µ??t??? d??e? ??se?? t?
p??????µe?? s??µa d?ap??f??eta? ?? e????.



????ta? ???p?? st? d???es? t?? µ?s? t?? ? ???t??? ????????µ???? e?pa?de?s?? ?
e?pa?de??µe??? µp????µe s?µf??a µe t? d?µ? ?a? t? e?d?? t?? a????ep?d?as??
e?pa?de??µ???? ?a? p???? ?a d?a????s??µe t?? p???? ?? p??? t?? pa?ap?t????:

1. p??s?p???? ???µ?? ?ata???s?? ?a? af?µ???s?? ???se?? ?a? ap??t?s??
??a??t?? ?a? ,
2. s??e??as?a se p?a?µat??? ?????

? t s ? ???µe ??a p??s? p ??? ???µ? ???s? t?? p????:

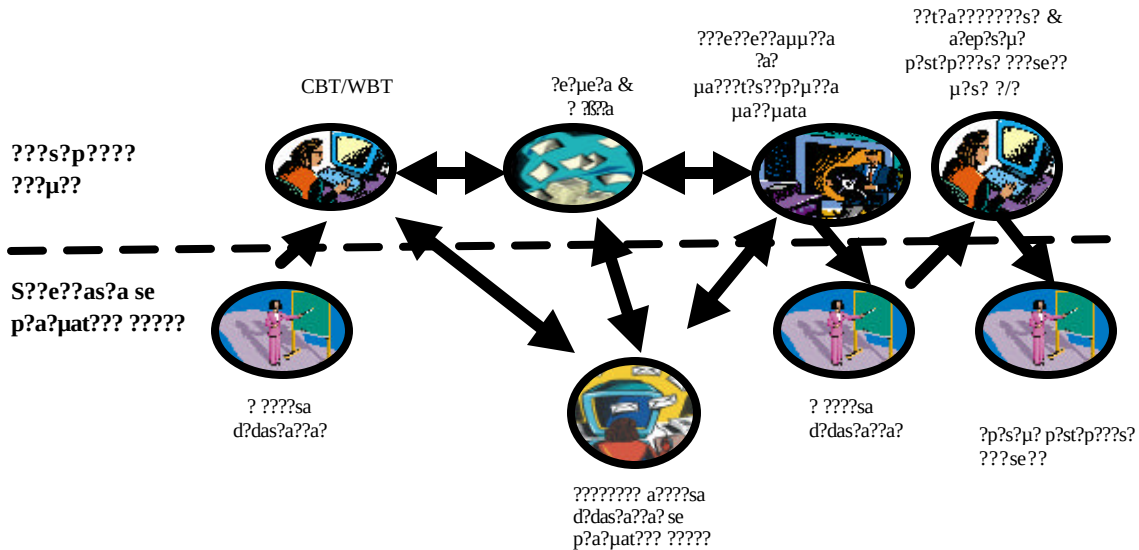
- CBT/WBT (a?t?d?das?a??a µ?s? ?/? , CD – ROM, e?pa?de?t??? ????? st?
Internet, a?t?a???????se??)
- ???µ???se?? se ?/? ,
- ?e?µe?a ?a? K??a
- ???e??e??apµ??a ?a? µa????t?s??p?µ??a µa??µata

G?a t?? s??e??as?a se p?a?µat??? ?????:

- ??a?µat??? a????sa d?das?a??a?
- ???????? a????sad?das?a??a?
- Video & Audio Conference
- Broadcast
- ?µ?de? ?p?st??????

- ???ta?? sep????a μ?s?Web

??a? βas???? s??d?asμ?? a?t?? t?? p???? ? ?p???? ???s?μp??e?ta? se p????
pe??pt?se?? se ???a??sμ?? ?? ?p???? p??spa???? ?a ef a?μ?s??? t? μ??t???
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???s?μp????? f a??eta? st? pa?a??t? d????aμμa:



??a? f???a?, ???a??sμ?? ? ep??e????s? ? ?p??a ???e? ?a efa?μ?se? t? μ??t??? t? ?p??? ?e?
pa???s?aste? e? s??t?μ?a sta p???????μe?a p??pe? ?a ??βe? ?p??? t?? t???????st?? ta
pa?a??t? ???t???a:

- ?e?t??????? ?st?? ?a? ?st?? pa?a????? ?a? ep????????a? ??a t?? ?p?st????? t??
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- ?????? ? ?p???? a?a??eta? st?? a???????e? pa?μt?????:
 - o ?????? pa?a?????
 - o ?????? p?? p??pe? ?a ep?te???e? t? a?μe??μe?? e?pa?de?t??? ap?t??esμa
 - o ?????? st?? ?p??? p??pe? ?a ??e? ???p????e? ? e?pa?de?s ?
- ???p?st?a st? e?pa?de?t??? ap?t??esμa
- G?a p??? ???? ?eta? ? e?pa?de?s? p?? a?a??eta? st?? a???????e? pa?μt?????:
 - o ??????pa?d??? e??μ???s? ?a? e?a?s???p???s?
 - o ?p???t?s? ???se?? ?a? ??a??t??? ??a e??as?a??? a????e?
 - o G?a d????s? ???se?? (e?pa?de?s? e?pa?de?t??, p???ap?as?ast?? ??p.)
- ?μ?da st???? ?p?? p??pe? ?a p??se????? ta a???????a:
 - o ?????? p????e?s??? e?pa?de??μ???? se s??s? μe t?? ?e???af??? t?p??es?a
ap? t?? ?p??a pa???eta? ? e?pa?de?s?
 - o ?d?a?te?e? a????e? t?? e?pa?de??μ????

- o ???μ?? e?pa?de??μ????
- o ?pa??e?uat??? eppe???a
- o G??st??? ep?ped?

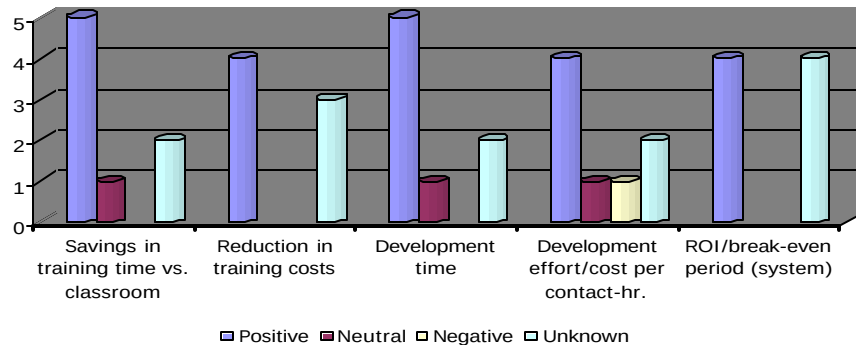
?p?p???? ?ta? a?afe??μaste se e??a??μe???? p??pe? ?a p??se??e? ?d?a?te?a ?
d?a?es μ?t?ta t?? e??a??μ????

? μe??t? t????st?? t?? pa?ap??? ???t????? ?a? t?? pa?ap?t??? e??a? a?t? ? ?p??a
?a????e? t?? p?????a t?? a?a????a t?? p?s?t?ta ?a? t?? e?a??a?? t?? p???? p??
e?μeta??e?eta? t? ? ??t??? ????????μ???? e?pa?de?s?? ?ts? ?ste ?a ep?te??e? t? μ????st?
e?pa?de?t??? ap?t??espa.

? ap?te?espat???t?ta de t?? μ??t???? a?t?? μet???ta? μe β?s? t?????st?? ta ??i????a
p?? a?af ??ape ?a? μp????? ?a s????st??? se s??s? μe:

- ??? βa?μ? ????????s?? t?? e?pa?de?s??
- ?? s???? t?? e?pa?de?s??
- ??st?? ?a? ap?d?t???t?ta pa?a?????
- ??pa?de?t??? ap?t??espa
- ?????? ?a? d?ad??as?a ep?te???? t?? e?pa?de?t??? ap?te??sapat??
- ?p??t?s? e??as?a??? ??a??t?t??

Se s??s? μe t?? ap?te?espat???t?ta ??a t?? efa?μ??? t?? t?? d??at?t?t?? p??
p??sf??e? ? te???????a ?a? ???s?μ?p??e? t? ? ??t??? ????????μ???? e?pa?de?s?? ?a?
?pt??ta? t?? ??st??? ?a? t?? ap?d?t???t?ta? t?? pa?a????? ?a?a?t???st??? e??a? ta
st??e?a ??e??a? st?? eta??e?e? Cisco Systems, Eastman Kodak, IBM, Miller Brewing,
Motorola University, NCR p?? ???s?μ?p????? s?st?μata ? – Learning (Brandon-Hall 2000)
?a? fa????ta? st? pa?a??t? d????μμa.



?p? μe??te? p?? ????? a???se? ?a ?????ta? t? 2000 - 2001st?? ?μe???? ?p?? ??e? a???se? ?a
efa?μ??eta? t? ? ??t??? ????????μ???? ??pa?de?s?? ?a? ?????? se pa?ep?st?μ?a????

f??e?? ?? ?p???? e??a? t?s? t?? eppe???a st?? pa?ad?s?a?? e?pa?de?s? ?s? ?a? st?? e?pa?de?s? ap? ap?stas? ???µe d?? ?a?a?t???st??? pa?ade??µata p?? de????? t?? ap?te?espat???t?ta a?t?? t?? ??? t??p?? e?pa?de?s???. ?? p??t? pa??de??µa af ??? t? pa?ep?st?µ?? t?? Stanford ?p?? µe t?? pa?ad?s?a?? t??p? e?pa?de?s?? e??ape s??????? ?????????s? t?? sp??d?? µ??? se p?s?st? 55% ap? t?? e??e??apµ????? f ??t?t?? e?? µe t? ??? µ???t?? e?pa?de?s?? e??ape p?s?st? ?????????s?? t?? sp??d?? st? 94% t?? e??e??apµ??? ? f ??t?t???. ?? de?te?? pa??de??µa ???eta? ap? t? ??? t?? epa??e?µat???? ep?µ???f?s?? ?a? af??? ep?µ???f?s? ??a t??? µe ?????a µe?a??te?? t?? 45 et??. St? pa??de??µa a?t? st? pa?ep?st?µ?? t?? Tennessee ??a p????apµa µetapt???a?? ep?µ???f?s?? d????e?a? 2 et?? s?µp??st??e ?a? ?????e p????apµa d????e?a e??? ?t??? µe t?? e??? t??p?. ?? p????apµa e??e 4 µ?a? eßd?µ?da? e?pa?de?se?? µ?sa se a????se? d?das?a??a?, ???e eßd?µ?da µ?sa st? d????e?a t?? ?????? p?? d????ese e??e ???ta?? seµ????a µ?s? t?? Internet ?a? t???? e??e µet? ap? ???e e?pa?de?t??? e??t?ta p?? ?????????t??ta? e??t?se?? – as??se?? a????????s?? µ?s? t?? Internet ?a? st? t???? µ?a e??tas? se a????sa d?das?a??a? ??a t?? ap??t?s? t?? ep?s?µ?? d?p??µat??. ? e a???????se?? p?? ???a? ?a? µe s????se?? µe p????µe?a ?????a t? µ???t?? a?t? e?t?? ap? t?? ?????? µe??s? t?? e?pa?de?s?? e??e ?a? e?pa?de?t??? ap?t??espa 20% pe??ss?te??.

?pe?d? ? ???s? t? ? ??t???? ????????µ???? e?pa?de?s?? e??a? p??sfat? de? ??e? ???e? µe????? a???µ?? µe?et?? ??a t?? ap?te?espat???t?ta t?? a??? ?µ?? ?? µ???? t??a e?de?e?? e??a? e?a??et??? ??a??p???t???? s e s??s? µe ta e?pa?de?t??? t?? ap?te??sµata e?? de? ?p???e? ?µ?a apf ?ß???a s e s??s? µe t??? pa?ad?s?a???? t??p??? e?pa?de?s? ?? p??? t?? µe??s? t?? ?e?t???????? e??d?? ?a? t?? ??a??p???s? t?? e?pa?de??µ????.

????? ???s?? t?? ? ??t???? ? ????????µ???? ??pa?de?t??? ???s??

?? µ???t??? ???????? µ???? ??pa?de?t???? ?s?? ??e? sa? Bas??? st??? t?? t? d?a?es ?µ?t?ta p???t???? ?p??es??? e?pa?de?s?? st? µe???? µ??a t?? e?pa?de??µe???. S??d????ta? ?p?? a?af ??ape ta p?e??e?t?µata t?s? t?? pa?ad?s?a??? e?pa?de?s?? ?s? ?a? t?? e?pa?de?s?? ap? ap?stas? ?a? e?a??stp????ta? ta µe???e?t?µata ?a? t?? d?? pa???s???eta? sa? t? µ???t??? p?? p???e?ta? ?a ?????et??e? ??a t?? e?pa?de?s? ?a? t?? ep?µ???f?s?. St?? p?a?µat???t?ta, p???? e?pa?de?t?? ?p?st??????? ?t? ? ep??e?t?µ??? p??et??µas?a p?? apa?te?ta? ??a t?? e?pa?de?s? µe ß?s? a?t? t? µ???t??? ße?t???e? t?? ?e????te?? e?pa?de?t??? d?ad??as?a. ? ? ????? p?? ????? t?s? e???st??? t? ??? µ???t??? e?pa?de?s?? µp????? ?a s????st??? st??? pa?a??t?:

- **??e?a?t?s?a t?? e?pa?de?t??? d?ad??as?a? ap? t?p? ?a? ????? st?? ßa?µ? p?? ep???µe? ? e?pa?de??µe??.**

- **??s???s? e??? p??? me?a??te??? a???at????? e?pa?de??me???**
- **??tap???s? st?? a????e? t?? e?pa?de??me?? ? p?? de? e??a? e????? ?a**
pa?a???????s??? p?????µata p?? p???sf????ta? µ??? se d?µ?µ??e? t??e??.
- **?µp???? e???te????? ?µ????t?? ?a? e?d???? p?? d?af ??et??? ?a ?ta? ad??at?? ?a**
p??se???st???
- **S??des? ?a? s?s?et?sp?? e?pa?de??me???** ap? d?af??et??? ?????????, p????t?st??? ?a?
?????µ??? st??µata.
- **?atape?sp?? ?a? d?µ?asp?? e?pa?de?t???? p????.** Se a?t? t? µ???f?
e?pa?de?s?? pa???eta? ? d??at?t?ta ???s?? ?atape??sp???? e?pa?de?t???? p????
(sep????a, µa??µata, ?????, ?t?) p?? ???s?µp????ta? se µ?a t?p???es?a ? ??a
???a??sµ? ?a ???s?µp?????? ?a? ap? ?????? ???a??sµ???
- **?e?t??µ??? p???sßas? se e?pa?de?t??.** ?a???e? t?? d??at?t?ta st??? e?pa?de??me????
se µ?a t?p???es?a ?a ????? p???sßas? se e?pa?de?t?? ?a? µa??µata p?? ß???s???ta? se
???e? t?p???es?e?
- **?e?t??µ??? p???sßas? st??? e?pa?de??me????.** ?? e?pa?de??me??? ????? p???sßas? se
e?pa?de?t???? d?ad??as?e? ?a? µa??µata p?? p???????ta? ap? d??f ??e? t?p???es?e? µe
ap?t??esµa p?? ????????µ??? ?????? t?? e?pa?de?t???? a?t??e?µ????.
- **?e?t??µ??e? e?pa?de?t???? se???? µa??µt??.** ? ?s? t?? ?atape??sp?? ?a? t??
ße?t??µ???? p???sßas?? t?? e?pa?de?t???? p???? e??a? se ???s? ?a p???sf ??e? ?a??te?a
???a??µ??a µa??µata se µe?a??te?? p????? e?pa?de??me???
- **S?st? ?????? e?pa?de?t???? st????.** Ste??te?? s??e??as?a e?d???? ?a?
eµpe????µ???? ?a? ta?t????a p???sa?µ??? st?? ?d?a?te?e? a????e? ?a? ??a??t?te?
t?? e?pa?de??µ???? .
- **????? ?p?????? ? ???? ?a? ? µ???f ? t?? e?pa?de?s?? µp??e? ?a ???s?µp????e?, ?a**
t??p?p????e? ?a? ?a p???sa?µ?ste? ?at????a ?ste ?a a?tap????eta? st?? pa???se? ?a?
t?? µe????t???? a????e? e?pa?de?s?? e??? ???a??sµ?? ? µ?a? ?µd?? e?pa?de??me???
- **?a?e?a ???µ???s? ??pa?de?t?? µa??µt??.** ????? pa??µßas? ?a? p???sa?µ???
t?? e?pa?de?t???? ?????? ?ts? ?ste µ?a ??a e?pa?de?t??? se??? ?a e??a? se ???s? ?a
p?????e? ap? µ?a pa?a??te?? µe t? µ????te?? p???sp??e?a.
- **S??e?? ?p?st???? ?a? ?a??d???s?.** ? ?p?st???? ?a? ? ?a??d???s? e??a? s??e???
?a? p???sf ??eta? t?s? se ????????? ?s? ?a? se ???st??? ep?ped? ??at? e??a? d?a??s?µ?
t?s? se p?a?µat??? ????? ?s? ?a? se µ? p?a?µat??? ????? t?s? se f?s???? a????se?
?s? ?a? µ?s? t?? te???????a?.