

```
>>> countries = ['Brazil', 'Colombia', 'Denmark', 'Fiji']
```

```
>>>
```

```
>>> countries.insert(0, 'Argentina')
```

```
>>>
```

```
>>> print(countries)
```

```
['Argentina', 'Brazil', 'Colombia', 'Denmark', 'Fiji']
```

```
>>>
```

```
>>>
```

```
>>> countries.insert(4, 'Ecuador')
```

```
>>>
```

```
>>> print(countries)
```

```
['Argentina', 'Brazil', 'Colombia', 'Denmark', 'Ecuador', 'Fiji']
```

*Insert a new item
at the beginning of the list.*

*Insert item
into the list
at the fourth index position.*