

**Module 1: Family life****A-Family relationships:**

A-A good family relationship:

I love my sister Rihem because she is cheerful, helpful, kind, generous and easy-going. We get on well with each other. She always helps me and she never lets me down. I turn to her for comfort and she always consolidates me. We spend most of the time together. We never fight and we share many things such as ideas and clothes.

B- Family relationship: My father is very strict and authoritarian and he is always making remarks about my behavior. He even chooses my friends for me. My mother is very lenient and understanding. She always advises me and provides me with enough pocket money. My brother Tom is always busy and he is addicted to the internet.

**Good Family relationships:**

- Parents take care of their children.
- parents are supportive, caring and understanding.
- children lean on their parents for help and support.
- children have good relationship with their siblings (brothers, sisters).
- parents see eye to eye and never fight or argue.

**Bad Family relationships:**

- parents quarrel about everything (money, housework...)
- parents are strict and conservative they never discuss things with their children.
- siblings fight with one another.
- children disobey their parents' rules.



## C. A letter of advice:

Dear.....

Hi! How are you doing? In your last letter you were complaining that you don't get on well with your father and you are seeking help. That's why I am writing you this letter to offer some useful pieces of advice. Well, first, what you have to do is to control your actions. Never get angry or shout at your parents whatsoever. Second, while you are interacting try to show him that you are a mature grown up that behaves responsibly and wisely. Besides, you should discuss your problems with him and make sure that you speak calmly and politely with him. Furthermore, try to be closer to him and consider him as your friend or brother which will help you better interact with him. Last but not least, try to be patient, always be positive and abate any gloomy thought. Everything is going to be alright soon or late.

Coming to the end, do not hesitate to contact me if you need further recommendations. Looking forward to hearing from you soon.

Yours .....

**Thanking letter:**

Dear mum and dad,

There are no words to describe how elated I am feeling at this moment nor to express how much you mean to me. I don't think I'll ever be able to repay you for your kindness or what you have done for me. I cannot imagine where I would be without your help and support. I would also like to thank you for your belief in and commitment to me with regards to my education.



**B-Sharing family responsibilities:**

All members of the family should have an equal role at home and try to help each other as much as possible. For example, the father can look after the children and help them with their homework. The mother is responsible for cooking meals and cleaning the house. The children can also help in different ways such as watering plants, dusting and doing the shopping.

**Sharing family responsibilities:**

- It helps the family members build a closer relationship.
- Household chores are easier when they are shared with family members.
- There's no way that one person, usually the mother, can do everything at home.
- It's not a problem for a father to rock a baby in his hands till he falls asleep.
- Today, fathers don't mind doing the shopping, cooking meals or washing the dishes and looking after children.
- Parents should share their children's upbringing: it's the responsibility of both parents to bring up their children well.

**C-Pocket money:**

◆ There are different attitudes towards giving kids pocket money. Some are for while others are against.

First, it's an opportunity to learn financial independence. Second, it enables them to learn the value of money. Third, it gives them the opportunity to buy whatever they want like stationeries, sweets, CDs etc....

However, it has some disadvantages. One big disadvantage of giving kids allowance is that they may squander it on many unnecessary things. Another disadvantage is that they may learn bad habits such as smoking. Furthermore, it teaches them laziness because they do not make any effort to earn money. Finally, once they don't receive enough pocket money, they will be obliged to borrow it from their peers.

In a nutshell, pocket money has as many advantages as disadvantages.



✳ Nowadays children are given some amount of pocket money on a regular basis. They spend it on food and stationery. However, some children overspend their money on useless things such as sweets, chocolate or cigarettes. They are always asking their parents for more. Children don't realize that money is hard-earned and that their parents can't afford to give them as much money as they want. In fact, overspending has become an addiction for many kids. They can't stop it. Therefore parents should teach them the importance of saving.

#### D- Generation gap

Generation gap is a broad difference in values and attitudes between one generation and another, especially between parents and their children in the choice of music, restaurant, clothing and so on. We can also mention the difference in customs, attitudes, and beliefs between any two generations especially between youths and adults. Generation gap is the major reason today why parents and children are moving away from each other.

It has been observed that the parents try to impose their values and ideologies on their kids while the later want to explore the world on their own. Many relationships have suffered due to generation gap. Several parents and children have conflicts because of their difference of opinions.

To avoid that, all members of the same family should understand each other and try to accept each other's ideas and opinions. They should be more understanding and cooperative with each other.

Parents' complaints	Teenagers' complaints
<p>My children :</p> <ul style="list-style-type: none"> <li>- don't help in the household chores.</li> <li>- dress badly and have ugly hairstyles.</li> <li>- have strange/bad friends.</li> <li>- watch too much TV.</li> <li>- spend too much time on the internet.</li> <li>- don't listen to my advice.</li> <li>- don't study enough, have bad results.</li> </ul>	<p>My parents :</p> <ul style="list-style-type: none"> <li>- disapprove of my friends, my appearance ...</li> <li>- don't respect my private life.</li> <li>- always tell me what to do.</li> <li>- nag about chores and homework.</li> <li>- criticize my spending habits (how to spend my pocket money)</li> <li>- don't listen to my opinion;</li> <li>- don't give me enough pocket money to cover my expenses.</li> </ul>

## 🎓 Safety at home:

➤ At home, there are lots of potential hazards for a child that's why parents should keep their children safe by finding out what the risks are, and then preventing or removing them. They need to change the environment to make sure their home is still a safe and creative place to play and explore. All of this happens by teaching kids about what's safe and what's not. Also, parents should install safety guards across entries to stairs and balconies, and always supervise their children on stairs and balconies, even if you have guards. Moreover, they ought to lock windows – particularly upper-storey windows. Furthermore, they should keep them away from fire and hot surfaces. Finally, they ought to keep them away from sharp things like knives and scissors.

➤ Parents should beware of the different hazards their children may risk at home and try to set safety rules to keep them safe. Children should avoid hugging or having face to face contact with pet dogs because they are common causes of dog bites. Second, tell your children to never tease a dog and never disturb a dog that is sleeping, eating or protecting something. Besides, parents should supervise their children's interaction with the dog. Finally, Don't Leave dogs **isolated** outside without any social interaction. Chained dogs are really aggressive and will certainly attack at the first chance they have.



## Module 2: Education:

### 1-One of my best school memories; first day at school

1-I still remember my first day at school. My mother accompanied me to school because I was a bit shy and frightened. The first lesson was English. The teacher was cheerful, helpful and cool. He started the lesson by calling the register. Then, he told us to introduce ourselves. At the end of the lesson, he told us a funny joke. During the break, I stroke up many new friends from different classes. It had been a wonderful and unforgettable day which is still printed in my memory.

2-I have good school memories. I still remember my first day at school. It was 9 years ago, when I was six. I felt so excited and happy because I didn't know school life. At that day , I got up early. I put on my new school uniform. I packed my schoolbag and went to school with my mother. My school was big and nice. The teacher was smiling and kind. The classroom was clean and decorated with nice pictures. I met new classmates. We became good friends. I liked my school. It was a good fun.

3-One of my best school memories is when I was at 7<sup>th</sup> grade. I was excellent at English and Arabic but I was not good at maths. One day , we were sitting for a maths exam but I didn't know the answers. Behind me was sitting my classmate Adam, who always got the best marks. He tried to help me by writing some answers on a small sheet of paper and passed it to me. Once I took the paper , the teacher saw us cheating. He got angry and decided to punish us. We apologized to him but in vain. Unluckily , we got zero both of us and my classmate kept blaming me for what happened.



2-Some pupils don't respect school rules. but, I think that these rules are very important for them. Here are some rules that can help them get a better education and stay safe at school.

**To start with**, pupils must bring their books and attend their lessons if they want to have good results. **Also**, they must sit up straight and keep their legs for themselves. If they want to participate in class discussion, they have to raise their hands first. **Besides**, they must watch their manners and treat each other with respect. **For instance**, they mustn't be violent and punch or kick their classmates. **In addition to that**, they have to keep their classroom clean and never leave rubbish on the floor. **Last but not least**, pupils must listen carefully to their teachers and stop making noise in order to achieve better results.

**To sum up**, I think that school rules maintain discipline. **Therefore**, pupils will learn how to behave well and be responsible for themselves.

3-Violence is becoming a serious problem in many schools nowadays. Pupils resort to violence for some reasons. However, working together, we can solve it.

**To start with**, pupils resort to violence because they want to show off and make their classmates believe that they are strong and powerful. They also like to dominate and influence other pupils. **Moreover**, some pupils are violent because they are teased or attacked by their mates. So, they try to defend themselves. **Besides**, some others can be violent just because they are jealous of their classmates' success and good Results.

**However**, violence whether verbal or physical is hurting and has bad effects on its victims.

**That's why**, I think that we should work together to stop it as soon as possible. **For example**, pupils should be tolerant and forgive their classmates' mistakes. **Also**, they can tell their parents if they are bullied or report it to the school principals because those bullies must be punished severely. **Furthermore**, we should support the victims of violence and protect them **otherwise** they will turn to violence themselves.

**To sum up**, violence is a serious problem that threatens schools. **Therefore**, it is the responsibility of all pupils to avoid it by behaving correctly at school. It's only with respect, love and tolerance that pupils can enjoy school life.



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**Module 3: Health and environment:****1- Pollution:****A-**

Our planet is suffering from many big problems which do not only threaten human beings but also plants and animals. There are 4 types of pollution: air, land, water and noise pollution. Human beings are responsible for that. This bad phenomenon leads to many harmful diseases such as asthma, lung cancer, stroke, and breathing problems. So, people should shake hands to save our planet and keep it safe for future generations

**B-****Some practical ways to fight and reduce pollution:**

Our planet is suffering from many big problems which do not only threaten human beings' health but also animals' lives. I think that pollution is the most serious one. In fact, there are three types of pollution: air, land, and water pollution. Human beings are responsible for what happens in the world. For example factories and cars release fumes into the air, ships spill oil in the sea, people throw garbage everywhere and farmers overuse chemicals and pesticides. This irresponsible behaviour leads to many diseases such as asthma, lung cancer, skin rash, and some breathing problems. So, people should shake hands to stop it and keep our planet clean and safe for future generations. To do this, we can take many important and essential actions. First, we can plant more trees since they provide us with the oxygen we breathe. Second, we should recycle used materials such as plastic and aluminum. Also, we may campaign for a better and clean environment. Moreover, we should encourage farmers to produce organic food. Furthermore, we ought to punish offenders and motivate people to ride bicycles to go to work instead of driving cars. Last but not least, we ought to make every day an earth day.



× There are many things that endanger our health and I think that smoking is the most serious one. In fact, this nasty habit is widespread among a large number of people, especially teenagers. This bad habit may lead to many harmful diseases such as lung cancer, asthma, emphysema and certain heart diseases. It is not only a waste of money but also a factor that can shorten the life of smokers by ten years or more. So, people should be aware about its dangers and they should automatically get rid of it to have a better and safer life.

◆ Smoking is bad for health. Millions of people smoke. Some are cigarette addicts while others have just started smoking. Smokers tend to die younger than non-smokers. They may also catch diseases such as lung cancer and asthma. The nicotine in tobacco is addictive. That means that when you start smoking, you won't be able to give it up easily. In addition, smoking may cause breathing problems. For these reasons, it's better not to start smoking. If you have already started smoking, try to stop before it will be too late. To quit this nasty habit, it's necessary to have the desire to give it up. You should avoid stress and keep yourself busy. Try also to practise sports to keep fit and healthy.

### 3- How to keep fit and healthy:

To keep fit and stay healthy we should follow some advice. **First**, we should have a balanced diet. That means, we should eat less fatty and sugary food. Instead, we should eat organic food, fresh fruit and vegetables. **Second**, we should practise sports every day. Doctors usually advise people to go jogging or running daily. **Finally**, we have to avoid smoking because it's addictive and harmful to our health.

### 4-The Effects of Junk Food on our health

There are many negative effects of junk food on our health if we eat too much of it. First, food like candy, cookies, and soda have a lot of sugar. Thus, our teeth can become rotten. In addition, junk food may lead to obesity. Too much extra weight might cause heart problems. Lastly, these kinds of food have little nutrients. Junk food doesn't have nutrients like vitamins and minerals. So it won't help us grow taller.

Without these nutrients, we also have less energy and feel more tired.

Therefore, we need to eat healthier food such as vegetables and fruit in order to provide our body with vitamins and avoid health problems.



## Module 4: Services

### 1-The internet

#### a- Advantages of the internet:

The internet has improved our life to a larger extent. It offers us many merits. First, it enables people to have access to the latest news, weather, traffic etc... Another important benefit is that the Internet is a great means of communication. A few years ago it was rather difficult to imagine that it would be possible to communicate with people from all around the world. Students have the opportunity to speak to the professors from prestigious universities, ask their opinions and extend their range of interests. People have the opportunity to communicate with people from all over the world, know about their customs, traditions and even visit each other. I think that the Internet makes our world smaller and friendlier. We have got the chance to learn more about the world's history, our forefathers and gain more knowledge. Furthermore, internet shopping is another service provided by the internet. Finally, thanks to it we can download songs, films and games.

#### B-Disadvantages (drawbacks) of the internet:

The internet has many disadvantages. First of all, some pupils spend a lot of time surfing on the internet and neglect their studies which results in bad results at school. Second, the internet is not always secure since there are many hackers who may illegally violate our security and privacy through gathering information about people then using it for inhuman purposes. Third, teenagers should not be allowed to surf the net on their own since there are some bad sites. Finally, the internet has replaced books and people are no longer interested in reading.

#### c- Internet shopping

The Internet is a good learning tool for children. It has many functions. Thanks to it, people can chat, send and receive files, look for information, send messages and do internet shopping. Within internet shopping, people can buy different things even they are at home. However, this service is not always safe and people must be careful. Shopping on the net may be sometimes risky and people should mind hackers when they buy goods or products on the net.



### Benefits of shopping online:

Among the many **advantages** that the Internet has, is online shopping. It:

- Saves time and efforts.
- Is convenient: (The stores are almost never closed. Shoppers can shop without changing place)
- Provides a wide variety / range of products. People can both shop for goods and services
- Presents good discounts / lower prices.
- Offers detailed information of the product.
- Allows online shoppers to compare various models / brands.
- Allows them to save on gas, so they also don't have to worry where to park their car.
- There are no annoying crowds or long lines to check out.
- Online shopping is funny, economical, time-saving and comfortable= easy and quick
- **Disadvantages of online shopping ( e-shopping) =** when shopping online, people =
  - Can't examine the items and have a real idea about their quality
  - do not always know if a site is a legitimate / valid / legal store and **if is secure** to shop.
  - often do not have a person to talk to when dealing with a problem.
  - sometimes lose the power to negotiate the price and payment terms that may exist in local stores.
  - Can get hacked = because they have to provide their personal details ( credit card) that can be stolen and misused
  - May wait so long for the delivery
  - Can get hooked / addicted to online shopping

### 2-Tourism:

A/ Tourism is certainly one of the fields that offer a lot of things to people who want to entertain themselves and to forget about everyday stress. In Tunisia, for example, tourism has made a lot of progress. Many hotels offer comfort and luxury to tourists who now come from all over the world to enjoy the sandy beaches in Tunisia or to go sightseeing and visit its historical monuments such as El Jem theatre or Carthage theatre which are famous Roman ruins.

B/ **Tourism** is travelling for pleasure or enjoying yourself away from the place you live. People like travelling for different reasons. They want to have fun, to visit other countries or to learn about other cultures. Tourists go to various destinations that have lovely beaches and wonderful nature. In the last few decades tourism has grown very much, mostly because people's lifestyles have changed. They don't want to stay at home any more. They spend more money on travelling than previous generations did. Travelling has also become cheaper and more affordable.



c/ Tunisia is a tourist attraction and tourists come to visit it from the entire world to enjoy its beauty. It is known for its lovely beaches and nice weather. Tunisian people are known for their hospitality and kindness. There are many places to visit like Sousse, Hammamet and Monastir. Tourists can also go to the South to visit the Sahara and they can also visit historic places such as Carthage or El jam.

### D-A tourist attraction in Tunisia: Hammamet

Travelling is the best way to forget stress and relax. Last summer holiday, I went to Hammamet. I spent 3 weeks there. I booked a single room in a five-star hotel which was a calm and luxurious place to enjoy my holiday. During my visit to Hammamet, I visited many places such as Marina, Carthage Land, the Medina and I spent most of my time swimming in the sea. I enjoyed lying on the golden sand. I made many new friends. I bought many souvenirs and some presents for my friends. I will never forget that holiday because it has been the best vacation in my life.

### 3-Means of transport:

There are different means of transport. For example, the bus, the train, the plane, the underground, and the car. People are free to choose any means of transport they like. In Britain, the most common means of transport is the double- Decker bus. My best means of transport is the car because it's fast, comfortable and convenient.



## Advantages and disadvantages of means of transport:

### Advantages

### Disadvantages

#### Car

- It is a fast way of traveling from one place to another.
- People don't need to wait on bus stops there are no schedules so people can travel whatever they want in the time they need.

- Traffic Jams
- Car accidents
- It costs a lot of money to pay for gas and services.

#### Train

- Safety: Traveling by train is very safe because the probabilities of accidents are very low compare to other means of transportation like cars.
- It is very comfortable, you can just sit and wait to get to you destiny.

- Depending on the distance train traveling can take a lot of time.
- Not very cheap.

#### Bus

- It is an economic way of traveling.
- Bus-traveler can avoid adverse weather effects and pollution.
- Finally, people using busses can reduce the amount of traffic in the street.

- Sometimes people have to wait too much in bus stops in order to get their bus.
- Also passages have to stick to a schedule and plan their trips according to the busses time.

#### Plane

- It is a very comfortable way of traveling from one place to another.
- It is one of the fastest mean of transportation.
- It can carry a lot of people.
- Traveling by air is considered to be more secure.

- This way of travelling is very expensive and not everybody can afford it.



## Advantages and disadvantages of means of transport:

### 1-The car:

Hello, I am Peter. I want to tell you about my best means of transport which is the car.

I like the car because it provides me with freedom. In fact, you can travel by car anywhere and at any time. Besides, it goes faster than many other means of transport like the bus. It is also more comfortable than the bus or the bike and far safer. In addition; you can listen to music or to the radio while driving. This is mainly why I enjoy using the car.

However, it's true that the car causes pollution and damages the environment. It also kills thousands of people every year in terrible accidents. Moreover, millions of people spend hours waiting in traffic jams daily. Indeed, sometimes the traffic is so bad at rush hours that it is quicker to walk than to go by car or bus.

I am looking forward to knowing about your favourite means of transport. Please, write me soon.

### 2-The bus (advantages)

My favorite means of transportation is the bus. Although it has a few disadvantages, I still like it because of these advantages. First, bus is very cheap and suits for everybody. Second, it helps us to save money especially students who don't have much pocket money. Third, using the bus is very convenient. Nowadays, buses are equipped with air-conditioner and free internet connection. Besides, taking the bus contributes to protecting the environment. For instance, going by public transportation reduces the number of vehicles on the street, and thus reduces pollution. Furthermore, using the bus is safer. In some researches, most of the accidents happen because of people's carelessness. Taking cars off the road and replacing with public transport can help to reduce the total number of traffic accidents. In conclusion, going by bus has many benefits for people and for the environment as well.



## -Means of transport: advantages and disadvantages:

Travelling by plane has both advantages and disadvantages. **On one hand**, it is the fastest means of transport. It is **also** more comfortable than the train and the bus. **Moreover**, travelling by plane is safe. Therefore, aircraft accidents are quite rare. **On the other hand**, travelling by plane can be more expensive than travelling by other means of transport. It's also strictly dependent on time. **That is to say**, you have to buy the plane ticket in advance. **In addition**, unlike the train, there is no sightseeing on travelling by plane. **Furthermore**, some people are afraid of heights and may feel uncomfortable and scared.

### Benefits of travelling

There are lots to explore in the world. Your travel doesn't have to be limited to where you live or what you read in books. There are lots of exciting places to experience in the real world.

Whenever you have time off, go and discover the world, travelling has many advantages. **First**, people travel to relax and have fun. It is a real remedy because it helps them forget about their problems. **Second**, they learn about different cultures since they meet new people from all over the world. **Third**, visiting another country encourages them to speak a foreign language all day long and thus brush up their knowledge. **Moreover**, travelling is an experience that can teach them how to be responsible and independent. **Finally**, those who are keen on shopping could satisfy their desire, buy some souvenirs and make their trips memorable. These memories create a bond that can't be erased whatever happens.

In a nutshell, if you have some time off, I suggest that you travel and experience what life has to offer. Don't wait or tell yourself there will be a better time to go. Travelling is worth every penny you will spend because memories last forever.





**A- Going to the cinema:**

We all enjoy watching different types of films. Action films are the most popular ones among teenagers. Personally speaking, I love adventure movies. Last Saturday, I saw "Mission impossible" at the cinema. It's one of the greatest films in the world. The hero who is a secret agent did all sorts of impossible actions. This isn't very realistic but in movies things are different from real life.

I also love watching films about nature because you can learn a lot by watching them. I like classic movies as well. Marlon Brando and Brad Pitt are my favourite actors. I like historical movies, too. It's interesting to watch past stories come alive on the screen.

**B- Favourite place of entertainment:**

The zoo is my favourite place of entertainment. In fact, it's an occasion to see wild animals such as lions, tigers and crocodiles. It's really safer and more enjoyable to see these animals which are kept in cages than to see them in the jungle. It's also a chance to learn a lot about these animals and their habits. We can feed monkeys or gazelles. We can enjoy watching seal shows or performances by dolphins going down slides or going through circles. In brief, going to the zoo is really entertaining and a great fun



### Benefits of volunteering

- Volunteering means giving your time to help others for free and without being forced.
- You feel self-satisfied and useful for your community (society)
- It maintains the values of cooperation and humanitarianism and public spirit.
- It's an opportunity to share and learn new skills.
- Working as a volunteer can help you meet new people and make new friends.
- The world will be better place if people do voluntary work

### What can you do as a volunteer?

Volunteering can take many forms. For example, you can



- Donate money and clothes to the needy.
- Visit old people to talk to them or help them.
- Give a hand to the orphans and stand by them.
- Sponsor a charity and make donations.
- Join charitable organizations, associations or clubs which raise money to support poor people.
- Provide the disabled with some medical equipments such as wheelchairs and walking sticks.
- Take part in campaigns for planting trees and protecting the environment.
- Help the refugees and provide them with shelters, camps or food.

### Motivating others to be volunteers

- Don't think twice and start making a difference by donating voluntary work.
- Nothing can teach hope and kindness like helping others.
- Take part in this humanitarian work and you will save someone's life.
- Make donations and you'll give hope and life to many people.
- Volunteering is a meaningful experience for all of us. Don't miss the chance to participate.
- "Many hands make a light work", so cooperate to make work easier and more enjoyable.
- Give it a try and you will realize the difference.



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### Advantages of cooperation: working in groups:

- ❖ Cooperation means working together and helping each other.
- ❖ When you cooperate you share thoughts and ideas.
- ❖ Working with others is a good fun
- ❖ It maintains human relationships.
- ❖ The team spirit is very valuable in many human
- ❖ It can save time and make the work easier.
- ❖ Work together for the welfare of the community

### How can we cooperate?

- ❖ Family members should cooperate and share family responsibilities.
- ❖ Parents cooperate with each other to ensure their children good upbringing.
- ❖ People cooperate to protect the environment.
- ❖ Cooperate to do voluntary work
- ❖ Pupils cooperate to do a project work for better understanding and good results.

### -Voluntary work (some helpful arguments)

-Helping others contributes to a solid and healthy society.

-It can be either individual or group activities.

-I think that we should teach our children from an early age how to help the poor, the patients, the disabled, and all those who are in need.

There are many types of voluntary work such as donating blood, planting trees, gathering litter, helping needy people or feeding the homeless, raising money for animal protection, helping the elderly or handicapped persons to cross the street.

-As the proverb tells "A friend in need, is a friend indeed!"

There are many organizations that help needy people, endangered animals or protect the environment. We can mention UNISCO, UNICEF and GREEN PEACE....

-People should cooperate and help each other.

بـ م لبا simple action or smile we can make others happy and make a better world reigned by the brotherhood of mankind.





-No one has become poor by giving.  
 -The media play a big role in making people more aware about the importance of helping others.

Helping others is not only good for them, but it also makes us happier and healthier.

Giving also connects us to others, creates stronger communities and helps to build a happier society for everyone.

-It's not all about money; we can also give our time, ideas and energy.

-If you want to feel good, do good!

BSA

-Doing things for others - whether small, unplanned acts or regular volunteering - is a powerful way to boost our own happiness as well of those around us.

- The people we help may be strangers, family, friends, colleagues or neighbors. They can be old or young, nearby or far away.

-Giving isn't just about money, so you don't need to be rich. Giving to others can be as simple as a single kind word, smile or a thoughtful gesture. It can include giving time, care, skills, thoughts or attention. Sometimes these mean as much, if not more, than financial gifts.

Scientific studies show that helping others boosts happiness. It increases life satisfaction, provides a sense of meaning, increases feelings of competence, improves our mood and reduced stress. It can help to take our minds off our own troubles too. [

-Kindness towards others is the glue which connects individual happiness with wider community and societal wellbeing. Giving to others helps us connect with people and meets one of our basic human needs - relatedness.

-Kindness and caring also seem to be contagious. When we see someone do something kind or thoughtful, or we are on the receiving end of kindness, it inspires us to be kinder ourselves. In this way, kindness spreads from one person to the next, influencing the behavior of people who never saw the original act. Kindness really is the key to creating a happier, more trusting local community.



## Tolerance and respect for others:

Tolerance is the willingness to allow people to do, say, or believe what they want without criticizing them. No two people in the world are exactly alike. All people even identical twins have their own experiences and their viewpoints. You do not have to like the same food or music as your friends, practice the same religion, or dress the same way. But you might want to be open to learn about those differences. People should learn how to be tolerant with others and accept them even if they are different. People should learn how to live in peace with people different from them. They should avoid wars and conflicts and try to accept and respect the others' ideas, traditions, and thoughts.

- Tolerance means accept differences.
- Respect others regardless their race, religion, age, gender or opinions.
- Tolerance is mutual respect through mutual understanding.
- We may disagree with others but we should treat them with respect and dignity.
- Your duty is to accept me, my duty is to tolerate you.
- It's important to live together in harmony despite our differences.

