

Some advices for a good writing

- ⊗ Write short, clear sentences.
- ⊗ Do not overuse linkers and use only the appropriate ones.
- ⊗ Do not overuse "and".
- ⊗ Do not copy ideas from the text.
- ⊗ Do not repeat the words of the essay.
- ⊗ Do not bother the corrector with extra ideas.
- ⊗ Write only ideas, which have relation to the topic of the essay.
- ⊗ Follow the writing process.
- ⊗ Do never let writing space blank spot.

Holidaying

<i>Recommending about a holiday (a letter)</i>	<i>Complaining about a holiday (a letter)</i>
<ul style="list-style-type: none">✓ Accommodation : spacious room/ with a picturesque view/ calm and serenity of the place/ full options : air-conditioning/ internet connection / spa/ gym✓ Food : luscious & varied as expected/ taste the spicy food ...	<ul style="list-style-type: none">✓ Accommodation : dirty room/ no view/ noise/ couldn't sleep/no air-conditioning/ no internet connection (as promised)✓ Food : disgusting/ rotten/filthy __ not luscious as expected - had to eat out and pay extra money/ son got sick due to rotten food __ doctor

<ul style="list-style-type: none"> ✓ The residence (hotel, house...) is two-minute walk to the beach/ the city center not far/ transport available (as advertised) ✓ Staff/ guide/ room maid : friendly , helpful ✓ Enjoyed the scheduled program (visits/ sightseeing/ festivals/ excursions/ cruise) 	<ul style="list-style-type: none"> ✓ The residence (hotel, house...) is far away from the beach/ the city center -- had to walk in the blistering heat / no transport available (as advertised) ✓ Staff/ guide/ room maid : not friendly , not helpful_ always shouting ✓ I'm looking forward to receiving a convenient compensation; otherwise I shall feel free to take the matter to the court.
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Space tourism

<i>Advantages of space tourism</i>	<i>Disadvantages of space tourism</i>
<ul style="list-style-type: none"> ✓ Adventure: Challenge and making the impossibilities possible. ✓ new experience : Forget about daily routine ✓ Discover another space : Discovering an all-new world ✓ Discover a mysterious world : Resolving mysteries that surround the outer space ✓ Accompany astronauts ✓ Reach fame 	<ul style="list-style-type: none"> ↓ Waste of money ↓ Dangerous / risky : Dangerous : risk of death / flying in the outer space is still not safe ↓ Crazy idea ↓ Encourages discrimination: Not available for everyone. : costly & expensive : only the well-to-do can enjoy such an experience/ the poor are deprived of the dream

<ul style="list-style-type: none"> • Inversion: • Negative expression + question form (aux. + S+v) • Not only/ seldom/ scarcely/ hardly/ rarely/ at no time / not a single word/ no sooner/ little/ • Conditional (Had I known = If I had known/ should he decide = if he decides) 	<ul style="list-style-type: none"> • Reported Speech • Present tense—Past tense • S. past—Past perfect • will—would/ can—could/ may—might/ shall—should/ must—had to • now—then/last-previous/ next-following/ this-that/ yesterday-a day before/ tomorrow-the day after/ ago-before • no question form • yes/no Q: if/ whether
<ul style="list-style-type: none"> • USED TO + B.F • BE USED TO / ACCUSTOMED+ V+ING • BE LOOKING FORWARD TO + V+ING 	<ul style="list-style-type: none"> • So + adj/ adv + that + clause (result) • Adj+ enough to + B.F • Too + adj + to + B.F
<ul style="list-style-type: none"> • Comparative: A is more/adj+er than B • Superlative: A is the most/adj+est • Equality: A is/V as adj/adv as B • Parallel Change: the comparative S+V, the comp S+V • Scale: A is/V nbr of times as + adj + as B//// A isn't so +adj +as B 	<ul style="list-style-type: none"> • Modal + B.F • Should + B.F (advice) • Must +B.F (obligation) • Could +B.F (DONE) <p><i>ought to</i> <i>had to</i> <i>for obligation</i></p>
<ul style="list-style-type: none"> • Relative Pronouns: • Human + who + v • Human + whom + S + v • Human + whose + n (possession) • Non-human + which + v/ S+V • That = who/ which • Place + where + S+ v 	<ul style="list-style-type: none"> • Positive parallelism • S1. V---; S2. V---, too. • Both S1 and S2 are--- • S1. V , and so aux S2.
<ul style="list-style-type: none"> • Compound Adjective • Adjective-v+ing "a far-reaching decision" • Adjective-noun-ed "light-hearted banter" • Number-singular noun "seven-year-old boy" • Adverb-past participle "a highly-equipped school" • Noun-past participle "a man-made table" 	<ul style="list-style-type: none"> • Modal +Perf Inf (have+p.p) • Should + P.I (blame/ regret) • Must +P.I (certain about past) • Could +P.I (NOT DONE)
<ul style="list-style-type: none"> • Conjunctions + noun • Despite = in spite of • Because of / due to / owing to/ thanks to 	<ul style="list-style-type: none"> • Negative parallelism • S1. Vnot--; S2. Vnot--, either. • Neither S1 nor S2 is/ are--. • S1. Vnot , and neither aux S2.
<ul style="list-style-type: none"> • Conjunctions + clause • Although/ though • Because/ as/ since/ however/ but/ while/ whereas.... 	

PART EIGHT - USEFUL EXPRESSIONS TO WRITE AN ESSAY

<p>1. Introduction</p> <ul style="list-style-type: none"> • first of all • to begin with • in order to decide whether.... or not • to outline the main points firstly, secondly, <p>2. Enumerating</p>	<p>5. Restrictions</p> <ul style="list-style-type: none"> • however / though nevertheless • whereas • although / though / even though • in spite of / despite • unlike • in contrast to/ with sth. 	<ul style="list-style-type: none"> • what I mean is • and so on/ and so forth • that is to say <p>10. Giving reasons</p> <ul style="list-style-type: none"> • because • as • since • because of • the reason for this is 	<ul style="list-style-type: none"> • that's perfectly true • I'd like to support this view <p>14. Disagreeing</p> <ul style="list-style-type: none"> • I partly disagree with • I don't entirely agree with • I agree in principle, but
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<p>arguments</p> <ul style="list-style-type: none"> • in addition to • additionally • besides • moreover • furthermore • above all <p>3. Weighing up arguments</p> <ul style="list-style-type: none"> • on the one hand..... on the other hand • to consider the advantages and disadvantages/ arguments for and against • to discuss the pros and cons • in theory ... in reality • both... and.... • not only ... but also • anyway • at any rate • in any case • in fact • actually • as a matter of fact • up to a point • so to speak • by no means • not at all <p>4. Comparisons</p> <ul style="list-style-type: none"> • compared to • in comparison with • to draw / make a comparison between ...and • similarly • as well as 	<ul style="list-style-type: none"> • on the contrary • sth is contrary to sth <p>6. Referring to</p> <ul style="list-style-type: none"> • with reference to • regarding • as regards • as far as ... is concerned • according to (according to is used to introduce someone else's opinion. Don't say "according to me") <p>7. Emphasizing</p> <ul style="list-style-type: none"> • I'd like to point out that / I'd like to emphasize <p>8. Generalizing</p> <ul style="list-style-type: none"> • on the whole • in general • generally speaking • as a rule • to some extent • to a large extent • in many ways • in all respects • in most / many cases • basically <p>9. Giving examples</p> <ul style="list-style-type: none"> • for example • for instance • such as • including • in particular • particularly • to give you an example of what I mean • to illustrate this point 	<ul style="list-style-type: none"> • the reason why for some reasons or another • I have every reason to believe that <p>11. Consequences</p> <ul style="list-style-type: none"> • therefore • consequently • as a result • for this reason • all these reasons <p>12. Opinion</p> <ul style="list-style-type: none"> • My personal point of view • I think that • in my opinion • in my view • to my mind • this is a matter of opinion • in my experience • as far as I know • as far as I am concerned • to be aware / unaware of a problem • to tell the truth • the fact is that • I am convinced that • I firmly believe that • I feel sth should be done about that <p>13. Agreeing</p> <ul style="list-style-type: none"> • I entirely / absolutely agree with • that's exactly my own view • I'm of exactly the same opinion 	<ul style="list-style-type: none"> • That's not the way I see it • I see things rather differently myself • I'm not at all convinced that • I'm not absolutely sure <p>15. Summarizing and drawing conclusions</p> <ul style="list-style-type: none"> • finally • last of all • last but not least • in conclusion • to conclude • we can draw the conclusion • to sum up • to summarize we can say • all in all • in short • in brief • Briefly • all things considered • the subject under discussion • I find it difficult to reach a conclusion but I'm tempted to say
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MAIN GRAMMAR POINTS

<ul style="list-style-type: none"> • Tenses • S. pres (v+s) always • Pr. cont (be+v+ing) now • Pr. Perf (have+p.p) since • P.P.C (have+been+v+ing) since and still now • S. Pst (v+ed) last • Pst. C (be+v+ing) while • Pst. Pf (had+p.p) 1before2 	<ul style="list-style-type: none"> • Passive Voice: • Be (tense)+ v (p.p) • Conditional: • Truth: if+s.pr—s.pr • Fut. prob: if+s.pr—will+v • Pr. Prob: if+s.pst,would+v • Unfulf.pst: if+pst.perf--- would have +p.p 	
<ul style="list-style-type: none"> • Inversion: • Negative expression + question form (aux.+S+v) • Not only/ seldom/ scarcely/ hardly/ rarely/ at no time / not a single word/ no sooner/ little/ • Conditional (Had I known = If I had known/ should he decide = if he decides) 	<ul style="list-style-type: none"> • Reported Speech • Present tense---Past tense • S.past---Past perfect • will---would/ can---could/ may---might/ shall---should/ must---had to • now---then/last-previous/ next-following/ this-that/ yesterday-a day before/ tomorrow-the day after/ ago-before • no question form • yes/no Q: if/ whether 	
<ul style="list-style-type: none"> • USED TO + B.F • BE USED TO / ACCUSTOMED+ V+ING • BE LOOKING FORWARD TO + V+ING 	<ul style="list-style-type: none"> • So + adj/ adv + that + clause (result) • Adj+ enough to + B.F • Too + adj + to + B.F 	
<ul style="list-style-type: none"> • Comparative: A is more/adj+er than B • Superlative: A is the most/adj+est • Equality: A is/V as adj/adv as B • Parallel Change: the comparative S+V, the comp S+V. • Scale: A is/V nbr of times as + adj + as B//// A isn't so +adj +as B. 	<ul style="list-style-type: none"> • Modal + B.F • Should + B.F (advice) • Must +B.F (obligation) • Could +B.F (DONE) 	<ul style="list-style-type: none"> • Modal +Perf Inf (have+p.p) • Should + P.I (blame/ regret) • Must +P.I (certain about past) • Could +P I (NOT DONE)
<ul style="list-style-type: none"> • Relative Pronouns: • Human + who + v • Human + whom + S + v • Human + whose + n (possession) • Non-human + which + v/ S+V • That = who/ which • Place + where + S+ v 	<ul style="list-style-type: none"> • Positive parallelism • S1. V---; S2. V---, too. • Both S1 and S2 are--- • S1. V , and so aux S2. 	<ul style="list-style-type: none"> • Negative parallelism • S1. Vnot--; S2. Vnot-- , either. • Neither S1 nor S2 is/ are--. • S1. Vnot , and neither aux S2.

•Compound Adjective

- **Adjective-v+ing** "a far-reaching decision"
- **Adjective-noun-ed** "light-hearted banter"
- **Number-singular noun** "seven-year-old boy"
- **Adverb-past participle** "a highly-equipped school"
- **Noun-past participle** "a man-made table"

•Conjunctions + noun

- Despite = in spite of
- Because of / due to / owing to / thanks to

•Conjunctions + clause

- Although/ though
- Because/ as/ since/ however/ but/ while/ whereas.

PHRASAL ADJECTIVES

<p>A</p> <ul style="list-style-type: none"> • accustomed to • accused of • acquainted with • addicted to • annoyed about / with / at • allergic to • amazed at/by • anxious about • appreciated for • ashamed of • associated with • astonished at/by • aware of • angry with • afraid of 	<p>D</p> <ul style="list-style-type: none"> • Dissatisfied with • Doubtful about • Delighted at/about • different from • disappointed with <p>E</p> <ul style="list-style-type: none"> • Eager to do s.th./for s.th. • enthusiastic about • excellent in/at • excited about • experienced in • exposed to • envious of <p>F</p> <ul style="list-style-type: none"> • faithful to • familiar with • famous for • fed up with • free of/from • frightened of • friendly with • fond of • full of 	<ul style="list-style-type: none"> • inferior to • indifferent to • innocent of • interested in • involved with <p>J</p> <ul style="list-style-type: none"> • jealous of <p>K</p> <ul style="list-style-type: none"> • kind to • keen on <p>L</p> <ul style="list-style-type: none"> • late for • limited to • lucky at <p>N</p> <ul style="list-style-type: none"> • nervous of/about <p>O</p> <ul style="list-style-type: none"> • opposed to <p>P</p> <ul style="list-style-type: none"> • patient with • pessimistic about • pleased with • polite to • popular with • presented with • proud of • punished for • puzzled by/about <p>Q</p> <ul style="list-style-type: none"> • qualified for <p>R</p> <ul style="list-style-type: none"> • ready for • related to • relevant to • respectful for • responsible for • rid of 	<p>S</p> <ul style="list-style-type: none"> • sad about • safe from • satisfied with • scared of • sensitive to • serious about • sick of • similar to • shocked by • skilful at • slow at • sorry for/about • successful in • suitable for • sure of/about • superior to • surprised at • suspicious of • sympathetic with <p>T</p> <ul style="list-style-type: none"> • terrible at • terrified of • tired of • thankful to/for • troubled with • typical of <p>U</p> <ul style="list-style-type: none"> • unaware of • upset about • used to <p>W</p> <ul style="list-style-type: none"> • wrong with/about • worried about •
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Each paragraph should start with a topic sentence which summarises the topic of the paragraph.

<u>introduction</u>	<u>body</u>		<u>conclusion</u>
<p>A thesis statement is a sentence (or two) in which you state the topic and opinion clearly.</p>	<p>Support your opinion with facts, examples, justifications and reasons. Include a new idea in each paragraph.</p>		<p>Restate your opinion. Offer a solution or a warning/Give a balanced consideration</p>
<p>Many people say / believe / think / would argue that... Nowadays/Generally speaking... It is popularly believed that... -But I would like to show that there are two sides to every coin. this is one of the most important/interesting issues facing the world today because... Over the past few years, there has been a lot of controversy on this point because... ...is a double edged weapon -It is worth discussing / examining / exploring the views / arguments of both sides -Whether or not... is a controversial issue/ a hot debate. -The question issue whether ... is still open for debate -Human/Man, through many ages/years, has undergone many changes -There is no doubt that ... is one of human's greatest -... is undoubtedly one of the humankind's greatest.. -... plays an essential/ important/ crucial /vital role in...</p>	<p>Arguments against</p> <p>-There are a lot of people who are against..... because....</p> <p>-on the one hand/ -- -in the first place</p> <p>It is (often /widely/ generally) claimed /suggested/ argued/ maintained/ believed that...some/many/ most people/... oppose the view that...</p> <p>One point/argument against</p> <p>A further common criticism of.../It could be argued that...</p>	<p>Arguments for</p> <p>-there are a lot of people who are in favour of this, because....</p> <p>-on the other hand/ -in the second place</p> <p>It is (often /widely/ generally)claimed /suggested /argued/maintained /believed that...some/many /most people support the view that...</p> <p>One point/argument in favour of.../</p> <p>-It is beneficial... -It offers the chance /opportunity to.....</p>	<p>In conclusion, on balance, all things considered, taking everything into account/consideration, to conclude, to sum up, all in all... & it is my belief/opinion that. I strongly believe/feel/think that..., I am convinced that..., I am inclined to believe that... I do (not) agree that/with... Therefore, it is clear that this topic is food for thought but I have some reasons to believe that _____ - In conclusion, the issue of _____ should be regarded as an important topic</p> <p>-The issue of whether ... has both supporters and critics. -Based on / Judging from the arguments presented above, ... -Taking all these factors / reasons/everything into consideration / account, we can draw the conclusion that ... / We can come to the conclusion that ...</p>

<ul style="list-style-type: none"> • Introduction • first of all • to begin with • in order to decide whether... or not • to outline the main points • firstly, secondly, thirdly, finally, eventually • Enumerating arguments • in addition to • additionally • besides • moreover • furthermore • above all • Weighing up arguments • on the one hand... on the other hand • to consider the advantages and disadvantages/arguments for and against • to discuss the pros and cons • in theory ... in reality • both... and... • not only ... but also • anyway • at any rate • in any case • in fact • actually • as a matter of fact • up to a point • so to speak • by no means • not at all • Comparisons • compared to • in comparison with • to draw / make a comparison between: ...and ... • similarly • as well as 	<ul style="list-style-type: none"> • Restrictions • however • though • nevertheless • whereas • although / though / even though • in spite of / despite • unlike • in contrast to / with sth. • on the contrary • sth is contrary to sth • Referring to • with reference to • regarding • as regards • as far as ... is concerned • according to (according to is used to introduce someone else's opinion. Don't say "according to me") • Emphasizing • I'd like to point out that / I'd like to emphasize • Generalizing • on the whole • in general • generally speaking • as a rule • to some extent • to a large extent • in many ways • in all respects • in most / many cases • basically • Giving examples • for example • for instance • such as • including • in particular • particularly • to give you an example of what I mean • to illustrate this point 	<ul style="list-style-type: none"> • what I mean is • and so on / and so forth • that is to say • Giving reasons • because • as • since • because of • the reason for this is • the reason why for some reasons or another • I have every reason to believe that • Consequences • therefore • consequently • as a result • for this reason • all these reasons • Opinion • My personal point of view • I think that • in my opinion • in my view • to my mind • this is a matter of opinion • in my experience • as far as I know • as far as I am concerned • to be aware / unaware of a problem • to tell the truth • the fact is that • I am convinced that • I firmly believe that • I feel sth should be done about that • Agreeing • I entirely / absolutely agree with • that's exactly my own view • I'm of exactly the same opinion • that's perfectly true 	<ul style="list-style-type: none"> • I'd like to support this view • Disagreeing • I partly disagree with • I don't entirely agree with • I agree in principle but • That's not the way see it • I see things rather differently myself • I'm not at all convinced that • I'm not absolutely sure • Summarizing an drawing conclusion • finally • last of all • last but not least • in conclusion • to conclude • we can draw the conclusion • to sum up • to summarize we can say • all in all • in short • in brief • Briefly • all things considered • the subject under discussion • I find it difficult to reach a conclusion but I'm tempted to say
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<ul style="list-style-type: none"> ✓ Realize dream ✓ Explore space ✓ Help scientific research: finding new minerals, new precious materials. 	<p>↓ Unfair: the rich are splurging billions of dollars to satisfy their silly personal whims while millions of children in poor countries are starving to death.</p>
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Walking tour

Walking tour: a journey on foot (in the city or in the country) you make for pleasure during which you can visit many places.

<i>Advantages</i>	<i>Disadvantages</i>
<ul style="list-style-type: none"> 👤 Available for very body. 	<ul style="list-style-type: none"> 👤 alone: boring
<ul style="list-style-type: none"> 👤 Cheap Good for all ages 	<ul style="list-style-type: none"> 👤 Dangerous in the country:
<ul style="list-style-type: none"> 👤 Plain and simple 	<p>attacked by animals /fall down: break</p>
<ul style="list-style-type: none"> 👤 Lose weight: keep fit 	<p>legs / lose the way back / injure</p>
<ul style="list-style-type: none"> 👤 Maintain blood pressure 	<p>yourself.</p>
<ul style="list-style-type: none"> 👤 Lower stress levels 	<ul style="list-style-type: none"> 👤 Risky in the city: lose your
<ul style="list-style-type: none"> 👤 Strengthen your bones 	<p>money / luggage /Attacked by</p>
<ul style="list-style-type: none"> 👤 Entertainment 	<p>gangsters /accident</p>
<ul style="list-style-type: none"> 👤 Soak up fresh air 	<ul style="list-style-type: none"> 👤 get tired
<ul style="list-style-type: none"> 👤 Commune with nature 	<ul style="list-style-type: none"> 👤 requires good weather
<ul style="list-style-type: none"> 👤 Meet other people 	

Education



Ex 84 Writing Exercise Virtual schools

I believe Susan's mother is right only to some extent regarding the advantages related to VS. In fact although VS has advantages like the freedom of having personalised lessons anywhere, at any time and at one's own pace and rhythm, it does have drawbacks. To me, the traditional school is necessary because it's the place where kids acquire not only learning skills but also social and behavioural skills which are of great importance to their emotional development. So where would the child learn how to get along with people if he spends most of

is time in front his computer? Would he be able to have normal relationships with his relatives and friends? I believe the answer is doubtful. Susan's mother seems to appreciate the drop of time wasted on traffic while going to school but she forgets that she's only helping her child to grow up like a lonely person or like a Robinson Crusoe confined to his island. Besides, I believe at VS, which involves sitting with one's eyes glued on the computer screen, is not helpful either for the physical growth of kids. Children, who don't hustle and bustle, who don't run or play outside in the open air, may develop health problems later on. In fact a lot of people, whose work involves a lot of sitting, suffer from backaches, weight and other diseases. For all these reasons I believe VS is good only in certain circumstances and only for a certain category of people or children: children who can't move about because of some physical handicaps or university students who have other responsibilities and can't attend the scheduled lessons or lectures. From that point of view VS is a great help.

III Writing Task 1 1 - a / 2 - c / 3 - a / 4 - d

Task 2 1 The internet is widely used by people all over the world. / 2 Alexander Graham Bell would like people to remember him as a teacher of the deaf rather than as an inventor of the telephone.

Task 3 P51 informants about bac exam Letter

Dear Paul,
In your last letter you asked a few questions about the baccalaureate exam in Tunisia. Well, it isn't an easy exam at all. A pupils whole future life and career is based on this exam. No wonder why many students consider it as one of the most stressful events of their lives. The exam takes place every year at the beginning of June. Students are examined in an average of six basic and optional subjects, each of which is assigned a coefficient depending on the field of studies: Arts, Economics and Management, Mathematics, Experimental Sciences, Technical and Technological Sciences.
As for access to higher education, it is guaranteed to all students holding the Baccalaureate Diploma although not necessarily in the discipline of their choice. The admission process is controlled through the national university orientation system, which selects students based on their scores. This means that ambitious pupils have to exhaust themselves in order to enter the institution of their choice: sleepless nights, private tutoring and almost no entertainment. Otherwise they find themselves oriented into a field of studies which doesn't appeal to them. For this reason I think the orientation system is a bit rigid and should be modified so that students may carry out their studies in the field of their choice.
I must stop and resume revision. Have a nice time.
Slim

Ex 101 Writing Exercise - Lifelong learning

Lifelong learning is the process of keeping your mind and body engaged—at any age—by actively pursuing knowledge and experience or achieving higher levels of education and qualification in all sectors. The pursuit of knowledge through lifelong learning—whether it's learning how to play music and dance, speak a foreign language, improve one's sporting activities, or repair one's car—has wonderful benefits for older adults: It keeps their minds sharp, it improves their memory and increases their self-confidence. Besides, it offers them an opportunity to learn a new skill which may increase their income. Lifelong learning also offers people an inexpensive way to try something new and therefore it helps them save their money as they learn to "do it themselves". Moreover it gives people a new interest which they can share with family and friends. Last but not

least lifelong learning provides people with a feeling of accomplishment and self satisfaction.

Tunisian educational system

Ex 90 The Tunisian educational system is structured as a three-stage system: the Basic Education (Grades 1 to 9). Before that stage parents may send their children to nursery or pre-school. But that is optional and fee-paying. So at the age of six, children enter school for a 9 year period divided into two stages. The first six-year stage takes place in primary schools. The second three-year stage is offered by lower secondary schools. Education is compulsory for children aged from 6 to 15. During the first six year stage children are taught the basics in oral, written expression as well as reading and reckoning and some skills in science, the arts, physical and manual abilities. The language of instruction is Arabic. French is taught as a second language starting from the third grade and English as a third language started at the 6th year. At the end of basic education, students are streamed to secondary schools until the age of Fourteen.

Secondary education lasts four years and is divided into two stages (two years of general education and two years of pre-specialized education). It leads to the baccalaureate in Arts, Mathematics, Experimental Sciences, Technology years and is divided into two stages (two years of general education and two years of specialised one). It leads to the Baccalaureate in Arts, Mathematics, Experimental sciences, Technology or Economics and Management. As for the Higher Education, the wide majority of students go to universities. There are 162 institutions of higher education. The system reflects a voluntary policy to promote adult education to increase literacy and pave the way to a "lifelong" education. The New Education Reform in Tunisia highlights an Education Strategy for the future, towards a society of knowledge and skills.

Ex 146 Brain drain

In my opinion the migration of highly-skilled and specialized workers generates both benefits and problems. On an individual level, it may be good for some workers, eager to improve their financial situation or to escape economic or political difficulties in their own countries so that they enjoy a better quality of life in the host country: earn higher wages and have better opportunities. On a larger level, human migration is also beneficial for the countries to which talent migrates. For those countries skilled migration means gaining human capital embodied in the stock of productive skills and technical knowledge. In fact when the most talented individuals depart for education or opportunity to a rich host country, they indirectly contribute to making it more prosperous and richer. However, this phenomenon is perhaps most problematic for developing nations where the outflow of scientists and technologists has a negative impact on their economy and development: they are losing qualified individuals who make enormous economic and social contributions. To my mind the migration of highly skilled workers doesn't only affect the development of poor countries but it also widens the growth gap between rich and poor nations. The situation could be worse in the future unless migrants are encouraged to be repatriated.

1) X10

Distance Learning

Ex 85 Distance learning far away from school, holds an incredible amount of promise: learning on your own time, from your own home and at your own pace. The number of students taking distance classes has been increasing since 1995 and it is expected to continue growing enormously. Why are so many people flocking to online classes? Probably the greatest benefit is the convenience that it offers. Unlike a traditional class, online classes usually don't have regular meetings although there are still dates for assignments, exams and occasional "chats". But there are no more morning classes and no more 4-hour lectures. Besides, you can wear even your pyjamas to "class" and no one will ever know. After all, it takes place in front of your computer. This has huge implications for students who have jobs or a family to take care of. Distance learning gives you the flexibility and the freedom to take your classes when like.

centre in London called Landmark in order not only to be a refuge for needy people but also to offer them advice and support. 7 Professor Ian Wilmut who led the team which created Dolly, said at that time that the progressive lung disease which showed that their cloning techniques were inefficient and needed more work. 8 Professor Wilmut

Task 2 p93 Cancelled a Class
No one denies the benefits of media technology and its impact on the quality of our modern life. It has changed and facilitated our life in an incredible way in all fields of life. Thanks to new technology and the Internet virtual or distant learning has become possible wherever you are provided you have a computer and Internet connection. Distant learning has allowed academic flexibility since students can learn at their own time, at their own home and at their own pace. But does this mean this would lead one day to the disappearance of the traditional school where children attend a true life class and are taught by a human teacher whom they can talk and listen to? In my opinion, the traditional school shouldn't be omitted for the following reasons. First, online classes eliminate an important element to the learning process which is human contact, both teacher-student and student-student contacts. Second, the traditional school is a place where pupils learn not only academic subjects but also social behaviour. To my mind a child, who has his education at home, in front of his computer via the Internet will grow up as a lonely person whose behaviour would be more like a robot than a human being. Therefore we may say that distant learning, despite all the benefits it allows, should be used only as another educational alternative to make progress especially for young children and teenagers. It shouldn't replace the traditional school.

campaign: 27 This is a five kilo box. / 28 Scientists this about creating a skin-implanted computer.
Ex 99 / 1 used / 2 widely used / 3 genetically / 4 are not affected / 5 completely / 6 are eliminated / 7 production less expensive / 9 can be done

Ex 100 Reading comprehension
Task 1 - b / Task 2: 1 So I request that Rosie undergo a second test just to make absolutely sure. agrees / 2 I don't believe anything can prepare you for anguish you feel when you find out a child you love who your heart is not really yours. / Task 3 1... because was worried that John would try to take Rosie from him... that the test might be wrong / 3 ...to inform John about the DNA test result.

Task 4 1 John is affectionate, emotional and hopeless. 2 Julia is deceitful, wise and cruel.
Task 5 1 - b / 2 - c / 3 - a / Task 6 1 Rosie / 2 the test result which produced a match between Steve's DNA and Rosie's / 3 the test

WRITING
2. Medical research
3rd
donate to scientific engineering

Ex 101 Writing
You've all seen how much has been done in the field of science and medicine to decrease the suffering of those unlucky patients deprived from living a normal life. Have a look at 15 year-old "Tony" in his wheelchair. He can neither walk nor talk. Worst of all he can't even remain in a sitting position. His illness is due to a genetic defect. Despite the gravity of this illness, the doctors are not totally hopeless about his case. With genetic engineering, his defect may be corrected. Thanks to advanced medical research Tony may one day enjoy a better quality of life. Unfortunately medical research is very expensive. Whatever contribution you can make, you will help a distressed person smile one day. Think about Tony and the thousands of other patients and send your contribution to Telethon.

Task 2 p96
With the increased amount of time children and teenagers are spending on computers games, has come an increased concern about how children may be affected. In fact some educationists are worried about the negative impacts of these games on the children and adolescents' development and behaviour. First they believe that the time spent on computer games may displace other activities that have more developmental value such as doing schoolwork, reading books or practicing sporting and social activities. They are also concerned about the anti-social behaviour they may create as well as the health risks they may cause such as back, eye, hand injuries and obesity-related diseases. These educationists are particularly worried about the increase of the aggressive behaviour some children are developing due to obsessive computer game playing mainly those games which involve a lot of killing and violence. In fact many children nowadays are growing with a particular taste for violence in imitation of the characters they are influenced by, in such games as Sega or Nintendo. As a result a lot of crimes, robberies, bullying and fire setting are committed in real life by teenagers for no other reason than pleasure and imitation. However, some other educationists believe that computer games especially those games which don't involve violence and killing are beneficial for children because first they increase their hand-eye coordination and so improve their reflexes. Second computer games contribute to the improvement of the children's computer literacy, their observation skills and their concentration capacity. Finally, they increase their creativity as well as their ability to read and visualize images. Such skills may be useful in their future studies and career jobs. In my opinion the effects of computer games on children vary widely, depending on the amount of time spent and the content of the game. Moderate game playing does not significantly impact children's social skills negatively. Neither, does it have bad effects on their health. As for violent computer game playing, I believe it should be limited and controlled.

studies: It's really a wealth of knowledge and it's like having a teacher next to you.
A: The young generation of today is really lucky. Teens are enveloped by a wired world, which makes their daily life easier. Thanks for your collaboration.





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 See different sites, places customs, monuments  shopping	
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Package tour

A package tour is a journey organized by a travel agency at a fixed price.

<i>Advantages</i>	<i>Disadvantages</i>
<ul style="list-style-type: none"> ⌚ Scheduled / organized ⌚ More comfortable: Transport /Accommodation /Services, Activities ⌚ Secure / safe ⌚ More pleasurable (group) ⌚ Discover other place, monuments... ⌚ Know other people, culture, language... ⌚ Do shopping 	<ul style="list-style-type: none"> ⌚ Expensive ⌚ Available for rich persons ⌚ Risky: accidents ⌚ Boring / monotonous ⌚ Limited by a program: stressful ⌚ Lack of freedom ⌚ Waste of money ⌚ Disappointing

Virtual school = distance learning

<i>Advantages</i>	<i>Disadvantages</i>
<ul style="list-style-type: none"> ⌚ children enjoy it ⌚ more freedom / flexibility ⌚ no uniform / no timetable ⌚ shorter days ⌚ no heavy bags ⌚ study at available time and place 	<ul style="list-style-type: none"> ⌚ absence of interaction between students and students / teachers ⌚ less options / routine : absence of competitiveness/ ⌚ no physical exercise / passive ⌚ no eye contact

Country life VS City life

City life	
Pros	Cons
More & better employment opportunities - More Shopping- available services (schools, hospitals, offices...) - means of entertainment (cinema, clubs, stadium, theatre..)	Noisy - Polluted (car emissions, factory emissions) - No privacy - Construction - Traffic jam - Lots of people - Higher Taxes - Crime - Homeless people - delinquency - High cost of living - / moral decline in the city
Country life	
Pros	Cons
Wide-open spaces, lots of privacy - Quiet - Lower cost of living - Community life: social virtues of love, neighbourhood and solidarity.	Few Jobs other than farming - Longer distance to get groceries /good/clothes - boredom - lack of services (shops, schools, cinema, /inferu



1. Benefits to Living in the Country

Rural living has its advantages over urban sprawl and big cities. Families are moving to smaller towns and out of the city at alarming rates, many with the same reasons.

First of all, the country offers peace and quiet you can't get in the city. Sit outside any time of the day or night; you will be the audience to nature playing its tune. It's not unlikely to hear birds singing. The noisiest sounds will often be the sounds of your own children's laughter.

Adding to this, life in the country means your home isn't packed on top of your neighbors. Your children have room to run, play, jump and be kids without worry of treading through the neighbor's yard or flowers. For people who love gardening.

Moreover, parents looking for security that they can't find in the city anymore often look to small communities and rural living to find peace of mind. It's very frightening to live in an area that is corrupt with theft and crime or dangerous schools. Rural families find relief in knowing that statistically living in the country does have less reported crime.

Most important of all, families that live in the country have the benefit over crowded cities and industrial areas of having clean air. Sitting outside at night and being able to view the stars and moon in all their glory is clear evidence of the air quality in the country. Bright blue clouds and sun are able to be seen clearly and pollutants from crowded highways, exhaust fumes and manufacturing companies are nowhere in sight.

1. Employment Morale :Description of the emotions, attitude, satisfaction, and overall outlook of employees during their time in a workplace environment. Part of effective productivity is thought to be directly related to the morale of the employees.

* Ways to boost (to increase) Employee Morale:

- *) mutual respect bw employers & employees
 - *) rights & duties guaranteed (salary, work hours, conditions, medical care insurance...
 - *) priority for productivity, quality...
 - *) Keep employees feeling their work is more than just a job (they need to feel the value of their work, they need to feel proud " I've got a job")
 - *) working is not only for making money(to support their families and improve their life): boring , not motivational ,/(Nevertheless), working is a noble thing
 - *)providing safety and comfortable conditions for the workers (=employees)
 - *)companies have to support employees and have to show interest in them
 - *) Employees should be given the opportunity to be creative and innovative (to keep them motivated)
 - *)providing feedback and coaching
 - *)offering benefits and compensation
- RESULT: Achieving high productivity and better performance

TOPIC :As a management consultant,you have been called to investigate the reasons behind low productivity and underperformance in some companies. write a 12-line report in which you state the weaknesses and suggest adequate measures to remedy this situation .

USEFUL LINKERS / * TO START WITH/ ADD TO THIS/ IN ADDITION/ BESIDES

*WHAT MAKES THINGS EVEN WORSE/ LAST BUT NOT LEAST/MOST IMPORTANT OF ALL/ TO SUM UP .

.....

.....

.....

Excessive use of mobile phones!

Who doesn't use a mobile phone every day, or even every single minute? Approximately none. It's more than evident that teenagers' ~~excessive~~ ^{excessive} use of mobile phones ~~has~~ ^{results in} health hazards as well as social issues.

To begin with, ~~excessive~~ using mobiles excessively might lead to depression and lack of sleep. Added to that, teenagers may be victims of cyber bullying when they receive threatening messages from bullies. Furthermore, teenagers who use mobiles all day long ~~may~~ will resort to isolation and aloofness. Therefore, they will miss real life contact with people as all their world is virtual. As a result, adolescents become more and more anti-social and lose touch of being with real friends.

We can conclude, mobile phones are really a blessing in disguise so we should be careful how to use them.



Writing skills : Smoking

1/Introduction: * An alarming phenomenon that threatens human beings

* we all are well aware of the drawbacks of smoking (Despite their awareness people are smoking carelessly ...)

2/Negative impacts of smoking

- Health problems: Not being able to breathe properly. / Painful heartburn / Severe headaches, occasional migraines. / Lingering colds and bronchitis. / Racing heartbeat, more sweating. / Yellow skin, teeth and fingernails. / Coughing so hard / Trembling hands and fingertips. / Limited motivation and energy.
- Psychological problems: Anxiety from the fear about what I was doing to myself and the consequences. / No relaxation, always feeling in need of something. A constant feeling of not being satisfied. / Feelings of shame while spending time with non-smokers. / Fear Of being unable to quit, of dying an untimely, painful death.
- Social problems: social rejection due to the after-smell on my clothes, furniture, car, house, everything. / The cost. All that money wasted on ruining my health and well-being.

3/SOLUTIONS? : How can we quit smoking?

- Psychological factors: having the good- **strong will** to quit, the desire to give up your filthy habit of smoking./ not lose hope in case of failure till the final success / Being strongly determined to win the challenge over such a disgusting behaviour.
- **Deep conviction** of its drawbacks: to admit that smoking endangers our well being and leads to severe health, psychological and social problems (give examples lethal diseases - lung cancer/ heart attack/ blood clots..)
- **Finding the right alternatives**: To replace that sense of addiction to cigarettes. (healthy diet /sporting exercise programme) - Avoid smoking reminders (public places /drinking coffee).

4/Conclusion : Beat your appetite! and Do not let smoking kill you

1-Introduction:

* Man is responsible for all the follies we are suffering from, because of his greed and selfishness.

- Earth is in danger/in jeopardy due to natural and man made threats(esp : pollution) + negative impacts of man's polluting activities.

2-DETAILS: * Man over-consumes water, petrol and other natural resources without thinking of the future generations.

- Our mother earth is facing a lot of environmental problems, which are making life more and more difficult.
- *Man is polluting the sea, the air and the land :* (The air is polluted with smoke from factories and vehicles , the sea is polluted with petrol and chemical wate (= As a result/ consequently) : Rise in temperature, which may cause several health problems , including (skin and lung cancer, asthma, breathing difficulties.
- Lots of animals become extinct, because of over-hunting (Animal extinction) = Keeping in mind that animals play a great role in the balance of ecology.
- Our most valuable resource " Fresh water" is becoming scarce, which is really dangerous because if there is no water , there is no life . (" we made from water everything alive".

3-SOLUTIONS:

It's our duty to protect our mother earth. Many solutions should have been done.

A/ The number of vehicles and factories should be reduced.

B/ Toxic fumes should be filtered.

C/ waste water should be purified.

D/ Nuclear experiments should be banned .

E/ searching for non-polluting sources of energy, recycle waste products like plastic bottles.

F/ Planting more trees to stop deforestation.

G/ The role of governments and organizations: sensitizing people/ pass and implement strict laws + (U.N. INTERNATIONAL COMMUNITY+SUPPER POWERS:sign,implement the international treaties = "Kyoto Protocol) + ban polluting activities(chemiclas+Nuclear) + protect nature (forests, seas and species).

QUOTES : 1/"Earth provides enough to satisfy every man's needs, but not every man's greed" :Ghandi. 2/" If it's not far, don't go by car"
3/When we heal the earth, we heal ourselves. ~David Orr

1. How can we help reduce the effects of 'global warming'?

Not surprisingly today, it is more than evident that global warming is alarmingly becoming one of the most crucial debated controversial issues that may jeopardize the welfare and pure existence of all species on earth. Nevertheless, options are still available to combat such a lethal disaster in a variety of simple actions.

Initially, we shall admit that individuals, governments and international organizations are all concerned about the environment. Individuals don't need to wait for governments to find a solution for this problem and each one can bring an important help adopting a more responsible lifestyle starting from little everyday things. We can follow RRR theory-Reduce, Reuse, and Recycle. Let's do our part to reduce waste by choosing reusable products instead of undegradable disposables.

Society, as well, represented by the government and environmentalist organizations ought to think of more efficient sensitizing campaigns to make people more ecology conscious. Moreover, strict laws should be passed to reduce or at least regulate the number of vehicles and factories. Besides, trees which absorb a large amount of carbon dioxide should be planted. Also, existing forests should be saved.

Most important of all, the United Nations Organization is required to assume its noble and human responsibilities to make all nations- especially the super powers- agree, sign and respect the protocols and think seriously of banning all types of deforestation and nuclear experiments and dumps, looking for an alternative non polluting source of energy and last but not least stopping the production of ozone-damaging chemicals.

Women opting out.

Values = ethics.

Code of Conduct

behaviour

Your actions reflect your code of conduct.

deeds

to do → deed (n).

virtue ≠ vice

↓ virtuous ↓ vicious (adj)

moral principles

Positive moral principles:

- bravery - honesty
- trust - faithfulness
- friendship - patriotism (الوطنية)

Negative principles:

- lies - cheating
- adultery - cowardice (n) (الرجس)
- الحياء

jealousy (n) envy = الحسد



1. VALUES & ATTITUDES (Virtue)

a. Definition: Virtue is the moral excellence of a person. A morally excellent person has a character made-up of virtues valued as good. He or she is honest, respectful, courageous, forgiving, and kind, for example. Because of these virtues or positive character traits, he or she is committed to doing the right thing no matter what the personal cost, and does not bend to impulses, urges or desires, but acts according to values and principles. Some might say that good qualities are innate and developed through good parenting, which they are, but we're not perfect. Virtues need to be cultivated to become more prevalent or habitual in daily life. With the habit of being more virtuous, we take the helm of our own life, redirecting its course towards greater fulfilment, peace and joy.

b/Vices and Corresponding Virtues

- **Pride ≠ Humility**: a willingness to serve anyone in any way – no matter how small, mundane, or socially degrading. / **Compassion**: attentiveness to the needs and hurts of other people; sympathy over people's suffering and a desire to comfort the hurting. / **Sincerity**: being just who you are
- **Envy ≠ Contentment**: being satisfied with our appearance, gifts, talents, relationships, status, possessions, and qualities / **Thankfulness**: The more grateful we are for what we have, the less we'll focus on what we don't have. / **Joy**: gladness of heart in spite of circumstances. /
- **Lust ≠ Self-Control**: the ability to restrain and govern our desires, rather than being enslaved to them / **Faithfulness**: being loyal and trustworthy / **Contentment**: being satisfied with our appearance, gifts, talents, relationships, status, possessions, and qualities. We don't need more (or better) than we currently have, because we have God.
- **Sloth (idleness & laziness) ≠ liveliness & activism**
- **Anger ≠ Patience**: the ability to wait through and endure difficult circumstances such as pain, trouble, delay, or annoyance; not rushing or demanding immediate results / **Forgiveness**
- **Greed ≠ Generosity**: readiness to give freely of your time, goods, or money to people in need without expecting anything in return.
- Moral concepts consist of values, virtues and ethics that help individuals distinguish their actions as being morally right or morally wrong
- Virtues are a moral concept categorized as intellectual or practical. Practical virtues are broken down into moral or non-moral virtues. The most important moral virtues include courage and honesty, which are generally considered morally right and a positive reflection of an individual's character
- Values are a moral concept used in decision-making and conflict situations. A person's mindset and behavior are directly connected to a person's value system, and most religious traditions specify values that should be adhered to. Three important moral values are freedom, love and empathy, and these values are often taught within the home and in schools
- Ethics are a set of rules that help determine right from wrong in regards to interpersonal interactions. Responsibility and restraint are two important ethics, which strengthen a person's character and improve interpersonal interaction when observed.

* **NEVER EXPECT FROM THE OTHER! BECAUSE EXPECTATIONS ARE DISAPPOINTMENTS .**

* **FORGET TWO THINGS IN LIFE : THE GOOD YOU DO TO OTHERS +THE BAD OTHERS DO TO YOU**

<ul style="list-style-type: none"> ⌘ not limited to age : available for everybody : "It is never too late to learn" ⌘ less expensive : just a pc and internet connection/ less expenses for transportation, books... ⌘ Geographic and socioeconomic disadvantages are minimized. (no need to cross long distances) ⌘ more comfortable ⌘ good for: - mothers with children to care for - working students - handicapped children - children living far away ⌘ Retaining your job while attending school. ⌘ Spending time with family while learning. ⌘ Learning at your own pace. 	<ul style="list-style-type: none"> ⌘ encourages laziness : Lack of motivation to learn ⌘ little verbal and physical communication ⌘ nullifies the advantages of voice, appearance ⌘ no chance to learn how to handle with the bustle and bullying in real life ⌘ no opportunity for the children to grow up in a normal atmosphere ⌘ hard to adapt with online learning environment ⌘ Sitting in front of the computer for hours a day can have side effects like: - damage the sight - damage the backbone ⌘ growing alone can cause ⌘ loneliness / stress / depression / an imperfect character of the boy.....
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Technology

	<i>Advantages</i>	<i>Disadvantages</i>
Means of transport (car, plane, rocket)	faster / easier/ time-saving/ more comfortable/ ability to explore distant areas and the outer space	Deadly accidents, health problems, lack of sport, obesity, pollution....

Informal

Formal

sorry



apologize

tell



inform

need



require

ask



request

check



verify

get



receive



Informal

Formal

so



therefor

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look for



seek/search

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reserve

Means of communication (mobile phone, internet, satellites)	easier, cheaper, more practical	health problems, information is no more credible,
Means of entertainment (electronic games)	fun, pastime, safe, develop mental skills, educative games	addiction - health problems/ educational difficulties/ social hardships

Video games

<i>Advantages</i>	<i>Disadvantages</i>
<ul style="list-style-type: none"> ● Increased visual acuity. ● A great social activity. ● Can teach people more about life: teach patience. ● Games can help improve problem solving and logic skills. ● To assist in education. Studies have shown that children playing educational games learn more because they do not realize that they are learning/ increases attention span 	<ul style="list-style-type: none"> ○ become completely addicted ○ waste of time : not to go to work (or school) ○ not to eat properly/ not to exercise enough. ○ violence./ copying violent video game crimes ○ taking drugs, getting drunk and smoking ○ give people false expectations of real life

<ul style="list-style-type: none"> ● Means of entertainment : they are fun 	
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TV

<i>Advantages</i>	<i>Disadvantages</i>
<ul style="list-style-type: none"> ● The most popular source of information, education and international ● The most influential means of the mass media 	<ul style="list-style-type: none"> ○ Develops passive and lazy viewers ○ Prevents communication between the members of family ○ Being aggressive due to watching films of violence humor

Brain Drain

<i>Advantages</i>	<i>Disadvantages</i>	<i>solutions</i>
<ul style="list-style-type: none"> □ provide cheap skilled labour for developed nations □ less joblessness in poor nations □ boost the economy and industry of receiving nations (faster economic growth) 	<ul style="list-style-type: none"> □ economic and technological loss to the developing counties □ hinder development plan in the third world especially □ Slow economic and industrial growth in poor nations. 	<ul style="list-style-type: none"> ▭ Establish centers for development and scientific researches. ▭ Cooperate with international and regional corporations. ▭ Provide societies with funds to facilitate the return of immigrants.

<ul style="list-style-type: none"> <input type="checkbox"/> source of currency in sending nation <input type="checkbox"/> investment in poor nations <input type="checkbox"/> use expertise to make economy prosper in poor nations 	<ul style="list-style-type: none"> <input type="checkbox"/> widens the gap between rich and poor countries <input type="checkbox"/> Developing nations become technologically and culturally dependent on the West. <input type="checkbox"/> Financial loss as a lot money is spent on education and training of migratory <input type="checkbox"/> Decline of scientific research in the Arab countries 	<p>Hold more conferences and cooperate with the UNESCO to establish attractive scientific projects and supervise these centers.</p> <ul style="list-style-type: none"> — Revise the wages. — Plan and coordinate between education system and labour market
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Positive attitudes

The essential morals to succeed in life?

- ✚ Being patient, Honest, Courageous, Cool, Prudent
- ✚ Accepting loss and gain
- ✚ Avoid violence by tolerance
- ✚ Peace is better than war so try to be a peaceful man.
- ✚ The most important values people should respect.
- ✚ Solidarity is a noble reaction, which strengthens relationships between people in different countries.

Ecodriving

<i>Causes</i>	<i>solutions</i>
<ul style="list-style-type: none">♣ emitting tons of CO2♣ green house effects♣ toxic fumes♣ acid rain / smog♣ global warming♣ over consumption of energy♣ pollute the air we breathe; cause breathing diseases : death	<ul style="list-style-type: none">♥ follow smooth and safe driving techniques♥ the slower we drive, the less energy we consume♥ cars free days♥ Use public transport♥ Walking / cycling / caring journeys♥ Organize campaigns to sensitize people about the atmospheric dangers of cars.♥ Reduce the amount of used fuel♥ Find other sources of energy: solar energy♥ "If you are not going far, there is no need to use the car"

Urban exodus

<i>Advantages</i>	<i>Disadvantages</i>
<ul style="list-style-type: none">◆ healthy atmosphere◆ clean environment◆ fresh air	<ul style="list-style-type: none">♠ Difficult access to post offices / schools / banks...♠ Housing crisis

<ul style="list-style-type: none">◆ calm / placid / quiet / peace of life◆ longer life◆ no stress / depression◆ -lower crime◆ Vibrant community / solidarity◆ Less expenses	<ul style="list-style-type: none">♠ Deterioration of infrastructure / roads♠ No transport network♠ Absence of services♠ Few entertainment facilities♠ Few job opportunities♠ crime
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May this file help you & Good luck 

The brain Drain:

Brain drain is when developing countries sow the seeds, take care of the burgeoning plant then once the fruit is ripe enough to be harvested, developed countries entice the newly-graduated students by attractive opportunities and highly-paid salaries.

Brain Loss:

- investment in higher education is lost
- highly educated people leave and become an asset* to the host countries
- social capital* is reduced by the departure of these people
- there is a shortage of skilled and competent people in the developing countries
- the lost human capital cripples a nation because the number of trained specialists is reduced.

Brain Gain :

- if professionals decide to return to their home country after a period of working abroad
- the country regains the worker as well as gains a new abundance of experience and knowledge received from the time abroad
- expansion of international networking, a networking between nationals of a country who are abroad with their colleagues who remain in that home country
- the money that expatriates send back home is invested in education, health and housing services

Solutions :

- increase job advancement opportunities
- encourage highly-skilled workers both inside and outside the country to work in that country
- address the push factors that are responsible for brain drain
- prepare the job market that corresponds to the needs of new graduates
- facilitate the procedures to help young entrepreneurs start their companies or to encourage them to come back
- provide incentives to attract expatriates back home

Words related to the brain drain : push and pull factors / mass migration / exodus / host or recipient countries / returnees / expatriates / immigrants / loss versus gain / threat / economic growth / expatriate / reverse brain drain / asset / incentive / facilitate procedures / encourage entrepreneurship / start-ups

Brain drain : is the migration of highly skilled and qualified people from developing countries to more developed ones. (Unit 3 lesson 6)

Lesson 5 : Women Choose To opt Out:

Glass ceiling : the way in which unfair attitudes can stop women, or other groups, from getting the best jobs in a company, etc. although there are no official rules to prevent them from getting these jobs
(Unit 3 lesson 5)

to opt out (unit 3 lesson 5) : to choose not to take part in sth



The online school versus the traditional school :

Advantages	Disadvantages
<ul style="list-style-type: none"> • more flexible • encourages freedom of expression • more accessible : 24/7 • more convenient : we can study wherever and whenever we want • more time-saving • lessons are more lively and more interesting because the information can be delivered with text, pictures, videos, sound and animation • it's a good alternative for students who <ul style="list-style-type: none"> a) can't attend school on a regular basis for example athletes, handicapped or ill students , people living abroad b) bullied students who need to rebuild their self-confidence c) students who live in remote areas d) live in countries under conflicts 	<ul style="list-style-type: none"> • lack of face-to-face interaction, it will have an effect on the students' relations as future adults in society. • children will miss out on the important friendships • no discipline • no human qualities as a computer can never replace a teacher • it could have some health effects

Lifelong Learning : " we learn from the cradle to the grave"

"Once you stop learning you start dying " A. Einstein

- has become a must / the name of the game
- information and technology are moving at lightening speed
- career spans are lengthening
- many of today's jobs will be obsolete in the near future so the global workforce has to stay **flexible**
- 375 million workers will have to switch occupational categories by 2030
- the knowledge and skills acquired at school are usually not sufficient for a professional career lasting three or four decades
- **prolonging active / professional life**
- **adjusting to a new situation**
- getting a better job / a job promotion
- keeping the **mind** actively pursuing knowledge and experience
- keeping the mind sharp and improving memory
- preventing some mental diseases such as Alzheimer's disease
- offering the opportunity of learning a new skill
- achieving an unfulfilled dream
- boosting self-confidence and self-satisfaction

Unit 4 : Lesson 1 : Health Issues :

A- Obesity :

Causes of Obesity	Effects on Health	Suggested Solutions
<ul style="list-style-type: none"> • bad or unbalanced eating habits and food choices (junk and fatty food / too much sugary or salty food / soda / not enough fruit and vegetables) • lack of physical activity and sedentary life • genetic factor (obese parents for example) • unbalanced eating patterns • modern life (people are always on the go / eating out ...) • mental health and depression <p>➤ sedentary : (Adj) of work or activities in which you spend a lot of time sitting</p>	<ul style="list-style-type: none"> • high blood pressure • diabetes • heart disease • respiratory problems • many types of cancer 	<ul style="list-style-type: none"> • losing weight • burning calories • going on a diet • adopting a healthy lifestyle • respecting a balanced diet • reducing fatty, sugary and salty food • eating more fruit and vegetables (usually referred to as Five a Day) • practicing a physical activity • reducing food portions (quantity) • addressing the main causes of obesity : mental health. • adopting healthier cooking techniques such as steaming, boiling and baking instead of frying.

Lesson 2: Attitudes and Values :

Suggested Ideas:

Prevailing Negative Attitudes	Suggested Solutions
<ul style="list-style-type: none"> • rubbish everywhere • swearing / obscene words • disrespect • violence / aggressive behaviour • high criminality rates / gang attacks / hold -up • various types of addiction • lawbreaking • indifference • egoism • hypocrisy • mediocrity • nepotism 	<ul style="list-style-type: none"> • sensitizing people to the importance of being a citizen with rights and duties • school has a pivotal role to play in educating children on how to become responsible citizens • imposing strict punishment on / fining lawbreakers • supervising that the law is respected • fighting corruption • the civil society plays a crucial role • politicians have to send a positive message • the change has to be made from the inside not the outside (each country is unique and it therefore needs its own set of resolutions) • improve the content of media because verbal violence / negative values are normalized by some series and programmes

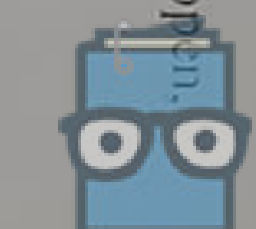


Various Ways to Improve Employee Relations Within Your Company

1. Promote Dialogue and Communication :

Open dialogue and clear communication is key to improving employee relations. It provides many benefits. Good communication helps to avoid employee confusion and unnecessary stress. It can decrease friction or conflict between employees, especially management and employees. It helps to set clear goals and expectations.

Another key to communication is to be transparent. Employees who feel that their managers are open, honest, and trustworthy are far more likely to be less stressed and more happy at work.



2. Focus on Company Missions and Values:

Share with your employees your core values such as honesty, service, or quality. These values help employees to feel like they are part of something important.

3. Help Employees to Feel Valuable:

Appreciation for a well-done job does more to motivate than criticism.

- Say thank you for big and small things. It can range from a simple thank you card to verbal appreciation.

- Tell employees they are valuable. They need to hear it. Letting them know when they handled a situation or a customer well helps motivate them to do it again.

- Recognize high achievers. Public recognition is a huge motivator for certain personalities. Plus, it has the added benefit of showing that your company values and goals are important!

4. Inspire and Reward

A good way to inspire employees is to reward them. Consider having a gold, silver, bronze incentive for various achievements of employee goals.

5. Offer Career Development

Most people are happier when they have a goal or a dream to work toward. Whenever possible, take advantage of employee skills by adjusting their roles. This will help your employee to further develop skills and will bring added value to your organization.

6. Promote Healthy Work/Life Balance

The most sought-after employee benefits include things that provide for a better work/life balance. These benefits include flexible work schedules, paid time off, work from home ability, or health benefits that support family life.

City or Urban Life

The Advantages and Disadvantages of Urban Living

The choice to stay in an urban or rural area is very crucial to the kind of lifestyle an individual wants to enjoy. The urban area is a great place to live with a lot of comfort that it offers but is not devoid of some challenges. Here are some advantages and disadvantages of urban living.

Advantages:

***Improved basic Amenities** – the urban area is filled with numerous and improved basic facilities. There are good schools in the cities equipped with relevant facilities and adequately trained teachers. Big shopping malls are also many in the urban area making it possible for shoppers to have a variety of commodities from which to choose. Current medical facilities are also available in the cities availing people the opportunity to be treated properly. The roads in the urban area are good and spacious making commuting* smooth, fast and pleasant.. Recreational facilities such as parks, gardens, cinemas are plenty in the urban areas for people to enjoy and relax. There are also many museums where tourists can go for sightseeing..

***Numerous employment opportunities** –

employment opportunities are readily available in the urban areas because of many industries, offices, shopping complexes, factories, and even government agencies. This makes it possible for people to move from one job to another in the cities which guarantees consistent flow of income.

***Cutting-edge technology** – the kind of technologies that are available in the urban areas are quite advanced and make life comfortable for people.

***Availability of various business ventures** – due to

Country or Rural Life

Countryside living may not be what you expect if you haven't done it before. Although the lifestyle can appear peaceful and easy, it's not suited to everyone. If you're thinking of making a move to the country, you should be aware of the pros and cons of doing so.

Disadvantages :

- If you have children that are of school-age, they might be faced with a longer journey to school – whether they walk, take the bus or get a lift in!
- Shopping can become an inconvenience.
- Job opportunities might be limited; this is unless you already have a job nearby or if you commute into a town or city.
- Television and Internet connectivity could be weaker.
- During the winter months, the roads might not be in the best shape and may not be as well maintained as urban roads.
- Trade services are scarce and harder to find.
- Entertainment and eateries may be further away, which involves more time, a higher expense and extra planning.

Advantages :

- More privacy – in the countryside there's a good chance your nearest neighbour won't be directly next door. You may not even be able to spot their home at all!
- You can have a bigger garden. If you've always wanted to grow your own food or have more space for the children, this is a huge benefit.
- You'll be able to own pets you may have always wanted, but couldn't have owned in a city or town.
- You'll be more exposed to the various wildlife of the area, if that's your thing.
- Decreased stress levels. City-dwellers usually suffer higher levels of stress than those who aren't; they become cold and competitive, always in a rush trying to beat the rat race. By decreasing the number of people surrounding you, you'll be more



Unit 2 : Education :

The obstacles that could hinder education:

- 1. A lack of funding for education
- 2. Having no teacher, or having an untrained teacher
- 3. Very bad infrastructure
- 4. A lack of learning materials
- 5. The exclusion of children with disabilities
- 6. Being the 'wrong' gender : girls are discriminated against and don't enjoy the same rights as boys
- 7. Narrow-minded mindsets or mentalities
- 8. Living in a country in conflict or at risk of conflict
- 9. Distance from home to school / Remoteness and lack of means of transport
- 10. Hunger and poor nutrition
- 11. Poverty
- 12. The expenses of education

Solutions :

- Governments must make education their number one priority
- Governments must : a) invest money in education and provide adequate infrastructure such as building schools, hiring teachers , improving roads and providing public means of transport , providing free meals in school canteens ...
- b) raise awareness and combat old-fashioned mentalities
- c) penalize parents who refuse to send their children to school
- d) help poor families by providing grants and scholarships
- e) give equal opportunities to children everywhere in the same country in order to help shrink the gap between the affluent and the disadvantaged areas
- Non-Governmental Organizations should help more and provide free meals at schools as an incentive to boost school attendance, hence, "killing two birds with one stone"
- Rich people should contribute more and help NGO's in their mission
- The virtual school could be a solution to disabled students or students who live in remote areas.



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Lesson 1 : Part 2 : B- Smoking :

Benefits of quitting smoking

The health benefits of quitting smoking can help most of the major parts of your body: from your brain to your DNA.

- **Brain : Broken Addiction Cycle**
Quitting smoking can re-wire your brain and help break the cycle of addiction. The large number of nicotine receptors in your brain will return to normal levels after about a month of having quit.

- **Head and Face:**
 - **Sharp Hearing**
 - **Better Vision**
 - **Clean Mouth**
 - **Clear Skin :** Quitting can help protect your skin from premature aging and wrinkling.

- **Heart : Decreased Heart Risks**
- **Lungs : Stop Lung Damage**
- **DNA : Lower Cancer Risk**

Quitting smoking will prevent new DNA damage from happening and can even help repair the damage that has already been done. Quitting smoking immediately is the best way to lower your risk of getting cancer.

- **Stronger Immune System**
- **Expand life span (up to 15 years)**
- **Help save a lot of money**

How to quit smoking

1. Find Your Reason:

To get motivated, you need a powerful, personal reason to quit. It may be to protect your family from secondhand smoke. Or lower your chance of getting lung cancer, heart disease, or other conditions. Or to look and feel younger. Choose a reason that is strong enough to outweigh the urge to light up.

2. Prepare Before You Go 'Cold Turkey' (unpleasant state that drug addicts experience when they suddenly stop taking a drug)

There's more to it than just tossing your cigarettes out. Smoking is an addiction. The brain is hooked on nicotine. Without it, you'll go through withdrawal. Line up support in advance. Ask your doctor about all the methods that will help, such as quit-smoking classes and apps, counseling, medication, and hypnosis. You'll be ready for the day you choose to quit.

3. Consider Nicotine Replacement Therapy

4. Give Yourself a Break

One reason people smoke is that the nicotine helps them relax. Once you quit, you'll need new ways to unwind. There are many options. You can exercise to blow off steam, tune in to your favorite music, connect with friends, treat yourself to a massage, or make time for a hobby. Try to avoid stressful situations during the first few weeks after you stop smoking.

5. Get Moving

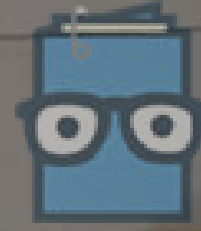
Being active can curb (control) nicotine cravings and ease some withdrawal symptoms. When you want to reach for a cigarette, put on your inline skates or jogging shoes instead.

6. Eat Fruits and Veggies

Don't try to diet while you give up cigarettes. Too much deprivation can easily backfire. Instead, keep things simple and try to eat more fruits, vegetables, whole grains, and lean protein. These are good for your whole body.

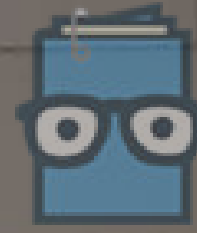
7. Choose Your Reward

In addition to all the health benefits, one of the perks of giving up cigarettes is all the money you will save. There are online calculators that figure out how much richer you will be. Reward yourself by spending part of it on something funny.



A Wolf Dressed As Sheep

Benefits / Advantages	Drawbacks / Disadvantages
<ul style="list-style-type: none"> • has facilitated our life • has become an integral part of our life • has become indispensable • keeps us updated on / abreast of the latest news / discoveries • has helped shorten / bridge distances ↓ advances in medicine : <ul style="list-style-type: none"> • eradicate incurable diseases • expand / stretch life expectancy • better health conditions ↓ has helped : <ul style="list-style-type: none"> • explain natural phenomena • predict natural catastrophes • save more lives • explore space and the universe • explore the depths of the seas and oceans ↓ has made the world a global village ↓ helps save lives ↓ has provided us with amenities / facilities that have rendered our lives more comfortable ↓ provides us with the opportunity to travel the world with just a click ↓ we can attend any course thanks to online education ↓ we can read any book, magazine, newspaper online ↓ we can watch the latest movie, series or documentaries ↓ we can buy everything thanks to online shopping ➤ "The advance of technology is based on making it fit in so that you don't really even notice it, so it's part of everyday life." Bill Gates. 	<ul style="list-style-type: none"> • can be a curse • is addictive • has enslaved / chained us • can cause a lot of harm • has alienated / isolated people • has fractured / broken family life • is regulating every aspect of our life • can cause severe health issues • can damage the environment • mass destruction weapons have killed millions of people • can turn into Frankstein's monster • no privacy • materialistic values have taken over • we live in a virtual world /we are dehumanized • mass media are manipulating us • people / countries are losing their identities • outbreak of new viruses / diseases which can quickly spread to the various parts of the world ➤ we might be living longer and better but it is at the expense of the simple joys of life which have almost vanished .



Holidaying or Vacationing :

Going on holiday not only makes you feel good while you are there, you will also **reap the benefits** for months:

- to recharge your batteries / to rejuvenate and regain your fitness
- to unwind and relax
- to break the routine / disconnect from the day-to-day life
- to practice your hobbies and do things that we don't have time to do
- to go on adventure /to discover your inner self / to challenge yourself
- to reconnect with family members and strengthen family bonds
- to celebrate important events
- to prevent burn-out
- to boost your job /school performance
- to stand back , evaluate your achievements and make new decisions and resolutions for the future
- to meet new people

The Benefits of Travelling

Possible Introduction :

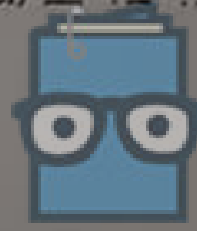
Traveling is awesome. Whether you're hitting the road for a cross-country trip or leaving on a jet plane for far-away lands, something about traveling makes you feel like you're on top of the world. For a few days, a few weeks, or (if you're wealthier than I am) a few months, you feel like the most adventurous, fabulous, and impressively cultured person to step foot on this earth.

10 Reasons Why Traveling Is A More Valuable Learning Experience Than Going To School:

School is probably the best place to expand your academic knowledge, but when it comes to learning about life, there is nothing more enriching than traveling. Whether it's the people you meet or the things you see, traveling provides more valuable life lessons than school, mainly because instead of being told something, you experience it.

Why is travelling the best form of education? Travelling :

- a- helps you brush up / practice foreign languages
- b- teaches you history and cultures
- c- forces you out of your comfort zone : travelling means new food, new cultures, new languages , new people and new places to explore. It pushes you out of your comfort zone which will help you grow as a person.
- d- is an eye-opener that allows you to see and experience new ways of life which are completely different from yours / helps you consider things from different perspectives
- e- gives you the chance to reinvent yourself : travelling can give you the blank white sheet, the chance to start fresh and explore other sides of your personality.
- f- helps you build your confidence: the more challenges you take on ,the more confident you become.
- g- teaches you better time management skills.
- h- improves and sharpens your planning and organizing skills.
- i- makes you a more interesting person.
- j- teaches you gratitude and empathy : meeting all sorts of people can make you realise how lucky you are.
- k- helps you hone / improve your social skills
- l- helps you deal with uncertainty and the unexpected : going off the beaten track (going to places people do not usually go to)
- m- helps you become more independent and self-reliant
- n- helps you meet new people and make new acquaintances



The substantial benefits of education:

Personal Level	National Level
<ul style="list-style-type: none"> ❖ is a right to every person regardless of their gender, religion, beliefs... ❖ makes you aware of your rights as a human being ❖ helps avoid social embarrassment ❖ helps you make your way up in society/ climb the social ladder/ improve your social status / improve your living standards ❖ provides you with better /various job opportunities / higher salaries ❖ exposes you to the world by practicing foreign languages / discovering other cultures ❖ makes you consider things from a different perspective / insight ❖ helps you have a healthier lifestyle ❖ makes you aware of differences / become more tolerant/ understanding / open-minded ❖ helps you adjust / adapt to new situations / environments ❖ helps you keep with evolutions ❖ fights against intolerance/ extremism / obscurantism* ❖ fights against baseless superstitions / reasoning against the illogical • obscurantism*: the practice of deliberately preventing sb from understanding or discovering sth 	<ul style="list-style-type: none"> ❖ promotes a more tolerant / respectful society ❖ boosts the economic growth ❖ leads to a rise in the gross domestic product (GDP) ❖ helps decrease populations / better opportunities / fair share of resources/ fewer social tensions / more prosperity ❖ healthier populations ❖ helps combat and defeat terrorism ❖ more environmentally-aware populations ❖ more developed society ❖ more economically- independent nation

Some quotes about education :

- ❖ “ Education is the movement from darkness to light.”
- ❖ “Education is the most powerful weapon which you can use to change the world.” N. Mandela
- ❖ “ He who opens a school closes a prison.”
- ❖ “ The purpose of education is to replace an empty mind by an open one.”
- ❖ “ The whole purpose of education is to turn mirrors into windows.”
- ❖ “ Give a man a fish and you feed him for a day, teach a man to fish and you feed him for a lifetime.”



Things that can ruin (spoil / destroy / wreck) a holiday :

- bad weather especially if it is unseasonably hot or cold
- a natural catastrophe
- the accommodation does not correspond to the description
- poor hygiene at the hotel
- bad location of / service at the hotel
- outbreak of a bug / infection / disease
- various types of accidents
- losing your passport / money
- getting lost / being robbed / being kidnapped
- missing the plane
- not speaking the language
- security issues : a terrorist attack / a political turmoil (revolution / protest eg les Gilets Jaunes in France)
- an emergency at home that forces you to cut short your holidays

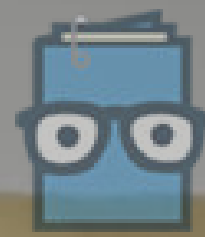
Expressions of Thanks: in case you were asked to write a thank-you letter

- Let me take this opportunity to thank you for...
- I am very pleased with ...
- My special thanks to you and your team for the wonderful job....
- I was delighted to hear that ...
- I was thrilled to find out that...
- I cannot thank you enough for ...
- No words can express my gratitude...
- I am extremely grateful for ...
- I very much appreciate your professionalism.



Video Games

Cons	Pros
<ul style="list-style-type: none"> • discourage outdoor activities • increase obesity risk • are highly addictive • affect children's behavior / they become more violent and more aggressive • trivialize (to make sth seem less important or less serious than it really is) violence • make students neglect their studies • affect students' school results • affect children's judgements because their brains cannot make the difference between what's real and what's virtual • encourage children to learn obscene words • damage health • make people more and more isolated • are quite expensive 	<ul style="list-style-type: none"> • are entertaining • enable you to do things that you cannot do in real life • help kids develop their cognitive (ability to understand) skills • teach patience and concentration • are flexible (you can play whenever / wherever you want) • are interactive • some are educational • help sharpen the reflexes • help develop imagination • give an opportunity to make friends • improve eye-hand coordination • help brush up a foreign language • teach strategizing / planning • develop quick reaction and decision-making



the high population density in the urban areas, goods and services are needed on a higher scale in the urban areas thereby making it possible to have many business opportunities.

Disadvantages:

* **High cost of living** – goods and services are quite expensive in the cities.

* **Lack of personal relationships** – life in the urban area is very fast-paced and clumsy, this makes it impossible for people to have time for interpersonal relationships. People in the villages are fewer and they know one another.

* **Pollution** – there is a high level of pollution in the cities because of many factories, industries, cars and trucks. That is why you have a lot of people that are sick and climate change is the order of the day.

* **Overcrowding** – there is also the problem of congestion* in the urban area because many are there to enjoy the aforementioned advantages.

* **High criminality rate** – the level of crime in the cities is higher than what is obtainable in the rural areas because of the crowded nature of the urban area. People know one another in the villages, so you cannot commit a crime and easily get away with it. These advantages and disadvantages are some of the features of most urban areas in the world. Individuals should consider their life goal before deciding whether to stay in the urban or rural areas.

relaxed.

- You'll have cleaner air in the country; an instant health benefit!

Overall it's important to think about what's most important to you before considering a move out to the country. On one hand, you'll be able to live in peace every day without the sound of heavy traffic. On the other hand, when living in the country you might be driving down a muddy road and need to have your car cleaned regularly.

- I would never give up / exchange / swap my green pasture to settle in chaotic and fast-paced city / with the chaotic and fast-paced city life.
- I would never give up my vibrant and exciting (thrilling) life in the city to settle in the dull / gloomy / monotonous / boring countryside.
- I would not think twice / hesitate before taking the plunge
- Life in the countryside / in the city is not as rosy as you think / as you expect it to be



- eco-driving : to drive a vehicle in the most ecological way in order to save energy and protect the environment
- car-pooling or lift-sharing : is the concept of sharing journeys in order to reduce congestion and protect the environment

Lesson 6 : Urban Exodus :



urban exodus : is the migration from the urban areas (cities) to the rural ones (countryside) looking for a better quality of life (unit 4 lesson 6)

rural exodus : is the migration from the rural areas (countryside) to the urban ones (cities) looking for better opportunities . (unit 4 lesson 6)

Package Holidays versus Do-It-Yourself Holidays

	A package holiday :	A Do-It-Yourself Holiday
Pros	<ul style="list-style-type: none"> • is hassle-free: everything is organized for you , all the ins-and-outs / details are settled for you • is more time-saving • is easier to prepare • is safer on some destinations • is an opportunity to make new acquaintances as you travel with a group of people • is more convenient especially to elderly people or families • the transport is arranged for you • everything is paid in advance • you can complain if you are disappointed and ask for compensation / redress or refund or a replacement holiday • you have a professional agent or guide travelling with you • you can budget the overall cost over several months 	<ul style="list-style-type: none"> ❖ The 3 F's : • freedom : you are free to stay as long as you want / organize your sightseeing programme / the hotel... • flexibility : you travel at your own pace and you can modify your programme / itinerary , you adjust it according to your preferences • fun: is more exciting / enthralling because it's more adventurous / you go off the beaten track ❖ The price: <ul style="list-style-type: none"> • it's believed to be cheaper • you can arrange it according to your budget ❖ is more convenient to budget travelers , adventure-seekers , backpackers and youngsters ❖ is a good opportunity to get immersed in the locals' life and experience a new way of life / try their cuisine ❖ thanks to the internet, the world is at our fingertips./ everything is accessible
Cons	<ul style="list-style-type: none"> • lack of freedom and flexibility • can be stressful • can be disappointing especially if it does not correspond to the brochure or to what you have been promised • can be a swindle : it is not worth the money you have paid / you might be asked to pay extra money • you are not allowed enough time for sightseeing 	<ul style="list-style-type: none"> • requires more time to prepare • spend time looking for the best offers and bargains • can be risky or dangerous • spend too much time and money on transport and transfer • can be boring

School Underachievement and Failure :

The figures are alarming since every year in Tunisia, about 100,000 pupils quit school with no qualifications.

Causes :

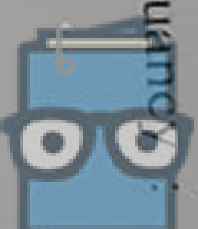
- **Familial** : domestic violence / parents' alcohol and drug addiction / divorced parents / deceased parents / parents' lack of control / lack of communication at home / frequent moves from schools
- **Social** : unemployment / poverty / living in a sub-standard or marginalized area / remoteness
- **Personal** : disinterest in school and studies / lack of self-esteem / feeling of neglect / truancy / missing class with no valid reason
- **Health reasons** : depression / anxiety / lack of self-confidence / panic /
- **Other reasons**: teachers' behavior / too strict or too permissive school regulations / various distractions such as technological ones / learning difficulties / bullying

Repercussions :

- dropping out of school
- being easily manipulated / indoctrinated or brainwashed
- getting involved in various networks : drug dealing / criminality / terrorism
- feeling diminished and useless
- being marginalized
- becoming hopeless / desperate / they have nothing to lose
- becoming a burden on their families and society
- becoming ticking time-bombs / they can explode at any time

Solutions :

- they all deserve a second chance
- governments must provide a programme to re-integrate them in school
- we have to deal with the roots of the problem and find short and long-term solutions
- should teach relevant topics to which the students feel related
- each has a different potential that needs to be discovered and unlocked
- they need their self-confidence to be rebuilt
- they could join a vocational school where they learn some manual jobs



Lesson 5 : Environment: Eco-driving

Major effects of pollution:

- Climate change
- Global warming
- Destruction of natural habitat *
- Melting of glaciers
- Rise in sea levels
- More destructive natural disasters
- More floods and droughts
- Ozone depletion
- Extinction of various species
- **Desertification ***
- Deforestation due to urban sprawl
- Unbalanced ecosystem
- More respiratory diseases
- Asthma and allergies

the planet is about to explode / on the brink of explosion
due to pollution and excessive human activity
pollution peaks have never been so high

Some effective solutions:

- the 3 R's : Reduce (consumption) Reuse and Recycle
- save endangered species : such as the black rhino / giant panda / tigers / turtles / whales / sharks / polar bear
 - building reserves
 - fighting illegal fishing and hunting (poaching / poacher (person))
 - breed in captivity
- think globally, act locally :
 - use eco-friendly products
 - use renewable energy : solar panels, wind turbine to produce energy
 - encourage eco-friendly means of transport : electric cars, **drive ecologically ***
 - organize awareness campaigns
 - improving air quality through the reduction of indoor/outdoor air pollution
 - improving water quality, both in freshwater and in oceans
 - integrating management of waste including hazardous waste management and remediation of contaminated site.

What can drivers do to reduce their fuel consumption ?

- use public means of transport
- go on foot
- cycle / ride bicycles
- drive ecologically*
- car pooling* or lift-sharing
- many European countries (for example Germany) are thinking of making public means of transport free
- organize car-free days
- use of non-polluting means of transport



School Violence :

- School violence is a public health issue / a multi-faceted social issue / has an enormous ripple effect / snowball effect .
- It may take the form of : bullying / shooting / brawls (noisy and violent fight in a public place) / other physical abuses

Causes : diverse

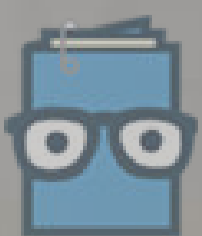
- Intake of hard substances : (drugs / alcohol)
- Some personality problems such as shyness may lead to rebellion
- Dysfunctional homes : worry, hatred , inferiority complex, anger , divorce , domestic violence and other negative emotions fuel violent behaviour
- Violent media : violent TV programmes and video games : teenagers emulate (imitate) their heroes
- The right to hold a weapon in some countries.

Consequences : are very serious / grave

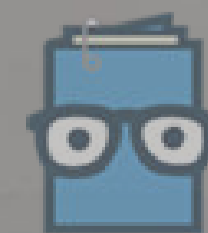
- Vandalism and loss of property esp. school facilities
- Moral decadence
- Poor human capital development
- Increase in crime rate
- Erosion of cultural values
- Bad reputation for schools as well as societies.

Solutions :

- Stricter disciplinary measures
- Engage students in awareness campaigns
- Students should be counselled and enlightened on conflict resolution and character development
- Violence-free homes
- More effective communication between parents / children or teachers / students
- Address issues of drug abuse, social anxieties and other forms of mental or affective disorders
- The community is expected to work as a unit to curb (control) this social scourge / curse / ill.



Type 1 : One-Sided Essay	Type 2 : Two-Sided Essay	Type 3 : An Opinion Essay
<p>Topic 1 : The adverse effects of technology on people's life in that it controls and overwhelms their lives. Write a 12-line article for your school magazine to highlight the issue.</p> <p>Topic 2 : (Bac 2017) You have read the following statement in an e-magazine : "Scientific inventions are meant to serve humans." Write a 12-line article for your school e-magazine to explain the statement . Support your explanation with concrete examples.</p> <p>Topic 3 : " Technology is a queer (strange) thing . It brings you great gifts with one hand and it stabs you in the back with the other." Charles Percy Snow , <u>New York Times</u>, 15 March 1971. Write a twelve-line article in your school Science Magazine explaining whether technology is a blessing or a curse .</p>	<p>Topic : The video game industry is a global phenomenon. On the one hand, the games frequently stand accused of causing violence and addiction. On the other hand, they are believed to have several hidden benefits. Write a 15-line blog entry to highlight the benefits and drawbacks of video games.</p> <p>Use some of the following expressions to introduce your arguments / points :</p> <ul style="list-style-type: none"> • Generally speaking... • There are many advantages to ... • It is well known / a fact that... • It is thought / claimed that ... • One point of view is ... • For one thing... • Another argument / point is • Far from ... • There are those / people who believe that... • In contrast with / Contrary to the above ideas.. • On the contrary / On the other hand, ... • Others feel / argue that ... • Proponents of / Opponents of ... 	<p>Topic : " In today's technologically driven world, no one can pretend to be illiterate." To what extent do you think that modern technology is the only means to help reduce the number of illiterate people worldwide ? Or are there other obstacles that hinder people from acquiring knowledge? Write a 15-line article for your school magazine to state your point of view .</p> <p>Topic 2 : Do developing countries have the right to ban their highly-qualified people from migrating to developed countries because they need them to achieve economic growth ? Why or why not ? Write a 15-line article for your school magazine to express your point of view on the issue.</p>



Holidaying or Vacationing :

Going on holiday not only makes you feel good while you are there, you will also reap the benefits for months:

- to recharge your batteries / to rejuvenate and regain your fitness
- to unwind and relax
- to break the routine / disconnect from the day-to-day life
- to practice your hobbies and do things that we don't have time to do
- to go on adventure /to discover your inner self / to challenge yourself
- to reconnect with family members and strengthen family bonds
- to celebrate important events
- to prevent burn-out
- to boost your job /school performance
- to stand back , evaluate your achievements and make new decisions and resolutions for the future
- to meet new people

The Benefits of Travelling

Possible Introduction :

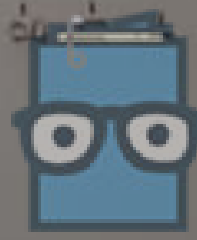
Traveling is awesome. Whether you're hitting the road for a cross-country trip or leaving on a jet plane for far-away lands, something about traveling makes you feel like you're on top of the world. For a few days, a few weeks, or (if you're wealthier than I am) a few months, you feel like the most adventurous, fabulous, and impressively cultured person to step foot on this earth.



10 Reasons Why Traveling Is A More Valuable Learning Experience Than Going To School:

School is probably the best place to expand your academic knowledge, but when it comes to learning about life, there is nothing more enriching than traveling. Whether it's the people you meet or the things you see, traveling provides more valuable life lessons than school, mainly because instead of being told something, you experience it.

Why is travelling the best form of education? Travelling :

- a- helps you brush up / practice foreign languages
- b- teaches you history and cultures
- c- forces you out of your comfort zone : travelling means new food, new cultures, new languages , new people and new places to explore. It pushes you out of your comfort zone which will help you grow as a person.
- d- is an eye-opener that allows you to see and experience new ways of life which are completely different from yours / helps you consider things from different perspectives
- e- gives you the chance to reinvent yourself : travelling can give you the blank white sheet, the chance to start fresh and explore other sides of your personality.
- f- helps you build your confidence: the more challenges you take on ,the more confident you become.
- g- teaches you better time management skills.
- h- improves and sharpens your planning and organizing skills.
- i- makes you a more interesting person.
- j- teaches you gratitude and empathy : meeting all sorts of people can make you realise how lucky you are.
- k- helps you hone / improve your social skills
- l- helps you deal with uncertainty and the unexpected : going off the beaten track (going to places people do not usually go to)
- m- helps you become more independent and self-reliant
- n- helps you meet new people and make new acquaintances



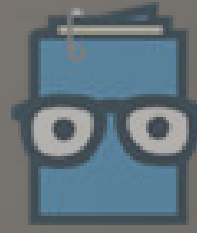
Type 1 : One -Sided Essay	Type 2 : Two-sided Essay	Type 3 : Opinion Essay
<p>The topic is worded in such a way that does not allow you to express the opposite point of view.</p> <ul style="list-style-type: none"> • Introduction (2 lines) : introduce the subject of the essay and highlight the side you are asked to discuss (advantages or disadvantages) • Main Part (8 lines) : present your ideas and arguments to support the main idea. • Conclusion (2 lines) : a- conclude by summarizing your points b- close with a general comment for the future 	<p>The topic is worded in such a way that you have to present both sides of the issue equally.</p> <ul style="list-style-type: none"> • Introduction (2 lines) : introduce the subject of the essay and both sides of the issue. • Main Part (8 lines) : a- present arguments in favour of the issue (4 lines) b- present arguments against the issue (4 lines) • Conclusion (2 lines) : make a general statement  state your opinion if you want to 	<p>The topic is worded in such a way that you have to focus on your opinion.</p> <ul style="list-style-type: none"> • Introduction (2 lines) : introduce the subject of the essay, presenting the side you are going to support. • Main Part (8 lines) : present arguments supporting your opinion, whether it is for or against the issue.  you can briefly refer to the opposite point of view • Conclusion (2 lines) : summarise your ideas and stress your opinion.

Space Tourism: Pros and Cons

- a unique / an exciting / an exclusive experience
- we live only once
- it happens once in a lifetime
- human nature to always discover / explore
- it was part of people's dreams and imagination more than 100 years ago
- becoming famous / celebrated / being recorded in history books / annals / record books
- wealthy = affluent = well-to-do people are free to use their money as they wish
- wealthy people may fulfil their dreams and contribute to solving needy people's problems
- it's the responsibility of governments to solve global issues such as poverty, hunger, diseases
- ...
- it's unfair to die of hunger / poverty / diseases while some people spend huge sums of money on space trips
- the price / cost is not worth the experience
- it may be disappointing
- it's risky
- it's everybody's responsibility to care for needy people
- the money could be invested in solving global issues / promoting scientific or medical research / improving infrastructure in developing countries / improving the conditions of millions of people around the world
- there are more urgent / appealing issues on Earth that need to be addressed
- it contributes to pollution and the depletion of the ozone layer

Space Tourism :

- space travel once belonged to the realms of fantasy and science fiction, few thought it would actually take place.
- fiction preceded reality,
- to quench the thirst for knowledge
- the main problem with taking lay persons to space was its prohibitive cost.
- clearly, space travel was a once-in-a-lifetime adventure a lot of people yearningly looked forward to. Behind the scenes, work got underway at a feverish pace to make space tourism an achievable goal.
- space travel tests have paved the way for a safe outer space travel experience for non-astronauts.
- the opportunity to enjoy rare experiences like living in zero-G and looking out at mind-blowing views of the earth and space.
- space tourism is still in its infancy
- space tourism is all set to progress by leaps and bounds over the next few decades



7. International Women's Day (IWD) is celebrated around the world on March 8 every year. It began as a campaign for better **(work)** _____ conditions by women in New York at the turn of the 20th century. The first international women's conference took place in 1910, in Denmark. Since then, IWD **(spread)** _____ around the world. Today it is an important day to highlight the economic, political and social contributions women have **(succeed)** _____ made to our world. Women can now be **(happy)** _____ that things are moving in the right direction. IWD is an official holiday in many countries, including Algeria, China, Cuba, Italy, Poland, Vietnam, and Zambia. All across the world, men give flowers and other gifts to the women in their lives - mothers, **(wife)** _____, girlfriends, sisters, teachers, etc. All around the world women are becoming **(powerful)** _____ in business, entertainment, politics and other areas. There are over a dozen nations today with women leaders. However, IWD is still necessary to highlight the **(equal)** _____ millions of women still face.

8. The Ministers of Tourism of the major economies meeting in Paris have called on decision-makers to consider tourism within their strategies to foster the economy. (Paris, France, 25 October 2011). "We need to convince our decision-makers of the **(important)** _____ of tourism to the economy and employment," said Mr. Frederic Lefebvre, Minister of Tourism of France. "In these challenging times, we need to consider maximizing our **(strong)** _____ and tourism is one of them," he added. "Tourism can be part of the solution to the economic difficulties facing the world," said Mr. Taleb Rifai, UNWTO Secretary-General. "Amid increased economic uncertainty, and **(acceptable)** _____ high unemployment rates, it is time for us to recall the role tourism can have in increasing exports, driving economic growth and **(to create)** _____ jobs," he added. "In this period of economic transition, tourism is a strong driver of development," said Mr. Antonio Tajani, Vice-President of the European Commission. "As we face an economic crisis, all sectors should **(to contribute)** _____ in order to overcome difficulties and tourism can make a **(signify)** _____ contribution to this effort," he added.

9. Since 2000, the world **(make)** _____ good progress in getting tens of millions of children into school - but in 2008, that progress **(stop)** _____. Today, 132 million children remain out of primary and lower secondary school, with little or no hope of ever learning how to read or write, with little or no hope of **(break)** _____ the cycle of poverty. The single **(big)** _____ thing we can do to give these children a chance to realise their right to education is make sure each and every one of them has access to a trained teacher. Training of teachers is absolutely vital to ensure that being 'in school' also means 'learning', but right now many of the children who have made it into a classroom may well be there with **(trained in a poor way)** _____ teachers - and could well leave primary education **(not able)** _____ to read or write.

10. Three in every four Facebook users avoid adding their bosses as 'friends' as they are frightened that their behaviour on the site could cost them their job and are **(increase)** _____ worried about their privacy, according to a new survey. Facebook **(announce)** _____ a whole host of new features at its annual F8 conference in San Francisco last week. F-Secure, an internet security firm which polled 450 Facebook users, found that 73 per cent were not 'friends' with their boss on the site. The survey also found that 77 per cent said that they use the site's **(private)** _____ tools to safeguard their private information. The poll discovered that Facebook **(use)** _____ have become aware of the need to ensure their **(person)** _____ information and status updates remain private with 35 per cent of pollsters **(admit)** _____ posting something on the site they later regretted.

11. WFP is the United Nations frontline agency in the fight against global hunger. It's peace-**(to promote)** _____ agency helping an average of 90 million people who survive on WFP food each year. They **(to be)** _____ too poor to buy enough food. They spend all their time and energy **(to try)** _____ to survive. WFP's innovative projects put food on the tables of the **(weak)** _____ and poorest; but since 1985, they **(to help)** _____ the hungry to secure food and income by themselves, so they can break out of the trap of **(poor)** _____ and build sustainable future. Since our organisation is **(complete)** _____ reliant on many voluntary donations, WFP could not provide the hungry children with all these services without the **(generous)** _____ of our donors.

12. The latest research shows that more than half of all children are, at least on occasion, directly involved in **bullying** as a perpetrator, victim, or both. And many of those who are not **(direct)** _____ involved witness others being bullied on a regular **(basic)** _____. No child is immune - **Tunisie** kids of every race, gender, grade and socio-economic sector **(affect)** _____. But it doesn't have **DEVOR.TN**

WRITING E-MAILS: USEFUL EXPRESSIONS

Opening (informal)

- Hi! It was great to hear from you!
- Thanks for the email you sent .

The reason for writing

- I'm writing to thank you for your help.
- I'm writing to tell you about my new job.
- I am writing to enquire about the Irish Coast Tours.
- With regard to your email asking for information about
- I am writing to ask for more information about ...

Expressing your feelings (informal)

- It made me feel so bad when I heard you'd lost your job!
- I was shocked when I found out you had resigned.
- That's wonderful news! I'm so happy for you!
- I'm sorry you're having such a hard time at the moment.

Giving advice (informal)

- If I were you I would not bother so much.
- Have you thought about giving up smoking?
- You really should do something about your son.
- I suggest going on a diet as soon as you can. Why don't you take up yoga?

Applying for a job

- I am writing to apply for the position of Store Manager as advertised in 'The Job Magazine'.
- I would like to submit my application for the position of
- I have been working for AGFT Ltd. since 2003.
- I am skilled with most computer programmes.
- Please find enclosed a copy of my CV for further details.
- I will be available for interview at any time in June.
- If you have any questions, please do not hesitate to contact me.

Linkers

- **Although** I am a keen golf player, I do not have much experience.
- **In addition to this**, I need to have information about ...
- **Because of this**, I will have to contact my lawyer.
- I sent you three emails. **However**, you have not taken any action yet.

Enquiring/asking for information

- I was wondering how long you have had your car.
- I need to find out where the group is meeting.
- I would appreciate if you could send me this information as soon as possible.

Complaining

- the quality of the meals did not meet my expectations.
- I feel I am entitled to a refund of 80% of the amount I paid.
- To make matters worse, they did not listen to me.
- I hope that I will not be forced to take a further action.
- I hope the matter will be resolved by the end of the month

Reference to future contact

- I look forward to meeting you in June.
- Let me know if you need anything else.
- We'll talk about it when you come down to London.
- It'll be great to see you again next month.
- Give me a call as soon as you get this email.

Closing salutation (informal)

- Write soon and take care.
- All the best.
- Lots of love.
- Bye for now.

passed to reduce or at least regulate the number of vehicles and factories. Besides, trees which absorb a large amount of carbon dioxide should be planted. Also, existing forests should be saved.

Most important of all, the United Nations Organization is required to assume its noble and human responsibilities to make all nations- especially the super powers- agree, sign and respect the protocols and think seriously of banning all types of deforestation and nuclear experiments and dumps, looking for an alternative non polluting source of energy and last but not least stopping the production of ozone-damaging chemicals

I do believe it's high time we seriously thought about practical measures to stop the incoming ecological dangers.

6. Eco-driving

It doesn't matter what you drive; nevertheless it really matters how you drive. There are things you can do to save money and reduce energy use, CO2 emissions and pollution. They are simple ideas that really will make a difference.

To start with, regular maintenance of your vehicle is the key to keep your machine ecologically 'green'. You should get the car serviced regularly according to the manufacturer's schedule to maintain engine efficiency. Besides, you'd better make sure you use the right specification of engine oil and check tyre pressures regularly and before long journeys.

Add to this, your driving habits ought to be minded. While you are en route, you're highly recommended to drive smoothly, accelerate gently and read the road ahead to avoid unnecessary braking. Moreover, if you can keep the car moving all the time, so much the better; stopping then starting again uses more fuel than rolling. Furthermore, some unnecessary options should be avoided as much as possible such as air-conditioning, higher speeds, open windows which increase fuel consumption.

Last but not least, it's certainly still possible to change your lifestyle and think twice before you decide to get your car out of the garage. Is it really indispensable? Think of the proverb that says: 'if it's not far don't take the car.' If ever you find the alternative, never hesitate to walk short distances, enjoy cycling, or use public transport. That would be cheaper, healthier and most important of all less polluting.

7. Benefits of Living in the Country

Rural living has its advantages over urban sprawl and big cities. Families are moving to smaller towns and out of the city at alarming rates, many with the same reasons.

First of all, the country offers peace and quiet you can't get in the city. Sit outside any time of the day or night; you will be the audience to nature playing its tune. It's not unlikely to hear birds singing. The noisiest sounds will often be the sounds of your own children's laughter.

Adding to this, life in the country means your home isn't packed on top of your neighbours. Your children have room to run, play, jump and be kids without worry of treading through the neighbour's yard or flowers. For people who love gardening.

Moreover, parents looking for security that they can't find in the city anymore often look to small communities and rural living to find peace of mind. It's very frightening to live in an area that is corrupt with theft and crime or dangerous schools. Rural families find relief in knowing that statistically living in the country does have less reported crime.

Most important of all, families that live in the country have the benefit over crowded cities and industrial areas of having clean air. Sitting outside at night and being able to view the stars and moon in all their glory is clear evidence of the air quality in the country. Bright blue clouds and sun are able to be seen clearly and pollutants from crowded highways, exhaust fumes and manufacturing companies are nowhere in sight.

8. Applying for a job

Dear Sir/Madam

I am applying for the position of receptionist, which was advertised in 'The Courier Mail' on Saturday 14 April 2005.

Introducing another idea / point of view

As for * As regards * As concerns... * Regarding * concerning... *As far as ... is concerned... * According to...

Giving examples

For instance,* For example,* Namely* That is to say * such as... * One example is enough to show/prove that...

In particular *Particularly* let us consider/take the example/case of...

To take another example * let us take another example...

Highlighting an argument

Actually, * In fact, *As a matter of fact, * Indeed, ... * Above all * Basically...

It should be stressed that * There can be no doubt that *Undoubtedly...

It goes without saying that * It is obvious (to everyone) that... * There is no denying that...

What is quite certain is that... * As everyone knows * It must/should be remembered that...

We must not forget that* By no means *We should bear/keep in mind that... / It is worth mentioning that... * One has to emphasize the fact that... * It is (quite) true that... / This doesn't mean that... but rather that... * I would even go as far as to say...

It must be admitted/recognized that... * One has to admit/acknowledge that...

Moderating an argument

It remains to be proved... *On second thoughts... * There is a distinction to be made between...

and... * We must make a distinction between... and... * One could argue that... * Strange as it may seem... * Strangely/Oddly... * I wonder whether/if... * What I do not/cannot understand is... * What puzzles/troubles me is that...

Comparing

By comparison (with)... * Compared to... * in comparison (with/to)... * When compared with... * As * As if * As though *Unlike...

Giving one's opinion

I feel/think/believe/guess/suppose (that)... * In my opinion/view * To my mind * From my point of view * as for me * For my part * As I see it * The way I see it * as far as I am concerned * personally, I think... * I have the feeling that... * It seems to me that... * What I would like to point out is that... * It's my opinion/view/impression that... * I'm convinced that... * I dare say * My view is that * I am of the opinion that... * What I think is that... * I cannot help thinking that... * I am well aware/conscious that... * It is no exaggeration to say that... * it looks/seems as if/though...

Expressing agreement

I (quite) agree with... on (that point) ... * One must acknowledge/admit that... * X is absolutely right in saying/when he/she says that... * Nothing could be more true than... * I certainly go along with this... * It is true to say that... * What strikes me as remarkable about... is that... * What I find remarkable (about...) is that... * Whether we approve of it or not /Whether we agree or not, we cannot deny that... * This makes us fully aware (of the fact) that...

I have over 5 years experience working in a busy office environment as a Receptionist and general office administrator. I have recently completed a Certificate II in Business Administration at Sarina Russo Schools | Australia.

In all my previous employment positions, I have been required to operate a 10 to 15 line switchboard and general commander systems. I am competent in the use of Microsoft Word, Excel and PowerPoint and have a current typing speed of 40 words per minute with 100% accuracy.

Since beginning my working career I have gained many skills in the area of customer service and feel that I would be a valuable asset to your organisation.

I have enclosed my resume and can be contacted at anytime for an interview on 333 3333 33.

Yours faithfully, Mary Brown

9. Employment Morale

Employment Morale is the spirit, or tone, of an organization. It is an effect, or end result, of workplace conditions, relationships, changes or other elements. Employers should care for the emotions, attitude, satisfaction, and overall outlook of employees during their time in a workplace environment. Part of effective productivity is thought to be directly related to the morale of the employees. Employees that are happy and positive at work are said to have positive or high employee morale. Companies that maintain employees who are dissatisfied and negative about their work environment are said to have negative or low employee morale.

No matter how smart, talented and experienced the employees are, if they are not happy with their jobs, their work will suffer. Keeping employee morale high is important because it will boost the company's success.



WRITING - Task 1 -

TIPS

* Introducing a charity/an organization (Some helpful notes)

- **It was founded in** + Month/year (in **April/** in **1991**) / **on** + day (**17** October 1993)
- It is a strictly humanitarian organization **funded** only by voluntary contributions.
- X is a charity/an organization **offering** a new look at giving and supporting.
- It is our **priority to implement** projects that directly benefit... X is a charity **dedicated to providing** care... to orphaned/abandoned... children... in developing countries..
- X is a charity **dedicated to improving** the lives of...
- **It aims at** eradicating / alleviating poverty...
- X is a charity **committed** to building... for the children/people in...
- X is a leading humanitarian organization **fighting**... we place special focus **on**..

REMEMBER

Had/'d better

Would/'d rather

Would (not)

Should (not)

Could (not)

May (not)

Might (not)

Can (not)

Must (not)

Need (not)

+ base form (infinitive without to)

Expressing disagreement

I (strongly) disagree with... on (that point)... * I do not agree with... * It would be wrong to say that... * I do not see it that way... * I cannot share this point of view/these views... * I m not convinced at all by this argument... * These arguments are worthless... * Unlike..., I think that... * Contrary to..., I feel that... * On the contrary, ... * It is quite the contrary... * This is (quite) far from the truth... * We cannot/must not ignore/overlook/fail to see several other aspects/sides of the problem... * We must not/ cannot overlook the fact that... * What worries me is that... * This is nonsense/ridiculous/far-fetched * X goes too far... * X exaggerates a lot... * X distorts the facts/truth...

YEAR 4 REVIEW
(TEST EXTRACTS FROM SCHOOLS ACROSS THE COUNTRY)

I- Put the bracketed words in the right form/tense.

1. My 15-year-old son is constantly listening to loud music on his MP3 player and I am really worried about him **(damage)** _____ his ears. According to Dr Helen Winpenny, the constant use of an MP3 player can cause a form of age-related hearing **(lose)** _____, which occurs at an **(early)** _____ age than it would have done without. High volume, ear-level sound that is **(continue)** _____ means the sensory hair cells of the inner ear do not get a chance **(rest)** _____ which probably **(cause)** _____ some damage.

2. The X Factor is brilliantly made to create suspense and human drama. It is **(addict)** _____ and compelling.. There my wife and two children are laughing, sharing observations and apparently innocently enjoying a TV program together. "Shows like The X Factor are **(huge)** _____ popular and common and seems like light entertainment on the surface but it is affecting the emotional **(develop)** _____ of our children. **(Famous)** _____ is seen as a right. If I want to be a singer, a footballer, a rapper – I can. There is no **(think)** _____ for the talent **(need)** _____ or the work that has to be put into nurturing that talent .These shows are undermining their education and **(teach)** _____ them to judge each other. Schools are full of children whose aspirations are only to be famous, who see very little value in learning, education and the world beyond their doorstep. There is an ever-increasing wave of **(accept)** _____ among children that it is OK to judge others, harshly and publicly.

3. New machine sucks CO2 from the air. Engineers at a U.S. laboratory may have discovered one answer to the problem of global warming. Lately, they **(make)** _____ a machine that can suck carbon dioxide from the air and convert it into liquid fuel. Researchers at the Sandia National Labs believe their creation can provide a sustainable form of **(renew)** _____ energy. Their device **(appear)** _____ like something from science fiction. In fact, its name is probably the most difficult thing to understand. It is the Counter-Rotating-Ring Receiver Reactor Recuperator, or CR5 for short. The **(research)** _____ say their invention is still 15 to 20 years away from being in full operation. It is **(current)** _____ just a prototype. A Sandia spokeswoman said it "holds a real promise in its ability to reduce carbon dioxide **(emit)** _____." She added it would allow us "to keep using fuels we know and love".

4. We are surrounded by inventions that make our lives easier. It is hard **(imagine)** _____ life without a vacuum cleaner, and we would all miss the **(able)** _____ to record our lives in photographs. **(This)** _____ inventions and others are the achievements of many **(create)** _____ people, sometimes devoting their lives to a single project. Thomas Edison, for example, **(try)** _____ thousands of experiments before he **(eventual)** _____ perfected his light bulb design. In these days of camera phones, it is easy to record one's countless **(memory)** _____ in color with the push of a button. Before 1888, photography had been **(cost)** _____.

5. Albert Einstein's brain has often been a subject of research and speculation. Hans Albert Einstein, the **(physics)** _____'s son, insisted that his father's brain should be used only for research to be published in **(science)** _____ journals. Einstein's brain **(remove)** _____ within seven hours of his **(die)** _____. The brain has attracted attention because of Einstein's reputation for **(be)** _____ one of the foremost geniuses of the 20th century, and **(appear)** _____ regularities or irregularities in the brain have been used to support various **(idea)** _____ about mathematical intelligence. Studies have suggested that some brain regions involved in speech and language are **(small)** _____, while regions involved with numerical processing are larger.

6. If playing video games makes kids less active – and contributes to obesity – why not crease more video games that require activity? That's the question **(prompt)** _____ by a Mayo Clinic research study published in the current issue of the journal **(medicine)** _____ journal Paediatrics. "We know if kids play video games that require movement, they burn **(much)** _____ energy than they would while **(sit)** _____ and playing traditional games. That's pretty obvious even without our data," **(say)** _____ Lorraine Lanningham-Foster, Ph.D., Mayo **(obese)** _____ researcher and study leader. "The point is that children – very focused on screen games – can be made **(healthy)** _____ if activity is a required part of the game."

3. Smoking (Drawbacks)

There are literally countless health reasons to quit smoking. Simply put, smoking affects every aspect of a person's health.

Practically no one can claim that they are unaware that smoking is bad for your health. We shall admit that smoking creates an addiction that is hard to defeat and endangers the lives and quality of living of those who smoke. When people consider the dangers of smoking, lung cancer is what first comes to mind.

That is not to say that the only concern of smokers should be that their personal health is the only part to in jeopardy. Research also directly ties smoking to the onset of asthma in children of parents who smoke in the home. Therefore, all of those horrible afflictions can be spread to non-smokers who are subjected to constant second-hand smoke.

More than just health consequences, smoking has psycho-social side effects that hinder one's quality of life. The urge to smoke requires smokers to lose time finding an acceptable place to smoke during work hours or public places. Moreover, being a smoker can cause feelings of shame, especially when in group settings where the smoker's desire to smoke becomes unwelcome for others.

Further, smoking decreases the ability to smell and taste, taking pleasure out of things like fresh air and delicious foods. Smokers themselves cannot smell the scent on themselves and in their homes, but their friends and neighbours can, just as they can smell it on their breath.

4. How can we stop smoking?

For smokers, to stop Smoking is really a tough action to take. Majority of smokers want to quit smoking, but find it difficult to do so as nicotine is very addictive and hard to get rid of. Yet, it's never impossible if several measures are taken into consideration.

There are three factors that will determine your success in quitting smoking for good- strong will to quit, deep conviction of its drawbacks and finding the right alternatives.

First, you must have the desire to give up your filthy habit of smoking. If you're thinking about quitting or have stopped smoking but failed to quit, don't lose hope because smokers often try to quit more than once before they actually succeed. Be strongly determined this time to win the challenge over such a disgusting behaviour.

Second, you must learn about the effects of smoking, understand its consequences. You have to admit that smoking creates an addiction that is hard to defeat and endangers the lives and quality of living of smokers and non-smokers as well. On the one side, your health is extremely jeopardized due to long-term smoking which may bring about lethal diseases such as cancer, asthma and heart failure. On the other side, smoking has psycho-social side effects that hinder one's quality of life. Smokers may feel stigmatized after being rejected or belittled by society due to their filthy habit and smell.

Finally, you ought to face the fact that you need to follow, finish and maintain a quit smoking plan. New alternatives are necessary to replace that sense of addiction to cigarettes. You can start a healthy diet as well as a sporting exercise programme to heal your mind and body and to help you regain your health and energy. Besides, it's highly recommended that you stop frequenting or getting exposed to smoking reminders like attending public places or drinking coffee.

5. How can we help reduce the effects of 'global warming'?

Not surprisingly today, it is more than evident that global warming is alarmingly becoming one of the most crucial debated controversial issues that may jeopardize the welfare and pure existence of all species on earth. Nevertheless, options are still available to combat such a lethal disaster in a variety of simple actions.

Initially, we shall admit that individuals, governments and international organizations are all concerned about the environment. Individuals don't need to wait for governments to find a solution for this problem and each one can bring an important help adopting a more responsible lifestyle starting from little everyday things. We can follow RRR theory-Reduce, Reuse, and Recycle. Let's do our part to reduce waste by choosing reusable products instead of undegradable disposables.

Society, as well, represented by the government and environmentalist organizations ought to think of more efficient sensitizing campaigns to make people more ecology conscious. Moreover, strict laws should be

individuals to acquire all the knowledge, values, _____, and understanding they will _____ throughout their lifetimes and to apply them with confidence, creativity and _____ in all roles, circumstances, and environments."

5. qualifications / worst / than / then / deprived / currently / those / which

Fifth of British teenagers drop out of school at 16. Britain has more teenage drop-outs _____ in most other developed nations as poor children are edged out of good schools by _____ from sharp-elbowed middle-class families. Figures show almost one-in-five pupils _____ leave school at 16 before taking A-level _____. Researchers from the respected Organisation for Economic Co-operation and Development said many pupils – particularly those from _____ backgrounds – are failed after being consigned to the _____ schools at the age of five and 11.

6. fields, in, incentive, demand, supply, trained, highly, graduate, on, opt

High unemployment is one of the main reasons why many Africans choose to leave their home countries. In fact, a large proportion of those who are _____ remain unemployed or they are employed in _____ that underutilize their skills. It is not rare to find a university _____ working as a shopping mall attendant. As a result, they _____ to move to developed countries where they are sure to get higher _____ for their qualifications. Those who are lucky to get employment in their fields are not well compensated. Developed countries _____ the other hand have higher pay scales, especially for the _____ skilled and professionals in fields like medicine, engineering, accounting and other professions. As a consequence, such professionals find no _____ to stay at home when they can move overseas.

III- Circle the correct option.

1. Marie Curie was a great scientist. She was born in Warsaw, Poland, in 1867. Both of her parents were teachers. Marie was only ten years old (**while / when / whereas**) her mother died. Marie was a very good student. She loved science, maths and languages. She and her sister Bronya wanted to go to college (**because / as result / But**) in those days, only men (**can / had / could**) attend school in Poland. So the girls (**had gone / had to go / must go**) to France to study. There was not (**too / enough / much**) money (**to / for / at**) both sisters. Marie then worked as a teacher in Poland. She sent money to Bronya to pay for medical studies in Paris. After that Bronya became a doctor, she helped Marie.

2. Christa was riding in a Volkswagen with her fiancé through a rainstorm in Pennsylvania in 1969 (**while – when – since**) the news came over the car radio : a man had set foot (**on – in – off**) the moon. They both cheered, but neither had (**some – no – any**) reason to suspect that the event would someday directly change their lives. Much (**late – later – lately**) she said "when I was young, women did not fly in space". Last July, NASA announced that she (**is – has been – had been**) chosen to join a shuttle crew. Despite other newfound (**celebrity – competition – inspiration**) Christa never doubted that following her sojourn in space she would return to the family and above all to her classroom. She (**tells – tell – told**) an audience last August: "the more I touch the future, the (**better- good – best**) I understand space."

3. In 1986, Robert E. Slavin conducted a research on 'Ability Grouping' in elementary schools. One of the main arguments (**for / against / off**) ability grouping is that the practice creates classes or groups of low achievers (**who/ whom/ whose**) are deprived of the examples and motivation provided by (**high/ higher/ highly**) achievers. Labeling students (**due/ thanks/ according**) to ability and assigning them to low-achievement groups may also result in low (**expectancy/ expectations/ acceptance**). Further, groups with low performance often receive a (**low/ lower/ lowest**) quality of instruction than other groups. Slavin sees as the most compelling argument against ability grouping (**it's/ its/ itself**) creation of academic elites, a practice which (**talks/ follows/ goes**) against democratic ideals.

4. The Nobel Prize is the most prestigious award I have ever heard of. It has been awarded every year since 1901, (**at, on, in**) the 10th of December, for the best (**foundation, performance, recognition**) in the fields of Physics, Chemistry, Peace, Medicine, Literature and Economics. The Prize (**includes, excludes, awards**) a gold medal, a diploma and a cash award. The Nobel Prize winners (**are called, were called, have been called**) Nobel Laureates. (**Selecting, Selection, Selected**) these laureates is very tough and the process starts a year before. Anybody worthy of (**receiving, awarding, giving**) a Nobel award can be nominated (**not respective, irrespective, respective**) of color, race or religion. There are committees set for each subject to (**decide, nominate, choose**) on the winners.

to be this way. As parents we have the power to help reduce bullying. You can encourage your children to buck that trend by **(engage)** _____ in frequent conversations about their social lives. Spend a few minutes every day asking open ended questions about who they spend time with at school and in the **(neighbor)** _____, what they do in between classes and at recess, who they have lunch with, or what **(happen)** _____ on the way to and from school. If your children feel **(comfort)** _____ talking to you about their peers before they're involved in a bullying event, they'll be much more likely **(get)** _____ you involved after.

13. Video games attract the attention of the young in a powerful way. But these **(fascinate)** _____ games have been accused of **(encourage)** _____ violence, addiction and other **(not desire)** _____ social conditions. A research by Anderson suggests that **(expose)** _____ to violent games **(increase)** _____ aggressive thoughts, emotions and actions. A few individuals, however, think that although there **(be)** _____ real dangers, they don't detract them from the positive impact of this specialized medium. Some **(new)** _____ invented games are not only fun but actively encourage social interaction. They can also **(use)** _____ as a learning tool that **(enhance)** _____ children's cognitive skills.

II- Fill in the blanks with suitable words from the list.

1. accommodation – crew – full board – included – launched – passport – safely – than

First Hotel on the Moon Finally Opens

August 23, 2025 - Today a new chapter in space tourism is written. Rod Markham and his girlfriend Susan Millster arrived _____ to the moon to spend 5 days as the first guests at the Starbright Hotel that was _____ for this purpose two years ago. They are not only the first hotel guests on the moon, but also they set a new record for expensive _____ since the price was \$ 3.7 million per night, per person. However, the exclusive transfer from earth to the hotel was _____ in the price. The hotel itself will probably have a hard time just to try to gain one star at any hotel rating system. As there is no room service, the guests have to do the cleaning of the room themselves and there is no bathroom in them. However, they have more stars _____ they need just outside their window. They were accompanied by a _____ of six other astronauts. The hotel has so far no employees, only temporary staff when there are guests.

2. huge – with – booking – launched – for – access – connecting – resources

Firms in Britain's tourism industry are being encouraged to boost their business by going online. The Government organisation UK Online for Business has just _____ a programme, called "Go For It", to show small companies such as hotels how they can use the Internet to provide customers _____ information and offer reservation services. Tourism minister Kim Howells said: "The Internet offers _____ potential for tourism businesses but many feel they do not have the _____ or expertise to keep pace with the new technology. About half the population has _____ to the Internet so it is not surprising more and more people are planning and _____ their holidays on the Web."

3. what / designs / searches / artificial / industries / stored / on / immediately

The EMIEW is the latest version of the robot that was developed by Hitachi on February 21st, 2012. The 80- centimeter tall, 14 kg robot can walk _____ wheels incorporated into its feet and glide at a speed of 6 km an hour. This updated version comes with _____ intelligence that helps identify , locate objects as well as respond to spoken commands . Basically, it has two digital cameras mounted on its head which detect images that are _____ from the internet in its database. When you show it something, it figures out _____ it is by comparing colour and shape. If you name an object EMIEW _____ for it and guides you to where it is located. Its makers believe that it could be an essential part of hospitals, homes for the aged and other _____.

4. schooling – enjoyment – require – independent – which – lifetime – skills – involves – who

Many people will tell you that you really never stop learning. Others will say it is never too soon or too late to learn. Whatever phrase speaks to you, the need for continuous learning throughout your _____ is an important part of what makes you human. Lifelong learning is not just about formal _____ or employer training and development programs. Lifelong learning _____ a variety of growth opportunities, from structured formal environments to _____ and informal or even self-driven settings. According to the European Lifelong Learning Initiative and the American Council on Education, "lifelong learning is the development of human potential through a continuously supportive process _____ stimulates and empowers

1. Brain Drain

- **Definition:** The emigration of highly trained or intelligent people from a country or other place. The loss of skilled intellectual and technical labour through the movement of such labour to more favourable geographic, economic, or professional environments.

- **What are the drawbacks of 'Brain Drain' on poor countries?**

One of the main problems facing poor countries today is the so-called brain drain. Such a movement of highly skilled, talented individuals is becoming so acute that many are worrying about its effects on the economic development of the region.

More and more educated professionals such as engineers, doctors and scientists are looking for better job opportunities and higher incomes in western countries. Also more students from developing nations receiving an education in Britain, the US, or France stay after completing their studies.

Hence, it's not surprising that serious drawbacks are becoming more and more apparent and social, economic as well as political conditions are getting worse. Poor countries are wasting efforts and energies in favour of the western countries, while they are in need for their contribution in economics, education, health, planning, scientific research and technology.

Moreover, we may notice a financial loss as a lot of money is spent on education and training of students who are favoured by the western countries for free. To make matters worse, scientific research in the developing countries is declining compared to the contribution of migratory brains in the west.

- **How to help reduce 'Brain Drain'? (Solutions)**

Knowledge is power. Knowledge is more powerful than jet fighters and bombers. Alas, poor developing countries are losing their bright brains to the most industrialized nations. The poor is getting poorer; while the rich is getting richer.

To reduce brain drain requires that the developed and developing nations reach a mutual agreement on how to reduce the pull and push factors that make scientists flee Africa and Asia to Europe and America. The United States should stop using its special visas to lure talented professionals from their native countries. Also, African nations should try and understand the contributions of scientists by improving their working conditions.

Africa could also reduce its internal brain drain by updating its school curricula to reflect its needs for the 21st century. African schools produce more graduates in the arts and humanities than in science and engineering. It does not come as a surprise that there are only 20,000 scientists and engineers in Africa. Since science and technology can increase the standard of living, it makes more sense to produce more scientists and engineers.

Also important is that scientists should be employed as scientists. The deteriorating economy in Africa has forced some professors, medical doctors and scientists to accept minor blue-collar jobs to survive. It is an internal brain drain to have many architects, accountants and pharmacists unemployed.

2. How to keep a healthy diet?

Don't expect to remain healthy if you do not have a balanced diet. You cannot eat whatever you like and stay in good health.

Firstly, you must eat the right things containing the necessary food substances such as carbohydrates, proteins, fats, vitamins and mineral salts. So, you should eat bread, rice and fruits and drink milk for carbohydrates. Proteins are found in meat, fish and eggs. Vitamins are found mainly in fresh fruit and vegetables.

Secondly, you should know why you eat these things. Carbohydrates, for example, give you the energy you need to move and grow. Proteins are essential for growth and repair. Vitamins are required to keep you healthy. Minerals like Calcium and Iron are essential for teeth, bones, muscles and nerves.

Yet, you should know that too much or too little of these substances may lead to various health problems such as obesity, inappropriate growth, tiredness and several other incurable diseases. That's why, you are highly recommended to eat the right amounts of each kind of food.

I hope that you find my tips useful and fruitful. Never forget the proverbs which say that "Your stomach shouldn't be a waste basket" and that "an apple a day keeps the doctor away."

Writing (Some useful expressions)

Introducing a topic / a general idea:

As a general rule * In most cases * Most of the time * For the great majority of people * It is customary to say that * People usually say that * It is generally agreed/thought/believed that... * One cannot deny that * No one can deny that * It is a well-known fact that * There is no doubt * Beyond (a shadow of) a doubt * Beyond questionable doubt * It goes without saying * No one questions the fact that * X raises an important/a fundamental issue/question * This leads us to wonder whether... * We may wonder whether... * Opinions are divided on that question * It is a (highly) controversial issue * There has been much controversy over/about * A number of key issues arise * Like it or dump it * like it or curse it...

Stating an argument / a problem

First of all, as regards the question of... * At first sight/glance, it would seem that... * The first question that arises is... * there arises a difficult question/problem... * The first thing that needs to be said/must be said is that... * First of all, let us look/have a look at... * let us begin with... * To start with...

Introducing a viewpoint / a different aspect

As for the question of ... * There is a second argument which cannot be ignored... * There is also a bright side to the problem... * The other side of the coin, however, is that... * Paradoxically though/as it may seem... * The very opposite may well be true... * Another way of looking at this question is... * Actually/Indeed/In fact/As a matter of fact, it would be more accurate to say... * It must/should be recognized/acknowledged that... * The truth is that... * However,/Nevertheless,/Nonetheless,/Yet,/Though,/Still,/All the same, * In spite of/despite (the fact that)...

Concluding / Summarizing

In conclusion,* As a conclusion,* To conclude,* One can conclude that / We can come to the conclusion that... * Last but not least... * All things considered,... * For all these reasons... * All this goes to prove/show that... * In other words,... * In a word,... * In short,... * In brief,... * On the whole,... * All in all,... * To sum up,... * In sum,... * (To put it) in a nutshell...

Organizing ideas

Several factors/reasons/arguments can be mentioned/put forward... * To begin with,... * First(ly) * First of all,* In the first place,* First and foremost,... * On the one hand,... on the other hand,... * Second(ly),* In the second place,* Then,* Next,... * Another point is that... * Another thing is that... * Finally,* Eventually,* In the end,...

Adding an idea

Moreover,* In addition (to that),* What is more,* Furthermore,* Added to that,* Besides,... By the way * Incidentally,... * Similarly,* Likewise,... * ... as well as ... * ... not only ... but also... * We may as well mention (the fact) that... * it is (well) worth mentioning (the fact) that... / We must also remember that... * It should also be remembered that...