

Coping with Blended learning!

A collection of IES Tavernes Blanques
CCOA students' essays - Vol. 2

WE, SPANIARDS

Curious facts about Spanish life & culture
Youngsters' tastes on food

WHAT WILL IT BE LIKE?

Dream jobs, ideal homes &
perfect holiday destinations

MAKING A BETTER WORLD

NGO projects

HOW A PANDEMIC CHANGED US

Leisure before and after
Students' opinions on blended learning

NAOMI'S CORNER

A narrative on being stranded

STUDENTS' FAREWELL



Magazine

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Special thanks to...

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Also, thanks to our 2019-20 language assistant Naomi Lean Nguyen for the narrative on being stranded, because although she was no longer working with us during 2020-21, she agreed to collaborate with her story.

And, last but not least, thanks to the teachers Paco Ceres for creating the interactive index and Francisco Nevado for uploading the magazine to the school website...

See you next year!!!

Introduction To The Project

The IES Tavernes Blanques Department of English takes pleasure in offering you another collection of essays this time produced by our CCOA (*Competència Comunicativa Oral en Anglès*) students of 4th ESO. Its production is again inspired by the challenges that the present pandemic has meant to our educational community during the academic year 2020-21. A year when blended learning was the solution that our authorities had planned for schools like ours where fully face-to-face learning was not possible due to lack of space in classrooms, to keep the necessary social distance.

Given the flexible nature of the CCOA subject curriculum, we as teachers have been enabled to shape the contents into a product that tries to combine both the restrictive reality we are living, with the youth's interests and dreams.

The new edition of the magazine *"Coping with..."*, this year titled *"Coping with blended learning!"* contains the projects that have been presented in class, developing topics like: curious facts about Spanish life and culture, our students' culinary tastes, ideal jobs, dream homes, perfect travel destinations, NGO projects, the way they have adapted their free time to the pandemic restrictions, and their opinions on blended learning.

There is a final section titled *"A narrative on being stranded"* which is a story told in first person by our former Aussie language assistant, Naomi Lean Nguyen, who kindly agreed to narrate us how she had managed to finally get back home, in midst an entire changing scene regarding travelling restrictions everywhere... You will find again comprehension activities for the different parts of the story.

There is no doubt that the current situation faced by educational communities around the world, requires collective efforts to successfully overcome any difficulty derived from the pandemic. Come what may, our main aim will always be to do our best to provide our students with an education of quality in a safe environment.

We sincerely hope you like it, and are looking forward to creating a third edition with the news of the upcoming academic year...

Silvia M^a Borrull Ibáñez

**4th ESO CCOA teacher
English Department**

27 WEIRD FACTS ABOUT SPANISH CUSTOMS

by Noelia Burriel 4^a B

1. **TWO KISSES:** In Spain, when we meet someone, we kiss twice on the cheeks as a greeting but with the coronavirus we can't do it.
2. **FREE FOOD IN BARS:** When we order a drink in bars we are used to get free food that we call "tapa" (usually peanuts, crisps, olives or something like that).
3. **BREAD:** We eat too much bread in every meal of the day, specifically the baguette. In other countries it isn't typical.
4. **SALTY DRIED SEEDS:** A very typical snack in Spain, since I remember, is salty dried seeds or "pipas" (as we call them). In some countries they don't know what a "pipa" is, but here it's typical to eat them before lunch or when you are with your friends.
5. **SUNDAYS:** On Sundays, Spanish people don't go to work, we usually rest at home with our family. Practically all the shops are closed, just a few of them are open, we love Sundays!
6. **"OPEN AND ABOVEBOARD":** When we have to tell someone something, it doesn't matter if it is good or bad, we will tell you it freely. We are really direct and for many people it can be offensive.
7. **WAY OF SPEAKING:** We speak too fast and loud. Many people are not used to it, so maybe it is a bit annoying for them.
8. **HUMOR:** Spanish people have a really good sense of humor, not all of us but many of us. We love jokes and we joke all the time.
9. **COFFEE:** We drink too much coffee, especially "café solo" which is black coffee or the famous "café con leche" which is more similar to the Italian "cappuccino" than the American white coffee. We love coffee for breakfast.
10. **SOCIAL LIFE:** We are very social, most of us love meeting new people and are ready to go out together.
11. **PARTYING:** Spain is also famous because of our parties, we love partying, we have many throughout the year.
12. **FOOTBALL:** Most of Spanish people love football and are quite fanatic. There is a football spirit here.



13. LUNCH AND DINNER: We eat much later than in other countries. We have lunch at two p.m. and have dinner at eight or nine p.m. In other countries, for example U.K., they have lunch at midday and dinner at 5 or 6 p.m.

14. STRONG CHARACTER: We have a strong character, and when we get mad it comes out, some people don't expect it.

15. TWELVE GRAPES: As a tradition, on New Year's Eve, on the 31st of December at twelve o'clock we eat twelve grapes asking for twelve wishes to start the New Year with luck.



16. SPANISH NAP: At 3 or 4 p.m. we have the famous Spanish nap. Most of us sleep until 5 p.m. or 6 p.m.



17. SUN TANNING: We love to be tanned in Summer, we go to the beach and stay for hours there to have a good sunbath.

18. DRIVE: We drive on the right and the steering wheel of the car is on the left side, unlike the U.K., where it is on the right and they drive on the left.



19. COMPLIMENTS: We usually say compliments to people to be kind in our jobs like, for example, in bars it's common to hear: "Here is the bill, honey" or "Can I help you, sweetie?"

20. HOME SHOES: Some of us walk without shoes when the weather is hot, but not all of us, in my case, I use my slippers.

21. SWEARING: We sometimes greet friends with insults if there's a close relationship. It might sound rude to some people but we do it joking.

22. CONTACT: We touch too much each other when we are talking, we don't know why we do it and to some people it may feel uncomfortable.

23. SURNAME: We have two surnames, the first one is the father's surname and the second one, the mother's.

24. TIPPING: We don't have to leave tips at restaurants, we do it but it's not necessary.

25. BREAKFAST: We usually eat sweet things for breakfast, here it's not typical to eat eggs, baked beans or anything like that.

26. BIRTHDAYS: We have the tradition of stretching the birthday boy's or girl's ears as many times as the age they turn, so that they have luck all of the year round.

27. BECOMING INDEPENDENT: We usually become independent at the age of 25 or 30, much later than for example, British people.

21 strange & curious things from Spain by Adrián Domingo 1st C

1- **Flamenco** is an artistic expression that is born from the mixture of many cultures. Flamenco female dancers wear a one-piece dress fitted at the waist, with short sleeves and a skirt adorned with ruffles.

2- Having a “**siesta**” is a custom in Spain. It consists of taking a break to sleep after lunch.

3- **12 New Year's Eve grapes**. It seems that the tradition began in 1909 when it was agreed to eat a grape to "call for luck" for each month of the year, because there was a lot of grape harvest.

4- The “**tapas**”. We have the habit of going to a bar before lunch or dinner to have a drink with some food.

5- We have some **curious festivities**, from the famous “Tomatina” to “Fallas”. But, without a doubt, one of the most unique in the world is the *Pilgrimage of Santa María de Ribarteme* during which a curious parade of coffins takes place with the “living-dead”.

6- The “**almuerzo**” (elevenses) and “**merienda**” (an afternoon snack) are a type of light meals that are eaten before lunch or in the middle of the afternoon.

7- We are one of the few countries in the world where we greet each other with **two kisses** and, practically the only one in which we kiss someone who has just been introduced to us.

8- **Spanish omelette** is a typical Spanish dish and it is made with eggs and fried potatoes, you can also add fried onion. It is a dish that is very popular for elevenses or evening snacks too.



9- Normally we, Spanish people, are **very loud** and **quite direct** about what we want to say.

10- Taking out some chairs and even tables to the street to get some **fresh air** is quite a typical custom of villages. It is a way of meeting neighbours to avoid the Summer heat and it often happens in the evening.

11- We have the bad habit of **throwing rubbish** to the ground on streets and not picking it up to throw it in a bin. So our streets are sometimes messed up...

12- “**Chocolate con churros**”. When the winter season comes we have the custom of having a cup of hot chocolate with “churros”, it helps to warm up and it is very good. It’s also a tradition of Fallas.



13- We sometimes **invade people’s physical and personal space**. This would be perceived as rude by people from other cultures because personal space is a private, intimate and exclusive territory that no one should make their own.

14- The **Mediterranean diet** is based on natural food that contains large amounts of fiber (whole-grains) and other beneficial nutrients like proteins (meat/ poultry, fish/ seafood, eggs, dairy products, nuts, legumes and beans), healthy fats (olive oil), vitamins and plenty of antioxidants (fruit and vegetables).



15- We have a **bidet** in the bathroom. We use it to wash our feet and private parts of the body.

16- In Spain we **greet all the people** (many or few), just after meeting them or without knowing them at all, whether we get along with them or not...

17- We have the habit of **flattering people** or making them compliments without knowing them and sometimes, without taking into account their feelings or privacy...

18- We like **bars**. We are a society that likes going out to have a drink with friends at midday or in the afternoon and spend time telling each other things.

19- There aren’t **any lyrics for our anthem**. We are one of the three countries in the world, together with Bosnia-Herzegovina and Kosovo, which anthem doesn’t have lyrics; they are just musical notes without any lyrics.

20- **No laundry room**. We are one of the few countries where the washing machine is found in the kitchen or bathroom. There is not a specific room to do the laundry.

21- We have **meals** very late. We are one of the countries where people have lunch, dinner, go to sleep or get up quite late.

25 WEIRD FACTS ABOUT SPAIN By Teresa Esteve 4th C

- Spain is the third country in the world with the most UNESCO World Helitage Sites.



- In Spain, we eat later than in other European countries. Our lunch is at about 2.00 p.m. and our dinner at about 10.00 p.m.

- Spain is the second country in the world with more vineyards. The wine production is so big.



- Nap is associated with Spain. But 60% of the population says that they don't normally do it.

- "La paella" is a typical Valencian food and our favourite festivity is "Fallas".



- There are around 400 million Spanish speakers around the world, spread across 20 different countries.

- Some people say that Walt Disney was born in Mojácar, a town in Almería. But it's just a legend.



- "Tapas" are a national pride. These are simple but delicious dishes.

- Cádiz is the oldest inhabited city in Europe.
- The oldest restaurant in the world is in Madrid, and is called "Restaurante Bohín".
- The longest Spanish word is "electroencefalografista" and it has 23 letters.



- The most notable inventions invented by Spanish people are: the Chupa Chups, the mop, the submarine, the Spanish guitar, the epidural anesthesia, the digital calculator and the mayonnaise.



- In 2005, Spain became the third country where same-sex marriage was legalized.
- The Romans thought that the world ended in Finisterre.



- In 2019, Spain was the second most visited country, after France.
- Spain is the country with the highest density in the world of bars, it has 260.000 establishments, one for every 175 people.



- We're number one in organ transplantation.
- Spain is the only country in Europe that produces bananas.



- The most expensive restaurant in the world is located in Ibiza, and a dinner costs 1700 euros (per person).

- You will need 112 years and 6 months to sleep in all the hotel beds existing currently in Benidorm.



- There are up to 53 cities called Valencia in the world, 49 Zaragozas and 43 Toledos.
- Valencia is considered to have the narrowest house in Europe, a property of 107 cm of façade, located in "Plaza Lope de Vega".



- Spain is the second largest country in the EU.
- The physical centre of the country is the "Puerta del Sol" in Madrid, where "Kilometer 0" of the Spanish road network is located.



25 facts about Spain by Joan Física Parra

1. **The times for meals:** We have lunch at 2 pm, and dinner at 9 pm or 10 pm.
2. **World Heritage:** Spain is the third country in the world with most places declared as World Heritage by UNESCO. There are 47.



3. **Flamenco:** Flamenco is a characteristic dance typical in Andalucía.
4. **Social:** In Spain people talk a lot and they like to hang out with their friends.
5. **Festivities:** We have a lot of different festivities, from “fallas”, when we burn things to “tomatina”, when we throw tomatoes to people.
6. **Languages:** Although the official language is Spanish, there are other languages like Euskera, Català, Valencià o Gallego.
7. **Ratoncito Pérez:** Unlike other countries, we don't have the tooth fairy, we have a mouse called Ratoncito Pérez.



8. **Olive oil:** We use a lot of olive oil in our meals and we produce 43% of all the world's Olive Oil.
9. **Surnames:** In Spain, you have 2 surnames, one from the father and one from the mother.
10. **Grapes:** In New Year's Eve we eat 1 grape for each chime of the clock.
11. **Spanish omelette:** Spanish omelette is a typical food. It has egg, potato and sometimes onion.
12. **Nap:** In Spain, it's typical to take a nap after having lunch, but 60% of the people say they don't do it.
13. **Patriotic:** In Spain, it's not good to be patriotic unlike the rest of the world.
14. **Loud speaking:** We speak loud and people from other countries are sometimes uncomfortable.



- 15. **Tapas:** It's a typical thing in Spain having "tapas" in bars when you go there to eat or drink something.
- 16. **Tips:** It's not typical to tip in Spain
- 17. **King:** In Spain, we have a king, Felipe VI.
- 18. **Bull:** The bull is the national animal of Spain



- 19. **Life expectancy:** We are the fourth country with the highest life expectancy with an average of 82 years.
- 20. **Kisses on the cheek:** In Spain, people give 2 cheek kisses instead of 1
- 21. **Passion:** People in Spain are very passionate. It can be about football, bullfights or politics. We will defend our opinion with all of our energy.



- 22. **Driving:** In Spain, you drive on the right and the steering wheel is on the left
- 23. **Articles:** In Spanish the articles "el" and "la" have gender.
- 24. **Exclamation and question marks:** In Spanish, we use exclamation and question marks at the beginning and at the end of sentences.
- 25. **Paella:** Paella is Spain's national dish. It was first cooked in Valencia and the ingredients were meat, not fish.

The End

25 weird cultural facts about Spain

By Iván Moreno 4B

The Spanish playing cards

They are cards that were created and used in Spain.



Wine and beer with soft drinks or soda

They are common drinks in summer for Spanish people.



Lunch and dinner times

In Spain we have lunch at 2-3 p.m. and dinner is between 9-10 p.m.



2 hours to eat

The working day is split with a 2-hours break to have lunch.

After-lunch

We may engage in after-lunch conversation for 2 hours.

The blinds down

We need our blinds down in bedrooms so as to keep it dark while sleeping.

The 12 grapes

On New Year's Eve we have 12 grapes while watching the 12-o'clock chimes on TV.

Humor and irony

We have a unique humor and a great use of irony.



The Tomatina

It is a festival in which tomatoes are thrown.



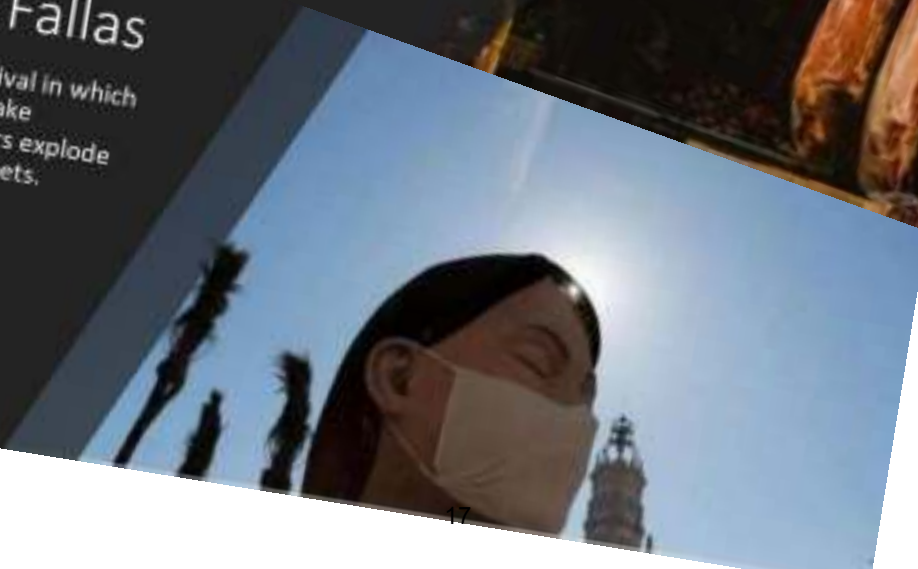
Serrano ham

It is typical in Spain to have Iberian ham at Christmas. You may get it as a present in what we call "Cesta de Navidad" (Christmas hamper) or you may buy it.



The Fallas

It is a festival in which people make firecrackers explode on the streets.



Christmas "polvorones" and nougat

It is typical to have this
type of sweet pastries.
It's a quite ancient
tradition.



The cavalcade

The cavalcade of the
Three Wise Men is a very ancient
and unique tradition.



Have a "caña" (pint of beer)

Having a beer and a tapa is
very typical in Spain before lunch
or in the afternoon.



Flamenco dance

It is a typical dance that
has been practised for a
long time.



The mantilla

It is an accessory for women who participate in religious processions in Spain.



Small wineskin, "porrón" and "botijo"

They are types of containers for liquids. The two first are for wine or beer. The "botijo" is a drinking jug with spout to keep water cool.



When the party is over...

When we finish a party in the morning, we often have hot chocolate and "churros" for breakfast.



Christmas lottery

We spend the morning of December 22nd glued to television while the Christmas Lottery draw takes place.



Olive oil

There is a varied use of this "liquid gold" that has got many good properties for your body.



Brazier

Spend winter afternoons in the warmth of a small brazier.



The nap

Napping is one of the best-known customs in Spain.



"Merienda"

It is a small meal that we have in the afternoon, between lunch and dinner times.



"Sant Jordi"

It is a day when lovers or friends give each other a flower and a book.



The potato omelette

It is the most typical dish in Spain, its ingredients are: potatoes, eggs, and maybe onion, but it depends on who cooks it.



END



24 WEIRD AND CONFUSING THINGS ABOUT **SPANISH** **LIFE AND CULTURE**

INGLÉS ORAL CCOA



1. Eating 12 grapes on January 1 brings luck

- - - - X

Each country has its own ritual to start the new year. In Spain, the most typical thing is to eat 12 grapes at the rhythm of twelve chimes. It is a countdown so that seconds before the new year begins you have eaten 12 grapes.

But you have to be careful because this habit has caused more than one choking.



2. Nap / Siesta

- - - - X

Sleeping 20 or 30 minutes after eating is one of the rarest Spanish customs. However, many experts recommend this habit as it has multiple benefits such as facilitating learning, stimulating concentration or promoting positivity.



There is a general topic regarding the siesta, since not all Spanish people can afford to do it.

3. The blinds

- - - - X

We Spanish people don't approve of a house without blinds. In fact, when we leave the country we don't understand how the rest of the world doesn't have this wonderful invention. Sleeping with the blind down and the room completely dark provides a more pleasant and long-lasting sleep.

It is true that homes abroad have curtains that minimize the entry of light, but there is nothing that can be compared with the blind.



4. Our schedules

- - - - X

Spanish schedules tend to be late, with 2:00 or 3:00 p.m. being the most common hours for eating, while dinner hours tend to be around 10 p.m. If we add the party schedules in which the nightclubs are adjusted, which are between 2:30 and 7 in the morning, it may sound like nonsense. However, in Spain the strange thing is a person who eats at 12, has dinner at 8 p.m. or returns to party at 3 in the morning.



5. The tapas

- - - - X

In Spain, bars are one of the most common meeting points for friends, colleagues and family. Going out for beers and tapas is a custom that should never be missed.

Tapas, for those who don't know, are small plates of food that are accompanied by a drink. Some of the

most famous in Spain are the bravas, the ham and cheese, the squid or the Russian salad.



6. The double kiss when greeting

- - - - X



In some European countries the greeting with a kiss on the cheek is common, including among men, something that is very frowned upon in practically all the rest of the world.

But in Spain, the question goes a little further, because just one kiss is not enough, since two are usually given. This bothers many foreigners who aren't used to it, for most it results in an excess of confidence kissing when the relationship is not close.

7. The use loving words to greet each other

- - - - X

Words like "pretty" or "love" are used to greet each other among Spanish people.

It is something unconscious that characterizes us and we cannot avoid it, so if you go to Spain and they say a lot to you: "hello, darling", it is not that the whole country necessarily wants to flirt with you, but that they greet each other like that.



8. Have a Serrano ham shoulder at home for Christmas

- - - - X

The pig is very present in Spanish gastronomy in general and ham as such is known to be a large part of the culture.

And being this way, without a doubt, Iberian ham is one of the icons of Christmas in our country. Few classics like having a Serranoham shoulder at home for these dates can better define Spanish Christmas.



9. We talk yelling

- - - - X



One of the most common things that attract foreigners is the way we communicate. Most agree on one thing: when we Spanish people speak, it seems that we are shouting, they even say that when we have a conversation it seems that we are

fighting and arguing. We don't realize it, but if everyone who visits Spain agrees, they will have some reason.

10. We are direct

- - - - X

Many people in Spain are quite direct when communicating. Basically it means that sometimes we say things without thinking too much. E.g., in Spain it is quite common that, if you have gained some weight, someone tells you: "you are fatter" or if you are going through a bad time, they say to you "you look bad", or if it has been a long time since you last saw each other, they might say: "you look



older." When this happens, they don't really mean it, it is just a way for them to know if you have got a problem or simply a way to start the conversation.

11. We say a lot of swear words

- - - - X



Swear words are used to insult someone or when you are angry about something. We usually say a lot of bad words when we are in everyday situations. Not everyone, but they are used quite often. Spanish is a language quite rich in insults. A study determined that we regularly use about 220 different swear words. It is also true that the most frequently used are about 15. In short, swearing is part of everyday language.

12. We use olive oil in every dish

- - - - X

In Spain, as part of the famous Mediterranean diet, olive oil is used for almost everything, even frying, a situation that is very surprising in nearby countries. Olive groves are important pieces in landscapes if you travel on the roads of Spain.



As an additional fact: Spain is one of the countries that can boast the world record for the production of this so-called liquid gold.

13. Wearing shoes at home

- - - - X



Especially in Asia, as soon as you get home, people take off their shoes. This is one of the most hygienic customs, since we don't put all the external germs in the place where we reside. That is why half the world is amazed that we enter home with street shoes. It is something so

common for us that we don't even realize it. But it is something very strange for European and Asian populations. So, if we could adopt this custom and leave our shoes at the door, we would no longer introduce external agents on the soles.

14. Eating pips

- - - - X

Eating pips while watching a movie, a game, a series or chatting with friends is very typical here. It is a habit that we have and that we have never asked ourselves why. But outside our borders it seems strange to them, while here it is almost like drinking water. Of course, when outsiders try them they understand our obsession with pips. They help reduce cholesterol and triglyceride levels in the blood thanks to their unsaturated fats. They are a source of minerals and trace elements.



15. We are addicted to bread

- - - - X

Bread is a staple in the diet of the Spanish. Bread is the food that contributes the most calories to the Spanish. This excess consumption of bread has two problems: the poor quality of most of the breads that are sold today, and that when we eat too much bread, we are stopping eating healthy and protective foods such as fruits, vegetables, nuts and legumes.



16. We use swear words in a friendly way

- - - - X



Foreign people are quite shocked when they hear us use insults in a friendly way. It is very normal for us to say "hola, cabrón" or "qué hijo puta eres" in a friendly way. It is normally used when you have a very close relationship with the person you are talking to. Many foreigners are offended when this happens because they don't know this way of speaking we have.

17. Do 2 hours of “sobremesa” after eating

- - - - X

The enjoyment of staying at the table for hours after eating, taking advantage of the moment to discuss many topics is something you will not find in other countries.

It is something so ours that it has no direct translation in many other languages. And if you had to choose 2 elements to describe it to outsiders, everyone would agree that the essentials are to stay at the same table where the meal has taken place and take the opportunity to bring up controversial topics that make the conversation turn at times tense.



18. We don't leave home when we turn 18

- - - - X

Not everyone is like the Nordics who become independent at 18, we don't leave home at the age of 18 or 25 or, in many cases, not even at 30. In the end, we do become independent, but every time we go home the psychological change of stopping calling what is now just the "house of my parents" usually takes a few more years...



19. We laugh at people who speak other languages well

- - - - X

"What's wrong with your mouth?"

We say to those people who in English class read as if they knew the language and have no Spanish accent. With fear that when we leave Spain someone won't know where we are from after a single word.



20. Sit outside with the neighbors at night

- - - - X



Visualize this scene: two ladies sitting in the doorway of their house with some folding chairs watching life go by. This scene has a name: 'tomar la fresca' and it is one of the most pleasant domestic customs we have. Although in large cities it

isn't so common, in almost all smaller ones it is a key image. It is usually done in summer when the strong heat of the day passes to cool off and socialize a bit with the neighbors.

21. The use of the two surnames

- - - - X

A high percentage of foreigners believe that the first surname is a second name, since in many countries it is usual to have only one surname, which is normally adopted from the father.



22. We don't leave a lot of tips

- - - - X



In Anglo-Saxon countries it is a habit to leave at least 10% of the total bill in tips. However, extra money is usually left here only if you liked the service, and it is usual to leave the coins of less value when they give you change.

23. The washing machine is in the kitchen or bathroom

- - - - X

In Spain it is common to have the washing machine in places like the kitchen or the bathroom. We do not usually have space or a separate room for the washing machine or, as in other countries, a common laundry.



24. We show the house to our guests

- - - - X

It is a sign of hospitality and courtesy. When someone comes home for the first time we show them the main rooms and we even make comments about them. This is because the house serves to show confidence to the guest at the same time that we exhibit a certain economic position.



Food and Drink by Noelia Burriel

1) What's your favorite type of food? Give examples of favorite dishes and their ingredients.

My favorite type of food is Chinese food, because it's tasty and savory and I think this is really important in a dish.

The first dish is noodles with beef, it contains spaghetti, beef chuck, bamboo, carrot, lettuce and soy sauce which is the thing that gives the flavour to it.



The second dish is spring rolls, it contains minced beef, cabbage, carrot, garlic, spring onion and soy sauce.

These two dishes are my favorite.

2) Talk about the connection between food and health.

In my opinion, what we eat is really important to stay healthy, because if we eat too much food or we eat junk food, we can become overweight and/or develop diseases like, for example, diabetes. We should have a healthy diet to take care of ourselves and at the same time enjoy the food.



Is there a type of food that you really like, but you know is unhealthy?

Yes, for example nuggets, sausages, hamburgers or chips, I love them but I know they are unhealthy.



What's the healthiest type of food/ dish that you particularly enjoy?

Fish, I love every type of fish and my parents cook it very often, in my home we eat more fish than meat and it is said that it's healthier..

Also the spinach omelette, I think that spinach omelette it's delicious too, easy to prepare and very healthy besides...



In general terms, do you eat healthy?

Yes, but I think I could eat more vegetables.

Talk about your eating habits.

We eat fish 3 or 4 times a week, and meat once or twice, we also have broth and pasta for lunch every week twice or 3 times, Spanish omelette or French omelette, very often and paella on Sundays. We always eat fruit practically everyday. Sometimes, when we don't have enough time to prepare dinner, we cook nuggets or fried squid with chips because it's easy to prepare even if it's not very healthy.



3) What can you cook? I can cook a few things by myself like, for example, omelettes, pasta or fried food.

Would you take up cooking as a hobby? No, because I think I'm not good at it and I enjoy it but not very much.



Food & Drink *By Álvaro Cuesta*

What's your favourite type of food? Give examples of favourite dishes and their ingredients.

The type of food I like the most is pasta, especially macaroni carbonara. Its ingredients are:

- 500 g macaroni. 100 g of bacon. 3 eggs.
- 70 g parmesan, pecorino or grana padano cheese. Salt and freshly ground black pepper.



Talk about the connection between food and health.

The relationship between diet and health has been demonstrated by many studies over time. According to numerous studies, a healthy diet protects against non-communicable diseases such as diabetes, heart disease and cancer. Foods that should be increased include vegetables, pulses, fruit and whole grains, while animal fats, pastries and alcoholic beverages should be avoided. They recommend eating at least one portion of cooked vegetables per day, one portion of fresh vegetables (salads), at least 3 pieces of fruit, 2 to 3 portions of pulses per week and 2-3 dairy products daily.



Is there a type of food that you really like, but you know is unhealthy? What's the healthiest type of food/ dish that you particularly enjoy? In general terms, do you eat healthy? Talk about your eating habits.

The food that I like a lot and is unhealthy are the burgers at burger king which I eat very often.

I like pasta salad very much and it is healthy on top of that.

I don't really eat healthy because when I'm at home I eat healthy but when the weekend comes I eat a lot of unhealthy food.



What can you cook? Would you take up cooking as a hobby?

The things I can cook are the simplest things like a hamburger or a cut of beef. I wouldn't take cooking as a hobby because I don't find it an enjoyable activity and if you want to cook an elaborate dish it can be very time consuming.



Food and Drink

by Adrián Domingo

Guideline

- *What's my favorite type of food?*
- *Connection between food and health.*
- *What can I cook? Would I take up cooking as a hobby?*



1. What's my favorite type of food?

My favorite type of food is pasta. There are many types, but I prefer spaghetti carbonara, which ingredients are spaghetti with cream and bacon. Another dish that I also like is meat with potatoes and a fried egg. They are two simple but delicious menus that I love.



2. Connection between food and health

The relation between food and health has been found by many studies over time. A healthy diet protects against non-communicable diseases, such as diabetes, heart disease or cancer. There is food that is delicious but not healthy, for example pizza, snacks, chocolate or sweets. All these types of food are bad if you eat them daily, but you can eat them once in a while.

I consider myself a person who eats healthy most of the time. Only in special occasions I can eat junk food. My favorite healthy dish is fish with asparagus and tomato.



3. What can I cook? Would I take up cooking as a hobby?

I know how to cook simple things like omelettes, pizzas, pasta, salads, soup, sandwiches or something simple and grilled meat.

I would like to start learning how to cook because I like to eat the food that I prepare myself more than the one that other people prepare for me.



Food & Drink by Teresa Esteve

💋 what's your favourite type of food?

I don't really have a favourite type of food, I'm mostly into trying new recipes, like exotic and foreign ones. However, I also like the typical Valencian and Spanish food, like paella or Spanish omelette.

Spanish omelette is actually my favourite, and I think is delicious and easy to prepare, you only need potato and eggs, and if you want, onion or another complementary ingredient. If you ask me, I would say that my favourite foreign food is Italian, I love pasta and pizza.



💋 food and health

I think having a good diet is really important for our body and also, our mind. If you eat healthier, you will feel better and have less illnesses.

Furthermore, it's very important to take a balanced diet, and to consume all the necessary nutrients.



💋 is there a type of food that you really like, but you know is unhealthy?

Unfortunately, yes, I actually love pizza. Mostly the four cheese one. I don't eat pizza frequently, but I like it. However, I think that if you consume pizza moderately, there is no problem, but if you consume pizza everyday it can be dangerous for your health.



💋 what's the healthiest type of food/ dish that you particularly enjoy?

I particularly enjoy salad, it is actually one of my favourite types of food. There are a lot of different recipes for salad, but the one that I love the most is the Valencian salad. It has lettuce, tomato, onion, olive, cucumber, etc. And you can marinate it with olive oil, salt or any other sauce.



💋 in general terms, do you eat healthy? Talk about your eating habits.

Yes, I eat healthy. My parents love healthy food, so that is what we eat at home. I'm used to eating Valencian food, because the Mediterranean diet is the best in the world.



🍳 what can you cook? Would you take up cooking as a hobby?

To be honest, I am very bad at cooking, I have tried it so many times and I've messed up the meal every time. I would love to be good at cooking, but I'm actually very absent-minded, so it might be dangerous. However, I know how to make a salad, pasta and fried eggs. I hope to improve my skills on cooking one day.



Food and Drink by Joan Física



INDEX:

- My favourite type of food.
- The connection between food & health.
- What can I cook?

My favourite type of food:

My favourite type of food is probably meat or fish with potatoes cooked in the oven. I really like this type of food because I think it tastes delicious, although it's not easy to prepare because it has to be in the oven for a long time. My favourite dish of this type is ribs with honey, the ingredients for this are pork ribs, potatoes, honey, onion, carrot and other things.



The connection between food and health:

Food impacts a lot in our health because it gives us the nutrients we need for living and if we don't eat enough or we eat too much, we can get health problems. You can also get health problems if you don't have a balanced diet, like the Mediterranean diet, that includes fish, olive oil, and vegetables.



Is there a type of food that I really like but I know it's unhealthy?

I think fried food like fried chicken or fried fish and pizza are types of food that I sometimes eat and they are unhealthy so I should start eating that type of food less often.



What's the healthiest type of food/ dish that I enjoy?



I really enjoy eating salad, I sometimes eat it for lunch when I come home after coming from school. The ingredients are lettuce, tomato, olives and tuna seasoned with oil and salt. Another type of salad that I really like is the Caesar salad that has chicken and a very savoury sauce.

In general terms, do I eat healthy?

I think I don't eat as healthy as I should because I don't have a very balanced diet, but I also think that I don't have a very unhealthy diet. I usually eat a lot of different things for lunch like pasta, meat or different types of rice and omelette, fish or soup for dinner.



Can I cook? Would I take up cooking as a hobby?



I don't think I'm bad at cooking, but I don't know many recipes so I almost always cook omelettes, grilled meat or pasta, but if I search for a recipe I'm very good at following the steps. I like cooking but I wouldn't take it up as a hobby because I prefer spending my time doing other things and only cooking when there's no other person to do it and I have to do it by myself.



Food and drink

By Iván Moreno 4B

What's your favourite type of food?

My favourite dish is the potato omelette.

Ingredients for 4 people: 5 eggs, 500 g potatoes, 1 onion, salt and extra virgin olive oil.

Food and health

The unhealthiest food I like is pizza. I don't eat it very often but it's really good. The healthiest type of food I like is not a dish but a type of food: vegetables in general, and I eat them quite often.

Eating habits

I think that I do eat healthy even though, in general terms, I could eat healthier and the habit I have is to eat a variety of foods and have meals that contain some fruit or vegetables.

Cooking as a hobby

What I can cook is some basic things, like meat or pasta. And personally, I would not take cooking as a hobby, since I do not like cooking.



Project 7 Food and Drink

Clara Palao 4c



What's your favourite type of food? Give examples of favourite dishes and their ingredients.

My favourite type of food is home-cooked food because it is usually healthier. As you are the one who is going to cook it, you know your tastes and how to do it perfectly. It also helps you practice to learn how to cook, since we all must learn this. Finally, it is cheaper than take-away food, because with the ingredients you buy there will be plenty of leftovers for other days.



Spanish omelette

- Eggs
- Potatoes
- Oil
- Salt

Spanish baked rice

- 1 garlic head
- 1 tomato
- Chickpeas
- Potatos
- Pork ribs
- Bacon
- Rice
- Olive oil
- Red paprika
- broth
- rice morzilla



Talk about the connection between food and health.

The connection between food and health is that your brain needs a lot of nutrients to function and keep you well. Eating well helps to reduce the risk of physical health problems like heart disease and diabetes. It also helps with your sleeping, energy levels and general health.



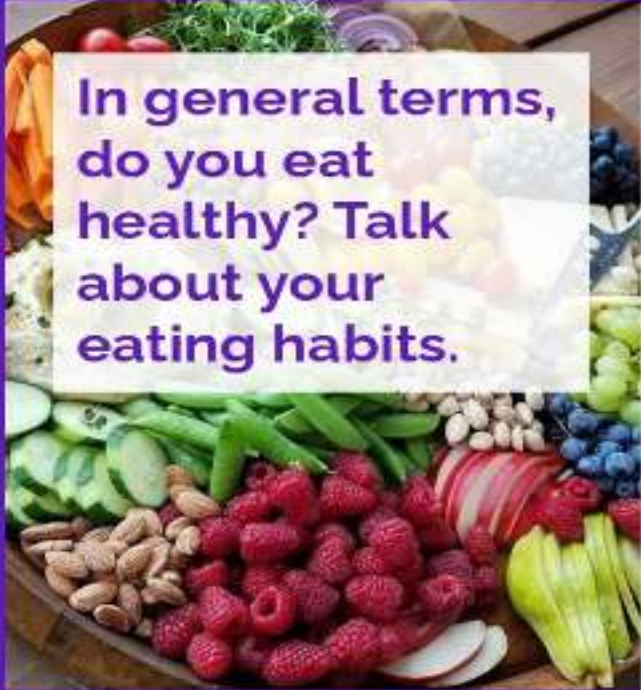
Is there a type of food that you really like, but you know is unhealthy?

Yes, hamburger, pizza, ... It is the food that we all like, but that we know is not healthy at all. This kind of food has a lot of calories and carbohydrates, so it is bad for you.

What's the healthiest type of food/dish that you particularly enjoy?

The healthiest type of food that I enjoy is salad. The good things about salads are that there are many types, you can use different ingredients and that each one cooks them how they want and like them better.





In general terms, do you eat healthy? Talk about your eating habits.

Yes, I do. I think that I eat healthy because I have a very sensitive stomach and I must take care of it. My family does not usually eat much junk food or take away, on the other hand we really like fresh and natural food.

I eat a lot of vegetables and fruit since I was very little. I don't like sweets, so I don't eat chocolate, cakes, ... I hardly ever eat fast food, maybe once or twice a year, since afterwards I usually get a tummy ache.

What can you cook?

I can cook a lot of things. I just love cooking and everyone in my friends and family literally love to have food cooked by me. I usually make Valencian meals all cooked at home because my mum loves when I cook restaurants style things at home. She loves to brag about it in her job and the happiness on her face is priceless.

I can cook meat, paella, rice, soup, salad, ... I can cook almost everything, and if I don't know how to cook something, I learn.



Would you take up cooking as a hobby?

Yes, I would. I learned how to cook when I was 10 years old and since then I have not stopped.

Cooking is not difficult for me, it is a matter of learning and having time. My mother and father used to cook in my family, but my father no longer has time and my mother doesn't like it, so now I cook.

Maybe now I wouldn't take up cooking as a hobby because of my age, but maybe in the future I will. It is something that I love and it entertains me a lot, it also helps me focus.





Food and Drink

1. What's your favourite type of food? Give examples of favourite dishes and their ingredients.
2. Talk about the connection between food and health. Is there a type of food that you really like, but you know is unhealthy? What's the healthiest type of food/ dish that you particularly enjoy? In general terms, do you eat healthy? Talk about your eating habits.
3. What can you cook? Would you take up cooking as a hobby?

By Alejandro Pons 4th ESO B

1. What's your favourite type of food?

Actually, I don't have any type of favorite food, but I really like various types of dishes of local food such as Valencian paella, foreign food like Kebab, or even Chinese food like spring rolls. Also, I love junk food for example, pizza or hamburgers, but I don't eat them excessively since it's not very healthy and it's bad for your health.



Give examples of favourite dishes and their ingredients.

VALENCIAN PAELLA

INGREDIENTS: rice (2 handfuls per person), chicken thigh, 1 ripe tomato, “tavella” green beans, “garrofó”, garlic, 1 pinch saffron threads, dried rosemary to taste, 1 teaspoon sweet paprika, olive oil and salt.



2. Talk about the connection between food and health.

The connection between food and health is simple. If you eat a variety of dishes that usually contain proteins, vitamins and carbohydrates, you will be healthy as a person, although you also have to add a little physical activity, like running, football or Valencian ball, like me.



3. Is there any type of food you really like but you know is unhealthy? What's the healthiest type of food/ dish that you particularly enjoy? In general terms, do you eat healthy? Talk about your eating habits.

There is food that is not very good for our health, and even knowing it, we continue to consume it, since it is mostly easy to prepare and cheaper than others. We are talking about fast food, ready-made food, frozen food ... There is also healthy and easy-to-prepare food, which we also enjoy consuming, for example salad, rice and chicken. Although it is a personal opinion, for me they are delicious.



What can you cook? Would you take up cooking as a hobby?

Currently, I'm not cooking many things, but I started when we were at home during the pandemic, not being able to go out anywhere, and that's why now I can make a few dishes like pancakes, paella, other types of rice, macaroni... Little by little, I am learning more, although I wouldn't consider it as a hobby, since I take it as something basic to survive and be more independent.



FOOD AND DRINK

By Antonio Ten

What's your favourite type of food?

I like most of the dishes of the Spanish gastronomy, but I also like Indian food, although I don't like Chinese food.

Junk food has a lot of fats, but I still eat it, and enjoy it, twice a week.



Favourite dish: Soupy rice with lobster.

- Rice
- Fish broth
- Lobster
- Tomato
- Garlic
- Red pepper
- Green pepper
- Salt & pepper
- Prawns



Is there any type of food that you really like, but you know it's unhealthy?

Yes, I like to eat plenty of different types of greasy food, such as hamburgers, hot dogs or pizzas. I'm a meat lover too, so even though it has a lot of proteins, red meat isn't as healthy as fish can be. I usually eat this junk food at the weekend, twice in a month. I would say that I don't have unhealthy habits, excluding eating an ice cream as dessert, and anything else.



Do you eat healthy?



I think that my diet is healthy, because I eat a lot of fruits and vegetables, but it isn't balanced. I don't like that much sweets, I tried to improve my diet every day by trying some vegetables that I didn't use to like before.

Would you take up cooking as a hobby?

I started cooking at the age of 10, but when I was 6 I liked to help my aunt or mom to make dinner, nowadays I'm the person who cooks at home. I practise cooking such as a hobby. Normally, I prepare meat, fish and other dishes and my mom makes lunch during the week. We usually eat the leftovers of that day the following day.

What's your dream job?

By Noelia Burriel 4th B

INDEX:

- **Advantages & disadvantages of being a biologist**
- **A biologist I admire: George Mendel**
- **Biologists & the pandemic**



Advantages of being a biologist

- The first advantage is that you can work in a lab doing experiments and to me, it sounds very interesting.
- The following two go together. I think that it offers job satisfaction and so, it is rewarding because if you discovered something that you could use as a medicine and could help people who suffer specific illnesses, I think you would feel rewarded.
- You can go abroad or stay in your country because there are a lot of projects or investigations around the world that you can take part in.



- I think it is an interesting job most of the time because you often work with more people doing things that you really like.

- It is a safe job, because if you are not working with a virus or something like that, you won't get exposed to any danger or person.

Disadvantages of being a biologist

- It demands long working hours because this work requires dedication and patience.
- It can be boring sometimes because if you are working alone it is not the same as if you are working with someone else you can talk to.

- If you are not working for a big company or in a big project, maybe you are not going to get paid a good salary.
- You will need to discover something important to be acknowledged as a good biologist, if you do not have success in your projects or those successful projects aren't important enough, you won't receive any recognition.

Someone I admire...

GREGOR MENDEL **Father of Genetics**

Gregor Mendel, the father of genetics, was a really important biologist because he started studying genetics by growing green pea plants and studying their qualities and features. These experiments established many of the rules of heredity, now known as the laws of Mendelian inheritance.



Biologists and the pandemic!

Biologists have played a very important role during the pandemic.

Some people said that their task has been and is being fundamental because they are the ones who are still conducting research on Covid-19 and the way it acts in human beings.

Their work is now focused on finding an effective vaccine as soon as possible.





My dream job

by Adrián Domingo



- **My dream job** is to devote myself to sports, for example being a teacher of P.E. or physical trainer. I have decided to choose this job because I like sports and I would love to have a profession related to it.

- **The advantages of it are the following:**



- You teach children and that means that you can also learn from them.
- You have long holidays like them.
- It is an important profession because you are transmitting them values like empathy and generosity.
- You give your lessons outdoors which means that you can enjoy nature and get fresh air.

- You can practice many abilities with different exercises.

- **On the other hand, for me, the disadvantages of it are:**

- If you want a post for a lifetime you have to take an official exam.
- If you don't pass the exam, you'll need to be self-employed and you will probably get a low salary.
- You can't share all the resources available due to the pandemic restrictions, also contact sport are not permitted.
- Sometimes the working conditions are hard when you work outdoors due to bad weather.



- **The person** who has this profession and **I admire** is my uncle. He works as a P.E. teacher in a school and also trains a soccer team. My uncle likes sports and teaches students everything related to it.
- **How are P.E. teachers coping with the pandemic?** Now everybody has to work with a mask on to avoid contagion and we do not have the same resources as we had before because the material can't be shared.

***JOURNALISM** by Teresa Esteve*



My dream job has to be something exciting, where travelling is fundamental. I also love to talk and write, so after time thinking about it, I guess the best option is to be a journalist. Moreover, I want to make positive changes in our society and I think communication is a good way to do it. However, this is not definitive because I'm very indecisive.

ADVANTAGES:

- Nowadays, there are so many ways to communicate thanks to technology.
- In addition, journalism stimulates creativity and permits to specialize in so many different areas.
- Furthermore, it gives oral and writing tools and the ability to inform objectively.



DISADVANTAGES:



- However, it is not well-paid, especially if you are a freelance journalist.
 - Besides, it is very difficult to find a good job with professional stability.
 - Sometimes, it can be stressful and it is really hard to find trustworthy sources.
- Moreover, it requires a lot of daily reading, especially newspapers.

GERDA TARO (1910-1937)

- I really admire Gerda Taro, she was a pioneering graphic German war journalist. She also took photos of the Spanish Civil war. I admire her because of her courage and activist spirit. However, I don't want to be a war journalist, but for me this powerful Jewish woman who lived in difficult times represents a role model for me.



JOURNALISM IN THE PANDEMIC

- Journalism has been really important during the pandemic, because we needed to know the news about COVID-19, the protocols, statistics...
- Although journalists have adapted well, they wrote and recorded the programs from home, and only went to the studio in exceptional cases.



My dream Job: Computer programming

by Joan Física Parra 4B

My dream job is to be a computer programmer.

In my opinion, its advantages are that...

- Computer programming is a very flexible job, you can work in an office, at your home or in other places, with a laptop or a computer.
- It's also very rewarding, you can work in a company or create your own product and use your creativity.
- It offers job security because there's a high demand, and if you lose your job, you can easily find another one.
- Computer programmers can get a good salary.
- It offers a lot of job satisfaction when you complete a long project.



However, it has some disadvantages too...

- Computer programmers have to learn new information quickly because there are new programming languages or updates.
- You spend a lot of time sitting and that may cause you some health problems, like back pain or heart diseases.
- It demands long working hours if you're working on a hard and long project.
- It may be stressful and tiring sometimes.



How do programmers work in a situation like the present?

Computer programmers can work from home with their computers so they have no problem working during the pandemic.

Someone I admire: Alan Turing (1912-1954)

Alan Turing was the first programmer ever, he created the computer as we know it today. He created a machine that could solve mathematical problems by following an algorithm. He also decrypted the Enigma, an encryption mechanism made by the nazis in the WW2, and with that, he helped the UK to win the war. He was killed because he was homosexual.





My Dream Profession

27/10/20XX

==

Clara Palao Lluch

4.C

CCOA

IES Tavernes Blanques



What is my dream profession?

When I grow up I want to be a doctor. A doctor is a person who is skilled in the science of medicine. It is someone who is trained and licensed to treat sick and injured people.

I want to become a doctor because by becoming a doctor, you take away the pain and sufferings of others by giving them medical treatment and healthcare. As a doctor, you are a continuous source of happiness for many people and their families. When you give happiness to others, you are the happiest person of the moment.

Advantages

1. You get paid a good salary
2. It offers job security
3. It offers a lot of job satisfaction
4. It is rewarding
5. It seems exciting

Disadvantages

1. You don't have long holidays
2. Sometimes, you don't have a pleasant working environment
3. It carries a great responsibility
4. It may be dangerous
5. It demands long working hours
6. It is tiring and stressful



Can it be done online?

Yes, I can. More and more patients see this idea as a viable option to consult a specialist when they have a medical condition.

And doctors have also discovered the usefulness of remote care, in a population that grows and ages at the same time.

You can make a consultation by video call and talk to your patient. But it all depends on the type of doctor you are, most of the time it is not useful to make a video call.

Has it adapted to the current situation?

Yes, it has. Although it has been very difficult, they have had to adapt in a way in which they could help everyone and at the same time, not infect more people.

Doctors are essential in the situation we are experiencing. They are the ones who take care of infected people and have to save many lives every day.

Someone I admire

Alexander Fleming

Alexander Fleming a scientist who dedicated his life to research and who, as a consequence of forgetfulness, made one of the most important discoveries in medicine: penicillin.

He worked as a medical microbiologist at St. Mary's Hospital in London until the beginning of the World War I. In this hospital he worked in the Inoculations Department, devoted to the improvement and manufacture of vaccines or injections and serums.

Where do I want to work in the future?

I want to work in the hospital Johns Hopkins de Baltimore (EEUU). It has been considered the best hospital in the world for 20 years now. The hospital is number one in the world ranking hospitals, due to its services in patient care, teaching and research. It was the first hospital in the world to perform male-female sex reassignment surgery. It is in the top five centers for 15 of the 16 medical specialties and is number one in gynecology, neurology and neurosurgery, urology and rheumatology.



Comparing & contrasting:

Being a biologist and being a nurse...

By Noelia Burriel Albiach

HOW ARE BEING A BIOLOGIST AND BEING A NURSE SIMILAR?

- Both jobs are rewarding because you can save people's lives in different ways.
- In both jobs, you have to study a lot to be a professional, and you may have to pass an official exam if you want to become a civil servant.
- Neither job is boring, everybody has to do things all the time.
- Both jobs demand dedication and long working hours.

HOW ARE BEING A BIOLOGIST AND BEING A NURSE DIFFERENT?

- Being a nurse is better paid than being a biologist.
- Being a biologist is safest than being a nurse because you are not exposed to any danger.
- Being a biologist is not as tiring as being a nurse because you have to be active all the time to assist as many ill patients as it's required.
- Being a nurse demands to be strong both physically and mentally, but being a biologist needs to be patient and concentrated.



COMPARING & CONTRASTING BEING A P.E. TEACHER WITH BEING A NURSE

COMPARING

Now, I am going to compare and contrast my dream job, that is teacher of P.E. with the job of a nurse.

Both jobs are very important because you deal with people. Every day is different. Even every moment is different because you deal with different people throughout the day.

Neither job allows you to be sad or angry because this could make you not do your job well and could affect your students or sick people.

Teaching physical education is like nursing in that you help people improve their health.



CONTRASTING



Being a nurse is more dangerous than teaching P.E. because there is a risk of getting infected. In addition, nursing is not as comfortable as teaching because, on many occasions, you have to work at night.

Teaching physical education demands you to be in good physical shape and know about healthy habits, but nursing must help patients acquire healthy habits to improve their health.

A nurse works caring for only one person at a time, while the teacher works with many students at the same time.

Adrián Domingo

Journalism & teaching

HOW ARE THESE JOBS SIMILAR?

- ✓ Both jobs are social, you always have to talk with people and you have to be outgoing.
- ✓ Neither job is boring, because you always have to pay attention. Teachers have to pay attention to students and journalists to the news.
- ✓ Teaching is like journalism because you are always giving information to other people.
- ✓ Moreover, some journalists may become language teachers, because these professions share part of their studies.

HOW ARE THESE JOBS DIFFERENT?

- ✓ Teachers have longer holidays than journalists.
- ✓ Journalism offers less-job security, and I think it is harder to find a job in this field.
- ✓ I feel that teaching is not as stressful as journalism, because some journalists have to be travelling all the time (for me this is not a problem, but some people find it stressful).
- ✓ However, teachers have to deal with kids (and they can be annoying sometimes) while journalists have to deal with adults (that are more mature).



OPINION:

Personally, I think that journalism and teaching are similar jobs, because in both of them, the most important thing is communication. However, on the other hand, these jobs are very different too, teaching is about helping students to get good grades and learn, and journalism is about searching news and inform people about the new events in the world.

That's why, for me, journalism is more exciting, because you are always looking for new things while teaching is always repeating the same. But I think both jobs are rewarding, journalists help other people to know the truth about what's happening in the world and teachers help us to learn and get a good job in the future.

If you ask me I prefer journalism but if I didn't find a good job, I wouldn't mind being a language teacher.

Teresa Esteve Monzó 4th C

Comparing nursing & computer programming

I'm going to compare nursing and computer programming. Both jobs demand long working hours, but they offer a lot of job satisfaction, in nursing because they save lives and in computer programming when they finish a project.

Nursing is more physically tiring than programming because they have to move a lot and computer programmers are sitting. But computer programming can be mentally tiring too.

Personally, I think that nursing is more stressful than programming because you work with people's health and it might be hard sometimes if someone has a disease and is going to die.

I think nursing is not as well paid as computer programming, although they work harder. Nursing demands more responsibility than programming because people can die...

Also, computer programming is not as risky as nursing because there could be a person with a contagious disease like COVID and more people can get infected. I'd rather work as a programmer because I like computers.

Joan Física Parra 4B





WHAT'S YOUR IDEAL HOUSE?

By Noelia Burriel Albiach 4ESO

☞ Do I prefer urban life or rural life?

I prefer urban life to rural life because I like to socialize with people and to have facilities within walking distance from my home, in that way, when I have to go somewhere I do not have to take the car.



☞ Would I prefer to live in the city or in the countryside?



I would rather live close to the city, maybe in a nearby town, because of the noise. I think that this location has less noise and it's more peaceful than the city centre.

☞ What would my ideal house be like?

If I had the money, I would buy a detached house with a big garden. I would like to have a lot of space, and it would be a black house because I think it would look elegant. Because of the pandemic, we had to stay in our houses for a long time, and I felt anxious sometimes because I didn't have enough space, my parents felt the same...



Due to these reasons, I would buy a big house...



My home would have a big kitchen, a library with a lot of adventure books, two bedrooms (one for me and the other one would be used as a guest room), a dining room with a black couch and a big table with black chairs, two bathrooms and a little gym in one of the rooms to work out.

Also, the garden would have a swimming pool.

The location would be in a town in a residential area, close to road and rail routes to easily get to the city center. It would be great that it had a health center, supermarkets or a shopping center within walking distance, but I think it's a bit difficult because those locations normally do not have them close.



My ideal home

By Adrián Domingo

- **Do I prefer urban life or rural life?**

I prefer a rural life because you are calmer, for example, you don't hear the noise of cars, you can relax yourself and breathe a different air.

- **Would I prefer to live in the city or in the country?**

If I had to buy a house, I would buy it in the country because I like the mountains. There you can have enough land to enjoy.

- **What would my ideal house be like?**

My ideal house would be in the country, it would be made of stone like the old houses. I'd prefer it to be close to the city.

My house would be composed of: a bathroom, a kitchen, a dining room, a guest room, my room, a study room and another room for leisure activities.

The study room would have a library, a desk and a laptop; my room would have just a big bed; in the leisure room there would be a computer to play video games and in the dining room there would be a sofa, a table to eat and a TV. Simple and nice things.



My ideal home

By Álvaro Cuesta

- **Do you prefer urban life or rural life?**

I prefer the rural life because you can do things with more freedom and without many people seeing what you are doing. And another reason is because people are closer.

- **If you had to buy or rent a new house, would you prefer to live in the city or in the country?**

This is very similar to the previous thing that I have said and I would prefer to live in the country. A reason that I have not mentioned before would also be due to noise pollution.

- **What would your ideal house be like?**

My ideal house would be a very large cottage in the middle of the forest but with animals and plants around it, not far from a city or country to go shopping. I would also need to have my friends living nearby. It would be like a kind of cottage community.



My ideal home

By Teresa Esteve Monzó



Do you prefer urban life or rural life?

- If you ask me, I'd say that I totally prefer rural life. I like the familiarity in the villages and the peace. Besides, in villages there are fewer cars and noises, and it really helps me to chill out.
- However, sometimes in the villages there aren't enough shops and leisure centres. That's why I'd like to live in a village close to road and rail routes.



Would you prefer to live in the city or in the country?

I would definitely buy my house in the country because it has a lot of advantages, such as...



In the country I would have fresh air, less pollution and noises from cars.



Furthermore, the country is more peaceful and picturesque, and I'd also enjoy the pleasant surroundings. In addition, I really like mountains and nature, so if I lived in the country I'd do the activities that I like.

What would your ideal house be like?

It would be a cottage in the mountains. I would have a big garden in the exterior. Besides, in the interior I would have a spacious kitchen, a big bedroom with a full library and big windows, a living room with plants, a big sofa and more books and my leisure things, a bathroom and a dining room.



Location and facilities

I would like to live in a rural area surrounded by nature and a beautiful landscape, but with access to road or rail routes to go to a city whenever I wanted to.

However, I would live near to a village with the most important facilities like a health centre, some shops, a sports centre and cinemas and theatres.



Some disadvantages...

- I wouldn't have a lot of facilities.
- In the villages there are fewer people to socialize with, and I don't like that.
- Living in the country in winter is really dangerous, and it's freezing...



My ideal home by Joan Física Parra

Do I prefer urban life or rural life?



I prefer urban life because there are a lot of facilities such as shopping centres, cinemas or sport centres within walking distance. Also, it's close to road and rails routes and if you don't have a car or you don't want to use it, there is public transport. Rural life can be boring because there are not a lot of things to do aside from going for a walk in the mountain.

If I had to buy or rent a new house, would I prefer to live in the city or in the countryside?

If I had to choose, I would prefer to live in the country because there are not a lot of people, the landscapes are beautiful and the air is fresh, so I think you can have a more calmed life. However, there are negative aspects about rural life, for example, it's far from facilities and if you want to go somewhere you have to go by car.



What would my ideal house be like?

My ideal house would be in a village near a city because this way I could have the good things of both locations. On the one hand, it's a calmed place and on the other hand, you are close to the facilities. The house would have a big dining room with a kitchen in it, also, there would be my room, the guest room and a leisure room with a home cinema, a console to play videogames and a computer. Outside the house, I would have a garden with a swimming pool.



What's my ideal home?

Clara Palao Lluch 4th ESO C

Do I prefer urban life or rural life?

If I have to choose I prefer the urban life. Even though there is a lot of pollution, it is very noisy, more dangerous and definitely much more expensive, I don't think I could live without the modern conveniences that I am used to.

I believe that urban life has excellent public transport service. It is also a more modern lifestyle to which most of us are used to.

It is better for meeting new people and for having fun, as there are many different leisure facilities to choose from.

You can also choose different types of housing to live in, from apartments, flats and penthouses to houses, detached houses, ...



If I had to buy or rent a new house, would I prefer to live in the city or in the country?

I think a mixture of both, in a country near the city.

I believe it is a good way to have the advantages of both places.

Living in the country with the nature and the picturesque views, and at the same time living near the city where thanks to public transport I could easily move around.

A good example of this would be Tavernes



Blanques, the place where I live, since it is a town that is close to the city, even though I would like it to have more nature...

For me, this would be the perfect place, a mixture of tranquility and nature with modern and busy life.

What would my ideal house be like?



My ideal type of house would be a detached house. It would be a mix between modern and classic and it would have to be welcoming and make me feel really safe. I don't like being alone at home so I would share it with a very close friend.



I would like it to be near a public park or a theater, because they are places where you can have a good time and I would not have to walk much to get to them.

In the house there will be a large library with many books and I would also like to have a small cinema room to watch movies.



It would have to be a well located place with good access to public transport, by which I could easily reach the school. It would be within walking distance of a shopping center, because I would only have to take the bus to get there, and within walking distance of a health center too, because if something happens it won't take long to get there.



I would like it to have pleasant surroundings and to be in the urban area of a small city. Finally, it would be great if it was in an exclusive neighborhood so that I could be friends with my neighbors and get to know them well.

My ideal home

By Antonio Ten Arranz

Urban or rural life?

Both lifestyles are enjoyable, in rural life you can connect with nature and in city life you can take advantage of all the facilities. However, a mixture of both would be fantastic. If I had to choose...

I would prefer urban life. I can't live without the advantages of technology, these are so important in my daily routine. Housing in cities is more expensive, so renting would be the best option for me...



My type of home

I'd prefer to live in a city so the best home for me would be a high-rise flat in the city center. I don't like to be alone in a big house so I would probably share a flat with my friend (obviously modern decorated).

I'd prefer that my home was at the top of a building and had a terrace.



Nowadays, every city is well connected so I would be able to move around on public transport and enjoy the facilities.

Sicily, the place I'd love to travel to...



By Noelia Burriel

MAIN FEATURES

The main characteristic about Sicily in my opinion is its beautiful beaches. I have seen a lot of photos and I'm completely impressed.

The people there are quite similar to us because they are Europeans, there are not important differences.



THEIR TYPICAL FOOD

- *SFINZIONE*: It is similar to pizza but a bit smaller, it has onion and tomato.
- *ARANCINI*: Little balls of breaded rice stuffed with whatever you want.



THE PLACE AND WHY I WANT TO TRAVEL THERE



Sicily is an island of Italy, it is in the south. The climate there is quite similar to ours, Mediterranean.

I want to go to Sicily because I think this place is perfect for a peaceful holiday and I have never been there before. If I could, I would live there for a couple of years...



PLACES I WOULD VISIT & WHY

This photo you see here is the **valley of the temples**. I'd like to go there because I think it is a cultural and historical place and it would be great to know more about the Italian culture.



San Vito Lo Capo has one of the most beautiful beaches in all Sicily and it would be great to visit it.

Trapani is a beautiful city, next to several islands and it seems really relaxing and comfortable.



SOUVENIRS TO BUY

I would buy this type of handcrafted plates for my mum and grandma because they told me that they loved them and of course, a typical magnet from a souvenir store.



THE TRIP OF MY DREAMS

PHILADELPHIA



Why Philadelphia?

Because one of my favorite movies since I was little is *Rocky* and that's where his entire career began and where he retired.

Another reason I want to visit Philadelphia is because my favourite NBA team is the Philadelphia Seventy Sixers.

Other things I would like to visit in Philadelphia are: The One Liberty Observation Deck and the Liberty Bell Center.



By Álvaro Cuesta

Rocky

In Philadelphia, there is a statue inspired by the renowned boxer located at the top of the steps of the Philadelphia Museum of Art.



One Liberty Observation Deck

One Liberty Observation Deck, also called Philly From The Top, was an 883-foot (269 m) tall observation deck located on the 57th floor of One Liberty Place in Center City, Philadelphia.



Liberty Bell Center

The Liberty Bell, located in Philadelphia, Pennsylvania, United States, is a bell of great historical importance. It is perhaps one of the most prominent symbols associated with the American War of Independence.

This bell is one of the great symbols of independence, abolition of slavery, character of the nation and freedom of the United States, and has been used as an international icon of freedom.



By Álvaro Cuesta

MY DESIRED TRIP

by Adrián Domingo

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| 1- My desired trip and reasons | 4- Curiosities about this destination |
| 2- Typical food and products | 5- Famous New Zealander people |
| 3- The most remarkable locations | 6- Opinion on the project |



1- WHAT MY DESIRED TRIP IS & WHY

My desired trip is to go to New Zealand, because it is a place that has it all for me.

You can...

- ... go there to rest. There are beautiful beaches where you can rest with spectacular views.
- ... do mountains routes seeing amazing landscapes.
- ... spend your family holidays.



2- TYPICAL FOOD & PRODUCTS

New Zealand is **located** in the southwestern Pacific Ocean. It stands out for its pleasant climate, almost all year round. The climate is temperate, with very cool or cold temperatures.

The typical food is: *Paua*, which are sea snail shells, fish and chips, Pavlova which is a crunchy sponge on the outside and very creamy and light on the inside.



Typical purchases are Maori handicrafts. This is one of the souvenirs that people usually buy, together with jade jewelry, a material that is found there and clothing designed for prestige.



3- THE MOST REMARKABLE LOCATIONS

The most beautiful things to see in New Zealand are:

- **Mount Cook** or Aoraki in Maori, is the highest peak and one of the most beautiful places to see in New Zealand.
- **Hobbiton** is the filming set for the scenes of the Hobbit Village and the Shire in the famous *Lord of the Rings* movie.
- **Tongariro** is one of the best day treks in the world. During almost 20 kilometers and 8 hours of travel you will skirt mountains, volcanoes, blue and green lakes, craters and forests, all located in the Tongariro National Park, the oldest in the country.



There are also many more beautiful and impressive things in New Zealand.

4- CURIOSITIES ABOUT NEW ZEALAND

- Blue Lake in Nelson Lakes National Park has the clearest water in the world.
- Lake Taupo was formed by a large volcanic eruption.
- Only 5% of the living beings on the island are human, the rest animals.
- New Zealand the least corrupt country in the world.
- New Zealand was the last habitable land to be populated.
- It is considered the freest country and with the greatest respect for civil rights in the world.
- Baldwin Street in Dunedin is the steepest street in the world.



5- FAMOUS NEW ZEALANDER PEOPLE

There are some famous celebrities who have New Zealander nationality such as the Hollywood actors Mel Gibson and Chris Hemsworth.

6- OPINION ON THE PROJECT

My opinion about this project is that it has been very funny, I have learnt things about the place where I would like to travel to. I hope you liked it!



Post-pandemic trip

By Teresa Esteve Monzó

IF I WERE RICH I WOULD TRAVEL TO...

There are a lot of places I'd like to travel to, but if I had to choose one I would choose Canada.



WHY?

I would choose Canada because I think it is a beautiful country, with a very rich culture and the landscape is magnificent. I love mountains and nature, and in Canada there are large and beautiful mountain ranges like the Rocky Mountains, there are beautiful rivers, lakes, villages and multicultural cities.



NIAGARA WATERFALLS

Another reason for visit Canada is the waterfalls. In Canada, there are a lot of waterfalls but the most famous ones are the Niagara Waterfalls. I'd like to visit them because they are beautiful and impressive.

CANADA

Canada is the North American country that stretches from the United States in the south to the Arctic Circle in the north. Major cities include the huge Toronto, Vancouver, the West Coast film centre, the French-speaking cities Montreal and Quebec, and the capital Ottawa. Canada's vast swathes of nature include Banff National Park located on a lake in the Rocky Mountains. It also includes Niagara Falls, the famous group of huge waterfalls.



CURIOSITIES

- ✓ It is the third country with the cleanest air in the world, only behind Estonia and Mauritius.
- ✓ In line with this, 31% of its territory is forest.
- ✓ There are more than 200 ethnic origins as, for many, many years, it has been inhabited by a large number of aborigines from different cultures.
- ✓ Of the estimated 25,000 polar bears in the world, 15,500 live in Canada.
- ✓ Canada has more lakes than any other country: about 3 million in total.



MOUNT TEMPLE

From Moraine lake the trail leads to Mount Temple, the most accessible peak in the Canadian Rockies at over 3,500 metres. I love climbing mountains and this is a beautiful mountain that I hope to climb one day...



AUSTRALIA

by Joan Física Parra 4th B

I would like to travel to Australia. It is a country located in Oceania.

It is one of the biggest countries in the world, its surface is as big as the whole continent of Europe, but most of its territory is desert so people live on the coast. Australia is famous for its crystalline beaches, they are good for surfing because there are big waves. They are also good for scuba-diving. I would like to go to Australia mainly for its animals.



Although the capital of Australia is Canberra, Sidney is one of the most famous cities in the country. The most important place in this city is the Opera. It has a beautiful structure and it has been named World Heritage by UNESCO.



Australia has a great variety of strange animals, such as the koala, the kangaroo, the cassowary, or the platypus. Most of these animals only live in Australia.

The platypus is one of the strangest animals in the world, it has a duck's beak, a beaver's tail, and a poisonous claw. Moreover, it is a mammal and lays eggs.



The cassowary is the most dangerous bird in the world because it has very big feet with sharp claws and they attack people by jumping onto their chests.

In Australia, there are also a lot of dangerous animals, like spiders, snakes, sharks, and alligators. Some of these can even kill you.

Uluru is a red mountain located in the desert of Australia. It is a sacred place for the Australian aborigines, and it is also a world heritage site. Since 2017 it's not allowed to climb this mountain to respect the aborigines.



The Great Barrier Reef is the world's largest coral reef system. It's so big that you can see it from space. There are a lot of marine animals living there, like dolphins, turtles, whales, or alligators. People can go to the barrier with a boat to dive and see the animals.



If I go to Australia, I would like to go to the Great Barrier Reef to dive and also I would like to see some animals like the platypus and the cassowary.



If I was rich enough, what's the first place I'd like to travel to, once the pandemic is over?

Clara Palao 4C



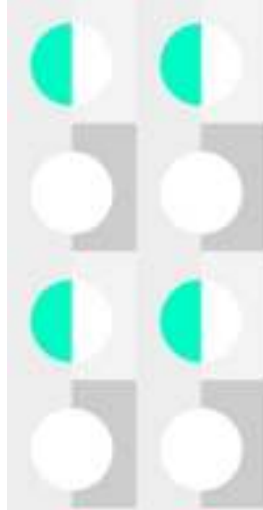
why would I travel to south Korea?



Korea has so many beautiful mountains, marina, islands, ...

Its mountains aren't super high but they are nice and fun to climb. They have lots of rivers and swimming pools.

There is a ton of islands with cool rocks and beautiful views. There are rivers in most of the cities and all the rivers have nice big areas next to them where you can hang out, walk, bike and exercise.



Apart from the nature, Korea is rich in culture and history and their cultural sites, as galleries and museums are very cheap or reasonable to visit and in a lot of cases free.

There are Buddhist temples in all the mountains and some amazing old Buddhas carved into rocks along with the temples.

Korea is a very safe and comfortable place from the perspective of tourists. Also, thanks to their culture it is a peaceful and relaxing place, it is never noisy.



DESCRIPTION

South Korea is a fascinating country filled with beautiful beaches, well located cities, ancient temples, remarkable natural scenery and most importantly, friendly people with ancient history.

This country is home to an endless number of world class attractions and annual festivals that foreigners and locals enjoy each year.

Also it has something for everyone and a person could easily spend years travelling or doing island hopping around the country exploring.

Seoul and Bussan are vibrant and exciting with lively music and art scenes and a great blend of very old and very new. All the cities have interesting cultural events and fun things to see.

There is a lot of good traditional food, but there are American and European style food restaurants as well.

There is a really good public transportation system so either by bus, train, or subway, you can get almost everywhere, everything is really accessible.



the end

Post Pandemic Travel

By Antonio Ten Arranz

Where would I like to travel to?

If i had to choose, I'd travel to Tokyo in Japan. Let me tell you why...

1. Asian cultures are so different from European cultures.
2. I'd like to learn some basic recipes.
3. Japan is one of the most advanced countries in technology.
4. I 'd like to travel to a country in Asia.



What would do in Tokyo?

First of all, travelling to Tokyo is quite expensive, there, I would stay in a reasonable and well located hotel in Shibuya (city center). Shibuya is a very congested place.

I'd love to do some tourism in Tokyo like, going to some museums and restaurants, that would be fascinating!

Maybe, I'd do island hopping between the little islands in the south of Tokyo, or do a package tour in the mount Fuji (Fuji is a city that is like one hour away from Tokyo).

I have always heard that nightlife in Tokyo is so impressive, because there are a lot of lights on the streets.





(Mount Fuji)

Is there any other thing that I can do there?

Yes, you can go to Odaiba, this is an artificial island in Tokyo. In Odaiba there are: a high tech museum, and spare time activities.

Furthermore, there are more possibilities. If you want to see a beautiful landscape you can go to the Tokyo Tower, that is 333m high and there you can see the whole city, it is like the Asian Eiffel Tower.

I recommend you, if you are going to travel to Tokyo, to learn some basics about their culture and language, for sure they will appreciate it.



(Odaiba artificial island)

SAVING THE PLANET



SAVING THE AMAZON ORGANIZATION



SAVING THE AMAZON

WHO ARE WE?

Saving the Amazon is an organization which deals with the deforestation of the Amazon Forest, which should be acknowledged as the most important natural heritage of Humanity.



THE REAL ISSUE: DEFORESTATION

We are working to keep the Amazon safe from the deforestation. It is a really important issue because the Amazon Forest is the lungs of our Planet. Most of the oxygen of the Earth comes from there, it purifies the Earth, and if we do not do anything to preserve and maintain it, maybe in a couple of years, we will have serious problems with the air quality and the atmosphere.

WHAT CAN YOU DO TO HELP?

PLANT A TREE

What can you do to help with this? You can help us by planting trees, the only thing you have to do is buy a couple of trees from our web **Sanvingtheamazon.com** and we will do the rest. We will send your money to our organization in Brazil and they will use it to reforest the Amazon Forest.

If you do not have money but you want to help, also you can also download the **app TREES** and use our search engine in association with Google, **GoogleTrees**. When you use it, you are sending 1\$ to reforest the Amazon.

If you become a member of our NGO you will be able to take part in a lot of activities. We organize benefice trips to different parts of the country for our members and we do a few riffles every 3 months to thank you for help us.



AnimALS On THE verge of extinction NGO

INFORMATION

The sixth extinction could occur in the next twenty years if we don't take action quickly.

Ecosystems functions will be altered and many species will cease to exist in twenty years.

Animals that should become extinct in the next thousand years, have been lost just in a century.

"The main threat to endangered species is the loss of forests, therefore, we are focusing our work on reducing these threats and guaranteeing greater opportunities so that species do not become extinct, and we do so from different perspectives: scientific research, protection of the forest, creation of protected areas and education on conservation issues"



What can you do to help us?

If you want to collaborate with our association by becoming a member, you just have to fill in the form.
The minimum fee to become a member is €4, although you can also make a donation if you wish.



WHAT we will do WITH YOUR money...

Facilities

We pay for specific facilities to keep the animals safe.

Care

We pick up the injured animals and take care of their treatment and until they are released.

Campaigns

You give finance to our campaigns to raise awareness in society and reach manymore people...

We have created this NGO to help the animals that are in danger on the streets. We will be able to take them to the veterinarian and help them to find a new home where they can live healthy and safe.



LOCATION



This NGO is located in the Valencian Community (Spain), in the town of Tavernes Blanques and you can find it in this address.
Plaça del 23 Res Urb, 7D 46019
Tavernes Blanques, Valencia,
España

ANIMAL PROTECTION
Plaça del 23 Res Urb, 7D 46019 Tavernes Blanques
Valencia, España

Tel: 123 456 789

www.animalprotection.com

ANIMAL PROTECTION



We are a non-profit organization to take over the capture and accommodation of abandoned animals.





This NGO is designed to open in September 2021, but to carry out this plan, we need your collaboration.

With your collaboration we will be helping many stray animals to find a happy place to live. Places where their families love them and where they will be well treated.

Our work begins when someone finds an animal in a poor condition or abandoned on the street. If you find an animal in this situation, please call us.

Once the strays are located, we will send our experts to pick them up and bring them to our clinic. Only when the animals are well, we will look for new homes taking all their needs into account.

ANIMAL PROTECTION NGO - KEY FEATURES



HOW WE WORK:

This NGO works with professional veterinarians and with a reliable company to find a suitable home to each of our animals.



WHAT FUTURE MEMBERS CAN DO:

The members of our NGO will have advantages for their pets, for example, they will be able to access our veterinary with a discount. We will also have some detail with your pet and you can also help other animals to have a happy home.



MONTHLY PAYMENTS:

By paying only 5 euros per month you will get all the advantages that we provide and you will help the animals that are in danger, so that they will have a safe home with the conditions that they really need.

Please contact us, many animals need your help.



YOUR KIDS WILL LEARN AND HAVE FUN AT THE SAME TIME

Through fun activities they will learn sustainable daily methods, how to plant vegetables, traditional delicious recipes, different ways to save the planet and the most important, they will develop love for nature and the environment.



BUILD A BETTER LOCAL COMMUNITY

OUR PURPOSE

Our aim is to create a better world, starting by our own local community. Besides, children are the future generations, the world depends on them, so we want to encourage them to show more respect for the environment, to develop sustainable ideas and to make them work. But having a good time...

WE VISIT SCHOOLS TOO

If you are the head of a school and you are interested in our project contact us and we will go to your school and give short free courses for the students and more information for the parents.

Contact Us

Project Organic Education
Bonrepòs Farm
Donrepòs i Mirambell
Valencia, Spain.

To maintain our focus on our core mission, we temporarily welcome visitors by appointment.

Become a Partner
partner@projectorganiceducation.com

www.projectorganiceducation.com

**PROJECT
ORGANIC
EDUCATION**

WE MAKE EDUCATION A **FORCE** TO UNITE CHILDREN TO **CREATE** A BETTER WORLD



With our perfectly designed by education professionals plan we encourage children to make positive changes in their local environment, through fun farm activities and games.



OUR PROGRAMMES

We have a lot of plans that your kids could join. The most popular ones are the summer camps, 2 weeks in our local farm doing activities with animals, developing sustainable knowledge, doing cooperative projects, learning about important environment global issues and how to solve them... Everything through fun games in a healthy atmosphere that will make your child feel like at home.



If you don't want to be away from them for 2 weeks you can also join our daily activities for families, where not only your kids will have fun. You will receive courses about sustainability at daily life and organic farm and the advantages of respecting the environment. Not only you will learn new techniques, but also you will spend a good time with your kids.

THE **FUTURE** OF OUR SOCIETIES DEPENDS ON **CHILDREN**

HOW OUR ACTIVITIES WILL HELP YOUR KID AS AN INDIVIDUAL?



SELF DEVELOPMENT

Your children will develop important values such as respect for nature, autonomy...



COMMUNITY ENGAGEMENT

Through cooperative and fun group projects they will learn how to work with other people, developing respect, empathy and community spirit.



Exotic Animal Refuge



A refuge for endangered animals



What is the Exotical Animal Refuge?

The Exotic Animal Refuge is an NGO that helps many types of exotic animals that are endangered or on the verge of extinction. The most endangered animal that we have in the refuge is the pangolin.



There are eight species of pangolins and they are all protected under national and international laws. But still, thousands of pangolins are killed by poachers every year for their scales for their use in traditional Chinese medicine and for their meat, since their meat is considered a luxury in China and Vietnam. As a result, it is believed that pangolins are the world's most trafficked mammal animal and they are on the verge of extinction.



There are also other endangered animals protected by our organization like the red panda or the capybara.

What do we do to help the animals?

We have many different refuges around the world, but the two most important ones are the one located in Brazil, where we assist every animal affected by the deforestation in the Amazon, and the other one located in Vietnam where we try to protect the animals from poachers.



We collaborate with the authorities of Vietnam to try to capture the poachers that hunt these animals illegally. In the last year, we dismantled two criminal organizations that hunted pangolins and then sold their meat and scales on the black market.



How can you help us?



You can help us by either donating or coming as a volunteer. If you prefer donating, you can give us a monthly payment which we will use to maintain the animals that we take care of, buy them food and build new habitats for them. If you want to come as a volunteer you will have to travel to one of the refuges and help there as long as you want. You will be taking care of different animals, feeding them and you can even play with them if you want. You can also help us by using the hashtag [#SaveThePangolins](#) on the Internet and make people aware about this problem so they can help too.

EDUCATE KIDS

A Charitable Organization that aims to improve every child's education

EVERY CHILD HAS THE RIGHT TO LEARN



303 MM KIDS

in the world can't afford to have a proper education due to lack of money and resources.

It affects their future!

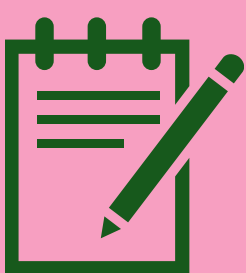


ILLITERACY 14%



- Reduces the competitiveness of countries in the global market.

- A low level of qualification makes it difficult to fill specialized jobs.
- Lower growth of the Gross Domestic Product (GDP).



- Difficulties of the population to understand rights, obligations, civic and community processes.
- Promotes social inequality, marginalization and poverty.

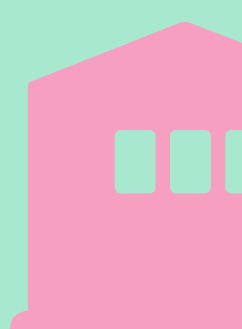
- Encourage exploitation practices.
- Delay in the scientific and technological development of the country.



WE WILL...



build and restore **classrooms**, laboratory, play grounds and schools to give the kids a better learning experience.



We will buy essential school supplies and materials: study books, activity books, backpacks, pencils, pens, ...



bring and install **technology** to schools, all this with computers, digital boards and mobiles.



increase **means of transport** to go to school, such as school buses, bicycles and cars.



bring teachers from all over the world for better learning



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**VOLUNTEER AND
START HELPING
DIRECTLY**



Enjoy a trip in which you will help children through fun classes accompanied by a teacher.



Help them with homework, explain subject matter and learn with them.



**WITH YOUR DONATIONS OR
MONTHLY PAYMENTS...**

You will receive regular updates about the kids and their education and you will be able to communicate over the internet with them.

- We will buy new material for the schools, uniforms and clothes for the kids, computers, books, ...



- We will pay the teachers and the school stuff
- We will build more schools
- We will pay their internet and basic needs, such as water, food,

START TO CHANGE A KID'S WORLD

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Make a donation today: www.globaleducation.com



- Only 21% of domestic packaging is collected in towns in garbage cans.
- Tons of paper are thrown directly into the garbage instead of recycled.
- Only 8% of people reuse paper in their houses.

NRO

First part

- Groups of volunteers will be organized to go to clean different beaches to help the environment!



SECOND PART

- AFTER GETTING FINANCIAL SUPPORT THANKS TO SPONSORS, WE WOULD BUY A TRUCK THAT WOULD GO THROUGH THE TOWNS TO COLLECT NOT SO COMMON OBJECTS AND TAKE THEM TO THEIR PROPER RECYCLING AREA



Alejandro Pons 4ºESO

YOUR FUTURE IS ON YOUR HANDS

Most endangered wooded zones.

- Amazonas
- Africa
- Siberia
- South Est Asia
- Australia

33%

Of the earth surface
Is covered by forest

"Planted trees
only represent
the 7 % of the
wooded surface."

FAO 2020

Since 1990 we
have been lost
17,7 hectares

Only the 6% of
the European
forest are
protected

"Africa had the largest annual
rate of net forest loss in
2010-2020, at 3.9 million.

FAO 2020

More Information

ABOUT US:

We are a Spanish non-profit organization with the purpose of improve the protection of certain endangered wooded zones



OBJECTIVES

- Increase the amount of forest hectares by 5 %
- Improve the protection of natural parks in Spain, to prevent hurt them
- Raise aware among young people and the importance of plant life



Membership

HOW CAN YOU HELP US

You can help us being member of this organization on the website:

www.leantagreenfuture.com

There you will find two options:

Being leaf member by 5€/month.

Being wood member by 15€/month.



METODOLOGY

You kindly provides us to buy the equipment necessary to plant trees in zones, that sometimes were burnt and requires an especial devices.

Also if you are a wood member you can spend a day with us once in a month.



www.leantagreenfuture.com

Leisure time activities & hobbies, before and after the pandemic...

⇒ How did you use to spend your free time before the pandemic?

I used to hang out with my friends to go to the cinema, go shopping or have dinner in a fast food restaurant. Also, we sometimes would go to one of our homes to study if we had an exam.



⇒ When the pandemic and its restrictions started, how did you adapt your free time activities to what was allowed?

Due to the pandemic, I could not hang out with my friends so, we started making video calls every day to do for example homework, cook together or whatever. We used to spend a lot of hours talking and doing everything together because we missed each other so much.

When we weren't able to talk because one of us was busy, I used to watch movies and series alone or with my parents. I also read and drew a lot.



⇒ How do you spend your free time currently? Have you taken up any new hobby or free activity recently?

Currently, I spend my free time chilling out, because I'm stressed and anxious due to high school duties and exams. I wanted to join in a gym but because of the new restrictions in Valencia, it closed and I couldn't do it, but when it opens again I want to start working out. I want to run in the treadmill because I want to improve my resistance.



Noelia Burriel Albiach

Leisure time & the pandemic

By Álvaro Cuesta

- **How did you use to spend your free time before the pandemic?**

Before the pandemic, we used to go almost every weekend to have lunch in Valencia and when we returned, we would go to play football or basketball.

Also, many of those weekends, we went to the cinema... When we got home, we had dinner and went to the neighbouring towns and we would meet with more friends.

I also went to train football every week.



- **When the pandemic and its restrictions started, how did you adapt your free time activities to what was allowed?**

At first, they confined us so I spent all day studying and playing video games, a little later when I could go out little by little and there was no limit of people, so I went out with my friends with my bike to do some exercise.



- **How do you spend your free time currently? Have you taken up any new hobby or free time activity recently?**

Right now, because of the restrictions, I don't go out much, we can't get together more than two people and so, we can't go to Valencia at the weekends.

Football training is still cancelled and this affects me a lot because it is my favourite hobby and what I spend most of my time doing during the week.

In my group of friends there are many of us and that is a problem because not many people can meet and that is another reason why we don't meet much.

- **Regarding videogames...** It is true that I spend a lot of time playing videogames but I think that right now, it is the only thing that I really enjoy and that doesn't defy the restrictions.



How did I spend my free time before the pandemic?

Before the pandemic, I spent more time with my friends doing sports, we met to go for a snack or have lunch some days. I also spent my time with my cousins, grandparents, uncles and sometimes, we went to the cinema.



When the pandemic and its restrictions began, how did I adapt my free time activities?

When the authorities told us about confinement, all outdoors physical activities and sports were banned. We adapted by doing online classes; with the family, we made video calls to see each other; and with friends, we connected to play video games.



How do I spend my free time? Have I started a new hobby or free time activity recently?

Currently, I don't have much free time due to the studies, but the time I have, I enjoy it watching movies or series with my family or talking with my friends while we play video games... I haven't started any hobby because I don't have time to be interested in or dedicated to it.



According to my teacher... How could I spend less time playing video games? What hobby would replace it?

I don't consider myself a person who plays a lot of video games. I only play a little only at the weekends. The hobby which I would change it for, would be reading comics or doing sports because I like it and the time passes quickly.



By Adrián Domingo

MY LEISURE ACTIVITIES & HOBBIES

By Teresa Esteve Monzó 4th C



How did you use to spend your free time before the pandemic?

Before the pandemic, everything was different and I was allowed to do the things that I love most outside home: Surfing, travelling and trekking. Eventhough travelling is not exactly a hobby, I used to do it with my family on holidays. And let's not forget hanging out with my friends...



When the pandemic and its restrictions started, how did you adapt your free time activities to what was allowed?

When everything changed I had to adapt my lifestyle too. Before the pandemic, I used to be an outdoors person, but then, I had to stay at home as everyone else, so I changed hobbies.

I started reading a lot and practising piano, both of them are activities that I've always done but that at that time I used to do full time.

Confinement memories...

I think that the confinement was a weird time for everyone, and for me it was kind of repetitive. I remember that at the beginning I was obsessed with a *The Beatles* sheet music book that I have and I was full time playing “Yesterday” or “Hey Jude” ... My family was sick of me...

Also, the only productive thing that I have done was learning “For Elise” and reading all my mother books.



***How do you spend your free time currently?
Have you taken up any new hobby or free time
activity recently?***

I've recently started learning how to play the electric guitar and the harmonica, which is something that I've always wanted to do.

Obviously, now I also read and play the piano more than ever.



Leisure time activities & hobbies

How did you spend your free time before the pandemic?

Before the pandemic, I used to do a lot of things. Every Saturday morning, I used to go to play tennis with my friends to the sports centre because I think it's a fulfilling sport. Also, I used to go to the cinema every month to see a film, especially horror films. When the *Levante* football club would play, I used to go to the stadium to support my local team.



When the pandemic and its restrictions started, how did you adapt your free time activities to what was allowed?

When the pandemic started I couldn't go to play tennis so I started doing exercise at home and instead of going to the cinema, I started watching films and series on Netflix and HBO. When we were at home and we couldn't leave, I used to spend most of my time playing video games and listening to music.



How do you spend your free time currently? Have you taken up any new hobby or free time activity recently?

Right now, I can't go to play tennis because it's not allowed, but until 2 or 3 months ago I started to play tennis again with masks. Now I spend my time by playing video games, watching series or doing homework. Also, I have taken up two different activities; the first one is playing board games with my family and the other one is watching animal documentaries.



By Joan Física Parra

Leisure time activities and hobbies before and after the pandemic

BY IVÁN MORENO 4TH B

Before pandemic:

- Before the pandemic, my hobbies were watching series and playing videogames, but what I used to do the most was going out with my friends to do sports, going downtown or just talking at the park.



When the pandemic started:

- When the pandemic and the restrictions began, I did not have to change much the way I did my hobbies since watching series or playing video games are indoor hobbies and in my group of friends, there are 6 of us, which made no difference. A few months later the restrictions increased and that made me spend more time with indoor hobbies than going out with friends.



New hobby:

- During the pandemic I've found a hobby that was to do a workout at home, more specifically weight lifting and basic exercises such as push-ups, sit-ups ... To this day, I still continue to do it 3 times a week. Before that, I did not need a hobby like this one but now, it is very useful knowing that you have to spend a lot of time at home.



Leisure time activities and hobbies before and after the pandemic

Clara Palao 4c

How did I use to spend my free time before the pandemic?

Before the pandemic, I used to spend my free time in various ways.

Sometimes, I read books that my father recommended to me since we both love reading. Other times, I would spend time online doing different things, like watching videos or talking to friends.

But most of my free time was spent writing stories. From a very young age, I have always liked to write and people have always told me that I am good at it. Unfortunately, I don't keep any of the stories I've written since my mother keeps them and I don't know where.



When the pandemic and its restrictions started, how did I adapt my free time activities to what was allowed?



Most of my hobbies adapted very well to confinement since they were carried out from home.

An example of this is my hobby of writing stories, since you do not need to go outside to write and it is also more comfortable to do it on a computer.



One of the hobbies that was most difficult to adapt was dancing. Previously, dancing was not a hobby for me, but after I got injured, it became just a hobby.

During the quarantine, I was recovering and although the injury had not yet healed, they told me that I had to start dancing little by little so that my injury would get used to it.

How do I spend my free time currently?

Currently, I don't have a lot of free time, so I always try to take advantage of it to do some school stuff for next week. It is true that if I want to disconnect a bit from school and I have free time, I usually just use my phone.



I also currently spend more time with my family so we watch movies or series together at weekends. It's a lot of fun since we haven't spent time together in a long time.



Have I taken up any new hobby or free time activity recently?



Actually, lately, I haven't had much time to take up a new hobby, but if I had to say one, it could be drawing. Lately, when I'm not doing anything else or I'm waiting for something, I take a piece of paper and start drawing random figures. I think it's something we all do, but in recent times I'm doing it a lot and when I start to draw random figures, I also start to make a complete drawing.



THE
END



Leisure time activities, before & after the pandemic

By Alejandro Pons



HOW DID YOU USE TO SPEND YOUR FREE TIME BEFORE THE PANDEMIC?

When the pandemic hadn't started yet, I usually did things that now I can't do and I love them. For example, I frequently hanged out with friends in the city center and went shopping with them. I used to see films at the cinema, and a few times, we would go to parties.

Moreover, if my family wanted, we would visit another city like Granada, the last time. And the most important thing, I used to train Valencian ball 5 times a week, I was very fit! And also, I used to compete during the weekends and I even play international competitions which are very enjoyable and challenging for me.



In the photo, you can see me one year ago playing one wall, one of the modalities that I play.

WHEN THE PANDEMIC AND ITS RESTRICTIONS STARTED. HOW DID YOU ADAPT YOUR FREE TIME ACTIVITIES TO WHAT WAS ALLOWED?

At the beginning of the pandemic, when it started and nobody could leave their house, I made myself a routine that I had to follow: I would get up at 9 o'clock, then, I would have to do homework until 2 o'clock, after that I had to cook lunch (at the beginning I wasn't able to do it but I was slowly learning to how cook). After that, I would rest while I was watching action-packed series or the TV.

Apart from this, I started making a puzzle of about 50000 pieces (you can see it in the photo). I was surprised as it was a very entertaining activity. Finally, after two months I finished it and currently, I keep the puzzle in my room.



When I was with energy, I did some sport so as not to lose my physical shape and when it was 8 o'clock, my family and I would applaud to the health workers. Then, we would have dinner and to finish the day, I used to spend time with the mobile phone and my social networks, watching viral challenges and sometimes, trying to do them.

HAVE YOU TAKEN UP ANY NEW HOBBY OR FREE TIME ACTIVITY RECENTLY?

Nowadays, I'm going to train with one friend in the bar park of Bonrepòs, since I can't go to the gym or train my sport to keep in shape. I had never tried this before, but due to the restrictions of the pandemic, I have to do it and train in this way.



Leisure time activities and hobbies before and after the pandemic

By Antonio Ten

How did you use to spend your free time before the pandemic?

Before the pandemic, I used to go play basketball once a week with my friends and hang out with them all weekends. Also, I love making puzzles, they're challenging and fulfilling when you manage to complete them...



Four years ago, I started resolving Rubik Cubes. This hobby is actually really good, you improve your brain, hand muscles and your coordination too.



During and after the quarantine...

During the quarantine, the restrictions didn't make me stop enjoying my leisure time because most of my hobbies don't require social interaction, so I used to play online with my friends.





PROS & CONS OF BLENDED LEARNING

By Noelia Burriel Albiach 4th ESO B

PROS

In blended learning, you've got **timetables and self-organization** as online learning but not as face-to-face learning. It gives you flexible timetables, because you spend 2 or 3 days, every week at home (in our case) and these days, you can organize yourself the way you want, studying or doing homework in the morning or in the afternoon, taking breaks when you need to, etc.



Regarding **individual work**, in my opinion, blended learning gives students the opportunity to learn how to work alone, as online learning, and for me, it is really important. Besides, students can ask whatever they do not understand the following day if they have class with teachers, and that's also an advantage.

If we talk about **expenses**, as far as I'm concerned blended learning is not more expensive than face-to-face or online learning generally speaking and that's a good thing because there are people who, if it was expensive, might not be able to afford it.

In my case, blended learning has improved my **efficiency** studying more than when we were studying face-to-face or online, which has been really useful to me when I had a lot of things to do and not much time.

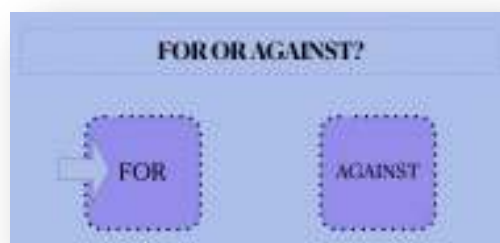
CONS



Not enough time: In our case, blended learning meant taking away syllabus of practically every subject because we do not have enough time to learn it, that did not happen when we were studying face-to-face but also happened in online learning.

Not for all: There are many students who need face-to-face classes everyday because if they work at home, they can't get concentrated or maybe, they do not understand the concepts by themselves.

Less communication: In our case, we only get to see some teachers once a week, because we have the next class a week after. I think that's really bad because if we have any doubt, we have to wait to ask teachers, something that didn't happen in face-to-face learning.



BLENDDED LEARNING

By Álvaro Cuesta



What is blended learning?

Blended learning tries to combine the teaching-learning process two ways:

- Face-to-face: when lessons are attended day in, day out.
- Online: when you study from home.

Comparison with the traditional method

Comparing it from my experience I think that blended learning is better than face-to-face learning, as you have time to study, go out with your friends or be with your family.

The only drawback I find is that you can get a lot of exams on the same day, but if you communicate well with teachers it can be arranged.

For me, personally, blended learning has helped me more because I can rest more and I don't go to school with so much stress.



Advantages of face-to-face lessons

- You can better solve doubts with the teacher.
- You get to understand better a given curriculum.
- You keep your social life active.

Advantages of online lessons

- You can set your own study hours.
- You have more free time.
- You can access the class from anywhere.



My opinion...

In my opinion, blended learning is the best option since you have time for everything, both studying and keeping your social life active, while being able to attend extracurricular activities...

Blended learning

By Adrián Domingo



- **What is it?**

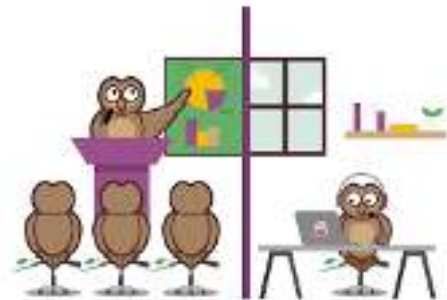
Blended learning refers to the combination of face-to-face work and online work, where the student can control some factors such as the place, time and workspace.

- **What are its advantages in your opinion?**

- a. It increases participation.
- b. It generates flexibility.
- c. Learning is personalized.
- d. It saves money and time.

- **What are its disadvantages in your opinion?**

- a. Temporary increase in workload.
- b. Lack of motivation.
- c. It is necessary to have basic skills of technology.
- d. There can be plagiarism and credibility problems.



- **Can you compare it with the traditional method?**

We have been testing new study methods for two years due to the pandemic, we have tried everything: online learning modality, mixed modality, as we are doing now, and previously face-to-face learning. You can't say which one is the best one but which one we prefer or which one is better for us.



- **What's your opinion?**

My opinion on this topic is that we should go face-to-face because it is better for our learning since we are less anxious and we can do more things.

IS BLENDED LEARNING A GOOD ALTERNATIVE?

IT WAS PRESENTED AS A GOOD SOLUTION FOR
COVID-19 PROBLEMS. BUT IS IT AS EFFECTIVE
AS WE THOUGHT?

Teresa Esteve Monzó 4th C

AM I FOR OR AGAINST BLENDED LEARNING?

First of all, I understand the reason why we adopted this modality and I think it is completely reasonable. However, I've perceived some failures on the system that are making learning a bit more difficult.

Personally, I don't like this new modality and that's the reason why...

ADVANTAGES OF BLENDED LEARNING

On the one hand, blended learning has some good points, such as:

Firstly, we have more time to study before our exams, and more chances to organize our own time. Besides, the days we are at home are more relaxed, and you can take it easy, without having to go anywhere. Not only can you chill at home while studying with time, but you also have all the resources you need on the internet, basically, you can look for any information you need. And let's not forget the fact that the high school gives you opportunities to talk with your teacher if you need it.



DISADVANTAGES OF BLENDED LEARNING

On the other hand, however, blended learning is not as good and efficient as it seems. I like being at home half of the week, but sometimes it's even more stressful than face-to-face learning. Teachers give a lot of homework for the days we are not at class, I think it is reasonable, but sometimes it gets really stressful. Also, we get full of exams the days we go to class, and that makes me feel really anxious.



CONTENTS



In addition, as far as I'm concerned, we are not receiving the necessary contents that we need to pass our exams to get into college in two year's time. To begin with, we are removing some important topics and units that are very important to have a base for next year. Secondly, the platform we use for the online learning days is quite weak (bad communication due to slow responses), and not as effective as it should be. However, I have to say that this learning modality is better (according to learning contents given) than the full online experience that we had last year.

CONCLUSION

To sum up, I understand this modality, but I get disoriented and distracted really easily with it. In my opinion, I think it is better to do either fully face-to-face or fully online, but with good resources and platforms.

Opinion



I'm going to give three stars to blended learning, just because of the possibility of self-motivation and having more time.

FOR & AGAINST

Blended Learning

By Joan Física Parra 4B

Pros of distance learning

- Flexibility: You can decide when and how much time to study and what works better for you.
- Optimization: If you organize your time, you can be more efficient since you know how you can work more effectively.
- Money: Unless you live near the school, it will be much cheaper to buy what you need for distance learning rather than moving near the school or paying for travel.
- You can study at any place: You can study from your home or from wherever you want as long as you have internet connection.
- Independence: With distance learning you are more independent and if you don't understand something, you can spend as long as you want watching again and again the contents and trying to understand it.

Cons of distance learning

- Real conversation: It's easier to communicate with teachers in a face-to-face conversation so you can make them any questions.
- Quality of classes: With distance learning, it can be difficult for teachers to explain the subject because of the lack of communication.
- Feedback: It's important for teachers to know if the students understand the lessons, and with distance learning it's difficult to have that feedback.
- Communication skills: In distance learning, students don't quite interact with each other or with the teacher, so they don't develop communication or teamwork skills.
- Practical knowledge: It is difficult to teach knowledge that involves practical exercises in distance learning and that's very important for some areas.



Blended learning

The solution that we are using in Spain is blended learning, that consists in going to class every other day. With this method, we reduce the spread of the virus, but it has many drawbacks. For example, there isn't enough time in the year for teachers to explain the whole subject, so they have to remove some parts and we learn less useful things. Another problem is that some teachers give homework at class and then give homework virtually too. But it's not that bad because we have more time to study the day we don't go to school.

Conclusion

In my opinion, I prefer not going to class and learning from home because I really appreciate having the freedom to organize myself and my time. I think I can be more efficient if I can decide when to study or do homework and when to have free time, and I think I can work better if I set up my own schedule. Also, I don't like blended learning because most teachers don't have the time to explain the entire subject so they give a lot of homework both at class and virtually.

Are you for or against blended learning?

Clara Palao Lluch 4c

STRUCTURE

1. What is blended learning?
 - 1.1. What is face-to-face education?
 - 1.2. What is distance learning?
2. Pros of blended learning
3. Cons of blended learning
4. My experience with blended learning
5. My opinion of blended learning.
 - 5.1. What kind of education do I prefer? Why?



1. What is blended learning?

Blended learning refers to the combination of face-to-face work and online work, where the student can control some factors such as the place, time and workspace while studying at home.



It is also called hybrid learning and mixed-mode learning, blended-learning experiences vary widely in design and execution from school to school.

1.1. What is face-to-face education?

Face-to-face learning is an instructional method where course content and learning material are taught in person to a group of students. This allows for a live interaction between a learner and an instructor. It is the most traditional type of learning instruction.



1.2. What is distance learning?

Distance learning is a form of education of physical separation of teachers and students during instruction and the use of various technologies to facilitate student-teacher and student-student communication. It is also called distance education, e-learning, and online learning.



2. Pros of blended learning

1. It helps students self-organization because they must adjust to their new timetable.
2. The easy access to resources. Material is available at all times. Whatever time a student works best at, they can log on and access the classes and other materials when they're going to learn best.
3. It can help with independent learning. With many blended learning models, students are given self-advocacy and freedom to take the initiative with their studies. This can help to prepare them for further education, as well as the workplace.



4. It introduces new technologies. Blended learning gives scope for learners to experience new software and hardware. Discovering how to use such technology can prepare them for future occasions.

5. Parents have access to what their children are doing. This provides better support, communication, and control over the process.

6. It is the perfect match between modern and old education.





3. Cons of blended learning

1. Technology can be challenging rather than useful. Not all digital resources are reliable and easy to use.
2. It makes teachers overwork. They have to apply more time and effort to find the right balance between online and face-to-face learning.
3. Students can experience cognitive load, too. With a great range of possibilities, teachers may start overdoing with educational activities and content.
4. You have a confusing timetable. Which days you have to go to school and which you don't. It messes your waking up hours.



4. My experience with blended learning

Blended learning is the modality we've opted for this academic year. My experience with this type of modality is confusing, I mean, in some parts it was good, but in the majority it was bad.

At first it was very difficult for me to settle into not having classes everyday, but in the end I kind of got used to it. It has been a very stressful experience, as teachers gave us too much homework. This prevented and harmed any other activity that I had to do, such as studying.

I haven't had much social life this year either because of school. This has made me closer to some classmates I talk to every day, since outside of high school I don't see my friends. But it has also made me distance myself from people I used to be very close.



5. My opinion of blended learning.



As any other method, blended learning has its bright and dark sides. The combination of distance education and face-to-face training can be beneficial, but only when wisely applied. Sometimes there are risks to overbalance the rewards, because not all students are ready to stand on their own feet when it comes to learning. For some of them, this modern educational environment can be motivational, while the others feel confused about it. However I'm against blended education because it's very stressful for both students and teachers. You're overworking all the time and it's very difficult to keep up.



Comparing this year with the previous year with distance learning, I have realised that my results and learning process were better this year. Last year was really hard to understand subjects, such as math. But now I can listen to the teacher and understand everything and I show my true academic results. But comparing this year with the previous years with face-to-face education, my learning process it's worse. Before I used to have time for everything, but now I'm always stressed to be able to do the homework in time and study.



5.1. What kind of education do I prefer? Why?

I prefer face-to-face education because it's so much easier and comfortable. I'm used to this kind of education and it's the best for understanding subjects. At home you have more free time to enjoy with your friends and family and you also have time to do every homework you have and study in peace.



On the one hand, with distance learning I feel uncomfortable because I'm shy and I don't like to show my face on the phone. On the other hand, I'm tired of blended learning and not having class everyday. It's confusing and difficult to remember which day I have school and which day I don't.





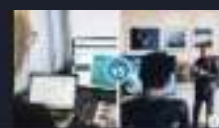
Analizing distance learning and face-to-face learning to better understand blended learning



Alejandro Pons, 4thESO B



Distance learning vs Face-to-face learning



Comparative	Distance learning	Face-to-face learning
Timetables	It is easy to access because you can connect from wherever you want, but you can skip the classes by simply turning off the web cam.	You can't never miss class and it's difficult to skip them.
Self-organization	You have to be very orderly and work daily to get along.	It is easy to keep everything up-to-date if you attend daily and pay attention..
Fostered skills	It encourages the use of new technologies.	You socialize more with your partners.
Expenses	You have to buy a computer, pay for Internet fees	Only a backpack, notebooks and a pencil case.
Acquired knowledge	Things that are more difficult to understand are more complicated for you.	You acquire all kinds of contents easier than in distance learning.
Marks	Results are usually worse (personal experience).	You can get higher marks in general.





The best solution



Blended learning



<i>Mix of previous two</i>	Advantages	Disadvantages
Timetables	It depends on the day and you can organise yourself at your choice.	X
Self-organization	It is easy to keep everything up-to-date, since you always are in contact with the teacher.	X
Fostered skills	It encourages the use of new technologies and you socialize much more than with e-learning.	X
Expenses	X	You have to buy a computer or laptop, pay for monthly Internet fees, and conventional stationary material.
Acquired knowledge	You acquire all kinds of content.	X
Marks	Higher marks.	X



My opinion on Blended Learning

By Antonio Ten Arranz

Blended Learning

Blended learning is a type of learning that is a kind of mixture of face-to-face learning and distance learning.



Am I for or against blended learning?

Arguments for

- It is less exhausting, you have more days to rest.
- The day that you stay at home you have the whole morning to spend to do homework and do other things in the afternoon.
- Social interaction with your friends motivates to you go to school.

Arguments against

- Due to the fact that there are fewer face-to-face classes in a week, which could be more important, so you can't allow yourself not to pay attention.
- Sometimes you will have exams each day for a long time.
- Usually the student body isn't that organized to take advantage of the morning when they should do homework or prepare exams.
- You don't have your teacher by your side to help you solve your doubts.

My opinion: Totally against blended learning

I'm against because it's a mixture of face-to-face learning and distance learning. And it has the worst parts of both. It is easy to cheat, students don't take advantage of the classes because they think that they will study at home, but they don't do it either. The only argument for blended learning is social interaction, with your friends and teachers.



Regarding academic results...

- ✓ In face-to-face learning my results were more real, because daily interaction with teachers helped me to refresh information. Honestly, I prefer these results.
- ✓ In distance learning, my results weren't real because I didn't make any effort to do homework, etc... And I still got better results than the previous term.
- ✓ In blended learning my results are just a little bit lower than the previous year and that's because I don't get used to this model of learning but my results are quite similar to the face-to-face ones.

RETURNING TO AUSTRALIA

By Naomi Lean Nguyen

After a **turbulent** few months of quarantine in Spain, June 2020 came and Europe began to reopen, flights finally **recommenced** as borders **unlatched**. A return to Australia was on the cards, and I enquired into flights promptly. A little backstory on what was happening in Australia at the time...

On March 17 Australia decided to close their borders to non-citizens. Only Citizens and Permanent Residents would be able to enter the country for an indefinite amount of time. On top of this, there would be **mandatory** hotel quarantine, 14 days in which you would be unable to leave a single hotel room, should you be returning from **overseas**. These measures continue today, almost a year on from when they began.

Australia also took and continues to take a few other precautions. We intensely **track and trace**. This means that we **log into** every **venue/site** we go into. But also, that as soon as someone tests positive, every single close and casual contact to them is notified and **urged** to get tested. If a person went to a café, that café's name and the time the infected person was there is published, and everyone that was there knows they are at risk. With this method, we can quickly **curb** any possible **outbreaks**, as every possible case is identified, **isolated** and tested.

This may sound dramatic, or tedious, or impossible, but this is the thing: we have almost no cases. We had almost a month with 0 cases nationwide. So, it is easy to track all the possible connections to a case. Anyways, back to June 2020.

In June, there was a **breach** of hotel quarantine in Melbourne. It caused the city to go into a hard **lockdown** (like Spain) for months. Due to this breach, there was an outbreak of cases in Victoria (the state Melbourne is in). Melbourne airport closed. Australia realised that with no cases in the community, international arrivals were bringing the virus in. They decided to severely restrict entry into Australia, to curb this importation.

So, they brought in **flight caps**. Flight caps mean this: only a small number of people can land in Australia per week. Maybe, in theory, this was thought to **ease** the load on hotel quarantine and lower the chance of a possible breach and therefore, outbreak due to a case brought in from overseas.

In reality, flight caps have **locked** thousands and thousands of Australians **out** of their home country for many months. And that is exactly what happened to me.

1st PART - VOCABULARY ACTIVITY

 Translate the following words into Spanish or find an equivalent in English:

- | | | |
|----------------------------|-----------------------------------|---------------------------|
| - Turbulent: _____ | - Log into venues or sites: _____ | - Isolated: _____ |
| - Unlatched: _____ | - _____ | - Breach: _____ |
| - Mandatory: _____ | - To urge: _____ | - Lockdown: _____ |
| - Overseas: _____ | - To curb: _____ | - Flight caps: _____ |
| - "Track and trace": _____ | - Outbreaks: _____ | - Lock Aussies out: _____ |

1st PART - READING COMPREHENSION CHECK

1. What are the precautions that Australia takes to avoid the spread of the virus?
2. What consequences did a breach of hotel quarantine in Melbourne have?

As soon as I could see flights back to Australia, I booked one. It was for the beginning of August. I could have booked a flight in July, but they were \$5000 AUD (about 3000 euro). Through July I travelled through the south of France, visiting a friend in Cannes and sitting on the beach in Nice. An English friend, Georgia, and I spent 2 weeks in Italy, making our way down the coast from Genoa to Cinque Terre, Florence and Pisa, Rome, and finally Sorrento, where I turned 23.

At the beginning of August, I flew into the UK with the intention of flying home to Australia, but I did not. Just before my flight on August 4, I got an email saying it was **rescheduled** to a week later; August 12. This was **no issue** for me, just a week difference, I thought.

By the time it was August 12, I had another email. My flight was moved to September 9. I was devastated. My final semester of Uni had begun in Australia, remotely thank God. I was waking up at 3am three times a week to attend classes. Besides that, after leaving Spain I no longer had **a long-term visa** anywhere in Europe. I was on a tourist visa that was **running out**. Of course, on a tourist visa I had no working rights, so I couldn't support myself. On a tourist visa, I had no **healthcare**, no protection at all. And on top of that, I had nowhere to go, nowhere to live.

In those first weeks of August, I lived with a friend in Atherstone, near Birmingham. Then, I moved south to London where I lived between 3 different houses of generous friends, living on the floor and on **couches**. Remember, I was also trying to complete my final semester of 5 years of Uni.

My stress levels were through the roof. I didn't know how I would pay **to keep myself afloat**, I didn't know where I would live, I didn't know how or when I would get home.

Meanwhile, everyone in Australia remained largely **unaware**, they thought our Government were keeping them safe. They agreed with keeping flight caps in place. They supported leaving all the Aussies abroad **stranded**.

For me, even to this day, that hurt the most. I was struggling mentally; I was **distraught** and scared. I was **shattered**. I grew up in Australia with the value of **mateship**, of leaving no one behind, of always looking out for your mates and sticking together. Yet here I was, left behind, left for dead, by my Government and my people.

2ND PART - VOCABULARY ACTIVITY

 Translate the following words into Spanish or find an equivalent in English:

- | | | |
|---------------------------|-----------------------------------|---------------------|
| - Rescheduled: _____ | - Couch: _____ | - Distraught: _____ |
| - A long-term visa: _____ | - "To keep oneself afloat": _____ | - Shattered: _____ |
| - No issue: _____ | _____ | - Mateship: _____ |
| - To run out: _____ | - Unaware: _____ | |
| - Healthcare: _____ | - Stranded: _____ | |

2ND PART - READING COMPREHENSION CHECK

- Where was Naomi when she was trying to finish her final semester and how was it like?
- Taking into account the policy that Australia was carrying out with Australians who were stranded abroad, how did Naomi feel and what was the most hurtful for her?

The thing about the flight caps is this, they also restrict how many people are allowed on a plane. For example, when Sydney had a daily **intake** of 300 passengers, it was only 30 passengers per plane. Only really large planes fly into Australia. So, you have an A380, a 500 seater plane, with only 30 people on it. This means that ticket prices were very expensive, if the airlines can only have 30 people instead of 500, they need to make up the cost. Only business passengers were flying. People paid \$10,000 for a ticket.

But what this also means is that although there was thousands of Australians all around the world, **begging** and **pleading** to be able to get home, they couldn't get on the planes. I couldn't get back to Australia, I could not get a seat, yet planes were flying in with empty seats. My seat was getting cancelled, yet it was just going into Australia empty.

So, we come to the end of August, I am broke from trying to live in London, and I have nowhere to live. I decide to fly into Corfu, Greece. It was cheaper to live, and I was in a very dark place mentally with the concrete jungle and greys of London. I flew alone, and spent my days doing Uni assignments, sitting on the beach eating Gyros, and even saw a friend who also flew in. It sounds like a fun holiday, but I'll explain that later.

Also, a quick side note. The UK had a list of travel corridors that I had to keep in mind when flying out. This was very **touch and go**, changing all the time with case numbers. I had to constantly check in with this to ensure the country I was in was still on the safe list because I would have to get back to London, be allowed to enter the UK, to eventually get a flight home.

While I was in Greece, Portugal got added to the UK safe list. My friend Georgia called me to let me know that her family would be going to Portugal for a family holiday. She knew my situation and said that if I could fly over, I could live with them in Portugal for a while and they would pay my way. They would help me to stay afloat. So, I flew into Portugal.

While I was in Maia Praia in the south of Portugal, I got an email. My flight was completely cancelled. I would not be going home early September. I booked another 2 flights, for mid-October, hoping that somehow, I would get home.

This was probably the lowest point I hit. I had no hope left. I was in a bad way. I was calling home almost every day. I was still **juggling** Uni work, calling embassies to try get help, my mum was going to politicians' offices begging them to help me get home. My Uni advisor was trying to support me. We were emailing the Prime Minister, Senators, literally anyone we could. We didn't know what to do. We had no control over anything at all.

One of the worst bits was that you could book tickets onto a plane that would later be cancelled. Instead of only booking 30 tickets for a plane, airlines were booking all 300 seats and then cancelling them closer to the date. So, I never knew if my flight would fly, until about a week before. That uncertainty was **crippling**. I didn't know how long it would be till I got home, and I didn't know if I should begin planning to stay in Europe indefinitely.

3rd PART - VOCABULARY ACTIVITY

📄 Translate the following words into Spanish or find an equivalent in English:

- | | | |
|-----------------|-----------------------|--------------------|
| - Intake: _____ | - To plead: _____ | - To juggle: _____ |
| - To beg: _____ | - "Touch & go": _____ | - Crippling: _____ |

3ND PART - READING COMPREHENSION CHECK

5. Why did Naomi decide to fly into Corfu and where did she fly after that and why?
6. What was the fact that made Naomi think that she would never be able to fly back home?

Georgia and her family had to fly home to Germany, so I stayed in Portugal alone. A week later, I was in Lisbon when I had another flight cancelled. I had no idea what I would do. I had no money left; I had a visa that was now expired. Portugal got taken off the UK safe list too, and I had one day to leave the country before the new rule would come into effect. I took the first flight out and landed in Milan.

I spent 5 days in northern Italy, through Lake Como, Verona and Venice. Georgia called me and told me to get to Germany, and I could live with her family indefinitely. So, I flew into Dusseldorf and she drove me to their family home. I stayed with them for a week, and it was pure bliss. I was so fragile; I remember crying all the time. But that family **healed** me.

After living on a couch, on floors, and in hostels for months, I finally got my own room. I was doing dog walks, sitting in their hot tub, having family dinners. They had a **fully stocked** cupboard and I could cook. We rode bikes. It was nothing out of the ordinary, just every-day life. But I was vulnerable, broken, and all I needed was **the nurturing of normality**. Those days in Germany, I am so thankful for them.

Georgia and her mum were driving into England for her to start Uni at the beginning of October, so I hopped into the car to go too. I had my last flight chance leaving October 4, and so far, it hadn't been cancelled. We drove into England and a long-lost cousin I hadn't had contact with in 12 years offered to have me at his house. So, I stayed with him and his wife in Ealing, just west of London, for a week.

When October 4 rolled around, somehow, my flight hadn't been cancelled. I was driven to the airport and arrived at the check in desk shaking. I had heard of people being cancelled then and there, so I wasn't holding my breath. The man gave me my boarding pass and **I broke down**. I called my mum crying, because finally the nightmare was over, and I was going home.

The trip home was surreal, the plane had 30 people on it, it was empty, and I had multiple rows to myself. The **stopover** in Singapore was 17 hours. I ended up landing in Adelaide, South Australia, 1,500 kms away from my home in Sydney. This was because I could not get a flight into Sydney. I would quarantine in that city before trying to get a flight home to Sydney. Including the 20-hour flying time, it took me over 35 hours to get from London to Adelaide and I was exhausted.

The airport looked as if there was an apocalypse. It was completely empty, everyone was in full **PPE**, no one would go near us or our belongings. We were sat down and given paperwork, which stated we would be forced straight into hotel quarantine. We were given the exact legislation enforcing this. We were put onto coaches and arrived at the hotel which would imprison us for the next 14 days.

4th PART - VOCABULARY ACTIVITY

 Translate the following words into Spanish or find an equivalent in English:

- | | | |
|-----------------------------------|------------------------|--------------|
| - To heal: _____ | - Nurturing: _____ | - PPE: _____ |
| - A fully stocked cupboard: _____ | - To break down: _____ | |
| | - Stopover: _____ | |

4th PART - READING COMPREHENSION CHECK

7. What happened when Georgia and her family had to fly back to Germany?
8. After staying in Dusseldorf with Georgia and her family for some time, when was it possible for Naomi to take a plane to Australia?

The hotel staff also all wore full PPE. We were **greeted** by the police and the army. I was given my room and that was that. I couldn't even leave the room for 14 nights.

Our meals were **dropped** at the door 3 times a day. Whatever the hotel provided, we would hear a **knock** and it would be left in a bag at our door. We had garbage taken once a day, in a black garbage bag at the door, treated as **chemical waste**.

I spent those long days exercising, doing my final Uni assignments, and trying to process everything that had just happened. I took long baths at night and tried to heal. I experienced a lot of anxiety being locked in that room for two weeks alone, you feel **helpless**. It was much harder than the lockdown I experienced in Spain, because I could not so much as open the door and step out. Security guarded the corridors, we felt like prisoners.

Being released back into society was very strange. After being locked in a single room, places with a lot of people were **daunting**. People were moving everywhere, things were very light, there was a lot of noise. Also, people don't have to wear masks here. So that worried me a lot. I wore my mask for weeks before I finally felt comfortable taking it off.

I flew back into Sydney **in tears**, knowing that the nightmare would finally be over. When I went down the escalator, I turned to my right and my mum was running towards me. When we hugged, we just stood there crying for a few minutes. That whole day she kept turning to me and saying, "I can't believe you're really here."

I couldn't believe I was really here.

The first week or two I mostly just slept and cried. I had a lot of emotion to process. I finished 5 years of Uni and passed all my subjects! Having completed that last semester across 6 countries was a **feat** within itself and I was very proud.

5th PART - VOCABULARY ACTIVITY

 Translate the following words into Spanish or find an equivalent in English:

- | | | |
|----------------------------|-------------------------|-------------------|
| - To greet somebody: _____ | - Chemical waste: _____ | - Daunting: _____ |
| - To drop: _____ | - Helpless: _____ | - In tears: _____ |
| - A knock: _____ | - To be released: _____ | - A feat: _____ |

5th PART - READING COMPREHENSION CHECK

9. What was Naomi's daily routine at the hotel while being confined?

10. When those 14 nights passed and she was released, how did Naomi perceive the world?

It's been 4 months now and I remain shaken by what happened. Although Australia has low case numbers and deaths, people are as individualist and selfish as ever. I love Australia, I love our culture, how we are all **laid back**, we **boast** mateship, we boast "**a fair go**". We have a sad history of racism and xenophobia, but that is said to be dead. But the pandemic has shown me that we aren't as open minded, as **worldly**, as **bonded**, as I thought we were. That has been the hardest part of it all.

The Australian public continues to justify leaving any Aussies overseas stranded, they tell us that we're worthless, we don't deserve to be allowed to come home, to leave us. They tell us that that's our punishment for leaving Australia. They tell us, it's our **fault**, and we need to protect Australia and Australians by keeping those abroad away. But we are still Australians too. Except they just don't care about us. They have turned to xenophobia once again, telling **dual citizens** to stay away, **targeting** those who don't fit the typical "white Australian" aesthetic. They are not giving us a fair go. We are not "one and free" as our national anthem states. We do not stand together as a people, that is what I have learnt and that is what is devastating.

Right now, I am saving to move back to Spain in October for the new school year. I hope to live in Europe for a few years, or travel to South America and South East Africa when the pandemic **settles down**. The whole situation has made me feel out of place in Australia, it has **tainted** my view of Australia, and changed how I feel about belonging here. I don't know when or if that feeling will go away, and it **saddens** me to think that maybe Australia will never feel like home again.

Finally, I do want to say that out of all this I have been lucky to have so many people support and **stick up for** me. My mum who did all she could from 17,000 kms away. The numerous families, friends, and friends' families that **housed** me, fed me, kept me alive during the whole **ordeal**. The many other Aussie **expats** who have banded with me and made me feel like I wasn't alone. And all the people who did little things, gave me a coffee, shouted me an ice cream, called to see if I was okay. I could not have made it through without this love and support. These people gave me little moments of bliss, of real happiness, they gave me a little bit of light during complete darkness. I will never properly comprehend how it was possible to live such incredible moments when everything else was **falling apart** around me.

May this always be a reminder to do good and be good to people, because it was the little things that added up and kept me tied together.

Stay safe and see you soon Spain.

6th PART - VOCABULARY ACTIVITY

 Translate the following words into Spanish or find an equivalent in English:

- | | | |
|--------------------------|-----------------------------------|----------------------------|
| - To be laid back: _____ | - Dual citizens: _____ | - To house somebody: _____ |
| - To boast: _____ | - To target: _____ | - Ordeal: _____ |
| - "A fair go": _____ | - To settle down: _____ | - Expat: _____ |
| - Worldly: _____ | - To taint: _____ | - To fall apart: _____ |
| - Bonded: _____ | - To sadden: _____ | |
| - Fault: _____ | - To stick up for somebody: _____ | |

6th PART - READING COMPREHENSION CHECK

11. What is different now regarding the image Naomi previously had about her country, after all the things that happened in her attempt to go back home?
12. What's the bright side of the story and the final message she wants to give us?

👁️ Locate four different paragraphs in the story that talk about each of the following photos:

Picture A

Part of the story number: _____

Paragraph number: _____



Picture B

Part of the story number: _____

Paragraph number: _____



Picture C

Part of the story number: _____

Paragraph number: _____



Picture D

Part of the story number: _____

Paragraph number: _____



See you Tavernes Blanques!!

Hello, I'm Carlos Cortés Herrera, a former student of IES Tavernes Blanques, a secondary school where many of you will enter this year and others will leave after finishing your studies, as I did. I am writing this article for the English magazine of the school because I have been asked to say goodbye, but I don't see going away to university as a goodbye, as "goodbye" has a very strong meaning, in my opinion. I think that this has been the end of a stage, like any other, but in this stage, I have met people and lived moments, some good and some bad, but moments that are part of my life.

For example, the first memory that comes to my mind when I see IES Tavernes Blanques, is the fact of having met my best friend, of meeting wonderful teachers who transmit their love for the subject, like Eva, Latin teacher, and through her subject I realised that I wanted to become a lawyer, like Cícero, whose texts we translated day and night, and that I wanted to master Roman oratory as much as he did. On the other hand, I remember the team-working that always caused controversy among the group...

However, it's not all good things haha! I also had a hard time in this school with subjects like Mathematics, hence my vocation for Humanities. But I am not writing this to remember the bad things, but to remember how I laughed and had fun collaborating with the equality collective of the school, with teachers like Silvia and Eva, to create wonderful exhibitions or performances like "StopPlumophobia".



This performance, which I mentioned before, consisted in showing the diversity of genders, and above all in showing and defending the "feather" that is part of each individual's personality. This "feather" is the one I have always had and I have not hidden it, I even have it tattooed, because it is part of my being and I don't want to hide it, that was easy because with this performance and many other activities that gave visibility to the LGBTI+ group in the school and that is what allowed me to be myself, with my "feather".

From another point of view in this school, I have met people who liked going to school more or less, others who left as soon as they could and others who stayed even in tutorials on Mondays at 8am. Because high school can be approached in two very different ways: either you hate it (but to spend 7 hours a day hating something is very tiring) or take it as a challenge to overcome (something that bothers us at the beginning but in the end, we master it and end up liking it, like I did). There were courses that I liked more than others, and classes that I wished would end... In fact, the bell would never ring in some lessons...

Well, like everything else, this article has an ending. But as I said before I am not going to say goodbye, because I don't like it... I prefer to say "see you later". Either to visit some teachers or to remember old times, I will come back to the school and if I don't, then at least I know that I finished this chapter of my life expressing and telling my experience through this article.

A former student of IES Tavernes Blanques, who will never say "goodbye" to this part of his life, bids farewell.



My 2nd Batxillerat...

Seven years ago I started the first year and now I'm about to start college. It seems like it has happened very quickly, I have really enjoyed these years, and I have many good memories.

Last year was 2nd Batxillerat and it was the most demanding school year to me, personally I struggled a lot. Sometimes, I thought that I wouldn't make it, but look at me now...

This last year I learned a lot about things that I really like, like art, movies, painting and English, besides I made very good friends, so for me was a good year.

Now I'm very proud of my last years as a student because I've done my best, and what I would tell to myself now is: Enjoy every day!

Carla Guinart Flor

