Healthy options

B

The problem with the British is that they eat too much sugar. That's the view of the government's chief medical officer, Sally Davies. Excess weight causes problems such as diabetes, heart conditions and hypertension. About 57% of women and 67% of men in the UK are [1]overweight, but a lot of them think they are a normal size because the size of clothes in shops is getting bigger.

Diet is only one part of a healthy lifestyle – exercise is important too. The government had expected the London 2012 Olympics to [7]boost sport in the UK, but in 2013 a report claimed that fewer girls had done any exercise in the previous month than in a similar study in 2011. However, a lot of people do exercise: about 67% of men and 55% of women over 16 do at least two and a half hours a week. Some people [8]spend that time doing exercise classes, going to the gym or playing football; others get their exercise doing gardening, housework or walking the dog. Sally, who advises people on exercise and health, says people who could run a marathon when they were young may be unable to do the same sports later in life, because of injuries. The important thing is to do something! If you keep active, you'll prevent serious problems in the future.

[redacted]

[redacted]

Working from home

B Jade Pickett

I share a large apartment with some other young professionals like myself. We get on well together and tend to congregate in the kitchen, which is large and spacious. I like to keep it clean and tidy as I run a catering business from home and it's imperative that I stick to certain standards of cleanliness. I'm always experimenting with new dishes and often prepare meals for my flatmates and our friends who come over. What could be more fun than chilling out with good company and food? I like the sociable atmosphere that cooking can create and without such a lovely space to try things out in, I doubt I'd enjoy what I do even half as much.

[redacted]

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Running for fun

D John Saddler

An old friend of mine has been a member of a jogging club for years, and he finally persuaded me to go along with him one Saturday to see if I would enjoy it. Well, I felt fairly good afterwards, so I joined the club and started thinking seriously about running. I thought that entering for the marathon would give me a unique opportunity to raise some cash for the Red Cross. In fact, four of us from the office decided to do the same thing, and between us we raised over £25,000, which was great! Running wasn't as hard as I expected. Training can be difficult, especially when it means I have to drag myself out of bed on cold winter mornings and go jogging in the pouring rain. I never train with friends because I find it impossible to concentrate on what I'm doing.

[redacted]

Running for fun

B Rosalind Masterson

I surprised myself by doing so well, to tell you the truth. It all started when a friend of mine was training for the marathon and asked me to join her a few mornings a week. I didn't think I was very fit when I started, although years ago I'd go cycling three times a week and jogging at weekends. I found the experience enjoyable but realised I preferred jogging on my own. Success depends a lot on your mood. Last year, for example, I was feeling very stressed for one reason or another, and I got tired much more quickly; I didn't even get to the end of the course! This year's been completely different. London was such a success that I've entered for the Berlin Marathon next month, along with three friends. My husband thinks I'm mad, though when we watched the news that night and he could see my face among the crowds, he was fairly impressed.

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[redacted]

The first book

C Maria Delangelo

When I wrote the first draft of my first novel, *Chasing William,* it wasn't much like the version that was eventually published; my editor told me I would have to make some changes to the hero, William, because he wasn't interesting enough. Naturally, I was pretty offended at the time, but I'm glad to say I had the good sense to listen to my editor, who was completely right. The problem was that I had based the whole story on the real adventures of my uncle, William Hargreaves, simply describing my uncle's character. When you write a work of fiction, you have to make the main character intriguing, but describing a real person isn't always the best way to do that. Funnily enough, in the short stories I'd had published previously I never tried to use real people. I'm glad my editor talked me out of doing it in the novel.

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Running for fun

C Ruth Watson

Long-distance running is not about how fast you can run, it's about how much pain you can take. Long-distance running is a good discipline for life itself. I run with my head and my heart, because physically I don't think I've got a great deal of talent or ability. I was always a very energetic sports person and I have entered the marathon five times so far. Last year I managed to complete a half marathon in 90 minutes, which was quite an accomplishment for someone who did not train systematically. One thing that annoyed me in my last marathon was the attitude of people watching. They took more interest in the fun-runners and celebrities than in the battle of the elite runners chasing qualification times for the Olympic Games.

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Healthy options

A

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Doctors are worried that the problem starts with children's diets. By the time people are adults, it's already too late to change some bad habits. Children are often given junk food as [2]treats and snacks. They [3]pester their parents for biscuits, burgers and crisps because they see TV [4]adverts for these sweet and fatty foods. Mel, for example, had already reached 60 kilos by the time she was ten. She carried on putting on weight until she developed diabetes. She had [5]attempted various diets as a teenager, but never managed to lose weight. Because it is better to prevent illness than treat it, the government introduced the Change4Life campaign in 2014. This encourages people to [6]swap the sugar and fat in their diets for healthier options, without counting calories, for example changing from full-fat milk to semi-skimmed.

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The first book

A Harry Holden

I remember my first book very clearly; I suppose every writer does. But I also remember it because I've changed so much since then. It was a biography of the Duke of Wellington, which I'd been asked to write by a friend of mine, a publisher, who knew I was very interested in the subject. I'd had no experience of writing but I have to say the book was actually quite good. In fact, I was awarded the General Haig Memorial Prize for the book the year it was published. By the time it was finally finished, I was completely exhausted. I'd been working on it more or less full time for five years, and I vowed I'd never write a biography again. So since then, I've concentrated on detective stories. They're far easier!

[redacted]

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Running for fun

A Peter Chamberlain

I was always keen on sports. Running a long distance is a bit like life too. You start with a sense of anticipation, you go through some great highs and terrible lows, but in the end it seems to be worth it. There is nothing that I enjoy more than a good workout at the gym or a good one-hour run across the local wildlife reserve. Fortunately, where I live, I can reach the open countryside in just a couple of minutes on foot from my front-door step. In my case, participation in the London Marathon was not about winning, it was about doing the best you possibly can. My first marathon was a disaster. Everything was going fine until the twelfth mile when I started to feel a bit of fatigue kicking in and hit the wall between the fourteenth and fifteenth miles.

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Working from home

C Kara Francis

As an artist, it's vital to have the right working environment. I do have a room at home designated for the purpose, though it's undergoing a bit of renovation work at the moment, so I'm working in the living room for the time being. It's a light, airy space and there are some huge glass doors leading out onto the back of the house, which looks over the fields. It's almost like the countryside spills into the house. I paint portraits and the light there makes it almost as good as working in my studio. The people who sit for me can look out at the greenery while I'm studying them, and it's fascinating what a calming effect this seems to have on them. I've noticed recently that the portraits I've produced lately have a real air of serenity about them.

Working from home

A Petra Rosso

I'm a student, which means I have to have peace and solitude when I'm trying to get my assignments done for college. There's a great attic room at home which I've been working in. I'm studying creative writing and it's important not only to get into the right frame of mind, but the right surroundings, too, in order for the ideas to flow. The room's flooded with light which helps me stay really focused when I'm writing, and the view from the window is inspiring. In fact, I've done some of my best work since I've been using the room for study purposes. The benefits extend beyond the walls of the room too – once the door's closed, it means I can totally switch off and spend time with my family without the thought of college work interfering.

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Come adempie la Regione Marche agli obblighi sulla trasparenza.

[redacted]

[redacted]

Definizione dell'offerta di lavoro congrua

[redacted]

Adam

Mobile technology means that we're never out of touch and most of us spend a lot of our time online. The great advantage of this is that we can work, study, play or keep in touch with people from anywhere we want. It is safe to say that information technology has completely changed culture and society. Look at education, for instance. Virtual reality has created new ways to teach and learn, such as 'learning-by-doing' approaches that do away with the physical classroom. Not only could this provide more personalised education for students and promote individual creativity, it might also make university education more affordable and accessible for everyone. However, there is some evidence that in the real world, many individuals now feel increasingly lonely and disconnected. It's also been said that as people become more absorbed in their virtual worlds, they care less about the issues that are happening around them in the physical world.

[redacted]

[redacted]

Society and migration

My family **migrated** from our **native** country to the US over ten years ago now. We moved for **economic** reasons – mainly because there were better **prospects** for employment here at the time. I was very young when we moved, so it was fairly easy to get **accustomed to** the cultural differences, but my parents said it was a **struggle** for them at first. They found it more difficult to **integrate** into society. Sometimes they experienced **prejudice** against **immigrants**, but they say most people were **welcoming**. We have managed to **retain** a lot of our own culture, but we feel the US is our home now.

[redacted]

La documentazione necessaria per un cittadino straniero per [redacted] al CPI.

[redacted]

promulgazione e pubblicazione della legge regionale.

[redacted]

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You don't need words!

Chatting, joking, texting, studying. We use language all the time. But we don't only communicate with words!

Animal language
Animals can't speak but they can communicate! Bees dance to tell other bees where flowers are, peacocks use their coloured feathers to find a mate, alligators hit the water with their tails, and whales sing across long distances.

You don't need words
Have you noticed how you can understand if your friends or family are happy or sad just by watching them? Our hands, our eyes, our faces, how we move, stand or sit all say a lot. We call this non-verbal communication.

Hundreds of gestures
Humans use hundreds of different gestures, including waving and pointing to communicate. Some gestures, such as smiling, are universal, but others are cultural – we learn them from the people around us.

Don't be rude!
In many Asian countries it is rude to show the soles of your feet or touch someone on the head. And in countries such as England and Germany people don't touch very much if they aren't family or friends. It all depends where you are born.

Saying hello
There are many ways of saying hello. You can shake hands, wave, hug, bow, rub noses or kiss. In Japan people bow, and in Canada, the Inuit people rub noses. In many countries, people kiss to say hello, but there are rules about how many kisses and who you kiss. But some greetings are now international – teenagers around the world use the fashionable 'high five' hand greeting.

[redacted]

[redacted]

WE ASKED YOU

TO SEND US INFORMATION ABOUT YOUR FAVOURITE SHOPPING EXPERIENCES AROUND THE WORLD.

HERE ARE JUST A FEW OF YOUR ANSWERS.

1 SAPHAN PHUT NIGHT MARKET

Thailand is well-known for its markets, and in Bangkok you can find a market on almost every street corner! My favourite is Saphan Phut market – it's a night market, so you can have an evening out there. It opens at about six, but is really busy by eight, and doesn't close until midnight. All the local teenagers go to it because it's cheap and it has a lot of second-hand stuff. Also, it isn't a tourist destination (yet!). I usually get my jeans and T-shirts there. It's also really good for its street-food stalls. It's very sociable – great for meeting friends, shopping and eating, all in the same place.

2 VILLAGGIO MALL

You have to see Villaggio Mall in Doha to believe it – really! It's a huge shopping mall with all the main international shops, and designer label shops selling luxury goods, but it's extraordinary – it looks like an Italian town; I suppose that's because Italy is the centre of the fashion industry. It's even got a canal running through with Italian boats on it. How cool is that! Of course, it's got cinemas and restaurants too, and there's a new theme park for kids there now. It's open every day, most days from 9.00 in the morning till 11.00 at night, and you can easily fill those hours, believe me.

[redacted] [redacted]

[redacted]

TRAVELLING WITH A BACKPACK

BY ANDY ROBINSON

Why is it that the people you meet when backpacking seem to be more interesting and easygoing than your friends at home? That's my experience, anyway. Occasionally you may be unlucky, put in a hostel room with someone you have nothing in common with, but more often than not, you'll meet people that are fun to visit the local sights with and who are worth getting to know. I've spent time with many nationalities and have found out some fascinating things about their cultures, although I'm sometimes embarrassed at how little I know about certain parts of the world.

It's generally very easy to make new friends while you're travelling, and you'll be able to hang around with them for a few days, until you or they leave for the next destination. Relationships of this kind are shorter but can be just as strong as friendships back home, because you do so much together in that short time. I often find I'm willing to admit things about myself that I'd never say to my close friends, safe in the knowledge that we probably won't meet again, except online.

[redacted]

A chi spetta iniziativa legislativa

[redacted]

[redacted]

Che cosa è l'orientamento di base. Finalità del servizio

[redacted]

[redacted]

Environmental Awareness Day

B Cresswell College

The staff and students at Cresswell College held a meeting and discussed a number of suggestions. The most popular suggestion turned out to be the most practical one; it was decided that the local environment should be brightened up. Teams were sent out to plant flowers and young trees on areas of land in the neighbourhood. Senior students monitored the progress of species threatened with extinction and prepared a report on their findings. It was hoped that this would help publicise the problem. A leading expert on wild birds was invited to come and give a talk about the dangers faced by these creatures. He explained the importance of the food chain and asked people to support local wildlife reserves.

[redacted]

L'iniziativa legislativa

[redacted]

[redacted]

[redacted]

Quali sono i casi in cui si "Sospende" lo Stato di Disoccupazione?

[redacted]

[redacted]

UNUSUAL HOMES AROUND THE WORLD

E

PAS HOUSE

This modern private house is designed for skateboarding. Situated near the beach in California, it is divided into three separate spaces, each ideal for skateboarding, as the floor, walls and ceiling join into one enormous tube. You can even use the furniture to skate off! The owner is a former world champion.

F

OLD LIGHT LOWER/UPPER

Located on Lundy Island, this is the perfect place to relax. Once a working lighthouse that warned ships at sea of the nearby rocks, the building is now divided into two flats, both offered for rent for short periods. The lower flat has a cosy living room with a real fire.

G

GROPIUS HOUSE

Other architects may be more famous, but the buildings Walter Gropius created are among the most important of the last century. He designed this as his family home in the USA. The house has an original collection of chairs and many of the Gropius family's belongings remain.

H

PELOTTI PALACE

This recently-built house in peaceful countryside has amazing facilities, including tennis courts. A well-known footballer lived here last. Available to rent by the month, whoever moves in will have to buy new furniture, but the kitchen is fully equipped.

[redacted]

[redacted]

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ORK EXPERIENCE

TASTER FORTNIGHTS WITH LOCAL BUSINESSES

PRIMARY SCHOOL

We encourage secondary school students to work in our classes, reading to the youngest children and helping older ones with maths problems. If you are good at sport, why not help to teach our junior football team what you know? As the school is in the north of the city, it takes about an hour from the centre by bus.

TELEVISION STUDIO

We make many popular comedy shows, drama and wildlife programmes, some here in the building and others on location outdoors. Our busy IT department welcomes students with some knowledge of this fast-moving area. You will stay with a single project group, learning from experienced people and developing new skills, including how to install systems software.

[redacted]

[redacted] 2020

Environmental Awareness Day

C Grayner Institute

This school had already been involved in some projects connected with the environment, though naturally efforts were increased for Environmental Awareness Day. For the last two years the school had been studying the effects of variations in climatic patterns around the world and how these can affect wildlife. A film about those magnificent marine mammals, whales, which was shown to the whole school as part of Environmental Awareness Day, was received with great enthusiasm by pupils. Meredith Summers was invited to talk about how pollution can destroy buildings in the region. Following that, pupils decided to launch a campaign for the restoration of the medieval square in the city centre and asked local authorities to support them financially.

[redacted]

[redacted] 2020

[redacted]

CLASSROOMS *around the* WORLD

KEL I decided to apply for a far-away school, but this was definitely further than I imagined! And I never thought that a school classroom could be in a cave! It was a really unusual place to have a school. The families of a Chinese village had built the school, known as Middle Cave Elementary School, in the cave about 50 years before. They had transported the materials for the school furniture up the mountain. It took days and then they made the tables and chairs by hand. Children come from many different places around the area and walk up a stone path to reach the school every day. I arrived at the school in early April to teach English conversation, and I helped the music teacher. Having these lessons in a cave was incredible because of the sound produced inside caves. The classroom made music by itself!