

**Survival Equipment**

Survival equipment are important. They help us to survive. At the sea, we need a signal flare, a signal mirror and a map. Also We need oars for rowing a boat. We should take a sea sickness tablet. At the sea and desert, we need a compass, a mobile, a map. we need a blanket to keep us warm. The first aid kit is very important. We need a survival manual. We should take food and fresh water. We need a whistle to call for help. Survival equipment are very useful.

**Problems**

A problem is a difficulty or an unpleasant situation. All of us experience problems. We spend a lot of time trying to solve them. There are many features for problem solving. One of these features is to look at problems systematically. Another feature is we should be confident and creative. Always try to solve your problems by yourself. If you couldn't, try to consult your parents or friends.

**Solving Problems**

**Dear Ali,**

Thank you for your last e-mail. How are you? I 'd like to talk about solving problems. **A problem** is a situation that needs a solution . There are many kinds of problems. Going to school late is one of the problems. Forgetting homework is another problem. To solve a problem, you should think systematically. We must be creative and confident. We should find effective and alternative solutions. We must evaluate our solution. We should think outside the box. There are four features of problem solving. They are understand, plan, try and check. If we can't solve the problem. we have to ask a counselor.

**Sea**

The sea is my lovely place. It's very useful. Sea breezes are full of minerals. There are antiseptics in the sea breeze too. Sea breeze is relatively unpolluted. It can act as a decongestant. It alleviates the symptoms of common cold. My hobby is going to the sea. I go there to sail, catch fish or swim. Ancestors used to dive for pearls. Pearling was a main job.

**Children with disabilities**

In the past, children with disabilities were ignored and neglected by society. People didn't take care of them. So, their situation was very bad. People believed that they were unable to learn. Nowadays, they are given specialised education. They have their own schools. They learn, read, play and paint there. They have exams, too. In fact, children with disabilities must be treated carefully. They are important members in our community. Maria Montessori helped those children so much.

**Helping the disabled**

Some children are disabled . They have difficulty in learning. In the past, disabled children were ignored. Maria Montessori helped them. She invented a special equipment for them. Disabled children must go to special schools. They can learn better when they are happy. They can use their senses. We must be kind to the disabled. We should help them. We must respect them. They can do useful jobs.

## **Travelling**

Travelling abroad is very useful. Lots of people travel to other countries. People travel by ship, car or plane. They travel with family or friends. A traveller needs a passport, a visa, a ticket and some money. He travels to enjoy fine weather. He can enjoy visiting new places. He can make friends. It's a chance to know other cultures and folklores. People can buy clothes and presents. Students can learn languages. They can study at universities. Doctors can get experience there.

## **Forces of nature**

The forces of nature are very dangerous. They are volcano, hurricane, tsunamis and earthquake. **A volcano** is a hole in the earth's surface. When it erupts, it destroys crops and buildings. It causes changes to weather. **Hurricanes** are strong storms. They destroy trees, buildings and towns. The center of storm is called the eye. **Tsunamis** are huge killer waves. They are caused by an earthquake or volcanic eruption. **Earthquakes** are very dangerous. They happen when two massive earth plates move past each other. They destroy buildings and trees. They are measured by Richter Scale. Scientists can predict these forces. They can save people's lives.

## **Volcanoes**

A volcano is a hole in the Earth's surface. It pushes out hot liquid rock. There are 800 active volcanoes in the world. A volcanic eruption is very powerful. Its gas and ash can change the weather. Crops can die, too. Scientists can predict volcanoes. This helps to save many lives. Volcanoes are very dangerous. They are destructive natural forces.

## **Dangerous Jobs**

There are many dangerous jobs. **A paramedic** helps ill people. Paramedics wear green and yellow uniforms. It is easy to see them. It is a risky job. Paramedics drive very quickly. They work in the ambulance. It is like a mini-hospital. It has medicines, syringes and oxygen. They save our lives. **Diver's job** is very challenging. They wear diving suits. They have oxygen tanks. They help them to breathe. They monitor fish sanctuaries. They lift sunken ships. **Alaskan pilot's job** is very dangerous because they fly over mountains. It is a useful job. They deliver mails, food and goods. Alaska is dangerous. You can be killed by bears or get lost. **Smoke jumpers** cut down trees and clear plants to stop the fire. It is risky because fire and smoke can kill you. They wear special clothes to stop heat and smoke. They save people's lives.

## **Smoke jumper**

The smoke jumper is parachuted into areas where there are forest fires. He has to cut trees down to stop the fire. His job is risky. He wears special protective clothes. They have special pockets for equipment. His job is very rewarding. He saves people's lives. He protects forests, too. The smoke jumper's job is very challenging. I would like to be a smoke jumper in the future.

## **Happiness**

Happiness is a great feeling. It has three elements. You should experience the pleasures in life. Also you should use your strengths positively. Also you should have a spiritual life. Happiness is good for your health. It gives you a strong immune system. You don't need a lot of money to be happy. There is a chemical in our brain called 'serotonin'. It makes you feel happy. The main sources of happiness are family, friends, enough money, work, faith and health. Finally don't forget to help poor people.

## **Friendship**

Friendship is very important . Respect, loyalty, trust and fun describe friendship. A true friend should be honest, cheerful and helpful. He keeps your secrets. He cares for you even if you are upset. He must be a good listener. He gives you the best advice. You share likes and dislikes. Also you share good times and bad times. You should respect your friend. You shouldn't treat him badly. If you argue with him , you should apologize. It is good to appreciate your friend.

## **Life in Japan**

Life in Japan is really exciting. Tokyo is the capital of Japan. Fashion is very important in Japan. In the past, women wore kimonos People use cars, taxis and motorbikes in Japan. They travel by bullet train. It is very fast. Sushi is a traditional food in Japan. It is a small ball of raw fish, vegetables, rice and seaweed. They use chopsticks to eat sushi. In Japan people play football, baseball, karate and judo. Sumo wrestling is the traditional sport in Japan. I'd like to visit it.

## **Money**

Money is very important. It helps people to live. Enough money is a source of happiness. We can earn money by working. Wealthy people have a lot of money. They can be happy. They can travel for fun and enjoyment or to relax. Rich people should give money to the poor. Poor people have a modest life. Enough money can make us happy. We should save money. Money can help us to buy all we need like buying beautiful clothes, a big house with new furniture, modern cars, computers and other electronic machines.

## **The Silk Road**

The Silk Road was a very famous road. It was 7,000 km long. It connected Asia and Europe. It was full of many dangers. They were thieves, deserts and mountains. The Chinese merchants used this road to trade silk. They exchanged it with silver, gold and horses. They used to travel in caravans. Then, the Silk Road was used less because of many reasons.

## **Health is wealth**

Health is a treasure of happiness. If you don't enjoy your life, you are unhealthy. Health helps you feel proud and move everywhere. If you are ill or unhealthy, your life will be miserable. Money is useless when you are ill. Life is nothing with pain and suffering. We should eat healthy food to be healthy. Playing sports helps us to be fit and healthy. We should use our health in good ways. Many people can gain money, but they can't buy health.