

## My morning routine

I wake up at 6 in the morning, I get up at 6:30. I don't make my bed, then I have breakfast and brush my teeth. Then I feed the dog. I leave home a quarter to six.

Tabata Ferrari Rezende - 1A

## My morning routine

I'm Elisabete. My clock wakes me up at 6 A.M. and I get up around 7 A.M. Then I make the bed and have my breakfast. I get dressed, then I leave home at 8 A.M. I exercise at one o'clock.

Elisabete da Silva Ribeiro - 1A

## My house

My name is Mariana. I am 23 years old. I'm from Itajubá - MG and I live in Nossa Senhora de Fátima district, with my father and my mother. I'm an only child.

My house is small. There are two bedrooms, one bathroom, one kitchen and one living room. The yard is big. There is a garage and a utility room.

My bedroom has one TV, one bed and a closet. But in my parent's bedroom there isn't TV. In the living room there are two sofas.

The bathroom is very small; there is only a shower, a toilet and a sink. The kitchen has a refrigerator, a microwave, a table, a sink and a stove.

This is my house, small but it's very comfortable.

Mariana Abdias - 1B

## Traffic News

*I was watching TV and I saw some traffic news. They were talking about the traffic in São Paulo.*

*There, the traffic was terrible! At that time, there were many cars, people and bikes on the street.*

*While the reporter was talking about it, an accident happened.*

*I was really surprised.*

*Julia Maria - 2A*

## Weather News

The news is about weather, specifically about climate change. The climate change is affecting the world and provoking animal extinction.

I got it from the internet because I don't have time to watch TV. In my opinion, the climate change is an important topic because people, animals and nature will suffer serious consequences.

Ana Leticia Campos - 2A

## The best concert

I went to the One Direction concert, OMG!!

I loved this concert! I went with my father, he looked bored, because he doesn't like One Direction's songs, but my happiness compensated this.

I traveled to São Paulo, very excited and didn't stop talking, I would see my idols!!

The boys are so so so beautiful! And their voices are perfect. I'm in love with them.

I cried most of the concert, they spoke in English and the audience screamed, but most of them didn't

understand anything. I cried, screamed, jumped... OMG!!

I remember all details... people screamed so much, Liam, one member of the band, jumped at the stage and shouted "Good night São Paulo!". Yes! He said "São Paulo", and I sighed with this cute way. I love this boy.

The bleachers shook so much and I thought "I will die, but I will die happier".

This was the best concert that I went to!

Giovana Ribary Abreu Paixão - 2B

## The best band ever

Last month, I went to London for the big One Direction's gig. I traveled by plane and it was my first time abroad. It was a huge experience!

My favorite song that they played was No Control. It's an amazing song! They also played other songs, like Drag me down, Steal my girl, Summer love, ...

It was an amazing show!!!

María Rita Aniceto - 2B



## An embarrassing situation

One day, I went to JOVISA to help my friends to catch things in houses to make gifts for the Bingo. My friends went out and started calling in all the houses. So, in one house, it was my turn to ask for something and one woman answered me. I explained the Bingo for her and with a large smile she caught one thing to me. When she returned, she gave me a

roll of toilet paper. I accepted and thanked her.

In the next house, I was excited to receive different things, but in this house the mom gave me a package with 12 rolls of toilet paper (I couldn't believe!). My friends laughed at me and took pictures. This day I was known as "Miss toilet paper".

Tamires Gomes - 3A

## What can we do to become greener?

We should reuse products to make new things and recycle bottles and cans. We can use rechargeable batteries and we should not leave appliances on stand-by mode because it wastes energy.

We can install a solar heating system. We should separate organic waste from non-organic waste.

We can reuse plastic bags and we need to buy energy-efficient appliances.

When we protect the environment, we are eco-friendly.

Laura Pereira - 3A

## My favorite TV program

My favorite thing about TV is watching funny series and dramas.

My favorite show is "How I met your mother". All the cast is funny and my favorite star of the series is Barney. He is the funniest guy on that TV show.

Other things that I like to watch on TV are talk shows. Any talk show! I really like to watch when they are on. I like this kind of program because you can know more things about celebrities lives...

Micaely Paulino - 3B

## Avatar - Film Review

Avatar is a film whose script is weak, but it has many visual effects that make it magnificent.

Some action scenes are beautifully shot, others are long and tiresome. For example, the climax.

The film is three hours long and the sentimental value is bad. The acting is good but there isn't anything special. The story has certain originality without anything new.

The best part is the visual effects. The actors have incredible makeup and Stephen Lang stars as Colonel Miles Quaritch, a villain.

Michelly Maurício - 3B

*To whom it may concern*

*Reference for Matheus Taets,*

*I have known Matheus for approximately five years. We study together at the same school. He is very popular there and gets on well with people of all ages, so it would be easy for him to teach pupils aged 10 to 16.*

*He also enjoys English a lot and traveling abroad is a dream that he has. In addition, he speaks English fluently and would deal with different nationalities. For this reason, he would be motivated to do his best.*

*Besides being sociable, Matheus is also conscientious, decisive, sensitive and calm. He does not lose his temper very often, and because of that he would be good at dealing with difficult pupils and*

their complaints. He would make them learn and improve their personalities.

An important skill that Matheus has is creativity, so he must think of and provide funny and different games and activities for his students. He is also very organized and knowledgeable, and consequently, he would choose games that are more suitable for his pupils' different ages. Because of that, I am sure that his classes would be dynamic and enjoyable.

In my opinion, Matheus would make an excellent English teacher. I have no hesitation in recommending him to your company.

Yours faithfully,  
Enzzo Carvalho

Enzzo Carvalho - CAE 1

*To whom it may concern*

*Reference for Juliana Coutinho,*

*I have known Juliana for approximately five years. She is a very down-to-earth, responsible character and gets really well with teenagers, so she would be really popular with them. She helps her mother in their English school, consequently, she has good experience in teaching the language. The organization and patience skills she has learnt there should serve her well as an English teacher for teenagers. When somebody needs help, Juliana is an excellent person to have around. She is very good at dealing with difficult situations. For this reason, I believe she would definitely be able to take control of discipline problems among the pupils.*



When it comes to creativity, she is very talented, which might come in very useful in her role as a teacher. She can create a lot of games and activities to make the English lessons fun.

In addition to her language skills, Juliana's intelligence, enthusiasm and friendly character would help pupils enjoy learning English. Sadness, discouragement and laziness will not be part of her classes.

In my opinion, Juliana will be an excellent teacher. I have no hesitation in recommending her to your company.

Yours faithfully,

Larissa Guerzoni

Larissa Guerzoni - CAE 1

## *Proposal for the World History Day*

### *Introduction*

*The aim of this proposal is to suggest which periods of our country's history would interest our young audience and how we could best display them to make our teenagers more excited.*

### *Dictatorship*

*In order to arouse interest and keep our audience involved in our presentation, I believe we should talk about the two most contradictory and curious periods of Brazil's history. Hence, I suggest we focus on the military dictatorship that took*

place from 1964 to 1985 and caused a lot of trouble. We could show the teenagers short documentaries about this event or even interview someone who lived in that time. We could also make an exhibition of the poems and songs that could not be published due to the strict censorship of those decades.

## Slavery

Another interesting topic would be the slavery of Africans brought to Brazil by the settlers. I recommend organizing a play, so we could show our audience slave's customs and traditions, as well as how their whole slavery abolition process

happened. In addition to the play, we could also show the teenagers the tools and utensils people from that time would use on their everyday life.

### Conclusion

To sum up, I would say that, from all the interesting periods from our country's history, the military dictatorship and the slavery are what would make our teenage audience more excited and, I believe, the methods chosen to display these two topics would keep the audience entertained throughout the whole presentation.

Thaís Souza - CAE 2

## Introduction

The aim of this proposal is to give a suggestion on how we can present the history of our country to older teenagers that are coming on a cultural exchange. This would mean presenting in an interactive way the main periods of our history and point some curious facts to catch the teenagers' attention.

## Independence Day

Having a focus on two periods, I propose that we choose the Independence Day first because a lot of what some people have learned about it is a hoax. The painting of the Independence Day, for example, shows Prince Dom Pedro I on a horse and well dressed near the Ipiranga River. But the truth is not so glamorous. Prince Dom Pedro I was not feeling well, so he stopped near the Ipiranga River. He was wearing ordinary clothes and was on a donkey! It would be interesting to have the official

painting and others telling the real story, so they could compare and see the big difference.

### Dictatorship

We could also present the dictatorship, a difficult period in Brazil's history. I recommend showing a video telling the teenagers about the military and the singers that didn't accept their intervention. After that, they could listen to some of their songs and read the lyrics in English.

### Conclusion

To sum up, I believe we should do everything in a very interactive and modern way to call teenagers' attention and interest to this topic.

Lourdes Caroline Ribeiro - CAE 2

## Essay

*Teenagers and young people should share housework equally with their parents. Do you agree?*

Nowadays, everyone seems to be busy all day long and when these people come home, all they want to do is rest. I believe sharing the housework equally is fair, especially between parents and their children.

In spite of the fact that both parents and teenagers are out of the house most of the day, parents have more time to do the housework. While teenagers have homework and papers to hand in to their teachers, parents don't usually bring work home. However, teenagers have more energy.

No doubt that parents do the housework better because they have more experience. In my opinion, teenagers should help them anyway because by doing this; they will become more mature and will know how to survive when they go to college or go to study abroad, for example.

As a way of sharing the housework fairly, the family should come up with a schedule. For instance, each day of the week a member of the family is responsible for a chore.

In conclusion, teenagers and young people have a lot to win when helping their parents, such as preparing for the future.

Larissa Silva Maciel - FCE 1



Teenagers and Young people should share housework equally with their parents. Do you agree?

A family begins to have a better and more pleasant life when they have a good relationship, through respect and help from each other. All the members of the family have appointments, and consequently, short time to do housework. However, if everybody helps, they will have more time to talk and do things together.

Young people usually have more time and energy, so parents should encourage them to do the housework. As they cannot do everything by themselves, parents need to help and teach them how to do it in order to make it easier.

Although parents normally do the housework better than their children and should do most of it, the young people need to start practicing it for adult life.

Each member of the family has their own preferences, so they can choose what they like to do. If there is any chore that nobody likes, they can do it together to be more fun.

Finally, for all these reasons, I think that sharing the housework helps improve the family relationship and gives them more time to enjoy life together.

Thiago D M Lopes - FCE 1

I really enjoy watching action and spy movies. Some weeks ago, I watched a movie called 'Kingsman: the secret service.' It is about Eggsy, a young man with discipline problems who seems close to becoming a criminal. On any given day, he comes into contact with Harry who shows him the Kingsman spy agency. The boy undergoes an ultra-competitive training to enter this organization.

However, at the same time, Harry is trying to prevent the rise of the villain Valentine. This crazy man

wants to kill most people in the world and selects just some people to live. Nevertheless, he gets sick when he sees blood, making him hilarious.

This is an exciting movie and there are several funny scenes too. The fight scenes and the spied and the villains' devices hold your attention. A curiosity: the fight scene of Harry at church was considered the most insane and bloody one.

Thaís Faria - FCE 2

## *The picture of Dorian Gray*

*Are the characters in the story real or imaginary?*

*I always enjoyed reading classic books. One of the most interesting that I have already read is The Picture of Dorian Gray. He is the subject of a portrait by Basil Hallward, an artist who is impressed by Dorian's beauty. Through Basil, Dorian meets Lord Henry Wotton, and he soon is enthralled by the aristocrat's hedonistic worldview. Newly understanding that his beauty will fade, Dorian sells his soul and pursues a libertine life while his portrait ages and records every sin. Tired of that empty life, he decides to destroy the picture. After a scream, Dorian's servants run and find a disfigured corpse. Beside*

him is the picture reverted to its original beauty.

There are lots of interpretations about the story characters. If we keep our focus just in Dorian, it's possible to see how modern this novel is. It shows our narcissistic society that lives of appearance. Gyms are plenty Dorians aiming to live a life of illusion that could be forever.

So, we can conclude that, unfortunately, Dorian is more real than we would like and this "Dorians" have less regrets and changes that the world needs.

Mariangela Dieb Farah - FCE 2

## My best friend

Juliana is my best friend. We met each other in English classes, 3 years ago. At first, we didn't click right away, but with time we started to get along very well together and became close friends. She is 14 years old, and is a really unique person. We have a lot in common, specially about stupid things. We don't argue very often, because we can't stay away from each other. I know she'll always be there for me, and I'll always be there for her. She's someone I know I can trust in.

Ana Beatriz Barbosa - Inside Out 1

## Friendship

Thiago and I started being friends three years ago. There was a Carnival party in the club so we started a conversation. We study at the same school but in different classes.

Thiago is different from me because I like to talk a lot and talk about my life. He likes to talk but not about himself. He loves country music but I hate it.



We have never had a fight but sometimes he says some things that make me feel sad, he is rude. At first I got really sad with this, but now I think it's normal.

The good thing about Thiago is that he knows how to make me feel good. When I argue with my best friends, he says things that can make me feel happy.

His Friendship is so special to me!!!

Luísa V. T. de Almeida - Inside Out 1

## Travel Experience

The trip started in São Paulo. Some friends and I were going to Australia to celebrate our graduation there. We traveled by plane. It took 12 hours to get there, and during the trip we talked and slept, sometimes. Australia is very similar to Brazil. The weather there is like ours, hot during the day and cold at night. It was such a nice trip! If I could, I would do it again, but this time, I would live there for some time.

Arthur Gassetta - Inside Out 2

## *The pretty little living doll*

*Her name is Marina. She is my cousin and we first met in 2010 Christmas. She had just arrived from Paris that week. I was 10 and she was 17. She was talking about her trip and how awesome it had been.*

*She was all that I wanted to be: pretty, smart, she traveled the world, she read a lot of books ... Marina was such a cute person. We had a lot of fun together. She studied with me for my school tests and taught me things that I could never forget. She told me once to*

*never give up on my dreams, no matter what happened.*

*I mean, I was like her own living doll. She cared about me more than anyone else on earth and I loved it.*

*Now she is a lawyer and we see each other once a month and I won't forget all that she has done for me, never.*

*Giovanna Morais Cardoso Petrucci -  
Inside Out 3*

## Going to the beach

When I was 9 years old I went on a trip with all my family. It was my first time at the beach, so I couldn't wait for that trip.

We left Itajubá in the morning and we spent hours and hours on the road (it was boring!). After 4 hours we arrived in Ubatuba, and after hours in a car, we were extremely tired, so we went to a hotel. I stayed in a bedroom with my 4 cousins, while my aunt, my mom and grandmother stayed in another bedroom.

In the morning of the second day, everybody woke up early, and after a brief breakfast, we went to the beach.

The sun was shining and the sea was beautiful; the most incredible thing that I'd ever seen. So, we stayed at the beach all the day long, swimming,

playing, building sand castles and having a lot of fun.

It was a great trip and I'll never forget it. It's an amazing place to spend your vacation, because you can visit beautiful places and also cool places in the city.

I think I enjoyed this vacation the most, because it was my first time at the beach.

I went back to Ubatuba one year later, when I was 10, and it was the last time that I went there. But I would like to go back to the beach again, because I really loved it.

Maria Eduarda Veloso - Inside Out 4

*Dear Mr David Wright*

*I'm the CEO of Hudson Corporation, a brand that produces a range of luggage and travel accessories. Our products are associated with high quality and traditional design. The brand is based in New Jersey, USA, but we intend to enter in European market next year.*

*We had a meeting with the directors of the Hudson Corporation, and we decided some marketing strategies that focus on how to expand sales in European markets, and the actions are:*

- . Develop the Hudson brand*

*We want to promote the Hudson Products as an exclusive brand, using product placement in films, with a famous French person.*

*. Develop Sales using e-commerce*

*Sell the Hudson products via Internet at very competitive prices.*

*What do you think about a meeting with us next month?*

*If you like you can access our home page to know more about the history of the brand and know the products better.*

*[www.hudson.com](http://www.hudson.com)*

*Best regards*

*Luana Fernandes*

*CEO*

*Hudson Corporation*

*1313*

*New Jersey*

*Luana Fernandes - Market Leader*



Dear Mr. David Wright.

How are you doing?

According to our meeting last Thursday at Celil, where we discussed about "Marketing Strategies for Europe", I want to show you what we proposed.

Six main points were listed, : Reposition the brand, Develop the Hudson brand, Hire a top designer, Develop a wider product range, Stretch the Hudson brand and Develop sales using e-commerce.

After hours discussing about the six points we decided in two common points that we believe being important to develop more strongly. Look the reasons below.

First of all, following the point "Develop the Hudson brand" we need to develop more strongly the Hudson brand by promoting the products as an exclusive brand and keeping the tag 'Made in America'. Along with this, using two well-known French film stars, hiring a famous, sophisticated and

*influential man and woman to endorse the Hudson's products and using product placement in films and television to support the brand.*

*After done this first step let's go to the second one ... "Develop sales using e-commerce".*

*In our opinion, we need to show and sell the Hudson's products via Internet, but we need to be competitive and for this. It is necessary to reduce our prices.*

*I propose a meeting with you and your associates next week, maybe on Monday morning.*

*Is it available for you?*

*I look forward for your e-mail.*

*Best regards.*

*Luiz Augusto R. Chiaradia*

*Luiz Augusto R. Chiaradia - Market Leader*

## My diet

I don't follow a diet. I only run every day for 20 minutes and I have a balanced alimentation. I eat salad, chicken, fish, spaghetti during the week. On the weekends I eat pizza, hot dog, barbecue and snacks. This is my "diet"!

Marcelo Rodrigues - 1B

## My favorite vacation

My favorite vacation was when I went to the beach with my family. We stayed a week in Trindade.

The place was very beautiful. My family and I stayed in a very comfortable inn.

The sea was calm enough to swim. I really liked it and I want to go again.

Pedro Augusto Gonçalves - 1B

## My Last Trip

In my last trip I went to Ubatuba with my family. It was fun, we joined around the fire and talked about our dreams and the future.

My sister sang a pretty song and my father played the guitar.

We had fun in this trip, but the negative aspect was when it rained and the positive aspect was that we had a lot of fun.

Vitória Viana - 2A

## My Last Trip

My last trip was in March this year.

I went to the beach with my family. We stayed in an apartment in front of the beach, but it was small.

We stayed there for four days, and the weather was great, blue sky and sunshine.

My mother and I entered in the sea and a strong wave dragged us until the sand. We almost drowned.

In the last day, my brother drank beer a lot. It was the first time he was drunk. It was funny!

Livia Cecília - 2A

## The Future

In the future the technology will be very important for the man and for the world. And it will be much more advanced, diversified and perhaps more useful.

And I believe there will be a lot of technology and many machines, much more than there are today.

The positive aspect it will help in medicine, science and communication, for example. And the negative side is something that already happens today, people are becoming anti-social,

*individualistic, getting addicted to technology and isolating themselves.*

*But I am optimistic about the future technologies as they can help in curing diseases and the evolution can make distances shorter, like relatives who live in other countries.*

*I believe this is not so far, that in fifteen years the technology will develop and be even more capable and modern.*

*Mariana M. Siqueira - 2B*



## The Fantastic Movie "Divergent"

The movie "Divergent" is a movie with action, drama and a little of romance.

"Divergent" talks about the city of Chicago that was divided into four groups. Each group has a specific function in the society, there are no problems or arguments; everything is good. But there is one rebel person that chooses the love of a girl. This choice changes everything...

Isabely Dias - 2B

There are many wonderful cities around the world. Cities which a lot of people would like to visit. However, I really like the city I live in. In this city, there are no large buildings, as subways, museums, harbor, shopping malls, among others. This city can be compared to a large neighborhood of a big city, so small that it is. But, despite all, the city I live in is very quiet, the most important places are very close. The city doesn't have pollution and dangerous places. Anyway, a small city in Minas Gerais is becoming increasingly the favorite city for people to visit. São José do Alegre is my favorite city.

Tiago Augusto Carvalho Silva - 3A

## My favorite city

One of my favorite cities out of Peru is Trieste. I like its weather so much. This city has a marvelous sea, just a little cold. The mountains are also very pretty. In Trieste I also knew one of the largest tourist cave (Grotta Gigante) Inside the cave I was afraid; it seems the earth would eat you, but it was a nice experience.

In Peru, my favorite city is Huaraz, a very nice place. Moreover very cheap, there are a lot of lagoons, they are very beautiful, more than 3500 meters from the level of the sea. I love the mountains. The food in Huaraz is very tasty, I will go again, I recommend this city very much.

José Humberto Bravo Vidarte - 3A

## My Best Birthday Party

I was 8 years old when my best birthday party happened. I was very happy and very exciting to eat the cake, blow the candles and of course, open my gifts, because I think that is the best part of the parties.

When I woke up, my parents gave me my presents and I had a wonderful breakfast on my bed. It was very cool!

After that, I started to prepare my birthday party: choose my

clothes, organize my house and my gifts.

I was very anxious to my party, so when my friends arrived, we had fun and ate a lot of cake and candies and saw my presents.

That was my best birthday, because I was very happy and with special people, so I'll remember that forever!

Ana Beatriz da Luz - 3B

## Appliances that I have at home

I have a notebook at home. I use it mainly to study and to see the news. I have been using it every day lately, because I am looking for a job on the Internet.

I have a TV too. It is a smart TV and I use it to watch movies and series online. I turn on the TV every day to watch something or just to make some noise.

I bought a washing machine recently that is automatic. I am happy because now, it is much easier to wash my clothes. I use it about once a week.

I am not addicted to these appliances. I like them, but I would live without them pretty well.

Pamela Santiago - 3B

## Proposal

### Introduction

This proposal contains my suggestions for our country's contribution to the international festival in London.

### Brazilian natives

The Indians were the first inhabitants of Brazil. Their habitats, customs and beliefs were different from the European men's. As they hunted and fished for living I suggest showing some objects used by the natives. We could follow that with a live performance of the indigenous traditional music and dances. Visitors could also be invited to participate in this presentation.

### Our national festivals

A cultural event in Brazil that must be present in the international festival is the Carnival. It is known worldwide for its beauty, organization, allegories, and the chosen theme for the annual parade. I recommend we show a DVD so that visitors can appreciate the exuberance of these

special events. Another aspect that should be shown is the music, mainly the samba. Visitors would enjoy listening to it, as well as learning how to dance.

### National passion

When it comes to sports, soccer is Brazilian people's favorite one. Our soccer team has already won five World Cups and has excellent soccer players nowadays. For these reasons, I suggest we show the Brazilian soccer history with a big photographic panel of the soccer evolution and also the most popular players in history, especially Pelé.

### Conclusion

My proposal would give visitors a real taste of Brazilian culture and, I hope it meets with your approval.

Enzzo Gallo - CAE 1



## *Better means of transport*

*Due to the facilities and different ways to acquire a car or another individual vehicle nowadays, the number of automobiles has increased in a very short period of time. Thus, it has been causing many environmental problems and urban mobility problems, too. But how could the government solve them?*

*Firstly, I believe that raising the fuel prices to discourage car use could be a good step to reduce the problem. But it will not solve it, after all, people could opt for other kinds of vehicles such as motorcycles, which are more economical and use less fuel than cars.*

*Another alternative could be a campaign in the newspapers, on TV and on the internet to convince people to adapt their lives in order to preserve the environment. These*

campaigns would include suggestions to improve the quality of the transport; to reduce the price of the bus ticket; to build bus lanes to speed up the service; to design more cycle lanes and pedestrian walkways to motivate people to ride bicycles and go to places on foot.

Finally, all these ideas together are extremely important to improve transport in general. However, in my opinion, the method that is most likely to work and the one that will reach more people is to campaign. Informing the public about the consequences of pollution by vehicles is also necessary and it could be done through the advertisements. So, following these steps, citizens will learn the environmentally friendly forms of transport.

Mariana Bitencourt - CAE 1

Hi Ella,

I was really happy to get your recent email! It's been quite a long time since I last heard from you and I can't believe you are eighteen already! Applying for university is a major event, so you really need to think carefully about which career to choose and where to go.

The first thing you mentioned, applying to somewhere nearby, so you could keep living at home, would help you with a lot of things. For example, you wouldn't have to pay for your bills nor would you have to cook your own meals and clean the house, which would give you extra time to study and do your homework

Having said that, moving away from home and possibly sharing a flat would help preparing you for the adult world. I

know doing the housework, paying your bills and having to learn how to cook don't sound a lot of fun, but I think you need to bear in mind that this will make you more mature and will definitely help you overcome the challenges you might face as an adult.

Anyway, Ella, I hope my suggestions help you with your decision!

Good luck with your dilemma and don't forget to write to me and tell me what you ended up choosing.

Very best wishes

Thaís Souza - CAE 2

## My Favorite Actor

My favorite actor is Ian Somerhalder. He is a handsome tall man who has beautiful, sparkling blue eyes. Even though he is almost forty, he seems to be fifteen years younger.

Although his physical is perfect, what I like about him is his personality. He really loves animals, just like me! He is the creator of "IS Foundation", an institute to help homeless animals. And through this institution he has saved a lot of dogs, cats, turtles and whales.

He has already appeared in several movies but he became really famous after starring Damon Salvatore, in the Vampire

*Diaries. He also acted in Lost, C.S.I. Miami and Smallville.*

*This year he got married to Nikki Reed, who is also an actress. They spend a lot of their time together helping animals, she helps his foundation a lot. He considers himself really lucky to have a lot of fans and also for having the opportunity to save animals.*

*Gabrielle Abranches - FCE 1*



## My Favorite Actress

I'm going to write about my favorite actress, Cara Delevingne. She is a pretty, charming and funny girl who has blond hair and blue eyes, and is about twenty three years old.

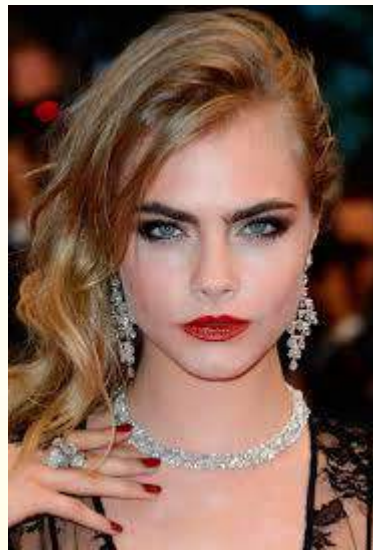
She started her career as a model, following her sister's footsteps, Poppy Delevingne. But she started acting only in the middle of 2014. Her first movie was Paper Town, which was already my favorite book. These two facts together ended up in Cara being my favorite actress.

Although she started acting only last year, Cara has appeared in many movies such as Kids in Love, Tulip Fever, London

*Fields, and of course, Paper Town, in which she was the main star.*

*She is now getting prepared to star another movie called Suicide Squad, and seems to be enjoying it very much.*

*Gabriela Souza - FCE 1*





## How can we help children to overcome computer games addiction?

Because of the evolution of technology and the introduction of the Internet, lots of young people started to spend most of their free time playing computer games. Thus, it is being difficult for parents to deal with this kind of addiction, which is bringing lots of disadvantages.

Firstly, it is evident that this addiction is affecting children's grades at school. As they want to play all day long in order to achieve a higher level, they are not studying enough. Consequently, their performance at school is becoming lower than before.

Secondly, to be addicted to computer games can harm children's social life. They prefer to stay at home playing games instead of staying with other children doing something more productive. Computer games can affect the

behavior of people, who are becoming more individualist.

However, computer games bring advantages as well.

Children can improve mind and coordination skills, besides improving English vocabulary. Furthermore, it can improve imagination and create feeling of challenge. It also can improve children's decision-making.

To sum up, computer games are harming children's life more than helping it. Therefore, the way to make it harmless is drawing the line, showing the children the right way to take advantage of computer games and encouraging them to play other kind of games.

Isabela Monroe de Souza - FCE 2

## *Dinner in front of the beach*

*In Ubatuba there is a restaurant with a big variety of dishes, especially fish.*

*It is a cozy place near Itaguá beach. The interior is decorated with anchors and aquariums filled with fish, lobsters and crabs.*

*The food is tasty and when I was there I ate tuna pizza. However, there is a cod stew that is very attractive. The desserts are in the shapes of fishes and colorful shells, totally original.*

*The service is awesome. The waiters are cheerful and polite.*

*As far as the price is concerned, it is reasonable.*

*It is worth visiting this restaurant.*

*Livia Verônica de Oliveira Costa - FCE 2*

## The snake and the beautiful view

I had a dangerous and exciting experience with my cousins many years ago. I was a teenager and was spending my time at my grandmother's farm. My older cousin, Laércio, decided to climb a hill to see the beautiful view on the other side, and then he invited me and the other cousins to go with him. Of course we accepted it!!

On the way, my sister twisted her foot and fell down. She felt a lot of pain and it was necessary to walk really slowly.

Suddenly, in the middle of a dense forest, we heard a different noise. Everybody looked up and saw a snake. I had never been so scared in my life! In

fact, I was absolutely terrified!! Then we started to run until we found a safe place. Fortunately, the snake didn't attack anyone. Of course my sister couldn't run, but I helped her. We walked for about two hours. This was extremely tiring!

Finally, we reached the top of the mountain and saw a wonderful view. It was really fascinating!! Everybody enjoyed the end of the day with a beautiful sunset!!

*Lízziane Tejo Mendonça - Inside Out 1*

My name is Andresa. I am a very outgoing person. I love talking to my friends and meeting witty people.

My ideal partner should be considerate and generous. Sometimes, I like outdoor places to talk, drink and eat something. I would love the company of a partner to do this...

*Andresa Negrão - Inside Out 01*

One of my favorite movies is 'Charlie and the chocolate factory'. I love both versions (1972 and 2005) but I prefer this last one.

I watched it for the first time when I was about seven years old, but of course, at that time, I couldn't understand the real meaning of the things that had happened in the movie.

The plot is about a rich (and crazy) man that had a huge and famous chocolate factory and, one day he decided to open the factory for some kids. He had put five golden tickets in five chocolate bars that were found by five lucky kids. One of them is Charlie,

*a poor boy that lived in a very small house with his parents and his four grandparents.*

*The main actor is Jonny Deep, who plays Willy Wonka (the rich and crazy man).*

*It is a great fantasy movie with a great cast, a great soundtrack and definitely a great plot.*

*Mariana Borges de Oliveira - I.O. 2*



## Percy and the lightning thief

I watched a movie called 'Percy and the lightning thief' some years ago. It tells the story of a guy who had studied in a lot of schools because he always caused problems and because of that they would exclude him.

Now he is studying normally but then strange situations start to happen. He discovers he is a half-blood (a son of a human and a God) and his friend takes him to the 'Camp Half-blood' where Percy learns a lot of things

about his half-blood life, past and history.

The main actor who plays Percy is Logan Lerman. It is an action movie, and I love this kind of movies.

I would recommend reading the book first, so then you can understand the story better because in the movie they do not put so many details and it is a good idea to read and broad your mind.

Cynthia Ribeiro Paixão - I.O. 2

## People's Description

I would like to describe my mother. She is a beautiful woman. She has smooth skin, sparkling and small eyes, arched eyebrows and full lips. But what strikes me most about her is the big smile she has.

She gives an impression of being angry, but she is the most generous and kind person that I know. Mom has a good heart. She is open-minded, talkative and extremely lively.

My mother is very connected to her family. She does anything for her

children and always wants to see them happy.

She has several friends, maybe because she is a positive person and it attracts people next to her.

Mom moves her hands all the time when she talks. She has a big energy within herself.

She is the most intelligent and wonderful person that I know and I learn a lot with her!

Regina Borges - Inside Out 04

## Who is he?

The first thing you notice about him are the eyes. He has wonderful sparkling green eyes that make you think he is the sensitive kind. He has a beautiful smile and perfect white teeth, thin lips and smooth and clean skin. He has a very good bone structure and square jaw.

He appears to prefer formal clothes like shirt and slacks, although sometimes he may wear t-shirts and jeans.

He seems to be serious, but funny at the right moments. His masculine characteristics contrast with his

*sensitive expression that makes him so attractive. In fact, he seems to be the kind of man that you see and think "I want to be his girlfriend!" Well, If I didn't have a boyfriend, I would like to spend the rest of my life with him!!*

*Do you know who he is? He is Chris Evans!*

*Nazarry - Inside Out 4*

