

I wake up at six o'clock, I make the bed around six twenty a.m., brush my teeth at around 6:25 a.m., get dressed at half past six, leave home at 6:35 a.m. and go to school. I study from 7:00 a.m. to 12:00 p.m..

Giovane Renó - ID 1A

I wake up at around six a.m..
I stay in bed for five minutes.
I get up, take a shower and
get dressed. After that, I have
breakfast, brush my teeth and
go to school at ten to seven
a.m..

Pedro Augusto Gonçalves - ID 1A

You should try the new Trakinas biscuit with the irresistible strawberry flavor.

The reduced packaging is easy to carry to any place.



Trakinas, always present in your moments.

Carla Ariane - ID 2A



Nutella

Did you know that...

A Nutella jar is sold every 2.5 seconds around the world?

And the amount of Nutella sold in a year is enough to cover more than a thousand football stadiums?

Nutella is able to leave any morning much more delicious!

You should try it!

Ana Cláudia Nascimento - ID 2A

A Gig Review

My boyfriend and I went to Fernando and Sorocaba's show in Itajubá.

It was easy to get to the place, but there was a very long line and it took us about 30 minutes to get near the stage.

The show was very good. They sang the most successful songs and also new songs.

The most surprising part was when one of them went into a ball and moved among the public. People were very excited about it.

Unfortunately, the drink stores were crowded and the service was very slow, so we didn't see part of the show.

Despite the problems, I recommend the show. The singers are very friendly and lively, too.

Gisele Coura - ID 2B

Global Warming

Global Warming doesn't have a specific cause. Scientists disagree about it.

In my opinion, it is caused by the bad use of the nature or environment.

The world population has increased each year. So, the production of household waste increases, too.

To solve this problem, I have some suggestions:

- 1- recycle everything that can be recycled;*
- 2- separate organic and non-organic household waste;*
- 3- don't waste water;*
- 4- use reusable cloth bag;*
- 5- use solar heating;*
- 6- use energy-efficient light bulbs.*

Juliana Torres - ID 3A

Global warming is the rising of world's temperature. Experts disagree on causes of it. Some of them say the causes are deforestation, the use of fossil fuels, etc. Other experts say it is a natural change of the climate. What we can say is that Global warming is a fact, independent of the cause.

The use of renewable energy, like the one from the sun, wind or waves, can decline the effects of Global warming. Besides this, if people were greener, save energy and water, separate the waste, use less cars and others, it can help the planet.

I'm optimistic about it, because people can change, and if the government motivates more, a lot of things can change...

Still Alice

I watched the movie "Still Alice" and I thought it was beautiful! It is the story of a very intelligent and intellectually active woman. She is an English student, a teacher and a writer.

At the age of 50, she begins to have memory problems, so she decides to investigate the causes. She discovers that she has a rare type of Alzheimer, which is also hereditary.

She has three children: two daughters and one son. Her eldest daughter is married, her son has a girlfriend and her youngest daughter is an actress.

After some time, the illness gets worse and she becomes dependent on other people. Her husband, her eldest daughter and her son decide to take her to a rest home. However, her youngest daughter decides leave everything behind and take care of her mother.

A beautiful and sad movie!

Elíana Maria Gonçalves - ID 3B

Movie: Season of the year

Behmen is a knight who, after several years of fighting in crusades, loses friends, battles and his own faith.

Going back to his hometown, he finds Europe devastated by hunger and the plague. Behmen, then, joins a group of warriors in charge of taking a girl, suspected of being a witch, to a distant monastery.

It doesn't take long for the group to realize that the girl has supernatural power and that they will have to face the evil during their journey.

Amanda Machado Moraes - ID 3B

To whom it may concern

Reference for Michele Pedroso

I have known Michele for almost eleven years. She is very outgoing, patient and friendly, which, in my opinion are very important traits for someone willing to work with pupils aged 10-16. Michele is also a camp staff, so she is used to dealing with young people.

Furthermore, she is fluent in English and has passed in multiple English tests. Hence she won't have problems in teaching the language.

When it comes to outdoors activities, Michele is really good. She is very keen on sports and has already taken part in several swimming competitions and was our school volleyball team captain, therefore her leadership skills are excellent!

She has grown up on a farm, so she is used to outdoors activities such as horseback riding and trekking.

In addition to what has been said, she is also extremely creative and lively, so coming up with different and interesting activities to entertain the kids will not be difficult for her.

Moreover, she is absolutely talented which might come in very useful in her role as an English teacher and supervisor. She plays the electric guitar and sings very well.

In my opinion, Michele would fit the job perfectly. I have no hesitation in recommending her to your company.

Yours faithfully

Thais Souza.

Brave old story.

A book that everyone should read is Brave New World. This science fiction about a future, tell us about the story of Bernard and The Savage.

The story begins explaining to the reader how babies are born in this future, and about the social division. These aspects will reflect in the development of the story, and from there the conflicts will rise.

After the introduction to the new world, the reader meets Bernard. He's the guy who feels that the world has a problem or himself. From this, he will not fit in the society but he will try.

However, in his trip to the Savage's land during his vacation, Bernard meets the

Savage. The Savages here are the ones who couldn't or didn't want to follow the new world order. And the Savage doesn't fit the Savage's world, neither Bernard's world. And then, Bernard takes him to the 'civilization'.

The excitement of the story lays on how the author has put details in this masterpiece. The reader gets tied up in the story by its similarities to our world and how the characters are going to end up in this story.

This great story will mess up your mind and you will discover more about yourself and about our world.

By Mateus Vieira Peloso - FCE 2

A white rectangular box is located at the bottom of the page, below the author's name. It appears to be a placeholder for a signature or a date.

Hi David,

I'm so happy that you are coming to visit me. But can you tell me if you are coming by train or bus and the day you'll arrive. I don't know if I'll be able to meet you when you arrive, because I have a lot of things to do on weekdays.

I know some places to visit that I know you will love. Could you tell me what sights you want to visit?

Anyway, it's hot here in July, so you can bring summer clothes to wear. And we can go to the beach if you want, just bring some swimming clothes. About money, I think you

must bring lots of money, because things are so expensive around here.

And in case you need, I can lend you some. Don't worry about that.

I will go out of my way to make you feel at home here! And also my parents.

Can't wait to see you.

Love

Carla

By Caroline Ayumí - FCE 1

A white rectangular box is positioned at the bottom of the page, likely intended for a signature or additional text.

Have I ever told you about the day I was in a dangerous situation?

Well, I was only a child when my parents and I moved to a small city in the north of England. We bought a large house, but it was very old and a bit scary.

In a cloudy afternoon, I was playing with my dog outdoors, and I started to move away from my house. I didn't see a big hole in front of me, so I just fell into it. I got absolutely terrified! I was only a child! I started to cry and feel hungry. Also, the weather was so cold. Luckily, I only hurt my knees.

Some time later, my dog started to bark and my neighbor came to see

what was happening. He took me to my house. My parents were so worried! After that, my dad and our neighbor became close friends. My parents invited him and his family for dinner. It was really nice!

I grew up and I haven't fallen into a hole again until now. Thank God!

Mariana Borges - IO 1



A close friend

I've got a lot of friends, but some of them are really close to me, and Bianca is one of them. We have been friends since our childhood. We used to play together on the street and study at the same school, although she was very different from me. Bianca is really confused and forgetful about the things she does, but, on the other hand, she is so calm and friendly. I can always trust her.

I guess we are friends because we have always enjoyed each other's company. When Bianca lost her mother, I stayed by her side for a long time. We also shared great moments even not liking the same kinds of music and having different opinions.

We meet every day and we are used to talking about our lives, drinking something and taking photos to continue collecting good memories. I love her!

Marina Cintra - IO 1

Dear Josiane,

I have a great suggestion for your vacation: why don't you go to Natal? It's in the northeastern part of Brazil. The city was founded in 1599 and it's world-renowned for its natural beauty and historical monuments.

I went to Natal in May, last year. But the best time to visit the city is in the summer. Natal is on the coast and it has many tourist attractions: The Dunas Park, Ponta Negra beach, Newton Navarro bridge, spectacular views from the dunes, many beach communities and wonderful white sands.

The tourists can swim, dive, take buggy tours and buy handicraft. Natal has many restaurants with typical food of the northeast of Brazil. There's an interesting festival in June: "Junina Party".

I loved my visit! I stayed in Natal for five days and spent about \$550,00. I have some advice, Natal is very hot! So, buy summer clothes!

Lots of love,

Bianca

Inside Out 2 B - Bianca Veloso

Dear Pía,

It was great to see you again! I´m sorry to hear about your stressful job, but my job is not different from yours. I was so happy to know about your promotion and I wish you good luck with your new boss!

By the way, Giorgio called me. Apparently, he and Anna had a fight last week. But he did not tell me the reason. After that they split up.

Apart from that, I´m looking forward to my vacation! I´m going to visit four different countries: Mexico, Japan, Brazil and Italy.



Anyway, I was so happy for you and I'm looking forward to meeting you there in Berlin!

Lots of love,

P.S, Guess what? Would you like to travel with me on holiday? If so, we can arrange afterwards.

Ian

Inside Out 2 A - Luma

Dear Joe,

How are you? I got very happy to know that you were my pen pal. I´m really sorry I haven´t written back sooner, but I´ve been up to my eyes in work.

So, I will write a little about me. I´m a simple person who loves my family, the nature and the animals, mainly dogs (I have one called Bob).

I´m 29 years old. I´m a receptionist in a hotel and I like my job so much!! I live in a town in Minas Gerais, called Itajubá. Minas is known for its mountains and its exuberant landscapes.

I live with my parents, but I have two siblings (one brother and one sister) who live in São Paulo. I confess that I miss them and our childhood together. Recently, I got a beautiful niece and it was wonderful for me and my family.

And you? I´d love to hear more about your family, your work, your objectives and dreams.

I can´t wait to hear from you again!!

Love,

Regininha

My Ideal Vacation Home

My ideal vacation home would be a charming wooden house in a cold place, with snow, in the winter. It would be near an incredible lake and a picturesque forest, with a lot of birds.

The house would contain spacious rooms. The living room would have a charming fireplace and several comfortable seats with many cushions. The dining room would have a huge table where I can have dinner with my family and friends. In addition, it would include a tasteful place to have barbecue with some friends...

In conclusion, I would like to have an extremely comfortable and warming house just to relax and spend free time with family.

I have a friend called María. She's 16 years old and she's the most positive person I know, although sometimes she says that she is depressed. But, it's only for some minutes.

I met her at school. We were studying and she said something about Pokémon. So, we started talking and I found out she was a Kuroshitsuji fan (I was a Sebastian fan girl at that time. My past hurts, a lot!).

María is always smiling and she never gets sad or angry for anything. She loves more than she hates, and her optimistic nature makes her a very special person. I see her at school every

day, and the last time I saw her was this morning.

Compared to her, I guess I'm not that positive. But I'm not so negative, either. I'm kind of balanced.

About Maria again. I had said that she never got mad. Actually, this is only until you criticize Ciel. Don't do it! If you care for your life and want my text about her positivity to be true, follow my tip!

Lara Fernandes - IO 4

A Negative Person

When I was about five years old, I met a girl who was very negative. Nowadays, she is my best friend and her name is Iris.

Iris was not that negative when she was a child, but as time went by, she became more and more pessimistic. She is always complaining about life and things that stress her. At the end, it only stresses her even more.

But, as a normal person, she has her positive days, too. When she is really happy, nothing can change it.

Unfortunately, I just see her on Tuesdays because she studies in another school.

Despite her negative days, she is a really good person and a great company.

Gabriela Souza - IO 4

An e-mail to a friend

Hi friend,

I am Livia. I'm 26 years old. I'm from Brazil and I live in Itajubá.

I am Chemist and I study doctor in Chemistry in University. I like this!

I live with my mother, brother and one dog. Their names are Cecília, Luiz and Bono. Bono is a happy dog. My father lives in São Paulo, and then I see my father on the weekends.

I always go to the gym but I don't like.

On weekdays I wake up at 8 a.m, and I go to bed around 11 p.m.

On weekends I wake up at 10 a.m. and I go to bed at midnight. See you later!

Bye! Kisses!

Livia Cecília 1A - Friday

An e-mail to a friend

Hello Luíza!

My name is Felipe Almeida and I'm from Brazil. I'm 16 and I live with my parents in São José do Alegre, Minas Gerais. My relatives also live in my town.

My favorite sport is soccer, I love this. My dad loves soccer too, but he hates volleyball.

Please e-mail me at

felipe_psoul@hotmail.com

Have a good night.

Bye-bye!

Felipe Almeida

ID 1 A

What is important in your life?

My friends, my studies and my family are very important for me.

My friends are always with me. I go to parties, travel on vacation and watch many movies and series with them. I love my friends.

My studies are the guarantee of my future. A good career starts with good studies. Of course, I have some some difficulties, but I don't give up.

My family is the most important thing for me. I love my mother, my father and my brother. They always help me. Without them, I don't know what I would do.

Roberto Dimas dos Santos Junior

ID 2A

What is important in your life?

My family is very important in my life, because they always help me; they are my partners!

After, there are my friends, my second family! They are the brothers and sisters I don't have. We are always together, all the moments, good or bad.

My graduation is important, too. It is my future; the way for my professional career.

And the last thing is my boyfriend, who I love so much! I want to be near him all my life!

Roberta Macedo de Carvalho

ID 2A

Red Hot Chili Peppers

I like listening to music, especially rock and roll. Among my favorite bands, one of the craziest groups I have ever seen is Red Hot Chili Peppers. Unfortunately, I have never been to their concert but I really wish to go one day.

Whenever I watch the band's concert, I imagine myself in the fantastic scenario. I imagine them playing their best songs and making the best performance of all time in the Coliseum and,

obviously, I watching in front of the stage.

However, I don't like it when there is a weak band opening the gig. And neither when there is a delay.

Still, I will be ready to buy the tickets at the first opportunity. I recommend that you do the same!

Tiago Augusto Carvalho Silva - ID 2 B

The Show Of The Year

My parents and I went to São Paulo to watch Paul McCartney's concert, the extraordinary Beatles singer. We arrived at the stadium two hours before the show and got a place near the stage. It was surreal to imagine seeing Paul McCartney so close.

When Paul finally got on stage, people went crazy. My dad was thrilled and my mom held his hand all the time. It was so cute!

Paul's performance was amazing, he's really charming. He was very excited about his concerts in Brazil. When Paul started singing the Beatles songs, everybody went crazy again.

When he sang "Here today", I started crying, my dad hugged me and we sang along. The song is so beautiful! I was really surprised to hear Paul singing so close to me.

It was the best gig of my life! My dream and also my parents' dream came true. I don't have any negative point to say about the show because it was perfect. Next time, be sure to buy a ticket. I promise you will love it!!

Tamires Gomes Targino - ID 2 B

The Best Trip!

My father and my mother had wanted to give me a 15th birthday present for a long, long time, and so they asked me:

- What trip do you want to take next year?

I thought and decided to go to Hollywood because it's an incredible place. I had been to the USA twice before and going back would be very nice.

When I arrived, I was so excited about the beautiful hotel that I had always dreamed of. I loved it!!

On my second day there, I was walking on the street when I met an

actress. She was rude! It looked like I was interrupting something.

Suddenly, I realized she was recording a film. I got so embarrassed!! She felt sorry for me and asked my phone number. Three days later, she called me. I was very happy! She said that we should meet in the restaurant.

When I arrived we talked about everything. We had a lot in common so we became friends.

This was the best trip of all! I loved it!!

Leticia Rennó Schumann - ID 3A

Teacher, good evening!

Last holiday, I went to my mother's house in Virginia. I took my dogs. My dog Pitt would be 18 years old, but he died on Friday. He had a convulsion and after that, passed away. My heart is broken! It is very sad!

I buried him in the backyard of my mother's house. It has been very difficult!

Thanks for listening to me.

Hugs,

Eliana

Eliana Maria Gonçalves - ID 3B

Life of Pi

Life of Pi is a drama movie that tells the story of Pi Patel, a guy who lives a big adventure.

Launched in 2012, the movie narrates when Pi, his family and his zoo move to Canada. During the trip, the ship sinks. Only Pi survives in the small lifeboat, with a zebra, an orangutan, a hyena and a Bengal tiger, whose name is Richard Parker, "the dangerous".

Lost in the Pacific Ocean, he has to survive with these animals on a small boat. Life of Pi is a very good film, directed and produced by Ang Lee, who is also a great director.



The film had great reviews and got seven Oscar nominations, including "Best movie". It won four: best director, best soundtrack, best photography and best special effects.

I have watched this movie and I recommend it!

Ana Carolina Ferreira de Magalhães
Barbosa - ID 3B

Simple Methods For Our Environment

A lot of people use cars nowadays, but this kind of transport is not the best one for our environment. For this reason the government should do something to encourage us to use better types of transport.

In my opinion, the first thing that they should do is campaigning to advise people about the pollution, global warming and how the use of cars can get the environment even worse. Once we know what the problems going on are, we can start doing something to change it.

Going to work by bicycle or walking is not just better for the environment, it is better for our health as well. But in case of countries like Brazil, it is not safe walking to work and the sidewalks have a lot of holes. When we choose the bicycles the problem is that we have nowhere to go cycling. So after campaigning, it is important that the government improves the safety on the streets and build bicycles

lanes, which in turn will encourage more people to go walking and cycling.

Those two ideas are essential for our planet health and with the help of the government they can be put into practice. If we have the structure to use bicycles or walk to work, it will be the option of a lot more people, but first they need to know the advantages behind these choices, which can be easily done by campaigning.

To sum up, the use of cars can drop if the government takes the right actions to do it, by improving the safety and quality of the streets and advising people about the environmental problems.

Lourdes Caroline CAE 1

My Favorite Actor

My favorite actor is Sylvester Stallone. Despite the fact that people say that he is old, I think that he can do action movies very well. In addition, movies with him can attract a lot of fans.

Stallone was born in New York City and his mother suffered during labor, forcing her obstetricians to use forceps during his birth. Misuse of these caused paralysis in parts of Stallone's face. In 1976 Stallone became famous with the film Rocky. After that, he went to Vietnam in order to do the film Rambo.

In 2010, Stallone acted in *The Expendables* with action icons like Bruce Willis and Schwarzenegger. Moreover, he wrote and directed this movie.

I like Stallone because he is an authentic person and has done the best films of action that I have ever seen. Although he has done 56 films, I think that he can do more since, for me, he is the best action actor ever.

Danielo Rodríguez FCE 1

My Favorite Actress

My favorite actress is, for sure, Angelina Jolie. She is a very beautiful woman and she works hard in the movies in general.

Despite having four children, Angelina Jolie looks very well and continues to be the most beautiful actress of the world.

Her role that I like the most is Maleficent. Her performance was amazing. She played a witch and although she was absolutely furious and powerful, she was also sensitive and lovely.

Angelina Jolie has done lots of other roles. She is really awesome and the point I like the most in her career is that she is able to be a mother and have a big family and also be a very good actress. She can do both things and it is really hard since it requires lots of time and disposition.

To sum up, she is a big movie star!

Isabela Monroe FCE 1

Many people, who work and take a few days or a few weeks of holiday, take the opportunity to travel abroad. And I believe that it is a good idea.

There are two good reasons for traveling abroad on holiday. Firstly, because it is interesting to know beautiful landscapes that we cannot see in our own country, for example, places with snow, with warm and tropical climates, with high mountains, etc. Secondly, because we can also know other cultures in order to enrich our knowledge.

On the other hand, in most cases, the price of transport is more expensive for traveling abroad than for traveling

around your own country. But the price of the products abroad is cheaper than the local ones because of the rates.

A further advantage is that traveling abroad gives us experiences with different people and languages.

So, I believe it is a good idea to travel abroad on holiday because it is more interesting and cheaper.

Yasmim FCE 2

Last summer I went to Guaruja with my parents and brother. Our holiday was to relax and enjoy the beach. The beach that we stayed in is called Pitangueiras.

Pitangueiras is a quite busy beach and because of that it was always packed with people. The nicest thing about the trip was that we didn't need to use a car. The apartment we stayed in was near to everything. So we could go to the beach, to the mall any time we wanted to.

Because of the hot weather, we used to go out every night to eat or just walk. I remember having performances by a musician at the square at night.

If you enjoy staying with your family, I would recommend taking some trip like that. Sometimes a beach to relax and a busy town are the perfect combination 'cause there's a variety of things to do.

Marcela Carneiro Santiago Muñoz - FCE 2

I have always loved trekking and climbing. The sensation of freedom you have when you finish your trekking or climbing is unbelievable. But achieving the goal is not always simple.

When you practice these kinds of sports, you expose yourself to some danger, like being attacked by an animal, getting lost, being sick or feeling totally exhausted.

Once, I was alone on the top of a mountain, with no water and very little food. I couldn't be without water for a long time, so I went down to the bottom and when I found it, I went back to the top and camped there. It was a hard climb and I felt extremely tired in the end. But everything was worth it!

Jovana Fernandes - Inside Out 1

Songkran

Songkran, also known as Thailand's New Year, is celebrated on the first day of the fifth waxing crescent moon and lasts for three days, usually from April 13th to 15th.

In Thailand, during Songkran, people usually wear their best clothes and head for the streets to throw water on each other and watch the monks while they bless houses and Buddha's images. Songkran also pays tributes to the older family members.

There are also elephant parades. These people believe that this kind of celebration is based on the shower,

cleansing the soul of bad things, and represents the beginning of a new era. The water is a symbol of harmony and religion.

Mariana Borges de Oliveira - Inside Out 1

Book review

“FAZENDO MEU FILME1” - (Paula Pimenta) : Synopsis

“Fazendo Meu Filme” is a collection of four books. It’s a romantic teen story set in Belo Horizonte in 2008. The story revolves around Fani and Leo. Fani is new in the school. She meets Leo and they become best friends.

Then, Fani enrolls in an exchange program to England. On the day of her departure, she discovers that Leo loves her, and she loves him too. But she has to leave...

I love this book because it's for teenagers and the story is really stimulating. I read the first page and I didn't want to stop!

Andressa - Inside Out 2 B

Book Review

Title: "The House of Hades"

Series: The Heroes of Olympus - book 4

Author: Rick Riordan

I loved this book because the story is engaging and gripping. It is a sequel of the others. It's a fantasy book about Greek and Roman mythology.

It is set in Europe and the central characters are Percy Jackson, Annabeth Chase, Piper McLean, Jason Grace, Hazel Levesque, Leo Valdez and Frank Zhang.

The plot: Percy and Annabeth fall into Tartarus which has a lot of monsters

that can kill them. To save the world of Gaia and her sons, the seven demigods have to close the Doors of Death that give eternal life to the monsters that will destroy the world. The group succeeds and then they go to another place to kill the enemy (book 5).

Lucas Veiga Guimarães - Inside Out 2

A Day in My Life on a Desert Island.

On my last vacation, during the flight to a desert island, I was reading an interesting book about food when a nice and kind old woman sat next to me to talk. While I was listening to her stories about the cakes and candies that she had already made, I was thinking of my grandma. Just as we were talking, a flight attendant served a delicious dinner. After dinner, the kind woman slept, and then I could continue reading my book.

As soon as we had landed, I gave her my cell phone number and my address so that we could keep in touch.

After that I went to the wonderful beach to relax. Just as I was walking on the

white sands, I saw that woman again and we spent the rest of the afternoon doing what I love doing most - talking.

By the time we got to the hotel, we met another woman who stayed with us until midnight. They were lovely people and very nice friends. We stayed together during our stay on the desert island.

It was a perfect trip!!

Cristiane de Souza - Inside Out 3

A Day in My Life as a Famous Sports Personality

My day as a famous sports personality was really amazing! The first thing I did when I woke up in a big and luxurious house was to read the newspapers. Then I got some coffee and my secretary told me all the interviews that I had during the day.

After exercising with my personal trainer, I took a long and relaxing shower. Then I replied all my fan's emails. This part of the day was delightful to me!

While I was having lunch, my phone rang all the time. It was a little stressful, but I admit, I liked it a lot!

So I rested for some time and after that my private pilot got the plane and took me to the places that I wanted. I felt really powerful! At that moment everything was perfect to me.

When the night came, I went to incredible and grand restaurants.

I think it was the best day of my life!

Regina Maria Borges Carneiro - Inside Out 3

The recognition of e-sports

E-sports have been growing fast, year after year, with a lot of new players and tournaments getting even bigger. However, e-sports professional players are not properly recognized. Nowadays, the most popular game in the world is the "League of Legends", with over 100 million players.

"Dota 2", the second most played game, has championships whose prizes can reach 10 million dollars. Even so, a famous ESPN narrator, Colin Cowbert, said that he would retire if he had to narrate e-sports.

With the significant improvement in technology, e-sports are becoming increasingly present in society, and people should adapt to it. Because of them, a large number of companies have been set up, creating a lot of new Jobs.

In conclusion, e-sports have been widely spread, creating new job opportunities, companies, involving more money and many more new players. For these reasons, they should be really valued.

Thiago David Marcondes Lopes

Inside Out 4

Television In Our Lives

Television is popular everywhere. Since its invention, it has gone through many changes, as well as its programs. So, there is a lot of debate about their influence on people's lives.

One argument in favor of TV is that we can get information about what is happening all around the world. It is also a good way to relax or have fun after a tiring day. We can also watch movies, documentaries and listen to music.

On the other hand, there are some disadvantages of watching TV. Many

people don't know when to stop since they get addicted to it. By watching TV all the time, they end up having a sedentary life. Moreover, there are lots of TV programs which are really bad. They don't teach young generations good values, and for this reason, many families can be destroyed.

In order to turn TV into a good source of information and entertainment, we have to be sensible and select what to watch and how much time we should spend in front of the TV.

Gabriela Souza - Inside Out 4