

THIS IS MY PORTFOLIO

THE CONTENT:

Many things.

Just benefice



*THE DESIGNER:
ABDELLAH MESRI*

Our children

Why are children so implicated in wars today?

Why are children, the future of our community, if not the world itself, being singled out in today's wars.

Paradoxically, it is precisely because they are so precious to us. To destroy what is of highest value to someone is clearly an effective form of terrorism: to kill and injure children is to rob a family or an entire group of its future.

And today, more than ever, children themselves are bearing weapons in armed conflicts. Often, the young recruits undergo heavy indoctrination mixing religious fervor with national pride to intensify the call of duty; school and media reinforce the message. Handicapped children were used as human mine detectors to explode mines in the path of advancing tanks.

The lack of food and protection has turned, any a child into a soldier.

"I have a gun, food, and place to sleep," one nine-year-old Ugandan recently told a member of the UNHCR, "that is more than I had in my village. If I'd stayed there, I'd probably be dead by now."

Who should watch over children's rights?

Despite all the past tragedies, there is still no viable structure, no Amnesty International for children so to speak, to safeguard their basic rights. No one can expect any of these organizations _the International Committee of the Red Cross, the UNHCR _ to shoulder the burden alone. The evidence must be much broader: the USA. As people and parents, as members of professional and religious groups, and as citizens of nations and the world, the obligation to ensure that children's rights are recognized and protected is our own.

piece of advice

My most important piece of advice is: "Do something (anything). If you don't do anything, you won't get anywhere. Make it your hobby, not a chore, but above all have fun!

Don't be in too much of a hurry. You're setting off on a long journey and there'll be delays and frustrations along the way. Sometimes you'll be in the fast lane and other times you'll be stuck in traffic, but there will also be lots of interesting things and interesting people along the way. Take your time to really enjoy the experience.

There are many ways to improve your level of English, but only you can find the right way for you. Here are a few tips that might help:-

Improve your Learning Skills:

Learning is a skill and it can be improved.

Your path to learning effectively is through knowing

- *yourself*
- *your capacity to learn*
- *processes you have successfully used in the past*
- *your interest, and knowledge of what you wish to learn*

Motivate yourself:

If you are not motivated to learn English, you will become frustrated and give up. Ask yourself the following questions, and be honest:

- *Why do you need to learn/improve English?*
- *Where will you need to use English?*
- *What skills do you need to learn/improve?*
(Reading/Writing/Listening/Speaking)
- *How soon do you need to see results?*
- *How much time can you afford to devote to learning English.*
- *How much money can you afford to devote to learning English.*

How to deal with stress and anxiety

Do you worry too much? And how much anxiety is too much? To answer these questions, you may need to deepen your understanding of stress and anxiety. And how they help and hurt you.

Why Worry?

Stress and anxiety do have their place. They push us to make necessary changes in our lives. They signal when we may be in danger, and inspire us to take action to get ourselves out of danger. (This danger can be any type of threat to our physical or emotional well-being, from not doing well on a test to losing a job to losing a friend.) In this way, feelings of stress and anxiety are healthy and necessary; without them, we may not act in our own best interest.

How much stress and anxiety is too much?

The point at which worry and anxiety become unhealthy is when they stop pushing us to act. Either this can be because we are worried about things that are not under our control or that have not happened yet, or because we are immobilized by the stress and anxiety we feel, rather than being inspired to act. Whatever the reason, this worry and anxiety can cause a lot of stress on our minds and bodies, and affect our health.

Dealing with anxiety:

So now that you understand the nature of stress and anxiety a little better, we can focus on eliminating them. The best remedy for anxiety is self-examination and action. Here are some easy steps to follow:

- 1. First, look inside. What is causing you to worry? Be specific. (For some situations, this may be readily apparent; other times, you may really have to think about it.) Writing in a journal or talking to a friend about it can help you sort out your feelings.*

Deal ing wit h Negat ive Fr iends

We all have them - friends who drain our self-confidence. Maybe we've been friends for years, or attend the same school or sports club. Maybe we work together and severing ties could hurt us on the job. Then again, maybe we're ignoring a real problem and using them as a scapegoat.

First, we should know what the good friend qualities. When speaking of self-confidence, a good friend is someone who helps you maintain a positive, realistic expectation that you can live a good life. This person is supportive, loyal and Active when you need them.

Second, we must know the bad friends characteristics. Bad friends can be people we see everyday who we believe are supportive, loyal and caring. A closer look at their actions, and our responses, tells a different story.

However, we are also friends of someone; therefore, we should be good friends, so how? Adults and kids take pride in being good friends to others. Be supportive of their dreams and decisions, recognize their individual needs when giving advice, and be positive about effort even when their efforts fail.

In conclusion, by being a good friend, you inspire the same in return. You also know what it takes to be a positive factor in someone's life, and have a more realistic attitude when considering whether you can fix a "bad" friendship or not.

Should woman go out to work? This article will show the disadvantages of going out to work,

Gone are the days when woman was considered as a rag in the kitchen. Nowadays she goes out to work and can have independence and a strong personality .

However, to what extent does going out to work have only advantages for women?

When woman goes out to work, she loses her children and husband too. That is to say that those children miss their mother who has to spend the whole day out of home. Mother knows that her children need affection, love and above all her presence near them all the time. Since she can't afford all that, she buys their love by giving them money and buying them whatever they want. This money can lead children to spend all their time in the street buying sweets and playing. With time these sweets become cigarettes; and these latter can become drugs and mother can say goodbye to her kids.

Another disadvantage of going out to work is that woman loses her womanhood. Some women who do men's jobs can become like men in their way of thinking , their way of speaking and even in their clothes

At this point can say that even if woman has gained independence and self-confidence, she has lost a lot of things among which her family and perhaps the most cherished quality of women, femininity.

THE STORY OF A HANDICAPPED

I applied for a job the other day- or rather, almost applied. It sounded ideal: a part-time lectureship in English at a well-known British University, with small classes, competitive pay, and a pleasant campus. Before I sent in my application, I checked the location, as I always do, for accessibility. Moreover, I found it as surely closed to me as if I had been Black South African under apartheid, facing a "White Only" sign. This time, the sign would have read: "Able-Bodied Only". But the segregation was just as rigid.

The heavy double doors, the flights of rickety stairs and the lack of disabled parking places meant that, for me, this job remained out of reach. For I suffer from severe arthritis in my hips and legs as a result of a car accident, and consequently have to use a walking stick or a crutches in order to get around. On bad days, the pain might necessitate the use of a wheelchair. But, once sitting down, I am pain-free and able to teach effectively, as my doctorate and twenty years experience as a college lecturer in America demonstrate.

In Atlanta, where I taught at Georgia State University, the situation was quite different. I would drive to the campus, park in one of the disabled spaces next to the security guards and take the lift to the sixth floor. Inside each building, a system of ramps ensured that no stairs need be negotiated. Doors could be opened by pushing a button, easily reached by those in wheelchairs.

Similar considerations were given to people with other disabilities. One year, I taught a blind student who was able to write with the aid of a special computer and who find his way around campus quite easily with the help of Braille signs and markers; deaf students had the right to a sign language interpreter. The disabilities Act changed life for many. Under its provisions, all new public buildings must be adapted with the help of generous donations.

Because wheelchairs users and other disabled people are visible everywhere in the world, there is a snowball effect: the more they are accepted, the more acceptable they become.

claws

"Claws"; it's the title of a story I read. I love to share with you its main events. First I will give some informations about it (characters, when and where the story takes place? ...), in order to facilitate, and to make the story more understood.

Reason why the author choose this title :

The reason that the author choose this tittle is because the Turok (this is an enormous creature where the expedition leads to) has enormous claws.

Where does the story takes place?

The story takes place in London and in Kabul, that's a city in Afghanistan.

When does it takes place?

I think around the seventy's.

What kind of book is it?

It's a book with a lot of adventure in it. With a very unexpected end.

Who told the story ?

John Landon is the writer of the story. He tells the story together with Larry Bakewell, the main character of the story.

Characters:

Person 1 :

Larry Bakewell: he is a man who is a cook. He loves to climb mountains. he has short black hair and a beard and he is 26 years old. He is the main character in the book.

Person 2 :

Professor Lugner: he is the leader of the expedition. He has got brow/black hair and glasses and a moustache. He also did other expeditions to find the Turok. He is the second main character in the book.

Person 3 :

Abdul: he is a guide in the mountains. He has a beard and he is bold. Professor Lugner doesn't like him because he has also lead another expedition before. The professor always take new people out on his expedition.

Length covered in the book:

The length of the time covered in the book is 6 to 7 months.

The summary:

It all starts in the town where Larry Bakewell live. He is looking for a job as a cook but not in a restaurant. He finds just the job that fits with him in the newspaper, to go with an expedition to the mountains in Afghanistan. He sends a letter to the advertiser and in a few days he receives a letter from the museum of natural science.

He must come to the museum to see professor Lugner. He goes to the museum and asks for professor Lugner. He walks into his office and see there a large creature that named the Turok. He has a nice conversation with the professor and he gets the job. On the 1st of September they leave London by plane and start the search to the Turok on the 16th of September. They start the search and they think that in a few days they will reach the Mantra pass. When they have finally arrived

at the mountains they build up there camp and go to sleep. They heard very strange sounds at night and they think it is the Turok. After that night they came to the conclusion that the Turok killed one of their people. After a long day searching for the Turok when they get back in their tents and are asleep they hear a very large thing walking by the camp. They follow it but they are too slow to see what it is. They go back to the camp and there they see professor Lugner making footprints in the snow with a strange thing in his hand. After a few seconds they walk back to the camp before professor Lugner arrives at the camp. That night the professor walks also away from the camp and they see him again making footprints. Larry and his two friends follow him. Suddenly they hear a loud scream and there they see the body of the professor lying in the snow. They are very careful, and walk to him and see him dead lying in the snow. They go back to Kabul, then to London. One year later, Larry wrote a book about his expedition with professor Lugner. Many people bought the book. Larry became famous, rich and so busy. Greg bought a copy of the book, then he met Larry. They decide to go on an expedition so as to find the TUROK.

Personal opinion:

I like the story because it's funny and sometimes it is very
by.

poem

These are some short poems speak about the tree and our earth:

*I think that I shall never see
A poem as lovely as a tree.
A tree that in the summer wears
A nest of robins in its hair*

*I think that I shall never see
A billboard as lovely as a tree.
Perhaps unless the billboard falls,
I'll never see a tree at all.*

*"The earth has enough for every man's needs
But not for every man's greed."*

Diction:

Robin: a bird with a red breast.

Billboard: a board to display advertisements.

Greed: the desire to have more than what's necessary or fair.

Poem

Through western eyes

*Invisible women, invisible work
Bearded, sun-reddened skin,
The aid worker welcomed us
With apologetic grin,
As he said: "I'm afraid there's nobody here today,"
In the compounds, the women
Were pounding grain,
Spreading the coffee berries today,
Keeping a watchful eye
On children scuffling in the dust.
At the tap in the market place
Young girls filled buckets to the brim,
Joined hands to lift
The load with care not a drop to be spilled.
Invisible women,
Invisible work,
As essential as the foundations
Which hold up the house,
As dependable, as unseen as...*

Bridget walker

SOME RIDDLES

✚ *It walks on four legs in the morning, two legs at noon and three legs in the evening. What is it?*

[Answer »](#)

- Man (or woman). Crawls on all fours as a baby, walks on two legs as an adult and uses two legs and a cane when they're old.*

✚ *I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?*

[Answer »](#)

- The letter e. End, timE, spacE, Every placE*

✚ *What always runs but never walks, often murmurs, never talks, has a bed but never sleeps, has a mouth but never eats?*

[Answer »](#)

- A river.*

✚ *I never was, am always to be. No one ever saw me, nor ever will. And yet I am the confidence of all, To live and breath on this terrestrial ball. What am I?*

[Answer »](#)

- Tomorrow or the future.*

✚ *What is in seasons, seconds, centuries and minutes but not in decades, years or days?*

[Answer »](#)

- The letter 'n'!*

PROVERBS

Between the devil and the deep sea

To choose between two equally bad alternatives in a serious dilemma.

Where there's a will there's a way

When a person really wants to do something, he will find a way of doing it.

A burnt child dreads fire

A bad experience or a horrifying incident may scar one's attitude or thinking for a lifetime.

First come, first served

The first in line will be attended to first.

A friend in need is a friend indeed

A friend who helps when one is in trouble is a real friend.

Discretion is the better part of valor

If you say discretion is the better part of valor, you mean that avoiding a dangerous or unpleasant situation is sometimes the most sensible thing to do.

A hungry man is an angry man

A person who does not get what he wants or needs is a frustrated person and will be easily provoked to rage.

Empty vessels make the most noise

Those people who have a little knowledge usually talk the most and make the greatest fuss.

A man is as old as he feels

A person's age is immaterial - it is only when he thinks and feels that he is ageing that he actually becomes old.

Great talkers are little doers

Those people who talk a lot and are always teaching others usually do not do much work.

An idle brain is the devil's workshop

One who has nothing to do will be tempted to do many mischievous acts.

Thank you