

SECONDARY ENGLISH ILBC MAING

TED PROJECT SEPTEMBER



**Ted Speakers****Unit 1: Who are you?**

Half a million secrets

Frank Warren

**Writing: An introductory postcard (introducing yourself to a student your age in another country)**

**Unit 2: Where the Heart is**

Magical houses, made of bamboo

Elora Hardy

**Writing: A travel review describing a house (it can be place you have seen or visited - a family's house, family home, or a famous place such as a castle)**

**Unit 3: Health and Happiness**

The amazing story of the man who have us modern pain relief

Latif Nasser

**Writing: An opinion essay: Agree or disagree: Exercising every day is the best way to stay healthy. Explain your reasoning in the essay.**

**Unit 4: Learning**

Don't eat the marshmallow!

Joachim de Posada

**Writing: An inquiry email (asking questions about a course you'd be interested in finding out about)**

**Unit 5: Family and Friends**

Why we laugh

Sophie Scott

**Writing: Informal invitations and replies (inviting them to celebration: New Year's party, graduation party, birthday party, etc)**

**Unit 6: Do Your Best**

Teach girl bravery, not perfection

Reshma Saujani

**Writing: An advice blog**

(Choose one of the problems:

**You are stressed before taking exams**

**You are often late meeting friends, arriving at school**

**You spend too much time on social media when you should be studying)**

**You have too many activities - sports, music, etc. You enjoy them all, but you're too busy)**

**Use the following structure to talk about the problem and possible solutions**

1. Introduce the topic
2. Say what the problem is
3. Say why it's a problem
4. Offer 3-5 solutions
5. Give a conclusion

### **Unit 7: Tell Me What You Eat**

The global food-waste scandal

Tristram Stuart

**Writing: A restaurant review: write a review about a restaurant or eating area. Discuss where it's located, when it's open, what the atmosphere is like, and what kind of food it has**

### **Unit 8: Buyer's Choice**

Our campaign to ban plastic bags in Bali

Melati and Isabel Wijsen

**Writing: A persuasive blog post**

**Write a blog post about a new thing you would like your area to have (use logic, emotion, persuasive language in completing the post)**

### **Unit 9: All In a Day's Work**

The surprising thing I learned sailing solo around the world

Dame Ellen Macarthur

**Writing: A formal email (to introduce yourself and ask for information about a job you would like to apply to - example provided at the end of the unit)**

### **Unit 10: Remote Control**

How to control someone else's arm with your brain

Greg Gage

**Writing: A formal letter of suggestion**

**Students are encouraged not to bring lunchboxes to school but buy from school cafeteria or sign up for lunch provided at school: write a letter to the principal why you think some students might benefit from bringing lunchboxes to school**

Unit – 4 (Learning)

Don't eat the Marshmallow!

Dear Shin Khant Lin,

I'd like to tell you about one of the TED talks! It is about how to be successful in your future. Joachim De Posada is the guy who talks about that talk. So, he means that, having patience and self-disciplined are the most important factors for Success! If you don't have patience, you won't be successful. In that topic, about 5 or 6 children are given a marshmallow each. The guy who gives children 1 marshmallow each wait and see for their patience. Out of 5 children, only 2 is successful. The rest couldn't be patient. They really want to eat marshmallow so they eat it while 2 didn't eat it. Patience is also the important factor for success and self-disciplined is also the important factor for success. They are very important because, if you don't have patience, you won't be able to do anything you like and if you don't have self-disciplined, we won't be able to work so both of them are very important for life.

Best Wishes,

Kaung Khant Myo Zaw

Dear Bhone Myat Hein Khine,

Hi, how are you doing these days? Are you and your family safe and healthy? As for me, I am fine. It has been a long time since we have not seen each other or talk to each other, due to Covid-19. I have a lot of things to catch up with you. What are you doing these days and do you also have time to do your hobbies? As for me, I have been trying to finish my lessons and assignments and on weekends I am available for my hobbies and things which I like to do. These days we could not go outside that much and we could only stay at home. So, today I am writing this letter to tell you about my experience of going to one of my relatives houses which is in the village. Since, we cannot travel to other countries or places with a lot of people. So, me and my family choose to visit one of our relatives houses in village since there are not that much people and it is not that crowded. [REDACTED]

It was a fine and perfect weekend when our family has decided to visit one of our relatives houses in a village. It would be a long and tired journey but all my family members are ready and especially me and my younger brother are so excited and happy. We will start [REDACTED] to depart from our house at 8:00 am, since the time is 6:00 am now we still have 2 more hours to pack the things we need. When, my brother knew that when we are going to on a trip, he was so happy and he started to jump up and down on the bed. I was also extremely excited and happy since I have not gone on a trip for a long time. The last time I went on a trip was last year, to Dawei. Since, we all were so excited and cannot wait to go, we finished packing things like clothes, toothbrush, soap, and things which we need after an hour later.

Usually, we would take a long time to pack our things, but surprisingly we finish packing our things faster than we thought. [REDACTED]

Then, when it was about 10 minutes before 8 o'clock in the morning, as we all are ready, my father helps to put our bags on the car. Then, all of us get on the car and start our journey. Suddenly we heard a voice. Then, we all laughed and the voice was from our tummy. We forgot to eat our breakfast as we all were packing our things. After 2 hours later, when we arrived at the 39 miles, we have our breakfast which was so delicious. Then we continue our journey. After many hours later sitting on the car, we have arrived our destination. As, I get out of the car, I could feel the light breeze of the wind. When my parents were putting down the bags which we have packed earlier this morning, I walk along the beautiful path and it led me to the most wonderful and beautiful house. The house was so elegant and there is a big garden in front of the house where there are several types of flowers which are so beautiful. As, I get the aroma of the flower, it smells so sweet and it just make me fresh and give me energy to start the day up. [REDACTED]

I cannot wait to start explore around the house. First, from the outside of the house, I could tell that the house is made of bamboo and most of the windows are with glass so I could see the interior of the house. After I went inside the house through the wooden door, I was speechless and did not even know how to describe it because it is just magnificent and perfect. I would say although the house is in a rural area, it is nice and the design is modern. There is a fire place in the living room because it is very cold and freezing in winter time and there is even a big TV above where the fire place is. There is a big sofa where my parents are sitting and talking to our relatives. At that time, I was exploring around the house. The main point why I like this house by seeing in first sight is that, since there are a lot of windows all over the house, not only we can get fresh air, we can also see the amazing view of the nature through the windows. Then, of course I went to the kitchen and it is so unique and everything things is nicely place. [REDACTED]

Then, I went to the upstairs. There are a lot of bedrooms. I went to one of the bedrooms. In the center of the bedroom, there is a big bed which looks so comfortable. Then I sit on it, as I thought it is so comfortable which I do not want to even stand up anymore. Instead, I would like to sit there the whole time. The blanket which is cover on the bed is so fluffy. I feel like as if I were touching cat fur. There are like about 4 windows in one bedroom and I can the beautiful nature through the windows. There is a balcony in every one of the bedrooms [REDACTED] also. There is each individual bathroom in every room. After that, I went to the balcony in the front. When I went there, I can see the view of the several types of beautiful flower like rose, orchid, lily, lavender, and other many kinds of flowers. I could even get the sweet aroma of the flowers although I am at upstairs and far from it. I cannot believe there is even another balcony at the back of the house. When I went there, my mind there blows out because I can even see the mountains landscapes and a lot of sunflowers. I can even feel the breeze which is cold, but I still enjoy it. I really like to sit down in the balcony and have a cup of hot chocolate when watching at the flowers, birds, mountains, and I personally love to watch and enjoy nature so this place is perfect for me. Sometimes, I would play with my younger brother in the garden along the beautiful flowers which is fun. When, it is cold we would make fire with bamboos outside of the house and we would sit down together and watch at the stars. During my stay here, those are the things which I do most of the time, instead of watching TV or using phones. I really feel happy to go trips with my family together and spend time with them together. I also wish I could go to trip soon since there is covid now. [REDACTED]

That is the end of my letter. How about you, can you tell me about places you have been or visit? I hope you would reply me back as soon as possible. Bye!

Yours sincerely,

Myat Shoon Lei Thu @ Pinky

## **Exercising every day is the best way to stay healthy.**

Exercise is immensely beneficial to your life and should be incorporated into your weekly routine. It is vital for staying fit, improving your overall well-being, and lowering your chance of health concerns, especially as you age. It is safe enough to do every day unless your doctor says otherwise. But if you are doing moderate or vigorous aerobic activity, rest days are essential. It is recommended to take a rest day every three to five days. If you do vigorous cardio, you will want to take more frequent rest days. Help you control your weight. Exercising can help you reduce your risk of heart diseases, help your body manage blood sugar and insulin levels, help you quit smoking, improve your mental health and mood, help keep your thinking, learning, and judgment skills sharp as you age. In my opinion, exercise helps people lose weight and lower the risk of some diseases. Exercising regularly lowers a person's risk of developing some diseases, including obesity, type 2 diabetes, and high blood pressure. Exercise also can help keep your body at a healthy weight. Exercise can help a person age well.

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## Unit-6: Do Your Best

### You are stressed before taking exams

As soon as I mentioned this topic, it is likely that nearly all the people, especially those who are students currently, may have experienced this at least for once and therefore can easy to understand what the situation of being stressed before exams is to be like. In this writing, I will be explaining that it is not as struggling as you think it will, instead this introduces the problem we create by ourselves. [REDACTED] Most might generally think this is not a problem to be stressful by an exam and it is very common to see this in other people too. However, what they believe is not something very deep inside this issue. It is followed by unnoticeable consequences causing what it is said to be an addicted matter for the whole life. As a student myself, I clearly know why this happens and how it can usually affect our mental happiness. [REDACTED]

I would like to share some of my experiences concerning with this. When I moved to a new elementary school, what feared me most is the new version of studies and exams. Although I also used to be [REDACTED] stressful before taking an exam, this was not the same. It was worse, stronger and more pressure welcomed me. As I had to study differently, I didn't know what was my limit and if I was ready for the coming exam. Therefore, I did and tried my best to memorize every detail of the lessons and even at night, I barely even slept due to my anxieties. And when I actually sat the exam, I felt it was nearly impossible to [REDACTED] recall my memories. [REDACTED]

I think there might be many people who have faced the same difficulty as I used to. The proper solution I found is that studying regularly start from the beginning of an academic year which could help reduce the stress near the exam. Moreover, we don't need to be afraid of not getting the good results or grades as this can give additional pressure and instead before the exam, we should be more relaxed than [REDACTED] usual, calm and do not study too hard. These ways improved my grades, health and most importantly, my student life. [REDACTED]

To sum up, I emphasize all the people who are usually stressful before exams but what I want to suggest and encourage you is to believe yourself and do your best. You will see a big difference after you have practiced the ways and habits I recommended above. [REDACTED]

Please make sure you remember this, [REDACTED]

Believe yourself and do your best. [REDACTED]

Advice by: [REDACTED]

Thin Yanant Aung

## Unit 3

In order to stay healthy, you must eat healthy food like vegetables and fruit. You also need to exercise. I believe that exercising everyday will make people healthy because regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. Your immune system will be much stronger. Your stamina will improve if you exercise ever

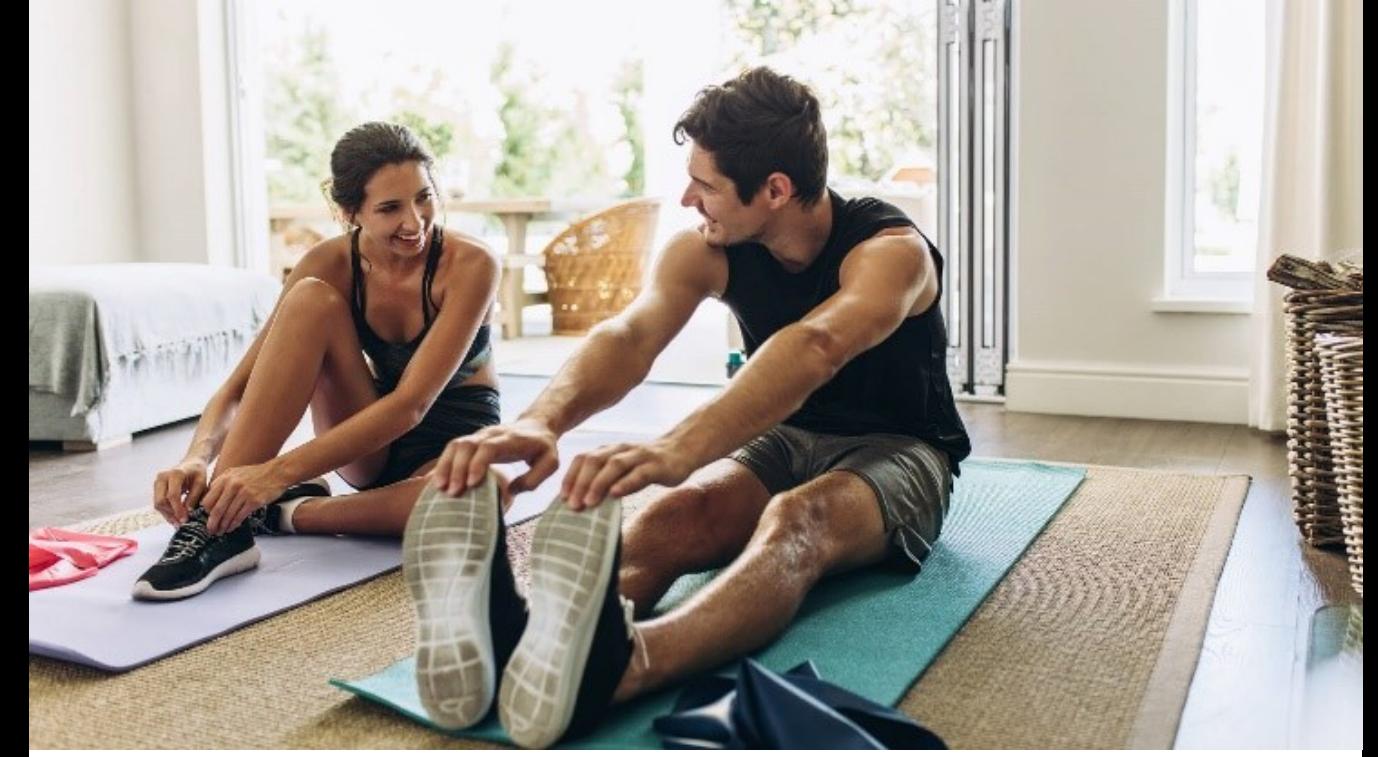
Dear Friend,  
I will tell you a secret when I was in grade 3.

I am sorry  
teacher, my  
dog ate my  
homework

Zwe, have  
you finish  
your  
homework?



Rick it's dinnertime!



Dear Thiha Saw,

Hello Thiha, how is it living in home all day along? Since you like to play badminton and is an athlete yourself, I wanted to recommend you about exercising at home instead of staring at the monitor screen all day. Exercise is recommended by all doctors as the preferred way to lose weight. Other methods such as; skipping dinner or breakfast, laxatives, trying to vomit out the food or medicines that break your enthusiasm to eat are not safe ways to reduce weight. Exercise naturally reduces your weight by burning out the fat through energy usage. However, it does need high intensity exercise since your body will first burn out the carbohydrates before using the fat but I think that you would prefer sweating more than gaining 10 pounds. It is also one of the great treatments to diseases cause by obesity such as diabetes. During times of Covid, people start to stay indoors more and thus, gain a lot more weight. Exercising indoors is a terrific way to control your weight while still eating your favorite food. Speaking of Covid, exercising helps to boost your immune system which plays a key role in your body against Covid and other diseases. It can also help build stamina. Stamina is affected by the lungs and heart so doing exercise helps to keep your heart and lungs in check. Exercise has also proven to be effective as a first line of defense against cancer. Studies have shown that most professional athletes do not have cancer and athletes who do suffer from it, are easily treated, and can quickly go back to their daily lives. Exercise has also shown to have positive effects on depression. It helps you lower our stress levels and helps to lighten the mood of the person for the day. Daily morning exercise can help you to feel energetic for the entire day. Exercise has also showed to improve the sleeping patterns of people and even help people with insomnia to sleep! Hence, exercise is a wonderful way to stay healthy both in body and mind. I do recommend everyone to do it. I too do exercise every morning and afternoon, and I enjoy doing it too. Please do write back to me on your thoughts. Anyways, I will be taking my leave now.

Sincerely,  
Aung Hein Khant @ Marcus

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Aung Kaung Myat @ Arthur  
Secondary 2 – (C)  
A Formal Letter of Suggestion

The Principle  
Secondary School  
11<sup>th</sup> August 2021 (Wednesday)

Dear Principle,

I would like you request you something sir, that many students have been struggling with recently. The rules and regulations of the cafeteria applied to is going greatly fine. Except for the lunchbox restrictions for the cafeteria. I would like to list some of the struggles we have been dealing recently.

As you can see, there are many picky students who rarely finishes their lunch, especially if it's from the cafeteria. Students just stare themselves sometime due to this. Bullies often pick on some people, taking their lunch money as well, causing the students not to eat a single thing during lunch.

The school cafeteria has a fixed menu, where the student has to eat the same thing every other day. Many students get fatigued from eating the same day every day. A lunchbox would be a better idea as, the students wouldn't suffer from any of these situations.

From,  
Aung Kaung Myat

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Room 903, Lay Dauntkan Road  
Thingangyun Township  
Yangon, Myanmar

8<sup>th</sup> September 2021

Dear Swan Htet Aung,

Hi! We haven't talked for a long time. Today, I am writing this letter to talk about people who have multiple hobbies and their struggles about it. If you have the same problem, it will be helpful for you to read this letter as I am going to describe the solutions.

It is fun to have lots of hobbies as we have many choices. However, the problem is that this can give pressure when you are too busy. You might usually have a tight, but balanced schedule every day. However, when it is near to the exams, you need to fix a lot of things and this can sometimes make you clueless about the schedule.

Luckily, there are lots of ways to solve this problem. The simplest way is to reduce your free time and risk for the exam. When the exam is over, you can make up the time in the holidays that are lost during the exams. Another way is to multi-task. For example, you can read books and listen to music at the same time. Last but not least, we can schedule our daily routine with a timetable one or two weeks ahead when a rare event comes. Therefore, we won't get any stress when the time comes.

These solutions might not always work, but you can try them out. So, this is all I have to say. Bye and take care!

Yours truly,  
Eaint Thinzar

No. 3 Floor 2  
U San Nyein Street  
Sanchaung Township  
Yangon

9/9/2021

Dear Principle,

I am writing this letter to you for a suggestion since I heard that students were encouraged not to bring their lunch box to school but to eat from the cafeteria instead. I recommend for the students to be able to bring their own lunch boxes to school. Here are the reasons.

The students will be able to prevent certain allergies. There may be peanut allergy spaces in some schools but I am sure that it would be meaningless since there might be other allergies that the student might have. After all, there are many people with different allergies. You might not be able to take actions for that type of things. The students will know themselves what to bring for lunch and not have to eat or remove something they dislike or probably have allergies with.

If their guardian isn't free to make them lunch, they will be forced to learn how to cook themselves. Learning how to cook a healthy meal is important since it is very much important for their future when they will live alone or with a dorm mate. There are probably more reasons like the students being able to eat more freely and being able to eat as much as they want. You don't have to worry about them eating unhealthy food. You could talk the guardians into taking care of that.

That is all I want to say in this letter. I hope you will reconsider this carefully because the food in the cafeteria can be horrendous sometimes. Thank you for reading this letter.

Sincerely,  
Ekari Lin Bin

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Han Htoo Sett

Sec 2 – C

A Formal Letter of Suggestion

Principal

Secondary School

8<sup>th</sup> September 2021 (Wednesday)

Dear Principal,

I would like to add a suggestion about how the students has been having troubles with recently. As far as I'm aware there seems to be a rule about lunch boxes. This has been troubling for some students and I would like to talk about them below.

There are many students who either doesn't have time to finish their lunch or just not hungry for the food from the cafeteria. There are also some scenarios where the students get picked on and get their lunch money taken away from them which leads to students not getting to eat during lunch.

The school cafeteria menu never changes and students might get bored eating from the same exact menu every single day with no menu rotation. A lunchbox would be very handy in these situations that I listed above.

From,

Han Htoo Sett

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## A Malaysia restaurant review

My grandma owns this restaurant, also the restaurant name is call Malaysia. A few years ago, the restaurants were open in Yangon but it has close but my grandma still open it in Pyin Oo Lwin situated near Mandalay. The foods were served with plates and a traditional food of Malaysia call Biryani rice with chicken, soups and another cuisine call chicken rice also served with chicken meat and soda or juice and fried chicken are provided the place is an indoor place and get fresh air so people would often eat there. And is an affordable place so usually families would be eating at the place. It a Muslim restaurant so every people can eat here, we can take out the food too and for wedding or birthday party the people can order the food. It would open at 8:30 in the morning and closed at 8:20 pm.



Rose Road,  
9/9/2021

Dear Sandy Linn Latt,

I am holding a birthday party next month. Which we are organizing for my sister. It will be held at our residence on 1<sup>st</sup> October, 2 in the afternoon.

I do hope you will be able to come and please do write back soon.

Yours Sincerely,

Kaung Khant Kyaw

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## Too much time on the internet

Internet it is a good thing and it has given us more benefits but it has also given us a lot of problems, one being spending too much time on the internet. Nowadays spending too much time on the internet is quite often, typically for teenagers. The problem with this is that not only does spending a lot of time in front of a screen hurts our eyes but it can also give us things like depression, anger issues, fatigue, insomnia, and anxiety too. It also makes you indecisive. Study shows that people who use internet a lot becomes lonely and feels isolated in simple terms you become a massive loner. There is nothing wrong with being a loner but things like depression can have a real toll on a person's mental state. And insomnia can cause chronic pain, cancer, diabetes, heart disease, asthma, gastroesophageal reflux disease (GERD), overactive thyroid, Parkinson's disease, and Alzheimer's disease, overall being sleep deprived is not a good thing. The main cause of spending too much time on the internet is the feeling of being left out, it is the same with being addicted to things like alcohol or drugs but in this instance, feeling of being left out or FOMO is the feeling you get when you feel that others are doing things without you, having fun without you so the only way to not feel left out is opening an app repeatedly even if you know that nothing is new, it is the same as being addicted. To get over this the first and the simplest way is to just go on a social media cleanse. First step, delete apps that are not important or needed, secondly disable notifications, that's mostly it but if you cannot hold the urge to check your phone my advice is to just let someone hide it. The second way might cost money but it is effective. Just go and meet a psychiatrist. There you can talk about things like your depression, anxiety, and just overall troubles you have, it is good, both for your physical and mental health since having a happy mentality is the best way to be healthy. The third way is to find hobbies that suit you, they can be expensive or as simple as things like drawing, just find a way to distract yourself and who knows you might even become addicted to your hobby. The fourth way is to go out and have fun at least that's what I would have said but we are in a pandemic. Overall using social media for a few hours is quite fine but as humans we must learn how to control ourselves. We must learn to think of the things like our health first before fun. In conclusion social media addiction can be fixed, you can be freed but most people do not have the will power to do it. I hope this helps the people reading and if you do have these problems don't be afraid to speak up and ask for help.

Done by: Kaung sitt

## Unit 7: Tell me what you eat

No 145, 16<sup>th</sup> street

London, England

Dear Kyi Zar,

I recently went to this restaurant. It was fabulous and I'm going to tell you why. Let's start with where it is located. It is located near this popular shopping mall. So, you can grab a bite at the restaurant after you are hungry from all the shopping you did all day. The restaurant interior is nicely decorated. It gives off a magical enchanting vibe which a lot of people enjoy. The chairs are wonderfully comfortable.

It's usually open from around 9 a.m. to 7 p.m. on weekdays and 12 p.m. to 9p.m. at weekends. The atmosphere is genuinely nice and calm. It is a suitable place to just eat with your friends or read a book.

The restaurant has an amazing menu. They change their menu every day, which is incredibly good since you will not get bored. The baristas also make amazing coffee. So, I hope you can check it out.

From,  
Khin Khin Khant

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17 Chamberman Building,  
752 Maple Street, [REDACTED]  
Columbus, Wisconsin  
9<sup>th</sup> Sept. 2021 [REDACTED]

[REDACTED]  
Hi Kyi Phyu Naing,

I hope both you and your family are doing well. I am in the best of health if you were wondering. As you know, my birthday is coming close and I decided to throw a small party with only a few friends. So, I am writing today because I want to invite you to my birthday party. [REDACTED]

Since you are one of my closest friends, of course I feel the very need to invite you. My birthday party would not be complete without you. I am really excited for it. I am going to celebrate it at my favorite restaurant, Flavoroso. It is just right across the Central Plaza. You should be there by 4 pm on my birthday. Don't be late! [REDACTED]

If you have any trouble with the transportation, I can always pick you up on the way. Just give me a call. Let me know if you can make it or not. I really hope you can be there. It would mean so much to me. [REDACTED]

Take care,

[REDACTED]  
Kyal Sin Htut

Dear Khin Khin Khant,

Hi. Today I am going to recommend the new restaurant. I don't know how to call but I'm sure there are many delicious meals and desserts. When we are free let's try it.

Kyi Zar Phyu

Myanmar

Yangon,

Thingangyun Township,

September 10, 2021

Dear Professor,

I am writing this email to question you inquiries about the marshmallow experiment that have deeply attracted my interest. I would like to acknowledge if the results would change as the children grow older. I do realize that this experiment was conducted to calculate the children's gradification and their ability to of delayment and self discipline but, you have only looked up to their early start of their adulthood.

We must consider that a person's mind can snap depending on their age and just looking up to the age of 18 cannot guranteed that self discipline will equal in a fully successful life. In my opinion, you and your team of researchers should have recorded up to the age of 30 or 40 so that you can fully imply that self discipline is the most important factor for success. I do agree that self discipline can lead to success but is it truly the most important one? Maybe, but this experiment does not fully explain it. Another inquiry I have is about the factors that lead the children to think that way. Were they trained to appreciate one meal so that they will be able to value food more or were they just able to understand self discipline and gradification? Another factor that I would like to question is the marshmallow itself. Why a marshmallow? Some children may have hateful opinions on it and thus, they might not eat it. Maybe something like candy would be better.

Thank you for your time and consideration. I look forward to your reply.

Yours Faithfully,

Myat Phone Pyae Zaw

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Dear Kaung Khant Kyaw,

In this letter, I would like to tell you about a restaurant that is full of delicious dishes and I think you have eaten from there. The name of the restaurant is Western Park. But I usually eat at Western Park which is in Polo Club because it's near our school. Their service is also good. We can also get a snack which is made of durian. It is really delicious. I really recommend that. Oh! I almost forget to tell you about a very excellent service at there. It is they separate roasted duck's bone and meat. And they also do that in front of us with knives. It is really cool. And their dishes have fair price. So, I wish you would visit there after covid.

Your friend,  
Sandy

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No. 195/197, Merchant Street  
Botahtaung Township, Yangon

8/8/2021

Dear administrator,

Recently, I have learned that there has been an opening in your assistant lawyer crew which I have been interested in. Therefore, I would like to interview for the vacant position.

My name is Saung Phyu Sin Htun and I am a current college senior, graduating in a few months. Unlike many other youths asking to be hired, I do have some experience in working in courts. Additionally, I am currently studying for a law degree which is also why I am applying only part-time.

Thank you for your consideration and time. I hope we can discuss more about it. Feel free to contact 09\*\*\*\*\* at any time for more information.

Formerly Saung Phyu Sin Htun

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## Unit-5

### Family and Friends

Dear Ekari,

I am fine and hope the same for you too. I just wanted to make a fun celebrating new year party starting a new year with some friends as well as you. So, we will have lots of fun there and a big buffet but don't worry about the cost because I will be paying all and also tons of games tags so make sure you come tonight at 6:00 to 9:00pm at Park royal. I will be looking forward a reply letter from you and hope this letter make you feel happy and excited.

From your friend,

Su Lei

You're

Invited 

(Everything I wrote here is fictional)

Dear Aung Min Hein,

How are you? I hope you did well on our last exam. Have you chosen a restaurant to celebrate your birthday? If you haven't, there is one restaurant I have in mind that you would absolutely love! I went there last week; it's a newly opened Thai restaurant around the corner of Cherry Street and 16<sup>th</sup> Avenue called "Carolina Thai". I can send you the exact location if you need it.

Firstly, the parking lot is very spacious, which I think you would be satisfied with. Inside wasn't crowded at all, and it had a peaceful atmosphere. As soon as I entered the place, I immediately noticed how the restaurant was amazingly decorated with small pretty ribbons hanging from the ceiling, scented candles being placed around here and there, and vaguely lit lamps hanging above tables. There was already a menu on the table, so I picked it up and briefly looked through it, and all the names of the dishes sounded very fancy and unique. I ordered the dish called "Som Tam", which was a spicy green papaya salad, along with Sweet Thai crepe for dessert. I also ordered one other dish which I forgot the name, but it was basically like a noodle soup with vegetables and sliced chicken in it. The two dishes were good, but the Sweet Thai crepe was out of this world!! It's the best dessert I've ever had, and you need to give it a try too.

And that's not even the best part yet! There is a birthday special in the menu, and you'll get a 30% discount if you bring more than 10 people there. That's perfect since there'll be 11 people including me at your birthday dinner. It also has a big playground area for kids, that I'm sure your little brother would love. Also, the restaurant is open full time, so how great is that. If you want to see the full menu or want to know more about the place, visit their website [www.coralinathai91.com](http://www.coralinathai91.com).

If you haven't chosen a place yet, I really hope you choose this one. Anyway, I'm looking forward to coming to your dinner and I can't wait for you to open the birthday gift I have bought for you. Take care and see you soon!

Kind regards,

Than Thar Zaw

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Dear Aung Hein Khant,

I have just read your email and I am sorry but I won't be able to come to your party because I will have to study for an upcoming test.

While I was searching on the internet I saw a video about "Why we laugh". It was explaining Sophie Scott by watch this talk you will learn that there is a difference between normal breathing, breathing while talking and laughing. It is a great speech and it can help you in many project.

I hope you have fun at your party. I will send you a gift when I arrive at your town during this summer.  
From Thiha saw

•

Dear Teacher Maing,

I heard that you are having stress on your coming exam. So, I am writing to give you some advices to get through your hard times.

First of all, I want to tell you that it is okay to feel stressed when we have an exam. Stress can help make us study but on the other hand, having too much stress can make us sick and reduce the chances of success. I've asked some of my friends about how they overcome and deal with exam stress. Before I tell you the tips, remember that no one is perfect, just do your best.

Here are some tips I'm sharing with you: first, eat and sleep well. Eat plenty of fresh fruits and vegetables. Our brain needs nutrients. You should also have plenty of rest. Don't study all night for the exam. If you're too tired, your brain won't absorb what you learn and what even worse is you might get sick. You should've prepared earlier instead. If you're stressed out, try talking to your friends to keep calm or have fun for a while to reduce your stress. Remember to breathe deeply to feel more relaxed. Meditating can also help you feel calm and relaxed.

If you follow these tips, you'll improve your chances of success in exam. Good luck for your exam!

Best regards

Have you ever been worried about an exam? Exam pressure can cause you to become stressed at times. Students who are studying for exams are frequently under stress. The stress can cause feelings of worry or anxiousness, and exam stress might interfere with a person's regular life. Dealing with stress, on the other hand, can be tough at times.

When students do not believe that they have thoroughly studied, they will feel worried and anxious as they enter the exam room. Students should study well in advance of the examination and not push exam preparation to the last minute. Anxiety will rise as a result of rushed, last-minute studying. Students who do not get enough sleep before a test are more likely to be stressed. Parents sometimes have high expectations for their children and put pressure on them to perform well in tests. Keeping high expectations and pressuring children throughout tests, on the other hand, can produce exam stress.

Pulling all-nighters, surviving on a poor diet, and getting little activity into your day can all increase anxiety symptoms. Make sure you receive 8/9 hours of sleep, less caffeine and more water, and at least half an hour of exercise per day to help your body work at its best. Setting realistic goals, whether you have a few weeks, days, or hours until your exam, will help you put things in perspective. Accepting your situation and working within the limitations of what you have allows you to improve your productivity without risking stress.

We often forget to look back and see how far we've come and how much we've already accomplished when we're continuously faced with new challenges. There should be no cause for you to be concerned if you have properly prepared. As a result, whenever you have a negative idea, strive to replace it with something positive.

Instead of thinking, "If I don't get an A, I'm a failure," think, "Whatever I earn, I'll be proud of myself and appreciate how far I've already achieved." You can do this!!

: Cherry Win Thant

•

Dear principal,

Most of the parents like packing homemade lunch for their children nowadays. It is better because some of us have allergies. However, school food can be terrible sometimes so here are some reasons why we do not like school food.

Even school providing the food for students sound good but some of us have allergic that can be very dangerous for students. Moreover, some of the pupils are vegans so they cannot eat food that the school provides and can have problems.

Secondly, I have heard the school provided food can also be poorly made by some public schools. It could also lead to students eating less lunch which is not very good for them. It is caused by food which are not very fresh and lack of being maintained in the school kitchen. Poorly food also includes less rations which could lead students to hunger.

Next, if you bring lunch boxes, you can reduce the number of students eating in the lunch hall. As you know time is precious for students so by bringing their own lunch boxes, students can eat in the class room and have more time.

You might think that letting students bring lunch boxes can be a big deal for their parents but you could put vending machines or a school canteen for students who don't bring food from their home to buy. All in all, my friends and I strongly disagree to school lunch. I hope to hear from you very soon.

Yours Sincerely,  
Aung Ko Ko Oo

.

Hello my teachers and dear friends

Today, I want to make a restaurant review about the Noodle house restaurant. Noodle house is located in City center in Dubai. It has an open-air and in-door atmosphere, so you can choose to either sit inside or outside with your friends and family. It's also a very casual dining restaurant. In Noodle house, they serve South-east Asian dishes like Thai, Indonesian, Myanmar and Chinese cuisines. The restaurant opened and went on business in January of 2003 and it's still open to date. I had chicken katsu and fries and I had one word to describe it, "Yummy!". The food was great, the chicken was as crispy as a young head of lettuce and the portion was very big, the smell of the dish was fresh and made me so hungry, I could eat a horse. I would recommend trying the food in noodle house if you're a fan of South-east Asian cuisine. Thank you for reading my letter and I'm looking forward to your restaurant recommendations.

Sincerely from your classmate, Kaung.

•

Dear Thin Thant Hnin,

Hey, Thin Thant. We haven't talk in a long time. Last time you asked me to review a restaurant near the airport so I went there and here's my review.

I've never heard of this place (Sky Star Restaurant) until you ask me to review it. The restaurant is opened from 9am to 10pm (Monday to Saturday). I was completely taken by surprised the moment I stepped in the restaurant. It had such a lovely setting an incredibly big space with an indoor garden and a pool. The service was amazing. All the employees were so attentive. The waitress was sweet and gave us the entire run down of the order for the afternoon tea stands. She was indeed very enthusiastic in telling us about the several types of tea they had to offer. One of the good things is that you can sample as many as you like!

As we enter, a grand dining hall welcomed us and the first stand was all savoury- sandwiches, burgers etc. The second stand was filled with desserts. They had some of the best pastry I've ever had. I genuinely thought this was the tastiest afternoon tea ever! I recommend this place for you if you have a sweet tooth! It wasn't cheap but it was well worth of the money. The price was in line with other places I have been to. To say I was satisfied would be an understatement. It felt quite indulgent but if you want to treat someone on a special occasion you really couldn't go wrong taking them there!

Yours truly,

Thone Dary.

**Unit 10: Remote Control**

How to control someone else's arm with your brain

Greg Gage

**Writing: A formal letter of suggestion**

Students are encouraged not to bring lunchboxes to school but buy from school cafeteria or sign up for lunch provided at school: write a letter to the principal because you think some students might benefit from bringing lunchboxes to school.

*Tu. Neil Smith,*

*717 Circle Avenue,*

*Triangle tsp,*

*Prism, Rectangle*

*Principal Mr. Lodges*

*ABC School,*

*X millet Road,*

*Y tsp,*

*Miami, Florida*

**10<sup>th</sup> September 7, 2021**

Dear Mr. Lodges,

Good morning, Mr. Lodges, I am a student from your school. I want to talk about students being encouraged not to bring lunchboxes to school but buy from school cafeteria or sign up for lunch provided at school. My opinion about this topic is positive, but some students might benefit bringing lunchboxes to school.

In my opinion, children can exchange their side-dishes and learn the different types and nutrients of fruits and vegetables that they bring. They can make healthy choices for foods. Although the trend, style and popularity of lunchboxes could cause jealousy and arguments. They make friends by quarrels for kids. They can make friends by exchanging, and even they could talk to one another about their dish.

Having same meals for every student, they might feel unidentical and could not communicate with one another with same food. If children have a very rare allergic, the student can feel isolated which their friend can eat, but they can't. Some kids are poor, so they might not have money buy from cafeteria. Packing the lunch boxes (snacks and fruits) by themselves, they will have much more responsibility. They can learn how to make easy lunch by themselves.

Taking everything into consideration, children can have more opportunity to learn about foods, make friends, knowing how to make healthy choices.

Your student,

**Tu. Neil Smith**

(227 words)

Dear Yoon Wit Yee Khine,

I am writing this letter to tell you the importance of exercise. We all say health is wealth but most of us don't take proper care of our wealth. The best way to stay healthy is physical exercise.

The exercise we do daily improves our body and health. We can see that most footballers or anyone who plays sports professionally has a fit body. This is because they spend so much time in the gym maintain their body. To keep our body healthy, we need to rise early in the morning as it is the best time to exercise. We can start one step at a time by starting to walk early in the morning. Over time, the walking can turn into running or even cycling. Exercise burns calories and help lose weight.

Even though exercise is very advantageous for you, there are some disadvantages. Exercising too much or running too fast can have serious consequences for your body and brain. Over-exerting yourself could actually undo all the results you worked for. It could also lead to serious injuries.

In conclusion, I think exercising every day is the best way to stay healthy. Even though exercise every day will be hard to maintain, I think it is very worth it as exercise keeps us fit, gives us good health and overall betters our lives.

Your friend, La Yaung Tint Tel

•

Dear Ye Wint,

I've been wondering how was your holiday. Mine were great. I wrote this letter to describe you about my holidays. My last holiday was a five-day trip to Prague in the Czech Republic. I know Prague well because I lived there when I was at university, more than ten years ago.

Instead of staying in a hotel, I stayed with one of my old friends. It was so much fun, and a little bit like my old life. I wanted to do all the same things I did in my university days, so I visited the university. It has changed a lot and looks more modern. I also went to the supermarket near my old house. I loved seeing all the different foods. I was really happy to find my favorite cheese and chocolate biscuits but they were a bit more expensive than I remember!

We did some touristy things too. We walked up beautiful Petrin Hill and around the castle. The views of the city are amazing up there. We walked across the historic Charles Bridge. My friend's flat is very near the TV Tower so we saw the famous baby statues climbing up it. Those things haven't changed, of course.

It's been a long time since we have seen each other. And I will be happy if we meet again. I'll be waiting for your reply letter.

Take Care.

Your Friend,

Shin Thant Kyaw

!

Writing: A formal letter of suggestion

Students are encouraged not to bring lunchboxes to school but buy from school cafeteria or sign up for lunch provided at school: write a letter to the principal why you think some students might benefit from bringing lunchboxes to school

Dear Mrs. Megan,

Greetings Principal Megan. Firstly, I would like to introduce myself. I am Avery Hannah, one of the students from your school and I am writing to inform about why I think students should bring lunch boxes to school.

First, packing lunches at home allows students to have more control over the types of food they are going to have for their mid-day meal. This can, be helpful when they have food sensitivities as they can pick the food they are eating. In addition to that, this can also ensure them to eat a lunch healthier than the one that is provided at school. I am not saying that school food is unhealthy and bad by any means. As for school lunches, it provides little opportunity for students to choose plus they just get whatever the cafeteria is serving for the day.

Second, this gives better variety. Often, meals that the school offer are repeated several times throughout the month causing students to get tired of it. In fact, most of the time, some students skip their lunches due to how much they are getting bored of them. However, if they bring lunches from home, they can pack different items for every school day allowing them to have a wide range of options to select from. Furthermore, like I have mentioned earlier, there would also be more healthy choices this way.

I would really appreciate it if you would take this into account and encourage students to bring lunchboxes to school. Hence, I am sure that, this will be better for the students and will enjoy their lunches even more.

Yours Sincerely,

Avery Hannah

•

“You spend too much time on social media when you should be studying”. As a person who can’t go a day without social media, I felt like talking about this since it doesn’t just happen to me, it’s common to everyone. So, I’m here to go further into this problem and give a few tips. Using social media is more than alright, you learn and realize a lot of positive things but you’re most likely to come across negative things as well. It is very common these days for people to spend time on their phones which leads to an addiction. The problem goes mainly for teens. The problem is that teenagers would rather spend time on social media, chatting with friends and keeping up with drama instead of studying. It may not seem as bad but it is.

Toxic beauty standards and toxic communities can lower teenagers’ self esteem and cause mental health problems for them. In class they won’t be able to focus or catchup lessons due to focusing on something less important is also a huge problem. Gaslighting and manipulation can cause terrible damage to teens mental health and not just that, it damages physical health too. It could also lead to a big range of problems such as from spacing out in classes to starving themselves and way worse. Having so much screen time also damages eyesight. This might seem like an impossible and difficult thing but the problem could be reduced at least 30% if you try hard enough. Locking your phones somewhere and challenging yourselves to not go on it could help a little. This stops you from going constantly since it’s locked. Setting a proper time limit and making a light deal with yourself every time you cheat could also be helpful. Reading actual books instead of eBooks could also reduce your screentime. Keeping a journal to track your screentime hours and see how much you’ve improved at the end could make yourself proud of how far you’ve come.

Leaving social media could be hard but it isn’t impossible. Plus, you could always go back to social media after studying hard and reaching your goals! Remember to do what’s right and don’t ruin your future by yourself. After reading this I hope you realize why you should focus on your studies instead of social media and I hope the tips helped.

•

Heroes may be afraid of something, but they do not afraid to show their courage when it is needed. A heroic act is not a goal in itself, but the result of well-considered actions and courage. Heroes get scared, because they are humans as we all are. However, they act regardless of their fears as their moral compass shows them what actions are right in such a situation. Heroes may be scared, but in the same time, even without any super human abilities, they are willing to act like real super heroes. Surely, there is no need to have particular superpowers to be a hero. Every person can be a hero: your high school teacher, your neighbor or a mail carrier. Moreover, these people have definitely become someone's heroes during their lives. For example, your teacher is already a hero, as he was the one to give you very useful knowledge. Without going to school and getting that knowledge, you would not be able to enter the university and get a good job. Therefore, there are already many heroes in your everyday life.

So, what is a hero essay? Heroes are those people who help other people to face many difficulties with head held high and sacrifice their time, afford and sometimes lives for other people' happiness. They do not have to be super humans. It can be your bus driver, schoolteacher or a mail carrier. If people make a strong positive impact on your live, they are already your personal heroes.

•

## Who are you?

My name is Ei Mon Kyaw Swar. I am 13 years old and I am currently in Secondary 2. I have been at ILBC for a year now; I joined at the start of Secondary 1, and have thoroughly enjoyed myself here. The school is great, the people are fantastic. I am an interesting, fun-loving girl with a good sense of humor. One thing about me that is important to know though is that at first, I come off as a very shy individualistic girl but once I get to know people and are comfortable with my environment, I am great. It is hard for me to make friends but once I make them, it is great and I am all different. I joke, laugh, and humor people and I also get as much as I give. I am an exceedingly kind, compassionate, sensitive girl as my close friends will tell you. I have a tough shell but on the inside I am soft. I am also a very principled person and stand strong on what is right and wrong. I am also a very straight and honest person. I understand and know that we all put on a show sometimes and do not show who we really are or what we feel but some people do this constantly and those kinds of people I cannot stand.

Done by:

Ei Mon Kyaw Swar

.

**Ted Project (September II)-Honey Swe**

**Unit 2: Where the Heart is**

**Writing: A travel review**

How quickly the week has passed! My exams were also pretty over because of my great effort. By the arrangement of my parents, we got to the Bondi beach in Sydney (Australia). It was my second time visiting the place but I was as ecstatic as I had been the first time.

Bondi Beach is an iconic stretch of fine sand and curling waves and one of the world's most famous beach destinations. It also boasts the most photographed pool in the world – Bondi Icebergs. In addition to a great beach, Bondi Beach is famous for its restaurants and bars which are among some of the best in Australia and, indeed, the world makes the beach feels special. The weather in Sydney is stunning all year round and warm for the best part of eight months of the year which makes this beach particularly appealing. It is also great in winter too with less crowded restaurants and bars and more of a local feeling. I was walking along the shore towards the isolated big rocks intending to take memo photos. The gentle of and rhythmic motion or that of crashing in a turbulent motion, as the tide edges forward or the edges retreat. All the while, allowing me to reminisce about my childhood. Memories of scooping up the featherlike sand and remolding it into magnificent images of my wild imagination. The beach really did bring everyone closer to each other and brought back memories of my childhood.

Everything was possible at the beach. From the way people dressed to the things they did, it described them and their unique personality. A warm sensation fell upon my face, as my black hair glistened and danced in the sun rays, crossed my face. As the sun pushed its way above the horizon, almost as if it was pushing through its own anxiety, to shine some sunlight upon the new day that was gently unfolding before my eyes. The smell of the salty air tickled my nose as I took in a breath of fresh air, taking my own anxiety away on the calming breeze that gently blew past me through the air, making my heart stop for only a brief second. Water splashed everywhere from the children who had flocked to the beach, with the grains of sand so fine, that it could not possibly be seen by the human eye, making those summertime memories that will last a lifetime.

To sum up, the reflection of the faces from the children are was almost seen as an invitation to frolic in the waves. As the waves smiled back, accepting the invitation to play with those who entered the playground, creating a huge wave that carried everyone back to the safety of the shores. Joy and laughter filled the air. That was a memorable trip for me and won't stop me from visiting to that place again.

To Thiha Yazar,

Hello! How are you? I hope this letter find you in good health. As for me, I am find and all the other in my family are fine, too. As the exam is drawing near, I can't write to you regularly. Have you prepared for the exam?

Today, I am thinking about the exercises. I want to share my option to you about doing exercise. I think doing exercise every day is the best way to stay healthy. Because Exercise helps people lose weight and lower the risk of some diseases. Exercising regularly lowers a person's risk of developing some diseases, including obesity and high blood pressure. Exercise also can help keep your body at a healthy weight. Exercise can help a person age well. We should do exercise because there's strong scientific evidence that being physically active can help you lead a healthier and happier life. People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, diabetes, stroke, and some cancers. If you don't do any exercise what will happen? You will become deconditioned. Your muscles weaken and lose bulk including the muscles you need for breathing and the large muscles in your legs and arms. You will become more breathless as you do less activity. If you have a same option with me or you have any other. Write me letter back.

As you know, in our country the covid-19 is spread out. You should be careful that. You should stay healthy eat well, sleep well and don't go outside regularly, stay safe in your house. Well let me stop my letter here. May you be healthy and be happy.

Htet Paing Htoo

•

## Who are you?

Mail from: Ingyin Su (Myanmar)

Hello friend from afar, you might not know me but I hope things are going all right. My name is Ingyin Su, but I also go Sofia. I'm an only child and is currently in eighth grade from Myanmar. My place is currently in a lockdown because of a coup and Covid, so we can't get to do school in real life, nor meet up together with friends, so I decided why not make some new friends online? I speak Burmese and English; I mostly speak English everyday though. How's your school? Let me tell you my opinion about online school I'm attending now, it's education and all but it's boring. But I'll have to say it's easier than real life school. I also tend to draw and play video games in my free time. They're my hobbies, I could focus more on them thanks to online school. Drawing makes me feel relaxed and pleased, except for times when I mess up of course. Feel free to let me know if you got any video games we can play together with. I also play video games together with my friends, so maybe you could come join us. I also like watching horror movies so let me know if you want to recommend me a good one!

That's about me for now, whoever this person is feel free to send me an email or contact me somewhere else! Wishing you a good day.

Dear teenagers,

I am 14 years old teenager too. Do you spend too much time on social media when you should be studying? Don't worry, we are on the same boat. During these years, social media became huge part of our lifes.. Social used to be place where we relax from real environment, but now our real environment became place to relax from social media.

Now we have to study online so we use up a lot of time on laptops and phone. Also after classes, we use laptops to study again. After studying we use our phone to take rest. But the thing is that we only study for 2 hours and used up our phone for 3 or 4 hours. As we know social media isn't a safe place to spent time, and studying is important for our whole life. But on social media, its way more fun than real life! We made friends on social medias, we had fun on social media, we play games, we sing, we dance, everything on social media. Am I right?

To avoid doing that, we should have some to do list for a day, like 2 hours for social media, 1 hour rest with phone and another 2 hours for studying. Another advice is to go out into your garden and read books and enjoy nature instant of staying in the room for the whole day. The last way is to spent time with our family, family is the most important thing in our life. We must time with them before its too late.

I hope you guys have some ideas after reading my blog. And I also wish you guys spent more time in the nature more than social media! Have a nice day.

.

## Advice blog about spending too much time on social media when you should be studying

Today, I'm going to talk about my daily problem which is something that is happening to almost every teenager. The problem is spending too much time on social media when I should be studying. Social media can be really addicting because we can watch or do anything we want according to our interests. As for me, I like to watch makeup transformation videos on YouTube and it is time consuming which means there's no more time left for studying. You may think that it's not a big issue but it really is. You'll pile up your work by spending too much time on social media and it will be tiring and stressful for you when the exams get closer. I can give you some advices to avoid the problem that I've mentioned above. You can finish all your assignments and things to study before you use social media. Also, you can make your own self-study time and put your phone away from you. You could also set the screen time limit on your phone so it might make you realize to study.

Honestly, those advices helped me a lot but the first advice is the best. I just wanted to share with everyone since it's the common problem.



Dear Ei Mon Kyaw Swar,

Last week I went to the café near the mountain. That place is really cool. The shop is in white color, the table and chair are rounded and they are also white. They also have the garden view and the city view from the high ground. The weather is really cold there and sometime there are also snow. There are load of type of coffee and cake. They are so delicious. Sitting on the chair, drinking a hot cup of coffee when reading the book and at the same time watching the view is just the perfect thing. I recommend u to go there and those places are nice.

I want to end the conversation here and take care.

Your Friend,

Kyi Sin

•

Dear Ei Mon Kyaw Swar,

Last week I went to the café near the mountain. That place is really cool. The shop is in white color, the table and chair are rounded and they are also white. They also have the garden view and the city view from the high ground. The weather is really cold there and sometime there are also snow. There are loads of type of coffee and cake. They are so delicious. Sitting on the chair, drinking a hot cup of coffee while reading the book and at the same time watching the view is just the perfect thing. I recommend u to go there and those places are nice. I want to end the conversation here and take care.

Your Friend,

Kyi Sin

•

Dear Hsu Thiri Win,

Hey love, it's been a long time since I wrote the last letter. I couldn't remember when. But that's not what I wanted to say. I recently went out to eat and found this really great restaurant. So, I thought I share it with you.

The restaurant name is Yankin Heights. It is located in Yankin which is a real convenient place. It's at the rooftop which I think is an absolute nice place to eat. It's open from 7:30 in the morning to 9:00 at night. So, you can eat breakfast, lunch and dinner there. When you enter the restaurant, the mood change. The yellow lights which relax me relaxed and it's really cozy. I think the black and neutral theme makes it all. It's really quiet and cool. The food there is amazing. There is different cuisine. I eat there at night with my family. We usually order prawn with mayonnaise, a salad and honey covered chicken. They are the must. The most outstanding dish there is grilled pork ribs which I absolutely love. You should order these when you go eat there. There are also deserts. I always order brownie with ice-cream which is heaven. Or I would order Sunkist juice while eating. But I often get both because I know I can't miss one out. There are other things such as pancake or pie or waffles which I know you love. There is a door for the outside where you can see the view of the whole Yankin Township. It's the best place to enjoy the view. It's nice and peaceful.

I hope you will like it and you should definitely try it out. The service is amazing and the price is perfect. Hope to see you soon and stay safe.

All the love,

Su Thiri Aung

! .

### Don't eat the Marshmallow!

In this experiment, a 4 year old child is presented with a marshmallow. If they can stay in the same room as the marshmallow for 15 minutes without eating it, they get a second marshmallow. ... He wanted to see if Hispanic children acted the same way and also found 2/3 of children ate the marshmallow.

•

Have you ever thought or worried about your social image more than your grades?...spending too much time on social media when you should be studying, that's today's topic.

The problem these days are people spend hours on end on social media scrolling through "ig" like a lifeless corpse. Unproductive to do anything but keep scrolling, no physical activity, no nothing. No motivation to even study to get your grades up? It's a big problem because not only it has an impact on your grades but you, too.

First and foremost you can solve this problem by taking a break from social media bettering yourself is better than stressing over others so you can redeem yourself while you take a break. Next limit yourself from social media use, this will help motivate yourself to do not only homework but self-study. Finally focusing on your health and well-being it is important to not only focus on your studies and grades but also on your well-being.

In conclusion social media isn't always so important and there's a time for everything and if you could clear your schedule of scrolling through ig maybe it'd be better for you.

Dear partner,

Are you free on coming Sunday afternoon at 2:00 pm? I am organized a hang out session at the new mall near the school for all my classmates to celebrate passing our 1<sup>st</sup> semester exam. We will just eat lunch, watch the new movie, play in the arcade and buy some things that catch our eyes. Don't worry I will buy the cinema tickets for the new movie and will also pay for the whole class lunch. But I will not pay for the things you want so please bring your own money. I will be very pleased if you could join us after all this is a hang out session with all of my classmates.

Sincerely,

Your classmate

.

Dear Entt Min Khant,

It been a while since I wrote you. Crazy things are happening at my place, I bet it the same for you. Well, long story short. I just want to tell you about a house that I always want to live. It is a home of Robert Downey jr or you may know it as the Iron Man home. It is located in East Hampton, NY. Even though it is a mansion, the house it combined with a windmill. The thing I like about the house is that it is special. Every part of their house is just totally wicked! Even the way that they remind themself not to let the cat out sign is just too awesome to be awesome. And another one is the office for his wife is in a windmill! Who on earth would think that. Well, enough for the spoiling. Make sure you check it out!

From,

HMK

## Unit 7: Tell Me What You Eat

The global food-waste scandal

Tristram Stuart

Writing: A restaurant review: write a review about a restaurant or eating area. Discuss where it's located, when it's open, what the atmosphere is like, and what kind of food it has)

### Pizza Hut

As our city Yangon has grown over the years, it now has a multitude of excellent restaurants. There are other fast-food restaurants, but Pizza Hut is my personal favorite.

Pizza Hut is the best delivery and franchise network, with over 12,000 pizza restaurants and delivery outlets worldwide. Their eateries were open from 10:00 a.m. until 10:00 p.m. Pizza Hut now offers a delivery service where pizzas can be delivered right to your door in a couple of minutes. It offers the best meals and the best value to families. Its food offerings are aimed towards children, teenagers, office workers, families, and other special occasions. Its products are fitted to the tastes of the locals.

Customers who have experienced their food items always look forward to their next offers for a variety of reasons. One of the examples is the cleanliness of their store and the wonderful service they offer. The store is always immaculate. They always greet you as you walk into Pizza Hut. This is an excellent store. You will never be kept waiting for more than a few minutes for your pizza.

Pizza Hut is well-known for their pizzas, but they also sell a huge variety of excellent fast food and addictive beverages. Honey Roasted Wings, Sweet 'N' Spicy Drumlets, and Baked Pasta are just a few examples.

The lingering aroma of pizza fills the area. It also provides us with comfortable surroundings so that we can enjoy both the meal and the atmosphere. The restaurant is vibrantly colored. Although it is not spacious, it is well-organized, neat, and tidy. The infamous garlic bread sticks are usually freshly made, and there is a broad variety of condiments to pick from.

Another point to consider is that Pizza Hut provides and celebrates various events by offering discounts and discount coupons. The majority of the locals are appreciative and helpful towards them.

Dear Nyan Lin Tun,

How are you? Are you doing anything on Saturday night? If not, I would like to invite you to my New Year's party on the 31<sup>ST</sup> of December. The party will be starting from 8:30pm to 12:30am in my house which is a few blocks from the bus station that is on Pyay Taw Thar Street. We are going to have barbecue, pizzas and drinks. I have also planned some games to play along with some singing/dancing. Shall we also watch some movies? You can also bring along your friends and also relatives since everyone is welcome. I know that our gathering is going to be a blast and invitees will have exhilarated time.

Let me know if you can make it? R.S.V.P

From,

Hsu Latt

Dear Hsu Latt,

Thanks for the inviting me to your New Year's party. It sounds like a lot of fun. I'd be happy to come to your party. I'm glad to bring a few of my friends along too. Movies sound like a great idea to me, so I think we should watch them. Should I bright anything else like snacks, fireworks? Let me know as soon as possible.

Love,

Your friend

.

Hi, my name is Eric and I am 13. I live in Myanmar. I live in Yangon, I am attending to ILBC Yangon, and I am at Secondary 1. There are 7 people in my family. My favorite subject is math and I want to be an engineer when I get older. But my hobby is different from my dream which is I want to be an engineer because My hobby is playing games and I play when I am free.

Dear manager of sweet lane mcdonald,

Hello, this is Samuel and I would like to apply for a job here, I think working at this place suits me well, I see myself here in the future being a McDonald cashier is my “CHILDHOOD DREAM”, some people that works at McDonald inspires me to work at this majestic place, so I would love to apply for a suitable job here thank you.

your new cashier,

samu

Dear Ei Thinzar,

How are you? I have not contacted you in a while. So, I am here to write you a letter. Recently, I watched a Ted talk called “Teach girl bravery, not perfection” by Reshma Saujani. It was touching, I could not describe how I feel after watching it. Anyway, I came up with some ideas that might be of interest to you. To begin with, this is the problem that I have been struggling with. I am always stressed before taking exams, I am sure that is common for students. However, I will feel pressure on anything for no reason. Now, I would be stressed the entire time before taking my exams. It could be because of how everything is a mess, the study table, including the exam contents. Every time I think about exams, I feel a lot of pressure. Most importantly, I am worried that I will not get the perfect grades as my parents and I expected. I could not accept imperfection.

Additionally, this has been a fundamental problem for me which has been causing me so much trouble. It could affect me in many negative ways. For example, if I am too stressed, I will not be able to sleep. Also, I can't concentrate while preparing for the exam. As a result, it ruined my mood and my day. Nevertheless, there are solutions for it. I have listed some solutions, but I hope you can help me a bit with it. Firstly, and most importantly, I suppose if I changed my mindset, things could turn around. I could simply accept being imperfect and go by having realistic expectations. That way, I would not stress about the results. Secondly, I could clean up my desk and not make a huge mess. It is stated that there are psychological advantages of having a clean desk, and here are some I would like to share. Having a clean desk improves mental stability, increases productivity, improves focus, and reduce stress. Lastly, studying regularly and wisely. I have realized that I like to pile up things till last minute. If I had studied regularly, I would not have to stress about everything.

To wrap it all up, I have decided what I could do the next time I am stressed before taking exams. Of course, I am still willing to accept any opinions or ideas from you. See you soon, and I hope you have a wonderful day.

Love,

Your dear friend

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## Where the heart is?

I would like to tell about my travel to my grandma house which is located in Zee Gone village near Pyay. In that village almost of the house are made of wood. All the house has big yard and we can feel nature. In that village there has also a big lake. They get water from well. The toilet is built far away from the house. At night we scared to go the toilet because it's really dark. We can heard the sound of insect especially at night time. We can't sleep well because there are so many mosquitos.

In the morning the weather is too cold that's why we don't want to wake up early. It's very nice to stay in the bed.

At that time we are very happy and excited.

•

Invitation

Hello Sarah!

Would you like to come to my birthday party? You know my address, right? So I'm sure I don't need to tell you anymore. I hope you are free. It will be held next week Saturday at my house. See you then!

From your lovely friend.

Reply letter

Hey friend,

Sure, of course ! I'd love to come. It sure sounds fun! So I'll be there, it's On Saturday,. Which means I am free. Thanks a lot for inviting me to your party.

With thanks,

your friend Sarah

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## UNIT-7: Tell Me What You Eat

Hey Thomas,

So, there are many restaurants in Yangon and since I like to eat outside, I have been to many restaurants. Today I am going to recommend you and review about my favorite restaurant.

I usually eat all kinds of food and most of the restaurants that I have been to are fine and nice. Among them, I can say that my favorite restaurant is named “Jeff’s Kitchen”. It is located in three different places in Yangon and I usually go to the one which is in Kan Yeik Thar street. It is always open at 10:30 am to 9 pm every day but sometimes it closes on holidays. It is a two-story building and it has a rooftop place where we can enjoy the beauty of the night while eating. Inside there are rooms for people who like to eat in private. The place is clean and we can eat in peace. It is also suitable for the families and people who want to celebrate parties. The food there is very delicious. I eat the grilled chicken which is a signature food of the restaurant whenever I go there. It is very tender and chewy. We can also eat other desserts and drink all kinds of juices. The price is not very expensive and it is affordable. The reason that I like this restaurant is that they serve us clean, healthy and high quality food. I don’t often eat at the fast-food restaurants since their food is not always healthy. Not only food but the waiters and workers there are also kind. But one thing is that we have to wait for our food for a long time. On weekends, there are many people so it can be a bit noisy. Except those things, everything is fine.

So, this is the end of my restaurant review. I really want to recommend you to go there and I am sure you will like it. I will stop my letter here and I hope you have a nice day.

Bye!

Thet Htet

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## Studying two weeks before exams

Have you ever procrastinated to the point where you crammed the night before an exam? Well, that can be inefficient. There's no denying that most students nowadays, with the advance and accessibility of social media and games, may lack in the skill of time management. What most people don't realize, is that in a video game, a student can meet other players, and create bonds, alike to real life social interaction. This causes the student to want to spend more times playing games and not study. So here are some tips to not procrastinate:

- 1: Make a time-table with 45 to 90 minutes of revision sessions at a time. Add key details, not just the name of what topic or subject. By managing your time and breaking things down, you will feel more motivated to work as you know exactly what you need to work on in that time.
- 2: Take breaks regularly. Be it to go grab a snack, play a video game or anything else, short breaks are important for your mental health. Afterall, what's more important? A piece of paper or your mental wellbeing?
- 3: Try to stay healthy, both mentally and physically. Get some fresh air daily and go for walks. Be adventurous and try things that are new to you, this will also provide some relief from work.

Hello guys my name is Wai Yan Kyaw. And you can call me Kane that my nickname. Today I will be talking about how I met my bff who is form other count and I am from Myanmar. When I first met him online. We met in a game call pubg. I was playing in the cheer park when he joins ofc I at first did not know him but he 1v1 me I like his skill so much that I would beg him to teach me.

Dear Sky,

Hello Sky. I am a Grade 7 student from ILBC which is located in Myanmar. I am 12 years old turning 13 next year. I will be studying abroad in 7- or 8-years' time. But for this, I must work really hard.

My destination is to study in Canada, with my best-friend. I am currently into drawing, baking, and kitchen stuffs. I don't know which class I will have to attend but I'm pretty sure I will find one soon. I've told my parents about this and they all strongly agreed with this idea. I've heard that Canada is a really nice country and I would love to study there. I want to look at the view of the outside world while studying. I would be independent and will have to handle things myself, which is another topic. I do notice that there are also many difficulties of studying abroad, many students who are studying abroad usually get homesick, which is actually a really hard thing to deal with. They must miss their parents who always encourage them when they are in a hard time, relatives and friends they have known for years. Do you also have to deal with that? I don't think I will get homesick because I usually study alone. Most of the time, I would sit in my room and go through my books, assignments or my phone. But I might have to deal with anxiety and depression. I am someone who gets anxiety really easily. I also know that this is what most students who study abroad have to deal with either.

I have run out of time so I might have to stop my letter here. P.S: feel free to reply to me whenever you're free. It doesn't have to be a must

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I saw this house when I was on a trip with my parents. It was very unique. The house was built on the end of a cliff. It was colored by multiple colors. On the inside, there was a painting of a little girl sitting on her father's lap. There is a living room with a couch and a small kitchen. I think it's rather a place for resting rather than living in it forever. I find this house memorable since it's unique.

Many school lunches provide little opportunity to choose you get whatever the cafeteria is serving for the day. And if you make healthy choices, this food freedom could actually ensure that you eat a lunch healthier than the one you could have bought at school. Having your kids take lunch to school has several benefits: You and your kids know what it is in the food your kids are eating for lunch. Your kids have an opportunity to learn about food and how to make healthy choices. Your kids learn responsibility by helping to make lunch or preparing their own.

Dear Phyu Sin Thun Htet,

Hi! How are you? I'm Aung Ga Bar. You can call me AGB as a shortcut. I live in Yangon. I'm a secondary two, IGCSE student from ILBC. I can only speak two languages which are English and my mother tongue, Myanmar.

PE and Science are my favorite subjects since I love sports like football and discover new things. I consider myself to be a decent football player who prefers to play defense. I like Science because it's so fascinating. Science provides practical solutions to everyday problems and helps us in unraveling the great mysteries of the universe. Science topics such as inventions and electricity grab my interest as well.

How about you? What's your favorite school subject? Are you interested in sports?  
Write back soon! I'm looking forward to your reply.

Your Friend,  
Aung Ga Bar

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Dear Phone Nanda Tun,

Hello! How are you doing? My name is Aung Soe Hein, but you can call me ash. I am a 14-year-old Ilbc Secondary 2 student (b). I currently reside in Yangon, Myanmar. My family consists of five members. I like to spend my leisure time playing games like Minecraft and Valorent. I adore viewing movies and anime in my spare time. Football is another sport that I enjoy.

I used to be good at football, but I haven't played since 2020 because to the covid 19. In addition, I also enjoy visiting new places and countries. In the future, I hope to be a streamer or a youtuber. That was my introduction; I hope you'll react as quickly as possible with yours.

From your friend,

Aung Soe Hein

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Dear Kyi Phyusin,

Our school won't allow us bringing lunchboxes from home, but I think we that we should bring our own for some good reasons, so that is why I'm going to write a letter to the principal about why I think that some students might benefit from bringing lunchboxes to school.

The first reason is because the students get used to their family's cooking ways, so therefore they prefer it over the school's lunch if it tastes delicious, they wouldn't complain about the food there anymore either.

Second reason is so that they can have healthier meals. If the school doesn't have that much healthy food, then why not bring some healthy ones your parents cooked for you? That way you can stay even fitter than before.

For the third reason, the students can also learn on how to make their own lunches so that when they grow up, they can stand on their own feet when preparing food.

And lastly, we students can still have school's food, but even though it's better bringing lunchboxes, we still can save money for school lunch in case we want something from the cafeteria. What do you think of my reasoning, it's good, isn't it?

Hopefully, the principal will also like this letter. Take care!

From,  
Chit Linn Lei Wai

## Unit-3 Health and happiness

I agree that working out every day for your health to improve. By exercising everyday your body can withstand more damage. Exercising can control your body weight and it won't make it worst. It can burn calories which is not need in your body. You don't need to worries of getting a heart disease, stroke, metabolic syndrome, high blood pressure, type 2 diabetes, depression, anxiety, cancer, arthritis and falls.

By exercising every day, it improves your mood, boosts your energy and give you better sleep which is the most important things to do in your life. By exercising it will promote better sleep which is meaning you can fix your mess up schedule. Exercising can be fun and enjoyable, by going on a run you can get kidnapped but bringing people to jog or hike with so it won't be bothering you anymore. And that's why you should work out every day. Get fresh air. don't forget to wear a mask.

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Dear James,

Hello. I am Htet Oo Naung and I am from Yangon, Myanmar. I am studying 8<sup>th</sup> grade at ILBC.

What is your favorite subject? Science is very interesting for me. I would like to be a doctor when I am older. What is your ambition? I love sports as well. I usually watch soccer matches. Lionel Messi is my favorite player. I usually play soccer with my friends at school but now with the pandemic and stuff going on I can't.

Do you have any pets? I want a pet Pomeranian but my mom doesn't allow me to. What is your favorite food? For me it's sushi.

I hope you will write back to me. I will be looking forward to it. Bye!

From,

Htet Oo Naung

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Hello! I heard that we have to be pen pals for the next few weeks for an assignment so I thought I'd introduce myself first. I'm Kaung Hsu Wai, a 13-year-old eighth grader. I heard you're also in eighth grade so let's get along well. I only have a few very close friends as I'm not an extrovert. I'm not going to talk about my favorite color and things like that because that's boring but I'll share my hobbies with you. I'm really into web novels and they are so much more entertaining than published novel because the authors can have fun with it.

I've never had a pen pal so I'm really looking forward to it! I'd love to know more about you and share our countries' unique culture and traditions.

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Dear Teza Khant,

Hi Teza how are you? My name is Kaung Myat Min. I am a secondary two student from ILBC. I live in Yangon, Myanmar.

My favorite sports are soccer and basketball. I also like playing online games because it fun to play with others around the world. My favorite subject is science and pe because I like playing sports and I like to know about outer space and other stuff in science. I like science because I want to know more about the stuff around us.

How about your favorite subjects, sports and things you like to do in your free time? I am looking forward for your reply. Write Soon!

From Your friend,  
Kaung Myat Min.

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Dear Yoshiro,

I know we only met like a month ago but I think you might want to know me better. If not well, don't ask me again about how I'm doing then. Just kidding, but I feel as if I don't know you very well either. So, can you also talk to me about yourself too? Ok either way, here's the things you should know about me.

What color do I like? Well, I like any color but mostly colors that has a theme to it. I don't have my favorites but I like it when I see colors that match together. Does that make sense? Yeah, maybe not, but you'll get it one day.

Do you prefer cats or dogs? Well, cats are cute and dogs are wholesome. However, they're both annoying sometimes. They're both ok.

What do you do in your time? Watching YouTube and checking Instagram is what I most commonly do. Drawing, animating and editing stuff comes second because they're hard to do. Third, talking/texting to friends because I get lonely sometimes.

How do I reply to your texts so fast sometimes? Oh, loneliness has its perks.

What do you like and dislike in a person? Well, how do I say this without being rude? I like interesting people. Everyone is interesting in one way or another. I dislike people who are annoying sometimes. I usually have mood changes, so sometimes it depends.

Where am I from? I'm from Myanmar. Min Galarbar!

Who are you? I don't know either. Go ask someone else.

What's your favorite music? Well, some beats that are just catchy, just really sweet lyrics or lyrics that tell a story. I'm not really into music. So, I can't say for sure.

When's your birthday? Oh, somewhere near Thanksgiving or Kahtain. 19<sup>th</sup> November

How old are you? Oh, I'm going to be 14 this year.

What are you into? Wholesome people.

So, yeah, that was basically it. If you have anything to ask, which you might, send me a letter or text. I hope you're doing well and love you. Imagine being someone who ask someone else about someone. (Can relate)

Best Wishes,

Your annoying friend, K

•

Exercising every day is one of the healthiest things that someone can do. Which is something that I totally agree with.

Simply because it can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes or 1 hours a day can allow you to enjoy these benefits.

And there are numbers of studies which have found that exercise helps people with depression and may block negative thoughts or distract you from daily worries. It also lift your mood and improve your sleep patterns.

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LET US

INTRODUCE OURSELVES



TO: JAMILA CARRANCEJA

FROM: KYAL SIN SHIN THANT

Hey Jam, this is Kyal Sin Shin Thant from Myanmar, a future friend of yours. I'm currently 13 and I like to go by Jay. What have you been up to during the lockdown? As for me, I have been watching dramas and play games mostly. My favorite drama is Penthouse and I've been playing Genshin Impact a lot lately. When I have some free time, I study to prepare for my future which is to become a business woman. I'm an introvert but I do like socializing with others although it sometimes feel awkward. I enjoy drawing in listening to music in my free time, you could say that I'm a very artistic person. Soon, I will be attending Sec 3 and I really hope to meet you in Philippines after graduating.

NOTHING COMPARES

TO THE SIMPLE PLEASURE

OF A BIKE RIDE



Hi, my dear Pen Pal. My name is Kyi Phyu Sin or Rue. I am a 13-year-old student who is currently studying in Myanmar. I go by she/her pronouns and currently in 8<sup>th</sup> grade which is the same as you probably. I hope we get along. I am not much of a talkative person unless I get comfortable with you. I have many friends but I am really an introvert. For my hobbies, I like playing Valorant with my buddies. Tell me if u play, maybe I could play with you. I like listening to music, playing soccer, swimming and playing the violin. I have many things I do but never actually finishes them because I loses interest in things quickly.

I have never really sent letters to anyone before so this is my first time. We better get along. Would love to know more about you and share things and knowledge with you. Make sure you write back. :)

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## Restaurant review

The restaurant that I want to talk about is called Upper House. It is located on the mountain an we can see the view of the city of Taunggyi. It's open from 9AM to 6PM.The restaurant is built like a European design and the restaurant looks lovely. The decoration inside is unique. The restaurant is surrounded by trees and seasonal flowers. As soon as we enter the restaurant we feel relaxed and refreshed. The owner of the restaurant is friendly and she always welcomes the customers with a smile. And the staff are nice and their service is good. They always treat the customer kindly. The food are tasty and good. They sell European food and Shan traditional food too. Their coffee is one of the best coffee in Taunggyi. I like all the food and the prices are reasonable . Not only the food but the view of the restaurant is good too.If you go to Taunggyi, don't forget to go and visit the restaurant.



## Health and Happiness

Exercising every day is the best way to stay healthy. Exercise helps people lose weight and lower the risk of some diseases. It can manage your weight better also will be fit for the people who are on diet by exercising regularly. The benefits will be helpful for circulatory system which is also called as human transport system. For the people who are always busy at their jobs should do exercise even for a while because it is good for our human transport system. By exercising regularly it will help you to have stronger bones, muscles and joints and lower risk of developing osteoporosis. It even says that by doing exercise it will make us to lower the risk of type 2 diabetes and some cancers. These are the benefits of doing exercise. So I totally agree that exercising every day is the best way to stay healthy.

## Unit 3- Health and Happiness

I would agree. Yes, it's right that exercising everyday is the best way to stay healthy. There are many reasons to it. Exercising will help you control your weight and it will also prevents gaining excessive amount of weight or losing too much.

By doing exercise, you will have a better sleep and it will support you to gain a good sleep cycle. Exercises combat health conditions and diseases which means you will have lower chances of getting them. Exercise will also help you to boost your energy so that you could complete your daily task better and faster. Exercise such as walking and running will help you increase in stamina and if you do them in the morning it will eventually increase your vitamin D naturally. But it only doesn't affect your body but help you maintain a healthy mind as well. Running helps you cope with stress and make your mind more relax. According some research, some people say that running help them build self-confidence.

However, doing a lot of exercise isn't good for you as well. You should start with easy exercise and go to hard exercises bit by bit and improve day by day. Of course, you won't be able to exercise like gym trainers on your first day. So, you should be careful with yourself and know your own limit. You shouldn't force yourself to do a lot as well.

## Unit-3

### Health and happiness

Exercising every day is not the best way to stay healthy but exercising is immensely beneficial to your life and should be incorporated into your weekly. Exercising makes to strengthen your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels. Exercise helps people lose weight and lower the risk of some diseases. If you do less exercise or activity, you can become deconditioned. Doing exercises is not the best way to stay healthy but it is one of the good ways to stay healthy. To stay healthy, you have to follow many ways such as avoiding food that you should not eat, eating your meals at the right times, eating all the three main types of nutrients, get enough sleep. That's why I don't agree exercising is not the best way to stay healthy but it is one of the good ways to be healthy.

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Dear Ye Htut Khaung,

Hey, long time no talk! How are you doing? I hope you're doing well! As for me, I'm better than ever. Today, I'd like to make a restaurant recommendation to you! It's a Japanese restaurant and it's located in Bo Aung Kyaw Street. It offers adorable meals, the place's convenience and is a causal dinning for any occasion! The experience there is promising and the workers there are welcoming to all ages, the food is absolutely delightful and the service is outstanding. It's a family styled atmosphere, allows you to dress in any type of attire you're comfortable with and feels relaxed.

You have options for your seating too, you can either sit on cushions on the floor like traditional Japanese restaurants or you can sit on the chairs. The place has dim lights and there's soft music playing along in the background too which give off a homey vibe. The restaurant features a wide variations of authentic Japanese food. The place suits my taste and their dishes are truly appetizing! I always pre-order the sushi sets, along with grilled salmon and saba. The experience there is truly unforgettable and I'm looking forward to coming here again.

From,  
Saung

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Ted Project (September II)

Unit 5: Family and Friends

Writing: Informal invitations and replies (inviting them to  
celebration: New Year's party, graduation party, birthday  
party,  
etc.  
)

City: Yangon

Date: 30.12.2021

My Dear friend,

It is a long since I got any news from your side. I was too busy  
with one thi

ng or another. You know my grandfather has not  
been keeping good health for quite a few months. He is all  
good

right now. Anyhow here is a good chance for us to meet.

My birthday falls on the 30th of this month. It happens to be a  
Thursdays

. My parents have decided to celebrate my birthday

at

my

house

. It will be a

great

day. I

have invited all my

friends. My father has promised to buy me a new scooter.

After the usual party, we plan to

watch Netflix and

sleep over

at my

house. Please

make it a point to reach before 4 p.m. Do

not forget to bring your guitar.

Your Best Friend: Bryan

.

No.356, Talin Street,  
Yangon, Myanmar

Dear Kaung Myat Min,

Over the weekends, my family and I visited my grandmother's house for the first time in what seemed like forever. Sure, going outside might be unsafe but it won't hurt to see the outdoors once in a while, right?

The house itself isn't that luxurious or fancy, just a small apartment in downtown. Though it isn't what you'd desire in a forever house, something about it feels so homely and welcome. Perhaps because it brings back old memories of sleeping the night there. From the blinking rainbow lights in the living room to the sound of windchimes singing while a gust of wind billows through, all of it makes me feel warm and cosy.

When I do visit, it's usually just to catch up with my grandmother and see what she's up to. My parents always bring bags of pastries to keep her satisfied while we're away. One of my favourite things to do there is flip through the assortments of old photo albums to see what it was like in the old days. When I get bored, I usually walk around in the neighbourhood, which isn't as boring as you might think. There are tons of cats everywhere, enough to keep me company until it's time to go back home.

Every visit to my grandmother's house feels special, I can't help but wonder how things will play out the next time around. I hope you're also well and healthy!

From,  
Your Dear Friend

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Dear Khant Si Hein,

Hi Khant Si, this is a self-introductory letter about me. I am Thiri Than Zin, a grade eight ILBC student from Yangon, Myanmar. I am at the age of fourteen and is currently going through a simple life of a student. I am a combination of Burmese and Chinese, I currently know how to speak two languages Burmese and English, however, I am still working on Chinese. I have two siblings, the middle one, Kyal Sin Aung is my brother and the youngest, Thiri Eaindary is my sister and I am the oldest.

I enjoy watching comedic dramas from time to time and is also passionate about drawing. I am currently trying my best to focus on my studies to achieve what I want, that is to be a therapist, since I am deeply passionate on helping them heal mentally and curing their mental state. This is the end of my self-introduction and I am looking forward to read yours.

Sincerely,  
Thiri Than Zin

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