THE BENBANNER

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Health & Safety ome
Your Life is Our Priority

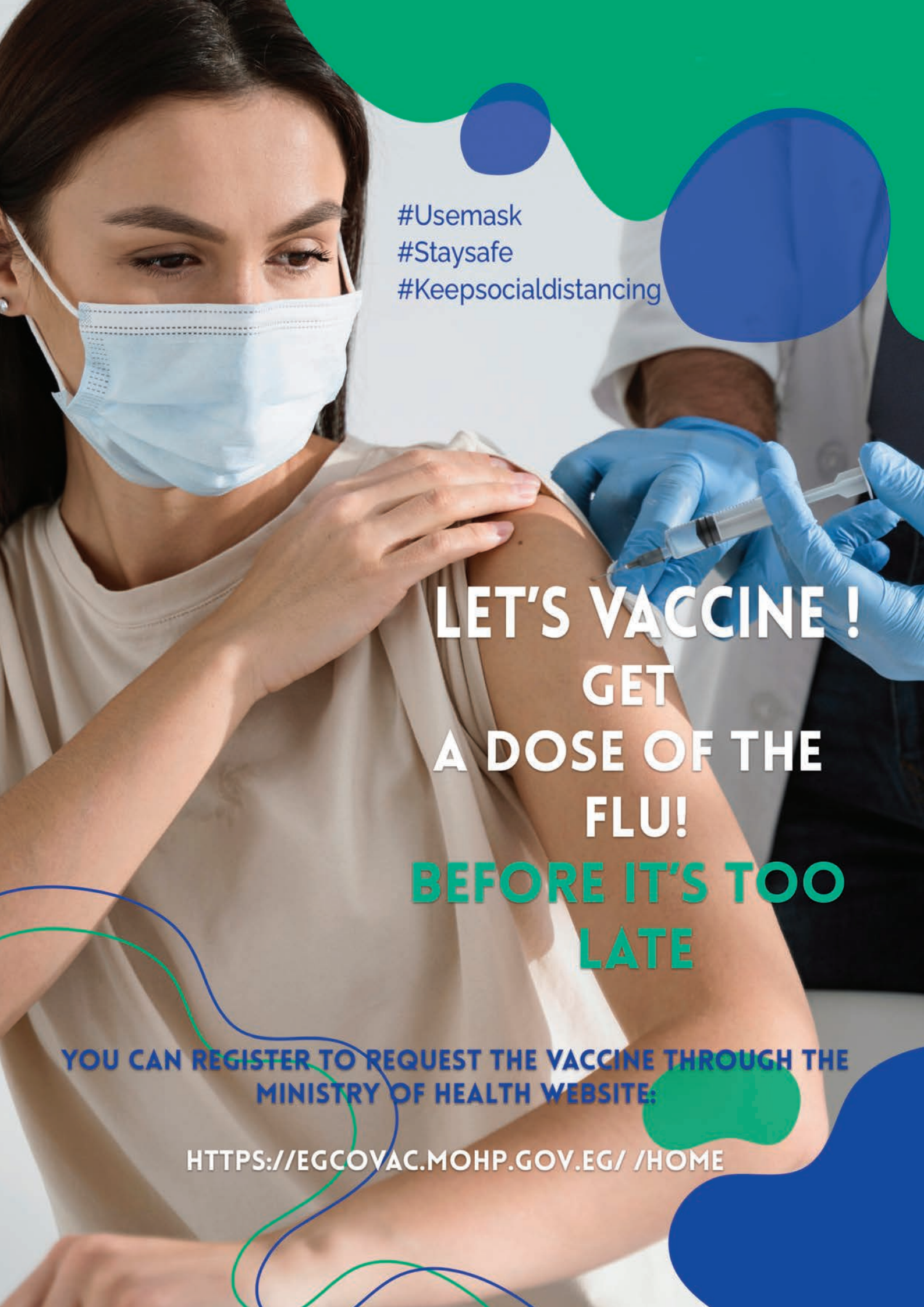
BENBAN SOLAR PARK

BSDA Adopts An Initiative To Develop and Raise The Efficiency Of Educational Buildings

Solar Investors Association Launches An Entrepreneurship Program For Youth

"DUOLINGO" DISCOVER THE JOY OF LEARNING!

"HEALTH AND SAFETY HOME" PARTICIPATES IN ENVIRONMENTAL SUPPORT FOR ASWAN UNIVERSITY STUDENTS


#Usemask
#Staysafe
#Keepsocialdistancing
LET'S VACCINE !
GET
A DOSE OF THE
FLU!
BEFORE IT'S TOO
LATE
YOU CAN REGISTER TO REQUEST THE VACCINE THROUGH THE MINISTRY OF HEALTH WEBSITE:
HTTPS://EGCOVAC.MOHP.GOV.EG/ /HOME

Health & Safety Home
Your Life is Our Priority

HEALTH, SAFETY, ENVIRONMENT AND SOCIAL MAGAZINE

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مسابقة بنبانير لريـادة الأعمال
Banbaneur Startup Competition
تهدف المسابقة
لتوجيه دعم فني ومالي للشباب والفتيات بمجتمع بنبان لعمل
مشروعات تستهدف سلسلة القيمة النخيل
الذي يعد ثروة ومورد مهم تتميز به القرى المستهدفة
الشروط
• نستهدف الشباب والفتيات من سن 21 إلى 40 عام.
• التقديم فردي أو فرق على ألا يزيد عدد الفريق عن 4 أعضاء.
• أن يكون المتقدمين من المقيمين بقرى (بنبان قبلي- بنبان بحري- الرقبة والمنصورية)
• أن يكون المتقدم حاصل على مؤهل متوسط على الأقل.
• أن تكون فكرة المشروع المقدمة في مجال سلسلة القيمة للنخيل.
الجوائز
• سيتم توفير الدعم الفني لأصحاب الأفكار المقبولة في المرحلة الأولى لمساعدتهم على بلورة أفكارهم الريادية وتحويلها لخطط عمل قابلة للتنفيذ.
• جوائز مالية قيمة لأفضل 4 مشروعات تصل للمرحلة النهائية.
• دعم فني وخدمات احتضان للمشروعات الفائزة.
للتقديم
رابط التسجيل على الموقع http://www.msmeda.org.eg/competitions
صفحة الفيسبوك: /benbansolarparkasw
الشركاء الاستراتيجين
تنفيذ
giz
التعاون الألماني
MSME
مشاريع مصر

Solar Investors Association Launches An Entrepreneurship Program For Youth

The Association of Solar Investors for Community Development in Benban launched an entrepreneurship program that aims to provide technical and financial support to young people, through projects aimed at displaying the value of palm trees as they are a wealth and environmental resource that characterize the villages of Benban and Mansourieh.

The first event was entitled (Banbanir Entrepreneurship Competition), which was inaugurated by Mr. Hossam Sultan, CSR Manager, reviewing the objective of the competition, and Dr. Ikrami Al-Abasiri, Director General of the Southern Region Protected Areas, gave local and international experiences of using palm products and waste as a resource for the work of entrepreneurial and economically feasible project ideas.

Mr. Yazid Al-Waqfi, Entrepreneurship Consultant, presented the stages of the competition and the conditions for applying. The owners of the 50 best ideas will be selected for training and refining their entrepreneurial skills, after which they will be filtered for 15 projects during three training stages and presented to a jury to choose the best four projects.

The winners will receive financial prizes in addition to technical support during the implementation of their projects.
It is noteworthy that the program is in partnership with The German Agency for International Cooperation and the Egyptian Micro, Small and Medium Enterprises Development Agency (MSMEDA).

"HEALTH AND SAFETY HOME"

PARTICIPATES IN ENVIRONMENTAL SUPPORT FOR ASWAN UNIVERSITY STUDENTS

The General Coordinator -Health and Safety Home Company- in cooperation with Enactus Organization at Aswan University, gave lectures to university students to guide them in choosing environmentally friendly topics and solutions, in light of Enactus' organization annual competition to find environmental solutions to the most problems facing the local community.

This is based on the belief of the company's vision -Health and Safety Home- to raise and support student activities at Aswan University and the various universities of Upper Egypt.

BSDA Adopts An Initiative To Develop and Raise The Efficiency Of Educational Buildings

The Benban Solar Developers Association (BSDA) has adopted an initiative to develop and raise the efficiency of educational buildings, and a cooperation protocol was signed between the Association and the Educational Buildings Authority, with official approval from Major General Ashraf Attia, Governor of Aswan.

The association settled on developing the Sheikh Qutb School in El Raqabah, the Benban Bahri School for Basic Education, and the Mansourieh Primary School, after forming a committee of school principals and parents to select schools and determine their needs.

In coordination with the Educational Buildings Authority, an advertisement was published for contracting companies in Benban and Mansourieh to submit technical and financial offers to choose the best, and the Teratech Company was chosen to develop the Mansourieh School, Anwar Abdel Mohsen Company to develop the Sheikh Qutb School in El Raqabah, and the African Company to develop a school in Benban Bahri.

The implementation work is carried out under the supervision of the Educational Buildings Authority, with full funding from The Benban Solar Developers Association (BSDA).

The Development Of Benban Market In Response To The Population Demands Starts

The Benban market witnessed a development under the supervision of the of Benban Solar Developers Association (BSDA) after listening to the demands and needs of the local population, and this comes within the framework of the association's keenness to implement its plan for the development of the Benban community.

A protocol was signed with Major General Ashraf Attia, Governor of Aswan, regarding the development of the market under the supervision of the Governorate's Projects Department. In order to create investment opportunities for local companies and workers, an advertisement was published for contracting companies in Benban and Mansourieh to submit technical and financial offers, which resulted in the selection of the El-Sheikh Contracting Company, which immediately began working on developing the market.

Wildfires

Reference: https://vikaspedia.in/In

Recently, we have seen a lot of forest fires erupt in many countries around the world during summer, due to climate change in the light of the economic and social development and global temperature rise that has a serious impact on the ecosystem, especially in the balance between the percentage of oxygen and carbon dioxide in the air and this contributed to the increase of natural catastrophes which are related to climatic phenomena. Wildfires hazards don't only threaten forest wealth, they also cause severe damage to society and the environment, such as damage to human health from smoke, loss of biological diversity, the release of greenhouse gases, damage to recreational values and infrastructure in addition to immense economic damage, both in terms of resources destroyed and the costs of suppression.

What is Wildfire?

Wildfire is also known as a wildland fire; it is an uncontrolled fire that burns vegetation in any wildland or natural areas such as forests, grasslands, savannas, and other ecosystems; and they can happen at any time or anywhere. In %50 of wildfires recorded, it is not known how they started but, they spread quickly igniting brush, trees, and homes.

There are three conditions that need to be present in order for a wildfire to burn:
Fuel: it is any flammable material that surrounds a fire, including trees, grass and dead leaves; they are typical fuels for wildfires.
Oxygen: air supplies the oxygen gas a fire needs to burn, like winds loaded with oxygen that feed the flames and help the fire to spread rapidly.
Heat Source: it aids in the ignition of the wildfire as it delivers natural fuel to temperatures hot enough to ignite it. There are many potential heat sources, some are natural such as Lightning, hot winds, and even the sun can provide adequate heat to start a blaze.

What are the causes of a forest fire?

There are many causes occur wildland fires as either naturally occurring or human-caused, however, researches have shown that the most common wildfires are caused by people, with human involvement triggering %85 to %90 of wildfires.
Natural causes: lightning, high temperature, little rainfall, low humidity, dry vegetation, volcano eruption, and fast winds.
Human-made causes: most human-caused fires are setting accidentally, such as unattended campfires, discarded cigarettes, hunting (shooting process in a hot or dry environment could burn fire), burning debris, vehicle crashes and engine sparks, equipment use, and malfunctions like power line failures. Unfortunately, some human-caused wildfires are treated as arson.

The Basic Types of Wildfires:

Crown Fire: it is one in which the crown of trees and shrubs burn, often sustained by a surface fire. A crown fire is particularly very dangerous in a coniferous forest because resinous material given off burning logs burn furiously. On hill slopes, if the fire starts downhill, it spreads up fast as heated air adjacent to a slope tends to flow up the slope spreading flames along with it.
Surface Fire: it is a forest fire that may burn primarily as a surface fire, spreading along the ground as the surface litter (senescent leaves and twigs and dry grasses, etc.) on the forest floor and is engulfed by the spreading flames.
Ground Fire: are fires in the sub-surface organic fuels, such as duff layers under forest stands, Arctic tundra, and organic soils of swamps. There is no clear distinction between underground and ground fires. The smoldering underground fires sometimes change into Ground fire. This fire burns root and other material on or beneath the surface i.e. burns the herbaceous growth on forest floor together with the layer of organic matter in various stages of decay. They are more damaging than surface fires, as they can destroy vegetation completely.

COVID Variants
Delta and Delta Plus

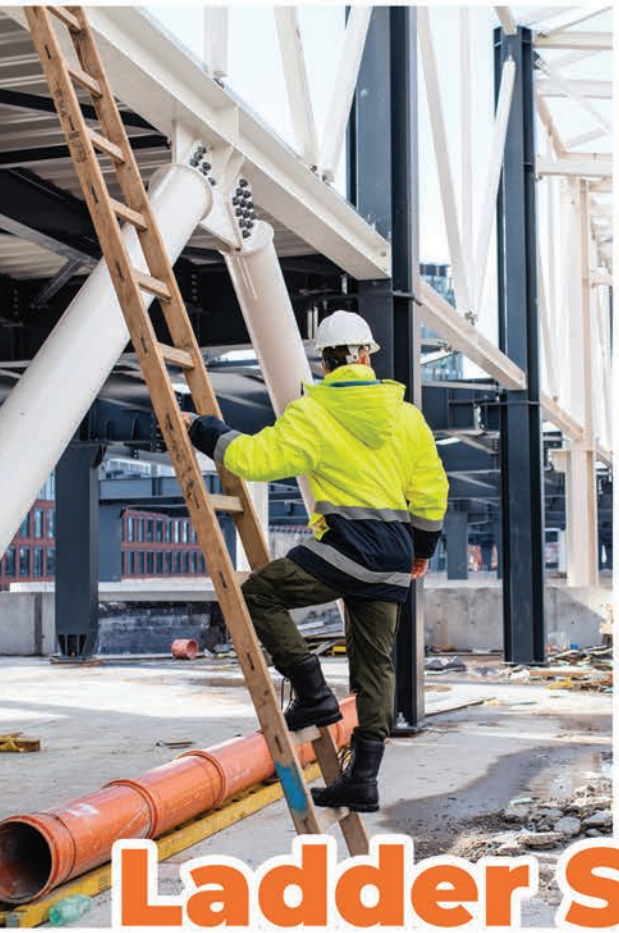
Corona virus (Covid19-) continues to mutate and transform, so the alpha strain, then lambda strain, then beta strain, and finally delta strain and then delta plus strain appeared, but the latter two are distinguished from their predecessors by being the fastest spreading among people and around the world!
the Delta variant has been reported in 142 countries and is expected to continue spreading, which is why the World Health Organization called it "a variant of concern".
The Delta variant first appeared in India, then they listed the Delta Plus variant.
The Delta Plus variant contains a new mutation in the spike protein the virus uses to enter human cells. Because it is closely linked to the Delta variant, it's been called Delta Plus rather than another letter in the Greek alphabet.
So far, Delta Plus has been found in relatively low numbers.
The emergence of these two strains caused panic around the world, but there is no need to worry. After the availability of a lot of information about the variants, the World Health Organization announced that the approved covid19- vaccines are effective against the Delta and Delta Plus strains, as taking two doses of the Pfizer vaccine increases the rate of confronting the variant by 88%, While AstraZeneca with both doses has proven to be 60% effective, as well as Johnson & Johnson with a single dose.

But of course, these percentages are not very high, and the risk is still very high, because there is no %100 effective vaccine, and therefore a small number of vaccinated people may be infected with the virus, but the precautionary measures have proven to be highly effective in deterring the virus and its mutants, and it is necessary to continue to adhere to them even for those vaccinated, and the precautionary measures are:

1. Avoid crowded spaces and keep your distance from others.
2. Keep all indoor spaces well ventilated (this can be as simple as opening a window).
3. Wear a mask when in public places where there is community transmission and where physical distancing is not possible.
4. Wash your hands regularly with soap and water or an alcohol-based hand rub.
5. When it's your turn, get vaccinated. WHO-approved COVID19- vaccines are safe and effective.

Delta and Delta Plus are not specifically targeted at children, but there is an increased incidence of mutant mutations in all age groups, however, the delta mutant is the most contagious and the fastest spreading, and the possibility of infecting unvaccinated and non-social distancing people is very high.
The symptoms of the delta mutant differ from the symptoms of the normal Corona virus, for example, loss of smell and taste is one of the most important symptoms of infection with the Corona virus (Covid-19), but in the delta mutant, headache, runny nose, throat congestion, as well as a lot of continuous coughing are its common symptoms and there is no loss of sense of smell and taste.
In general, the delta mutator is like catching a very severe cold, and the youth group may not pay much attention to this, and therefore may cause infection to those around them.
The state encourages citizens throughout the cities of Egypt to take the vaccine to reduce the spread of the global Corona pandemic and its variants.

You can register to request the vaccine through the Ministry of Health website:
https://egcovac.mohp.gov.eg/#/home



Ladder Safety

Work at height poses risk for employees in many workplaces and offices especially like the associated work and activities with the construction and maintenance field, employees can expose to falling accidents in their workplaces when using inappropriate equipment to perform tasks at height, such as a chair or desk.

Researches have shown that falls from height are one of the leading causes of severe injuries and workplace death, also improper usage of the ladder at the workplace commonly causes fall accidents, thus, any worker who does undertake work at height must be both trained and qualified. Employers must provide professional training to their employees to use ladders safely and efficiently and prevent any potential hazards related to ladders.

Ladder safety checklist

Ladder choice

The first step to ensure ladder safety is selecting the right ladder for the job; there are many types of ladders; each is designed to fit a specific purpose, most common ladders that are used in the workplace stepladder, and extension ladder.

- Make sure that the ladder is long enough to work without using the top three feet.

- Select the right ladder that can handle the worker's weight, clothes, PPE, and the equipment or materials being carried.

- Choose the convenient ladder material based on the task nature; for example, don't use an aluminum ladder if your work involves contact with an electrical current source.

Inspect the ladder parts accurately

- Check that the ladder's stiles, feet, and rungs are not loose or damaged.
- Ensure that the locking mechanisms are tightly fixed, and it is not bent or damaged as that could make the ladder collapse.

- Check that the ladder treads are not wet or contaminated with any material, they could be slippery.

- Don't use a ladder that has a defect of any type, it must be repaired or replaced.

Secure the ladder position and location

- Make sure the ladder is positioned on a solid, level and, firm surface, and avoid placing the ladder on wet areas.

- When using the straight ladder, ensure that the ladder angle is °75, and don't lean it against an unstable surface such as a window.

Follow ladder safety precautions:

As we said before that any worker who uses the ladder at the workplace must be trained and competent.

- Read all labels/markings on a ladder and follow them before use.
- Check the ladder at the beginning of the workday.

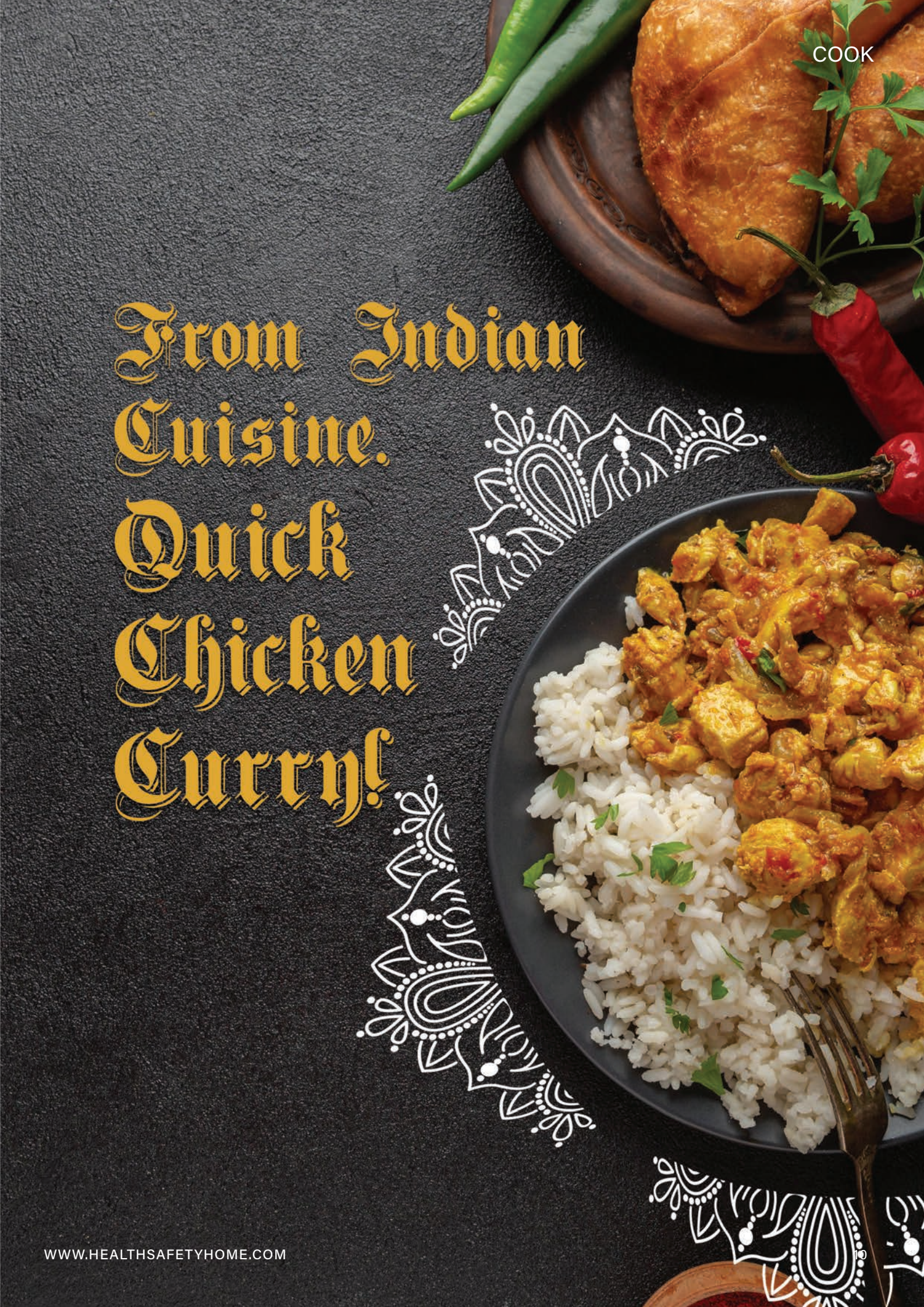
- Hold the ladder tightly with both hands and face the ladder rungs when you climb or go down. do not slide down the stiles.
- Maintain three-point contact on the ladder when climbing (two hands and a foot, or two feet and a hand).

- Do not carry tools or heavy equipment while climbing the ladder. wear a tools belt instead.
- Do not overreach or lean to either side or the rear.

- Do not stand on the top three steps unless a safe handhold is available.
- Wear your PPE when you work at height while using the ladder.

- Do not move or relocate the ladder while a person or equipment is on it.
- Do not put a ladder on boxes, barrels, or other unstable bases to obtain additional height.

From Indian Cuisine. Quick Chicken Curry!



Do you wonder every day, "What am I going to cook for lunch? " Oh God! We know this confusion well because we also get into it every day.

We know the response of the husband and the children when we ask them, "What do you eat?" They say, "Anything, Mama," and in the end they don't like the "anything" we cook!

That's why we make sure to offer you recipes from other Cuisines so that you always feel like you're tasting new and different food with very simple ingredients, and so you don't have to ask them anymore.

Today's recipe from Indian cuisine, Indian food is famous for its strong spices and spicy taste, but today's recipe is relatively mild, and it is also very fast!

Let's start with the ingredients:

- A kilo of chicken, cut into cubes.
- 4 minced garlic.
- Half a cup of tomato sauce.
- A cup of cream or yogurt.
- A tablespoon of vinegar.
- Two minced onions.
- A small piece of ginger, minced.
- Curry powder.
- A teaspoon of sugar.
- Salt and black pepper.

Your kitchen is clean and your ingredients ready? Let's start preparing:

- Put the chicken cubes on a bowl and season with salt and black pepper only.

- We won't use many spices because we want to make this recipe quickly and in the simplest way possible.

- In a frying pan, put a little oil and a small piece of butter. Then put the chicken cubes in it until golden in color, make it about 70% cooked, and then remove it from the pan.

- To make the sauce, we will need 2 chopped onions, 4 minced garlic cloves, a chopped ginger piece, and ½ cup of tomato sauce.
- After removing the chicken, sauté the onions in the same pan until the onions are golden, then add the ginger and garlic and stir.

Then add the curry powder and stir. if you do not have it, you can easily prepare it at home. These are the spices that you will need to get the curry powder:
- A tablespoon of coriander.
- One and a half teaspoons of cumin.
- Half a teaspoon of black pepper.
-A teaspoon of hot pepper. - 2 teaspoons turmeric.
- Half a teaspoon of ginger powder.
- A tablespoon of crushed cardamom.
Mix them together well and you have curry powder.

- Add the tomato sauce to the mixture, stir well, then add the chicken cubes until fully cooked.
- Now add a cup of cooking cream to get a creamy texture for the sauce, or you can add a cup of yogurt instead of the cooking cream.
- When it becomes creamy, add 1 teaspoon of sugar and 1 tablespoon of vinegar or lemon juice, and the chicken curry is ready.
- Serve it with white basmati rice and garnish it with some parsley and enjoy a delicious and fresh taste of Indian cuisine.

Caring Tips For Your Indoor Plants

Due to the pandemic, many people are no longer able to spend as much time outside the house as they used to, they also had to work from home, and their homes became their offices. So what about bringing a bit of nature indoors with houseplants?.....

It would be a good idea to have some lovely plants in your house, you can use indoor plants for decoration and add good vibes to your home, change your mood in addition to that they are also good for your health. We all know that they change carbon dioxide into oxygen and help reduce pollution. Anyone can be a good plant caregiver, and it is not difficult. In this article, we will give you some tips to care for your houseplants.
Plants don't need constant attention to thrive and be healthy; most of us know that all plants require light, water, and food, but the key to success is the moderation of these components.

Light

Of course, light is essential for plants during the process of photosynthesis, plants need some light to grow, and each species has different light requirements, so place your plant near a light source, whether it is natural or artificial according to its need.

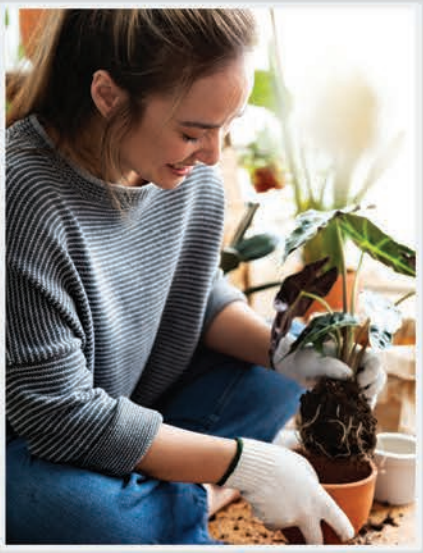
Watering

A lot of people are not sure if they are watering their plant enough or not, overwatering and under watering are common reasons for plants death, and to assess plant's need for water, you can lift up the container of the plant, if it is heavy that consider a sign having enough water, the lighter it is, the more it needs water.

Also, the amount of water that the plant needs will differ during the summer and winter months, so you will change the watering schedule of your plant according to that.

The soil and fertilization

The environment in which the plant grows and thrives is vital; the recommended soil to use is a mixture of equal parts peat moss, sand, compost, and less clay.
Like overwatering, it's crucial to avoid over-fertilizing your houseplants.
Excessive fertilizer might burn their roots and impede their growth.
Knowing how much to fertilize your plant depends on its growth rate and the time of the year, the most suitable time to fertilize your plant is in the spring and summer; it will not require much fertilizer in winter.



Prune your houseplant

There is no specific time to prune your plant, just prune them when it is getting large or tall, use pruning scissors to cut them.

Moderate temperature

Indoor plants grow better in a warm environment; the suitable temperature that your plant needs to survive is between 15- 24°, so keep your plants away from cold areas in your home in the winter.

Remove dead or diseased leaves

Cut out any yellow, brown, or withered leaves.

Know more about your plant

Determine what species of plant you have and read more about it so you can more accurately care for it.

Remove dust from your plant

Clean the collected dust on the plant's leaves with a cloth, wipe away the dust, also use a soft brush to remove the dust if your plant has hairy leaves.
Removing dust from it will help the leaves to soak up more light, and it also keeps your plant looks fresher.

Travel at the lowest cost ;)

Your Program For An Unforgettable Day In Alexandria!

Travel at the lowest cost ;)

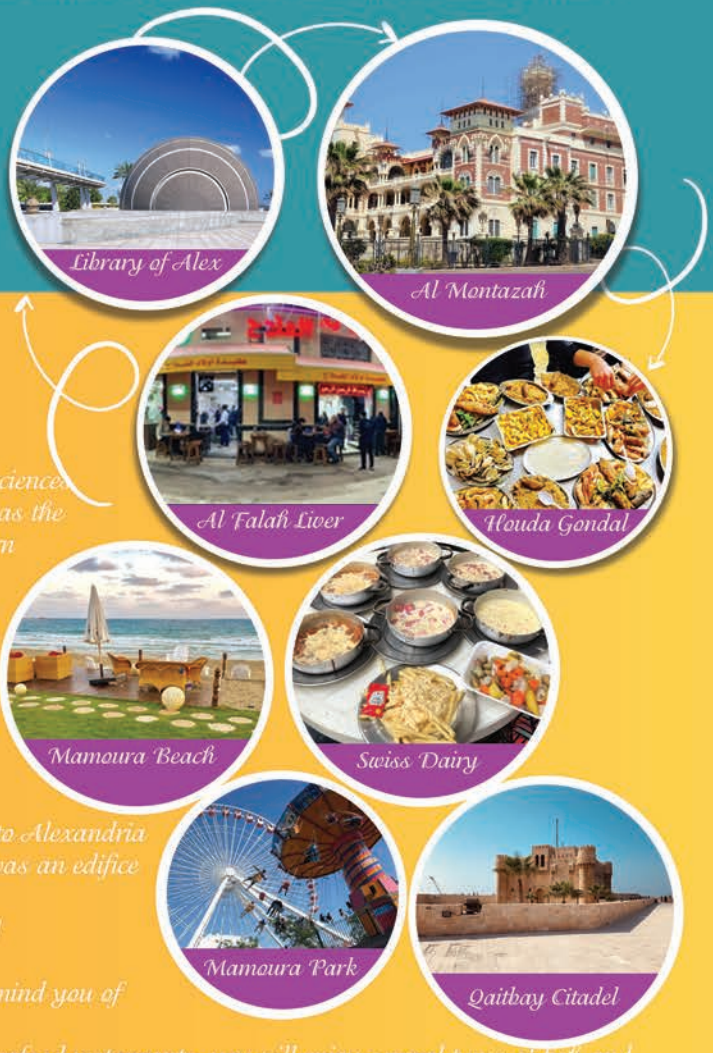
Alexandria is the first destination in summer, but it is also a popular destination in the winter!
Rain with a touch of cold on your face in front of the beach while you hold the hand of a lover or friend, feelings that only those who have experienced it will understand!

Summer is over and winter is around the corner, who said we can't travel and have fun?
Prepare yourself to travel to Alexandria with your friends, family or even alone, and if this is your first visit to Alexandria, do not worry! Your program is here at the lowest possible cost.

You can go to Alexandria by bus, train, or even flight, we will let you choose the most suitable method for you.
It is important to arrive at dawn or sunrise in order to start the day early, you can head as soon as you arrive at Antonio Beach in the Mandara area It is a free beach that is about 230 meters long and has free bathrooms inside as well.
Watch the sunrise behind this huge amount of water, then close your eyes and lie on the sand or wander around the beach and let go of all your worries and enjoy these quiet relaxing moments while listening to the waves of the sea.

After sunrise you will feel energized, and your belly birds will start chirping! It's okay, it's breakfast time, Do you know the Alexandrian liver? I bet you know and love it, so is it possible for you to go to Alexandria, the source of cooking liver, and not eat it? of course no!
"Al Falah Liver" is the oldest and most famous restaurant serving Alexandrian liver, and everyone who ate from it said he couldn't stop eating before almost 7 whole loaves of bread! From the intensity of its deliciousness! And it's also very cheap, half a loaf for only 4 EGP!

Have you eaten and feel happy and energetic? Huh,
I know you feel full after eating so many liver sandwiches,
but there's no time to slack!
Have a soft drink to help you digest, and let's head off to our next destination in Alexandria, "Al Montazah"
Al Montazah is the largest park in Alexandria and is a perfect place if your kids are with you, it is large and spacious and very suitable for playing and barbecuing!
It also contains King Farouk Palace and some other palaces, a yacht marina and the sea, a place full of greenery and beauty that will make you feel comfortable, peaceful and happy.



Then you must go to the Library of Alexandria! It is a large and wonderful edifice and contains many books in various fields and sciences and in multiple languages. It also contains many museums such as the Sadat Museum, which tells a very important era of Egypt's modern history during the October War and the Camp David Treaty, as well as the Planetarium that shows high-tech scientific films t hat make you feel that you are Inside the movie itself, just as the screen is the whole dome! It is truly a wonderful and exciting experience.
Entry price for the Library of Alexandria is only 5 EGP, and the Planetarium is only 30 EGP.

Your next destination cannot be missed, it is not permissible to go to Alexandria without going to it, it is the great edifice "Qaitbay Citadel", which was an edifice to protect Alexandria against enemies from the seaside!
It overlooks the sea directly and is very suitable for taking photos!
The entrance fee to the castle is only 30 EGP.
I know you feel hungry after such a long journey, does the sea remind you of anything? Without a doubt! Your lunch must be from the sea.
Houda Gondal is one of the most famous and best Alexandrian seafood restaurants, you will enjoy several types of fish and shrimp for only 200 EGP! It's enough for an entire family! Of course, there are many options for meals to suit all tastes and needs, do not hesitate to go to it.

Don't want to eat fish for lunch? fine! I've figured it out, what do you think of a casserole with a lot of cheese? Yummy!
Swiss Dairy would be your best bet, everything they made was completely covered by cheese.
Dessert time! Sheikh Wafik is eagerly waiting for you to have the most beautiful rice with milk, nuts and ice cream! Only for 25 EGP.
Your last destination, where you will spend the rest of your day, will be Mamoura. Mamoura beach is wonderful and long and contains many gardens, restaurants and sweet shops. It also has an amusement park similar to Cairo's Dream Park, but it is much cheaper than it.
The price of entering Al Maamoura area is 20 EGP, and entry to Al Maamoura amusement park is 5 EGP, and the games inside the amusement park range from 5 to 35 EGP depending on the game.
You may have a few hours left in your day that you can use as you like, for sure, your visit to Alexandria will be a right decision because you will have a lot of fun.
And as you've seen, with a small budget you can have a day full of fun!

"DUOLINGO" DISCOVER THE JOY OF LEARNING!

I don't remember ever loving school, I may have had so many days I wished my mom would fall asleep and forget the school bus so I could have some peace and quiet at home!

Then you grow up to know that learning is so important that it doesn't have to stop at graduation, in fact, you might realize that a whole world of fun learning you've missed between college amphitheater or school tables!

One of the best discoveries I have come across over the past few years was this amazing app, Duolingo, and when I decided to tell you about it today, I found that it has evolved a lot and is way more fun and enjoyable than before, and that really encouraged me to use it and learn again.

I am sure you will have a lot of fun learning with it!

Oh! Look, it's "Dou" saying hello!

"The best way to acquire a new skill is to turn it into a daily habit."

Well said Duo! for example, I was never an athletic person and the decision to exercise was difficult, but I decided that my body should move for only 15 minutes every day!

Over time, working out became an integral part of my daily routine, so acquiring any skill or learning anything new will work if you turn it into a daily habit. It doesn't matter how long you do it, just do it for five minutes every day and believe me, these five minutes will make you achieve a big progress after a month!

You might be wondering why you should learn a new language? What is the benefit?

Here are some of the benefits you will get if you decide to learn a new language:

-1 Learning languages increase brain activity and strengthens memory.
-2 Your proficiency in more than one language increases your chances of getting a job.
-3 Your mastery of another language allows you to work on teaching it.
-4 Overcome the difficulties of communication while traveling.
-5 It makes you able to open up to different cultures and communicate with people of other races and this is a pleasure.

Great, but what is Duolingo?

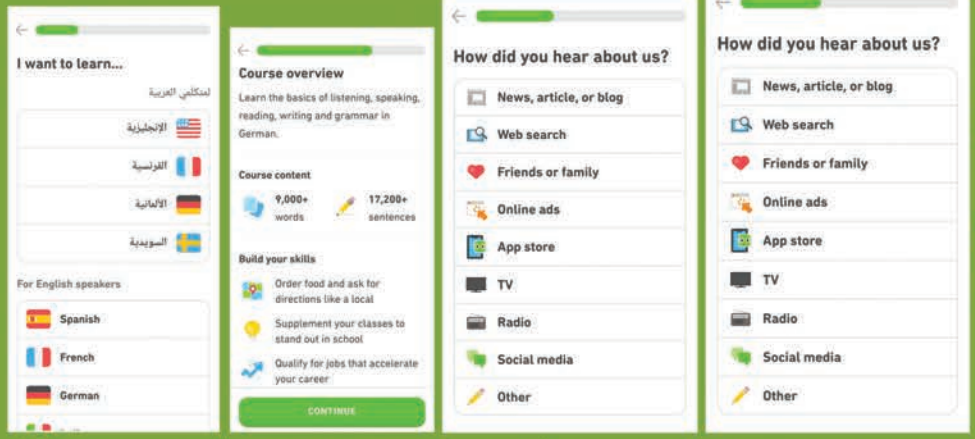
Duolingo is a completely free educational application that enables you to learn other languages. It provides you the ability to learn about 37 languages if you are an English speaker, and 4 languages if you are an Arabic speaker, so it is an ideal choice if you are not fluent in English, you can also learn English easily through it.

It also supports the principle of turning learning into a daily habit, so it makes you decide how much time you want to spend learning per day from 5 minutes to only 20 minutes! It will also send "duo" to remind you of your daily study time.

You can learn from your smartphone, as it is available on Android and iOS systems, as well as on a computer through their website. For me it would be very convenient to learn during the waiting time on public transport! You will not be bored or frustrated with Duolingo because it provides you many cartoon characters that encourage you throughout your study time, as well as presents you with tests in an attractive way through exciting games!

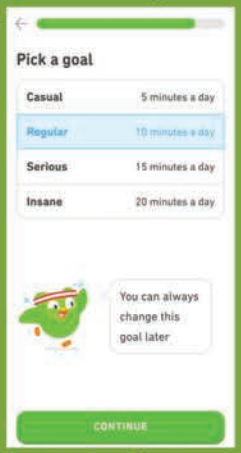
And if you're a teacher, Duolingo gives you an extra cool feature, which is creating a class for your students on the app to track their progress. It also provides a convenient alternative to the TOEFL and IELTS exams, you can take the Duolingo accredited test around the world at an affordable price. The application is also suitable for all ages, as it is not intended for children. I know I won't have time to mention everything in this great app! And I'm really excited to tell you how to use if. And other interesting things you will discover by yourself. So, let's open Duolingo together for the first time:

This will be the application interface, now press "Get Started".

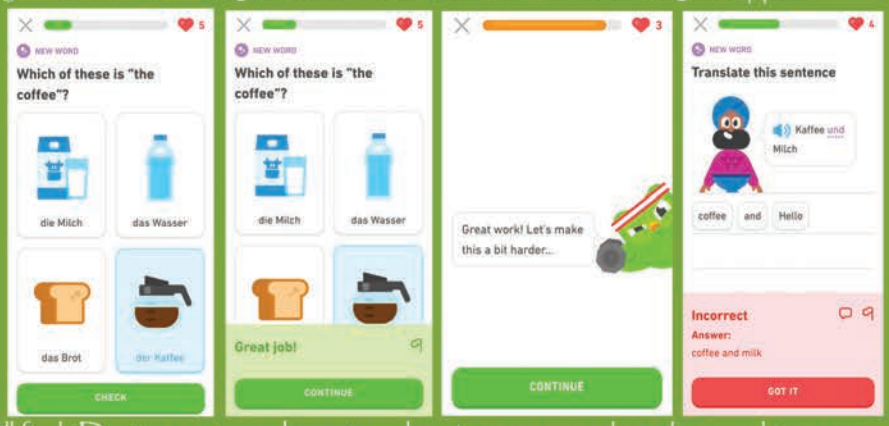


Choose the language you want to learn, I chose German for English speakers.

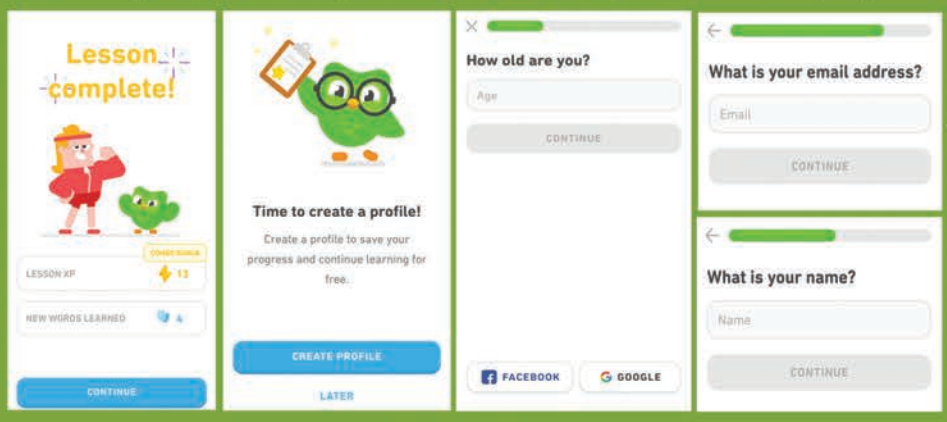
These screens will appear to you in order, regular questions that you can answer according to your convenience.
Then you will have to choose your daily goal
If you want to study every day for 5 minutes, 10 minutes, or something else, choose a goal that works for you, and as Dou tells you, you can always change that goal later.
Then you will choose the level you want to start from, if you choose "Already know some German" you will need to pass a placement test.



If you choose "Learning German for the first time", the following will appear:



He will immediately start teaching you, and whenever you answer correctly, you will find "Dou" or cartoon characters cheering you on and sending you kisses as well.
If your answer is wrong, don't worry! There is no room for frustration in Duolingo, you can always learn from your mistake and try again.
After completing the lesson, you will need to create a profile to save this progress and continue learning.



Enter your age, name, and email, and you're ready to go inside the app!
By the way, there are many more secrets and surprises, and you will undoubtedly be happy to discover them by yourself.
But I will tell you a little secret. You will be able to communicate with other students, and attend events with teachers from all over the world!
The rest is on you! Go hero!

EASY PAPER PLATE WATERMELON CRAFT

MATERIALS:

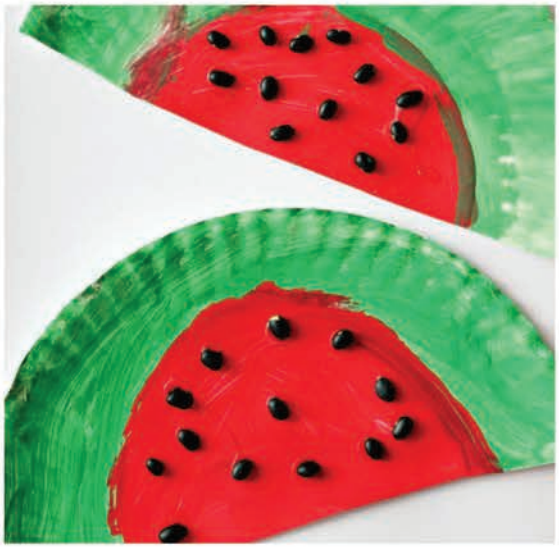
- PAPER PLATE
- RED AND GREEN PAINT
- SMALL BLACK BEANS OR BLACK POM POMS
- CRAFT GLUE
- BRUSHES
- SCISSORS

STEPS:

1- Cut your paper plate in half.
Go ahead and draw a line with pencil where you would stop with the red and start with the green.

2- It doesn't really matter what color you paint first, so you can paint the red or the green section first.

3- and then give your children a cup of black beans and a bottle of craft glue to glue on their beans as their watermelon seeds.



MAKING BUBBLE TOWERS

AN EASY BUBBLE ACTIVITY YOUR KIDS WILL LOVE IT

MATERIALS:

- SMALL PLASTIC CUP
- STRAW
- LARGE COOKIE SHEET
- WATER
- DISH SOAP
- FOOD COLOURING "OPTIONAL"

STEPS:

1- FILL THE SMALL PLASTIC CUP ABOUT HALF FULL.
2- ADD 2 OR 3 DROPS OF LIQUID DISH SOAP AND ONE DROP OF FOOD COLOURING TO THE WATER "JUST FOR FUN".
3- SWIRL IT AROUND WITH THE STRAW UNTIL IT'S MIXED.
4- PLACE THE CUP IN THE MIDDLE OF A COOKIE SHEET TO CONTAIN THE MESS AND LET YOUR KIDS BLOW.
5- JUST MAKE SURE YOU REMIND THEM TO BLOW OUT, NOT SUCK IN.

THE MORE BUBBLES THEY BLEW, THE LARGER THE TOWERS GOT.

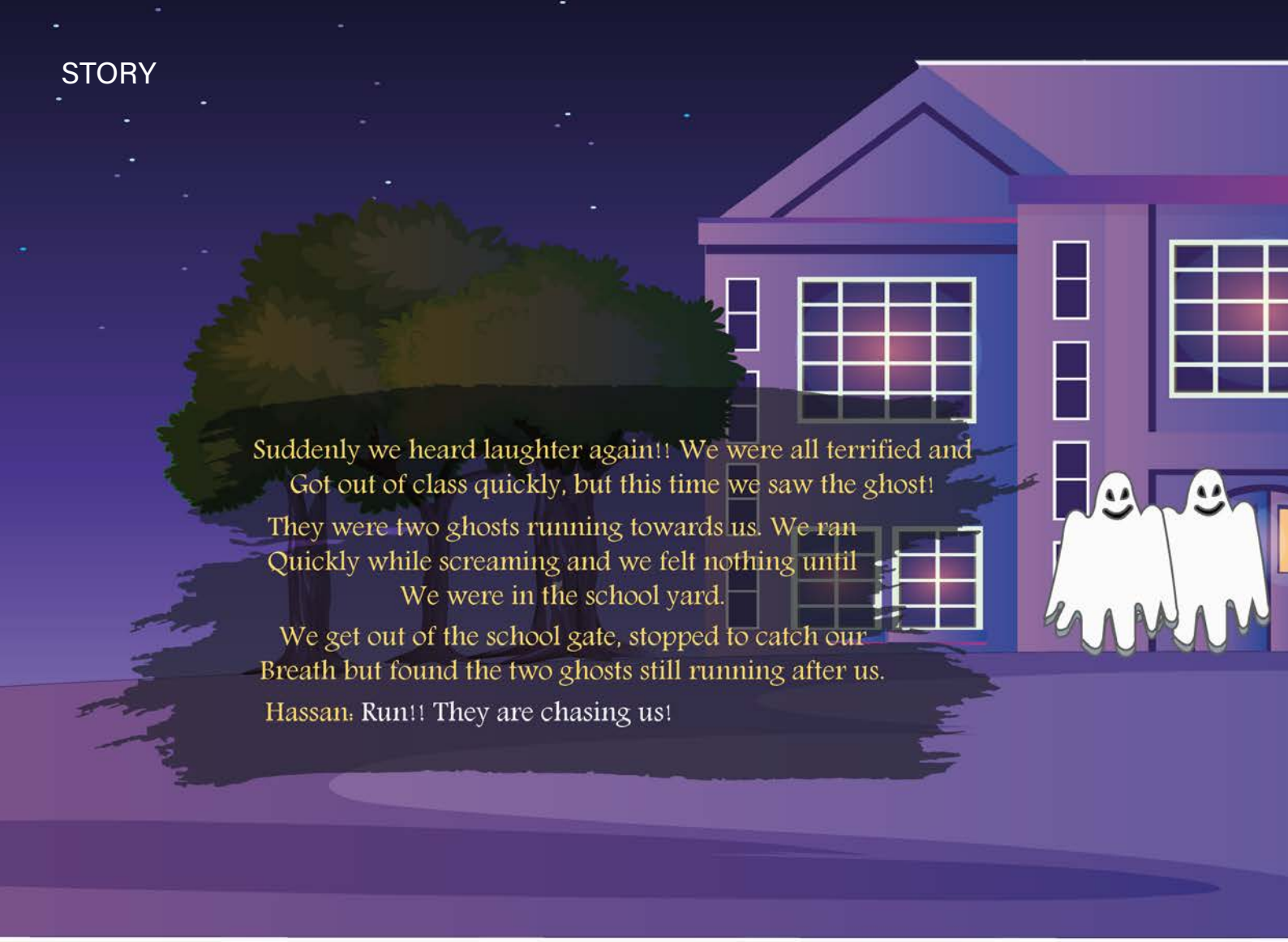
EXCITING NIGHT AT SCHOOL

I was so terrified, but someone had to act.
I quickly looked toward the window, and I knew we saw the
Shadows of two cats, not a ghost
A few seconds later we realized what had happened and
Started laughing.
Salma: Oh GOD, I was going to die of fright.
Anas: Yes! I really believed there were ghosts.

Hassan: I believe in ghosts but I'm glad they were just cats! Eat this chocolate
To calm our nerves a little.
Salma: Thank God they weren't ghosts, especially that the classroom is
Under construction and there is no table to hide behind.
Anas: We have to get out of here quickly, let's take advantage of this calm and
Run towards the school gate.
We opened the classroom door carefully; the corridor was completely empty
And quiet.

Anas: Let's run fast!
I grabbed Salma's hand and we ran quickly to get outside the school.
Salma: Hassaan.. wait! my glasses fell!
We stopped after 3 minutes of running and realized that Salma's Glasses had fallen when I grabbed her hand.
Anas: Gosh...of course you should get us in trouble, Hassan!
Hassan: Shut up, Anas! We'll go back to get the glasses and wait here if you Don't want to come .

We moved carefully until we got to class again, but we found The door closed.
Anas: Why is it closed? I remember we ran and left it open.
We quietly opened the door, we found Salma's glasses And Anas's chocolate on top of the stairs. and Anas's Chocolate was opened!
Anas: What.. what is that? I'm sure I put it on the floor And didn't open it!
Salma: And my glasses fell on the floor! the ghost took Them and put them here!!



Suddenly we heard laughter again!! We were all terrified and Got out of class quickly, but this time we saw the ghost!

They were two ghosts running towards us. We ran Quickly while screaming and we felt nothing until We were in the school yard.

We get out of the school gate, stopped to catch our Breath but found the two ghosts still running after us.

Hassan: Run!! They are chasing us!

In front of the school the two ghosts stood quietly and watched the kids running To their homes.

Ghost: I'm sure that our plan worked. It is impossible for Hassan to think of Going out at night without permission again.

The two ghosts laughed while taking off their white cloth, and surprisingly, they were Saleh and Ibrahim!

Saleh: Your idea of recording the sound of children's laughter and footsteps was Really clever and evil.

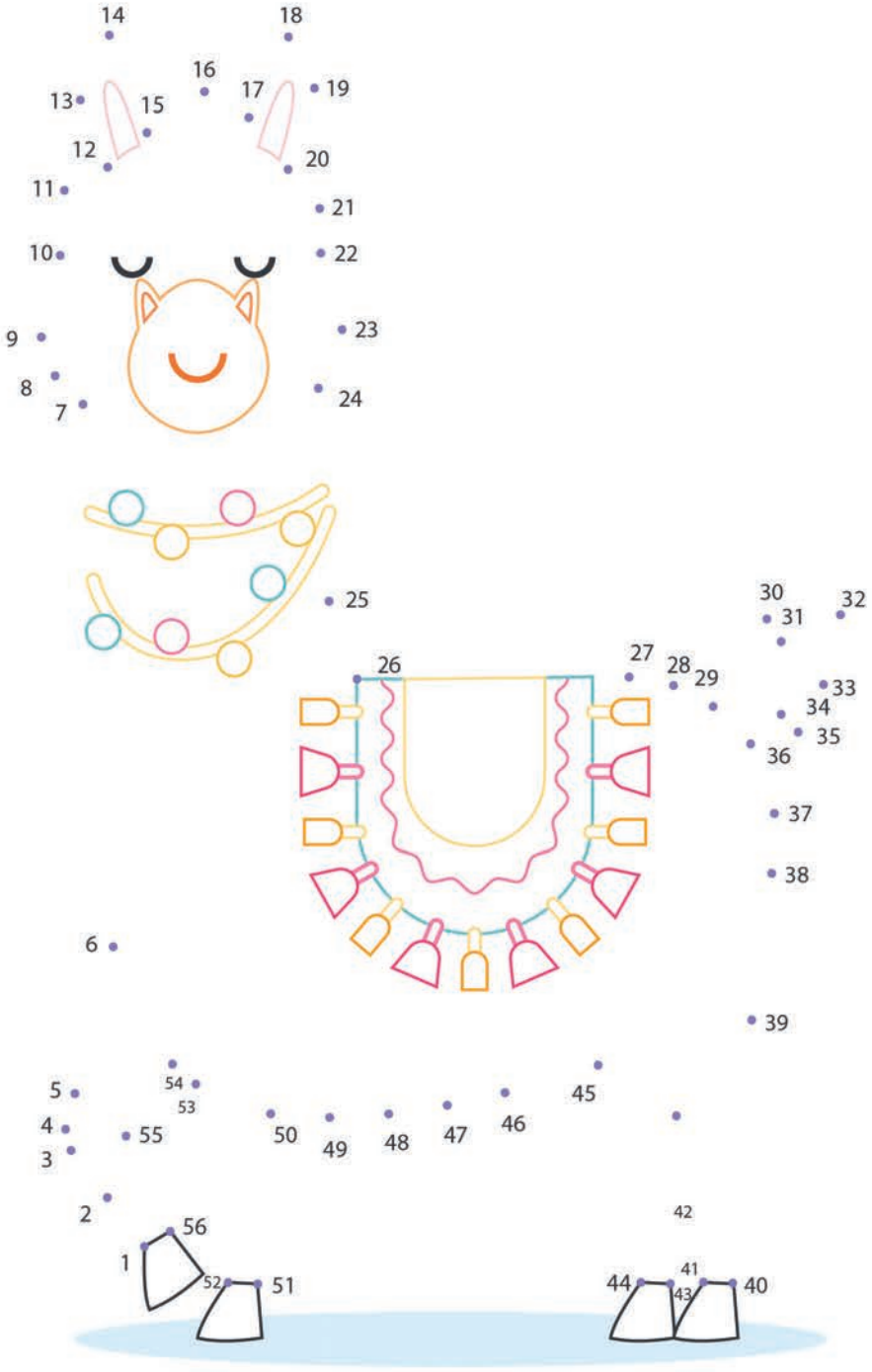
Ibrahim: Hahaha! you were the one who was seriously evil when you put the Glasses on top of the stairs and opened the chocolate!

Saleh: I was really excited about masquerading as ghosts when I heard Hassan Talking to Anas. They learned the lesson, but in the hard way.

Ibrahim: I don't know if we will tell them what we did one day, but they will think of This adventure for the end of their lives.

Saleh and Ibrahim returned home, laughing and reminiscing their Adventures together when they were young.

Dot to dot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