

1. The popularity of Dickens's works in our time remains a global phenomenon. Although he wrote his novels in the 19th century, his works have had a global impact. In addition, these masterpieces helped connect Renaissance drama to the multimedia revolution. Many readers find the characters and themes surprisingly modern.
2. Shakespeare's plays are difficult to understand and sometimes require the reader to struggle or think twice to figure out the character's thoughts. Sometimes the dialogue tends to be emotional without any connection to the context of the story. There are many passages that are a confusing mess of single words and old classical vocabulary.
3. Hamlet is a Renaissance tragedy written by Shakespeare. The play is very long and has plot twists that keep the reader guessing. Dickens had a special interest in the work. He told his daughter to keep an eye on Hamlet. For Dickens' novels, he sometimes created serial editions, with new chapters released monthly, keeping readers eagerly awaiting the next issue.
4. Dickens' legacy is undeniable. His works have been translated and used in over 100 countries and are studied by most schoolchildren in the world. It has even been said that Dickens' legacy belongs not to one era but to all times. It is easy to see that Dickens lives on in society and culture through his language and through his enduring influence on education and the media.
5. Dickens achieved success at a young age. His first novel, *The Pickwick Papers*, was published when he was only 24 and became a bestseller. His success increased throughout the 1840s. He was honored as a member of the Lord Chamber Men – those lucky enough to perform for the Queen of England on many occasions. Alongside his novels and plays, he also published many poems in his own style.
6. As Dickens's reputation grew, the question arose whether to preserve his legacy and make it live on. Dickens himself was always keen to make his mark and to maintain his uniqueness. He even attempted to break the dominance of the popular comedies of the time with a series of dramatic plays.
7. To mark the 400th anniversary of Dickens' death, there will be a number of events to help readers, and especially students, better understand his works. There will be videos detailing the content of each of his works to help people excitedly explore the pinnacle of language and the meaning his works bring to our daily lives.

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1. In recent years, children have become increasingly inactive. While technology often receives blame for this trend, it is not the only factor at play. Urbanization has led to a lack of safe play spaces for kids. Many neighborhoods no longer have parks or playgrounds, forcing children to stay indoors. This combination of screen time and limited physical activity opportunities is contributing to a decline in children's overall fitness and health.
2. Currently, the issue of children not getting enough exercise is worsening, largely due to the time they spend staring at screens. The allure of laptops and smartphones is hard to resist, making it difficult for both parents and children to limit their use. As awareness grows about the importance of physical activity, it is essential for everyone to recognize the seriousness of this problem and work together to find effective solutions that encourage a more active lifestyle.
3. One inspiring example comes from a teacher who implemented a program called the Daily Mile. Each day, students are encouraged to run at least one mile, and this simple idea quickly gained popularity. It has won awards for its effectiveness and has spread to over 3,500 schools in more than 30 countries, thanks to media coverage and positive testimonials. This initiative highlights how even small changes can have a significant impact on promoting physical activity among children.
4. The Daily Mile program not only enhances fitness levels among students but also has surprising benefits for their academic performance. Teachers have reported that students participating in this program are more focused and alert during lessons. Psychologists support this observation, suggesting that a healthy body leads to a healthy mind. The saying "a strong body, a strong mind" appears to hold true, as regular physical activity positively influences students' ability to learn and retain information.
5. The design of our environments can significantly impact how we behave. For instance, workplaces are often designed to enhance productivity, and homes are structured to encourage communication. Similarly, schools can be designed to promote physical activity. By creating spaces that encourage movement, such as open areas for play and exercise, educators can foster more active lifestyle among students, helping to counteract the trend of inactivity.
6. One innovative architect from Japan has designed a kindergarten with a unique approach. The playground is structured like a running track, allowing children to run and play freely. This creative design has proven successful and has even received awards for its impact on children's activity levels. Such thoughtful architectural designs can inspire other schools to rethink how they create environments that promote both learning and physical activity.
7. The Daily Mile initiative and the Japanese architect's playground represent two ends of the economic spectrum. The Daily Mile is a cost-effective program that requires minimal investment, while the architect's design involves significant funding. Local authorities must consider various factors when striving for a balance between promoting physical activity and managing budgets. By exploring both affordable and innovative solutions, communities can create environments that support children's health and well-being.

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**LIVEWORKSHEETS**

1. The custom of drinking coffee has been around for a long time, perhaps as long as 1500 years ago. There were times when drinking coffee was banned in many places. At that time, coffee houses were opened in some places in Egypt and Ethiopia. Later, the custom of drinking coffee spread to Italy and all over Europe. Not long after that, the Dutch introduced coffee to Asia. Later, the habit of drinking coffee became popular all over the world.
2. Coffee was first used in Africa but Europe is known as the largest coffee consuming region in the world. In the 18th century, many people from different professions such as writers, philosophers and politicians used coffee to stay awake during discussions and meetings. Coffee houses became meeting places for people to share ideas and debate hot topics in society. These places made it easy for people to share their intellectual thoughts and played an important role in business and society at that time.
3. Nowadays, many people have the habit of drinking coffee in the morning to wake up, or going to coffee shops in the evening to meet and socialize with each other. Coffee shops are popping up everywhere, providing places for people to relax and talk to each other. Coffee has become a global business, with personal coffee makers even appearing in households. Famous global coffee brands have become giant companies, using their brands and communication strategies to attract millions of coffee lovers around the world.
4. Coffee consumption in Europe accounts for about 90% of global coffee production, making it the largest market in the world. Meanwhile, some other countries in Africa such as Egypt and Ethiopia rely heavily on coffee exports to sustain their economies. However, there is a problem of injustice: workers in these African countries face terrible living and working conditions, with incomes as low as \$1 a day. While wealthy European countries make huge profits from coffee, people in coffee-growing countries do not receive a fair share of their efforts and hard work.
5. To address this injustice, certification schemes for agricultural production have been introduced. If coffee meets certain certification standards, it can be sold at fair prices, preventing growers from having to sell at rock-bottom prices. However, there are problems with this solution. In reality, only about 5% of coffee meets the standards. Many small coffee producers in developing countries are too poor to pay the certification fees, leaving them even further behind in the global coffee market.
6. There is much debate about the effects of coffee on human health. It is true that coffee can help many people stay awake and concentrate. It contains antioxidants, which can help prevent diseases. But while drinking coffee, people often add sugar and milk and these can be harmful to your health. This can easily cause diseases such as diabetes or obesity for those who use it.
7. There is a legend about coffee. In the past, a monk observed that birds became more active and lively when they ate a small fruit. The monk then drank the juice from the fruit and stayed awake praying and talking until late at night. So it can be said that thanks to these birds, people knew about the coffee plant.

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1. In today's modern consumer age, people tend to own more than they used to. A worker only has 5-6 pairs of shoes in his entire life. And he will repair them when they break or wear out, not throw them away. Nowadays, if we have a phone, it is expected that you will use such electronic devices throughout your life.
2. Mrs. Judith Levine – a journalist and her husband decided to change their lifestyle to be as minimalist as possible. They only buy what is absolutely necessary, such as food for work. They do not go to the cinema, cafes, restaurants. As a writer, I can say that she is saving for a purpose of publishing her findings as a book.
3. To make this experiment as realistic as possible, Ms. Levine and her husband decided not to tell anyone, because they knew that once their friends knew about this plan, they would mention the issue of paying for the couple's share when they went out together. Therefore, the couple was determined to keep it a secret from friends, family and strangers.
4. Published in 2006, the book Not Buying It when reread 10 years later still holds its value. They believe that journalist Ms. Levine has the ability to predict future consumer trends. The minimalist lifestyle she mentioned has become a trend today.
5. The couple wanted to buy a gift as a gift. However, that went against their point of not buying unnecessary things. And they decided to make it themselves to have a lower spending level. However, none of them have any aesthetic talent, so they finally decided to give a meaningful and practical gift to the recipient, which is a piece of their jewelry.
6. Ms. Levine does not have an office, which is quite inconvenient when she has to meet partners in a coffee shop. When working alone, she often goes to the public library and finds it very convenient.
7. Lessons about minimalism in today's consumer trends: buy things that are really necessary, switch from driving cars and motorbikes to cycling and walking.

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**LIVEWORKSHEETS**

1. In the early 18th century, London's roads were often muddy, overcrowded, and difficult to travel on. As a result, the River Thames served as the main "highway" through the city. People frequently used water taxis—small boats rowed by trained professionals called watermen—to move around quickly. These water journeys were not only faster but often safer than traveling by road. For many Londoners, taking a boat was the most efficient way to attend work, markets, or social events. The Doggett's race, therefore, celebrates not just rowing skill, but the essential role that watermen played in daily life during that time.
2. The Doggett's Coat and Badge race was established in 1715 by Thomas Doggett, an Irish actor and theatre manager, who became well known in London. According to popular accounts, Doggett once narrowly escaped drowning while traveling on the River Thames. To express his gratitude for the boatman who saved him and to honor the newly crowned King George I, he created this race. It was open to young watermen who had recently completed their apprenticeships, giving them a chance to demonstrate their rowing skills. Over time, this event became not just a tribute to a personal event, but a long-standing tradition that celebrates both history and the craft of rowing on the Thames.
3. The prize awarded to the winner of the Doggett's Coat and Badge race is unlike any ordinary trophy. Instead of money or medals, the champion receives a traditional red coat and a silver badge. These items are deeply symbolic and represent the pride and respect historically associated with watermen. Each piece is custom-made for the winner and presented in a formal ceremony that highlights the cultural importance of the event. The coat reflects 18th-century styles, while the badge often includes royal imagery and references to the Thames. This unique reward continues to connect the modern race with its historical roots and honors the profession's heritage.
4. Although the Doggett's race remains one of the oldest sporting events in the world, some have raised concerns about its future. With modern boats, technology, and shifting interests among younger generations, participation has declined in recent decades. Suggestions have been made to modernize the race to keep it relevant—perhaps by changing the route, updating the boats, or increasing promotion on social media. Others argue that preserving tradition is more important than making it popular. This ongoing discussion reflects broader challenges faced by many traditional events in the modern world: how to honor the past while adapting to the present.
5. Winning the Doggett's Coat and Badge race is not just about rowing fast—it's about gaining respect within a close-knit community. For many, this competition represents an important rite of passage. It is often the first time a newly qualified waterman competes on such a historic stage. Success in the race can lead to recognition, offers from exclusive rowing clubs, and opportunities to participate in ceremonial roles along the Thames. Even those who do not win often benefit from simply being involved. The reputation built through this race can carry weight throughout a rower's career, especially in London's traditional maritime circles.
6. One of the most heartwarming aspects of the Doggett's race is its multi-generational appeal. In several families, competing in the race is a proud tradition passed from one generation to the next. It's not uncommon to hear stories of grandfathers, fathers, and sons all having taken part over the years. Some families even have multiple winners across decades. These personal connections add emotional depth to the event and preserve its history in living memory. For these families, the race is more than a competition—it's a legacy. The bond between relatives strengthens as they share stories, train together, and wear the symbolic red coat with pride.
7. Unlike many modern sports competitions, the Doggett's Coat and Badge race offers no financial reward. The red coat and silver badge have cultural and emotional value, but not monetary. Contestants take part out of pride, tradition, and a deep respect for the waterman's profession. Many dedicate months to training, not for riches but for the honor of winning one of Britain's most historic races. The lack of financial incentive may even enhance the race's prestige, showing that commitment to heritage and community can outweigh commercial interests. In today's world, that kind of motivation stands out as truly admirable.

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1. Some researchers are rethinking the traditional narrative of how Australia was settled. While it is widely believed that the first people arrived via land bridges from Southeast Asia during the Ice Age, new theories suggest otherwise. Alternative histories propose that early humans may have used rudimentary boats to cross from distant shores far earlier than previously estimated. These claims are controversial but are supported by some archaeological findings and oral traditions of Indigenous communities. Such ideas challenge the Eurocentric view of exploration and emphasize the ingenuity of early seafarers long before written records existed.
2. The vast Australian outback and its harsh deserts have long posed a formidable challenge to resettlement and development. For thousands of years, the central areas of the continent were difficult to inhabit due to extreme heat, scarce water sources, and isolation. Even after European arrival, these natural barriers prevented deeper exploration and settlement for decades. Today, the environment still remains an obstacle, limiting infrastructure, agriculture, and population growth in these regions. The Australian landscape, while beautiful and iconic, continues to shape the way communities are formed and connected.
3. Advancements in marine technology have revolutionized our understanding of ancient migration routes to Australia. Underwater sonar mapping and satellite imaging have revealed submerged land masses and potential seafaring paths once used by early humans. Archaeologists are now uncovering tools and fossils deep beneath coastal waters, which provide new insights into how long ago people arrived on the continent. These discoveries would not be possible without modern equipment that allows exploration of areas previously inaccessible. As research continues, scientists hope to fill in many historical gaps that have puzzled historians for centuries.
4. It is now widely believed that the journey to Australia wasn't completed in one go. Instead, early humans likely reached the continent in stages, moving through island chains and coastal areas over generations. This theory is supported by the distribution of artifacts and remains across Southeast Asia and Northern Australia. The idea of gradual migration, rather than a single wave, helps explain the diversity of early populations found on the continent. This step-by-step approach also reflects how ancient peoples adapted to different environments as they moved closer to the Australian mainland.
5. In recent years, new evidence has emerged from both land and sea, prompting scientists to reevaluate earlier assumptions. A set of ancient tools discovered in a Northern Territory cave doesn't match previously known Aboriginal designs, leading some to speculate about earlier migrations or even contact with other civilizations. Additionally, genetic studies hint at complex interactions with now-extinct human species. These findings, while not yet definitive, open the door to exciting discussions and possibilities about Australia's earliest human history.
6. Many of the first explorers to attempt crossing Australia's interior were ill-prepared for the harsh conditions they encountered. Without sufficient knowledge of the land or survival skills in such a hostile environment, numerous expeditions ended in tragedy. The lack of understanding of the Aboriginal methods of finding water, navigating terrain, and managing heat led to avoidable suffering. It wasn't until later that European settlers began to adapt, learning from Indigenous Australians how to travel and survive in such an unfamiliar landscape.
7. Despite the many difficulties, both ancient and modern explorers showed incredible perseverance in reaching and understanding Australia. Whether navigating unknown seas in simple rafts or trekking across searing deserts with limited supplies, their determination pushed the boundaries of what was thought possible. Stories of survival and discovery continue to inspire awe, reminding us of the strength and courage required to explore the unknown. Through the centuries, this spirit of exploration has become a core part of Australian history and identity.

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