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AUDIOSCRIPTS

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RECORDING 1 (152 words)

TikTok is a video-sharing social media platform that has gained global popularity. It was created in 2016 by the Chinese company ByteDance and was originally called Douyin in China. In 2018, TikTok merged with the app Musical.ly and expanded worldwide.

TikTok allows users to create and share short videos with music, special effects, and filters. Many people use it to showcase their dancing, singing, or comedy skills. The platform's algorithm suggests videos based on user preferences, making it easy to discover new content.

TikTok has influenced music, fashion, and even education, as users create informative videos about history, science, and languages. Many businesses and influencers use TikTok for marketing and brand promotion. However, concerns about data privacy and screen time addiction have led some countries to regulate or ban the app.

Despite these issues, TikTok remains one of the fastest-growing social media platforms, attracting millions of users worldwide and shaping digital entertainment.

RECORDING 2 (153 words)

The Great Barrier Reef is the largest coral reef system in the world. It is located off the coast of Australia and stretches over 2,300 kilometers. The reef is made up of thousands of individual coral reefs and islands, creating an incredible underwater ecosystem.

The reef is home to a wide variety of marine life, including sea turtles, sharks, and colorful fish. Snorkeling and scuba diving are popular activities, allowing visitors to see the beautiful coral formations up close. The Great Barrier Reef is also an important area for scientific research, as it helps scientists learn more about ocean life and climate change.

However, the reef faces serious threats. Rising ocean temperatures, pollution, and overfishing are damaging the coral and endangering marine species. Many conservation programs aim to protect this natural wonder for future generations. Despite these challenges, the Great Barrier Reef remains one of the most

brehtaking and unique places on Earth.

RECORDING 3 (154 words)

Learning languages is an important skill that can open many doors in life. People who know more than one language can communicate with others from different cultures, making travel and work easier.

English is the most widely spoken language in the world, and many international businesses use it. However, other languages like Spanish, French, and Chinese are also important. Speaking multiple languages can help people find jobs in translation, tourism, and international relations.

In addition to career benefits, learning a new language improves memory, problem-solving skills, and creativity. Studies show that bilingual people often think more flexibly and solve problems more efficiently.

Some schools and universities offer special language programs that allow students to study abroad. This experience helps students practice their language skills while learning about different cultures.

Overall, learning languages is a valuable skill that benefits people both personally and professionally. It helps people connect with others and understand the world better.

RECORDING 4 (154 words)

Mount Everest is the highest mountain in the world. It is located in the Himalayas, on the border between Nepal and Tibet. It reaches a height of 8,848 meters above sea level. Every year, thousands of climbers from around the world attempt to reach its summit, but only a few succeed.

Climbing Everest is extremely difficult because of the cold weather, strong winds, and low oxygen levels. Most climbers use oxygen tanks to help them breathe at high altitudes. The first confirmed people to reach the summit were Sir Edmund Hillary from New Zealand and Tenzing Norgay from Nepal in 1953.

There are two main routes to the top, one from Nepal and one from Tibet. Many climbers hire Sherpas, who are experienced mountain guides, to help them on their journey. Although

climbing Everest is dangerous, it remains one of the greatest challenges for adventurers. Today, it is a symbol of courage and determination.

RECORDING 5 (154 words)

Skiing is a winter sport that involves gliding over snow using special skis. It is one of the most popular activities in snowy regions and has been practiced for thousands of years. There are different types of skiing, including alpine skiing, cross-country skiing, and freestyle skiing.

Alpine skiing, also called downhill skiing, is the most common. Skiers race down snowy mountains at high speeds. Cross-country skiing is different because it involves skiing on flat or hilly terrain for long distances. Freestyle skiing includes exciting jumps and tricks.

Skiing became an Olympic sport in 1936, and today, it is watched by millions of fans. Countries like Norway, Austria, and Canada have some of the best skiers in the world. Many ski resorts around the world offer lessons and slopes for people of all skill levels. Whether for sport or recreation, skiing is an exciting way to enjoy the winter season and explore beautiful snow-covered mountains.

RECORDING 6 (154 words)

Video games are a popular form of entertainment for teenagers. Many teens play games on their computers, consoles, or smartphones. Some enjoy action games, while others like sports, puzzles, or role-playing games. Playing video games can be fun and even improve problem-solving skills. However, too much gaming can also lead to problems.

When teenagers spend hours playing video games, they may not have time for schoolwork, exercise, or family activities. Some games are very addictive, making it hard to stop playing. Playing for too long can also cause health issues, such as eye strain and lack of sleep.

However, video games are not all bad. Some games help players learn new things, improve their reflexes, and work as a team. Many teenagers also enjoy playing online with their friends, which can help them stay connected. The best way to enjoy video games is to play

them in moderation and balance gaming with other activities.

RECORDING 7 (155 words)

The Amazon Rainforest is the largest rainforest in the world. It is located in South America and covers parts of nine countries, including Brazil, Peru, and Colombia. The rainforest is home to more than three million species of plants and animals, making it one of the most diverse ecosystems on Earth.

The Amazon River, the second-longest river in the world, flows through the rainforest. The river provides water and food for many animals, such as jaguars, anacondas, and pink dolphins. The rainforest also plays a crucial role in producing oxygen, earning it the nickname "the lungs of the Earth."

Unfortunately, deforestation is a major threat to the Amazon. Trees are cut down for farming, mining, and construction, which destroys habitats and contributes to climate change. Many environmental organizations are working to protect the rainforest and its wildlife. Despite these challenges, the Amazon remains one of the most important and fascinating natural wonders on the planet.

RECORDING 8 (155 words)

The Colosseum in Rome is one of the most famous ancient structures in the world. It was built between 70 and 80 AD during the rule of Emperor Vespasian. This large amphitheater could hold around 50,000 spectators and was mainly used for gladiator fights and public entertainment.

The Colosseum was designed with advanced engineering techniques. It had a complex system of underground tunnels where animals and fighters waited before entering the arena. The structure also had multiple levels of seating, organized according to social class. Over time, parts of the Colosseum were damaged due to earthquakes and natural disasters, but much of it remains standing today.

Today, the Colosseum is one of the most visited sites in Italy. Tourists from around the world come to see its grand architecture and learn about its history. It is also a UNESCO World

Heritage Site, and efforts are being made to protect and restore it for future generations.

RECORDING 9 (155 words)

Stress is a common problem in today's fast-paced world. People feel stressed because of work, school, or personal responsibilities. While stress is a normal part of life, too much of it can be harmful. It can cause headaches, trouble sleeping, and even serious health problems.

One way to reduce stress is through relaxation techniques. Activities like deep breathing, yoga, or meditation can help calm the mind. Exercise is also a great way to relieve stress, as it releases hormones that make people feel better. Spending time with family and friends, reading a book, or listening to music can also help reduce stress levels.

Another important factor in managing stress is time management. Planning ahead and setting realistic goals can prevent last-minute pressure. Taking short breaks during work or study sessions can also improve focus and reduce mental exhaustion. By practicing these habits, people can maintain a balanced and healthy lifestyle while keeping stress under control.

RECORDING 10 (156 words)

The Mariana Trench is the deepest part of the ocean. It is located in the Pacific Ocean, east of the Philippines. The trench is over 36,000 feet (11,000 meters) deep, which means it is deeper than Mount Everest is tall! The deepest point of the trench is called Challenger Deep. The conditions in the Mariana Trench are extreme. The water pressure is about 1,000 times greater than at sea level, making it difficult for most creatures to survive. However, some unique marine animals, such as deep-sea fish and giant amoebas, have adapted to these harsh conditions.

In 1960, two explorers, Jacques Piccard and Don Walsh, became the first humans to reach the bottom of the trench in a special submarine called the Trieste. Since then, a few other missions have explored the trench, including filmmaker James Cameron's solo dive in 2012. Studying the Mariana Trench helps scientists learn more about the mysteries

of the deep sea.

RECORDING 11 (156 words)

Sofia Martinez is a young violinist from Argentina. She started playing the violin when she was five years old. Her parents loved music, so they encouraged her to take lessons. By the age of 10, she had already performed in concerts in her city.

Now, at 15, Sofia is considered one of the most talented young violinists in South America. She has played in orchestras and won music competitions. 'I love performing on stage,' she says. 'Music makes me feel free.'

Sofia's biggest dream is to play in a world-famous orchestra. She practices for hours every day and also takes lessons with professional musicians. Although she enjoys classical music, she also plays modern songs and even creates her own compositions.

When she is not practicing, Sofia enjoys drawing and reading fantasy books. She also likes spending time with her friends. In the future, she hopes to travel the world and share her music with people everywhere.

RECORDING 12 (156 words)

Twitter is a social media platform where users post short messages called tweets. It was founded in 2006 by Jack Dorsey, Noah Glass, Biz Stone, and Evan Williams. At first, tweets were limited to 140 characters, but in 2017, the limit increased to 280 characters.

Twitter quickly became a major platform for news, discussions, and social movements. Many celebrities, politicians, and journalists use Twitter to share opinions and updates. The platform also allows users to follow topics, trends, and hashtags to see what people are talking about worldwide.

Businesses and organizations use Twitter for marketing and customer support. However, Twitter has also faced criticism for misinformation and online harassment. Despite these challenges, Twitter remains one of the most influential social media platforms. In 2022, Elon Musk bought Twitter and introduced many changes, including a subscription service and new policies.

Twitter continues to shape public conversations, making it an important tool for communication in the digital age.

RECORDING 13 (156 words)

Facebook is one of the most popular social media platforms in the world. It was created by Mark Zuckerberg and his college friends in 2004 while they were studying at Harvard University. At first, Facebook was only available to students at Harvard, but it quickly expanded to other universities and then to the public. Today, Facebook has more than two billion users worldwide.

Facebook has changed the way people communicate. Users can create personal profiles, share photos and videos, send messages, and join groups. Many people use Facebook to stay in touch with family and friends, even if they live in different countries. Businesses also use Facebook to promote their products and services, reaching customers from all over the world.

Over the years, Facebook has introduced new features, such as live streaming, online marketplaces, and virtual reality experiences. Despite some concerns about privacy and misinformation, Facebook remains one of the most influential platforms in modern communication.

RECORDING 14 (156 words)

The Sports Academy is a training center where children and teenagers can develop their athletic abilities. It offers classes for beginners as well as competitive athletes. Students can choose from a variety of sports, including basketball, tennis, and swimming. If they prefer team sports, they can join the soccer or volleyball program.

The academy focuses on building strength, endurance, and teamwork. Coaches guide students through structured training sessions that improve their techniques and skills. Physical fitness is important, but students also learn discipline, perseverance, and the value of teamwork. Many former students have gone on to compete in national and international sports events.

At the end of each training season, the academy organizes a tournament where students compete and celebrate their progress. These events bring excitement and motivation to young athletes. Families and friends come to watch and support them. The academy continues to shape future athletes, helping them achieve success in sports and in life.

RECORDING 15 (156 words)

Emperor penguins are the largest of all penguin species. They live in Antarctica, where temperatures can drop below -50°C. Their thick feathers and layers of fat help them stay warm in the extreme cold. Emperor penguins are excellent swimmers and can dive deep into the ocean to hunt fish, squid, and krill. They can stay underwater for up to 20 minutes.

Emperor penguins live in large groups and take care of their young together. The male penguins keep their eggs warm while the females go to the ocean to find food. The eggs take about two months to hatch, and when the chicks are born, both parents work to feed them. Climate change is a major threat to emperor penguins. The ice where they live is melting, making it harder for them to find food. Scientists are studying them to understand how they survive in such extreme conditions. Protecting Antarctica's environment is important for their survival.

RECORDING 16 (156 words)

Komodo dragons live in Indonesia, mainly on Komodo Island and nearby islands. They are the largest lizards in the world, growing up to 3 meters long and weighing more than 70 kilograms. These reptiles have strong legs, sharp teeth, and a powerful bite. They have a great sense of smell, which helps them find food. Komodo dragons hunt animals like deer, pigs, and even water buffalo. They are also scavengers, meaning they eat dead animals.

Komodo dragons are very fast and can run up to 20 kilometers per hour. They usually live alone and defend their territory. They are also good swimmers and can travel between islands in search of food. Unfortunately, their population is decreasing due to habitat

destruction and hunting. Scientists are studying them to learn more about their behavior. Conservation groups are working to protect them by creating safe areas and preventing hunting. These efforts help ensure that Komodo dragons do not disappear.

RECORDING 17 (157 words)

Bees are small insects, but they play a huge role in nature. They help pollinate plants, which means they transfer pollen from one flower to another. This process allows plants to grow fruits, vegetables, and seeds. Without bees, many plants would not be able to produce food. There are over 20,000 species of bees, but the most well-known is the honeybee. Honeybees live in groups called colonies, and each colony has a queen bee, worker bees, and drone bees. The worker bees collect nectar from flowers and bring it back to the hive to make honey. Honey is not only food for bees but also enjoyed by humans.

Unfortunately, bee populations are declining due to pollution, habitat loss, and pesticides. Scientists and farmers are working to protect bees by planting more flowers and reducing harmful chemicals. Without bees, the world would have fewer crops and less biodiversity. Protecting bees is important for the environment and food production.

RECORDING 18 (157 words)

Ibtihaj Muhammad is an American fencer who made history at the 2016 Rio Olympics. She was the first Muslim American woman to compete for the U.S. while wearing a hijab. Born in 1985 in New Jersey, she started fencing as a child and quickly became one of the best in the sport.

In Rio, Muhammad won a bronze medal with her team, making her an Olympic champion. Her success showed that athletes from all backgrounds can achieve their dreams. She has spoken about the importance of diversity and inclusion in sports.

After the Olympics, Muhammad continued to inspire others. She wrote a book about her journey and even had a Barbie doll made in her honor. She encourages young girls, especially

Muslim girls, to follow their dreams and break barriers.

Muhammad's achievements go beyond sports. She promotes education, confidence, and opportunities for young athletes. Her story reminds people that hard work and perseverance can lead to success.

RECORDING 19 (157 words)

At school and university, students can choose from a variety of subjects based on their interests. Science subjects like physics, chemistry, and biology help students understand the natural world. They are important for careers in medicine, engineering, and research.

Mathematics is another essential subject that is useful in many fields, including finance, economics, and technology. People who study mathematics often develop strong problem-solving skills.

Humanities subjects, such as history, literature, and philosophy, allow students to explore past events, analyze ideas, and improve critical thinking. These subjects are important for careers in law, education, and journalism.

For students who enjoy creativity, subjects like art, music, and drama provide opportunities to express ideas in different ways. Many people who study these subjects go on to work in design, film, or the entertainment industry.

Each subject plays a role in shaping knowledge and developing important skills. Choosing the right subject can help students prepare for future careers and personal growth.

RECORDING 20 (157 words)

Ice skating is a sport that combines grace, speed, and balance. Skaters wear special boots with metal blades that allow them to glide smoothly on ice. There are different types of ice skating, including figure skating, speed skating, and ice hockey.

Figure skating is one of the most elegant winter sports. Skaters perform jumps, spins, and artistic moves to music. It has been part of the Olympic Games since 1908. Speed skating is different because it focuses on racing, with skaters competing to finish the fastest. Ice hockey, on the other hand, is a fast-paced

team sport where players use sticks to hit a puck into the opponent's goal.

Ice skating requires skill and practice. Many skaters start training as children and spend years improving their techniques. Famous skaters like Yuzuru Hanyu and Michelle Kwan have won medals and inspired new generations. Whether for competition or fun, ice skating remains one of the most exciting winter activities.

RECORDING 21 (157 words)

Teddy bears are one of the most popular toys in the world. The story of the teddy bear begins in the early 1900s. It is said that the toy was named after U.S. President Theodore Roosevelt.

In 1902, Roosevelt was on a hunting trip when he refused to shoot a bear. A cartoon about this event appeared in newspapers, and soon, toy makers began creating soft bears and calling them "teddy bears." The idea became popular in both the United States and Europe. Over the years, teddy bears have changed in design and material. Early teddy bears were made of fabric and stuffed with straw, but modern ones are soft and fluffy. Today, teddy bears are more than just toys; they are gifts, collector's items, and even symbols of comfort. Many people still keep their childhood teddy bears as special memories.

Teddy bear museums exist in many countries, showing the history and development of this beloved toy.

RECORDING 22 (157 words)

Teenagers need about 8 to 10 hours of sleep every night, but many do not get enough rest. Some stay up late watching videos, chatting with friends, or playing video games. Others have busy school schedules and lots of homework, making it hard to sleep early. As a result, many teenagers feel tired during the day.

Lack of sleep can cause many problems. Tired students find it difficult to focus in class, which affects their grades. Sleep-deprived teenagers may also feel moody, stressed, or even depressed. Studies show that not getting

enough sleep can also weaken the immune system, making it easier to get sick.

To improve sleep habits, teenagers should try to go to bed at the same time every night and avoid using phones or computers before sleeping. A quiet, dark, and comfortable bedroom can also help. Getting enough rest is important for health, mood, and school performance, so teenagers should make sleep a priority.

RECORDING 23 (157 words)

Regular physical activity is necessary for a healthy lifestyle. Many people spend hours sitting at desks, watching TV, or using their phones. This lack of movement can cause weight gain, poor posture, and low energy levels. However, making time for exercise can greatly improve both physical and mental health.

Exercise helps strengthen muscles, improve heart health, and increase flexibility. It also releases endorphins, chemicals in the brain that make people feel happier and reduce stress. People who exercise regularly often sleep better and have more energy throughout the day.

There are many ways to stay active. Walking, jogging, swimming, and cycling are great forms of exercise. Some people prefer group activities like playing sports, dancing, or joining fitness classes. Even small changes, such as taking the stairs instead of the elevator or walking instead of driving short distances, can help. Staying active every day is one of the best ways to maintain a strong and healthy body.

RECORDING 24 (158 words)

Hairstyles have changed throughout history, reflecting culture, fashion, and personal identity. In ancient times, people used natural oils and plant extracts to care for and style their hair. In Ancient Egypt, both men and women shaved their heads and wore wigs to stay cool and maintain hygiene. These wigs were often decorated with beads and gold ornaments. During the Middle Ages, European women grew their hair long and covered it with veils

or headpieces, while men kept their hair short for hygiene. In the 18th century, wigs became a major fashion trend, especially in France. Wealthy people wore large, powdered wigs, often decorated with curls and ribbons.

By the 20th century, hairstyles became more practical. Women cut their hair short in the 1920s, while men used gel to style their hair neatly. Today, people experiment with different styles, from brightly dyed hair to natural curls and braids. Hairstyles continue to evolve with changing fashion trends and individual preferences.

RECORDING 25 (159 words)

School uniforms have been used for a long time. In some countries, they have been a tradition for centuries. The first recorded use of school uniforms was in England in the 16th century. Back then, students wore long coats, knee-length socks, and hats. These uniforms made students look formal and disciplined.

In the 19th and early 20th centuries, many schools around the world introduced uniforms. Boys often wore blazers and trousers, while girls wore dresses with pinafores. The colors of the uniforms often represented the school's identity. Wearing a uniform made all students look the same, regardless of their background. Today, school uniforms are still common in many places. Some people think they create discipline and unity, while others believe students should wear what they like. In some countries, schools have stopped using uniforms, but in others, they remain a tradition. The debate over school uniforms continues, but they remain an important part of school culture in many places.

RECORDING 26 (159 words)

Usain Bolt is a Jamaican sprinter who is known as the fastest man in the world. He was born in 1986 and started running at a young age. His speed and talent quickly made him one of the best athletes in history.

At the 2008 Beijing Olympics, Bolt won three gold medals, setting world records in the 100m and 200m races. He repeated this success at the 2012 London Olympics and the 2016 Rio

Olympics, winning a total of eight Olympic gold medals in his career.

Bolt became famous not only for his speed but also for his fun personality. He often celebrated before crossing the finish line, making races exciting for fans. His signature move, the "Lightning Bolt," became popular worldwide. Even after retiring in 2017, Bolt remains an inspiration. He encourages young athletes to dream big and work hard. His legacy in athletics continues, as his records still stand, and his influence on the sport remains strong.

RECORDING 27 (159 words)

Instagram is one of the most popular social media platforms in the world. It was launched in 2010 by Kevin Systrom and Mike Krieger. Unlike other social media sites, Instagram focuses on sharing photos and videos. Users can upload images, edit them with filters, and share them with their followers.

In 2012, Facebook bought Instagram, making it part of its growing social media network. Since then, Instagram has introduced many features, such as Stories, Reels, and IGTV, allowing users to share content in different ways. Businesses also use Instagram to advertise products and connect with customers.

Instagram has become an important platform for influencers, who share content with millions of followers. People use it to stay updated on trends, fashion, and entertainment. While Instagram helps people stay connected, it has also raised concerns about online privacy and the effects of social media on mental health. Despite this, it remains one of the most widely used apps in the world.

RECORDING 28 (159 words)

The Sahara Desert is the largest hot desert in the world. It covers most of North Africa, stretching across 11 countries, including Egypt, Algeria, and Sudan. The desert is known for its vast sand dunes, rocky plateaus, and extreme temperatures.

During the day, temperatures can reach over 50°C, while at night, they can drop below freezing. Despite the harsh conditions, some animals and plants have adapted to survive in

the desert. Camels, for example, can go for long periods without water, and certain plants store moisture in their leaves.

The Sahara has been home to various civilizations throughout history. Ancient Egyptians, Berbers, and other groups lived in oases, where water was available. Today, the desert is an important trade route, and many tourists visit to explore its unique landscapes. Scientists also study the Sahara to understand climate change and desertification. Even though it is one of the driest places on Earth, the Sahara remains a fascinating and mysterious region.

RECORDING 29 (159 words)

Niagara Falls is one of the most famous waterfalls in the world. It is located on the border between the United States and Canada. The falls are made up of three separate waterfalls: Horseshoe Falls, American Falls, and Bridal Veil Falls. The water comes from the Niagara River and flows into Lake Ontario. Niagara Falls is a major tourist attraction, drawing millions of visitors each year. People come to see the powerful waterfalls, take boat tours, and visit observation decks for stunning views. The falls are especially beautiful at night when they are illuminated with colorful lights. The waterfalls also provide hydroelectric power to both the United States and Canada. Engineers have built power stations to use the force of the water to generate electricity. Although erosion is slowly changing the shape of the falls, conservation efforts are helping to protect this natural wonder. Niagara Falls remains one of the most impressive and visited natural sites in the world.

RECORDING 30 (159 words)

The Cooking School is a place where people of all ages can learn to prepare delicious meals. It offers classes for beginners as well as those with experience in the kitchen. Students can choose from a variety of cuisines, including Italian, French, and Asian dishes. If they prefer baking, they can learn to make cakes, bread, and pastries.

The school teaches both basic and advanced

cooking techniques. Instructors focus on flavor combinations, presentation, and nutrition. Students also learn about the history of different cuisines and traditional cooking methods. The chefs believe that cooking is meaningful because it brings people together and encourages creativity.

At the end of each course, the school hosts a tasting event where students prepare dishes for their families and friends. These events allow students to showcase their skills and receive feedback. Many students continue to develop their passion for cooking, opening restaurants or becoming professional chefs. The Cooking School continues to inspire future culinary artists.

RECORDING 31 (159 words)

The Dance Studio is a place where young dancers can learn different styles of movement. It offers classes for all skill levels, from beginners to advanced performers. Students can choose from a variety of dance styles, including ballet, hip-hop, and jazz. If they prefer Latin dance, they can learn salsa, tango, or flamenco.

The studio believes that dancing is a great way to stay fit and express emotions. The teachers focus on technique, rhythm, and coordination while encouraging students to enjoy the music. Regular rehearsals help students improve their confidence and stage presence. The studio also hosts workshops with professional dancers who share their experience and knowledge.

At the end of each program, there is a live performance where students showcase their skills. Parents and friends attend these events to support the dancers. Many students continue dancing beyond the studio, joining competitions or becoming professional performers. The Dance Studio remains a place of creativity, discipline, and passion for movement.

RECORDING 32 (159 words)

Electricity is one of the most important inventions in history. It powers our homes, businesses, and cities. Without it, many of the things we use every day, such as lights, refrigerators, and computers, would not work. Most people in the world have electricity, but some remote

areas still live without it.

In some places, people rely on natural light during the day and candles or oil lamps at night. Instead of using electric stoves, they cook with wood or gas. Life without electricity is difficult, but it also has benefits. People who live this way often spend more time outdoors and with their families. They are not distracted by screens and social media.

However, there are also challenges. Without electricity, it is harder to store food, keep homes warm, and access medical care. Many organizations are working to bring electricity to rural areas to improve people's lives. Still, some people prefer a simple life without the modern world's distractions.

RECORDING 33 (160 words)

Packing for a trip is an important part of travel preparation. Travelers need to bring the right items based on their destination and the activities they plan to do. Making a packing list helps to avoid forgetting important things.

For short trips, a small suitcase or backpack is enough. If traveling for a long time, a larger suitcase is necessary. Clothes should be chosen based on the weather. Warm clothing is needed for cold places, while light and breathable clothes are better for warm destinations.

In addition to clothes, travelers should pack toiletries, a phone charger, and travel documents such as a passport and tickets. A first-aid kit with basic medicines can also be useful. Keeping liquids in small containers and following airline baggage rules is important.

Packing efficiently saves space and makes travel easier. Rolling clothes instead of folding them can help fit more items in a suitcase. With good planning, travelers can have a smooth and enjoyable trip.

RECORDING 34 (160 words)

Airports are busy places where people take flights to different destinations. They have check-in counters, security checkpoints, waiting areas, and duty-free shops. Passengers must arrive early to check in their luggage, get their boarding pass, and go through security before their flight.

Inside the airport, travelers can find restaurants, cafes, and shops. Many airports also offer lounges where passengers can relax before boarding. Flights are announced on large screens, and passengers should listen for updates about their departure gate and boarding time.

Before getting on a plane, passengers must go through immigration if they are traveling internationally. Once on board, flight attendants help with seating, serve food and drinks, and ensure safety during the flight. Passengers should follow safety instructions and fasten their seatbelts when required.

After landing, travelers go through passport control, collect their luggage, and leave the airport. Air travel is one of the fastest ways to reach distant places, making it a popular choice for travelers worldwide.

RECORDING 35 (160 words)

YouTube is the largest video-sharing platform in the world. It was launched in 2005 by three former PayPal employees: Steve Chen, Chad Hurley, and Jawed Karim. The first-ever YouTube video, called "Me at the Zoo," was uploaded in April 2005.

In 2006, Google bought YouTube, turning it into a major online platform. Today, people use YouTube to watch educational content, music videos, news, and entertainment. Many creators upload videos to share knowledge, skills, or personal experiences. Some YouTubers have become famous and even earn money through advertisements and sponsorships.

YouTube has also introduced features like live streaming, YouTube Shorts, and premium subscriptions. Businesses use YouTube to promote products, while teachers and students use it for learning. However, the platform has faced challenges, such as copyright issues and concerns about inappropriate content.

Despite these challenges, YouTube continues to grow and remains one of the most visited websites in the world. It has changed the way people create and consume video content.

RECORDING 36 (160 words)

Tennis is a fast and exciting sport played by millions of people worldwide. It is played on a rectangular court with a net in the middle. Players use a racket to hit the ball over the net, trying to score points by making the ball land in the opponent's side. Tennis can be played as singles (one player against another) or doubles (two players on each side).

The origins of tennis go back to the 12th century in France, but modern tennis was developed in England in the 19th century. Today, it is one of the most-watched sports, with major tournaments such as Wimbledon, the US Open, the French Open, and the Australian Open.

Professional tennis players train for years to improve their strength, speed, and accuracy. Famous players like Roger Federer, Serena Williams, and Rafael Nadal have made history with their incredible performances. Whether played for fun or competition, tennis remains one of the most challenging and rewarding sports.

RECORDING 37 (160 words)

The Language Center is a school where students can learn new languages in a fun and interactive way. It offers courses for beginners as well as advanced learners. Students can choose from a variety of languages, including Spanish, French, and Japanese. If they prefer business communication, they can take special courses for professionals.

The classes focus on grammar, vocabulary, and pronunciation, but students also practice speaking and listening through group activities. Teachers use interactive methods such as storytelling, role-playing, and multimedia lessons to make learning more enjoyable. The instructors believe language learning is valuable because it connects people from different cultures and opens new opportunities.

At the end of each course, the school organizes a language presentation where students demonstrate their progress. Families and friends are invited to watch students perform in their new language. Many students use their language skills for travel, work, or further

studies. The Language Center continues to help people become confident communicators in different languages.

RECORDING 38 (160 words)

Having a pet at home can be a wonderful experience for children. It teaches them responsibility, kindness, and empathy. Taking care of a pet means feeding it, ensuring it has a clean space, and giving it love and attention. These small tasks help children learn about commitment and patience.

Pets also provide emotional support. When children feel sad or stressed, they often turn to their pets for comfort. Studies show that having a pet can reduce anxiety and improve a child's overall mood. The bond between a child and a pet can be very strong, as pets never judge and always listen.

In addition to emotional benefits, pets help children stay active. Playing with a dog, walking it outside, or even chasing a cat around the house encourages physical activity. This is important, especially in today's world where many children spend hours in front of screens. Having a pet helps them stay engaged and connected to the world around them.

RECORDING 39 (161 words)

Parachutes have been used for hundreds of years to help people and objects land safely from high places. The idea of parachutes dates back to Leonardo da Vinci, who sketched an early parachute design in the 15th century. However, the first successful parachute jump happened in 1797 when Andre-Jacques Garnerin, a French inventor, jumped from a hot air balloon using a fabric parachute.

Parachutes work by creating air resistance, which slows down the speed of a falling object. They come in different shapes and sizes, depending on their purpose. Some parachutes are round and designed for safety, while others, like those used in skydiving, are rectangular and allow more control.

Today, parachutes are used in various fields, including the military, space exploration, and sports. Soldiers use them to land safely from aircraft, astronauts rely on parachutes to

return to Earth, and skydivers enjoy the thrill of jumping from planes. Over time, parachute technology has improved, making them safer and more efficient.

RECORDING 40 (161 words)

Train travel is a popular and comfortable way to explore different places. Many people prefer trains because they are spacious, have large windows, and allow passengers to move around easily. Some trains even have dining cars where travelers can buy food and drinks. Before taking a train, passengers need to buy tickets. Some countries have high-speed trains that travel very fast, making long journeys shorter. Other trains are slower and stop at many stations along the way. Some overnight trains have sleeping compartments, allowing passengers to rest during long trips.

At train stations, travelers can find waiting areas, ticket counters, and shops. Announcements inform passengers about train schedules, delays, and platform numbers. It is important to be at the platform on time, as trains do not wait for late passengers.

Train travel offers scenic views of landscapes, mountains, and cities. It is a relaxing and convenient way to travel, especially for those who do not like flying or driving long distances

RECORDING 41 (161 words)

Gymnastics is a sport that requires strength, flexibility, and balance. It is one of the oldest Olympic sports and has been practiced for centuries. Gymnasts perform routines on different apparatus such as the balance beam, uneven bars, rings, and vault. Each event requires skill, control, and precise movements. The origins of gymnastics go back to ancient Greece, where it was used to train soldiers. Modern gymnastics was developed in the 19th century and became part of the Olympic Games in 1896. Since then, it has grown in popularity, with international competitions held every year.

Many gymnasts start training at a young age. They practice for hours each day to improve their strength, flexibility, and technique. Famous gymnasts like Simone Biles and

Nadia Comaneci have amazed audiences with their incredible performances. Gymnastics is not only a competitive sport but also a great way to develop coordination and discipline. Whether performed in competitions or for fun, it remains a beautiful and inspiring sport.

RECORDING 42 (161 words)

Football, also called soccer, is the most popular sport in the world. It is played in almost every country and watched by millions of fans. The game is played between two teams of eleven players, and the goal is to score by kicking the ball into the opponent's net.

The origins of football go back thousands of years, but modern football was developed in England in the 19th century. The rules were created to make the game fair and organized. Over time, football became a professional sport, with national leagues and international tournaments.

The FIFA World Cup, held every four years, is the biggest football event. It brings together the best teams from around the world. Famous players like Pele, Diego Maradona, and Lionel Messi have inspired millions of fans. Football is more than just a game; it is a passion that unites people from different backgrounds. Today, football continues to grow, with new players, teams, and fans joining every year.

RECORDING 43 (162 words)

Rainbows are one of nature's most beautiful sights. They appear when sunlight passes through raindrops in the sky, bending and splitting into different colors. This process is called refraction. The colors of a rainbow always appear in the same order: red, orange, yellow, green, blue, indigo, and violet.

The best time to see a rainbow is after a rain shower when the sun is low in the sky. The sunlight must hit the raindrops at just the right angle to create the rainbow effect. Sometimes, a second, fainter rainbow appears outside the first one. This is called a double rainbow, and its colors appear in reverse order.

Rainbows have fascinated people for centuries. Many cultures have legends about them. Some believe they are a bridge to another world,

while others say a pot of gold lies at the end of a rainbow. Even though we now understand the science behind them, rainbows still bring wonder and joy to people around the world.

RECORDING 44 (162 words)

Liam Parker is a 16-year-old chef from Canada. He became interested in cooking when he was just six years old, watching his grandmother prepare meals in the kitchen. By the time he was ten, he was already making his own recipes.

Now, Liam is known for creating delicious dishes inspired by different cultures. He enjoys making Italian pasta, Japanese sushi, and French pastries. 'Cooking is like art,' he says. 'I love mixing flavors and trying new things.'

Liam participates in cooking competitions and has won several awards. He also shares his recipes online, inspiring other young people to cook. He hopes to one day open his own restaurant that serves creative and healthy food.

Besides cooking, Liam enjoys hiking and photography. He often takes pictures of his dishes and shares them on social media. His goal is to become a professional chef and travel the world to learn about different cuisines. 'Food brings people together,' he says. 'That's why I love it.'

RECORDING 45 (162 words)

There are many different careers people can choose depending on their interests and skills. If someone enjoys working with numbers, they may decide to become an accountant, a banker, or an economist. These jobs require strong mathematical skills and logical thinking. For those who like working with technology, careers in computer science or engineering are popular choices. Software developers and data analysts use computers to solve problems, while engineers design and build structures, machines, and systems.

People who are interested in nature and the environment might prefer studying biology, ecology, or environmental science. They can work as researchers, conservationists, or environmental policy makers.

If someone enjoys communicating with others and understanding human behavior, careers in psychology, journalism, or public relations could be a good fit. These jobs require strong communication skills and creativity.

Those who want to help others often choose careers in medicine, teaching, or social work. No matter what profession someone chooses, lifelong learning and dedication are important for success.

RECORDING 46 (162 words)

Eating a balanced diet is essential for maintaining good health. Many people enjoy fast food because it is quick and convenient, but it is often high in fat, sugar, and salt. Over time, eating too much unhealthy food can lead to health problems such as obesity, heart disease, and diabetes.

A healthy diet includes a variety of foods. Fruits and vegetables provide vitamins and minerals that help keep the body strong. Whole grains, such as brown rice and whole wheat bread, are good sources of fiber. Protein, found in foods like fish, chicken, beans, and nuts, helps build and repair muscles.

Drinking enough water is also important. Many people consume sugary drinks like soda and energy drinks, but these can cause weight gain and other health issues. Instead, drinking water or natural juices is a healthier choice. Making small changes to daily eating habits, such as choosing healthier snacks and cooking meals at home, can make a big difference in overall health.

RECORDING 47 (163 words)

The internet is one of the most important inventions in modern history. It connects people all over the world and allows them to communicate, learn, and share information. The idea of a global network started in the 1960s when the U.S. Department of Defense created ARPANET, a system that allowed computers to send messages to each other.

In 1989, a scientist named Tim Berners-Lee invented the World Wide Web, which made it easier for people to access and organize information. Soon after, web browsers

like Netscape and Internet Explorer were developed, making the internet more user-friendly.

By the early 2000s, websites such as Google, Facebook, and YouTube changed how people interacted online. Today, billions of people use the internet for work, education, shopping, and entertainment. The rise of smartphones has made it even more accessible.

Although the internet has many benefits, it also has challenges like cybersecurity risks and misinformation. Still, it continues to evolve and shape the future of communication and technology.

RECORDING 48 (163 words)

The Art Academy is a creative school that teaches painting, drawing, and sculpture. It offers courses for beginners as well as experienced artists. Students can choose from a variety of techniques, including watercolor, oil painting, and sketching. If they prefer sculpture, they can learn to create figures using clay, wood, or metal.

The academy focuses on improving technical skills while also encouraging creativity. Students are taught by professional artists who help them develop their unique styles. The instructors believe that art is important because it allows people to express their thoughts and emotions visually. In addition to regular classes, the academy organizes workshops and outdoor painting sessions to inspire students. At the end of each term, students participate in an art exhibition where they display their work for family, friends, and visitors. The exhibition provides an opportunity for students to receive feedback and appreciation for their creativity. The academy continues to inspire new generations of artists through its engaging courses and supportive environment.

RECORDING 49 (163 words)

Technology has changed the way people live. Today, many people cannot imagine life without the internet, social media, and smart devices. These things make daily life easier, allowing us to communicate quickly, shop online, and work from home. Many of us have

comfortable lives, but some people wonder if we depend too much on technology.

In some places, people choose to live with limited technology. Some small villages do not have high-speed internet or even mobile phone signals. People in these areas focus more on farming, family, and community activities. They may not watch much television or use social media, but they have strong relationships with their neighbors.

Living without modern technology has advantages and disadvantages. On one hand, it can be peaceful, with less stress and fewer distractions. On the other hand, it may be difficult to access information, education, and medical help. While most of the world moves toward a digital future, some people continue to live in a simpler way.

RECORDING 50 (163 words)

Hamilton is a small city that does not have an airport. It is located far from the capital city, but it has a railway station with trains running every two hours. The journey to the capital takes about three and a half hours.

The city has a small but interesting museum that features exhibits on old bicycles, classic cars, and historical buses. Entry to the museum costs one pound for students and two pounds for adults. Despite its size, Hamilton has a rich history, and many tourists visit to see its well-preserved architecture.

In the center of the city, there is a large department store with six floors. The top floor has a restaurant with a beautiful view of the city. Hamilton also has several small cafes and bookshops, making it a pleasant place to walk around. Although the city is not very big, it has a friendly atmosphere and a growing community of artists and musicians who bring life to its streets.

RECORDING 51 (164 words)

Electricity is one of the greatest discoveries in human history. It powers our homes, schools, and workplaces. Although people have known about static electricity for centuries, the real understanding of electrical energy began in the 18th century.

One of the most famous experiments was

conducted by Benjamin Franklin in 1752. He used a kite and a key to show that lightning was a form of electricity. Later, scientists such as Alessandro Volta and Michael Faraday made discoveries that helped develop electric batteries and generators.

In the late 19th century, inventors like Thomas Edison and Nikola Tesla worked to bring electricity to homes and cities. Edison invented the light bulb, while Tesla developed alternating current (AC), which made it possible to send electricity over long distances.

Today, electricity is used in almost every part of life. It powers everything from small devices to huge factories. Scientists are now looking for cleaner ways to produce electricity, such as solar and wind energy, to protect the environment.

RECORDING 52 (164 words)

Emma Lee is a chess player. She has lived in England since she was six years old. Her parents introduced her to chess when she was a child, and by the age of 12, she had won several national tournaments. Now, at 16, many people believe she is one of the best young chess players in the world.

Emma's father is a strong chess player, but she first learned the game from her grandfather. 'I remember playing with him on weekends,' she says. 'He taught me how to think ahead.'

Emma enjoys competing and has won many trophies, but for her, the best part of chess is traveling and making new friends. She has played in competitions in over 20 countries and loves learning about different cultures.

In her free time, Emma enjoys reading detective novels and watching mystery films. She doesn't know if she will be a professional chess player in the future, but one thing is certain—she will always love the game.

RECORDING 53 (164 words)

Social media has become a major part of teenage life. Many teenagers use social media apps like Instagram, TikTok, and Snapchat to share pictures, chat with friends, and follow celebrities. While social media helps people stay connected, it can also cause problems.

Some teenagers spend too much time scrolling through their feeds instead of focusing on school or spending time with family.

Using social media constantly can also affect mental health. Teenagers may feel pressured to look perfect in their photos or compare themselves to others. This can lead to stress and low self-esteem. In some cases, social media can also cause cyberbullying, where people send mean messages or spread rumors online.

Despite these challenges, social media can also be positive. It allows teenagers to make new friends, express their creativity, and learn about different cultures. The key is to use social media in a balanced way—limiting screen time and taking breaks can help teenagers enjoy social media without letting it control their lives.

RECORDING 54 (164 words)

Smart cities are changing the way people live and travel. A smart city uses technology to improve transportation, energy use, and public services. These cities have advanced traffic systems, public Wi-Fi, and sensors that help reduce pollution.

One example of a smart city is Singapore. The government uses data and artificial intelligence to manage traffic, reduce waste, and make buildings more energy-efficient. Another example is Barcelona, which has smart streetlights that adjust brightness based on movement, saving electricity. Public transportation is also improving in smart cities. Many cities now have electric buses and driverless trains. Smart traffic lights adjust automatically to reduce congestion. Some places even have self-driving taxis that take passengers to their destinations safely.

As more people move to cities, the need for smart solutions will continue to grow. Governments and technology companies are working together to develop smarter infrastructure. In the future, smart cities will improve the quality of life for residents by making transportation easier, reducing pollution, and increasing efficiency.

RECORDING 55 (165 words)

GIFs (Graphics Interchange Format) are short, looping animations used to express emotions,

reactions, or ideas on the internet. They were created in 1987 by an American computer scientist named Steve Wilhite while working at a company called CompuServe. His goal was to create a way to show images with movement without taking up too much space on computers.

At first, GIFs were mainly used for simple images, but over time, they became popular for animated content. In the early 2000s, GIFs were widely used on websites and message boards. People started making GIFs from TV shows, movies, and even real-life events to share their reactions online.

Today, GIFs are a big part of social media. Platforms like Twitter, Instagram, and Facebook allow users to search for and share GIFs easily. Many companies even use GIFs in advertising to attract attention.

Although they are simple animations, GIFs have become a unique way for people to communicate, just like emojis. They make conversations more fun and expressive.

RECORDING 56 (165 words)

The Toy Museum in London is a fascinating place for people of all ages. Visitors can explore thousands of toys, including dolls, teddy bears, and model trains. The museum showcases toys from different countries and time periods.

The museum was founded by a toy collector named Henry Johnson, who spent years gathering rare and unique toys. He wanted to share the history of childhood with the public. The collection includes some of the oldest toys in the world, such as ancient wooden dolls and early mechanical toys.

However, the Toy Museum is not just about playing. It also teaches visitors about how toys have changed over time and their importance in history. The exhibitions include interactive displays, storytelling sessions, and even toy-making workshops. The museum is a popular attraction for families and school groups.

Located in the heart of London, the Toy Museum is open every day and welcomes visitors from around the world. It is a place where everyone can relive their childhood memories.

RECORDING 57 (165 words)

The Library of Ashurbanipal in Nineveh, modern-day Iraq, is one of the world's oldest libraries. It was built in the 7th century BCE by King Ashurbanipal of Assyria, a ruler known for his love of knowledge. The library contained thousands of clay tablets with writings in cuneiform, the earliest writing system. These tablets included historical records, religious texts, laws, medical knowledge, and scientific studies.

Unlike modern libraries, where books are kept on shelves, the clay tablets were stored in wooden boxes or on special racks. Many of them were copies of older texts from Babylonia and Sumer, showing the importance of preserving knowledge. Historians believe Ashurbanipal built the library not only for learning but also to display his power and wisdom.

The library was destroyed when Nineveh was attacked in 612 BCE, but many tablets survived. Archaeologists have discovered and translated them, providing valuable insight into Mesopotamian civilization. Today, these ancient writings are studied in museums around the world, helping researchers understand early human history.

RECORDING 58 (165 words)

For centuries, animals have been a part of human life. People keep animals not only for work and food but also for companionship. Dogs, cats, birds, and even rabbits are popular pets in many homes. They provide comfort, happiness, and emotional support to their owners.

Studies show that spending time with animals can reduce stress and make people feel happier. Pet owners often talk to their animals and see them as family members. Dogs are known for their loyalty, while cats are independent but loving in their way. Other animals, like parrots, can even mimic human speech and create a bond with their owners.

Pets can also help children learn responsibility. Feeding, grooming, and playing with animals teach kids how to care for others. Many children develop strong connections with their pets and consider them their best friends.

Whether it is a dog waiting by the door or a cat curling up on a lap, animals bring joy and companionship to people of all ages.

RECORDING 59 (166 words)

Windmere is a charming town that attracts many visitors each year. It is famous for its beautiful lakes and stunning mountain views. There are many hotels, making it a popular holiday destination for tourists from around the world.

Visitors can reach Windmere by car, train, or bus, but the most scenic way is by boat. The town has a small airport, but most people prefer to travel by train, which offers a relaxing journey through the countryside.

In the town center, there are two historic theaters where visitors can watch plays and concerts. One of the country's oldest universities is also located near Windmere, and many students live in the area. The university is a short bus ride from the town, with buses running every fifteen minutes.

Tourists can stay in hotels near the lake or in the town center, where there are many restaurants and shops. There is also an ancient castle on a hill overlooking the lake, offering breathtaking views of the surrounding landscape.

RECORDING 60 (167 words)

Self-checkout machines are becoming increasingly popular in supermarkets, clothing stores, and pharmacies around the world. These machines allow customers to scan and pay for their items without the help of a cashier. Many people prefer self-checkout because it is faster and more convenient, especially when buying only a few items.

One major advantage of self-checkout machines is that they reduce waiting times. Instead of standing in long lines, customers can quickly scan their products and pay using cash, cards, or mobile payments. Many stores also have self-checkout stations that operate 24/7, making it easier for people to shop whenever they want.

However, self-checkout machines are not without problems. Some people find them difficult to use, especially elderly customers who are not comfortable with technology.

Others believe that these machines take jobs away from cashiers, leading to unemployment. Additionally, self-checkout systems sometimes malfunction, causing delays and requiring staff assistance. Despite these concerns, many businesses continue to invest in self-checkout technology, believing that it represents the future of retail.

RECORDING 61 (167 words)

Simone Biles is one of the greatest gymnasts in history. She was born in the United States in 1997. From a young age, she showed incredible talent in gymnastics. She began training seriously and won her first national title when she was just 16 years old.

At the 2016 Rio Olympics, Biles won four gold medals and one bronze, making her one of the most successful athletes of the games. Her routines were unique because of her powerful jumps and incredible balance. She became famous for moves that only she could perform. Biles continues to inspire young gymnasts around the world. She competed again at the 2021 Tokyo Olympics, where she faced mental health challenges but still won a silver and a bronze medal. She has spoken openly about the importance of mental health for athletes.

Today, Biles is not just an athlete but also a role model. She encourages young people to work hard, believe in themselves, and take care of their mental and physical health.

RECORDING 62 (167 words)

Snow leopards live in the mountains of Central Asia, including Nepal, India, and China, as well as in Mongolia. These beautiful big cats are known for their thick fur, which helps them survive in cold temperatures. Their fur is gray and white, allowing them to blend into the rocky mountains. They are excellent climbers and can jump up to 50 feet in a single leap. Snow leopards are mostly active at dawn and dusk, and they usually hunt for food during these times. They eat wild sheep, goats, and small animals.

Snow leopards are solitary animals, meaning they live alone except during mating season.

They are very quiet and communicate using scents and markings on rocks. Unfortunately, their population is decreasing because of habitat loss and hunting. People hunt them for their fur, and their prey is also disappearing. Conservation groups are working to protect them by creating safe areas and stopping illegal hunting. Snow leopards are important for the ecosystem, and saving them helps balance nature.

RECORDING 63 (167 words)

Getting enough sleep is just as important as eating healthy and exercising. Many people do not sleep enough because they stay up late watching TV, playing video games, or using their phones. This can lead to tiredness, difficulty concentrating, and even serious health problems.

Doctors recommend that adults get at least seven to nine hours of sleep each night. Children and teenagers need even more sleep because their bodies and minds are still growing. A lack of sleep can weaken the immune system, making it easier to get sick. It can also lead to problems like high blood pressure, stress, and weight gain.

To sleep better, it is important to have a bedtime routine. Avoiding caffeine, turning off screens before bed, and sleeping in a dark, quiet room can help. Going to bed and waking up at the same time every day, even on weekends, is also a good habit. When people get enough sleep, they wake up feeling refreshed and ready to take on the day.

RECORDING 64 (168 words)

High-speed trains have changed the way people travel long distances. The first high-speed train system was built in Japan in 1964. Called the Shinkansen, or “bullet train,” it could travel at speeds of 210 km/h. This was much faster than traditional trains, making travel between major cities quicker and more convenient.

Other countries soon followed Japan’s example. France introduced the TGV (Train à Grande Vitesse) in 1981, and Germany developed the ICE (InterCity Express) in 1991. These trains improved transportation across Europe, allowing

passengers to travel quickly between cities without using cars or planes. Today, high-speed trains operate in many parts of the world, including China, Spain, and the United States.

One of the biggest advantages of high-speed trains is that they are more environmentally friendly than airplanes. They produce less pollution and use less fuel. Governments are now investing in new high-speed rail projects to reduce traffic congestion and make travel more efficient. With new technology, these trains are becoming even faster, safer, and more comfortable for passengers.

RECORDING 65 (169 words)

Subscription services have become a popular way for people to access entertainment, food, and products. Instead of making individual purchases, customers pay a monthly or yearly fee to receive goods or services regularly.

This business model is used for digital services like Netflix and Spotify, as well as for physical products like meal kits and beauty boxes.

One of the biggest advantages of subscription services is convenience. Streaming platforms allow users to watch unlimited movies and TV shows without going to a store or renting DVDs. Subscription food services send fresh ingredients to people’s homes, making cooking easier. Many customers enjoy the surprise of receiving new products each month.

However, subscription services also have disadvantages. Some people forget to cancel a subscription and continue paying for something they do not use. Others sign up for too many services, which can become expensive. Additionally, not all subscriptions provide good value for money. Still, businesses continue to develop new subscription models, as many customers appreciate the ease and variety they provide.

RECORDING 66 (169 words)

Owning a pet can have many positive effects on a person’s health. Research shows that people with pets tend to have lower stress levels, better heart health, and improved emotional well-being. This is because spending time with animals increases the production of serotonin and dopamine, chemicals that make

people feel happy.

Pets also encourage physical activity. Dog owners, for example, take regular walks, which keeps them active and reduces the risk of heart disease. Even smaller pets, such as cats or birds, require interaction, which keeps their owners engaged.

Additionally, pets help with loneliness. Many people, especially older adults, feel isolated at times. Having a pet provides companionship and comfort. Some therapy animals, like dogs and cats, visit hospitals and nursing homes to help patients feel better. In schools, therapy pets help children with learning difficulties focus better and feel calmer.

The benefits of pets go beyond companionship. They bring happiness, reduce stress, and improve overall health. Whether big or small, pets make a positive difference in people's lives.

RECORDING 67 (171 words)

LEGO is one of the most famous toys in the world. It was created in Denmark in 1932 by Ole Kirk Christiansen, a carpenter who started by making wooden toys. Later, he developed small plastic bricks that could be connected to build different shapes. These colorful bricks became popular because they allowed children to use their creativity to design anything they imagined.

The word "LEGO" comes from the Danish phrase "leg godt," which means "play well." Over the years, LEGO has become more than just a toy. People use it to build houses, cars, famous landmarks, and even entire cities. Some LEGO sets are inspired by history, movies, and science, allowing fans to create models of well-known places and characters.

In addition to toys, LEGO has expanded into movies, video games, and theme parks. LEGOLAND parks feature life-sized LEGO structures and attractions for visitors of all ages. Today, LEGO continues to inspire creativity and problem-solving skills in both children and adults, making it a timeless and beloved toy around the world.

RECORDING 68 (171 words)

Puppets have been used for entertainment for centuries and are found in many cultures worldwide. From shadow puppets in China to marionettes in Europe, puppetry is an art that combines storytelling, acting, and creativity. It has been a way to entertain people of all ages and continues to thrive in many parts of the world.

In the past, puppet shows were performed in village squares, theaters, and royal courts. Puppets were used to tell folk tales, teach lessons, and amuse audiences. Some performances were humorous, while others shared moral values or historical events. Today, puppetry remains popular, with modern puppets appearing in TV shows, movies, and theater productions.

There are different types of puppets, including marionettes, controlled by strings, hand puppets worn like gloves, and rod puppets moved with sticks. Many countries have puppet museums that display historical and artistic puppets.

Puppetry continues to bring joy to audiences everywhere. Whether in traditional performances, educational programs, or animated films, puppets remain a magical and creative way to tell stories and entertain people.

RECORDING 69 (171 words)

Malala Yousafzai is a Pakistani activist for girls' education. She was born in 1997 in Pakistan. In her country, some people did not allow girls to go to school. Malala loved learning, and she wanted all girls to have the right to study. She spoke out and wrote about education in newspapers and on the internet. She believed that boys and girls should have the same chances to learn. In 2012, when Malala was 15 years old, a group of people who did not want girls to study attacked her. She was seriously injured, but she survived. Malala did not stop fighting for education. She moved to the United Kingdom and continued her work. People around the world supported her. In 2014, at the age of 17, Malala won the Nobel

Peace Prize for her work. She became the youngest person in history to receive this award. Today, she runs the Malala Fund, which helps children, especially girls, go to school. Malala is a symbol of bravery and education for all.

RECORDING 70 (171 words)

Harriet Tubman was an African American woman who helped many slaves escape to freedom. She was born in 1822 in Maryland and lived as a slave. Life was very hard for her, and she was often mistreated. In 1849, she escaped to the North, where slavery was illegal. However, she was not satisfied with just her own freedom. She returned to the South many times to guide other slaves to safety. She used secret routes called the Underground Railroad and helped about 70 slaves escape. During the Civil War, she worked for the Union Army as a nurse, a cook, and even a spy. Her knowledge of secret paths and her courage helped the army. After the war, she continued to help freed slaves by finding them homes and jobs. She also fought for women's rights, believing that all people should be treated equally. Harriet Tubman died in 1913, but her bravery and kindness are still remembered today. She is honored as a great leader who fought for justice and freedom.

RECORDING 71 (172 words)

Hot air balloons have been used for travel and entertainment for over 200 years. The first successful flight took place in 1783 in France when two brothers, Joseph and Etienne Montgolfier, launched a balloon carrying a rooster, a sheep, and a duck. The flight lasted about eight minutes and proved that air travel was possible.

Hot air balloons work by heating the air inside the balloon, making it lighter than the air outside. A large flame warms the air, causing the balloon to rise. To go down, the pilot releases some of the hot air or lets cool air enter the balloon. Unlike airplanes, hot air balloons do not have engines, so they rely on the wind to move.

Today, hot air balloons are mainly used for tourism and adventure. Many people take

balloon rides to see beautiful landscapes from above. Some festivals even have hot air balloon races and night shows, where balloons glow in the dark. Despite modern technology, hot air balloons remain a magical way to experience the sky.

RECORDING 72 (172 words)

Brighton is one of the most famous cities in the country. It is known for its beautiful seaside, historic landmarks, and lively atmosphere. The city has a large train station in the center, making it easy for people to travel to different parts of the country. There is also a bus terminal nearby, which connects Brighton to smaller towns and villages.

Visitors to the city can enjoy the beach, visit the famous Brighton Pier, or explore the Royal Pavilion, a historic palace with unique architecture. The city also has a variety of museums and art galleries, where tourists can learn about local history and culture. Entry to some museums is free for students.

Brighton is also known for its excellent education system. It has several universities and colleges, attracting students from around the world. A new library is currently being built in the city center to provide better resources for students and researchers. With its rich culture, educational opportunities, and seaside charm, Brighton remains a top destination for visitors and residents alike.

RECORDING 73 (172 words)

Electric cars are becoming more popular as people look for ways to reduce pollution and save energy. Unlike traditional gasoline cars, electric cars run on batteries and do not produce harmful emissions. Many governments are encouraging people to switch to electric vehicles by offering tax benefits and building more charging stations.

One of the biggest challenges of electric cars is their battery life. Early electric vehicles could only travel short distances before needing to be recharged. However, new technology has improved battery capacity, allowing modern electric cars to travel hundreds of kilometers on a single charge. Companies like Tesla, Nissan, and BMW are leading the way in making electric cars

more affordable and efficient.

Many experts believe that in the future, most cars will be electric. As technology improves, batteries will last longer, charging will be faster, and electric cars will become cheaper. Some countries have even announced plans to ban gasoline cars by 2040. With continued advancements, electric cars will play a major role in making transportation cleaner and more sustainable.

RECORDING 74 (173 words)

Ordering food online has become a normal part of life for many people. With just a few taps on a smartphone, a person can have a hot meal delivered to their home within minutes. Online food delivery is especially useful for people with busy schedules, students, and those who do not enjoy cooking.

Many food delivery apps offer a wide selection of restaurants, from fast food chains to fine dining. Some apps allow customers to customize their orders, choosing ingredients based on their dietary preferences. Others provide subscription plans where customers can receive discounts for frequent purchases. These services are available 24/7 in many cities, making it easy to get food anytime.

However, online food delivery also has disadvantages. Sometimes, food arrives late or cold, which can be frustrating for customers. Delivery fees and tips can also make meals more expensive. Additionally, some people become too dependent on food delivery, leading to unhealthy eating habits. Despite these drawbacks, food delivery services continue to grow, and many restaurants now rely on them for business.

RECORDING 75 (173 words)

Bicycles have been used as a form of transportation for over a century, but today, they are more popular than ever. Many cities around the world are encouraging people to use bicycles instead of cars to reduce pollution and traffic congestion. Cycling is not only good for the environment but also helps people stay fit and healthy.

In cities like Amsterdam and Copenhagen, bicycles are a major part of daily life. These cities have dedicated bike lanes and traffic signals just

for cyclists. Public bike-sharing systems have also become popular in many places, allowing people to rent bikes for short trips. This has made it easier for tourists and residents to get around without relying on cars.

Despite its advantages, cycling in busy cities can be dangerous due to traffic. Many governments are working to improve bicycle infrastructure by adding more bike lanes and making roads safer for cyclists. As more people choose bicycles for transportation, cities will need to continue developing ways to make cycling a convenient and safe option for everyone.

RECORDING 76 (174 words)

London has one of the most famous public transportation systems in the world. It includes buses, trains, and the underground. The London Underground, also known as the Tube, was the first underground railway in the world. It opened in 1863 with steam-powered trains, and over the years, it expanded with electric trains. Today, it has 11 lines and serves millions of passengers every day.

Buses are another important part of London's transport system. The red double-decker bus is a well-known symbol of the city. These buses were introduced in the 1920s and have been popular ever since. They provide an affordable way for people to travel around the city. Modern buses are now more eco-friendly, with many running on electricity or hybrid fuel.

London also has a large network of trains that connect the city to other parts of the UK. Many people use these trains for commuting to work. The transportation system in London continues to improve, with new lines and stations being added to make travel even easier for residents and tourists.

RECORDING 77 (175 words)

Garba is a traditional folk dance from Gujarat, India. It is usually performed during the Hindu festival of Navratri, which lasts for nine nights. The dance is a way of honoring the goddess Durga. People dance in a circle around a small lamp or image of the goddess. The circular movement represents the cycle of life. Although modern music is sometimes used today, Garba

still holds deep religious and cultural meaning. In the past, Garba was performed in open spaces or temple courtyards. Women wore traditional clothes and danced barefoot around a lamp, singing devotional songs. Musical instruments like the dhol and tabla were used. The dance was slow and graceful. Today, it is performed with faster beats and sometimes even with recorded music. Still, the purpose of the dance—to express devotion and joy—remains unchanged. One popular modern version is Dandiya Raas, where dancers use sticks and move in pairs. Now, Garba is performed in schools, clubs, and even international festivals. It has become a symbol of Indian culture and is enjoyed by people of all ages.

RECORDING 78 (175 words)

Many people dream of becoming famous musicians. They imagine performing in front of large crowds, recording hit songs, and earning lots of money. However, the life of a musician is not as easy as it seems.

Professional musicians spend years practicing their instruments or voices. They often begin training at a young age and dedicate many hours a day to improving their skills. They also travel a lot, performing in different cities and countries. This makes it difficult to have a stable home life or see family and friends often.

Only a few musicians become world-famous. Many struggle to find steady work, playing in small venues or teaching music lessons to earn a living. The industry is also highly competitive, and success depends not only on talent but also on luck and opportunity.

Despite these challenges, many musicians continue to follow their passion. The joy of creating music, expressing emotions, and connecting with audiences makes the hard work worth it. Even if they never become rich or famous, true musicians play because they love music.

RECORDING 79 (175 words)

Acting seems like an exciting career. Many people dream of being in movies, TV shows, or theater performances. They imagine the

glamour of red carpets, fame, and fortune. However, becoming a successful actor takes years of hard work.

Most actors start their careers by taking acting classes and performing in small roles. They must learn how to express emotions, memorize scripts, and understand different characters. Many spend years auditioning before getting a major role. Even successful actors face challenges. They often have long workdays, filming for hours under bright lights. Sometimes, they have to travel to different locations and spend months away from home. Only a small number of actors become world-famous. Many work in smaller productions, commercials, or theaters. Some struggle to find regular jobs and take part-time work to support themselves. However, for those who truly love acting, the thrill of performing in front of an audience or camera is worth the difficulties.

Acting is not just about fame—it is about storytelling, creativity, and passion. Those who love it continue performing, no matter how difficult the journey.

RECORDING 80 (175 words)

When Khloe Thompson was nine years old, she saw many homeless people in her neighborhood who didn't have basic items like soap, toothpaste, or lotion. She wanted to help. With the support of her mother, Khloe began making "Khloe Kares" kits—bags filled with personal care items. She handed them out to homeless people she met on the streets of California. As Khloe's idea grew, she started visiting schools and community centers to talk about homelessness and how others could help. She encouraged children to take action in their own way. Khloe showed that even young people can make a big difference. Later, Khloe created a non-profit organization called Khloe Kares. With help from supporters, her organization began building water pumps and bathrooms for schools in Ghana, Africa. She wanted children there to have access to clean water and better hygiene. Today, Khloe continues to speak at events and inspire others. Her story shows that kindness,

effort, and care can lead to real change—no matter how young you are or where you live.

RECORDING 81 (165 words)

Solar energy is a renewable source of power that comes from the sun. It is clean, free, and available almost everywhere on Earth. In recent years, solar panels have become more popular because they help reduce electricity bills and lower pollution. These panels are often placed on rooftops or in open fields to capture sunlight and convert it into electricity. One advantage of solar energy is that it does not harm the environment. Unlike fossil fuels, solar power does not release harmful gases into the air. This makes it a good choice for people who want to protect nature and reduce climate change. However, solar energy has some limits. For example, it works best in sunny places and may not produce as much power on cloudy days. Scientists are working to improve solar technology so it can store more energy and work more efficiently. As more people and governments choose solar energy, it may become one of the main sources of power in the future.

RECORDING 82 (176 words)

Board games have been a part of human culture for thousands of years. The ancient Egyptians played a game called Senet, while people in China created Go, which is still played today. Other civilizations, like the Romans and Greeks, also enjoyed board games. Today, they remain popular around the world, offering entertainment to families and friends.

Modern board games come in many types. Some, like chess, require strategy and patience, while others, like Monopoly, are based on luck and business skills. Many families enjoy playing board games together as a way to bond and have fun. Some games are designed for children, while others challenge adults with complex rules.

Board games have also become popular in cafes and gaming clubs, where people meet to compete. Some schools use board games

to teach students math, history, and problem-solving skills. Each year, new board games are released with fresh ideas and themes.

Board games are more than entertainment; they help people think, plan, and work together. Whether old or new, they continue to bring joy to all ages.

RECORDING 83 (186 words)

Hydropower is a renewable source of energy that comes from moving water. It is one of the oldest and most widely used forms of clean energy in the world. To produce hydropower, people build dams across rivers to control the flow of water. When water flows through the dam, it turns turbines that generate electricity. One of the biggest advantages of hydropower is that it does not produce air pollution. It is also very reliable because water flow can be controlled, allowing steady energy production. Hydropower can provide electricity for homes, schools, and businesses. It can also help reduce the use of fossil fuels and fight climate change. However, hydropower has some disadvantages too. Building large dams can harm the environment. Sometimes, fish cannot swim freely, and animals may lose their homes. People who live near rivers might have to move if a dam is built. Even with these challenges, many countries continue to use hydropower. Scientists are working on new ways to reduce the environmental impact. In the future, hydropower may play an even bigger role in providing clean and safe energy for the world.

RECORDING 84 (181 words)

Food waste happens when people throw away food that could still be eaten. This includes fruits and vegetables that look a little strange, leftovers from meals, or food that has passed its best-before date but is still safe. Each year, millions of tons of food are wasted around the world. This is a big problem because many people do not have enough to eat. Wasting food also harms the environment. When food is thrown away, it usually ends up in landfills. As it rots, it produces a gas called methane, which adds to air pollution and climate change. Also, producing food

uses water, energy, and land. When food is wasted, all these resources are wasted too. There are many ways to reduce food waste. People can plan their meals, store food properly, and eat leftovers. Stores and restaurants can donate extra food to people in need. By wasting less food, we can help protect the environment and make sure more people have enough to eat. Everyone can play a part in reducing food waste and making the world a better place.

RECORDING 85 (178 words)

Many children grow up in cities where they don't have direct contact with animals. However, in rural areas, children often interact with farm animals such as cows, goats, and chickens. This experience teaches them about nature, responsibility, and the importance of caring for animals.

Farm animals play a crucial role in human life. Chickens provide eggs, cows give milk, and sheep offer wool. Children who live on farms help their families by feeding animals, collecting eggs, and cleaning barns. This hands-on learning helps them develop a strong work ethic from an early age.

In recent years, many schools have introduced farm visits to help children learn about animals. These trips allow children to see how farms operate and understand where food comes from. Some schools even have small gardens and animals that students can help take care of.

Spending time with farm animals can also be therapeutic. Studies show that interacting with animals helps children feel calmer and more focused. Whether at home or school, learning about animals is a valuable experience that benefits children in many ways.

RECORDING 86 (183 words)

A volcano is an opening in the Earth's surface where hot lava, gas, and ash can escape. Volcanoes are often found where two tectonic plates meet. When pressure builds under the ground, the volcano may erupt, releasing lava that flows across the land. Some eruptions are small, while others can be very powerful and dangerous.

There are three main types of volcanoes: active, dormant, and extinct. An active volcano is one that can erupt at any time. A dormant volcano has not erupted in a long time but might erupt again. An extinct volcano is not likely to erupt again. One of the most famous eruptions happened in 79 AD in Italy, when Mount Vesuvius buried the city of Pompeii in ash. Volcanoes can cause great damage, but they can also help the Earth. Lava from eruptions can create new land and make soil rich for farming. Scientists study volcanoes to understand how they work and to warn people before eruptions happen. This can help save lives and reduce damage. Volcanoes show the power of nature and the changes happening inside our planet.

RECORDING 87 (179 words)

City Cruiser is perfect for everyday use. It has a comfortable seat, a basket for carrying items, and a simple design that makes it easy to ride. This bike is ideal for short trips, such as going to school, shopping, or commuting to work. The upright seating position makes it comfortable for long rides, and it does not require special training to use. Some models even come with gears to make riding easier on different terrains. City Cruiser is not very fast, but it is easy to ride and does not require much effort. It is also one of the most affordable bicycles available. In many big cities, people use City Cruisers as an eco-friendly alternative to cars. Some bike rental services offer these bikes for tourists and residents. While City Cruiser is great for daily travel, it is not suitable for sports or racing. Unlike mountain or racing bikes, it does not have the ability to handle steep hills or rough paths. However, for people looking for a reliable and comfortable ride, City Cruiser is the best option.

RECORDING 88 (180 words)

The Great Wall of China is one of the most famous landmarks in the world. It was built over many centuries to protect China from invasions. The first sections were constructed as early as the 7th century BCE, and later emperors continued to expand it. The most well-known sections were built

during the Ming Dynasty in the 15th and 16th centuries. These parts are still standing today and are visited by millions of tourists. The Great Wall stretches over 13,000 miles across mountains, deserts, and grasslands. It was built using stone, wood, and bricks, depending on the region. Watchtowers were placed along the wall so soldiers could look for enemies and send signals in case of danger. The wall was an important defense system that helped protect China's borders for centuries. Today, the Great Wall is a UNESCO World Heritage Site. While some sections have been damaged due to weather and time, efforts are being made to restore and preserve this historic structure. The Great Wall remains a symbol of China's strength and history, attracting visitors from around the world.

RECORDING 89 (170 words)

Famous explorers are people who traveled to new lands and helped others learn more about the world. In the past, maps were not complete, and many places were unknown. Explorers took risks to discover new oceans, continents, and cultures. One of the most famous explorers was Christopher Columbus. In 1492, he sailed from Europe and reached the Americas, though he thought it was Asia. Another well-known explorer was Marco Polo, who traveled from Italy to China in the 1200s and wrote about his adventures. Ferdinand Magellan led the first journey around the world, although he died before it was completed. Explorers brought back knowledge, spices, gold, and new plants and animals. However, their journeys also caused problems. They often took land from native people and spread diseases. Today, people still explore, but now it's often in deep oceans or outer space. Modern explorers use technology like satellites and submarines. The spirit of discovery lives on as people continue to ask questions and search for answers about

the world around them.

RECORDING 90 (185 words)

Rosa Parks was an African American woman who became an important figure in the civil rights movement. She was born in 1913 in Alabama, a time when Black people faced many unfair laws. In 1955, while riding a bus in Montgomery, she refused to give up her seat to a white passenger. At that time, segregation laws forced Black people to sit at the back of buses and give up their seats to white passengers. Because she refused to follow this rule, she was arrested. Her brave action inspired the Montgomery Bus Boycott, where African Americans stopped using buses for over a year. This protest helped bring national attention to racial discrimination and eventually led to the end of segregation on public transportation. Parks continued to fight for civil rights throughout her life. She worked with leaders like Martin Luther King Jr. and received many awards, including the Presidential Medal of Freedom. Rosa Parks died in 2005, but she is still remembered as the "Mother of the Civil Rights Movement." Her courage showed the world that one person can make a big difference in history.

RECORDING 91 (176 words)

The human brain is one of the most powerful organs in the body. It controls everything we do — from breathing and walking to thinking and remembering. The brain is made up of billions of cells called neurons that send messages to the rest of the body. It is protected by the skull and surrounded by fluid to keep it safe. Different parts of the brain have different jobs. The cerebrum helps with thinking and learning. The cerebellum controls balance and movement. The brainstem connects the brain to the body and helps with actions like breathing and heartbeat. The brain works all the time, even when we are sleeping. It stores memories, helps us make decisions, and lets us feel emotions. To keep your brain healthy, it's important to sleep well, eat healthy food, and stay active. Learning new things, like languages or games, also helps your brain stay strong. Scientists continue to study the brain to learn more

about how it works. Understanding the brain can help doctors treat problems like memory loss or brain injuries.

RECORDING 92 (187 words)

Recycling is an important way to protect the environment. Every day, people throw away tons of waste, much of which ends up in landfills or oceans. Recycling helps reduce this waste by turning old materials into new products.

One major benefit of recycling is reducing pollution. Plastic, paper, and metal take a long time to break down in nature. Recycling these materials helps keep land and water clean. It also saves energy because making new products from recycled materials uses less energy than making them from raw materials.

Another reason recycling is important is that it helps conserve natural resources. Trees are cut down to make paper, and mining destroys land to get metals. Recycling helps reduce the need for these activities, protecting forests and wildlife.

Recycling is easy to do. Many cities have recycling programs where people can separate plastic, paper, and glass from regular trash. People can also reuse items like bags, bottles, and clothes instead of throwing them away.

If everyone recycles, the planet will be cleaner and healthier. Small actions, like sorting waste properly, can make a big difference in protecting the environment.

RECORDING 93 (100 words)

Mobile payments have changed the way people buy goods and services. Instead of using cash or credit cards, people can now pay with their smartphones or smartwatches. Mobile payment apps, such as Apple Pay, Google Pay, and Samsung Pay, allow users to make transactions quickly and securely. Many people prefer mobile payments because they are faster and more convenient than traditional payment methods.

One advantage of mobile payments is security. When people use their phones to pay, their information is encrypted, making it difficult for hackers to steal personal details. Many mobile payment systems also use fingerprint or facial

recognition for extra protection. As a result, they are considered safer than carrying cash or even using a debit card.

However, mobile payments are not perfect. Some stores do not accept them, making it difficult for people who rely on this method. Others worry about losing their phone and being unable to pay for anything. Additionally, older people may find mobile payments confusing or unnecessary. Despite these challenges, mobile payments are growing in popularity, and many experts believe they will replace cash and credit cards in the future.

RECORDING 94 (187 words)

In today's fast-paced world, many people rush from one task to another. They work long hours, check emails constantly, and feel stressed. They often eat fast food, spend hours on social media, and have little time to relax. However, some people are choosing a different way of life called "slow living."

Slow living is about taking time to enjoy life and being mindful of daily activities. People who follow this lifestyle focus on cooking homemade meals, spending quality time with loved ones, and reducing screen time. Instead of rushing through the day, they enjoy simple pleasures like reading a book, gardening, walking in nature, or practicing mindfulness.

This way of life is becoming more popular as many people feel exhausted from modern life. However, it is not always easy to live slowly. Most jobs require people to work quickly, and cities are full of distractions. Still, those who practice slow living believe it makes them happier, healthier, and more balanced. They argue that life is not about speed, but about enjoying each moment. For them, slowing down is the key to a more fulfilling and meaningful life.

RECORDING 95 (189 words)

Eleanor Roosevelt was an American leader who worked for human rights and equal treatment for all people. She was born in 1884 in New York. As a child, she faced many difficulties. Her parents passed away when she was young, and she was raised by her grandmother. She later attended school in England, where she became more

confident and interested in helping others. In 1905, she married Franklin D. Roosevelt, who later became the President of the United States in 1933. As First Lady, she was very active and did not just stay in the White House. She traveled, gave speeches, and worked to improve the lives of workers, women, and children. During World War II, she visited soldiers, encouraged women to work, and supported families. After her husband's death in 1945, she became a delegate to the United Nations. In 1948, she helped write the Universal Declaration of Human Rights, which states that all people deserve freedom and respect. Eleanor Roosevelt fought for women's rights, civil rights, and education. Many people admired her courage and kindness. She passed away in 1962, but her work still inspires people today.

RECORDING 96 (189 words)

Choosing a career is one of the most important decisions young people have to make. In the past, many people followed their parents' professions, but today, there are many different career options. Some students decide to go to university to get a degree, while others choose to start working immediately after finishing school.

University education offers many advantages. It helps students gain knowledge and skills that can lead to better job opportunities. Many professions, such as doctors, engineers, and teachers, require a university degree. However, university education can be expensive, and not all students can afford it. Because of this, some young people look for jobs instead of continuing their studies.

On the other hand, some careers do not require a university degree. Many successful entrepreneurs, artists, and athletes have built their careers without attending college. Vocational training and apprenticeships offer young people a way to learn practical skills while working.

Finding a balance between education and work is important. Young people should explore different career paths and choose what suits them best. The most important thing is to follow their interests and work hard to achieve their goals.

RECORDING 97 (191 words)

For thousands of years, people have lived in farming communities, growing their own

food and raising animals. These communities rely on agriculture for survival, following traditions that have been passed down through generations. Today, most people live in cities and buy food from supermarkets. However, some communities still depend on farming, believing that traditional ways of life are healthier and more sustainable.

Farmers wake up early and work long hours in the fields. They plant crops, care for animals, and gather fresh food for their families. Many farmers do not use modern technology, preferring natural methods of farming. They believe that growing food without chemicals is better for health and the environment.

Although farming life is peaceful, it can also be challenging. Farmers depend on the weather, and if there is too much rain or not enough, crops can fail. Some young people leave farming communities to seek modern jobs in the city. However, others choose to stay because they enjoy working in nature and living a simple, self-sufficient life. For them, farming is not just a job—it is a way of life that connects them to their roots and traditions.

RECORDING 98 (192 words)

Nelson Mandela was a leader from South Africa who fought for equal rights. He was born in 1918 in a small village. When he grew up, he became a lawyer and started working to change unfair laws. At that time, South Africa had a system called apartheid, which kept Black and white people separate. Black people did not have the same rights as white people. They could not vote, go to the same schools, or even use the same buses. Mandela wanted to change this, so he joined protests and spoke against apartheid. Because of his actions, the government put him in prison for 27 years. He stayed strong and never gave up. Many people around the world supported him and asked for his release. Finally, in 1990, he was set free. In 1994, South Africa held its first election where all people could vote. Mandela was elected as the first Black president of South Africa. He worked hard to bring peace and unite the country. He won the Nobel Peace Prize for his efforts. He passed

away in 2013, but people still remember him as a symbol of freedom and justice.

RECORDING 99 (193 words)

Cars have changed the way people travel and live. Before cars, people used horses, bicycles, or trains to get around. The first automobiles were developed in the late 19th century, but they were very different from the cars we see today. They were slow, expensive, and difficult to operate.

In 1885, a German engineer named Karl Benz created the first gasoline-powered car. It had three wheels and a small engine, making it much slower than modern vehicles. Around the same time, other inventors, like Gottlieb Daimler and Wilhelm Maybach, developed cars with four wheels and stronger engines.

Henry Ford made the biggest contribution to the car industry with his assembly line. This allowed cars to be built quickly and cheaply. In 1908, he introduced the Model T, a car that many people could afford. As a result, cars became more common, changing transportation forever and making travel easier and more convenient.

Today, cars are faster, safer, and more fuel-efficient. Many companies are now working on electric and self-driving cars to reduce pollution and improve safety. From early designs to modern electric vehicles, cars continue to evolve and improve, shaping the future of transportation.

RECORDING 100 (196 words)

Online education has become more popular in recent years. With the internet, people can study from anywhere in the world. Many universities, schools, and private companies offer online courses in subjects like science, business, and languages.

One of the biggest benefits of online education is flexibility. Students can study at their own pace and choose a schedule that fits their lifestyle. This is especially helpful for working professionals who want to improve their skills without leaving their jobs. Online courses also allow students from different countries to learn from top universities without traveling.

Another advantage is cost. Many online courses

are cheaper than traditional university programs. Some are even free. This makes education more accessible to people who cannot afford expensive tuition fees.

However, online learning also has challenges. Students must be disciplined and motivated to complete their courses. Without a teacher in the room, some students may find it difficult to focus. Also, practical subjects like medicine or engineering require hands-on training, which is harder to get online.

Despite these challenges, online education continues to grow. As technology improves, more students will choose to learn online, making education available to more people around the world.

RECORDING 101 (201 words)

Shoes have been an essential part of human life for thousands of years, serving both functional and fashionable purposes. In ancient civilizations like Egypt, Mesopotamia, and Rome, people wore sandals made from woven reeds or leather to protect their feet from the hot ground. These early shoes were simple but effective in harsh weather conditions.

During the Middle Ages, shoes became a status symbol. Wealthy individuals in Europe wore pointed shoes made of expensive fabrics, while common people wore simple leather footwear. In the 16th and 17th centuries, European nobility introduced high-heeled shoes, which were originally worn by men as a sign of power and status. By the 18th century, high heels became a major fashion trend, especially in France, where both men and women wore them to appear taller and more elegant.

In the 20th century, shoes became more practical. Sneakers, invented in the late 1800s, gained popularity for sports and daily wear. High heels, boots, and casual sandals became common choices for different occasions. Today, people wear a variety of shoes, from running shoes for exercise to formal dress shoes for special events. Shoe fashion continues to evolve, but comfort and practicality are now just as important as style.