1. The Bird Who Dreamed of Flying

Once there was a young bird who dreamed of soaring across the skies. Unlike his siblings, he was hesitant and fearful. He often stumbled during flight lessons, crashing into things and his father. Though others laughed or gave up on him, he kept trying. Every morning, he flapped his wings from the edge of the nest, dreaming of the wind lifting him higher. He failed again and fell again. But each failure taught him patience, persistence, and strength. One day, after a dozens and leap, he felt the wind carry him. He was flying! His heart raced with joy as he glided free fly. The dream that once seemed unreachable became real through perseverance and courage. He learned that failure wasn't the end but the beginning of flight.

2. The Lone Bird's Journey

A bird once flew with a flock, sharing food and songs. But one day, he felt a stirring in his he left to call for solitude. He left the comfort of his group and set off alone into the sky. The road it seemed vast and uncertain, but he trusted his wings and spirit. Each sunrise, he pressed onw n in his heart, grateful for life. He learned to trust his needs, navigate storms, and rest in safe nestar trees. The silence taught him focus, and the loneliness taught him strength. Though he missed his flock, he found a deeper bond with nature and himself. He became not just a bird, but a seeker, explorer, and survivor. Independence, he learned, was not isolation, but discover y

3. The Danger of Addictions and the Path to Freedom

Addictions can be alone traps,
offering temporary pleasure while slowly taking control of one's life. Whether it's substances, screens, or habits, addictions create a cycle of need, guilt, and helplessness. They harm our ea ealth, relationships, and purpose. But recovery is possible. It begins with awareness and honesty. Seeking help, whether through therapy, support groups, or trusted friends, is a brave first step. Small victories like one sober day or a clear decision
lead to healing. Replacing harmful habits with meaningful activities restores balance. Most i opportunity. Kindness to oneself is essential in recovery. We are not our mistakes. With suppor r and willpower, we can break free, reclaim our lives, and find joy in true freedom.

LEONARDO DA VINCI

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One of Leonardo's greatest achievements was his artwork. His most famous painting, the Mona Lisa, is celebrated for its mysterious expression and lifelike quality. Another masterpiece, The Last Supper, is renowned for its use of perspective and emotional depth. His other notable works include Vitruvian Man, which represents the harmony between art and science, and Annunciation.

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Writing 8.1H

"Solutions to addictions"

Nowadays, a significant number of people—especially teenagers and young adults—struggle with various types of addictions. These include substance abuse, smoking, gambling, and even excessive use of the internet or social media. Addictions can seriously harm a person's physical and mental health, relationships, and overall quality of life.

To deal with this growing problem, the first step is raising awareness through education. Schools should organize seminars and workshops to inform students about the dangers of addiction and how to prevent it. Additionally, open communication within families is very important. Parents should talk honestly with their children and create a safe environment where problems can be discussed.

Another effective way to fight addiction is through professional support. Therapists, counselors, and support groups can help individuals understand the root of their addiction and find healthy ways to cope with stress or emotional pain. Lastly, encouraging healthy hobbies—like sports, music, or volunteering—can keep people active and focused on positive goals.

In conclusion, addiction is a serious issue, but it can be managed with the right support and guidance. As a society, we must work together to prevent and help those in need.

Patsiatzi Dimitra

THE LIFE OF AMIRA

Once there was a young girl named Amira who lived in a small village. One night, the sounds of explosions filled the air, and her peaceful life was shattered. With her family, she fled their home, carrying only a small backpack. They traveled for days, walking through forests and fields, always looking over their shoulders.

Eventually, they reached a border where they hoped to find safety. Amira felt scared but also brave. In the refugee camp, she met other children who shared their stories. They played together, finding joy amidst the sadness. Amira learned that hope could bloom even in the darkest times.

As weeks passed, Amira's family received help from kind strangers. They found a new home and started rebuilding their lives. Amira realized that while she had lost much, her spirit remained strong. She dreamed of a future where she could help others just like her, spreading kindness wherever she went.

The Amara family: A story of two lives

The Amara family hails from the war-torn region of Syria.

The family consists of four members, Amir, the father, a former school teacher in Aleppo; Leila the mother, who worked as a nurse; and their two children, Khalid (aged 10) and Yasmin (aged 7).

Before the conflict erupted, the Amara's lived a stable life. Amir dedicated his time to educating children in his local community, while Leila cared for patients in a local hospital. They like resided in partial family, relaxation, and the rich Assyrian culture, which included traditional music and delicious home-cooked meals.

However, in 2011, as protests against the government's began to escalate into a brutal civil war, their lives were turned upside down. The family faced increasing danger as violence spread through Aleppo. Their neighborhood was bombed repeatedly, and the school where Amir taught was destroyed. With Leila's hospital being overwhelmed with casualties they knew they had to leave.

In 2016, after months of harrowing experiences that included constant fear and loss, the Amara family made a difficult decision to flee their homeland. They embarked on a perilous journey, first to Turkey, where they stayed in a refugee camp, hoping for a better future. Life in the camp was challenging as they struggled with limited resources and the ever-present uncertainty.

Eventually, after two years of working and searching for a safe place to rebuild their lives, the Amara family was granted asylum in Canada.

They arrived in Toronto in 2018, filled with hope, yet still haunted by the memories of their past. With the support of the local community and various resettlement organizations, Amir found work as an educator, Leila resumed a nursing job, and the children began attending school, quickly adapting to their new life. The Amara's faced numerous challenges over their arrival, including cultural adjustments and the lingering trauma of their experiences.

However, they remained resilient and determined to create a brighter future for their children, investing in them the values of education, compassion and the importance of helping others.

Mariam Pupkevich B2

"A refugee story"

A refugee from Burma named Henry, arrived in the United States in 2011 at the age of 16 with his family, fleeing political persecution after his father's involvement in the 1988 protests. Initially, he faced a significant culture shock, having only known American culture through the media. He had spent a decade in Malaysia while awaiting resettlement and struggled to leave behind his old life. However, in Indiana, Henry found a welcoming community that supported him, particularly in Europe.

Although Henry had always dreamed of becoming a pilot, he initially thought it was an impossible goal, as there few opportunities in Burma. After working in the IT industry for a few years, he realized he was not living up to his potential. Determined to pursue his dream, he left his job and started working toward becoming a pilot. Now, he is close to completing 500 hours of flight time and hopes to become an airline pilot in the future.

Henry wants to inspire other refugees and children to chase their goals no matter how difficult it is. H e recently helped a young refugee who was bullied at school by taking him on a flight, showing him that dreams are possible. Moreover, Henry claims that being a refugee does not define a person's future and that everyone deserves support to achieve their dreams. He is grateful for the support he has received and he is committed to providing that support to others.

Patsiatzi Dimitra B2

A REFUGEE STORY

A young refugee boy, carrying only a small bag and memories of a lost home, embarks on a journey of survival and hope. Forced to flee his war-torn country, he faces unimaginable challenges: hunger, cold, and fear. Yet, amidst the chaos, his resilience shines. At the refugee camp, he clings to dreams of safety, education, and a better future. Though the shadows of the past haunt him, his spirit remains unbroken. He befriends other children, finding comfort in shared stories and laughter. Every day, he learns to adapt to a new life, a foreign language, and unfamiliar faces. The boy's story is one of courage, hope, and determination—a testament to the strength of the human spirit. Despite the hardships, he believes in a brighter tomorrow, reminding us all that even in the darkest times, there is light, and every child deserves a chance to dream again.

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The Almasi family: A story of resilience

The Almasi family hails from the war-torn region of Syria.

The Family consists of four members, Amir, the father, a former school teacher in Aleppo, Leila the mother, who worked as a nurse, and their two children, Khalid aged 10, and Fatima aged 7.

Before the conflict erupted, the Almasis lived a stable life. Amir dedicated his time to educating children in his local community, while Leila cared for patients in a local hospital. Their life revolved around family, education, and the rich Assyrian culture, which included traditional music and delicious home cooked meals.

However, in 2011, as protests against the government began to escalate into a brutal civil war, their lives were turned upside down. The family faced increasing danger as violence spread through Aleppo. Their neighborhood was bombed repeatedly, and the school where Amir taught was destroyed. With Leila's hospital being overwhelmed with casualties they knew they had to leave.

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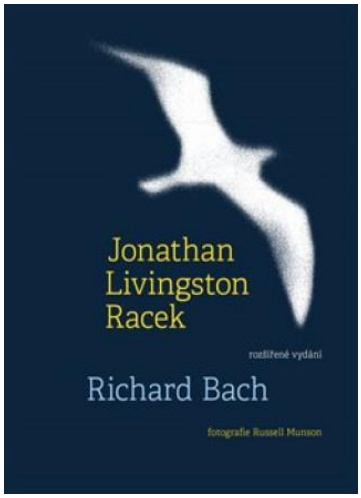
Jonathan Livingston Seagull



Rating:8.5/10

Author: Richard Bach

Genre: Fiction, Classics, Fantasy, Self help

First published: January 1, 1970

The plot: *Jonathan Livingston Seagull* follows a seagull who rejects the ordinary life of his flock to pursue perfection in flying. His journey of self-discovery leads to personal growth and new perspectives on life. The story explores individuality and the pursuit of excellence.

The main characters of this book

- **Jonathan Livingston Seagull** – The protagonist, a young seagull who is determined to master flying and seeks to go beyond the ordinary life of his flock.
- **Sullivan** – An enlightened, older seagull who teaches Jonathan the deeper spiritual lessons of flight and personal growth.
- **Fletcher Seagull** – A fellow seagull who becomes Jonathan's student and learns from him, eventually embarking on his own journey of self-discovery.

In my opinion this book made me realize that someone who is different than the others can rise to a better version of himself and finally find a purpose in his life. Like Jonathan who was determined to succeed his goals despite his Flock's rules. I was deeply touched by this book because I've faced a lot of difficulties which led me to become better, I tried to forget the past and succeed in my goals and dreams that I'm willing to complete in the future. In addition, like Jonathan who fled for his own good, I will keep going for myself and the road ahead.

Goumasi Chrysa

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