

Let's Start!®

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Caerphilly Food Festival



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Me and my hobby

The colours of the wind

Metrominuto:

a map to keep fit, save time and help save the planet!



Pontevedra is a city in Galicia, Spain. Like all major cities, it had a traffic problem. Do you know how it solved the problem? With a special map! It looks like a subway map, with coloured lines and places of interest in the city, and is very easy to read. The coloured lines, in this case, are the routes that you can walk from one point to another in the city centre, with the exact distance and minutes for your journey provided. Unlike Google Maps, with Metrominuto you don't need the internet. The project has been so successful that it has been adopted by many Spanish and European cities. Metrominuto teaches us that in many cases, it is easier, cheaper and healthier to go on foot than by car!

Answer true or false, and find out what other ways Pontevedra fights traffic problems:

- Free parking spaces outside the city centre are shown on Metrominuto.
- In the city centre, the speed limit is 30 km per hour.
- In Pontevedra the police fine those who walk too fast.
- In Pontevedra they have widened all the sidewalks.
- Bicycles can be rented for free in Pontevedra.

T	F
<input type="checkbox"/>	<input type="checkbox"/>

The answers are on page 14.

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Are you ready to have fun this summer?

In this issue, we're visiting Wales. A rich history, amazing castles, friendly people and beautiful landscape - Wales has something for everyone! This is an emotion-filled edition - the report is all about emotions in the movie Inside out! Also, play along with us and learn ten little secrets of happiness.

Have a great summer everyone!

Hi! I'm Grammy! This month, we'll learn about:

- the Past Simple
- the Present Simple
- possessive adjectives
- giving advice
- the use of adjectives
- the use of the infinitive for giving instructions
- the use of the infinitive of purpose
- vocabulary related to emotions and physical appearance
- common expressions



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Samantha

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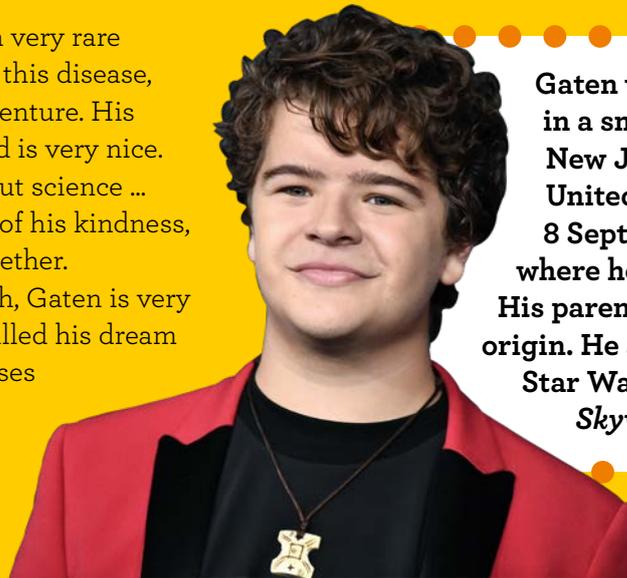
Gaten Matarazzo,

a star in everyday life too



Gaetano John, aka Gaten, is the actor who plays Dustin Henderson, one of the most loved and likeable characters in the Netflix series *Stranger Things*.

What's so special about Gaten? Gaten has a very rare disease, cleidocranial dysplasia. Because of this disease, the actor has no teeth, so he has to wear a denture. His character, Dustin, has a speech problem and is very nice. Dustin is bright, intelligent, passionate about science ... and it's because he's the way he is, because of his kindness, that he is able to keep the group of kids together. Despite the great difficulties he is faced with, Gaten is very courageous and determined. In fact, he fulfilled his dream of becoming a good actor and, indeed, he uses his reputation as a public figure to raise awareness of this disease, raise funds for research and to help other people like him.



Gaten was born in a small town in New Jersey, in the United States, on 8 September 2002, where he was raised. His parents are of Italian origin. He also starred in *Star Wars: The Rise of Skywalker*.

Gaten's mottos!

Gaten is a lion, as strong and brave in real life as he is on screen. Link each saying to its meaning.

- | | |
|--------------------------------|---|
| 1 [] Don't give up | A don't stop following your dreams, never stop fighting for what you want in life |
| 2 [] Never admit defeat | B be strong and courageous |
| 3 [] Don't throw in the towel | |
| 4 [] Be a lion | |
| 5 [] Don't stop trying | |

The answers are on page 14.



Our emotions



1

happiness



2

sadness



3

anger



4

fear



5

embarrassment



6

surprise



7

disgust



8

envy



9

love



10

jealousy



11

pride



12

shyness





Classrooms around the world



Vocabulary related to emotions and physical appearance - use of the Present Simple and Past Simple

Hi guys! I'm Ingrid, and I'm from Oslo, the capital of Norway. This June I'm leaving on a long trip to visit many European capitals. I can't wait! That's why I'm studying English so much. I love it, and my teacher is a force of nature! Today we had a lesson about emotions and how they manifest themselves - really interesting!

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In what situations do you experience the emotions represented by these emoticons? Some situations can be associated with more than one emotion. You decide!

- A. You call someone you never hear from.
- B. Your friend always wears more expensive shoes than you.
- C. An attractive boy / girl looks at you intently.
- D. Your dog broke his leg.
- E. You give your mother a goodnight kiss.
- F. Your sister is the best in class.
- G. You have been promoted.
- H. You see a horror film.
- I. A friend of yours often talks to the girl / boy you like.
- J. You accidentally eat something you don't like.
- K. You are in line at the checkout and others push in ahead of you.
- L. In class you realize that you have put on odd socks.
- M. A fly falls into your soup.
- N. You spend an afternoon with the girl / boy you like.
- O. You have to go to a party where you don't know anyone.
- P. Your cat wins first prize in a beauty contest.
- Q. Friends organise a surprise birthday party for you.
- R. Someone points out that you have made an English grammar mistake.
- S. Lightning strikes near your home.
- T. You lose your favourite watch.
- U. Your friend has more Instagram followers than you do!
- V. They deliver you the wrong pizza.
- W. Your favourite team wins the championship.
- X. You see a shadow through your bedroom window.
- Y. You want to go to the cinema, but you have a fever.
- Z. You win a dream vacation.



When emotions become movie stars!

Inside out is Disney Pixar's masterpiece that was awarded the 2015 Oscar for best animated film. In this movie, emotions are living characters, in flesh and blood. It's an original, scientific and fun way to present our emotions.

The story

Riley is an 11 year old girl. She leaves Minnesota to move to San Francisco with her family. In her new city, Riley has to face many new situations and overcome home-sickness for her old life: her home, friends, school, hockey team.

Along with Riley, we experience her life through what happens in her mind. It's a kind of headquarters, a command room

where her feelings – Joy, Fear, Anger, Disgust and Sadness – live and work. But who are these characters, and what do they represent?



Joy

Joy is a girl dressed in yellow, the colour of happiness. She has blue hair and wide and sincere eyes – and she always has a smile on her face. In Riley's mind, Joy controls all other feelings through good memories. Thanks to Joy, the child is happy and calm.

Interesting fact: it's said that laughter is contagious. In fact, when we hear someone laughing, our brain prepares our facial muscles to smile!



Fear

Fear is a very thin man. He looks scared and is always tense. He protects Riley from danger. In fact, the feeling of fear is important for our survival.

Interesting fact: fear makes us use more facial muscles than other emotions. This emotion triggers an alarm bell and puts us on guard, that is, it prepares us to face an unpleasant situation.





Anger

Anger is a small, short, red little man. He always has a fierce expression, and when he gets angry, he catches fire. But even a negative emotion like anger is necessary: it makes Riley react against injustices.

Interesting fact: anger makes us react against situations that we don't like. Anger, however, is not good for our body: it damages the heart and makes it weak.

Disgust

Disgust is a snobbish young lady. She has green skin and one eyebrow is always raised.

Interesting fact: the feeling of disgust is necessary to

help us stay away from dangerous things and people that hurt our body and our state of mind.



Vocabulary related to emotions and physical appearance, common expressions, use of the infinitive of purpose



Sadness

Sadness is a girl with blue skin, huge glasses and a sad expression. She's always in a depressed mood. Sadness is also necessary; it's only when Riley is sad that others see something is wrong and realise that she needs help and kindness.

Interesting fact: in reality negative emotions are positive; they make us grow and help us face life.

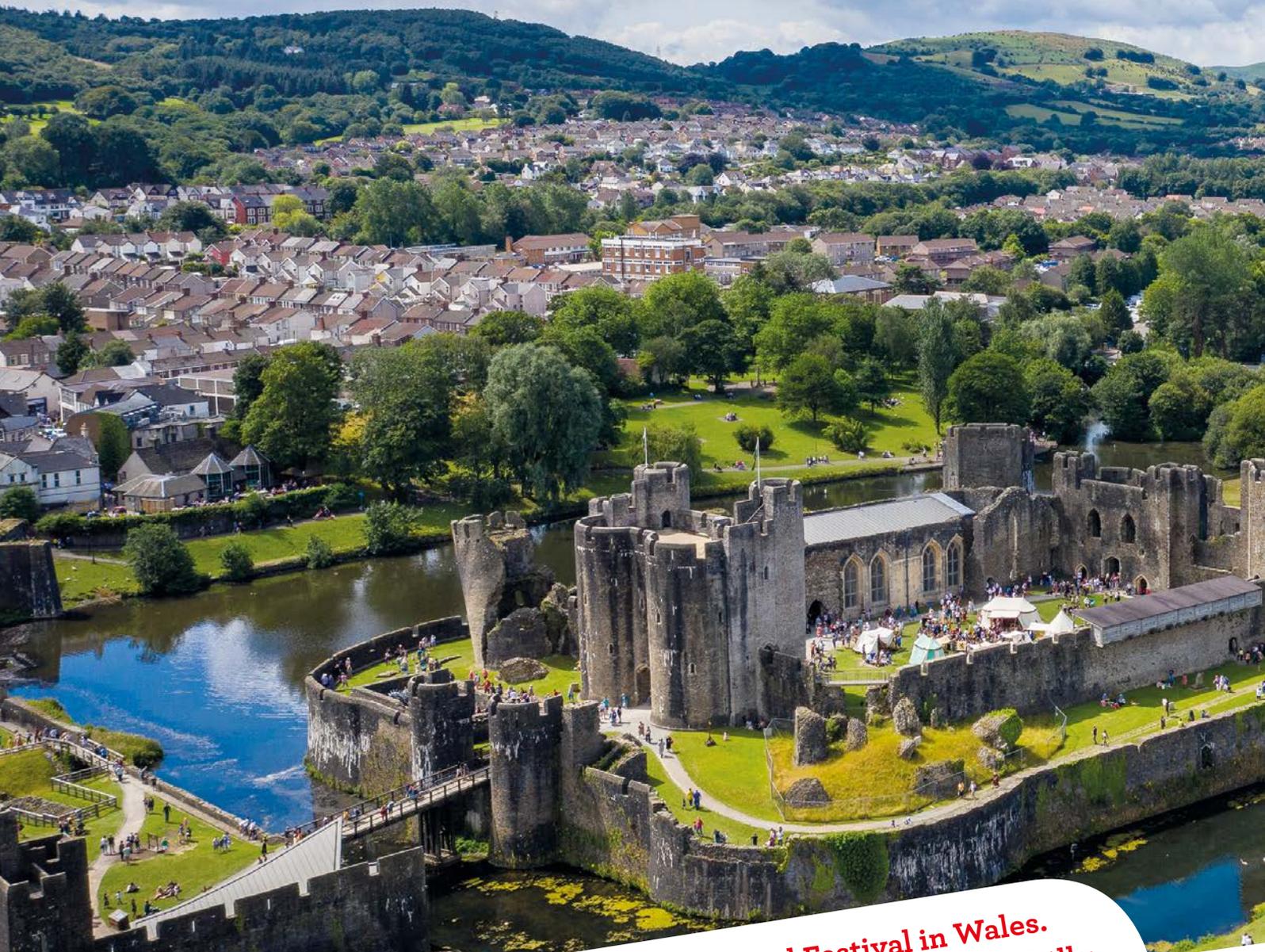
In what situations do you experience joy, fear, anger, disgust or sadness? Write about a situation that deeply affected you.

.....
.....
.....
.....
.....

The answers are on page 14.



This month...



Do you love cheese? Don't miss Caerphilly Food Festival in Wales.
This festival takes place every May in the cute Welsh town of Caerphilly.

Caerphilly Food Festival

1. MATCH THE QUESTIONS TO THE PARAGRAPHS.

Where is the festival?
When does it take place?
What is the festival famous for?

a.

The next festival is on Saturday 11 May 2020. Caerphilly Town Centre will become a market place between 9am and 5pm. Over 100 stall holders will tempt visitors' taste buds with delicious aromas, sizzling sounds and mouth-watering produce.



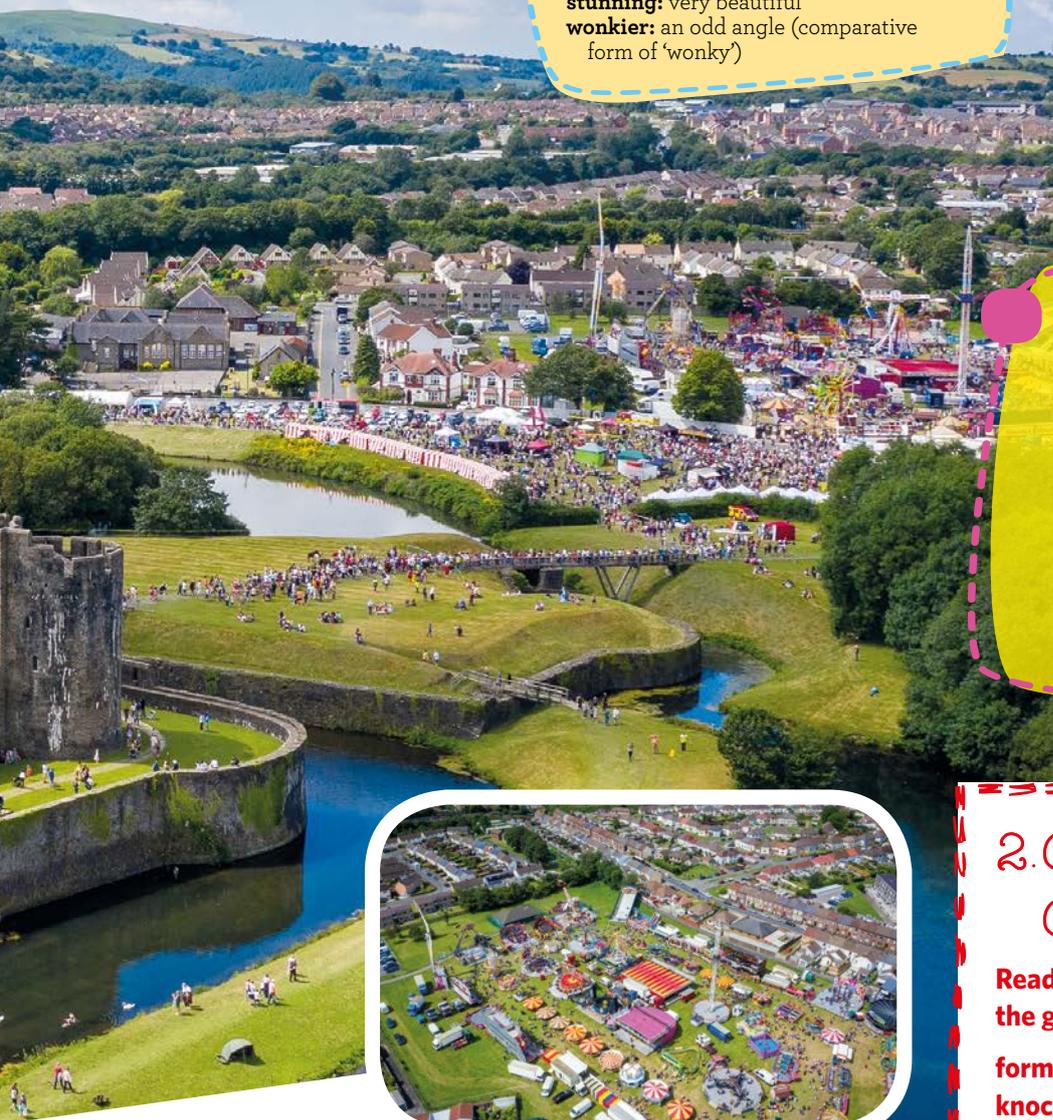
Glossary

cute: pretty
aromas: smells
taste-buds: the glands on your tongue that sense taste
mouth-watering: delicious
wander: to walk
stunning: very beautiful
wonkier: an odd angle (comparative form of 'wonky')



Have you tried Caerphilly cheese?

Caerphilly is a hard, white cheese originating from a town of the same name in South Wales. It was first made in Caerphilly in about 1830. Its texture and flavour is similar to cheddar, which is the most popular type of cheese in the United Kingdom. This cheese is known as "the crumbles".



2. CAERPHILLY CASTLE

Read about this famous castle and fill in the gaps using the words below:

formidable • **powerful** • **sprawling** • **knock** • **medieval**

Fear of a Welsh prince inspired the greatest _____ castle in Wales. Llywelyn ap Gruffudd didn't build Caerphilly Castle. In fact he twice tried to _____ it down before it was finished. But he was certainly its inspiration. The rise of the _____ Prince of Wales persuaded Marcher lord Gilbert de Clare that he needed a _____ fortress really fast. So from 1268 de Clare constructed the biggest castle in Wales - second only to Windsor in the whole of Britain. Massive walls, towers and gatehouses were combined with _____ water defences to cover a total of 30 acres. Did you know that the castle has its own Leaning tower? It's even wonkier than that of Pisa!

The answers are on page 14.

b.
Get ready for delicious food and drink. The festival is full of culinary delights complemented by craft and activity stalls and the ever popular Farmers' Market, Castle Court Shopping Centre Craft & Food Market and the Caerphilly Craft Fair. The dedicated cheese market near The Visitor Centre returns, offering a fantastic selection of cheeses to taste and purchase.

c.
You'll find the festival in Caerphilly town centre. The high street (Cardiff Road) through to The Twyn Square is transformed into a marketplace. Wander through the many stalls from the top of Cardiff Road to the cheese market outside The Visitor Centre, opposite the stunning Caerphilly Castle.



use of adjectives, the Present Simple, use of the infinitive for instructions



Present Simple - possessive adjectives - giving advice



The colours of the wind



Hi guys! I'm Aaron. I am Finnish and I come from Inari, a small Lapland village on the lake of the same name. Inari is the third largest lake in Finland and was a magical place for the

ancient Sami. From November until June, the lake is completely frozen. Many tourists come here to take dog sled tours and see the northern lights! My hobby is building colourful kites - delta-shaped, diamond-shaped, dragon-shaped ... and in summer I fly them on the shores of the lake. If you

like flying kites, I recommend choosing a day when there is a light wind. Find a place that is not crowded and away from trees, bushes, roads and power lines. And ... never go out if dark clouds warn a storm is coming! Otherwise, enjoy the show and the wind in your hair!



The world of kites.

Complete the table, matching each word to the correct heading.

cylinder - wind - road - triangle - shore - square - beach - rectangle - rain - lake - pyramid - cloudy - arrow - cube - village - rhombus - fog - countryside - star-shaped - mountain - sun

Shape	Place	Weather
.....
.....
.....
.....
.....

The answers are on page 14.



Let's visit...

Conwy Castle, Wales



This is one of Britain's best surviving medieval fortifications. Conwy Castle is stunning, and if you're visiting Wales, it should definitely be on your itinerary!

1. Match the headings (a-d) with the paragraphs (1-4) below.

- a. A European treasure**
- b. Don't miss the town!**
- c. An expensive castle to build**
- d. Impressive – inside and out**

1. _____

Built between 1283 and 1289, for King Edward I, the castle cost £15,000 – a fortune in medieval times! Take one look at the surviving castle and you can see why it was so expensive to build.

2. _____

Conwy has two barbicans (fortified gates), high curtain walls, eight massive towers and an impressive Great Hall. The castle sits upon a narrow rocky outcrop, which gives it an excellent strategic position and made it easy to defend. From the top of its walls, you have breathtaking views across the mountains and sea. Inside, you will find an outer ward containing chambers and a kitchen, and a more secluded inner ward with private chambers and a royal chapel.

2. The smallest house in Great Britain
Complete the story, using the words in the box.

- continuously
- fisherman
- size
- descendants
- too small
- waterfront

This house, named by the Guinness Book of Records as ‘the smallest house in Great Britain’, is located on Conwy’s **1.** _____ and is 3.05 metres by 1.8 metres in **2.** _____. The house was lived in **3.** _____ from the 16th Century, until 1900, when the **4.** _____ who lived there was forced to move out. The rooms were **5.** _____ for him to stand up properly! The fisherman’s **6.** _____ still own the house today – and you can pay a small charge to take a tour through it!



© Shutterstock



3. _____
UNESCO considers Conwy to be one of ‘the finest examples of late 13th century and early 14th century military architecture in Europe’. It has been classed a World Heritage site, since 1986.

4. _____
Conwy is a delightful town, worth a visit even without its magnificent castle. It is a walled market town located on the north coast of Wales. In Conwy, you can visit the ruins of Aberconwy Abbey, the medieval watchtower or Aberconwy House – the town’s only surviving 14th century merchant’s house. You can take a walk across the impressive pedestrian suspension bridge, which was built in 1826 to cross the River Conwy next to the castle. Conwy also has the smallest house in Britain – definitely a ‘must see’!

The answers are on page 14.

Glossary

- a fortune:** a lot of money
- breathtaking:** very beautiful
- delightful:** charming
- pedestrian:** for people only, not cars
- secluded:** private
- surviving:** remaining



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intermediate

intermediate advanced

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primary school

elementary

lower-intermediate

intermediate

intermediate advanced

Lingua latina



elementary

Italiano



primary school

elementary

lower-intermediate

intermediate

intermediate advanced

advanced

РУССКИЙ ЯЗЫК



lower-intermediate

Español



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elementary

lower-intermediate

intermediate

intermediate advanced

Deutsch



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lower-intermediate

intermediate

intermediate advanced

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Find out about ...

Wales



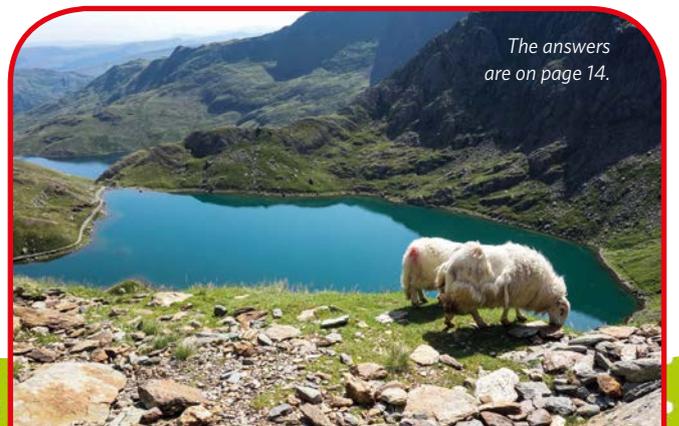
Located on the west of the United Kingdom, Wales is a beautiful and fascinating country with a rich history. Here are a few fun facts about Wales that you may not know!

Fill in the gaps with the phrases, words and numbers below to complete the facts.

Celtic • 3 million • Lamb • 1284 • square mile
Cardiff • the land of song • Cymru
Snowdon

1. Wales is called _____ in Welsh.
2. Wales has a population of approximately _____. English and Welsh are the two official languages of Wales.
3. Welsh is a _____ based language that is now spoken by over 20% of the population.
4. _____ is the largest city and also the capital of Wales.
5. _____ (or Yr Wyddfa), is the highest mountain in Wales at 1085 m (3560 ft).

6. Wales was ruled by England from the year _____. Since 1301, the two countries have been unified. Wales is now part of the United Kingdom.
7. Wales has a lot of castles! It's said to contain more castles per _____ than any other country in the world.
8. Wales is often termed "_____". The country is known for its harpists, male choirs, and solo artists.
9. _____ is the meat traditionally associated with Welsh cooking due to the amount of sheep farming in the country.



The answers
are on page 14.