

Online tools to learn English (for self-study)

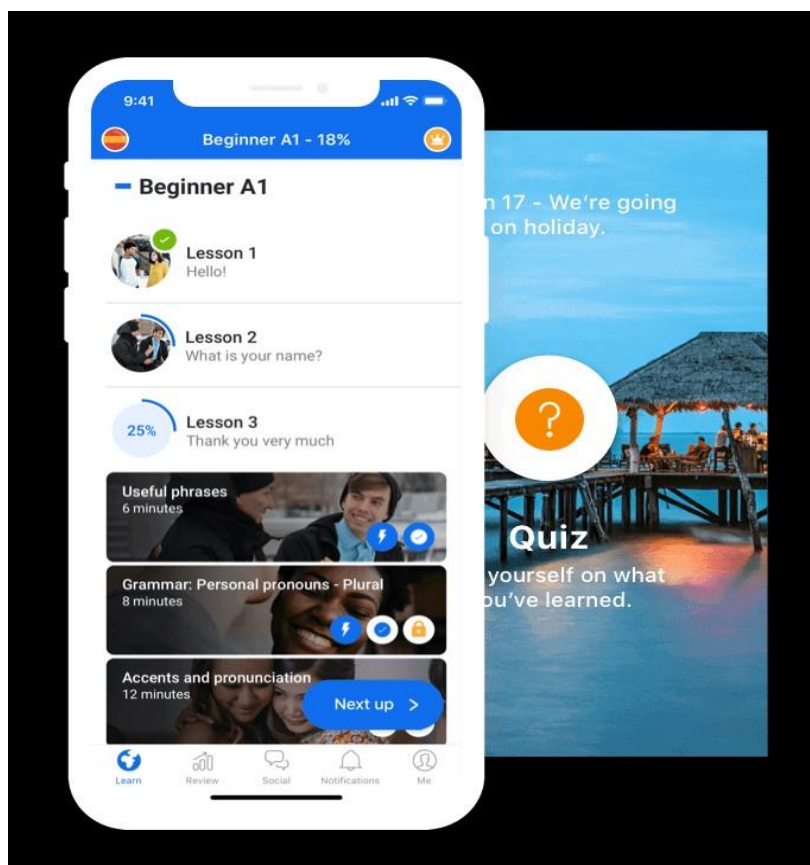
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Title of resource: Busuu

Link: <https://www.busuu.com/en>

Description: Busuu is a free app that you can use to learn English online and other different languages too. It offers a lot of resources such as explanatory videos, listening activities and test to examine your English level. Besides, you can see your development in your English skills and choose between different levels (from beginner to advance), the one that fits you better.

Why is this resource useful? We have chosen Busuu, because we think it offers many opportunities to learn English in different ways without moving from your home. You can use it whenever you want and wherever you are. Apart from that, you can contact native speakers that will help you with your pronunciation and will correct the exercises that you are going to do in the app.



Title of resource: Breaking News English

Link: <https://breakingnewsenglish.com/>

Description: Breaking News English is a web page where the user can learn English through practising with the latest news. It consists in reading different news, according to the user level, and doing activities related to them. It offers the opportunity to choose between different topics and to choose specific activities, apart from the ones that each news has.

Why is this resource useful? From our point of view, it is an interesting resource to learn English because, it not only helps to improve our English skills, but we also get informed about what is happening nowadays in many different countries.

www.BreakingNewsEnglish.com - The Mini Lesson

Volunteering helps you live longer

26th August, 2013



VIA BRANDE-JACKSON ON FLICKR.COM

Volunteering can make you happier and help you live longer, according to a new study. A research paper published on Friday in the journal BMC Public Health says doing good deeds for others boosts your mental health and increases your longevity. Researchers from the UK's University of Exeter reviewed 40 academic papers into the effects of volunteering on our health. They found that volunteers had lower rates of depression, an increased sense of well-being, and a 22 per cent reduction in the chances of dying within the next seven years. Australians lead the way in volunteering, with an estimated 36 per cent of the population lending a hand.

Lead researcher Dr Suzanne Richards said: "Our systematic review shows that volunteering is associated with improvements in mental health, but more work is needed to establish whether volunteering is actually the cause." She added: "It is still unclear whether biological and cultural factors and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the first place." In a separate study from the University of Michigan, researchers suggested three reasons why volunteering may be beneficial. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep sense of happiness.

Sources: Daily Telegraph / Huffington Post / EveryDayHealth

Writing

There should be a law that makes everyone volunteer for something. Discuss.

Chat

Talk about these words from the article.

volunteering / journal / longevity / depression / well-being / chances / lending a hand / review / mental health / biological / cultural / reasons / physical activity / happiness /

True / False

- A new study says volunteering increases your longevity by 22 years. T / F
- Researchers looked at over 400 different studies into volunteering. T / F
- Volunteering reduces the chances of dying in the next seven years. T / F
- Australians seem to be the most willing volunteers. T / F
- A researcher said her work with volunteering was finished. T / F
- The researcher biological factors create a willingness to volunteer. T / F
- A different study gave three possible reasons why people volunteer. T / F
- The second reason was that volunteering helps reduce stress. T / F

Synonym Match

1. deeds	a. likelihood
2. boosts	b. evaluation
3. rates	c. different
4. chances	d. acts
5. lending a hand	e. confirm
6. review	f. increases
7. establish	g. levels
8. willingness	h. feeling
9. separate	i. helping out
10. sense	j. desire

Discussion – Student A

- How important is volunteering?
- What things have you volunteered to do?
- How does volunteering make you feel?
- What do you think about what you read?
- Will you volunteer (more) now you know you can live longer?
- What are the best things to volunteer for?
- Should there be a law to get all of us to volunteer?
- How does volunteering change the world?

LOVES MARE at <http://www.breakingnewsenglish.com/1308/140826-volunteering.html> Copyright Sean Bowville 2013

Title of resource: Memrise

Link <https://www.memrise.com/es/>

Description: Memrise is a very useful and complete app where you can select any language you want (in our case English). You can learn it from the start or you can choose to improve your level. It is divided in many different and varied sections, each of them related to a certain topic, where you can learn new vocabulary through dynamic activities and games. It also includes some videos of native speakers pronouncing all the phrases and words that you are being taught.

Why is this resource useful? It is a really helpful tool because it makes the process of learning a language very entertaining and amusing. It also includes a huge amount of words and phrases for practical situations of real life, but also more specific vocabulary to amplify your knowledge on that particular language. It works as if it was a game, you can level up as you accomplish each task, you can get points and rewards, and you can unlock new challenges. So, it is a really funny way to learn English.

