



4 th	Ana Carolina	Aa1	ST
6 th	Marcelo	A1	T
6 th	Leonor	B1+ teens	T
6 th	Rita	B1+	ST
8 th	Gustavo	B2	ST
9 th	Teacher Vera		
11 th	Afonso	B ch	ST
13 th	Leonor	A2	T
13 th	Leonor	B1	T
14 th	Inês	Beg ch	ST
15 th	Beatriz	B ch	ST
16 th	Ana	B1+	ST
20 th	Mariana S	B ch	ST
26 th	Sonia	A2	ST
26 th	Vicente	A2	ST
27 th	Elisabete	B2	ST
28 th	José Pedro	B ch	T
29 th	Mariana	A2+	ST



The teachers at the Institute would like to wish you all GOOD LUCK for your tests. Relax and do your best. We would also like to wish you and your loved ones a very MERRY CHRISTMAS and a great new year of 2023. Have great holidays 😊😊😊😊😊😊



- What do you call people who are afraid of Santa Claus? Claustrophobic!
- What goes "oh oh oh"? Santa walking backwards.

CONGRATULATIONS

To all our students who Cambridge exams 😊



Dancing – Fun exercise!

The first time I went to a dance class was when I was about 9 years old. I was in primary school and there were some clubs we could join. Apart from badminton and orientation there was also the hip-hop group. I don't remember any songs or choreographies, however, I do remember really enjoying it and deciding I wanted to dance for as long as I could.

When I moved to the fifth grade, I left the club and joined a dance school instead. I immediately noticed a difference. The songs were more like hip-hop style, the choreographies were better, and I actually started to improve. However, I didn't really like the people and the teacher. So, less than two years later, I found out about another school and decided to transfer.

In this new school, I found my true passion for dance. I have been dancing with them for almost 4 years now and it is the best place I have been so far. For the first time, I went on stage in front of hundreds of people, and it was an unforgettable experience. I have made some great friends there and my love for dancing grows more and more every time I perform with my group.

Dancing has helped me in many ways, so I recommend it to anyone who wants to try something new. It doesn't necessarily have to be hip-hop, that's just my personal preference. Dancing is a great way to stay in shape and to have fun. Besides, you might even come to find it's also your passion. **(Margarida Coelho – B2)**

Erik Shoji

Erik Thomas Shoji is a professional volleyball player from USA that currently plays as libero. He is a member of the US National Team and plays for ZAKSA Kedzierzyn-Kozle.

He has a Youtube channel where he uploads videos reacting to volleyball games and volleyball players, too. He also gives tips and posts his Tik Tok videos.

I think it is a very interesting content but very selective so if someone is not that interested in volleyball they probably won't like it. The videos have good editions and I think it is a good channel to relax because you do not need to be one hundred percent focused to enjoy it.

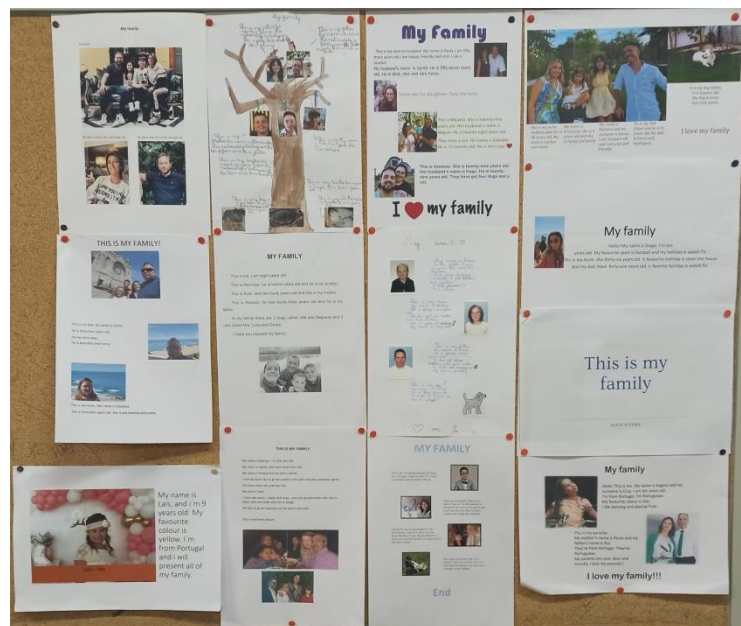
The worst thing about the channel is that Erik seems to be a little hesitant and looks unsure when he is starting the Youtube videos. Some videos he chooses to react to have really low quality which makes it difficult for the viewers to watch.

To conclude, I think it is a great channel with lots of possibilities but, of course, it has some things that could be better. I recommend this channel to people that like volleyball and want to know a little bit more about this amazing sport.

(Maria Pinto – B1+ Trofa)

My favourite app on my phone is Snapchat. I like Snapchat because I love taking photos with filters. In Snapchat I can see stories of every people, message my friends and laugh a lot because of the filters. I can make videos too. On Snapchat I can use different types of filters, for example, a filter that my mouth gets big, or a filter that I get a beard.

(Dinis Sousa – B ch – Trofa)



The **Beg ch** class in Trofa did projects about their families. They were AMAZING!

A week in Morocco

In 2018 I went to Morocco, Saidia, with my family and I was really excited because it was the first time I was leaving the country. When we were there, we noticed that the culture and conditions were completely different from Portugal. So, there were some things I didn't like that much and things I loved when I was there.

I really like the hotel where we stayed. The animation team was fantastic and there was always activities to do for all ages. During the day, you could visit the city, swim in beautiful and big pools, play games with other tourists, try different foods, do typical Moroccan hairstyles...

At night you could eat normal food at the hotel but you also could eat in two different restaurants, also in the hotel, Moroccan food (which I didn't like a lot), and Mediterranean food, and after dinner you could watch shows and people who won games during the day receive a certificate. Outside the hotel, you could ride a dromedary, go on a guided tour, go to the beach, meet some tourists or Moroccans, who are very kind.

I didn't like that much the hygiene and conditions outside the hotel. We also needed to be really careful with the things we ate because of the lack of hygiene and the spices. There were lots of insects too, and that was a little uncomfortable.

But at the end, I really loved the experience and I'll never forget that week.

(Ana Costa – B1 Trofa)

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

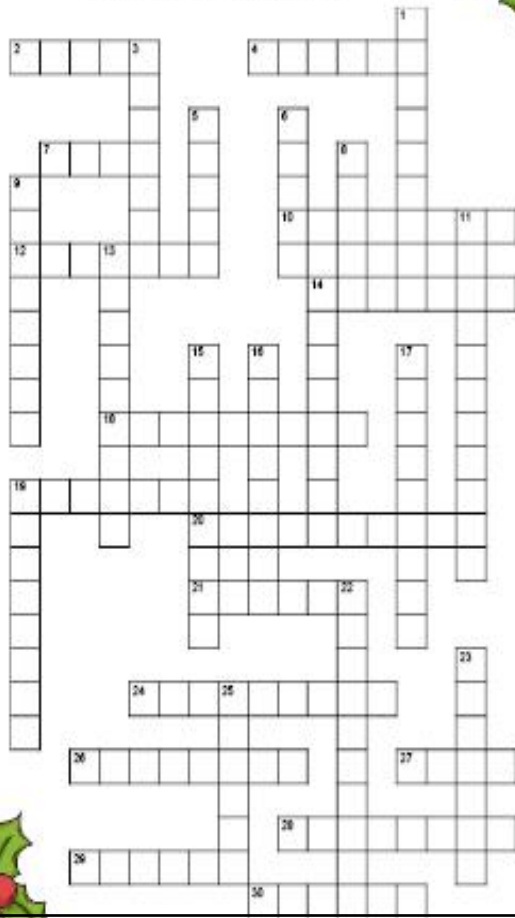
11 Letter Word

GINGERBREAD

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.



MERRY CHRISTMAS

K F A M I L Y T R N K B J L H
Y M U T J C O R B S X G O J H
Y U P L R C A R O L S I Y I F
Y C M R R E Q N W E E V E N N
L H F E E P E H D N D I J G O
S R B T D S C S S Y W N G L R
Y I Q M T Y E R C M C G S E T
U S T O C K I N G S J A E I H
U T L I G H T S T G S D N W P
L M F L I O V S M S N J S E O
K A V F X B I Z G I I G D T L
B S R E B Z S L E I G H X C E
F K Y O L Q H R N S N O W R U
X N L R J F Z C D N D E X X V
H S T A R W S A N T A T L V M

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

Snowman Winter Maze

