



COBE

Preparation

Workbook

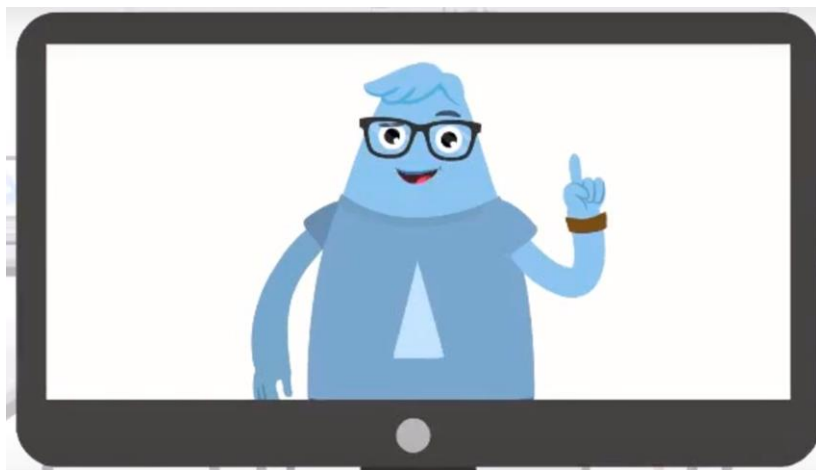


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Introduction

Dear students,

This workbook will help you be prepared for COBE (Computerized Oral Bagrut Exam). It contains three parts: **Personal Interview**, **Project Presentation** and **QR codes** to scan and go on our website to practice **Cartoon Presentation**. It covers all possible subjects suggested by the Ministry of Education. You are provided with vocabulary translated into Hebrew, a numerous number of questions to practice, several templates how to speak on a subject and more other tools for your preparation.

We hope you will find it useful. Go for it! We wish you to be a success on your Computerized Oral Bagrut Exam.



תלמידים יקרים,

חוברת עבודה זו תעזור לכם להתכונן לבחינת בגרות מתוקשבת באנגלית בעל פה. בחוברת ניתן למצוא שלושה חלקים: ראיון אישי, הצגת פרוייקט וברקודים לסריקה ומעבר לאתר המתלווה שלנו לתרגול הצגת סרטים מצוירים. חוברת מכסה את כל הנושאים האפשריים שניתנו על יד משרד החינוך. לשימושכם קיים אוצר מילים מתורגם לעברית, מספר רב של שאלות לתרגול, תבניות לדוגמה איך לדבר על נושאים שונים וכלי עזר נוספים להכנה לבגרות.

לכו על זה! בהצלחה בבחינת בגרות מתוקשבת באנגלית בעל פה!

Personal Interview



About Myself and My Family

Vocabulary for the Questions

do for a living	עושה למחייתך	spend time	לבלות
siblings	אחים	how much	כמה
share opinion	להחליק דעה	if	האם
explain	להסביר	ask for advice	לבקש עצה
get along with	להסתדר עם	how often	באיזה תדירות
give an example	לתת דוגמה	prefer	להעדיף
when?	מתי	share tastes	להחליק טעם
		fashion	אפנה

Vocabulary for the Answers

PEOPLE

siblings	אחים	elementary school	בית ספר יסודי
grandparents	סבים וסבתות	junior high school	חטיבת ביניים
uncle	דוד	kindergarten	גן ילדים
aunt	דודה	office	משרד
cousin	בת דודה	polyclinics	מרפאה
nephew	אחיין	building site	אתר בנייה
niece	אחיינית	beauty center	מרכז היופי

PLACES PEOPLE WORK

PROFESSIONS

sales agent	סוכן מכירות	a school principal	מנהל בית ספר
a housewife	עקרת בית	self employed	עצמאי
a builder	בנאי	an assistant to a dentist	עוזר לרופא שיניים
a teacher	מורה	an accountant	רואה חשבון
an engineer	מהנדס	a computer programmer	מתכנת מחשבים
a cosmetician	קוסמטיקאית	an officer in the army	קצין בצבא
a medical secretary	מזכירה רפואית	a makeup artist	מאפרת
a jewelry designer	מעצב תכשיטים	a nurse	אחות
a clerk	פקיד	a doctor	רופא

a fashion designer	מעצב אופנה	a policeman	שוטר
a manager	מנהל	a guard	שומר

VERBS

spend time	לבלות	disagree with	לא מסכים עם	get along with	להסתדר עם
share opinion	לחלוק דעה	agree with	מסכים עם	prefer	להעדיף
support	לתמוך ב	do for a living	עושה למחייתך	adore	להעריץ

About Myself and My Family

1. Tell me about yourself and your family.

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.....

.....

2. What do your parents **do for a living**?

.....

.....

3. Tell me about your **siblings**.

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.....

4. What do you like to do with your family?

.....

.....

5. Do your parents always **share your opinion**? **Explain**.

.....

.....

6. Do you **get along with** your parents? **Give an example**.

.....

.....

7. **When** do you **spend time** together with your family?

.....

8. **How much** time do you spend together with your family?

.....

9. **If** you go shopping, do you **ask** your parents **for advice**?

.....

10. **How often** do you visit your grandparents?

.....

11. Do you **prefer** to spend your free time with your friends or your family?

.....

12. Does your family **share** your **tastes** in music or **fashion**?

.....

About Myself and My Family

My name is Tamir Levi. I am seventeen years old.

I live in Beer-Sheva with my big family. I have a father, a mother, two sisters and two brothers.

My mother's name is Judith. She is 45. She is a **nurse**. She works in the Soroka hospital.

My father's name is Moshe. He is 53. He has his own small business. My sister Tali and my brother Ronen are **twins**. They are 20 years old. They are in the army now. My brother Gal is 14 years old. He goes to Amit School. He is in the 8th grade.

My sister Liraz is 4 years old. She goes to the **kindergarten** near our home. I like to **spend time** together with my family. I like to go shopping with my parents and brothers. Sometimes we **go out** together, especially on Fridays and Saturdays. Every summer we travel around Israel

together. Last year we were in the **north** of Israel. Our **vacation** was for 5 days. It was so cool.

I **adore** my parents as they understand me and **support** in almost every **decision** I make.

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A Person Who Influenced My Life

Vocabulary for the Questions

role model	מודל לחיקוי	what kind of	איזה סוג של
influence	השפעה, להשפיע	would you like	הייתה רוצה....
admire	להעריך		

Vocabulary for the Answers

NOUNS/ NOUN PHRASES

a source of motivation	מקור מוטיבציה	life story	סיפור חיים
impact	השפעה	supporter	תומך
influence	השפעה	wisdom	חוכמת חיים
life experience	ניסיון חיים		

ADJECTIVES

easy going	קליל, זורם	smart	חכם
generous	נדיב	wise	פיקח
modest	צנוע		

VERBS/ VERB PHRASES

admire	להעריך	inspire	לעורר השראה
affect	להשפיע	make people happy	לשמח אנשים
avoid the mistakes	להימנע מהטעויות	motivate	להניע
become popular	להפוך להיות פופולרי	reach my life goal	להגיע למטרת חיי לחזור על הטעויות שלי
become successful	להפוך להיות מצליח	repeat my mistakes	
care about	לדאוג ל	share	לשתף, לחלוק
follow	לעקוב אחר	solve problems	לפתור בעיות
impact	להשפיע	support	לתמוך
influence	להשפיע		

A Person Who Influenced Your Life

1. Do you have a **role model**? Who is it?

.....
.....

2. Is it easy to **influence** you? Why?

.....
.....

3. Who has an **influence** on your life?

.....
.....

4. Who is the person you **admire**?

.....
.....

5. Can you influence other people?

.....
.....

6. **What kind of** influence **would you like** to have on other people? Explain.

.....
.....

7. Can you be a role model for somebody? Explain your answer.

.....
.....

8. What would you like to teach someone younger than you? Explain.

.....
.....

9. Who would you like to influence and why? Explain.

.....
.....

Advertising

Vocabulary for the Questions

ads	מודעות	influence	השפעה, להשפיע
favorite	אהוב	necessary	נחוץ
annoying	מעצבן	buy	לקנות
you've ever seen	אי פעם ראית	what type of	איזה סוג של
advertisement	פרסומת	positive side	צד חיובי
negative effect	השפעה שלילית		

Vocabulary for the Answers

NOUNS/NOUN PHRASES

ad	מודעה	Instagram account	חשבון אינסטגרם
advertisement	פרסומת	newsletter	עלון החדשות
cartoon	סרט מצויר	online shop	חנות מקוונת
celebrities	ידוענים	unsubscribe button	כפתור ביטול הרשמה
company	חברה	YouTube account	חשבון יוטיוב

ADJECTIVES/ADVERBS

annoying	מעצבן
negative	שלילי
positive	חיובי
unconsciously	באופן לא מודע

VERBS/VERB PHRASES

advertise	לפרסם	make profit	להרוויח
affect	להשפיע	prefer	להעדיף
annoy	לעצבן	purchase	לרכוש, רכישה
buy	לקנות	sell	למכור
get rid of	להיפטר	subscribe	להירשם
influence	להשפיע	take part in	להשתתף ב
irritate	לעצבן	watch	לצפות ב

Advertising

1. Do you like watching **ads**? Why or why not?

.....
.....

2. Where do you usually watch ads?

.....
.....

3. Do you have your **favorite** ad? What is it?

.....
.....

4. What is the most **annoying** ad **you've ever seen**?

.....
.....

5. Do you think **advertisements** could have **negative effects**? Explain.

.....
.....

6. Do you think advertising **influences** you? Explain.

.....
.....

7. Do you think advertising is **necessary**? Explain.

.....
.....

8. Do you think people **buy** things because of advertisements? Explain.

.....
.....

9. **What type of** advertisement has the most **influence** on people? Explain.

.....
.....

10. Does advertising have **positive sides**? If yes, what are they?

.....
.....

Animals

Vocabulary for the Questions

pet	חיית מחמד	aggressive	אגרסיבי	meat	בשר
would you like	האם תרצה	express their attitude	מבטאים את עמדתם	factory farming	חקלאות תעשייתית
in your view	לדעתך	wrong	שגוי	justify	להצדיק
more preferable	עדיף יותר	human entertainment	בידור אנושי	kill	להרוג
animal shelter	מקלט לבעלי חיים	right	ימין	fur	פרווה
opinion	דעה	attitude towards	יחס למים	necessary	נחוץ
alternative	אלטרנטיבה	condition	מצב	test	לבחון
exist	קיימים	circus	קרקס	cosmetics	קוסמטיקה
take care of	לטפל	object	להתנגד	drugs	תרופות
dangerous	מסוכן	raise	לגדל		

Vocabulary for the Answers

NOUNS/NOUN PHRASES

animal abuse	התעללות בחיות	companion	בן לוויה	guide dog	כלב נחייה
animal shelter	מקלט לבעלי חיים	conditions	תנאים	medical research	מחקר רפואי
attitude	גישה, יחס	cruel treatment	יחס אכזרי	pet	חיית מחמד
behavior	התנהגות	exotic pets	חיות מחמד אקזוטיות	rights	זכויות
blind people	אנשים עיוורים	factory farming	חקלאות תעשייתית	toy	צעצוע
circus	קרקס	fur	פרווה		

VERBS/ VERB PHRASES

adopt	לאמץ	growl	לנהום
bark	לנבוח	lick my face	ללקק את פני
bite	לנשוך	sleep in my bed	לישון במיטה שלי
chew	ללעוס	spend time	להקדיש זמן ל
Do you object	האם אתה מתנגד	spoil the furniture	לקלקל את הרהיטים
eat	לאכול	take care of	לטפל
express their attitude	מבטאים את עמדתם	train the dog	לאמן את הכלב
feed animals	להאכיל חיות	urinate	להשתין
get bored of	נמאס לי	wag its tail	לכשכש בזנבו
		walk the dog	להוציא את הכלב לטיול

ADJECTIVES

afraid of	מפחד מ
Is it necessary?	האם זה הכרחי
preferable	עדיף
thrown	נזרק

Animals

1. What animals do you like?
.....
2. Do you have a **pet**?
.....
3. What kind of pet **would you like** to have?
.....
4. How can animals help people?
.....
5. **In your view**, can a wild animal become a pet? Why or why not?
.....
6. If you could be an animal, which animal would you like to be?
.....
.....
7. What is **more preferable** for you to take a pet from the **animal shelter** or to buy it in the animal shop? Explain your **opinion**.
.....
.....
8. If your parents do not **agree** to have an animal at home, what other **alternatives exist** of **taking care** of animals?
.....
9. What animals are **dangerous**, in your view? Why?
.....
10. Why are some animals **aggressive**? Explain your answer.
.....
.....
11. How do animals **express their attitude towards** people?
.....

12. Is there anything **wrong** with using animals in **medical research**?

.....
.....

13. Is there anything wrong with using animals for **human entertainment**?

.....

14. Do animals have **rights**? Explain.

.....
.....

15. What is your **attitude towards** zoos?

.....
.....

16. What is your opinion about the **conditions** animals live under in the **circus**?

.....
.....

17. Do you **object** to **raising** animals for **meat**? What do you think about **factory farming**?

.....
.....

18. Is it **justified** to **kill** animals for their **fur**?

.....
.....

19. Is it **necessary** to **test cosmetics** / **drugs** on animals?

.....
.....

Ecology

Vocabulary for the Questions

protect	להגן	situation	מצב
environment	סביבה	environmental pollution	זיהום סביבתי
How concerned are you	כמה אתה מודאג	save energy	לשמור אנרגיה
extinction	הכחדה	government	ממשלה
endangered animals	בעלי חיים בסכנת הכחדה	provide	לספק
plastic bags	שקיות ניילון	support	תמיכה
harm	לפגוע	alternative energy	אנרגיה חלופית
garbage	זבל	global warming	התחממות גלובלית
container	מיכל	How willing are you	כמה אתה מוכן
cutlery	סכו"ם	lifestyle	סגנון חיים
recycle	למחזר	reduce	להפחית
natural resources	משאבים טבעיים	damage	נזק
state	מדינה	cause	גורם

Vocabulary for the Answers

NOUNS / NOUN PHRASES

air pollution	זיהום אוויר	global warming	התחממות גלובלית
alternative energy	אנרגיה חלופית	government	ממשלה
damage	נזק	industrial area	אזור תעשייה
ecology	איכות הסביבה	law	חוק
endangered animals	בעלי חיים בסכנת הכחדה	oxygen	חמצן
energy	אנרגיה	political agenda	מצע פוליטי
environment	סביבה	pollution	זיהום
extinction	הכחדה	resource	משאב
		source	מקור

VERBS/VERB PHRASES

breathe	לנשום	recycle	למחזר
cause	לגרום	reduce	להפחית
decompose	לפרק, להתפרק	regulate	לווסת
draw attention	למשוך תשומת לב	reuse	לעשות שימוש חוזר
harm	לפגוע	save	לשמור על
pollute	לזהם	separate	נפרד, להפריד
prohibit	לאסור	take into consideration	לקחת בחשבון
protect	להגן	use plastic	להשתמש בפלסטיק

ADJECTIVES

comfortable	נוח	polluted	מזוהם
concerned	מודאג	willing	מוכן

Ecology

1. Are you a green person?

.....

2. **What does it mean** for you to be a green person?

.....

.....

3. Is it important for you to **protect the environment**?

.....

4. How can we protect the environment?

.....

.....

5. How **concerned** are you about **the extinction of endangered** animals?

.....

.....

6. Do you use **plastic bags**?

.....

7. How can using plastic bags **harm** the environment?

.....

.....

8. Do you put your **garbage** into separate **containers**? Why or why not?

.....

.....

9. Do you use plastic **cutlery**? Why or why not?

.....

.....

10. Do you **recycle** things? Give an example.

.....

.....

11. How can you recycle things?

.....

.....

12. What **natural resources** should we **save** to protect the environment? How can you do that?

.....

13. How can the **state regulate** the **situation** with the **environmental pollution** in the country?

.....

.....

14. Why is it important to **save energy**?

.....

.....

15. Should the **government provide** more money to **support alternative** energy?

.....

.....

16. What do you think about **global warming**?

.....

.....

17. How **willing** are you to change your **lifestyle to reduce the damage** you **cause** to the environment?

.....

.....

Ecology

איכות הסביבה

נושאים מדוברים

Ecology is one of the most **discussed issues** nowadays.

מושך תשומת לב

משפיע

It **draws attention** because it **influences** our lives.

סיסמה

להגן

סביבה

נשמע

The **slogan** “we must **protect** the **environment** we live in” is **being heard** from everywhere. But

נקראים

לגרום נזק

what does that mean, to protect? As far as I understand it, we **are called for** not to **damage** it.

שקיות ניילון

נוח

For example, I as most Israelis use **plastic bags** because it is **comfortable** and easy. When I do

להתפרק

so, I do not think about the fact that it takes too much time for the plastic bags to **decompose**.

חוף ים

What is more, if plastic bags get into the sea or to the **seashore**, wild animals can eat them and

ממשלה

לחוקק

חוקים

הפחתה

die. This is the reason why the **governments** of many countries **pass the laws** for **lowering** or

איסור

שימוש

prohibiting the plastic bags **usage**.

נוספת

לפגוע

טבע

מקור

An **additional** way not to **harm** the **nature** is not to cut down trees, as they are the **source** of the

חמצן

לנשום

שימוש חוזר

מפותח היטב

oxygen that we **breathe**. Today, the technology of paper **recycling** is **well developed**. That

בשימוש חוזר

means that the same paper can be **reused** for many times and less trees will be cut down.

לבסוף

זהוים אוויר

במיוחד

אזורי תעשייה

Finally, I would like to discuss the problem of **air pollution**, **especially** in the **industrial areas**.

נפוץ מאוד

השלכות קטלניות

מוכחים

This problem is **extremely common** for Israel. It has **deadly consequences** **proved** by the

רבים

מחקרים

מוביל ל

מחלות

לקחת בחשבון

numerous studies. The air pollution **leads to** lots of **diseases**, so we need to **take into**

לפתור

consideration the ways of how to **solve** this problem.

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Famous People **Vocabulary for the Questions**

which	איזה	advantage	יתרון
would you like	האם תרצה	disadvantage	חסרון
admire	להעריץ	age	גיל

Vocabulary for the Answers

NOUNS

ads	מודעות / פרסומות	follower	עוקב
advantage	יתרון	Instagram account	חשבון אינסטגרם
anybody	מישהו	paparazzi	פפראצי
bodyguards	שומרי ראש	per post	על כל פוסט
celebrity	בן אדם מפורסם	private life	חיים פרטיים
disadvantage	חסרון	YouTuber	יוטובר

VERBS/VERB PHRASES

become	להפוך להיות	spend money	לבזבז כסף
change looks	לשנות מראה	subscribe	להירשם
earn money	להרוויח כסף	support his image	לשמור על הסגנון
follow	לעקוב אחר	take pictures	לצלם תמונות
look fantastic	נראה פנטסטי	wear large sunglasses	להרכיב משקפי שמש גדולים
		wear make up	לשים איפור

ADJECTIVES

famous	מפורסם	rich	עשיר
fashionable	אופנתי	unpleasant	לא נעים
pleasant	נעים		

Famous People

1. **Which** famous person do you like? Explain why.

.....

2. **Would you like** to be this person for a day? Explain.

.....

3. If you could meet a famous person you **admire**, what would you like to do together?
(with him or her?)

.....

.....

4. If you could meet a famous person you like, what would you like to learn from him or
her?

.....

5. Is it good to be famous?

.....

6. What **advantages** and **disadvantages** does the life of celebrities have?

.....

.....

7. Is it possible to be famous all your life? Explain

.....

.....

8. What is difficult to get even if you are famous?

.....

.....

9. What kind of problems do celebrities usually have?

.....

.....
10. At what **age** can a person become a celebrity?

.....
.....

11. Is it difficult to become famous?

.....

12. How is it possible to become famous?

.....
.....

13. Can anybody become a celebrity?

.....
.....

Friendship

Vocabulary for the Questions

Do you find it easy or difficult to make new friends	האם זה קל או קשה בשבילך להכיר חברים חדשים
Explain	תסביר
What qualities make a good friend	אילו תכונות צריכים להיות לחבר טוב
gets a better grade for the test than you do	מקבל ציון יותר טוב ממך במבחן
how would you feel	איך היית מרגיש
your relationship with	יחסים שלך עם
would ever change	עלולים להשתנות
What could cause you	מה יגרום לך
stop being someone's friend	להפסיק להיות חבר של מישהו
How much time do you spend	כמה זמן אתה מבלה
Can you sacrifice your personal interests in your friend's favor	האם אתה יכול להקריב האינטרסים האישיים שלך לטובת חברך
Have you ever	האם אתה אי פעם
What was the reason for	מה הייתה הסיבה ל
Have you ever been surprised by	האם אי פעם הופתעת

Vocabulary for the Answers

VERBS

agree	להסכים	help	לעזור, עזרה
argue	להתווכח	rely on	לסמוך על
assist	לסייע	sacrifice	להקריב
betray	לבגוד	support	תמיכה, לתמוך
cover	לחפות על	trust	להאמין
disagree	לא מסכים	understand	להבין

NOUNS

argument	ויכוח	friendship	חברות
cause	גורם	quarrel	מריבה
friend	חבר		

PHRASES

best friend	חבר הכי טוב	meet people	לפגוש אנשים
close friend	חבר קרוב	share secrets	לשתף סודות
do homework together	להכין שיעורי בית יחד	share things	לשתף דברים
Do you believe..?	האם אתה מאמין	spend time	לבלות
feel safe	מרגיש בטוח	We are similar	אנחנו דומים
		We have similar tastes.	יש לנו טעמים דומים

Friendship

1. **Do you find it easy or difficult to make new friends? Explain.**

.....

2. **What qualities make a good friend? Explain your answer.**

.....

.....

3. **Do you think you are a good friend? Why do you think so? Explain.**

.....

4. **If your best friend gets a better grade for the test than you do, how would you feel?**

.....

5. **Do you think your relationship with your close friends would ever change? Explain.**

.....

.....

6. **What could cause you to stop being someone's friend? Explain.**

.....

.....

7. **Do you think having friends is important? Explain why or why not.**

.....

.....

8. What do you like to do with your friends?

.....

9. Can anybody become your friend?

.....

10. Do you believe people can have a lot of good friends? Explain your answer.

.....

.....

11. What can you do for your friends?

.....

12. **How much time do you spend** with your friends?

.....

13. **Can you sacrifice your personal interests in your friend's favor?**

.....

.....

14. **Have you ever** argued with your friends? **What was the reason for** the argument?

.....

.....

15. Can good friends betray you?

.....

16. Can girls and boys be friends?

.....

.....

17. **Have you ever been surprised by** your friends? What did they do for you?

.....
.....

Friendship

I ^{הייתי רוצה} would like to tell you about my ^{הכי טוב} best friend. Her name is Shaked. She is my ^{שכן} neighbor.
We have been friends ^{מאז ילדות} since childhood. Shaked is 17 years old. She is ^{גבוה} tall and ^{רזה} slim.
Her eyes are blue. She has long black hair.
We are very ^{דומה} similar. We have similar ^{טעמים} tastes in food, music and ^{בגדים} clothes. We like to ^{לבלות} spend time together. ^{לדוגמא} For example, we like to go to parties and do shopping. We help each other ^{בלימודים} in studies and do homework together. We are planning to work this summer in the same place. I hope that ^{בצבא} in the army we will be on the same ^{בסיס צבאי} military base, too.
Shaked is a ^{טוב לב} kind person. Shaked understands me very well. She knows all my ^{סודות} secrets. I ^{סומד} trust her as I trust myself. When I feel sad, I ^{מתקשר} call her, we talk and then my ^{מצב רוח} mood is ^{משתפר} getting better.
Shaked ^{תומד} supports me in every difficult ^{מצב החיים} life situation. We can chat on WhatsApp all the time. I think that I am a ^{בר מזל} lucky person to have ^{כזה} such a good friend. I hope that we will ^{נשאר} stay best friends ^{לנצח} forever.

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Future Plans

Vocabulary for the Questions

plans	תכניות	get married	להתחתן
near future	עתיד קרוב	would you like	האם תרצה
after	לאחר	describe yourself	תאר את עצמך
position	תפקיד	in	בעוד
continue	להמשיך	dream	חלום
your own family	המשפחה משלך	fulfil your dream	להגשים את החלום שלך
age	גיל	reach your life goal	להשיג את מטרת החיים שלך

Vocabulary for the Answers

words and phrases

believe in yourself	להאמין בעצמך	not to be afraid of failures	לא לפחד מכישלונות
dedicated	מסור	reach the goal	להשיג מטרה
dream	חולם	technician	טכנאי
	להגשים את החלום		
fulfil your dream	שלך	to be a contract soldier	להיות חייל בקבע
future plans	תכניות עתידיות	to be an officer	להיות קצין
get higher education	לקבל השכלה גבוהה	to have optimistic views	לחשוב חיובי
goal	מטרה	trust people	לסמוך על אנשים
		work hard	לעבוד קשה

Future Plans

1. What are your **plans** for the **near future**?

.....

.....

2. What do you want to do **after** finishing school?

.....

3. What **position** do you want to get in the army?

.....

4. Do you want to **continue** studying? What and where?

.....

5. Do you want to have **your own family**?

.....

6. At what **age** do you want to **get married**?

.....

7. How many kids **would you like** to have?

.....

8. Where would you like to live?

.....

9. **Describe yourself in** 10 years.

.....

.....

10. Do you have a **dream**? What is it?

.....

.....

11. Is it important for you to **fulfil your dream**?

.....

.....

12. What can help you **reach your life goals**?

.....

.....

Games

Vocabulary for the Questions

kind of	סוג של	negative aspects	היבטים שליליים
prefer	מעדיף	among	בקרב
alone	לבד	youngsters	צעירים
dangerous	מסוכן	imagine	לדמיין
addictive	ממכר	a teen living in	נער שחי ב...
positive aspects	היבטים חיוביים		

Vocabulary for the Answers

NOUNS AND NOUN PHRASES

cards	קלפים	individual game	משחק פרטני
chess	שחמט	lack of oxygen in the lungs	חוסר חמצן בריאות
disease	מחלה	online game	משחק מקוון
elements of violence	אלמנטים של אלימות	outdoor games	משחקי חוץ
gamer	גיימר	shooting	יורה
gaming	גיימינג	sleep disorder	הפרעת שינה
headache	כאב ראש	team game	משחק קבוצתי
in front of the screen	מול המסך	team work	עבודה קבוצתית

VERBS AND VERB PHRASES

spend a lot of time	להקדיש זמן רב
causes addiction	גורם להתמכרות
prefer	מעדיף
killing the characters	להרוג את הדמויות
earn money	להרוויח כסף
learn languages	ללמוד שפות
develop strategic thinking	לפתח חשיבה אסטרטגית
learning how to solve problems	ללמוד כיצד לפתור בעיות

ADJECTIVES

dangerous	מסוכן
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Games

1. What do you think makes a good game? Explain.

.....
.....

2. What **kind of** games do you like to play? Explain.

.....
.....

3. Do you **prefer** playing games **alone** or with others? Explain and give examples.

.....
.....

4. Do you think some games could be **dangerous**? Explain.

.....
.....

5. Do you think games are only for kids or for everyone? Explain.

.....
.....

6. Can games be **addictive**? Explain

.....
.....

7. What are the **positive aspects** of playing games?

.....
.....

8. What are the **negative aspects** of gaming?

.....
.....

9. What computer games are the most popular **among youngsters**?

.....
.....

10. **Imagine** you are a **teen living** in 1979. Which games would you play?

.....
.....

Health

Vocabulary for the Questions

it means	זה אומר	sleeping habits	הרגלי שינה
healthy	בריא	without	בלי
follow	לעקוב אחר	most of	רוב
lifestyle	סגנון חיים	teen	נוער
possible	אפשרי	culture	תרבות
modern world	עולם מודרני	promote	לקדם

Vocabulary for the Answers

WORDS AND PHRASES

do sports	לעשות ספורט	possible	אפשרי
enough	מספיק	promote	לקדם
health	בריאות	sleeping habits	הרגלי שינה
healthy	בריא	teen culture	תרבות הנוער
healthy lifestyle	אורח חיים בריא	think positively	תחשוב חיובי
go on a diet	לעשות דיאטה	unhealthy	לא בריא

Health

1. What do you think **it means** to live a **healthy** life? Explain.

.....

2. Do you **follow** a healthy **lifestyle**? Explain.

.....

3. Is it **possible** to live a healthy life in the **modern world**? Explain.

.....

.....

4. What would you do differently to live a healthier life? Explain.

.....

5. Do you think technology helps us live a healthy life? Explain.

.....

.....

6. Do you think your **sleeping habits** help you live a healthy life? Explain.

.....

.....

7. Is it possible to be healthy **without** doing sports? Explain.

.....

8. Why is it so important to have a healthy lifestyle?

.....

.....

9. Do **most of the teens follow** a healthy lifestyle? Why or why not?

.....

.....

10. Does **modern teen culture promote** a healthy way of life? If yes, how?

.....

.....

11. How does your school promote a healthy lifestyle?

.....

.....

Learning Languages **Vocabulary for the Questions**

language	שפה	easily	בקלות
foreign language	שפה זרה	in addition to	בנוסף ל
learn languages	ללמוד שפות	important	חשוב
possible	אפשרי	other	אחר
you were to	היית צריך	the same way	באותה צורה

Vocabulary for the Answers

WORDS AND PHRASES

be exposed to	להיות חשוף ל	informal learning	למידה לא פורמלית
chat	צ'אט, לשיחה	professional opportunities	הזדמנויות מקצועיות
easily	בקלות	self-confidence	ביטחון עצמי
foreign	זר	self-confident	בעל ביטחון עצמי
foreign languages	שפות זרות	subtitles	כתוביות
formal learning	למידה פורמלית	train memory	לתרגל את זיכרון
get more opportunities	לקבל יותר הזדמנויות	travel around the world	לטייל מסביב לעולם
		work choice	בחירת עבודה

Learning Languages

1. What **languages** do you know? Where did you learn them?
.....
.....
2. Is it difficult for you to learn **foreign languages**? Why or why not?
.....
3. How do you think it is **possible** to learn a language **easily**?
.....
.....
4. **In addition to** learning a language in class, what else can you do to learn a language?
Give examples and explain.
.....
5. Do you think it's **important** to learn English in Israel? Explain why.
.....
.....

6. What **other** language would you like to learn? Explain why.

.....
.....

7. If **you were to learn** a new language, would you like to learn it **the same way** you learned English? Explain.

.....
.....

8. Do you think knowing different languages can help you in life? Give examples and explain.

.....
.....

Music

Vocabulary for the Questions

How does music make you feel?	איך מוזיקה גורמת לך להרגיש?	in your own language	בשפת האם שלך
Give an example	תן דוגמה	what a song is about	על מה השיר
what kind of	איזה סוג של	do other things while	לעשות דברים אחרים בזמן שאתה...
Explain why	תסביר למה	musical instrument	כלי נגינה
how often	באיזו תדירות	If not	אם לא
favorite singer/performer	מבצע	would you like	האם היית רוצה
Do you prefer	האם אתה מעדיף	Which one	איזה בדיוק

Vocabulary for the Answers

NOUNS

audience	קהל
contest	תחרות
performer	מבצע

VERBS

define	להגדיר
grow up	לגדול
prefer	להעדיף
relax	להרגיע

PHRASES

favorite singer/performer	זמר / מבצע אהוב עליך
get lost	ללכת לאיבוד
main source	מקור עיקרי
make me feel	גורם לי להרגיש
music preferences	העדפות מוזיקה
musical instrument	כלי נגינה
since I was born	מאז שנולדתי
take my thoughts away	לנתק את מחשבותיי

Music

1. **How does music make you feel? Give an example.**

.....
.....

2. **What kind of** music do you like and/or dislike? **Explain why.**

.....

3. **How often** do you listen to music? Where?

.....

4. Who is your **favorite singer/performer**? Why?

.....

5. **Do you prefer** songs in English or **in your own language**? Explain

.....
.....

6. Do you think it's important to understand **what a song is about**? Explain.

.....
.....

7. Can you **do other things while** listening to music? Give an example.

.....

8. How can music help us in life?

.....
.....

9. Can you play **musical instruments**? **If not, would you like** to play some? Which **one** and why?

.....
.....

Music

I have been listening to music ^{מאז שנולדתי} since I was born. As I ^{גדלתי} grew up, my music ^{עדיפויות} preferences changed.

When I was a child, most of the songs I liked were children's songs in Hebrew. I listened to them on TV and radio. Now, I am ^{לרוב} mostly listening to the songs in English. The ^{המקור העיקרי} main source I use for that today is YouTube. I don't always understand the ^{מילות שיר} lyrics of the songs I am listening to, but I like the ^{מנגינות} melodies.

Music helps me ^{להירגע} relax or can take my thoughts away from everyday problems.

It is hard to ^{להגדיר} define which kind of music is good or bad. Everything is ^{לפי} according to your ^{טעם} taste.

There are so many popular musical ^{ז'אנרים} genres in the world that it is easy ^{ללכת לאיבוד} to get lost in them. Today you shouldn't be a professional musician ^{כדי} in order to play your music and to be liked by the ^{קהל} audience. You can simply ^{להעלות} upload your song to your YouTube ^{ערוץ} channel and next day to become a popular ^{מבצע} performer.

Not much time ago there was the Eurovision song ^{תחרות} contest held in Israel. We had ^{כבוד כזה} such an honor because Israeli singer Netta Barzilai won this contest last year with her famous song "Toy".

As ^{לגבי} for my ^{אהוב עלי} favorite singer, it is

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My Favorite Books and Movies **Vocabulary for the Questions**

What kind of..?	איזה סוג	What kind / genre of..?	איזה סוג
What is the best..?	מה ה... הכי טוב	Do you check..?	האם אתה בודק
you've ever read	שאי פעם קראת	before you are going to	לפני שאתה מתכוון
Do you often...?	האם אתה הרבה פעמים	Who is your favorite actor?	מי השחקן האהוב עליך
What do you prefer	מה אתה מעדיף	Give an example of	...תן דוגמא ל
How often..?	כל כמה זמן	What is the best film..?	מה הסרט הכי טוב
		you have ever seen	שאי פעם ראית

Vocabulary for the Answers

NOUNS AND NOUN PHRASES

3D screen	מסך תלת ממד	genre	סוג / ז'אנר
a detective story	סיפור בלשי	love story	סיפור אהבה
action movie	סרט פעולה	main characters	דמויות ראשיות
author	מחבר	movie rating	דירוג הסרט
cartoon	סרט מצויר	Netflix subscription	מנוי נטפליקס
cinema	בית קולנוע	non-fiction	אי-בדיון
comedy	קומדיה	plot	עלילה
episode	פרק	science fiction	מדע בדיוני
fantasy	פנטזיה	series	סדרה
fiction	ספרות בדיונית	setting	מתי ואיפה העלילה מתרחשת
film	סרט	sound	שמע

ADJECTIVES

boring	משעמם
impressive	מרשימים
unpredictable	בלתי צפוי

VERBS

called	שקוראים לו
go out	לצאת
prefer	להעדיף
star	לככב

My Favorite Books and Movies

1. Do you like reading?

.....
.....

2. **What kind of** books do you prefer?

.....

3. **What is the best** book you've ever read?

.....

4. **Do you often** watch movies?

.....

5. **What do you prefer:** to watch movies on TV (computer) or to go to the cinema? Why?

.....
.....

6. **How often** do you go to the cinema?

.....

7. **What kind / genre of** movies do you prefer?

.....
.....

8. Is it important for you what other people think about a movie you are going to watch?

.....
.....

9. **Do you check** the movie ratings on the Internet **before you are going to** watch it? Why or why not?

.....
.....

10. **Who is your favorite actor? Give an example of** a movie he / she starred.

.....

11. **What is the best film you have ever seen?** Why is it the best?

.....
.....

My Free Time **Vocabulary for the Questions**

free time	זמן חופשי	in the future	בעתיד
describe	תאר	become	להפוך ל
activity	פעילות	part	חלק
continue	להמשיך	future career	קריירה עתידית

Vocabulary for the Answers

WORDS AND PHRASES

chat with my friends	לשוחח עם החברים שלי	play games	לשחק משחקים
cook	לבשל	play online games	לשחק במשחקים מקוונים
free time	זמן חופשי	post on Facebook	פרסם דברים בפייסבוק
future career	קריירה עתידית	post on Instagram	פרסם דברים באינסטגרם
hobby	תחביב	read books	לקרוא ספרים
listen to music	להקשיב למוסיקה	walk my dog	לטייל עם הכלב שלי
make clips for music.ly	ליצור קליפים למוסיק.לי	watch movies	לצפות בסרטים
meet with my friends	להיפגש עם החברים שלי		

My Free Time

1. How much **free time** do you have?

.....
.....

2. What do you like to do in your free time?

.....
.....

3. What do your friends do when they have free time?

.....
.....

4. **Describe the activity** that you enjoy doing. Why do you like doing this?

.....
.....

5. Do you think you will **continue** doing this activity **in the future**? Why do you think so? Explain.

.....
.....

6. Do you think that what you do in your free time will **become part** of your **future career**? Explain your answer.

.....
.....

My Personal Strengths and Weaknesses **Vocabulary for the Questions**

What is the thing	difficult for you to do	קשה לך לעשות
like to do most	impossible for you to do	בלתי אפשרי בשבילך לעשות
Is it easy for you	If you	אם אתה
Name one thing	how can you	איך אתה יכול
you are good at	improve your performance	לשפר את הביצועים שלך

Vocabulary for the Answers

VERBS

improve	לשפר
support	לתמוך
train	להתאמן

NOUNS

performance	ביצועים
strength	חוזק
weakness	חולשה

PHRASES

ask for help	לבקש עזרה	deserves praise	מגיע לו שבחים
be praised	שיבחו אותו	do my best	אעשה את הכי טוב שלי
be supported	להיות נתמך	get consulted	להתייעץ
be weak	להיות חלש	spend more time	להקדיש יותר זמן
becomes strong	הופך להיות יותר חזק	think positively	תחשוב חיובי
believe in yourself	תאמין בעצמך	where one breaks	כאשר מישוהו נשבר
		work hard	עובד קשה

My Personal Strengths and Weaknesses

1. **What is the thing that you like to do most? Is it easy for you to do that?**
.....
2. **Name one thing that you are good at.**
.....
3. **Name one thing that is difficult for you to do.**
.....
4. **What is impossible for you to do?**
.....
5. **If you are not good at something, how can you improve your performance?**
.....

My Professional Ambitions **Vocabulary for the Questions**

in the future	בעתיד
Why did you decide to choose...?	למה החלטת לבחור
such a profession	מקצוע כזה
you can succeed	אתה יכול להצליח
you chose	שאתה בחרת
Explain	תסביר
What can help you...?	מה יכול לעזור לך
in your future profession	במקצוע העתידי שלך
reach your goal	להשיג את המטרה שלך
Can a person have..?	האם לבן אדם יכול להיות
one life goal	מטרה אחת לחיים
can be changed once in a while	יכול להשתנות מדי פעם
How do you feel..?	איך אתה מרגיש
if you don't succeed in	אם אתה לא מצליח ב
overcome difficulties	להתגבר על הקשיים
support your professional ambitions	לתמוך בשאיפות מקצועיות שלך

Vocabulary for the Answers

VERBS

fail	להיכשל
succeed	להצליח
support	לתמוך, תמיכה
trust	להאמין / לסמוך

PHRASES

believe in	להאמין ב	in the future	בעתיד
do my best	לעשות כמיטב יכולתי	life goal	מטרת החיים
future profession	מקצוע עתידי	overcome difficulties	להתגבר על קשיים
get an academic degree	לקבל תואר אקדמי	professional ambitions	שאיפות מקצועיות
I should	אני צריך / כדאי לי	study hard	ללמוד קשה
		work hard	לעבוד קשה

My Professional Ambitions

1. What do you want to do **in the future**?
.....
2. **Why did you decide to choose such a profession?**
.....
3. Do you think **you can succeed** in the profession **you chose**? **Explain**.....
.....
4. **What can help you** succeed **in your future profession**?
.....
5. What can help you **reach your goal**?
.....
6. **Can a person have only one life goal** or this goal **can be changed once in a while**?
Explain.....
.....
7. **How do you feel if you don't succeed** in something?
.....
8. What helps you **overcome difficulties**?
.....
9. Does your family **support your professional ambitions**? Explain.
.....
.....

My School **Vocabulary for the Questions**

special	מיוחד
Is there any difference?	האם יש הבדל כלשהו
regular	רגיל
military high school	בית ספר צבאי
If you could..?	... אם יכולת
what would you	... מה היית
Explain.	תסביר
What does a ... look like for you?	איך ... נראה מבחינתך
Would you recommend..?	... האם היית ממליץ
What subjects..?	... אילו מקצועות
doesn't offer	לא מציע
... which subject would it be?	איזה מקצוע זה יהיה
your favorite	אהוב עליך
your major	מקצוע המוביל שלך
relations between	יחסים בין

Vocabulary for the Answers

NOUNS		VERBS	
classmates	חברים מהכיתה	change	לשנות
community	קהילה	choose	לבחור
discipline	משמעת	misbehave	להתנהג בצורה לא נאותה
duty	מטלה	offer	להציע
	future	recommend	להמליץ
	guide	study	ללמוד
	soldier	tutor	לתגבר
	מתנדב		

PHRASES

behave properly	להתנהג כמו שצריך	national anthem	המנון לאומי
belongs to	שייך ל	regular school	בית ספר רגיל
busy schedule	לוח זמנים עמוס	technological subjects	מקצועות טכנולוגיים
division of responsibilities	חלוקת האחריות	the Air Force	חיל האוויר
is located	ממוקם	wear uniforms	ללבוש תלבושת אחידה
military school	בית ספר צבאי	who is missing	מי חסר

My School

1. Why is your school **special**?

.....
.....

2. Is there any **difference** between **regular** and **military high school**?

.....
.....

3. **If you could** change something in your school, **what would you** change? **Explain** your answer.

.....
.....

4. **What does a regular day look like for you**?

.....
.....

5. **Would you recommend** your school to other students? Explain why or why not.

.....
.....

6. What do you like or dislike about your school? Explain why.

.....
.....

7. Do you think what you learned in school will help you in your future? Explain why or why not.

.....
.....

8. **What subjects** are you studying at school?

.....
.....

9. If you could choose a subject that your school **doesn't offer, which subject would it be?** Explain your answer.

.....
.....

10. What's **your favorite** subject? Why?

.....
.....

11. What is **your major**?

.....

12. Who is your favorite teacher? Why?

.....

13. What are the **relations between** you and your classmates?

.....
.....

14. What are the division of responsibilities between your homeroom teacher and your class guide?

.....
.....

15. Are you planning to study in the 13th and 14th grades? Why or why not?

.....
.....

My School

My school ^{ממוקם} is **located** in Beer-Sheva.

It is a ^{צהאי} **military** school, it belongs to The Air-Force.

The pupils here come from ^{כל ה...} **all over** the Negev ^{אזור} **area**, Beer-Sheva, Dimona, Yeroham, Mitzpe-Ramon and more.

We study ^{מקצועות טכנולוגיים} **technological subjects**. My **major subjects** are ^{מכונות} **Mechanics** / ^{אלקטרוניקה} **Electronics** / ^{פיזיקה} **Physics** / ^{מתמטיקה אנגלית} **Maths / English ...**

In our school, in addition to teachers we also have ^{חיילים} **soldiers** who teach us many **subjects**, ^{גם כו} **as well**.

We study 8 hours ^{כמעט} **almost** every day. We have ^{מערכת שעות עמוסה} a **busy schedule**.

The pupils in my school ^{ללבוש חדיח} **wear uniforms**. Wearing uniforms is sometimes hard but ^{זה גורם לתחושת גאווה} **it makes me proud**. Every day ^{מתחיל} **begins** at 8 o'clock when our ^{מדריכים} **guides** check who ^{מי חסר} **is missing** and then we sing the ^{המנון} **anthem** - "Hatikva" .

If I don't understand things in class, I can come to every teacher ^{לקבל עזרה} **to get help**. Teachers ^{לתגבר} **tutor** us if we need help.

There is ^{משמעת} **discipline** in our school. We have to come to school ^{בזמן} **on time**. We must **dress properly** and we ^{להתנהג בצורה לא נאותה} **should behave well**. We cannot **misbehave**.

Sometimes we have ^{מטלות} **duties** at school. We clean; we work in the ^{חצר} **yard** or in the dining room.

We also do some ^{עבודות בהתנדבות} **volunteering jobs**. Each pupil should ^{לבחור} **choose** where to ^{להתנדב} **volunteer**. We must give 180 hours to ^{קהילה} **community**, to people who really need help.

My Hometown **Vocabulary for the Questions**

What is your favorite place...?	מה המקום אהוב עליך...
Explain why	תסביר למה
If someone wanted	אם מישהו רצה...
to move to your hometown	לעבור לעיר שלך
would you recommend	האם היית ממליץ
If you could...	אם יכולת
what would it be	מה זה יהיה
How is your city different...?	במה עיר שלך שונה

Vocabulary for the Answers

NOUNS

desert	מדבר	mayor	ראש העיר
fountain	מזרקה	museum	מוזיאון
hometown	עיר שלך	neighborhood	שכונה
	well		באר

VERBS

change	לשנות
decide	להחליט
improve	לשפר
move	לעבור
recommend	ממליץ

PHRASES

avoid traffic jams	להימנע מפקקים	highly developed	מפותח מאוד
build roads	לבנות כבישים	it is comfortable	זה נוח
close to	קרוב ל	teen movement	תנועת נוער
favorite place	מקום אהוב	thanks to	הודות ל

My Hometown

1. **What is your favorite place** in your hometown? **Explain why.**

.....
.....

2. **If someone wanted to move to your hometown, would you recommend it?**

Explain why or why not.

.....
.....

3. Where do you live?

.....

4. **If you could** change anything in your hometown to improve it, **what would it be?**

Explain.

.....
.....

5. What's special about your hometown?

.....
.....

6. Do you think your hometown is a good place for teens to live in? Explain why or why not.

.....
.....

7. **How is your city different** from other cities in Israel?

.....
.....

8. Why did your family decide to live in this city?

.....
.....

9. If you could move to another city, what city would it be? Explain.

.....

My Hometown

Version A

I live in Beer-Sheva.

Beer-Sheva is a big city. It is the ^{עיר בירה} **capital** of Negev.

Beer-Sheva is called this way because Avraham ^{חפר בארות} **dug wells** in the ^{מדבר} **desert**.

‘Beer’ ^{משמעותה} **means** a ‘well’ and ‘sheva’ means ‘seven’.

Beer-Sheva is a ^{מפותחת מאוד} **highly developed** city.

It is number seven among the biggest cities in Israel.

There are 16 ^{שכונות} **neighborhoods** in Beer-Sheva. I live inneighborhood. We also have a winning football club Hapoel-Beer-Sheva that has been the champion of Israel for 5 times. I love my city very much.

Version B

I live in Beer-Sheva.

Beer-Sheva is a big city. It is the ^{עיר בירה} **capital** of Negev.

Beer-Sheva is called this way because Avraham ^{חפר בארות} **dug wells** in the ^{מדבר} **desert**.

‘Beer’ ^{משמעות} **means** a ‘well’ and ‘sheva’ means ‘seven’.

Beer-Sheva is a ^{מפותחת מאוד} **highly developed** city.

It is number seven among the biggest cities in Israel.

There are 16 ^{שכונות} **neighborhoods** in Beer-Sheva. I live in neighborhood.

There are many schools, ^{גני ילדים} **kindergartens**, a university, ^{כמה} **several** colleges, a ^{אצטדיון} **stadium** and Soroka Hospital.

Tourists can spend beautiful time here visiting ^{רבים} **numerous** museums, theatres, cinemas ^{תערוכות} **exhibitions** and parks.

There are also a lot of places for doing shopping.

The ^{ראש העיר} **mayor** of Beer-Sheva is Rubik Danilovich. ^{בזכותו} **Thanks to** him, Beer-Sheva is famous for its ^{מזרקות} **fountains** as there are almost 40 fountains there.

We also have a winning football club Hapoel-Beer-Sheva that has been the champion of Israel for 5 times. I love my city very much.

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

A series of 30 horizontal dotted lines for writing.

Reflection on Personal Experiences **Vocabulary for the Questions**

What is more important	מה יותר חשוב
Explain	תסביר
Would you rather... or ...	האם אתה היית עושה...או
Do you prefer	האם אתה מעדיף
whom would you ask	למי היית פונה
would you share	האם היית מתחלק ב
If you discovered	אם היית מגלה
would you tell	האם היית מספר
If you saw	אם היית רואה
would you report on him	האם היית מדווח עליו

Vocabulary for the Answers

NOUNS

addiction	התמכרות
classmate	חבר מהכיתה
consequences	השלכות
drugs	סמים
results	תוצאות
secret	סוד
threat	איום

ADJECTIVES

alone	לבד
independent	עצמאי
unhealthy	לא בריא

VERBS

die	למות
discover	לגלות
kill	להרוג
prefer	מעדיף

PHRASES

ask for advice	לבקש עצה
at risk	בסיכון
be in charge of	לקחת אחריות על
be told what to do	שיגידו לך מה לעשות
cheat on the exam	לרמות בבחינה
depend on	תלוי ב
do it immediately	עושה את זה באופן מיידי
doing it perfectly	לעשות את זה בצורה מושלמת
feel guilty	מרגיש אשם
get something over with	לסיים עם משהו
in danger	בסכנה
in order to	כדי / על מנת
judge people	לשפוט אנשים
keep your promise	לקיים את הבטחתך
leave it for later	משאיר את זה לאחר כך
make mistakes	לעשות טעויות
share secrets	לשתף סודות
take into consideration	לקחת בחשבון
take responsibility	לקחת אחריות
who knows	מי יודע
your own deeds	מעשים שלך

Reflection on Personal Experiences

1. **What is more important** – getting the task over with or doing it perfectly? **Explain.**

.....
.....

2. **Would you rather** be in charge of your own deeds or be told what to do? **Explain.**

.....
.....

3. **Do you prefer** doing things in the morning or in the evening? **Explain.**

.....

.....
4. Do you prefer getting help or doing things alone? Explain.

.....
.....

5. When you have something to do, do you do it immediately or leave it for later? Explain.

.....
.....

6. If you have some problem, **whom would you ask** for advice? Explain.

.....
.....

7. If your friend needs help but asked you not to tell anyone about his problem, **would you share** his secret with others in order to help him?

.....
.....

8. **If you discovered** that your friends use drugs, **would you tell** your/their parents about that? Why or why not?

.....
.....

9. **If you saw** that your classmate (not a friend) cheated on the exam, **would you report on him/her?** Why or why not?

.....
.....

Respect

Vocabulary for the Questions

everyone should be respected	צריך לכבד כל אחד
Explain	תסביר
What makes you...?	מה גורם לך
one person but not another	בן אדם אחד כן ואחר לא
Who do you respect the most?	את מי אתה מכבד הכי הרבה?
to be respected by	להיות מכובד על ידי
In your view	לפי דעתך
get automatically	לקבל באופן אוטומטי
they should deserve	הם צריכים להיות ראויים
Whom do you..?	את מי אתה...

Vocabulary for the Answers

NOUNS

attitude	גישה / יחס
choice	בחירה
colleague	שותף לעבודה
customs	מנהגים
interaction	אינטראקציה
respect	כבוד
self-respect	כבוד עצמי
traditions	מסורות
values	ערכים

VERBS

behave	להתנהג
defend	להגן
deserve	מגיע לו
expect	לצפות
express	להביע
harm	לפגוע
respect	לכבד
succeed	להצליח
treat	להתייחס ל

PHRASES

accept responsibility	לקבל אחריות
in my view	לדעתי
it's worthwhile	זה שווה / משתלם

Respect

1. Do you think **everyone should be respected**? Explain.

.....
.....

2. Do you want people to respect you? Explain.

.....
.....

3. **What makes you** respect **one person but not another**? Explain.

.....
.....

4. **Who do you respect the most** and why? Explain.

.....
.....

5. Do adults give teenagers the respect they deserve? Explain.

.....
.....

6. Do teenagers give adults the respect they deserve? Explain.

.....
.....

7. Is it important for you **to be respected** by others? Explain.

.....
.....

8. **In your view**, can you love but at the same time not respect somebody?

.....
.....

9. Is respect something that people **get automatically** or **should they deserve** it?

.....
.....

10. **Whom do you** respect?

.....

Respect

^{כבוד} **Respect** is the way we should ^{להתייחס} **treat** others and ourselves.

We respect our parents, teachers, friends and ^{שותף בעבודה} **colleagues**. When we respect people, we ^{מצפים} **expect** to get the same ^{יחס} **attitude** back. Respect can be ^{להתבטא} **expressed** in the way we think, speak or what we do for others. For example, in the situation when my teacher is not right and I know it, I will not ^{אצעה} **shout** at her in front of the class because I respect her. I will wait ^{עד ש} **until** the end of the lesson and then will ask her to talk about it. This way I will express my respect to her. I can also bring another example. Most of the people in Israel don't use their cars on Yom Kippur Day even if they are not ^{דתיים} **religious Jews** or Jews at all. They do that because they respect ^{מנהגים} **customs** and ^{מסורות} **traditions** of Jews in Israel.

As for ^{כבוד עצמי} **self-respect**, it is not less important than respect to others. For example, if we promise to do something we have to do it. We need to ^{לעמוד מאחורי} **stand by** our ^{אופי} **character** and ^{להגוע על} **be willing** to ^{להיות מוכנים} **defend** our ^{ערכים} **values** and ^{מעשים} **actions**.

^{להצליח} **In my view**, people can **succeed** in their life only when they respect themselves. Sometimes self-respect stops people from doing things that can ^{לפגוע} **harm** them later. When we are living by our values and are willing to ^{לקחת} **accept responsibility** for our actions and ^{בחירות} **choices**, we find that our ^{יחסי גומלין} **interactions** with others become ^{שווים} **worthwhile**.

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School Trip

Vocabulary for the Questions

going on school trips	לצאת לטיולים שנתיים	advantages to	יתרונות ל
explain	תסביר	should have a choice	צריך להיות בחירה
give an example	תן דוגמא	whether to go...or not	האם לצאת...או לא
impressive	מרשים	prefer	מעדיפים
learn by	לומדים על ידי	accompany	ללוות

Vocabulary for the Answers

NOUNS

advantage	יתרון	mountains	הרים
choice	בחירה	seashore	חוף ים
disadvantage	חסרון		

VERBS

accompany	ללוות
enjoy	ליהנות
prefer	מעדיף

PHRASES

go by bus	סע באוטובוס
guided tour	סיור מודרך
school trip	טיול בית הספר
stay at home	הישאר בבית
visit	בקר
museums	במוזיאונים
youth hostel	אכסניית נוער

School Trip

1. Do you like **going on school trips**? **Explain** and **give an example** of a trip that you liked or didn't like.

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

2. What was the most **impressive** thing in your last year school trip?

.....
.....

3. What do you think students **learn by** going on school trips? Explain.

.....
.....

4. Do you think there are **advantages to** going on school trips to other countries? Explain.

.....
.....

5. Do you think students **should have a choice** of **whether to go** on school trips **or not**? Explain.

.....
.....

6. Do you think it's important to have parents go on school trips with the students? Explain.

.....
.....

7. Why do you think there are kids who **prefer** not going to school trips?

.....
.....

8. Who do you think should **accompany** the class in the school trip? Explain your answer.

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

Summer Vacation **Vocabulary for the Questions**

vacation	חופשה	why you'd like to do this	מדוע תרצה לעשות זאת
explain why	הסבר מדוע	if	אם
at least	לפחות	were shorter	היו קצרים יותר
example for each	דוגמה לכל אחד	change your plans	לשנות את התוכניות שלך
would like	רוצה	last	אחרון
that you haven't done yet	שעוד לא עשית	describe	תאר

Vocabulary for the Answers

PHRASES

babysit my younger siblings	לטפל באחיי הקטנים	have a rest	לנוח
do whatever I want	לעשות כל מה שאני רוצה	not to go to school	לא ללכת לבית הספר
go to parties	ללכת למסיבות	summer vacation	חופשת קיץ לנסוע לחו"ל עם משפחתי
go to sleep whenever I want	ללכת לישון מתי שאני רוצה	travel abroad with my family	לטייל ברחבי ישראל
go to the sea	ללכת לים	travel around Israel	להתעורר מאוחר
have a lot of free time	שיהיה לך הרבה זמן פנוי	wake up late	לעבוד בקיץ
		work in the summer	

Summer Vacation

1. Tell me one thing you like about summer **vacations** and one thing you don't like about summer vacations. Give **at least one example for each** and **explain why**.
.....
.....
2. What is something you **would like** to do in a summer vacation that **you haven't done yet**? Explain **why you'd like** to do this.
.....
.....
3. **If** your summer vacations **were shorter**, how would this **change plans**? Explain why.
.....
.....
4. **If** your summer vacations were **longer**, how would this change your plans? Explain why.
.....
.....

5. Tell me about your **last** summer vacation.

.....

6. **Describe** one day from your last year summer vacation.

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Technology in Our Life **Vocabulary for the Questions**

Describe your activities in a few words.	תאר בקצרה את הדברים שאתה עושה
on teens	על בני נוער
How much time	כמה זמן
teens your age	בני נוער בגילך
spend too much time	מבזבז יותר מידי זמן
on a regular basis	בדרך כלל
can't you live without	אתה לא יכול לחיות בלי
favorite app	אפליקציה אהובה
How often	כל כמה זמן
What do you use Internet for	בשביל מה אתה משתמש באינטרנט

Vocabulary for the Answers

NOUNS		VERBS	
advantages	יתרונות	chat	לשוחח, צ'אט
app	אפליקציה	communicate	לתקשר
device	מכשיר	control	שליטה, לשלוט
disadvantages	חסרונות	download	להוריד
influence	השפעה	harm	לפגוע

PHRASES

addicted to	מכור ל	look for information	לחפש מידע
are exposed to violence	חשופים לאלימות	spend time on	להקדיש זמן ל
cause addiction	לגרום להתמכרות	surf the Internet	לגלוש באינטרנט
in front of the screen	מול המסך	take pictures	לצלם תמונות
		very common	מאד נפוץ

Technology in Our Life

1. Do you think it is good to spend your time on your cellphone or on a computer? Explain.

.....
.....

2. What do you do on your cellphone or on a computer? **Describe your activities in a few words.**

.....
.....

3. Do you think technology has a good or a bad **influence** on teens? Explain your answer.

.....
.....

4. **How much time** do you spend on your cellphone or on a computer a day?

.....
.....

5. Do you think **teens your age spend too much time** on their cellphones or computers? Explain your answer.

.....
.....

6. How did the technology change our life?

.....
.....

7. What technological **devices** do you use **on a regular basis**?

.....
.....

8. What technological devices **can't you live without**?

.....

9. What is your favorite app?

.....

10. How often do you use Internet?

.....

11. **What do you use Internet for?**

.....

12. Do you think technology can **harm** our lives? If yes, how?

.....

.....

Technology in Our Life

Life today is very ^{שונים} **different** .It is ^{מלאים ב} **full of** technology.

Technology ^{מלווה} **accompanies** us ^{בכל מקום} **everywhere**. For example, I cannot ^{לתאר לעצמו} **imagine** my life without a cellphone. I use ^{רבים} **numerous** apps for many ^{מטרות} **purposes**. WhatsApp is my favorite. I like it because I can talk to my friends, send photos, smilies, gift cards... I also use Instagram and Facebook a lot.

Instagram is really special because we can ^{להעלות} **upload** stories and everybody can watch them. Kids usually write comments to ^{לרוב} **each** other about the stories. We don't have much time to meet, so we ^{לתקשר} **communicate** ^{בעזרת} **with the help of** technology. We have YouTube to watch movies, Internet

to find information and we can also ^{להזמין} **order** things ^{ברשת} **online**. We ^{תלויים ב} **depend on** technology and if a ^{מכונת כביסה} **washing machine** doesn't work or a cellphone is ^{מקולקל} **broken**, it ^{זה מרגיש כמו} **feels like** our life stops. We have e-

mails, e-bikes, e-books and e-dictionaries, and they make our life ^{יותר קל} **easier** and more ^{מהנה} **enjoyable**.

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Transportation

Vocabulary for the Questions

means of transport	אמצעי תחבורה	the most comfortable	הכי נוח
Have you ever	האם אתה אי פעם	favorite means of transport	אמצעי תחבורה מועדף
flown a plane	טסת במטוס	in your view	לדעתך
ridden a bike	רכבת על אופניים	How much time	כמה זמן
		does it take you	זה לוקח לך
		to get to school	להגיע לבית הספר

Vocabulary for the Answers

MEANS OF TRANSPORT

car	אוטו	bike	אופניים
bus	אוטובוס	e-bike	אופניים חשמליים
train	רכבת	taxi	מונית
underground/subway	רכבת תחתית		

ADJECTIVES

comfortable	נוח	expensive	יקר
dangerous	מסוכן	favorite	מועדף
cheap	זול		

USEFUL PHRASES

public transport	תחבורה ציבורית		
means of transport	אמצעי תחבורה		
I go to school	by	car	אני מגיע לבית הספר באוטו
		bus	באוטובוס
		taxi	במונית
		train	ברכבת
	on	foot	ברגל

I walk to school	אני הולך ברגל	central bus station	תחנה מרכזית
get into the car	להיכנס לאוטו	line 82	קו 82
get out of the car	לצאת מהאוטו	free ride	הסעה חינם
get on the bus	לעלות על האוטובוס	in the wrong direction	בכיוון הלא נכון
get off the bus	לרדת מהאוטובוס	drive a car	לנהוג באוטו
change buses	להחליף אוטובוסים	to pass a driving test	לעבור טסט (מבחן נהיגה)
bus stop	תחנת אוטובוס	high speed	מהירות גבוהה

I walk to school.

אני הולך ברגל.

I take the bus to school.

אני לוקח אוטובוס לבית הספר.

The bus runs every 10 minutes.

האוטובוס מגיע כל 10 דקות.

It takes me one hour to get to school.

זה לוקח לי שעה להגיע לבית הספר.

My dad **gives me a ride** to school in the morning.

אבא שלי מסייע אותי לבית הספר בבוקר.

Transportation

1. **What means of transport** do you usually use?

.....

2. What is your **favorite means of transport**? Why?

.....

.....

3. How do you go to school?

.....

4. Do you have a driving license?

.....

5. Do you want to drive a car?

.....

6. **Have you ever flown a plane**? If yes, did you like that? Why or why not?

.....

7. Have you ever **ridden a bike**? If yes, did you like that? Why or why not?

.....

.....

8. What is **the most comfortable** means of transport in Israel **in your view**? Why?

.....

.....

9. **How much time does it take you to get to school**?

.....

Volunteering and Helping Others **Vocabulary for the Questions**

How much time...?	כמה זמן
Where would you like..?	איפה היית רוצה...
in the past	בעבר
to help the community	לעזור לקהילה
Have you ever been...?	האם אי פעם היית
Are you going to...?	האם אתה מתכוון ...
benefit in any way	להרוויח
Explain	תסביר
have to do	צריכים
should it be optional	צריך להיות בחירה
In what way or ways..?	... באיזו דרך או דרכים

Vocabulary for the Answers

NOUNS			VERBS		
benefit	תועלת	education	חינוך	amuse	לשעשע
community	קהילה	teen	נוער	appreciate	להעריך
disabled	נכה	values	ערכים	donate	לתרום
donor	תורם			enjoy	ליהנות
				feed	להכיל
				get something back	לקבל משהו בחזרה
				pay attention to	שים לב ל
				play with	לשחק עם
				prefer	להעדיף
				volunteer	להתנדב

PLACES TO VOLUNTEER

zoo	גן חיות
nursing home	בית אבות
animal shelter	מקלט לבעלי חיים
kindergarten	גן ילדים
community center	מרכז קהילתי
school library	ספריית בית הספר
hospital	בית חולים
fire station	תחנת מכבי אש
police (neighborhood watch)	משטרה (משמר אזרחי)
elementary school	בית ספר יסודי

Volunteering and Helping Others

1. Where do you volunteer?

.....

2. **How much time** do you volunteer there?

.....

3. Why did you decide to volunteer there?

.....

4. **Where would you like** to volunteer? Why?

.....

5. Did you volunteer **in the past**?

.....

6. Why is it important **to help the community**?

.....

.....

7. **Have you ever been** a donor?

.....

8. **Are you going to** volunteer in the future?

.....

.....

9. Do you think that teens who volunteer or help others **benefit in any way**? **Explain.**

.....

10. Do you think it's important to volunteer or to help others in your community? Explain why or why not it is important to volunteer.

.....

.....

11. Do you think that teens **have to do** some volunteering activities or **should it be** optional? Explain.

.....

12. **In what way or ways** can you help the community? Explain.

.....

Volunteering and Helping Others

^{התנדבות} **Volunteering** is helping others ^{בלי לקבל משהו בחזרה} **without getting something back**. Sometimes, volunteering goes ^{נגד} **against** our ^{אינטרסים אישיים} **personal interests**. Most of us ^{מתנדבים} **volunteer** very often and ^{אפילו} **even** do not ^{שמים לב} **pay attention** **to** that. For example, my friend had problems with math. He asked me for help, so I ^{הסכמתי} **agreed** to spend all the ^{הפסקות} **breaks** sitting with him and ^{פתרתי תרגילים מתמטיים} **solving math problems**. At the same time, I ^{יכולתי} **could** say that breaks were my personal time and I needed to ^{לנוח} **rest** as I was really tired, but I ^{העדפתי} **preferred** to help my friend.

^{מבד שני} **On the other hand**, the ^{משרד החינוך} **Ministry of Education** wants every student to volunteer, so now ^{כל} **each** tenth and eleventh grader ^{חייב} **should** spend 60 hours a year volunteering. The question is ^{האם} **whether** this can be called volunteering. I ^{אישית} **personally** think that volunteering is when you do things from your heart and not ^{כביח} **by force**. Not always students are connected to the places they volunteer in. Most of them go to the places where they can volunteer with their friends. In my school, we are too ^{עסוקים} **busy** and sometimes to find time for volunteering ^{פעילויות} **activities** is not so easy. **Even that** I like the place where I volunteer, I don't always want to be there because I feel like I need time for myself.

A series of horizontal lines for writing, consisting of a solid top line, a dotted midline, and a solid bottom line, repeated down the page.

Project Presentation



	Questions	Possible Answers
1	What is the topic of your project?	The topic of my project is
	מהו נושא הפרוייקט שלך?
2	Why did you choose this topic for your project?	I chose this topic because
	מדוע בחרת נושא זה עבור הפרוייקט שלך?
3	Who was your project partner?	I didn't have a project partner as it was an individual project. I did the project by myself.
	מי היה השותף שלך לפרוייקט?
4	Describe the procedure of working on the project.	At the very beginning I had to find
	תאר תהליך העבודה על הפרוייקט? Then, I had to choose The next stage was What is more, I had to write..... The following part of the project was a reflection in which I had to express my opinion on the project procedure.
5	What interests you about the topic?	It was very interesting for me to find out.....
	מה מעניין אותך בנושא של הפרוייקט?

6	What interesting facts did you learn working on the project?	It was very interesting for me to know that.....
	אילו עובדות מעניינות למדת בזמן העבודה על הפרויקט?	
7	What was the most interesting thing that you learned about your topic?	The most interesting thing that I learned about the project was
	מה היה הדבר המעניין ביותר שלמדת על הנושא שלך?	
8	What was surprising about your project?	It was very surprising for me to know that
	מה הפתיע אותך בפרויקט?	
9	What did you learn working on the project?	I learned that
	מה למדת במהלך הפרויקט?	
10	What new information did you gain from doing the project?
	איזה מידע חדש השגת מעבודה את הפרויקט?	
11	What new skills did you learn from doing the project?	I learned how to divide the time to work on the project effectively. I learned how to find the main idea in the paragraph. I learned how to summarize information.
	איזה מיומנויות חדשות למדת מעבודה את הפרויקט?	
12	What did you enjoy about doing the project?	I enjoyed to learn
	מה אתה נהנת לעשות בפרויקט?	

13	What else would you like to learn about the subject of your project? מה עוד ברצונך ללמוד על נושא הפרוייקט?	I would like to know
14	What skills did you need for working on the project? ממך בעבודה על הפרוייקט מה הן המיומנויות הנדרשות?	I need to know how to manage my time for the project, how to use a dictionary and how to summarize sources of information properly.
15	What learning skills did you improve working on the project? איזה כישורי למידה שיפרת בעבודה על הפרוייקט?	Working on the project improved such skills as time management, dictionary usage and summarizing long texts.
16	How did the project influence your English? איך הפרוייקט השפיע על האנגלית שלך?	After working on the project I know more English words and can better express myself in writing.
17	How did the project help you understand the subject? כיצד הפרוייקט עזר לך להבין את הנושא?	It was the first time in my life when I checked the information about It was a great experience for me.
18	What did you find difficult about doing the project? מה היה לך קשה בביצוע של הפרוייקט?	It was difficult for me to find relevant information in English. It was difficult for me to read long texts in English. It was difficult for me to write a project in English. It was difficult for me to find the information about
19	What was the most difficult part of doing this project? How did you overcome it? מה היה החלק הקשה ביותר בעבודה על הפרוייקט? כיצד הצלחת להתגבר על הקושי?	It was difficult for me to find relevant information in English. It was difficult for me to read long texts in English. It was difficult for me to write a project in English. It was difficult for me to find the information about

		My teacher / friends / parents helped me overcome it.
20	How can you use the information you found working on the project?	I understand the importance of
	כיצד ניתן להשתמש במידע שמצאת בעבודה על הפרוייקט?
21	What would you do differently if you could change your project?	I would not change anything in my project because I like it as it is.
	מה היית עושה אחרת אם היית יכול לשנות את הפרוייקט שלך?	
22	What sources of information did you use working on the project?	I used mostly internet sites that Google offered me.
	באילו מקורות מידע השתמשת בעבודה על הפרוייקט?	
23	Name two sources you used	For the project I used such sites as.....
	ציין שני מקורות בהם השתמשת	
24	Where did you find your sources?	I found most of the sources I used for my project on the Internet.
	איפה מצאת את המקורות שלך?	
25	How much time did it take you to work on the project?	It took me about a month to finish the project.
	כמה זמן לקח לך לעבוד על הפרוייקט?	

	Question	Possible Answer
1	What is the topic of your project?	The topic of my project is my birthday in history
	מהו נושא הפרוייקט שלך?	
2	Why did you choose this topic for your project?	I chose this topic because I always wanted to know who else was born and what else happened on my birthday.
	מדוע בחרת נושא זה עבור הפרוייקט שלך?	
3	Who was your project partner?	I didn't have a project partner as it was an individual project. I did the project by myself.
	מי היה השותף שלך לפרוייקט?	
4	Describe the procedure of working on the project.	At the very beginning I had to find four historical events that happened on my birthday. I had to fill in the table with the information about them. Then, I had to choose one of the events and answer additional questions about it. The next stage was to find four famous people born on my birthday and again fill in the table with the information about them. As in the previous section I had to choose one of these people and answer additional questions about him/her. What is more, I had to write a letter to his person describing some problem I had and ask for advice. The following part of the project was a reflection in which I had to express my opinion on the project procedure.
	תאר תהליך העבודה על הפרוייקט?	
5	What interests you about the topic?	It was very interesting for me to find out which celebrities have birthday on the same day I do.
	מה מעניין אותך בנושא של הפרוייקט?	

6	What interesting facts did you learn working on the project?	It was very interesting for me to know that.....has a birthday on the same day I do.
	אילו עובדות מעניינות למדת בזמן העבודה על הפרויקט?	
7	What was the most interesting thing that you learned about your topic?	The most interesting thing that I learned about the project was the names of the celebrities born on my birthday.
	מה היה הדבר המעניין ביותר שלמדתי על הנושא שלך?	
8	What was surprising about your project?	It was very surprising for me to know that.....has a birthday on the same day I do
	מה הפתיע אותך בפרויקט?	
9	What did you learn working on the project?	I learned what historical events happened and famous people born on my birthday.
	מה למדת במהלך הפרויקט?	
10	What new information did you gain from doing the project?	I learned what historical events happened and famous people born on my birthday.
	איזה מידע חדש השגת מעבודה את הפרויקט?	
11	What new skills did you learn from doing the project?	I learned how to divide the time to work on the project effectively. I learned how to find the main idea in the paragraph. I learned how to summarize information
	איזה מיומנויות חדשות למדת מעבודה את הפרויקט?	
12	What did you enjoy about doing the project?	I enjoyed to learn what celebrities were born on my birthday.
	מה אתה נהנת לעשות בפרויקט?	
13	What else would you like to learn about the subject of your project?	I would like to know who else was born on my birthday
	מה עוד ברצונך ללמוד על נושא הפרויקט?	

14	What skills did you need for working on the project?	I need to know how to manage my time for the project, how to use a dictionary and how to summarize sources of information properly.
	ממך בעבודה על הפרויקט מה הן המיומנויות הנדרשות?	
15	What learning skills did you improve working on the project?	Working on the project improved such skills as time management, dictionary usage and summarizing long texts.
	איזה כישורי למידה שיפרת בעבודה על הפרויקט?	
16	How did the project influence your English?	After working on the project I know more English words and can better express myself in writing.
	איך הפרויקט השפיע על האנגלית שלך?	
17	How did the project help you understand the subject?	It was the first time in my life when I checked the information about the events that happened on my birthday. It was a great experience for me.
	כיצד הפרוייקט עזר לך להבין את הנושא ?	
18	What did you find difficult about doing the project?	It was difficult for me to find relevant information in English. It was difficult for me to read long texts in English. It was difficult for me to write a project in English. It was difficult for me to find the information about the historical events happened on my birthday.
	מה היה לך קשה בביצוע של הפרויקט?	
19	What was the most difficult part of doing this project? How did you overcome it?	It was difficult for me to find relevant information in English. It was difficult for me to read long texts in English. It was difficult for me to write a project in English. It was difficult for me to find the information about the historical events happened on my birthday. My teacher / friends / parents helped me overcome it.
	מה היה החלק הקשה ביותר בעבודה על הפרויקט? כיצד הצלחת להתגבר על הקושי?	

20	How can you use the information you found working on the project?	I understand the importance of my birthday not only for my family but also for the whole world.
	כיצד ניתן להשתמש במידע שמצאת בעבודה על הפרוייקט?	
21	What would you do differently if you could change your project?	I would not change anything in my project because I like it as it is.
	מה היית עושה אחרת אם היית יכול לשנות את הפרוייקט שלך?	
22	What sources of information did you use working on the project?	I used mostly internet sites that Google offered me.
	באילו מקורות מידע השתמשת בעבודה על הפרוייקט?	
23	Name two sources you used	For the project I used such sites as.....
	ציין שני מקורות בהם השתמשת	
24	Where did you find your sources?	I found most of the sources I used for my project on the Internet.
	איפה מצאת את המקורות שלך?	
25	How much time did it take you to work on the project?	It took me about a month to finish the project.
	כמה זמן לקח לך לעבוד על הפרוייקט?	

Appendix

The Cartoon Presentation Practice



The COBE Instructions

