

This year was very special because the world was invited to London to take part in the Olympics.

Africa, and especially Morocco, has always been a part of this great global event and through the performance of their athletes, a lot of countries have been discovered by people all over the world.

For example, Mozambique was a relatively unknown country, but the performance of its athletes and especially Maria Mutola, contributed to its celebrity.

Morocco also has a history of attending the Olympics and the performance of its athletes has been excellent. Nawal El Moutawakel was the first Arabic and Muslim woman born in Africa to win an Olympic gold medal. She became an idol for Moroccan women.

In London, Morocco and all the countries of Africa were prepared for victory, all wishing to win a lot of medals, especially in athletics where Kenya, Ethiopia and Morocco are strong performers. The Olympic Games are a good way of making countries famous by helping them to show the world what they can do.

Ahmed Mahbrouk
Beginning 4



The 2012 Olympics

Make the world a better place

Fattine Belhadj
Intermediate I

"In my darkest hour, in my darkest despair, will you still care? Will you be there? In my trials, in my tribulations, through my doubts and frustrations, through my turbulence, through my fear and my confessions. In my anguish, in my pain, through my joy and sorrow, in the promise of another tomorrow, I'll never let you part. For you're always in my heart."

These words are a speech for humanity and especially for the environment that we destroy every day and our bad behaviour and poor decisions.

Did you ever stop to notice the weeping Earth? What have we done to the world? We're destroying it!

We have to think about this and change. We can change everything if we want – we can make our world a better place.

A place without wars, destruction, fear and sorrow. A place where money does

not give you the right to do whatever you want.

We must stop hating each other and start sharing love and friendship. Like a hero once said: "There's a love that cannot lie, love is strong and only cares for joyful giving."

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The kiss of life

Mohsine Talouzet
Intermediate 2

It was a sunny day and we were at the beach having fun. Everything was okay, until I decided to go for a swim.

I rode a big wave and I went far away from the other swimmers. Suddenly, I heard a familiar voice asking for help.

What I hadn't noticed was that my little brother had been following me. Because I thought I was alone, I hadn't looked back.

While the poor kid was trying to catch me he got tired and started drowning, and the drowning wasn't even the worst problem.

The problem was the distance. He was too far from me, and and the sea was rough, so I couldn't reach him before he totally disappeared and that made my rescue mission almost impossible.

Luckily, there was a surfer nearby and I saw him put my little brother on his board and take him back to shore.

I felt happy, but when I arrived at the beach, everything changed. The poor kid was lying on the sand and he couldn't breathe. I felt helpless and I started crying. He was the best thing that ever happened to me.

Just then, a young woman came from nowhere and sat on her knees just next to him. At first, I thought she was kissing him, then I heard that sweet voice again. He was alive! he came back to us!

I was the happiest man on Earth. After a few minutes, I tried to find the young woman but I couldn't.

Now, I really still don't know what happened there, but one thing I'm sure of is that that kiss brought my little brother back to life again, that's why I call it the kiss of life.

If not now, then when?

Why not now? Why after?

Chama Rahhali
Intermediate 3

"Did you say it? I love you. I don't ever want to live without you. You changed my life."

"Did you say it? Make a plan. Set a goal. Work towards it, but every now and then, look around; drink it in 'cause this is it. It might all be gone tomorrow."

This is definitely the best quote from Gray's Anatomy, I say definitely!!

I just love it. It moves me. It goes straight to my heart and soul, because I believe that everything is ephemeral, everything can change in one small moment, in a split second. An accident, a heart attack, a stroke, a revelation and so on.. You should know that life is short – you surely know that.

So don't lose it on doing things that you don't like. Go out, meet new friends, read books, learn more, travel to somewhere far and foreign, go on some adventures, go skydiving, do what people say you can't do, stop being lazy!



Come on, get up, do something interesting in your life, because it's absolutely

worth it! You only have one life to live! Nothing will wait for you, so be enthusiastic to reach your goals!

Should I? Would I? Could I? So many questions in your mind, but who cares, live for the moment and enjoy it to the maximum!

Always remember, someone who doesn't live for something, will die for nothing. So what are you waiting for? Do something astonishing. This life is yours, it's never too late to be who you might be!

Smile as much as you breathe, live as if you'll die tomorrow because only God knows your destiny.

Love as if you've never been hurt, and never give up 'cause hope never dies, keep trying over new!

Celebrating Ramadan

Roeya Negro
Beginning 4

In Morocco, we celebrate many religious events and Ramadan is one of them. It is a special time when we celebrate for a whole month.

All Muslims fast during Ramadan and we give our thanks to God. Also, we do lots of activities: go to the Mosque, pray and we listen to and read the Koran.

We make special food for dinner including Harira, Shebakia and B'stila.

During the last ten days of Ramadan, we contemplate and seek God's pardon. For me, Ramadan is a very good moment when we can be near to our God.

The end of hunger

Rachida Ouardi
Beginning 4

Imagine, one day you wake up and there is no food crisis, no babies starving and there is enough food to feed the world. It would be perfect.

The end of hunger is my wish, my dream. I believe that one day it will become a reality.

All over the world, if we, as human beings say enough is enough – if we stop buying things that we don't really need like perfumes, cosmetics and other things - then we can save enough money and enough of the environment to produce enough food and medicines for everyone.



Hicham Ismaili Alaoui
Beginning 4

TV has become very important in modern life. It's importance is growing day in, day out. The best way to use it is to be aware of its advantages.

TV has many advantages, the first and foremost is that television is a great source of easily available information, just at the click of a button.

Another important advantage of television is the news channels and the ability to watch TV in the comfort of your own home.

This can be refreshing as well as a favourite pastime. Television gives you enough exposure to world news which you might not otherwise get.

However, television has some disadvantages. Some of the programmes contain violence and sex and other inappropriate material which should not be shown. They are given equal importance and are easily accessible by audiences which they are not intended for.

Watching television may restrict children – as well as older people – from indulging in physical activities which are a must for a healthy life.

Don't be a couch potato! Stop watching TV and get a hobby!

Hobbies, health and happiness

Dounia Bennis
Intermediate 1

Everybody has a number of things that he or she likes to do in their free time – these things are hobbies. For me, jogging and listening to music are the best.

Jogging is a very good way to improve health because it helps blood circulation, the respiratory system and the digestive system. It also makes the heart stronger. These things are very important for maintaining fitness and keeping the body in good shape.

Jogging relaxes my mind and helps me to

make new friends. On the other hand, I like listening to music very much. I'm very fond of classical music because it makes me feel better about myself.

For me, music can inspire and motivate and it can make me laugh and cry and put me in a really good mood. The thing I enjoy most about it is that it brings back memories.

There are other hobbies that I like, but they are not as interesting as the ones I have mentioned here.

Whatever someone's hobbies are, I believe that everyone should spend their time on some useful and fun activities.

The nostalgia

What a strange feeling?
But I ignore what it is
My mind is surrounded by this sensation
My body bends under its weight
What a strange feeling?
That twists me every moment
That deteriorates my thoughts
My thoughts which were fresh
Fresh as breeze in winter
What a strange feeling?
That plunges me into a deep hole
Into a deep hole where I hardly move
What a strange feeling?
Digging me
And touching my belly
That feeling is the nostalgia.

Daouda Coulibaly
Intermediate 4

Loss!!

Life is not that easy
I am always busy
Thinking is noisy
I wish I were crazy, never think about the future
My life would be full of leisure, enjoyment, happiness, and pleasure
Controlled by the rules of nature
The sun warms me
The sky covers me
And birds sing their melodies for me
Which is written by the feather of wind
In a stormy night
And I sing my story
Which is engraved in my memory
With a trembling voice
And tears rolling from my eyes
Exactly at sunrise
In the horizon of loss
Where I am lost .
Yes lost!

Aouatif El Hayouni
intermediate 5

How do you feel?

Find the words below in this wordsearch. All the words can be used to answer the question: How do you feel?

q	a	a	f	r	a	i	d	i	e	x	c	i	t	e	d
r	m	n	c	e	l	o	r	e	l	a	x	e	d	f	d
h	a	m	o	c	e	m	b	a	r	r	a	s	s	e	d
x	d	d	n	c	o	h	a	p	p	y	u	y	r	t	e
f	a	t	f	o	t	f	f	o	i	k	h	a	n	l	s
s	o	r	u	m	e	u	d	w	a	c	c	e	b	u	w
h	a	z	s	f	v	r	i	e	t	s	d	a	h	v	o
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w	q	h	d	r	c	o	u	t	f	r	e	d	m	i	r
h	m	u	g	t	o	u	h	n	o	t	e	p	d	r	i
a	p	n	z	a	l	s	o	f	s	n	s	s	e	e	e
u	a	g	u	b	d	c	m	u	e	u	f	h	s	d	d
w	m	r	e	l	h	o	a	t	o	s	a	f	e	e	p
b	o	y	l	e	c	h	h	v	t	w	a	r	m	n	d
u	o	o	c	n	x	g	r	q	s	t	r	a	n	g	e
d	o	r	u	e	i	e	d	i	z	z	y	h	e	v	q
c	e	o	e	r	n	k	a	l	a	w	k	w	a	r	d
j	y	i	f	d	j	p	n	t	h	i	r	s	t	y	g

afraid
angry
awkward
bored
cold
comfortable
confident
confused



cool
depressed
dizzy
embarrassed
excited
exhausted
frightened
furious



happy
hot
hungry
itchy
mad
nervous
relaxed
sad



safe
scared
strange
thirsty
tired
uncomfortable
warm
weak
worried



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bookworm or
a film buff?

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