

(7) Pollution is the pest of the age

التلوث آفة العصر

It's not acceptable من غير المقبول to be in the 3rd millennium and we still pollute our surroundings (environment). Individuals, companies and factories should find ways to control the waste. النفايات Clean streets and roads are the demand مطلب of every citizen. So individuals mustn't throw anything in the streets. Hence, laws must be passed قوانين تسن ومن ثم to punish those who are careless.

Companies and factories should fix filters مرشح to help reduce air pollution. We have to keep the Nile water clean and unpolluted. It's an etiquette آداب التعامل not to pollute the place where we live in. It's our environment and everybody should do their utmost يبذل قصارى جهده to lead a healthy life. If there is a success, we can protect ourselves from fatal diseases. أمراض فتاكّة because pollution is the pest of the recent age.

8) Overcoming the problem of unemployment التغلب على مشكلة البطالة

Unemployment is an enemy to progress and prosperity. The unemployed person is more likely to do wrong. That's why it must be rooted out تستأصل من because it leads to further poverty. مزيد من الفقر Our government spares no effort in finding ways to overcome this pressing problem. The government is always encouraging investors to invest their money in establishing new projects to provide business opportunities. Giant projects are being carried out all over Egypt to find jobs for the unemployed queue of youth.

Toshka project in the south of the valley will offer more land for young people to reclaim. Six October industrial city, New Damietta Port, reclaiming Sinai and the small projects will give a hand to increase different kinds of jobs for those who are unemployed. Banks have a role to play in solving this serious problem. They can lend young people small loans قروض with slight interest فائدة بسيطة to help them set up small industries all over Egypt. When we solve this problem, we absolutely abolish يزيل extremity خطر عظيم and terrorism among those poor young people.

(3) We cannot do without modern technology, especially the computer, in our daily life.
لا يمكن أن نستغني عن التكنولوجيا الحديثة وبخاصة الكمبيوتر في حياتنا اليومية

Thanks to human inventiveness, computers now cover all aspects of our life. Computers help man to extend the power of his mind. Without them, a lot of our technological miracles, would be impossible. They have greatly helped to make our life easier and more comfortable. Since computers are of great benefit, they are used on a large scale.
مظاهر
مد
معجزات
واسع
على نطاق

Computers are used in hospitals to check patients' records and diagnose some diseases. Schools cannot do without them. They are used in factories and banks to improve and facilitate work. TV, radio, hotels, telecommunications, trains, ships, planes etc ... depend on computers in their work. Really, the world of computer is endless. In spite of all these facts, computers are our servant and not our masters yet.

(4) Egypt's achievements إنجازات مصر

Thanks to the wise policy of the recent government, Egypt has made important achievements in various fields. These achievements have made our life easier and more comfortable. They enable us to face the challenges of globalization. In the field of education, thousands of modern schools are being built equipped with computers and internet labs all over Egypt to cope with the world changes. In the field of agriculture and land reclamation, great projects are being established like Toshka Project in Upper Egypt to increase the area of the cultivated lands.
الحكومة الحالية
تجهاز بـ
معامل
الأراضي الزراعية

In the field of industry, investors are encouraged to set up factories and buy the old ones through the privatization programme to modernize and increase production. In the field of transport and telecommunications, new roads and bridges are being built to facilitate traffic and the new centrals are now available to deal with the rapid increase in population. In the field of public-health, the health insurance umbrella is covering all classes of people. All the fore-mentioned fields and others are the best witness, so we have to stand behind our government as one united power and crush into dust those who want to keep us behind. When we do so we will achieve the expectations of the new millennium for the recent and coming generations to enjoy welfare prosperity.
برنامج الخصخصة
الاتصالات
تسهيل
الرفاهية و الرخاء

(1) *The responsibilities of the youth towards their mother country* مسؤوليات الشباب تجاه وطنهم

It is taken for granted that the youths are the corner-stone *حجر الزاوية* upon which the country's progress depends. As they enjoy a lot of rights, they have responsibilities to shoulder. *يتحمل* They have to be true citizens who obey and respect laws, rules and regulations. *أنظمة* Since they are in the flower of youth, full of strength and energy, they can work in their spare time to help develop their motherland in all fields of life. They should strive *يجاهد* to achieve that.

One of these duties is to go to villages during the summer holidays to teach the farmers the three R's (reading, writing and arithmetic). *الحساب* Thus, *ومن ثم* they can play a role in eliminating illiteracy. *محور الأمية* When duty calls, they should be ready to sacrifice their lives for the sake of their motherland. In the field of traffic, they can act as policemen during their summer vacation so as to help the flow of traffic. *انسياب حركة المرور* In short, young people should spare no effort *لا يجب أن يدخر جهداً* to serve their mother country.

(2) *Alternative sources of energy*

مصادر بديلة للطاقة

The fact that the world is running out of oil disturbs *تزعج* the minds of energy scientists. The world's oil reserve *مخزون البترول العالمي* will come to an end in the near future. Consequently, scientists are looking for alternative sources of energy so as to face this problem. They are thinking of the atom, the sun, the wind, the water and even rubbish. The five mentioned sources are thought to supply energy in the future.

Nuclear fission *انشطار* i.e. the splitting of the atom as in the atomic bomb, may be used in the future to supply uranium which can be used for running *تشغيل* our factories. The sun is another useful source of energy because generators in space can be used to send energy to the Earth. The wind power can help man to generate cheap and clean energy. Water is used for getting hydro-electric power. In addition to that, rubbish is burnt for energy. To sum up, scientists should do their best to create new sources of energy to face the challenge of the third millennium.

(31) *The advantages of having a business of your own and not waiting for a government job*

Every year a great number of young people finish their studies at universities and wait for a government job. It's too difficult for the government to employ such an army of graduates. That's why those newly graduates had better have a business of their own. The time lost waiting for the job can be exploited in running a small business. Moreover, it is said that the more you work, the more you gain.

Running small businesses for the newly graduates has many advantages. Through it, the young man can get a lot of experience that surely will help develop his work later on. He can also employ others to manage his work well. Hard work leads to more success and the small business could be expanded and earns a lot of money. Above all, the person who does so will enjoy being his own boss. In this way, young people raise their own income and improve their nation's economy.

(32)

Woman in judiciary

*Woman in judiciary can play an important role to improve the judicial system towards gender issues. As the incidence of crimes against women is increasing , there is need to strengthen the judicial system by appointing more women judges to deal with issues relating to women and the family . As more and more cases of disputes within the family are arising . The purpose and aim of establishing Family Courts is to protect and preserve the institution of marriage and to promote the welfare of children and provide for settlement of disputes by conciliation There is need to create awareness at the gr*** root level regarding the judicial system and to make women aware of their legal rights . Television and radio can play a vital role in spreading legal literacy among rural and urban women*

(29) Pollution is the outcome of
man's interference with nature

التلوث هو نتيجة تدخل الإنسان في الطبيعة

It is taken for granted that man is to be blamed for the pollution he caused to air, water, environment and even soil. Man is used to dumping إلقاء the chemical and nuclear waste نفايات in remote areas beneath the soil. This affected the soil greatly and led to the spread of many diseases and other fatal results. The badly maintained vehicles المركبات رديئة الصيانة used by humans release carbon dioxide and other pollutants ملوثات in the atmosphere. This may lead to the spread of many dangerous diseases such as cancer. Throwing garbage نفايات and chemical waste in rivers and seas ruined the marine life الحياة البحرية. Noise pollution causes terrible diseases including deafness فقد السمع and nervous breakdown. انهيار عصبي Man's interference with nature may lead to more epidemics. أوبئة

Hence , the individuals and communities , should cooperate and work together to put an end to such reckless مهمل and irresponsible behaviour غير مسئول of humans. There should be strict صارم laws and regulations تنظيمات to put an end to such disastrous مدمر actions. Deforestation; Cutting down green forests should be banned everywhere. Solar and electric powered vehicles should be used on a large scale على نطاق واسع. We have been blessed by pure air and clean soil and we should keep them evergreen and unpolluted. Ministries of Environment worldwide should make joint efforts مجهودات مشتركة to keep our globe clean and pure.

(30) The importance of forests for

environment conservation

أهمية الغابات في الحفاظ على البيئة

Forests are trees and plants that cover large areas. They are important for environment conservation. Without forests, the balance توازن of our globe breaks down. يختل We get food either by eating plants, food manufactured from plants, or animals that have eaten plants. The leaves of trees and plants are like factories, producing everything they need by a process called "photosynthesis". البناء الضوئي

Photosynthesis is vital for ضروري our survival. All animals breathe in oxygen and breathe out carbon dioxide which is poisonous to animals if they breathe in too much. Fortunately, trees and plants take in carbon dioxide and take out oxygen. In fact, each year, the plants of the world extract تستخلص about 150 billion tons of this poisonous gas from the air. It's easy to see that if the balance of nature is changed, for example by cutting down too many trees, we will actually be taking away our oxygen-making factories and could slowly poison ourselves.

(27) *Peace leads to prosperity whereas war leads to destruction*

يؤدي السلام إلى الرخاء، بينما الحرب إلى الدمار

Really , peace leads to prosperity whereas war leads to destruction . Peace means safety. In time of peace, we live happily and carry out important projects. This will lead to the welfare of our country. Peace and stability الاستقرار are twins. توأم But for peace, there wouldn't be any technological achievements إنجازات all over the world . Thus, Egypt always adopts تتبنى the peaceful attitude الموقف السلمي in its relations with other countries .

War means nothing but fear and terror. رعب In time of war, people don't have freedom to live happily War threatens the security أمن of any country . During wars bloodshed سفك الدماء is everywhere. It holds back تعرق development and destroys the infrastructure البنية التحتية of any country. To sum up , peace leads to the happiness of humanity but war leads to nothing but destruction and misery. تعاسة

(28) *The role of the internet and satellites*

دور الإنترنت والأقمار الصناعية

Can anybody or any society dispense with يستغنى عن the internet or satellites nowadays ? Of course not . They are of utmost قصوى importance to all people. Without them any society will be helplessly cripple . عاجز How can a country keep pace with the up-to-date أحدث discoveries or inventions without them ? it is a difficult equation. معادلة The world has become a small village thanks to the internet and satellites.

The internet and satellites link يربط all the world together. This is what we call globalization. العولمة They save us يوفروا علينا hard long years of research and hard work. They save our time and effort . Besides being quick means of culture and information, they are very accurate . دقيق They are used in all fields of life such as the fields of media, industry, agriculture and medicine. To sum up, the benefits of satellites and the internet are countless لا تحصى in all fields of life.

(25) *The pros and the cons of mobile phones*
التليفونات الجواله، مالهها وما عليها

No one can deny the great advantages of the mobile phone. It facilitates **يسهل** the tasks of businessmen to get in contact with **يتصل** their partners **شركاء** in no time and anywhere. We can get in touch with any person when we face danger or any conflict. A person who is confronted **يواجه** with any sudden attack or facing an unexpected dilemma **ورطة** can be rescued by using his mobile on the spot. **المكاتب** Newspapers reporters can get in touch with the headquarters **المكان** in the location of the accident when no other means of communication can be benefitted. When a person is facing a trouble or a crucial **حرج** problem, the mobile is of a great importance.

However, the mobile may be a source of disturbance and annoyance in worshipping houses, **بيوت العبادة** libraries or means of transport. During debates **مناظرات** or symposiums **ندوات** the use of the mobile is dreadly disturbing. **مزعج جداً** Youth may misuse **استخدام** such a great invention when it is used for trifling chats **محادثات تافهة** or teasing **كيد** others. It may constitute **يشكل** another hideous burden **عبء كبير** on the economy of individuals. In short it is not the invention to be blamed but the users themselves.

(26) *Lifelong learning*

التعلم مدى الحياة

It is taken for granted that wise people should take into consideration **يضع في** **الاعتبار** that one is never too old to learn. Everyone should gain knowledge from womb to tomb. **المحيا إلى الممات** One should update one's skills and potentials **إمكانيات** and gain different skills and experience so as to be employable. **قابل للتوظيف** An ambitious and enthusiastic **متحمس** person should be eager **شغوف** enough to improve his standard and widen the scope of his knowledge. This can be carried out by acquiring much knowledge to get promotion. **ترقية**

It is necessary for all people to cope with the technological progress and adapt **يتكيف** to different circumstances **ظروف** and conditions. One should be broad minded **متفتح العقل** and wide experienced to achieve one's goals. One ought to bear in mind that there are no barriers **حواجز** or borders for human knowledge. Learning is a sacred process **عملية مقدسة** that has to go on for ever. All the holly books **الكتب المقدسة** appreciated **تقدر** learning and urged **يحث** humans to read. In short, lifelong learning is a slogan **شعار** that all people have to follow.

(23) *Industry in Egypt*
الصناعة في مصر

Industry is the main stay *الدعم الأساسي* upon which the economy of the country depends. It is a chief source of our national income. It can help a great deal in setting up great national projects. Industry plays an important role in achieving progress, welfare, and prosperity to Egypt. Therefore, the government gives due care *اهتمام بالغ* to the field of industry. Industrial and technological projects are our way to cope *يساير* with the advanced countries.

In the new cities, a big number of industrial areas were built. The factories in these areas can provide our youth with work opportunities. In other words, *بعبارة أخرى* they help in solving the problem of unemployment. In this way, our people can enjoy a better standard of living. The products can be exported to increase our resources of hard currency. Our government does its best to encourage industry in Egypt. It encourages investors to invest money in Egypt. It provides them with all facilities *تسهيلات* to establish their own factories. It also offers loans *قروض* with a low interest. *فائدة* Restrictions *القيود* on exports have been taken away to help them export their products easily. I think the future of the Egyptian industry will be prosperous.

(24) *Child's rights*
حقوق الطفل

Children are our dearest *الأغلى* hope in life. They are tomorrow's youth, workers, employees and leaders. They are priceless *لا يقدر بثمن* national wealth. They form the main stay upon which the nation depends in the future. Hence, due care should be given to them so as to enjoy their childhood *الطفولة* fully. In fact childhood is playhood. *مرحلة لعب* It is the stage in which the child's character is formed. Parents, school and society have a role to play in this respect. *في هذا الصدد*

From the very beginning It is the responsibility of the parents to select a decent *مناسب* name for the child. Children should be given ample *كاف* love and affection. *محبة* Parents should clothe and feed them well. At schools, children ought to be developed physically , emotionally and mentally. Psychological specialists *الأخصائيون النفسيون* have to pay much attention to each child's character. They should help him/her to grow up as a good citizen. They should know the child's problems and try to solve them. Society must ban the work of children. Children should not be abused. *يساء معاملاتهم* They shouldn't work while they are young. To sum up, all have to raise a red card to the child's labour. *عمل الطفل*

(21)The role of woman in society

دور المرأة في المجتمع

Really , we can't imagine our life without woman. She is half of the society and gives birth to the other half. In fact, man and woman are a double face coin. وجهان لعملة واحدة. She plays an important role in modern societies. She is the cornerstone of the family and the society. Now she shares fully in the life of society with man . She has proved her worth إستحقاق in every field of life. She works in factories, hospitals and schools. She has become a ministress and even a prime ministress in some societies . She has held the post of a judge. She has a say in her country's policy .

Woman has proved that there is no difference between man and woman in handling تعامل any kind of work. She can even handle certain tasks مهام better than man can do . Besides, on her shoulder lies the responsibility of bringing up children. Woman has made great efforts towards equality with man. She has come a long way and she still has a long way to go on for equal opportunities. In short, she is standing at an equal footing with man in nearly all fields of life.

(22)Our duty towards our parents

واجبنا تجاه والدينا

It is taken for granted أن المسلم به that we owe much to our parents who looked after us when we were young. They did their best to provide us with food, clothing, shelter مأوى and education. They sat up beside our beds when we were ill. They spared no pains عمل ما في وسعه to give us the best start in life. So it is our duty to love and respect them. Consequently, all that we offer to them is not sufficient كاف compared to what they have done for us.

We have to take their advice and obey their orders since they have experienced in life with its up and downs. تقلبات It is also our duty to help them in every possible way. We can do the shopping and help them at home. When they grow old, it is our turn to repay their kindness. عطف We should look after them in their old age and give them every possible comfort. Finally, we should put into consideration that we can never repay a part of what they deserve.

(19) Overpopulation زيادة السكان

Overpopulation is a very dangerous problem . It hinders **تعيق** the progress of any country. It devours **تلتهم** every increase in production . It is the cause of many serious problems such as shortage of food, housing and traffic jams . Over population also result in **تسبب** the problem of unemployment **البطالة** among youths with its ill effects **أثارها السيئة** on individuals **الأفراد** and on society. Thus, solving this problem has become a must so as to raise the standard of living. **معيشة مستوى ال.**

We can solve this problem by invading **غزو** , reclaiming and reconstructing the desert . This will create new communities **مجتمعات** with better job opportunities and more land to cultivate. **يزرع** We should respond to **يستجيب لـ** birth control and family planning call . Mass media **وسائل الإعلام** should lend a hand in solving this problem by showing the ill effects of over population. People should change their attitudes **مواقف** and know well that a small family means a better and a comfortable life .

(20) Sports and games الرياضة والألعاب

It is said that a sound mind is in a sound body. **العقل السليم في الجسم السليم** So sport is very important in man's life. It builds up sound bodies. It is useful for all people of different ages; the young and the old alike. **على حد سواء** They should practise sports to enjoy good health and live a happy life. Sporting clubs have now spread in all towns and villages and they provide their members with different sports. Sporting contests **منافسات** strengthen relations among nations because they help young people to spend their time fruitfully **مثمر** and creating the competitive spirit **روح تنافسية** as well as accepting any defeat. **هزيمة**

In addition to that, practicing sports teaches us good morals. **أخلاق حميدة** Sport teaches us patience, co-operation and self-denial. **إنكار الذات** That's why sport is necessary for developing one's character. It is important for everyone to practise a certain game. The young tend **يميل إلى** to play football, basketball and volleyball. Also, riding, swimming, shooting and running are preferred by the young. On the other hand, the old like walking and some games that suit their age like chess. To sum up, practicing sports develops persons physically, mentally, emotionally **عاطفيا** and morally.

(17) *The source of life*

مصدر الحياة

Water is the source of life on earth. Human beings, animals and plants need water to survive. *يحيا* Human beings use water in their daily activities. *الأنشطة اليومية* They use it for drinking, cooking, cleaning and washing. Water is used by animals for drinking and washing. Unless plants get water, they fade *يذبل* and die. Hence, *ومن ثم* we can't do without it. *يستغنى عن*

Since water is so necessary for survival, *البقاء* people should use it wisely. *بحكمة* In other words, we should cut down our consumption *استهلاك* of water. We ought to keep water as long as we can. People who use water carelessly have to be fined. *يغرم* We should cooperate to re-cycle the sanitary or drainage *الصرف* water and reuse it in a useful way. Water is so vital that wars in the future will be for water not for land.

(18) *Tourist Industry*

صناعة السياحة

Egypt is a tourist country and tourism is a chief source of its national income. Egypt enjoys all attractions *عوامل جذب* that encourage tourists to visit Egypt. It has got the ancient Egyptian monuments which witness on the greatness of our ancestors. *عظمة أجدادنا* Besides, It enjoys fine mild weather *طقس لطيف* all the year round. Its long sunny beaches attract tourists from all over the world to go there. Indeed, tourists visiting Egypt enjoy sightseeing as Egypt has got matchless tourist sites. *مواقع سياحية لا نظير لها*

Since tourist industry is a promising *واعد* one, we should encourage tourists to visit Egypt. New hotels should be established to provide good accommodation. *إقامة* Roads ought to be paved *تمهد* to help the flow of traffic. *انسياب المرور* People should treat tourists kindly everywhere to encourage them to visit Egypt again and again. To sum up, all means of comfort have to be given to tourists to flourish *ينعش* this important industry which is a main source of hard currency.

(15) Desert Reclamation

استصلاح الصحراء

Egypt is full of vast areas of yellow barren جرداء deserts. Due to the rapid increase in population and the lack of the green lands, reclaiming the desert has become a must. ضرورة That's why giants projects are being carried out to turn these deserts into green land .Toshka project and Shark El-Owinat are examples of these projects. These projects are expected to solve many of our problems such as overpopulation, unemployment and food shortage. Irrigation isn't a big problem as we can dig canals from wells to get water from underground to irrigate the reclaimed areas.

Reclaiming the desert is a turning point نقطة تحول in the lives of the Egyptians. It is the only way to push Egypt forward so as to cope with the advanced countries. الدول المتقدمة New towns will appear, solving part of the housing problem. مشكلة الإسكان Youth will find job opportunities there. Food security الأمن will be achieved. We will stop importing certain crops like wheat. Our agricultural exports will be increased. The government is shouldering تتحمل its burden أعباءها and constructing infrastructure projects مشاريع البنية التحتية to attract many investors to these remote areas that will help us increase production and enjoy welfare and prosperity.

(16) People and fashions

الناس والموضة

Fashion means the style of clothes, hair, behavior etc that is popular at a particular time. People all over the world are fond of buying the latest fashions أحدث الموضات yearly. Fashion houses بيوت الأزياء always decide how we should appear and what we should wear. These houses decide not only the clothes, but shoes, hair, hand bags and jewellery as well. In fact, the world of fashion is endless.

The big fashion houses in many countries of the world design fashionable styles and colours to satisfy all tastes. لترضي جميع الأنواق Women cannot ignore fashions and are always attracted to buy dresses, blouses, skirts, etc... . Men also try to follow fashions when they buy suits, shirts, ties and trousers. What is clear is that fashion changes every year. Consequently, what is fashionable موضة قديمة this year will be out of fashion مساير للموضة next year.

(13) The importance of learning English

أهمية إتقان اللغة الإنجليزية

Learning and mastering the foreign languages, especially English, has become a must *ضرورة* nowadays. Good English enables you to lead a better life. Good command *تمكن جيد* of English is necessary for getting a good job. Employers always prefer English speaking applicants. *المتقدم للوظيفة* English helps you to write to your pen friends. It enables you to communicate with foreigners abroad. It also helps you express yourself and deal with tourist freely.

We cannot cope with the technological renaissance *النهضة التكنولوجية* without learning how to use the computer and the internet. Thus, *ومن ثم* learning English is a must. When you are armed with *مسلح بـ* English, you can understand what is going on around you in the world. Moreover English helps you to deal with the knowledge explosion *الانفجار المعرفي* easily. In short, English has become an integral part *جزء متكامل* of your character and your career.

(14) The importance of electricity

أهمية الكهرباء في حياتنا *in our life*

It has been taken for granted *أصبح من المسلم به* that electricity is indispensable *لا يمكن الاستغناء عنها* in our life. It has become so important that we can't imagine our life without it. Electricity is a mysterious power *قوة غامضة* which can drive machines and different kinds of devices. *اختراعات* It is produced by various means such as batteries and generators. *مولدات* We can also generate electricity using waterfalls, wind, the atomic power as well as the sun.

In fact, the advantages of electricity are endless. *لا نهاية لها* It helps man to increase production as it drives machines in our factories. We use it to illuminate *ينير* houses, streets and schools. It is used to run the household apparatuses *الأجهزة المنزلية* like the fridge, the water heater, the fans and many other sets. Saving energy is necessary. That's why we should cut down our consumption. *نحد من استهلاكنا*

(9) Eliminating illiteracy

محو الأمية

It's crystal clear that illiteracy is the stumbling block حجرة عثرة to progress and welfare. It hinders تعيق all the steps of development. We cannot achieve progress unless we get rid of this serious problem. Consequently, Egypt's first lady is doing her very best to eliminate illiteracy among young boys and girls. Long term plans have been drawn to realize this aim. تم وضع خطط

طويلة الأمد لتحقيق هذا الهدف

The one class schools مدارس الفصل الواحد can help eliminate their illiteracy. Mosques and churches can organize special classes for them with specialized teachers. We mustn't neglect the role of elementary schools ابتدائية in our villages. TV can play a vital role during its programmes and arrange campaigns حملات to encourage them to take part in these classes. Thanks to all efforts in this respect, المجال these young boys and girls will grow up not as machines but as imaginative human beings. كائنات بشرية واسعة الخيال.

(10) How to keep your health

المحافظة على الصحة

Health is a crown over the heads of healthy people that only patients see. We can't enjoy life unless we are healthy. We should follow certain rules to lead a healthy life. It's necessary to eat the right kind of food, exercise regularly and sleep well. Our foods ought to be rich in vitamins, proteins, salts and water. We should eat three meals a day and avoid having foods with chemical additives, إضافات كيميائية artificial colourings, flavouring or preservatives. ألوان أو مكسبات طعم صناعية أو مواد حافظة. Having organic foods is much healthier than inorganic ones.

Eating the right kind of food is not enough to keep yourself healthy. It's important to take exercises regularly. Exercises renew energy and make the person fit for life. Moreover, exercises burn the extra fats, so the one can avoid In addition, you should sleep enough time a night. An زيادة الوزن overweight. needs to sleep at least six hours a night. When you sleep, you give الناضج adult your body a chance to rest and relax. To sum up, right food , regular exercise ,sufficient sleep and personal cleanliness are the magic solutions for good health.

(5) Ring roads and traffic

الطرق الدائرية والمرور

Ring roads should be built around big cities to facilitate the traffic movement. In the one hand these ring roads will join the East with the West and the North with the south, thus **وبالتالي** decreasing overcrowdedness inside the big cities. Trucks and long lorries need not enter the city, they can use the ring roads to shorten the distance **تقصّر المسافة** between the producer and the consumer. In the mean time they will save time and effort. Around these ring roads there will be new communities **مجتمعات** and activities and thus creating business opportunities. **فرص عمل**

On the other hand, there will be less road accidents and we won't suffer from pollution. Take Cairo for example, its streets and roads are so polluted because of the vehicles that run day and night. There should be daring solutions **عوائد السيارات** to decrease the amount of car fume **حلول جريئة** and constructing these ring roads is one of them. People should co-operate and use these new ring roads to help facilitate the traffic movements. We have to thank our road planners who do their best to make us enjoy our life and we mustn't forget that we are in the new millennium.

(6) Life in the future

الحياة في المستقبل

Nobody knows exactly how life will be like in 2020. But we can only predict or just imagine the shape of life. Computer will dominate **تهيمن على** everything in life. In other words, machines, cars, and almost all fields will be computerized. **إلكتروني** Smart cars, for example, will come into use. The computer involved will be able to work out whatever disorders **أعطال** that may arise. Then it will connect internet to find the nearest garage which carries spare parts that will put the car right.

Also, I think that people in 2020 will be queuing up **يصطف** to take their holidays in space. They will fly by rocket to a space cruiser **سفينة فضاء** that may orbit the Earth at a height of 320 kilometres. Scientists will have found cures **علاجات** for the nasty side effects that astronauts have suffered from. Robots will do then most difficult jobs like cleaning cars and loading **تحميل** heavy boxes. Students wont probably go to school because education will be through the internet and computers only. Life will be completely different in the future.

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