

Do you agree
with me?

What do you think
about this?

In my opinion.....

I
disagree
with
this
because.
...

NOTES AND IDEAS FOR SPEAKING
PREPARED BY
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Have
you...
.?

I agree on this...

Shall we?

Can you tell
me about this?

Notes and Ideas for Speaking

- Mohana Ram -

Tips for Speaking

- **Preparation:** Preparation is key to successful speaking. Make sure you have a clear understanding of your topic and the message you want to convey.
- **Practice:** Rehearse your speech several times to become more comfortable and confident with your delivery.
- **Keep it simple:** Use clear, simple language and avoid technical jargon. Focus on conveying your message in a way that is easy for your audience to understand.
- **Make eye contact:** Make eye contact with your audience to establish a connection and demonstrate confidence.
- **Vary your tone:** Varying your tone and pace can help you maintain your audience's attention and make your speech more interesting.
- **Be confident:** Believe in yourself and your message. Confidence is contagious and can help you engage your audience and effectively communicate your ideas.
- **Be yourself:** Be authentic and let your personality shine through. This will help you connect with your audience and make your speech more memorable.
- **End with a bang:** Conclude your speech with a strong statement or call to action that will leave a lasting impression on your audience.

Greeting Prompts

These are some creative ways to greet the Assessor and Interlocutor.

- Top of the morning to you!
- Happy day ahead!
- A very good morning to you!
- Happy new day!
- The early bird catches the worm, good morning!
- Time to conquer the day, good morning!
- Good vibes for a great day, morning!

- It's an honor to have you here!
- A gracious greeting to you!
- A pleasant and cordial greeting!
- A most sincere and respectful greeting!
- It's a pleasure to meet you!
- Salutations!
- Greetings and salutations!

Cohesive Devices for Speaking

For Example :

- Such as..,
- Like...,
- Including...,
- Specifically....,
- Particularly....,
- To illustrate.....,
- Namely....,
- To name a few....,
- Among others.....,
- In particular.....,
- To list a few....,
- To be specific....,
- To quote a few examples...
- To enumerate a few....,
- To mention a few....,

To add details to an existing idea

- Additionally....,
- Furthermore....,
- Moreover.....,
- In addition.....,
- As well as.....,
- Not only...but also....,
- Both...and.....,
- Either...or.....,
- Neither...nor....,

Comparison/Contrast

- Likewise.....,
- Similarly....,
- In the same way....,
- On the other hand.....,
- On the contrary.....,
- Conversely.....,

Concession

- Despite....,
- However....,
- Nevertheless.....,
- Despite this.....,
- Although.....,
- In spite of.....,

To summarize ideas

- To summarise.....,
- In conclusion.....,
- To conclude.....,
- In a nutshell....,

Temporal Relationships

- While.....,
- Where as.....,

Temporal Relationships : Examples of sentences

Before: I will have breakfast before I leave for work.

After: After I finish work, I will go for a run.

During: During the movie, I ate popcorn.

While: While I was waiting for the bus, I read a book.

At the same time: I was studying for my exams and watching TV at the same time.

In the meantime: In the meantime, I will start on my homework.

Simultaneously: The baby was crying, and the dog was barking simultaneously.

Subsequently: Subsequently, I went to bed.

Eventually: I eventually arrived at the party two hours late.

Finally: Finally, I got to go on vacation after a long year of work.

Immediately: I immediately ran to the store when I realized I forgot my wallet.

Concessions : Examples of sentences

Despite the rain, we decided to go for a walk.

However, the traffic was heavy, and we got stuck in a jam.

Although I don't like broccoli, I eat it because it's good for me.

In spite of the cold weather, we still went skiing.

Nevertheless, I still managed to have a great time at the party.

Despite this, I am still optimistic about the future.

Despite the setbacks, we never gave up on our goal.

Although the test was difficult, I studied hard and passed.

In spite of the obstacles, I still believe in my dream.

Nevertheless, I think that honesty is the best policy.

Cohesive Devices for Speaking

Compare and Contrast : Examples of Sentences

- **Similarly:** Similarly, both dogs and cats make great pets.
- **In the same way:** In the same way, both swimming and running are good forms of exercise.
- **Likewise:** Likewise, both summer and winter have their own unique advantages.
- **Just as:** Just as plants need water to grow, people need food and water to survive.
- **In like manner:** In like manner, both painting and drawing are forms of visual art.
- **By the same token:** By the same token, both reading and writing are important literacy skills.
- **On the other hand:** On the one hand, I love the beach, but on the other hand, I also love the mountains.
- **Conversely:** Conversely, if it rains, the beach will be less crowded.
- **Unlike:** Unlike dogs, cats are more independent animals.
- **On the contrary:** On the contrary, I think that honesty is the best policy.
- **While:** While I like to relax on the beach, my partner likes to go on hikes.
- **However:** I like pizza, however, my friend doesn't.
- **In contrast:** In contrast, winter is cold, while summer is hot.
- **On one hand, on the other hand:** On one hand, I like to read books, on the other hand, I also enjoy watching movies.
- **In comparison:** In comparison, the ocean is vast, while a lake is much smaller.
- **As opposed to:** As opposed to a sedan, a sports car is more expensive.
- **Unlikely:** Unlikely, it is raining today.
- **On the flip side:** On the flip side, my sister likes to play video games, while I prefer to read.

Addition : Examples of Sentences

- **Furthermore:** Furthermore, ice cream is not only delicious, but also comes in a variety of flavours.
- **In addition:** In addition to reading, writing is also an important literacy skill.
- **Moreover:** Moreover, physical exercise is not only good for the body, but also for the mind.
- **Besides:** Besides being beautiful, flowers also have a pleasant fragrance.
- **Additionally:** Additionally, playing sports helps improve teamwork skills and physical fitness.
- **As well as:** I like to play the piano, as well as sing.
- **Along with :** I will take a backpack along with a camera on my trip.
- **Not to mention:** Playing video games is not only fun, but also helps improve hand-eye coordination, not to mention problem-solving skills.
- **Besides that:** Besides that, going for a walk in nature is a great way to relieve stress.
- **To add to that:** To add to that, a healthy diet is also important for good health.
- **Also:** I also like to play basketball in my free time.
- **As a matter of fact:** As a matter of fact, learning a new language can also be a fun and enriching experience.
- **In conclusion:** In conclusion, taking care of our mental and physical health is essential for a happy life.
- **Moreover:** Moreover, spending time with friends and family is also important for our overall wellbeing.
- **Along with that:** Along with that, volunteering and helping others can bring a sense of purpose and fulfillment.
- **To top it off:** To top it off, traveling to new places can broaden our horizons and enrich our understanding of the world.
- **Finally:** Finally, learning to balance work and play is key to leading a fulfilling life.

Cohesive Devices for Speaking

Giving Examples : Examples of Sentences

- **Such as:** "I love all kinds of fruit, such as apples, bananas, and oranges."
- **Like:** "I enjoy outdoor activities, like hiking, camping, and kayaking."
- **Including:** "The museum has a vast collection of art, including paintings, sculptures, and photographs."
- **Among others:** "The bookstore has a wide range of books, including fiction, non-fiction, and self-help, among others."
- **Specifically:** "I'm looking for a job in the tech industry, specifically in web development or software engineering."
- **To illustrate:** "To illustrate my point, let me give you an example."
- **Particularly:** "I'm particularly interested in learning more about ancient civilizations."
- **Notably:** "The company has experienced significant growth, notably in the last two years."
- **In particular:** "I'm a fan of classical music, in particular Beethoven and Mozart."
- **To name a few:** "I like a variety of foods, including Italian, Mexican, and Chinese, to name a few."

Reformulation : Examples of Sentences

- **Simply put,** despite the numerous challenges faced, the experiment was a complete failure due to the lack of proper planning and preparation.
- **To put it more clearly,** the report that was submitted yesterday clearly shows that we need to make significant changes in our approach to ensure success in the future.
- **To rephrase it,** the problem that we have been facing can be solved by using a different approach that has been tested and proven to be effective.
- **To state it differently,** the situation that we are currently in is not as dire as it may seem and with the right resources, we can turn it around.
- **To elaborate,** the project was successful due to the hard work and dedication of the team, who went above and beyond to make it a success.
- **In simpler terms,** the new policy that was introduced yesterday is designed to make things easier for everyone by streamlining the process and reducing the paperwork involved.
- **Basically,** the presentation that was given by the CEO was well-received by the audience, who appreciated the insights and clear vision for the future.
- **To clarify,** the deadline for the project is next week and all team members need to have their parts completed and submitted by that date.
- **Essentially,** the goal of the program is to make the process more efficient by reducing waste and streamlining the operations, ultimately resulting in increased productivity and profitability.

Low Frequency Cohesive Devices for Speaking

	Examples of Sentences
Concessive Clauses	<ul style="list-style-type: none">• "Although it was raining heavily, I still decided to go for a walk because I needed to clear my mind."• "Even though I was tired, I stayed up late to finish the project."• "Despite the bad weather, the concert went on as planned."• "While I understand your concerns, I don't think that's the best course of action."• "In spite of the high cost, we decided to take the trip anyway."
Infinitive Phrases	<ul style="list-style-type: none">• "To become a successful entrepreneur is his lifelong dream, and he is willing to work hard to achieve it."• "To travel the world is his lifelong dream."• "She wants to become a doctor to help people in need."• "I need to study harder if I want to pass the exam."• "He decided to quit his job to start his own business."• "To run a marathon is a personal challenge for her."
Appositive Phrases	<ul style="list-style-type: none">• "My best friend, who is a talented artist, recently opened her own gallery and is already receiving critical acclaim."• "My neighbor, a retired teacher, enjoys gardening."• "My best friend, an accomplished musician, is always inspiring me."• "The city, a bustling metropolis, never sleeps."• "The author, Jane Austen, wrote many classic novels."• "My boss, a strict but fair leader, demands the best from us."
Participle Phrases	<ul style="list-style-type: none">• "Walking through the bustling city streets, I couldn't help but feel a sense of excitement and energy."• "Walking through the park, I saw many birds."• "Being tired, I decided to take a nap."• "Lost in thought, he didn't hear the phone ring."• "Excited about the trip, she couldn't sleep."• "Cooking dinner, she hummed a tune."

Low Frequency Cohesive Devices for Speaking

	• Examples of Sentences
Absolute Phrases	<ul style="list-style-type: none">• "The wind blowing fiercely, we huddled together for warmth, listening to the sounds of the storm."• "The sun shining brightly, we took a picnic to the park to enjoy the beautiful day."• "Her mind completely focused, she practiced for hours, perfecting her routine."• "The sky a brilliant shade of orange, we watched the sunset over the mountains."• "The leaves rustling gently in the breeze, we sat in silence, taking in the peacefulness of the forest."
Gerund Phrases	<ul style="list-style-type: none">• "Cooking for others is not just a hobby for her, but a way for her to express her love and creativity."• "Reading books is his favorite way to relax after a long day at work."• "Travelling to new places is one of her biggest passions and she has been to many countries."• "Playing the guitar is his talent and he has been performing at local venues for years."• "Teaching children is her calling and she enjoys watching them learn and grow."
Prepositional Phrases	<ul style="list-style-type: none">• "With a sense of wonder and awe, she gazed at the stars, dreaming of all the possibilities that lay ahead."• "In spite of the long hours, he enjoys his job as a software engineer, working on complex problems."• "On a sunny day, we went for a hike in the mountains, surrounded by breathtaking scenery."• "By the light of the moon, we explored the city, discovering its hidden secrets."• "Under the shade of a tree, we had a picnic, enjoying the company of good friends."
Adjective Clauses	<ul style="list-style-type: none">• "The movie, which was nominated for several awards, was a heartwarming tale of friendship and perseverance."• "The book, which was given to me by my teacher, has become one of my favorite reads."• "The movie, that was highly recommended by my friend, was an instant classic."• "The restaurant, where we had our first date, holds a special place in our hearts."• "The music, that was playing in the background, was a soothing melody."• "The person, who I met on my trip, turned out to be a lifelong friend."
Adverb Clauses	<ul style="list-style-type: none">• "Whenever she travels to new places, she always tries to immerse herself in the local culture and customs."
Conditional Sentences	<ul style="list-style-type: none">• "If I had more time, I would love to take a photography course and capture the beauty of the world around me."

Qualities that are important for making and maintaining friendships

Qualities	Explanation
Honesty	Honesty is crucial in building trust and fostering strong connections between friends. Being truthful in your words and actions helps establish a foundation of trust, which is necessary for a healthy friendship.
Communication	Good communication skills are vital in any relationship, including friendships. Being able to express your thoughts and feelings, as well as actively listening to your friend's perspective, can help avoid misunderstandings and resolve conflicts. Clear and open communication can also deepen the connection between friends.
Empathy	Empathy involves the ability to understand and share the feelings of others. This quality helps friends understand each other's perspectives, experiences, and emotions, which can foster a deeper understanding and connection.
Loyalty	Loyalty is essential in any friendship, as it demonstrates the strength and durability of the relationship. Friends who are loyal stay supportive and are there for each other during difficult times. This can help build trust and deepen the bond between friends.
Treating others with respect	Treating others with respect is a fundamental aspect of any healthy relationship, including friendships. Respecting your friend's opinions, feelings, and personal boundaries helps maintain a positive and supportive environment.
Flexibility	Relationships, including friendships, can change over time as people grow and evolve. Being flexible and open to change can help maintain long-lasting relationships by allowing the friendship to adapt to new circumstances and continue to thrive.
Shared Interest	Having shared activities and interests can bring friends closer together and provide opportunities for fun and meaningful experiences. Whether it's a shared hobby, passion, or cultural interest, having a common ground can deepen the connection and strengthen the bond between friends.

Do you think it's important to have lots of friends or a few good friends?

Having a lot of friends		Having a few good friends	
Advantages	Disadvantages	Advantages	Disadvantages
A wider social network: With more friends, you have a larger social circle and more opportunities to socialize and connect with others.	Shallow connections: With a larger group of friends, it's possible to have less meaningful and deeper connections with each individual.	Deeper connections: With a smaller group of close friends, you have the opportunity to build stronger, more meaningful relationships.	Less exposure to diversity: Having a smaller group of friends can limit exposure to different backgrounds, perspectives, and experiences.
Increased diversity: Having a larger group of friends allows for exposure to a wider range of backgrounds, perspectives, and experiences.	Less time for individual relationships: With more friends, there may be less time to spend with each person, leading to less opportunity to deepen those relationships.	More time for individual relationships: With fewer friends, you have more time to invest in each friendship, leading to deeper connections and a stronger sense of support.	Limited social network: With a smaller group of close friends, you may have fewer opportunities for socializing and connecting with others.
More opportunities for fun: With more friends, there are more options for social activities, outings, and experiences.		Greater support: A smaller group of close friends can provide a more supportive environment, as these friends are more likely to be there for each other during tough times.	

Conclusion :

Ultimately, the choice between having more friends and having fewer close friends is a personal one, and the most important thing is to have connections with people who bring positivity and support into your life.

How can we find out about local mysteries?

Ideas	Explanation
Get books out of the local library	From the books in the library you may be able to find out the origins of local mysteries and legends. Besides, some books may contain first – hand accounts from people who have experienced or witnessed mysterious events. Moreover, books written by experts in fields such as folklore, psychology or paranormal investigation can provide in – depth analysis and interpretation of local mysteries.
Do research on the Internet	When you surf online, you may find online forums where people share their experiences of the local mysteries, theories and opinions which sometimes may make sense. There are also websites dedicated to exploring and documenting local legend, mysteries and unexplained phenomena. You may also use social media platforms like Facebook and Twitter to connect with others who are interested in local mysteries. But you have to keep in mind that not all information found online are valid and accurate.
Speak to local police officers	When speaking to the police you may be able to find official reports or records of incidents related to the local mysteries and you may verify them. Furthermore, you may also find eyewitness accounts. The police may have spoken to witnesses of mysterious events and can provide their accounts. In addition, you may also acquire the investigation results from the police who have conducted investigations.
Ask elderly people for stories from their past	From the elderly people you may listen to local mysteries through pass down stories as they have lived longer. In addition, they also share their personal experiences if they have witnessed them with their own naked eyes. A lot of times local mysterious may have faded from the public memory but can be still remembered by the older individuals who lived through the events.
Visit the local museum	Visiting local museums provide valuable insights into the local mysteries. Museum may have stored historical records with photographs, documents and artefacts that can provide information on the local mysteries. Not only that, you may refer for experts' interpretation. You can talk to the museum staff and curators who are often knowledgeable and they may be able to help you to analyse and interpret the local mysteries.

How can we look after our health?

Ideas	Explanation
Eating Healthy Diet	A healthy diet should include a variety of foods from all food groups, including fruits and vegetables, whole grains, lean protein, and low-fat dairy. Eating a balanced diet can provide the nutrients your body needs to function properly, and help maintain a healthy weight.
Exercise Regularly	Regular physical activity can help improve cardiovascular health, strengthen bones and muscles, and boost mood. Aim to get at least 30 minutes of moderate-intensity physical activity, such as brisk walking, every day. Remember over – exercising may cause harm!
Get Enough Sleep	Sleep is essential for physical and mental well-being. Aim to get 7-9 hours of quality sleep each night, and establish a consistent sleep schedule to help regulate your sleep cycle.
Manage Stress	Chronic stress can have negative impacts on physical and mental health. Practicing stress-management techniques such as meditation, yoga, deep breathing, or progressive muscle relaxation can help reduce stress and promote overall well-being.
Avoid Harmful Substances	Substance abuse can have negative impacts on physical and mental health. Limit or avoid alcohol, tobacco, and other drugs, and seek support if you struggle with substance abuse.
Stay Hydrated	Drinking plenty of water is essential for maintaining proper body function, and can help regulate body temperature, support metabolism, and flush out waste and toxins. Aim to drink at least 8 cups of water per day.
Seek Medical Attention	Regular check-ups and screenings with a doctor can help detect and prevent health problems and allow you to address any health concerns in a timely manner. Get immunizations and stay up-to-date with preventive health screenings based on your age, sex, and medical history.
Practice self – care	Engage in activities that promote physical, mental, and emotional well-being, such as hobbies, spending time with loved ones, or pursuing personal interests. Take breaks, prioritize self-care, and prioritize self-care to help reduce stress and promote overall well-being.

How can participating in sports help to keep you healthy?

Ideas	Explanation
Physical activity	Sports are a form of physical activity, and regular physical activity is essential for good health. Participating in sports can help you maintain a healthy weight, strengthen bones and muscles, and improve cardiovascular health.
Stress Relief	Engaging in physical activity can help reduce stress, boost mood, and improve mental well-being. You will feel more relaxed and it is also believed that doing physical activities release the happy hormone known as endorphins, so you tend to be happier and more relaxed after sports activities
Improved Coordination and Balance	Participating in sports can help improve coordination, balance, and overall physical function, which can help reduce the risk of falls and injury.
Increased Cardiovascular endurance	Engaging in sports can help improve cardiovascular endurance and reduce the risk of heart disease. But to those who have not done sports for a period of time, it is advised to take things slowly as your body may not be able to accept sudden physical activities.
Social Connections	Participating in sports can provide opportunities for social interaction and can help build relationships with others who share similar interests. Team Sports may also help you to develop the sense of camaraderie.
Improved self – esteem	Participating in sports can help build confidence and self-esteem, as well as provide a sense of accomplishment and satisfaction.
Better sleep	Regular physical activity can improve sleep quality, allowing you to fall asleep faster and stay asleep longer. When you have improved sleep quality you will be able to carryout your daily duties well so, your physical and mental well – being will be in a good shape.
Conclusion :	By participating in sports, you can enjoy these and many other benefits, helping you maintain good health and improve overall well-being.

Advantages and Disadvantages of Social Media.

Social Media	
Advantages	Disadvantages
<p>Connecting with others: Social media allows people to connect with others from all over the world, regardless of geographic location. This can help foster friendships, build professional networks, and provide a sense of community and support.</p>	<p>Addiction: Some people can become addicted to social media, spending excessive amounts of time on it and neglecting other important aspects of their life. For instance, a person may spend hours scrolling through their social media feeds instead of studying for an exam or spending time with family and friends.</p>
<p>Sharing information: Social media is a powerful tool for sharing information and news. It allows individuals to share their opinions and experiences, and can serve as a platform for raising awareness about important social, political, and environmental issues.</p>	<p>Decreased face-to-face communication: Social media can encourage people to communicate more through screens and less in person, leading to decreased face-to-face communication and social skills. To quote an example, a group of friends may spend time together in the same room, but all are on their phones instead of talking to each other.</p>
<p>Access to a wider audience: Social media provides a wider audience for individuals to share their thoughts and ideas with, which can help increase visibility, recognition, and impact.</p>	<p>Spread of misinformation: Social media can be a source of misinformation, as anyone can share information without fact-checking or verifying its accuracy. Let me give you an example, , false information about a political event or a celebrity death can quickly spread on social media, leading to confusion and harm.</p>
<p>Marketing and advertising: Social media can be used for marketing and advertising purposes, allowing businesses to reach a larger and more targeted audience.</p>	<p>Cyberbullying: Social media can be a platform for cyberbullying, allowing people to harass, threaten, or humiliate others anonymously. For example, a person may receive harassing messages or comments on their social media profiles, leading to feelings of fear, anxiety, and shame</p>
<p>Convenience: Social media is convenient and easily accessible, allowing users to connect and engage with others at any time and from anywhere</p>	<p>Decreased privacy: Social media can compromise privacy, as users may share personal information and images that can be accessed by others. For instance, a person may post a photo of their home address on social media, putting their safety and privacy at risk.</p>
	<p>Comparison and envy: Social media can encourage comparison and envy, as users are exposed to others' highlight reels and idealized versions of their lives. For example, a person may compare their own life to the seemingly perfect lives of others on social media, leading to feelings of inadequacy and unhappiness.</p>
<p>Conclusion : Social media has both advantages and disadvantages, and it is important to use it responsibly and in moderation. It can be a valuable tool for connecting with others, sharing information, and promoting businesses and ideas, but it can also have negative effects on mental and emotional well-being, and privacy.</p>	

What are the Advantages of Having – Books?

Ideas	Explanation
Convenience	E-books can be easily accessed and downloaded through an e-reader device or computer, allowing users to carry a large number of books in one compact device. For example, an individual could carry hundreds of e-books on their Kindle, making it possible to read while traveling or on-the-go.
Portability	E-books are lightweight and easy to carry, making it convenient to read on-the-go or while traveling. For example, an individual could easily bring their e-reader to the beach and have access to multiple books without having to worry about the weight or bulk of traditional print books.
Cost – effective	E-books are often less expensive than traditional print books, and users can often access a wider range of books for a lower cost. For example, an individual could purchase an e-book for \$5 that might cost \$20 in print, saving money and allowing them to access more books.
Customisation	E-books often allow for customization of text size, font, and background color, making them accessible for individuals with visual or reading difficulties. For example, an individual with visual impairments could increase the text size and adjust the background color to make reading more comfortable.
Searchability	E-books offer search functionality, making it easy for users to find specific information or keywords within a book. For example, an individual could search for a specific quote or keyword within an e-book, saving time and making it easier to find information.
Environmental sustainability	E-books are a more environmentally-friendly option compared to traditional print books, as they do not require paper, ink, or shipping, reducing their carbon footprint. For example, by purchasing an e-book, an individual could help reduce the environmental impact of book production and shipping.
Accessibility	E-books can be accessed by individuals in remote areas, or by those who may have difficulty traveling to a physical library or bookstore. For example, an individual in a rural area could access a wide range of e-books from the comfort of their own home, without having to travel to a physical library or bookstore.
Conclusion :	In conclusion, e-books offer many advantages, including convenience, portability, cost-effectiveness, customization, searchability, environmental sustainability, and accessibility. These benefits make e-books an attractive option for individuals looking for a more flexible and accessible way to read.

What are the Benefits of Buying Locally - Made Products?

Ideas	Explanation
Support local economy	By purchasing Malaysian-made products, you're directly supporting the country's economy and helping to create jobs for local residents. Imagine if every person in Malaysia committed to buying just one locally-made item each month – the impact on the country's economy would be huge!
Promote cultural heritage	Malaysia is home to a rich cultural heritage, and buying locally-made products is a way to support and preserve that heritage for future generations. When you purchase a hand-woven batik cloth or a beautifully crafted wooden toy, you're helping to keep the traditions and skills of Malaysian artisans alive.
High – quality products	Malaysian manufacturers are known for producing high-quality products, and when you buy locally-made, you can be confident that you're getting a product that has been crafted with care and attention to detail. It's like receiving a gift from a dear friend who has put in a lot of effort to create something special just for you.
Sustainable production	Many Malaysian-made products are produced using sustainable methods, reducing the impact on the environment and promoting a greener future. When you buy locally-made, you can feel good knowing that you're doing your part to protect the planet for future generations.
Unique and diverse offerings	Malaysia is home to a diverse range of cultures and traditions, and this is reflected in the products that are made here. From traditional handicrafts to cutting-edge tech products, there's a wide variety of unique and diverse offerings to choose from. When you buy locally-made, you have access to a wealth of products that you won't find anywhere else.
Building relationships	Buying locally-made products is a way to build relationships with the people and communities that produce them. By supporting local businesses, you're helping to build a stronger and more connected community, and you may even have the opportunity to meet the people behind the products and learn about their stories.
encouraging innovations	By supporting locally-made products, you're encouraging innovation and the development of new products and technologies. When businesses see that their products are in demand, they are more likely to invest in research and development, leading to new and improved offerings.
Conclusion	In a nutshell, buying Malaysian-made products is a win-win situation. You get high-quality products, support local businesses and communities, and contribute to a more sustainable future. So why not choose Malaysian-made the next time you're looking to make a purchase?

Why do Malaysian Night Markets are famous among foreign tourists?

Ideas	Explanation
Feast for the senses	A feast for the senses: Night markets in Malaysia are a feast for the senses, with their vibrant atmosphere and endless array of delicious food, sights, sounds, and smells. Walking through the markets feels like you're stepping into a magical world, where anything is possible and your taste buds are in for a treat
Treasure	A bounty of treasures: From hand-crafted souvenirs to exotic spices and textiles, night markets in Malaysia offer a bounty of treasures waiting to be discovered. For foreign tourists, it's like going on a treasure hunt and coming away with a bag full of riches.
Local culture	A taste of local culture: Night markets in Malaysia are a window into local culture and a chance to experience the authentic side of the country. From the lively street performers to the friendly vendors and their traditional foods, a visit to a night market is like taking a crash course in Malaysian culture.
Break from the norm	A break from the norm: Night markets in Malaysia offer a break from the norm and a chance to experience something truly unique. For foreign tourists, it's like escaping the mundane and stepping into a world where anything is possible.
Variety of flavours	A smorgasbord of flavors: With food stalls serving up everything from local favorites to international cuisine, night markets in Malaysia offer a smorgasbord of flavors to tantalize your taste buds. For foreign tourists, it's like taking a culinary journey around the world without ever leaving the market.
Affordable	A shopping bonanza: With prices that are hard to beat and a vast array of products on offer, night markets in Malaysia are a shopping bonanza. For foreign tourists, it's like hitting the jackpot and finding the perfect souvenirs to take back home.
Conclusion	In conclusion, night markets in Malaysia are famous among foreign tourists because they offer a unique blend of flavors, sights, sounds, and experiences that are simply impossible to find anywhere else. Whether you're looking for a tasty meal, a unique shopping experience, or just a night of fun, night markets in Malaysia are the perfect destination.

Why are the disadvantages of online shopping?

Ideas	Explanation
Can't try before you buy	One of the biggest disadvantages of online shopping is that you can't try the products before you buy. This can lead to disappointment when you receive an item that doesn't fit, isn't what you expected, or simply isn't right for you.
Trusting picture	Online shopping often relies on pictures to sell the product, but these pictures can be misleading. What you see may not be what you get, leading to a case of "buyer beware".
Shipping blues	Waiting for your purchase to arrive can be a test of patience, especially if shipping times are long or your item gets delayed in transit. It can be like waiting for a pot to boil, only to find out it was never going to.
No personal touch	Online shopping often lacks the personal touch of in-store shopping. You don't get to interact with sales associates or touch and feel the products before you buy. It can feel like shopping in a vacuum.
Hidden fees	Online shopping can come with hidden fees, such as shipping and handling charges, that can add up quickly and surprise you at checkout. It can be like opening a can of worms when you find out how much you really have to pay.
Security concerns	Shopping online can also raise security concerns, such as the risk of credit card fraud or identity theft. It can be like leaving the front door open and inviting trouble in.
Quality control	Online shopping can also lead to concerns about the quality of the products you're buying. Without the ability to see and touch the products in person, it can be hard to judge their quality. It can be like trying to hit a bullseye with a blindfold on.
Conclusion	In conclusion, online shopping has its fair share of disadvantages, from shipping woes and hidden fees to security concerns and a lack of personal touch. While it can be convenient and offer a wide range of products, it's important to be aware of the potential downsides and take steps to mitigate them.

What are the things to consider when choosing a part –time job

Ideas	Explanation
Schedule compatibility	It's crucial to ensure that the schedule of the part-time job fits with your existing commitments, such as school or other jobs. You don't want to end up in a pickle with conflicting schedules. For example, if you're a full-time college student, you'll want to find a part-time job with flexible hours that won't conflict with your class schedule.
Pay and benefits	Consider the pay and benefits offered by the part-time job, including any opportunities for raises or bonuses. You don't want to work for peanuts if you can find a job that pays a fair wage. Let's say, if you're looking for a part-time job to help pay bills, you'll want to make sure the pay is sufficient to meet your needs. On the other hand, if you're looking for a part-time job to gain experience or learn new skills, you may be willing to accept a lower pay rate in exchange for valuable work experience.
Commute time and distance	Factor in the commute time and distance to the job, as well as any transportation costs. You don't want to burn through all your earnings just getting to and from work. For instance, if you live far from potential job sites, you'll want to consider the time and cost of commuting, as well as whether or not you have access to reliable transportation.
duties and responsibilities	Make sure you fully understand the job duties and responsibilities, including any physical or mental demands. You don't want to bite off more than you can chew. If you have physical limitations, you'll want to make sure the job duties won't exacerbate any existing conditions. On the other hand, if you're looking to challenge yourself and take on new responsibilities, you might seek out a job with a more demanding workload.
Company culture and values	Consider the company culture and values, as well as your own personal values. You want to work somewhere where you feel like you belong and your values are aligned with those of the company. For example, if you value sustainability and eco-friendliness, you might seek out a part-time job at a company that prioritizes these values and has a strong commitment to environmental conservation.
Growth opportunities	Look for part-time jobs that offer growth opportunities and a potential for advancement. You don't want to be stuck in a dead-end job with no room for growth. For instance, For example, if you're looking to eventually transition into a full-time position, you might seek out a part-time job at a company that has a track record of promoting from within and offers opportunities for growth and advancement.
Work – life balance	Assess the work-life balance offered by the part-time job, as well as any opportunities for flexible schedules or remote work. You want to be able to maintain a healthy balance between work and other areas of your life. If you have other responsibilities or commitments, such as caring for children or elderly relatives, you might seek out a part-time job with flexible hours or the option to work from home.

Conclusion : choosing a part-time job requires careful consideration of a variety of factors, from schedule compatibility and pay and benefits to commute time and job duties. By taking the time to weigh your options and find a job that aligns with your needs and values, you can find a part-time job that is both fulfilling and successful.

What are the benefits of teams sports?

IDEAS	EXPLANATION
Improved Physical Health	Participating in team sports can provide a healthy dose of exercise, helping to get the blood pumping and muscles flexing. It's like giving the body a tune-up.
Socialisation	Team sports offer a platform to rub elbows with others, to form camaraderie and foster a sense of community. It's a chance to build bonds that can last a lifetime.
Increased confidence and self-esteem	The thrill of working together with a team towards a common goal can provide a major boost to one's self-worth. It's like filling a bucket with self-assurance.
Improved teamwork	Working with others towards a common objective can help players develop the ability to collaborate and communicate effectively, which are crucial skills in many walks of life. It's like learning to play beautiful music together.
Better mental health	Team sports can provide an outlet for stress and anxiety, helping to maintain emotional equilibrium. It's like a balm for the mind.
Learning discipline and time – management	Taking part in team sports requires dedication and the ability to prioritize, essential traits that can be applied to all aspects of life. It's like learning how to handle the reins of one's life.
Increased motivation and goal – setting	Being a member of a team can provide motivation and a sense of purpose, helping players set and achieve individual and team objectives. It's like climbing a mountain with a supportive team by one's side.

What are the benefits of doing projects in a teams?

IDEAS	EXPLANATION
Enhance Creativity	By bringing together a tapestry of unique perspectives, skills, and experiences, teams can foster a creative and dynamic approach to problem-solving. It's like a brainstorming session come to life.
Increased Efficiency	Teams can achieve more in less time by divvying up tasks and leveraging each other's strengths. It's like hitting the ground running with a winning formula.
Improved Communication	Working with a team helps to promote clear and effective communication, preventing miscommunications and confusion. It's like speaking the same language.
Greater Accountability	Teams hold each other accountable for meeting deadlines and completing tasks, leading to a higher standard of quality in the final product. It's like having a built-in quality control system.
Shared workload	Teams can divide the workload, easing the burden on individual team members and promoting a sense of balance. It's like taking turns carrying a heavy load.
Boosted motivation and morale	Collaborating towards a common objective with a group can uplift motivation and morale, leading to a more positive and dynamic work environment. It's like having a ray of sunshine in the workplace.
Diversified skill set	Teams provide opportunities for individuals to learn from each other and develop new skills, fostering personal and professional growth. It's like a garden where skills bloom and flourish.

What are the qualities of a person being admired by many?

IDEAS	EXPLANATION
Kindness	Kind individuals are often seen as shining lights in a sometimes harsh world. Their compassionate and empathetic nature towards others is a breath of fresh air, and they are admired for their ability to put others before themselves. It's like a ray of sunshine on a cloudy day
Honesty	Honesty is a trait that is highly valued in society. People who are truthful and have a strong sense of integrity are admired for their unwavering principles and their ability to remain steadfast in the face of temptation. It's like a rock in a sea of chaos.
Intelligence	Intelligence: Those who possess a quick wit, and a wealth of knowledge are often the life of the party and a source of inspiration for others. Their intelligence is a beacon of light, guiding the way for those around them. It's like a lighthouse in a storm.
confidence	Confidence can be a powerful and attractive quality. Those who possess self-assurance and the ability to stand up for themselves are admired for their courage and their refusal to back down in the face of adversity. It's like a fire that can't be extinguished
Generosity	People who are willing to give of their time, resources, or talents without expectation of reward are often seen as selfless and compassionate. Their generosity is a light that illuminates the lives of those around them. It's like a waterfall of blessings.
Humility	Humility is a quality that is often undervalued, but highly respected. Those who recognize their own limitations and are willing to admit their mistakes show a strength of character that is admired by many. It's like a diamond in the rough.
Authenticity	Authenticity: Being true to oneself and not conforming to the expectations of others is a quality that is often admired. These individuals are like a breath of fresh air, standing out from the crowd and providing a sense of individuality and originality

How does the use of technology help in classroom?

IDEAS	EXPLANATION
Enhancing Engagement	Technology has the power to turn the classroom into a dynamic and interactive learning environment. For instance, imagine students playing educational games that test their knowledge in a fun and engaging way. This type of technology can keep students' attention and spark their interest in the subject matter. It's like adding a pinch of spice to a bland dish.
Improving access information	Improving Access to Information: The Internet has opened up a world of information and resources for students. With just a few clicks, students can access online databases, digital textbooks, and educational videos that can help them further their understanding of the material. It's like unlocking a treasure trove of knowledge.
Encouraging Collaboration	Technology can help students work together and share ideas, even when they're not in the same room. For example, students can use online forums or group chat platforms to discuss course material, ask questions, and share their thoughts. It's like having a virtual study group that never ends.
Facilitating Assessment and Feedback	Teachers can use technology to automate grading and provide instant feedback to students. This can help save time and free up the teacher to focus on more important aspects of teaching. Technology can also help students see exactly where they need to improve, providing them with a roadmap for success. It's like having a personal coach in your pocket.
Supporting Differentiated Instruction	Technology can help teachers provide personalized learning experiences for each student. For example, adaptive software can adjust the difficulty level of material to match each student's individual needs, making learning more accessible for everyone. It's like having a custom-fit education for each student.
Enhancing Accessibility	Technology can play an important role in making education more accessible for students with disabilities. For example, text-to-speech software, screen readers, and assistive technologies can help students with visual or hearing impairments access course materials. This level of accessibility can help create a more inclusive learning environment for all students. It's like opening up a world of opportunities.
Encouraging Creativity	Technology provides students with the tools to create, produce, and share their own content, helping to foster creativity and self-expression. This can lead to a more dynamic and engaging classroom environment, where students are encouraged to think outside the box and explore new ideas. It's like giving students a blank canvas to create their own masterpieces.

What are the advantages of having compulsory computer classes?

IDEAS	EXPLANATION
Keyboard wizardry	By requiring students to take computer classes, they'll be able to hone their keyboard skills and become digital wizards. They'll be able to type with lightning speed and accuracy, which is essential for both academic and professional success.
Brainstorming on a digital level	These classes provide opportunities for students to engage in hands-on learning and challenge their critical thinking skills. For instance, they may be tasked with tackling coding exercises that require a great deal of problem-solving. In the words of Albert Einstein, "Out of difficulties grow miracles."
Unleashing creativity	With computer classes, students will have access to digital tools and resources that will allow them to unleash their inner creativity. For example, they may use graphic design software to create posters or websites, which can be a powerful expression of their unique perspectives and ideas.
Future – Proofing Careers	Many career paths in the modern workforce require some level of computer proficiency. By having compulsory computer classes, students will be future-proofing their careers, equipping themselves with skills that are in high demand. To quote Confucius, "Choose a job you love, and you will never have to work a day in your life."
Teamwork Makes the dream work	Working on computer-based projects in a team setting helps students develop collaboration skills, which will serve them well throughout their lives. Whether it's coding a website or creating a multimedia presentation, teamwork is key to success. As the saying goes, "The whole is greater than the sum of its parts."
Engaging and Interactive learning	Computer classes are often student-centered, providing opportunities for interactive and engaging learning experiences. For example, students may use educational software that provides interactive lessons, keeping them motivated and focused on their education. Knowledge, after all, is power.
Conclusion	In short, requiring computer classes has a wide range of benefits, from developing keyboard skills and problem-solving abilities to unleashing creativity and preparing students for future careers. The use of technology in the classroom can support student-centered learning and foster collaboration and teamwork.

Things to do when you are in another country

IDEAS	EXPLANATION
Explore local culture	Take the time to delve into the local culture by visiting museums, historical sites, and cultural events. This will give you a deeper understanding of the history, traditions, and values of the local people. "Culture is the spice of life."
Try local cuisine	Feast Like a King by trying the local cuisine and drinks to immerse yourself in the local flavor. Whether it's street food or fine dining, the local cuisine is a tasty way to get a taste of the local culture. "You are what you eat."
Meet New People	Engage with the local people by talking to them, joining a tour group, or attending a cultural event. This will give you a chance to meet new people and make lasting connections. "A friend in need is a friend indeed."
Enjoy the natural beauty	Take advantage of the natural beauty of the area by taking a hike, going on a scenic drive, or visiting a national park. "Take time to smell the roses."
Shop local	Visit local markets, shops, and boutiques to purchase unique and authentic souvenirs that capture the essence of the country. "Shop local, support global."
Learn a new skill	Learn a new skill by taking a cooking class, attending a language lesson, or trying a new activity, such as martial arts. "The more you learn, the more you earn."
Relax and rejuvenate	Take advantage of the local spa and wellness offerings, such as hot springs, massage therapy, and yoga, to refresh and rejuvenate. "Take time to pamper yourself."
Give back	Volunteer for a local organization, such as a community center or environmental organization, to make a positive impact and give back to the local community. "Do unto others as you would have them do unto you."
Festival Frenzy	Attend local festivals and events, such as a cultural fair, music festival, or sporting event, to get a feel for the local energy and spirit. "Join the party, let loose, and live life to the fullest."
Conclusion	In conclusion , visiting another country provides an opportunity to immerse yourself in the local culture, try new things, make new friends, and experience the natural beauty of the area. By doing so, you will broaden your horizons and enrich your life with new experiences and memories

Things to prepare before going for a holiday

IDEAS	EXPLANATION
Pack your bag	This is a crucial step in preparation for a holiday. Make a list of essentials, including clothing, toiletries, and any necessary medications, and pack these items in a manner that is convenient for travel. Remember the phrase, "Travel light, travel right." This means that by packing only what is necessary, you can reduce stress during your travels and move around more freely. Don't bring unnecessary items, such as large amounts of clothing or electronics, to reduce the weight of your luggage and simplify your travels. "Travel smart, travel light."
Get your affairs in order	Get Your Affairs in Order: Before you leave for your holiday, it's important to take care of any business that needs to be finished, such as work assignments, paying bills, and organizing mail delivery. This can be easily accomplished by using tools such as online bill paying and mail forwarding. Remember the phrase, "Tie up loose ends before you take off." This means that by taking care of these tasks ahead of time, you can fully enjoy your holiday without the stress of unfinished business.
Money Matters	Money Matters: Having access to funds while on holiday is essential. Before leaving, exchange currency or arrange for access to funds through credit cards, traveler's checks, or an international bank account. Remember the phrase, "Travel with a full wallet, peace of mind follows." This means that by having access to funds, you can fully enjoy your holiday without worrying about finances.
Book your Accommodations	Book Your Accommodations: It's important to have a comfortable place to stay during your holiday. Research and book a hotel, hostel, or vacation rental that suits your needs, and familiarize yourself with the local area and its amenities. Remember the phrase, "Find a home away from home." This means that by finding a comfortable place to stay, you can relax and enjoy your holiday like you would in your own home.
Plan your Itinerary	Plan Your Itinerary: Research the local area and plan what to see and do during your trip, including transportation, tours, and activities. This will help you make the most of your holiday and ensure that you don't miss any must-see sights. Remember the phrase, "Life is a journey, make it an adventure." This means that by planning your itinerary, you can have a memorable and exciting holiday.
Be Health - Conscious	Be Health-Conscious: Before leaving, visit your doctor to get any necessary vaccinations and check-ups, and obtain a supply of any necessary medications. Remember the phrase, "Health is wealth, protect it." This means that by taking care of your health, you can fully enjoy your holiday without worrying about getting sick.
Travel Insurance	Get travel Insurance: Invest in travel insurance to provide peace of mind in case of emergencies, accidents, or trip cancellations. Remember the phrase, "Better safe than sorry." This means that by investing in travel insurance, you can have peace of mind knowing that you are protected in case of any unexpected events.
Local customs	Get Familiar with local Customs. Research the local customs, traditions, and laws to avoid any misunderstandings or cultural faux pas. Remember the phrase, "When in Rome, do as the Romans do." This means that by familiarizing yourself with local customs, you can fully immerse yourself in the culture and avoid any cultural missteps.
Conclusion	By preparing ahead of time, you can ensure a stress-free and enjoyable holiday experience. "Failing to plan is planning to fail."

Ways to make people care about the environment

IDEAS	EXPLANATION
Education	Education: People are often unaware of the extent to which their actions impact the environment. Providing educational resources and opportunities can be a powerful way to create awareness and inspire action. For example, organizing workshops and seminars to educate people on the dangers of plastic pollution or hosting field trips to nature reserves can help people understand the significance of environmental conservation.
Personal Stories	Personal stories: Tugging at people's heartstrings is a powerful way to get them to care about environmental issues. Sharing personal experiences, like a family vacation to a beautiful beach that was ruined by litter, or a close encounter with an endangered species, can make environmental problems feel more real and relevant.
Community Involvement	Community involvement: People are often more motivated to take action when they feel a sense of community and belonging. Encouraging communities to come together and participate in environmental initiatives, such as beach cleanups or tree-planting projects, can be a way to get people involved and invested in the cause.
Government Action	Government action: Governments play a critical role in setting the standards and regulations that govern human activity and impact the environment. Encouraging government officials to take action to protect the environment and advocating for environmentally-friendly policies can be a powerful way to make a difference.
Media exposure	Media exposure: The media has a huge impact on shaping public opinion and raising awareness. Encouraging media outlets to cover environmental issues, such as climate change or deforestation, and sharing positive stories of environmental conservation and sustainability can help to educate and inspire people to take action.
Corporate responsibility	Corporate responsibility: Companies have a significant impact on the environment, both through their operations and the products they produce. Encouraging companies to adopt sustainable practices and to communicate their environmental efforts to their customers can help to drive change at a large scale.
Financial incentives	Financial incentives: People are often more likely to take action when there's a tangible reward involved. Offering financial incentives, such as tax breaks for using renewable energy or rebates for purchasing electric vehicles, can be a powerful way to encourage environmentally-friendly behavior.
Appeal to values	Appeal to values: Environmental issues can often be framed in terms of values and beliefs, such as love for nature, responsibility towards future generations, and concern for animal welfare. By connecting with people's values, it becomes easier to inspire them to take action and care about the environment.
Make it convenient	Make it convenient: People are often more likely to adopt new behaviors when they're convenient and easy to do. Making environmentally-friendly options, like recycling or using public transportation, easy and accessible can help to encourage people to take action and care about the environment.

What are the reasons people turn to crime?

IDEAS	EXPLANATION
Poverty	Poverty: When a person lacks the means to provide for themselves and their loved ones, they may be driven to engage in criminal activity as a means of securing basic needs. For instance, an individual who struggles to put food on the table may resort to theft or robbery to feed their family.
Substance Abuse	Substance abuse: Substance abuse can cloud a person's judgment and prompt them to engage in impulsive and potentially criminal behavior. For example, a person under the influence of drugs or alcohol may engage in acts of vandalism or theft.
Mental health	Mental health issues: Mental health problems can impact an individual's ability to make sound decisions and control their behavior. For instance, a person struggling with depression or anxiety may engage in criminal activity as a means of coping with their emotional distress
Lack of educational and employment opportunities	Lack of educational and employment opportunities: A lack of access to education and job opportunities can create a sense of hopelessness and desperation, which can drive some individuals to turn to criminal activity. For example, a young person who has dropped out of school and can't find a job may turn to selling drugs to make ends meet.
Childhood trauma	Childhood trauma and abuse: Childhood trauma and abuse can have lasting effects on a person's mental and emotional wellbeing, increasing the likelihood that they will engage in criminal behavior in adulthood. For instance, a person who was physically or emotionally abused as a child may resort to violent or aggressive behavior as a means of coping with their emotional scars.
Peer Influence	Peer influence: Peer pressure can be a potent force in shaping behavior, particularly among young people. For example, a teenager who wants to fit in with a group of friends may engage in criminal behavior, such as shoplifting, at their peers' urging.
Environmental Factors	Environmental factors: Exposure to violence, crime, and other negative social influences can desensitize individuals to criminal behavior and increase the likelihood that they will engage in criminal activity themselves. For instance, a person who grows up in a high-crime neighborhood may become accustomed to criminal behavior and may be more likely to engage in criminal activity themselves.
Personal values and beliefs	Personal values and beliefs: Some individuals may hold a belief system that condones or glorifies criminal behavior, which can influence their actions. For example, a person who subscribes to a subculture that idolizes gang life may engage in criminal behavior, such as drug trafficking, as a means of gaining status and respect within their peer group.

Ways to protect yourself from crime?

IDEAS

EXPLANATION

Beware of surrounding

Keep your eyes peeled: Always be on the lookout for suspicious behavior and remain cognizant of your surroundings. Being aware of your surroundings is crucial in preventing crime. Pay attention to people and activities around you and don't be afraid to trust your instincts if something doesn't seem right.

Lock doors and Windows

Bolt the doors: Ensure that all entrances to your domicile and conveyance are fortified with secure locks. Locking doors and windows is an easy and effective way to protect yourself from crime. Make sure all entry points to your home and vehicle are securely locked, especially when you're not there.

Install a security system

Arm yourself with security: Consider implementing a residential surveillance system equipped with optical and motion detection devices. Installing a home security system is a great way to deter criminals. Look for a system with cameras and motion detectors that will alert you if anything suspicious is happening.

Keep valuables out of sight

Hide your treasures: Do not display your valuables, such as your billfold, mobile phone, or jewels, in a place where they can draw the notice of pilferers. Don't make it easy for thieves to take your valuables. Keep wallets, phones, and jewelry out of sight, especially in public places.

Trust your instinct

Follow your gut feeling: Trust your instincts and take action to safeguard yourself if something feels amiss, like vacating the vicinity or summoning law enforcement. Your intuition is often the best indicator of danger. If something doesn't feel right, trust your instincts and take action to protect yourself. Leave the area or call the police if necessary.

Avoid dangerous areas

Stay away from perilous places: Make an effort to steer clear of areas that are known to be criminal hotbeds or that you feel are hazardous. Avoid areas that are known to be high-crime or that you feel are unsafe. This includes dark, deserted areas and neighborhoods with high crime rates.

Travel in group

Travel in packs: Whenever feasible, travel with companions, especially during the hours of darkness. Traveling in groups, especially after dark, is a great way to stay safe. You'll be less likely to be targeted by criminals and can look out for each other.

Stay informed

Stay informed about crime in your area by reading the news and being aware of any increased criminal activity. This will help you make informed decisions about your personal safety.