

The 7 Writing Apprentices



Junior Group



Turning ideas, experiences and facts into useful information



Supervised by: Rigoberto Morales M.A.

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Bullet train agreement, China-Panama



Big Daddy's Hotel, Pto Armuelles



Get Together 2016



Tomas Armuelles Statue / Puerto Armuelles pier

A Word from the President



By: Emilta González C.

The project of making a newsletter with articles written exclusively by the third-year students at night has been a great experience for all; since, it has tested our ability to work as a team. In addition, we had to make use of the knowledge acquired throughout the writing classes. In this sense, it has been a long and demanding process, but we have learned in each stage. The main reason for this assignment is to put into practice the writing process, which ends with the publication. In this way, we can experience the criticisms or compliments, on the part of the readers, with respect to the published articles. All this as part of our academic training.

Finally, now that the fatigue and stress disappear, the only thing that remains is the satisfaction of having overcome one more challenge in the adventure of studying English. Therefore, it is an honor for me to present our newsletter called The Seven Writing Apprentices. He has been called that because we are seven students who want to improve our performance in the difficult art of expressing and sharing ideas with others; and the most important thing that these ideas arouse interest in the readers and that they can understand them.

I invite you, dear reader, to enjoy each of the articles that seek to highlight the essence of our people, our town and our university life.

Editor's message



By: Cristibelle Gamarra

Dear reader,

The purpose of this newsletter, called "The 7 Writing Apprentices," is to share with you articles of different topics. We have fulfilled the objectives we projected, delivering this newsletter to the community referring to our university and our town.

In this newsletter you will find interviews with knowledgeable entrepreneurs from our town, since it is important to recognize the work and different activities that the people of our district do. It is also important to recognize what the diverse institutions of our district do for the tourism of Puerto Armuelles.

It is vital to know our roots, our district and how it has changed over time.

I invite you to enjoy its content.

Welcome Freshmen Students

By: Emilta González C.

Choosing a university major is one of the most difficult and significant decisions of our lives since our work, life, and economic independence will depend on it. You have made an excellent choice for you have decided to study English as a second language. ESL is a major that opens diverse labor doors. At the same time, it allows students to develop integrally. However, the road they have to travel is not simple for it is full of obstacles and challenges that must be overcome individually and in group. Therefore, they cannot lose sight of the objective and the motivation they had when they entered this major. The junior year group is pleased to welcome you to this prestigious school, to our big family, the English school. You will never regret your decision because time will let you know you were right.



Successes and many blessings, guys!

AN UNFORGETTABLE EXPERIENCE

By: Ingris Beteta



This is a program of scholarship to benefit for students and professors. This grants offer the opportunity to study by some time in English speaking countries as Canada, England and United States. This way to improve the academic performance as professor in his teaching gave as in the student to reinforce and to improve his previous knowledge. The student or professor when travel to those countries they relate with native speakers and this form they achieve best accent and obtain more knowledge about culture and traditions. Also they receive seminars and workshops that reinforce the skills of the English language.

The opinions of some professors of Cruba with this experience were: the professor Diana Arauz and the professor Irvin Machuca. this were his word.



**The President of Panama
Juan Carlos Varela**

**People who have lived this
beautiful experience**

Diana Arauz

My experience at ISU as a foreign student has impacted my life in a professional and social manner. I have had a wonderful cultural and academic experience at ISU. The courses I took contributed to reinforce my previous knowledge, and I also had the pleasure of meeting excellent professional and wonderful colleagues. Being part of this program taught me how to live with people that I have never met before, so I met new friends that I will not forget. I also learned how punctual and respectful the citizens in Illinois are. As a teacher, it is important to make sure your students receive the best possible input. In my regular job as a teacher, I will try to share most of my experiences by giving my students a reinforced knowledge and by doing different activities and techniques.



“You never fail, until you stop trying.” -Albert Einstein

Irvin Machuca



My experience in Canada was grateful because I knew foreign persons, new cultures, different lifestyles and I had the opportunity to know the educational Canadian system in high schools and universities. This system is full of technology and academic routines based on groupwork. This program enhances the English learning because classes are in full English professors are native speakers. The host families are English speakers and the environment allows the English improvement.

PEACE CORPS

By: Nydia Rodriguez



The Peace Corps is a service organization sponsored by the United States government whose mission is to help countries through trained volunteers. These volunteers work in a foreign country for two years and help in the areas of health, education, business and agriculture, among others.

The main objective of the seminar offered by the Peace Corps is to become a means of expression of the creative work and student communication. The students of the fifth year night course held different workshops and activities that fed back to the participants. During the day the activities were the point to encourage the participants to reinvent the concept of English language, as the main means of communication.

Lic. Laura Layton is a volunteer of the Peace Corps. She works in Puerto Armuelles in the field of education. The main objective of the seminar she offered to CRUBA students was "Increasing Student Speaking and Listening in the ESL Classroom" to become a means of expression of the creative work and student communication. The students of the fifth year night course held different workshops and class activities to expand the vocabulary of the participants. The goal of the activities were to encourage the participants use English as the main means of communication.



Teaching strategy:
Find your partner



Teaching strategy:
Telephone



Teaching strategy:
Inside and outside circle

Thanksgiving Day CRUBA

By: Ingris Beteta



Thanksgiving 2016



Drama: Shrek on Thanksgiving Day

Thanksgiving day is a celebration to give thanks to God. The students of C.R.U.B.A. following the traditions and culture of the United States, the English school celebrates thanksgiving day putting the English language as a second language. They make representations as in the United States. This celebration is the last Thursday of November.



To make these presentations students do reserch on internet about the traditions of this city. For example, each year the students of first level make the representation of pilgrims and other performances. It is putting in practice and taking part of this American culture. Also, and very important in this event is a dinner where everyone participates as a family.



**Thanksgiving 2017:
80's Choreography**



Get Together: One Big Family

By: Emilita González



Get Together is a party that allows the English school to come together as one big family. The fourth year English students organize this event because it is their last year in school. It is considered that they have the necessary experience and maturity, within the career, to undertake such a demanding and stressful task. To carry out this activity the support of the administrative body of the university, the teachers and mainly the students of the English school is required.

This student activity was held for the first time, in the Centro Regional Universitario de Barú (CRUBA) in 2007, and then it was suspended for a few years. However, the teachers saw the need to motivate the students to resume this activity, and since 2015 it has been carried out in an uninterrupted manner. The third year students of the English night course have had the opportunity to participate for two years, and I can say that it is an unforgettable experience. As mentioned earlier, we met as a family; but as in any family there are disagreements, fights, displeasure, sad moments and happy moments. All these emotions are experienced in the development of this activity that tests the creativity, commitment, tolerance and teamwork of each English group; since, we all want to make the best presentation, have the best stand, surprise the public, conquer the jury and win the prize. In this way, this party or competition fulfills what I consider its greatest objective, to develop the student in an integral way, because we are not only learning English; we are also improving the interpersonal skills that will allow us to have a better performance at a professional level.

In short, this party or competition is an activity that allows students to experience various emotions, test their skills, and develop the necessary abilities for their proper performance in the competitive world of work. Despite all the unpleasantness and hardships suffered on the way to Get Together, the day of the event is a magical moment. All of the fights, the disagreements, the economic expense, the irresponsibility of classmates and so on, are forgotten. Stress turns into excitement, nerves into satisfaction, and everything else in that moment becomes joy. A sense of companionship seizes us, because we are a united school; we are a great family.



Get Together 2016: Jamaica



Get Together 2017: Easter

“Education is not the learning of facts, but the training of the mind to think.”

-Albert Einstein

Parade of Typical Costumes and Floats

“Promoting tourism in Puerto Armuelles”

By: Cristibelle Gamarra



For the second year in a row, the parade of typical costumes and floats to promote tourism took place in Puerto Armuelles and was organized by the Tourism Development Association of Baru, with support from the Tourism Authority of Panama (TAP.)

The event, which took place over two days, began on April 27 with a typical Mass at 3:00 p.m. in the Church of San Antonio, and once it was concluded, the tunas, murgas, standard bearers and tamboritos went to the platform where there were folkloric presentations and song and dance.

Seventy-two floats were registered to participate in the parade this year, which were public institutions, private companies, universities, colleges, civic associations and independent

The event that was also held last year generated revenues of \$100,000, and this year exceeded that figure, according to its organizers. The intention of the activity is to promote the typical Ngäbe-Buglé customs and the Afro-Antillean culture.

Some of the goals of this great activity, are that it lasts over time, and remains a tradition of the place, promotes tourism, revives the economy of small entrepreneurs and reinforces good customs in the district of Baru.



Anniversary of the English school

By: Ashley Olmos



The Anniversary of the English school is one of the main activities of the English school where it is celebrated one more year of being founded. The English school was founded in 1995. It currently has three shifts: morning, afternoon and evening. The whole program takes four years to complete if it is in the morning and the afternoon shift, in the night shift it is five years because there are fewer hours of classes.



Second-year night students to hand out the baby bath.



Anniversary of the English school 2017.

These activities are celebrated throughout the month of May and begin with a mass with all the students and professors of the school. Everybody is asked to bring non-perishable food, so that they are given to people of limited resources. Also for each class of the school students made a baby bath (it is a gift given to mothers in the hospital after giving birth; this gift contains baby things), and they are delivered in the hospital to the mothers who give birth the day we deliver the baby bath. While some students and professors are in the hospital delivering the baby bath, another group of students and teachers are on the radio making an address where they talk about the foundation of the English school, the number of students the school has and the achievements of the school in general.

Finally, we walk through some of the main streets of Puerto Armuelles until we arrive at the town park where a toast is done and the happy birthday is done in commemoration of the celebration. As a conclusion to this activity, a conference is held where a useful topic for students learning is presented, for example: the conference held last year where a topic related to phonetics is discussed by Professor José N. Carrizo who is a professional who has vast knowledge of phonetics.



Professor Nivia and Diana to hand out the baby bath.



Mima's bakery

By: Ashley Olmos



Mrs. Berta known as Tita is an example of overcoming as in Puerto Armuelles she went through a difficult economic situation. She has established herself as a businesswoman in this region. In this bakery we can find cupcakes, cheesecakes, sweets for weddings and birthdays, and cold sweets. It also offers services of: ice cone (raspao) machine, cotton candy, popcorn, chocolate fountain, bubble making machine and inflatable games.



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Informal Work as the Basis of the Economy in Puerto Armuelles

By: Ashley Olmos



After the Chiriquí Land Company left Puerto Armuelles, the economy of the town went down to a great unemployment rate; Barú was going through a great unsustainable economic depression, some of the inhabitants of this region migrated to Panama City to get a job and to be able to help their families economically.

People who still live in Puerto Armuelles tried to survive through informal work, like: cut the yard, peddlers selling a little of everything, artisanal fishing, ladies who polish nails, selling bollos (product made with corn), tamales and chichero as is known in Panama to the person who sells turnovers and refreshments in a traveling way, sale of vegetables and fruits, ice cone sale, barber, small-scale agriculture and trade. They also sell clandestine lottery is something illegal made legal here in the town some people do to survive.

Nowadays the banana plantations will be reactivated soon with the arrival of the Bana Piña Company, the inhabitants hope that the Green Gold is reactivated as banana production is known.



Mr. Rodrigo sells ice cone



Mr. Antonio sells Tamales



Peddlers sell a little of everything.



Mr. Gerardo 'Faya' works as a barber.



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A Look Back in Time: The Green Gold Company

The United Fruit Company was a banana export company in Panama. It provided various benefits to local communities and the populations where the banana production was carried out. On the other hand, this company faced many disagreements with the labor union in different regions of the country. The history that accompanies this company marked a major change in the economy of many regions of Panama. Since having retired from our district of Baru a life lesson for the population, the government and even the local businesses, was learned.

This company began its work in Bocas del Toro, and then in Chiriquí in 1929, where it was originally called "Chiriqui Land Company" or CLC. In this area, the company had seven production districts, better known as farms, called Bogamani, Caoba, Jobito, Jagua, Guayacán, Nispero and Majagua, according to the article titled "Puerto Armuelles" on Wikipedia¹. The bananas were sent by boats through the port of embarkation in the city of Puerto Armuelles. When the bananas left the port, they were always green so that they would arrive after their long journeys to their final destinations ripe and yellow. Having only seen the bananas in their green state, the workers began calling them "green gold" for the economic benefits they brought to the community.

The company had to generate the proper conditions so that the working population had housing, medical attention, education, water and electricity services, transportation, and other necessities that would allow a suitable life for its workers. That is, the company made the Baru region a productive area and was responsible for all of its necessities. In the words of my grandfather, Mr. Esperanza Coba, CLC worker from 1940 to 1970, "The Company was a school for everyone in those times"; because the majority of the population, in those decades, did not know how to read or write. In spite of this, they were able to learn the processes related to the banana plantation. They were also trained in the departments of carpentry, welding, and plumbing, in order to construct and repair local establishments.

By: Emilta González



However, the continuous strikes of the labor union, the lack of government intervention, the increase of supply and the decrease in demand caused the closure of the company. Since that moment, Baru's economic progress froze. The economy has not been the same; poverty and unemployment have increased drastically. In this sense, the past governments have indicated that they have made different efforts to combat said situation; but the reality is that these measures have not been nearly as effective as the benefits of green gold.

In conclusion, the company had the vision that the production in Baru would be a success, and carried it out. Moreover, it provided its workers, the region and the city diverse sources of work, innumerable monetary contributions and buildings as a gesture of thanks for the great effort of the population in producing a quality banana. Unfortunately, the business was no longer profitable for the company and the government did not act in a timely manner leading to failed negotiations. In consequence, the history of the relationship between Baru and the CLC as an effective team, ended. Now, our people regret their decisions to protest against the company. It is a fact that we only value things when they are gone.



Packed banana (Green Gold)

Puerto Armuelles: A port that looks to get out of the shadows



City of Puerto Armuelles

By: Cristibelle Gamarra



For many, to speak of Puerto Armuelles, also known as "City of the Sands" is to refer to the era of the banana plantations, since for a long time this was one of the main ports of Panama for the export of bananas, cultivated in localized farms twenty kilometers from this city, due to the fact that most of the urban area where the city was built and the slums -which belonged to the former banana company United Fruit Company.

Since 2008, Puerto Armuelles has been considered a tourist destination by the government. The tourist attractions of the region range from the beaches to the pier. It is the only city in the province of Chiriqui with a sandy coastline suitable for recreation. Dozens of kilometers of gray beaches border the city and the coastal rural area of this town.

For years Puerto Armuelles has been cataloged by many Panamanians as a 'ghost town' and many associations seek to put an end to this bad reputation, so that many people know that the district of Baru has many good things to offer.



Fiscal dock of Puerto Armuelles

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BARUENCE YOUTH IN THE JMJ

By: Nydia Rodriguez



The world day of youth is a great religious and cultural event in which young people from all over the world participate for a week, with the aim of making known the message of Christ.

Puerto Armuelles will participate in the world day of youth 2019. The Organizing Committee of Puerto Armuelles Volunteer work areas JMJ logistics, protocol, tourist guide, first aid, communication and languages teams. The group also meets monthly in the gods of David. The English language is one of the main requirements for JMJ. The young volunteers attend language workshops.

Jose Fuente Espinoza is the coordinator of the volunteers group of the pre-day of Baru is composed of 50 members. This group has carried out activities such as the sale of sweaters and someniers of the JMJ.

All the dioceses of the country will receive millions of pilgrims a week before the World Youth Day Panama 2019, to participate in the special program called "Days in the Dioceses" or "Pre-Day" .12. During these days the young vicitentes will carry out religious activities in our parish San Antonio.

Undoubtedly the educational centers, the community, the institutions and the whole community will find in the day many reasons to develop activities of all kinds in the pre-day meetings.



Group of barurence youth who is going to participate in the JMJ

Magister Nivia Sanchez is the person in charge of the logistics area that is the accommodation and transport of the pilgrims.



A New Route To Promote Tourism In Chiriqui

By: Brianna Macho



The province of Chiriqui will have the opportunity to travel to the capital faster than ever.

The Chinese government has confirmed plans to develop a railway between Panama City and the northern province of Chiriqui, in over with wide-ranging implications for business and tourism.

The announcement about the rail system was one of the agreements signed during the historic trip by President Juan Carlos Varela which included the formal opening of the Panama embassy in Beijing.

President Varela spent part of the trip touring China Railway facilities to learn about technology and China's experience developing rail systems. The idea is to create a fast line to send merchandise to Costa Rica, and eventually to different countries. This Project seeks to improve the ease of many Panamanians to travel from one province to another. It should bring greater visits of foreigners to promote tourism in the province of Chiriqui.

It is postulated that this trip will take two and half hours from Panama City to Chiriqui province. It is also important to keep in mind that this Project is valued at 5 billion dollars and the construction may take 4 years to complete. This model will be financed by China with a model similar to line three of the metro.

"The Future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt

Our District

By: Teresa Santamaria



Railway - Chiriqui Land Company



A port where were exported the bananas.



These people were called "Conchadores", who received the banana to take it to the cable.

The District Of Baru was created in July 12th, 1941 by the government of the president Arnulfo Arias Madrid. The first pioneer of the district was M.R Eliseo Serna, who travelled to Baru from Bocas Del Toro. The first major of the Baru district was M.R Teodocio Rodriguez and the first judge was M.R Jose Maria Cedeño.

Our district has changed a lot since its creation, before there was no exit roads or streets step by step, this beautiful land was increasing its population until create a big community full of main streets, hospitals, supermarket, schools and modern building.

The District Of Baru is suffering a bad economic situation, but with the help of us inhabitant can improve our district.

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Barrio Nacional, diagonal a Unión Fenosa

C.R.U.B.A SITUATION

By: Teresa Santamaria



The university center in Baru (C.R.U.B.A) is an extension created with the objective to offer the opportunity to get a university education to people live in remote places.

C.R.U.B.A has professional careers and is the best university of our district, also has a library where books of almost all faculties. Moreover, has seismic monitors to lowers.

In addition perform projects of social work with programs of help families of scare resources.



DEPARTMENT NATURAL EXACT SCIENCES

- Degree Mathematics

DEPARTMENT OF HUMANITIS

-Degree in English

- Tourism Technician

-Degree in Physical Education

DEPARTMENT OF BUSINESS ADMINISTRATION

-Degree in Business Administration

- Accounting and Auditing

- Degree in Banking and Finance

- Degree in Accounting with an Emphasis In Computerized

DEPARTMENT OF EDUCATION

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- Professor in Primary

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- Master Degree in Higher Education.

-Post Graduate in Higher Education

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“Success is waling from failure to failure with no loss of esthusiasm”.

-Winston Churchill

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Tourist Hotels in Puerto Armuelles

By: Cristibelle Gamarra



Big Daddy's Beach Club & Hotel

On your next vacation to Puerto Armuelles, choose the best lodging options. Whether for a weekend or for vacation, find hotels in Puerto Armuelles according to your Budget.



Big Daddy's Beach Club & Hotel is located in San Vicente neighborhood, Puerto Armuelles. The properties have a restaurant, a shared lounge, a lovely beach bar, room service and free Wi-Fi. It also offers an outdoor pool and provides a tourist information service.

All rooms have a flat-screen TV. They also have a private bathroom and some rooms at Big Daddy's Beach Club & Hotel offer sea views. The rooms have air conditioning and a desk. Besides, A continental breakfast is served daily.

There is a sun terrace at Big Daddy's Beach Club & Hotel. Pets are allowed upon request. They speak two languages (English and Spanish).

This hotel also has a very good score on Trip Advisor for the best value for money in Puerto Armuelles. The guests love the location.

Tsunami Inn, Hotel

The Tsunami Inn is a group of 6 small and charming cabins.

It is located in the San Vicente neighborhood of Puerto Armuelles. The Tsunami Inn surrounds you with nature. A beautiful beach is in front of the hotel and it is ideal if you love nature and enjoy relaxing. Their features are , swimming pool where you can cool off and relax with the sound of the birds that surround the place and the sound of the sea., Wi-Fi Internet for any entertainment and being connected and air conditioning in every cabins and hot water. Inside the cabins, include double bed, air conditioner, some of the cabins have refrigerators and a microwave.

Tsunami Inn, have a little and lovely bar where the guests can have fun and listen the music that they want. The don't have restaurants. This hotel, receives many guests, most of the time they are foreigners. Price: \$60 per night or \$50 per night for two nights or more. For more information, go to the website: <http://www.tsunamiinn.com/>



Hooked on Panama

Hooked on Panama Lodge is located on Punta Burica Peninsula, which is shared by Panama and Costa Rica; and is about 17 kilometers south of the town of Puerto Armuelles, one of the most beautiful areas of Panama. The area boasts a wildlife including monkeys and a wide variety of tropical birds.

It is one of the best lodge in Central America. Hooked on Panama is a set of eleven cabins in front of the beach, those cabins contain all the amenities that the guest needs to feel comfortable. Their features are large clean rooms, great food Free parking, air conditioner, a swimming pool, rooms for non-smokers,, a huge restaurant , bar / lounge with the warmest and most helpful staff that treats you like family.

The hotel is mainly for the fishing enthusiasts. They have some boats that can take you to some of the best fishing spots in the world. If you are visiting Puerto Armuelles and its beaches, you definitely have to stop at this hotel. or more information, go to the website: <http://www.hookedonpanama.com/>



First Appearance Of Panama in the World Cup

By: Brianna Macho



Our humble soccer team has the opportunity after 10 failed attempts.

Panama to appear at the World Cup for the first time in the history.

Panama qualified once for the finals of the FIFA World Cup Russia 2018 after securing the third spot of championship on the final round. They qualified with a dramatic 2-1 win over Costa Rica on the final match day of CONCACAF.

Panamanians were living the excitement when the umpire near to the goal calling "ghost goal" in favor of Panama. But this was not the only goal for the soccer team because at the feet of Roman Torres the second goal was scored to qualify the FIFA World Cup.



THE ONE YOU WILL KEEP FOREVER

Panama's soccer team was the one with the oldest player average among those that classified for the Russia World Cup, whereas Serbia the one with the youngest footballers. Our Panamanian soccer team knew how to get ahead despite all the comments from other countries,. Goals or no goals, Panama is in the World Cup and many Panamanians are ready with a ticket and all Thanks to the Cup Airline that offers packages, Panamanians will be able to live out that emotion of watching the team play in Russia . The Panama team is already a winner for many Panamanians, having only qualified for a World Cup for the first time in history. This great achievement influences the lives of many young people, including children who dream of being part of the national team of Panama.

And above all we must thank the great experienced coach Hernan "Bolillo" Gomez who never got tired, nor was discouraged by bad comments about the team and kept his confidence that these guys, who make up the selection of Panama, would qualify for the World Cup 2018, and that is the true triumph for Panama.

A Panamanian singer of urban genre presented his new single, inspired by the classification of Panama for the World Cup in Russia.

Part of the Song Lyrics:

“Vamos pa'l mundial....Panamá va pa'l mundial, nos fuimos pa'l mundial.

Oye la pega que te la voy a contar

Si nos criticaron

Y se burlaron

Y muchos dijeron

Que de nuevo se quedaron

Unos cuantos panameños

se desbocaron

diciendo que los de la 'sele'

no clasificaron

pero si llegaron diciendo

veteranos y lapecillos

lograron ir directo de la mano del Bolillo...

Los panas tamos en Rusia

Asi que párense bonito

Vamos a tocar balón

Bailando el tamborito....

Y eso dice...

“Life is like riding a bicycle to keep your balance, you must keep moving”

~Albert Einstein

Junior Group 2018



Standing from left to right: Rigoberto Morales M.A., Emilta González, Cristibelle Gamarra, Brianna Macho, Ashley Olmos, Ingris Beteta, Nydia Rodríguez, Teresa Santamaría.

Sophomore Group 2018



Senior Group 2018



Farewell

Dear fifth year classmates,

It has been a pleasure and honor to share good memories with you. On behalf of the third year group, we want to wish you many successes in your lives as professionals. May God fill you with wisdom to achieve your goals so that over the years you can apply your knowledge to help other young people and children.

Good Luck and best wishes!