

# Cómo se puede ayudar el planeta? *How can we help the planet?*

Para proteger el planeta... *(To protect the planet...)*

Para proteger el medio ambiente... *(To protect the environment...)*

Para ser un instituto verde... *(To be an eco-friendly school...)*

**se debe...**

*(You must...)*

**reciclar el papel, el vidrio y el plástico**

*(recycle paper, glass and plastic)*

**siempre**

*(always)*

**vamos en bici**

*(we go by bike)*

**se puede...**

*(You can...)*

**reutilizar las cosas**

*(reuse things)*

**nunca**

*(never)*

**vamos a pie**

*(we go on foot)*

**ir en bici**

*(go by bike)*

**a veces**

*(sometimes)*

**reciclamos papel y vidrio**

*(we recycle paper and glass)*

**se debería...**

*(You should...)*

**usar el transporte público**

*(use public transport)*

**todos los días**

*(every day)*

**usamos la ducha en casa**

*(we use the shower at home)*

**vamos a...**

*(We are going to...)*

**ahorrar energía**

*(save energy)*

**a menudo**

*(often)*

**conservamos energía**

*(we save energy)*

**apagar la luz**

*(switch off the light)*

**de vez en cuando**

*(from time to time)*

**apagamos la luz**

*(we turn off the light)*

**voy a...**

*(I am going to...)*

**cerrar el grifo**

*(turn off the tap)*

**siempre que pueda**

*(whenever you can)*

**plantamos flores**

*(we plant flowers)*

**no se debe...**

*(You must not...)*

**usar bolsas de plástico**

*(use plastic bags)*

**vamos en coche**

*(we go by car)*

**no reciclamos las botellas de plástico**

*(we don't recycle plastic bottles)*

**no se puede...**

*(You can't...)*

**tirar la basura al suelo**

*(throw rubbish on the floor)*

**preferimos un baño**

*(we prefer a bath)*

**malgastar el agua**

*(waste water)*

**malgastamos agua**

*(we waste water)*

**no se debería...**

*(You shouldn't...)*

**no conservamos electricidad**

*(we don't save electricity)*

## ¿Cuáles son las normas en tu insti? *What are the rules in your school?*

**En mi instituto...** *(In my school...)*

**Las normas en mi colegio son que...** *(The rules in my school are that...)*

**Para ser un instituto bueno...** *(To be a good school...)*

**se debe...**

*(you must...)*

**usar el móvil**

*(use your phone)*

**no se debe...**

*(you must not...)*

**llevar piercings**

*(wear piercings)*

**correr in los pasillos**

*(run in the corridors)*

**está prohibido...**

*(it is forbidden...)*

**ser agresivo o grosero**

*(be aggressive or rude)*

**llevar uniforme**

*(wear uniform)*

**no se permite...**

*(you aren't allowed...)*

**ser puntual**

*(be on time)*

**salir del insti durante el día escolar**

*(go out of school during the school day)*

**comer chicle**

*(chew gum)*

**se puede...**

*(you can...)*

**escuchar los profes**

*(listen to the teacher)*

**se permite...**

*(you are allowed...)*

**hablar en clase**

*(talk in lesson)*

**escribir mucho**

*(write a lot)*

**dibujar en los cuadernos**

*(draw in exercise books)*

**y**

*(and)*

**pero**

*(but)*

**sin embargo**

*(however)*

**y en mi opinión**

*(and in my opinion)*

**y pienso que**

*(and I think that)*

**y creo que**

*(and I believe that)*

**no estoy de acuerdo**

*(I don't agree)*

**es estúpido**

*(it's stupid)*

**es injusto**

*(it's unfair)*

**no es justo**

*(it's not fair)*

**es una broma**

*(it's a joke)*

**estoy de acuerdo**

*(I agree)*

**es justo**

*(it's fair)*

**es una buena idea**

*(it's a good idea)*

**es práctico**

*(it's practical)*

**es esencial**

*(it's essential)*

<b>Este verano</b> [This summer]	<b>Voy a ir de vacaciones a</b> [I am going to go on holiday to]	<b>Argentina</b> <b>Chile</b> <b>Cuba</b> <b>España</b> <b>México</b>	<b>en autocar</b> [by coach] <b>en avión</b> [by plane] <b>en barco</b> [by boat] <b>en coche</b> [by car]	<b>será divertido</b> [it will be fun] <b>será guay</b> [it will be cool]  <b>lo pasaré muy bien</b> [I will have a good time]
	<b>Voy a pasar</b> [I am going to spend]	<b>una semana</b> [a week] <b>dos semanas</b> [two weeks] <b>un mes</b> [a month]	<b>allí</b> [there] <b>con mi familia</b> [with my family]	
	<b>Voy a quedarme en</b> [I am going to stay in]	<b>un camping</b> [a campsite] <b>un hotel</b> [a hotel] <b>un albergue juvenil</b> [a youth hostel]	<b>lujoso</b> [luxurious] <b>barato</b> [cheap] <b>ruidoso</b> [noisy] <b>básico</b> [basic] <b>tranquilo</b> [calm]	
	<b>Voy a</b> [I am going to] <b>Vamos a</b> [We are going to] <b>Me gustaría</b> [I would like] <b>Nos gustaría</b> [We would like]	<b>bailar</b> [to dance] <b>comer comida típica</b> [to eat typical food] <b>dormir</b> [to sleep] <b>descansar en la playa</b> [to relax on the beach] <b>hacer buceo</b> [to do diving] <b>hacer deporte</b> [to do sport] <b>hacer turismo</b> [to do siteseeing] <b>ir a la playa</b> [to go to the beach] <b>ir de compras</b> [to go shopping] <b>montar en bici</b> [to ride a bike] <b>salir al centro</b> [to go out to the centre] <b>tomar el sol</b> [to sunbathe]		