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Recently, many countries want to send spaceships and astronauts to explore the space. Some people agree with this topic while other people disagree. In this essay, I will highlight the pros and cons of space exploration.

Some people agree with space exploration for these reasons. First of all, it allows people know more about the universe. It increases our knowledge about outer space and our own planet. We can know about stars and the moon. We can know about the earth's atmosphere and how to better predict weather and natural disasters. Another reason is that it paves the way to advanced technology. Space exploration has led to the development of modern tools that many people use today such as GPS systems and satellite communication which is used in TV and radio broadcasting.

On the other hand, other people disagree with space exploration for these reasons. The first reason is that it is very dangerous. Astronauts or space tourists may lose their life in the space because of fatal space accidents. Another reason is that space exploration is very expensive. It costs much money to train and educate astronauts and to build rockets and spaceships.

To conclude, there are two different views about space exploration. I strongly think that there should be few space expeditions and we should help poor people instead.

Nowadays, people suffer from many diseases because of pollution and unhealthy lifestyle so it is important to invest money on medical research. Some people agree with medical research while other people disagree with it. In this essay, I will highlight the pros and cons of medical research.

To begin with, some people agree with medical research for these reasons. The first reason is that medical research can help to protect people's health. With medical research, scientists can discover new drugs that can help to fight diseases. The second reason is that medical research can improve the national economy. For example, medical research can analyze the diseases that people suffer from and help people to be healthy so they can be productive.

On the other hand, other people disagree with medical research for these reasons. The first reason is that medical research is very expensive. For example, in order to make medical research, countries have to build laboratories and hire many scientists. The second reason is that some medical researches may be inaccurate. For example, scientists may do some experiments on animals and generalize the results on people and this is wrong because people are not like animals.

To conclude, there are two different views about medical research. However, I strongly think that medical research is important because it protects people's health and fights diseases.

## Museums ( art galleries ) المتاحف / المعارض الفنية

Today, many countries build museums to keep their history and heritage. Some people think that museums should have old things but other people think that museums should have modern things. I strongly think that museums should include old and modern things. I have many reasons for my opinion and I will explain them in the following paragraphs.

The first reason is that museums are important for cultural exchange. For example, people can know about different cultures when they visit museums so it's important to watch old things to know about the past and modern things to know about the modern progress of countries.

The second reason is that museums can link young generation to old generation. For example, they help young generation to know how their grandfathers lived in the past. Of course, this enhances national identity and keeps traditions.

The final reason is that they are important for tourism. For example, tourists come from different countries to watch old tools and modern beautiful paintings and they pay much money. This improves local economy.

To sum up, I strongly think that museums should have old and modern things because of cultural exchange, linking young generation to old generation and attracting tourists. I advise all people to visit museums to know about their heritage.

## Caring for our environment الأهتمام بالبيئة

Today, we face many dangerous environmental problems like air pollution and global warming that are caused by burning non-renewable energy sources like oil and gas. This can cause many illnesses like lung cancer, asthma and high blood pressure. However, there are many solutions to care for our environment.

The first solution is that we should plant more trees instead of cutting them down. If we plant more trees, we will have clean air because trees take in Carbon Dioxide and give us Oxygen.

The second solution is that we should use renewable sources of energy like wind energy and solar energy because they are much cleaner and they don't pollute the air. An example of this is the green Masdar city in Abu Dhabi. It is free from carbon or any harmful gases.

The final solution is that we should reduce, reuse and recycle old things like old shoes, water bottles and bags so that we can reduce pollution.

To sum up, we have many solutions to keep the environment clean like planting more trees, using solar energy and wind energy and reducing, reusing and recycling old things. We should all care for our environment so that we can live safely in it.

## Healthy lifestyle أسلوب الحياة الصحي

Advice

Health is a blessing from Allah and it's very important in people's life. If we don't care for our health, we will suffer from many diseases that make us unable to enjoy our life. There are some tips that can help us have a healthy lifestyle and protect our health.

The first tip is that we should eat healthy foods. Our diet should be balanced. It should contain important food elements like vitamins, proteins, few fats and few carbohydrates. We should eat many fruits and vegetables. We shouldn't eat fast foods because they cause overweight.

The second tip is that we should play sports and exercises because they make us fit and healthy. Also, they renew our energy. Therefore, play any sport like football and do exercises every day like running or walking to have physical fitness.

The final tip is that we should follow healthy habits. For example, we should have a shower every day, wash our hands before and after eating, sleeping early and getting up early. It's important to avoid bad habits like smoking because it causes many diseases.

To sum up, we should follow healthy lifestyle like eating healthy foods, playing sports and doing healthy habits. We should remember the saying, "Protection is better than cure."

## Obesity البدانة

Advice

Today, there are many fat people worldwide because of eating fast-foods that have high calories. In fact, obesity is a very dangerous health problem that causes many diseases like diabetes, heart attacks and high blood pressure. However, we can overcome obesity if we follow these tips.

The first tip is that we should eat healthy foods. Our diet should be balanced. It should contain important food elements like vitamins, proteins, few fats and few carbohydrates. We should eat many fruits and vegetables. We shouldn't eat fast foods because they cause overweight.

The second tip is that we should play sports and exercises because they make us fit and healthy. Also, they renew our energy. Therefore, play any sport like football and do exercises every day like running or walking to have physical fitness.

The final tip is that the government should start awareness campaign to help people know the dangers of obesity. Really, if people know how dangerous obesity is, they will avoid eating fast-foods.

To sum up, obesity is very dangerous to our health. However, we can protect ourselves from it by eating a balanced diet, doing exercises, playing sports and being aware of its dangers. We should know that, "Protection is better than cure."

## Smoking التدخين

Advice

Today, there are many smokers worldwide because of life pressures and feeling stressful. In fact, smoking is a very dangerous health problem that causes many diseases like lung cancer, heart attacks and high blood pressure. However, we can overcome smoking if we follow these tips.

The first tip is that we should keep ourselves away from life pressures. When we feel relaxed and comfortable, we will not smoke cigarettes. Therefore, you should keep yourself away from worry and stress.

The second tip is that we should play sports and exercises because they make us fit and healthy. Also, they renew our energy. Therefore, play any sport like football and do exercises every day like running or walking to have physical fitness.

The final tip is that the government should start awareness campaign to help people know the dangers of smoking. Really, if people know how dangerous smoking is, they will avoid smoking cigarettes.

To sum up, smoking is very dangerous to our health. However, we can protect ourselves from it by keeping ourselves away from life pressures, doing exercises, playing sports and being aware of its dangers. We should know that, "Protection is better than cure."

## Keeping Animals from Extinction الحفظ على الحيوانات من الانقراض

Advice

Nowadays, many animals worldwide are in danger because of illegal hunting, destroying habitats and air pollution. In fact, about 60% of animals in the UAE like Arabian Oryx and Arabian Tahr are endangered. However, we can protect animals if we follow these tips.

The first tip is that the government should issue laws to prevent illegal hunting. If people know that they will pay large fines or have strict penalties, they will stop hunting animals for their fur.

The second tip is that the government should build natural reserves to protect animals from danger. In fact, natural reserves can keep animals away from hunters so they can increase in numbers. A good example of this is Sir Bani Yas Island in the UAE.

The final tip is that people should protect the habitats of animals. For example, they shouldn't cut down trees, pollute the desert, throw their wastes in water surfaces or drive their cars very fast in areas where animals live.

To sum up, extinction of animals is a very dangerous environmental problem. However, we can protect animals from extinction by prevent illegal hunting, building natural resources and protecting the habitats of animals. We should live and let animals live safely.

With My Best Wish

Mr. S