

Dictation Contest (PRJr, 初級) No. 1081

Hello, everyone! Welcome back to PR Junior.

Today, we're going to learn how to jump rope.

First, we need a jump rope. Then, stand on the middle of the rope and make sure you grab the handles!

Next, let's put on our sneakers. Now, hold tight to the handles and jump, jump, jump!

Were you able to jump? If you didn't, it's okay!

Let's keep practicing together! We will all get better at jumping rope!

That's all for today. See you next time!

Dictation Contest (PR 1, 中級) No. 1081

Hi, everyone! Welcome back to PR 1!

Today I will talk about how food affects our brain. Let's begin!

Food affects us more than we realize, and that's because what we eat changes our brain chemistry, changing our mood and emotions. Our brain is working 24 hours a day, even while we sleep, so it needs more fuel than other body parts.

[A] list of brain foods is a regular and balanced diet, a diet containing the proper types and amounts of food needed to stay healthy. Remember the 'Rainbow Rule' – eat foods of many different colors with lots of leafy greens.

A balanced diet also has different types of nutrients – vitamins, fiber, protein, and so on. But including these isn't always possible.

That's all for today! See you!

Dictation Contest (PR2 上級) No. 1081

Hi, everyone! Welcome back to PR2.

Today we will be talking about Dr. Hawa Abdi.

Dr. Hawa Abdi, the first female gynecologist in the North African country of Somalia, has gained international recognition in recent years due to her bravery under extreme duress. In 2012, she was nominated for the Nobel Peace Prize and continues her work with the support of private donors and aid agencies.

When Abdi was a teenager, she watched her mother die in childbirth. At that time, she firmly resolved to study medicine and help other Somali women who lack access to appropriate medical facilities. Upon graduation from high school, Abdi majored in gynecology in the former Soviet Union and returned home in 1983 to open a one-room women's clinic on her family farm outside Mogadishu.

In 1991, Somalia descended into civil war and Abdi had the opportunity to escape her homeland. However, she chose not to abandon her country. Instead of fleeing, she remained in a dangerous situation and she resourcefully secured funding from numerous NGOs and transformed her family farm into a refugee camp supported by nearly 100,000 people. Her one-room clinic gradually developed into a 400-bed hospital and a school was opened for the [nearly] 1,000 children living in the camp. With the assistance of her daughters, who are also doctors, Abdi was able to oversee the expansion of the refugee camp and tend to 300 patients per day in the clinic.

That's it for today. See you next time!