



Personalized English learning through news and games.

Start Your Learning Journey

Choose the type of news:

Sport 🏆

Let's Watch News 🚀



Q 搜尋



上午 10:14
2025/12/29



Personalized English learning through news and games.

Start Your Learning Journey

Choose the type of news:

Sport 🏆

Sport 🏆

Business 💰

Innovation 💡

Culture 🎭

Arts 🎨

Travel ✈️

Earth 🌍

General News 📰

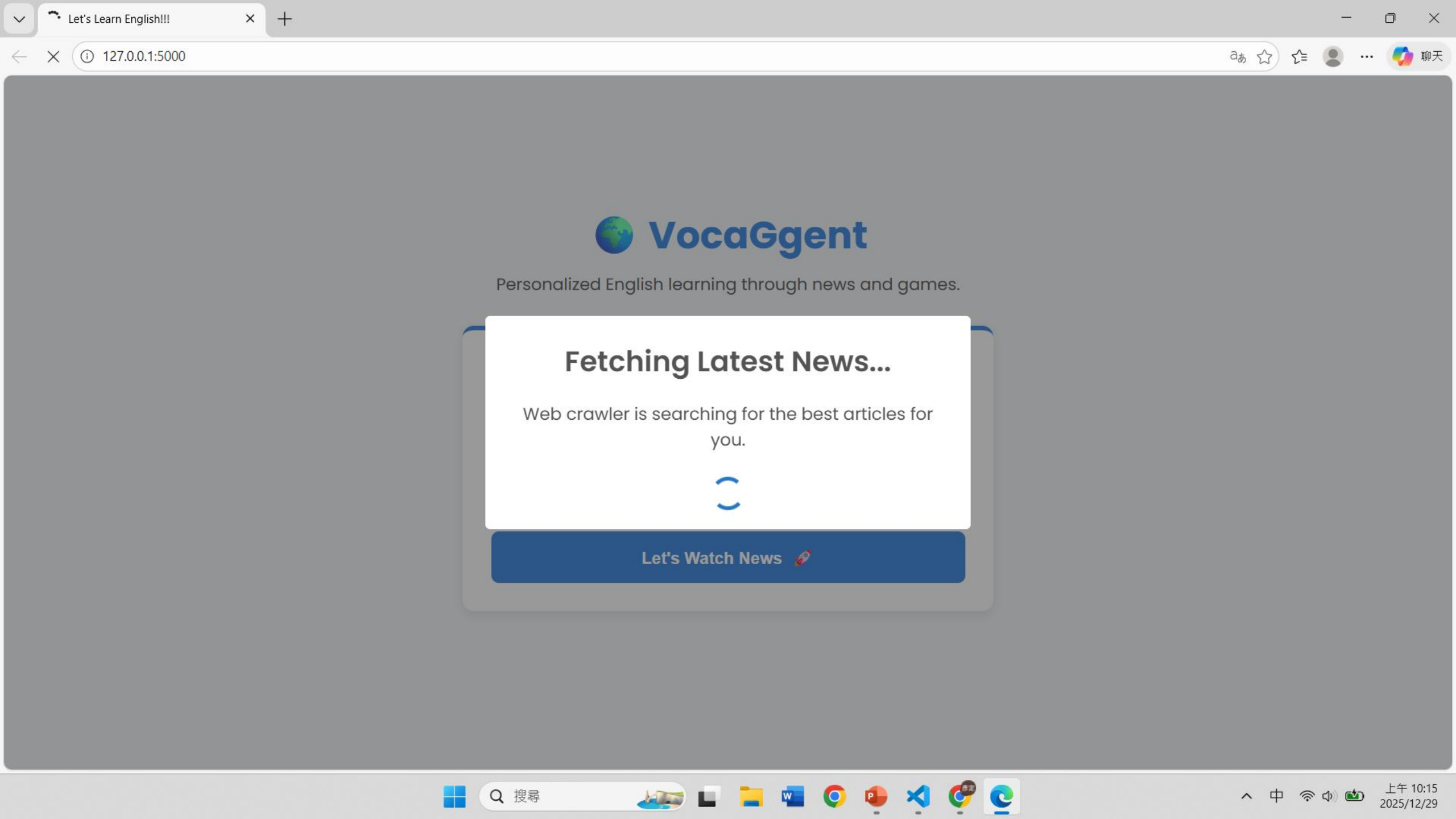


Q 搜尋



中

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2025/12/29



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Fetching Latest News...

Web crawler is searching for the best articles for you.

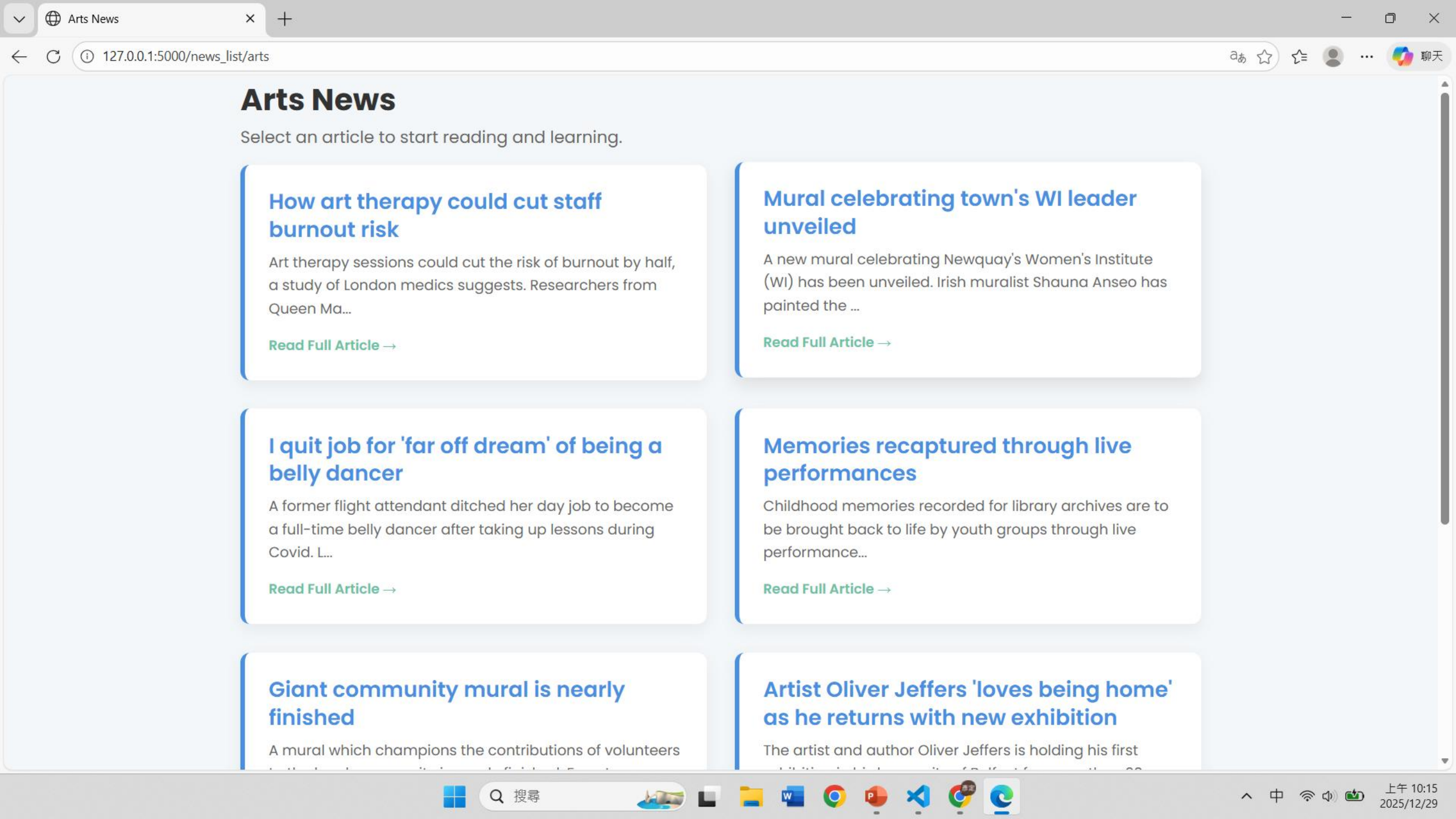


Let's Watch News 



搜尋





Arts News

Select an article to start reading and learning.

How art therapy could cut staff burnout risk

Art therapy sessions could cut the risk of burnout by half, a study of London medics suggests. Researchers from Queen Ma...

[Read Full Article →](#)

Mural celebrating town's WI leader unveiled

A new mural celebrating Newquay's Women's Institute (WI) has been unveiled. Irish muralist Shauna Anseo has painted the ...

[Read Full Article →](#)

I quit job for 'far off dream' of being a belly dancer

A former flight attendant ditched her day job to become a full-time belly dancer after taking up lessons during Covid. L...

[Read Full Article →](#)

Memories recaptured through live performances

Childhood memories recorded for library archives are to be brought back to life by youth groups through live performance...

[Read Full Article →](#)

Giant community mural is nearly finished

A mural which champions the contributions of volunteers

Artist Oliver Jeffers 'loves being home' as he returns with new exhibition

The artist and author Oliver Jeffers is holding his first

[← Back to Arts news](#)

How art therapy could cut staff burnout risk

Arts

[Read Original Article](#)

Art therapy sessions could cut the risk of burnout by half, a study of London medics suggests. Researchers from Queen Mary University of London and Barts Health NHS Trust worked with 129 doctors, nurses and other health professional from London hospitals to study the effects of group art therapy sessions. They found that those who took part in the sessions reported "much lower emotional exhaustion and depersonalisation, and less stress, anxiety and depression". Art therapy has since been rolled out across five hospitals in London - with researchers saying it could be used to help tackle burnout in other professions too. For the study, described as a first of its kind, half of the participants took part in weekly group art therapy sessions, while the other half were on a waitlist. They were surveyed before and after six sessions of art therapy. Those who did not receive the art therapy reported feeling around twice as burnt out as those who did. The trial also found that the benefits lasted at least three months after the therapy ended. So how does it make a difference to medical



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too." But, she said, art therapy was not a cure-all: it must go alongside other tools to deal with burnout and mental health pressures. The sessions are funded by Barts Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Customize Your Learning

CEFR Level:

-- choose --

Number of words:

10

 **Start Vocabulary Learning**

 **Mind Map**

 **Reading Test**

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Mapping Ideas...


LLM is breaking down the article into a visual structure.




CEFR Level:

-- choose --

 Start Vocabulary Learning


 Mind Map


 Reading Test

News Intelligence


News Structure Explorer


 **Art therapy cuts burnout risk for London medics**

 Study Design +

 Key Findings +

 Participant Experiences +

 Implementation & Rollout +

 Broader Implications +

Back Home

News Intelligence

News Structure Explorer

Key Findings

Lower depersonalisation

Less stress, anxiety and depression

Burnout reduced by approximately 50%

Benefits persisted for at least three months after therapy

Participant Experiences

Art therapy cuts burnout risk for London doctors

Six weekly group art therapy sessions

Back Home

How art therapy could cut staff burnout

127.0.0.1:5000/news_detail/arts/1

聊天

too." But, she said, art therapy was not a cure-all: it must go alongside other tools to deal with burnout and mental health pressures. The sessions are funded by Barts Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Generating Quiz...

LLM is creating personalized questions based on the content.

CEFR Level:

-- choose --

Start Vocabulary Learning

Mind Map

Reading Test

搜尋

上午 10:17
2025/12/29

Article Comprehension



Reading Quiz

1

2

3

4

5

QUESTION 1

According to the study, participants who attended the weekly group art therapy sessions reported which of the following improvements? (Select all that apply)

(Multiple answers possible)

☐ Much lower emotional exhaustion

☐ Higher job satisfaction

☐ Reduced depersonalisation

☐ Increased stress



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QUESTION 3

Which groups of health professionals were mentioned as participants in the study? (Select all that apply)

(Multiple answers possible)

☐ Doctors

☐ Nurses

☒ Teachers

☒ Social workers

☐ Other health professionals

QUESTION 4

The art therapy sessions were facilitated by a trained psychological professional to ensure safe processing of difficult emotional material.



搜尋



上午 10:19
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Reading Quiz | Explorer

127.0.0.1:5000/reading

總結 字體大小 聊天

QUESTION 5

Megan Tjasink suggested that burnout is a problem in which of the following sectors? (Select all that apply)

(Multiple answers possible)

☐ Medical sector

☐ Teaching

☐ Corporate sector

☒ Agriculture

☐ Social care

Submit My Answers

[← Back to Article](#)

搜尋

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Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Analyzing Article...

LLM is selecting key vocabularies and creating examples.



CEFR Level:

B2 (Upper Intermediate)

 Start Vocabulary Learning

 Mind Map

 Reading Test

Vocabulary

10 words

mural noun

celebrate verb

founder noun

banner noun

footfall noun

tourism noun

community noun

local adjective

feedback noun

Exit Learning

celebrate

VERB

TRANSLATION

舉行活動或儀式以表示歡欣、紀念或讚美。

STANDARD EXAMPLE

"The community gathered to celebrate the opening of the mural."

[Practice this word](#)



Q 搜尋



VocabApp | Learning Mode

127.0.0.1:5000/learn#w_banner

聊天

Vocabulary

10 words

celebrate

verb

founder

noun

banner

noun

footfall

noun

tourism

noun

community

noun

local

adjective

feedback

noun

committed

adjective

Exit Learning

NOUN

TRANSLATION

對某事物的回應、意見或建議。

STANDARD EXAMPLE

"Mark V

Checking Grammar...

LLM is analyzing your sentence for "feedback"...

Your sentence.

I wish to have a good feedback.

Validate Sentence

搜尋

上午 10:26
2025/12/29

Cloze Master

[Restart](#) [Hangman](#) [Vocabulary](#) [Home](#)

Select Your Challenge

Pick at least 2 words to generate a custom cloze story.

☐ Select All

mural

celebrate

founder

banner

footfall

tourism

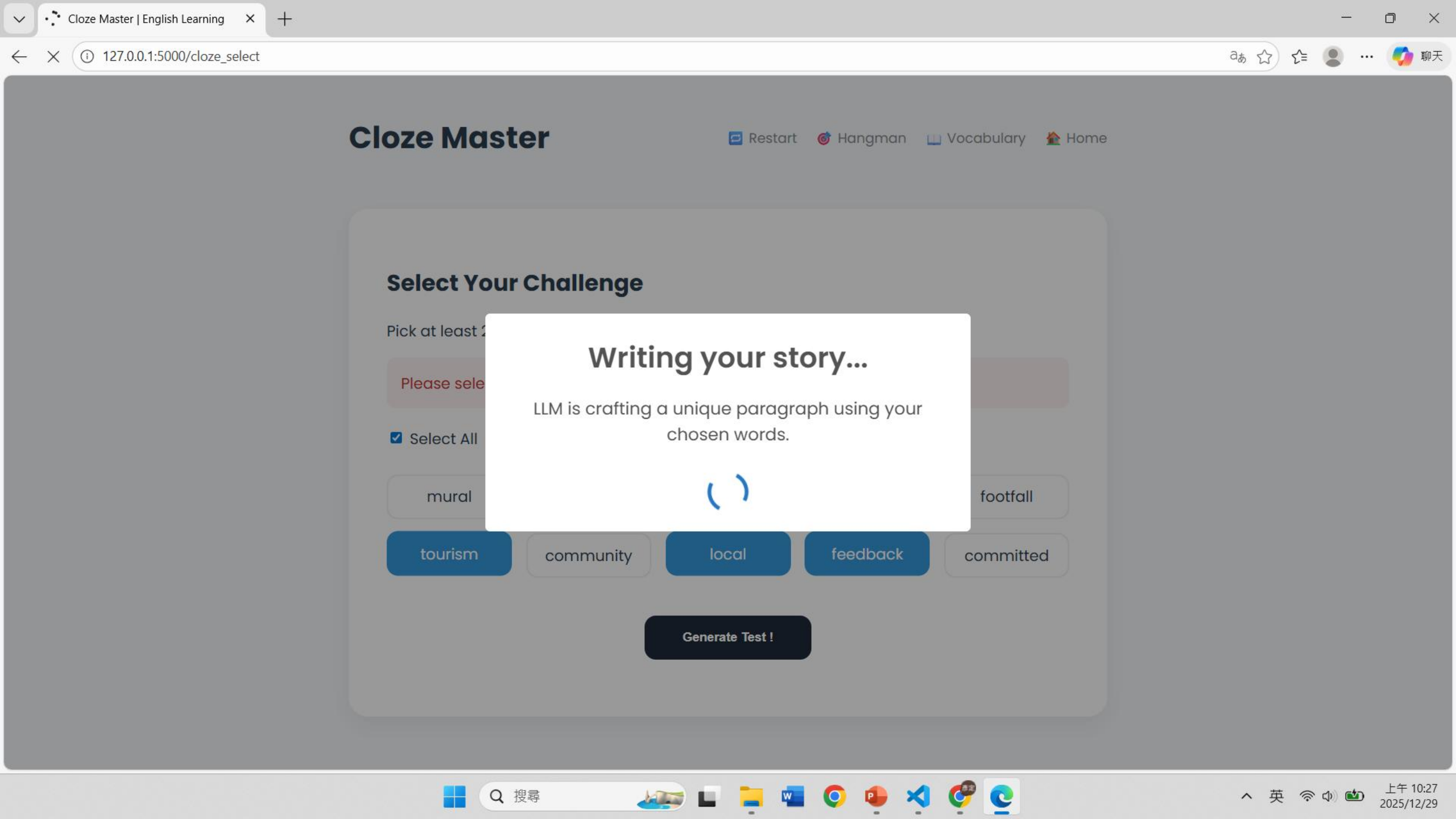
community

local

feedback

committed

Generate Test !



Cloze Master

[Restart](#) [Hangman](#) [Vocabulary](#) [Home](#)

Select Your Challenge

Pick at least 2

Please select

☒ Select All

mural

tourism

community

local

feedback

committed

footfall

Generate Test !

Writing your story...

LLM is crafting a unique paragraph using your chosen words.



Q 搜尋



英



上午 10:27

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Cloze Master

[Restart](#) [Hangman](#) [Vocabulary](#) [Home](#)

Fill in the Blanks

Read the story and use the word bank below.

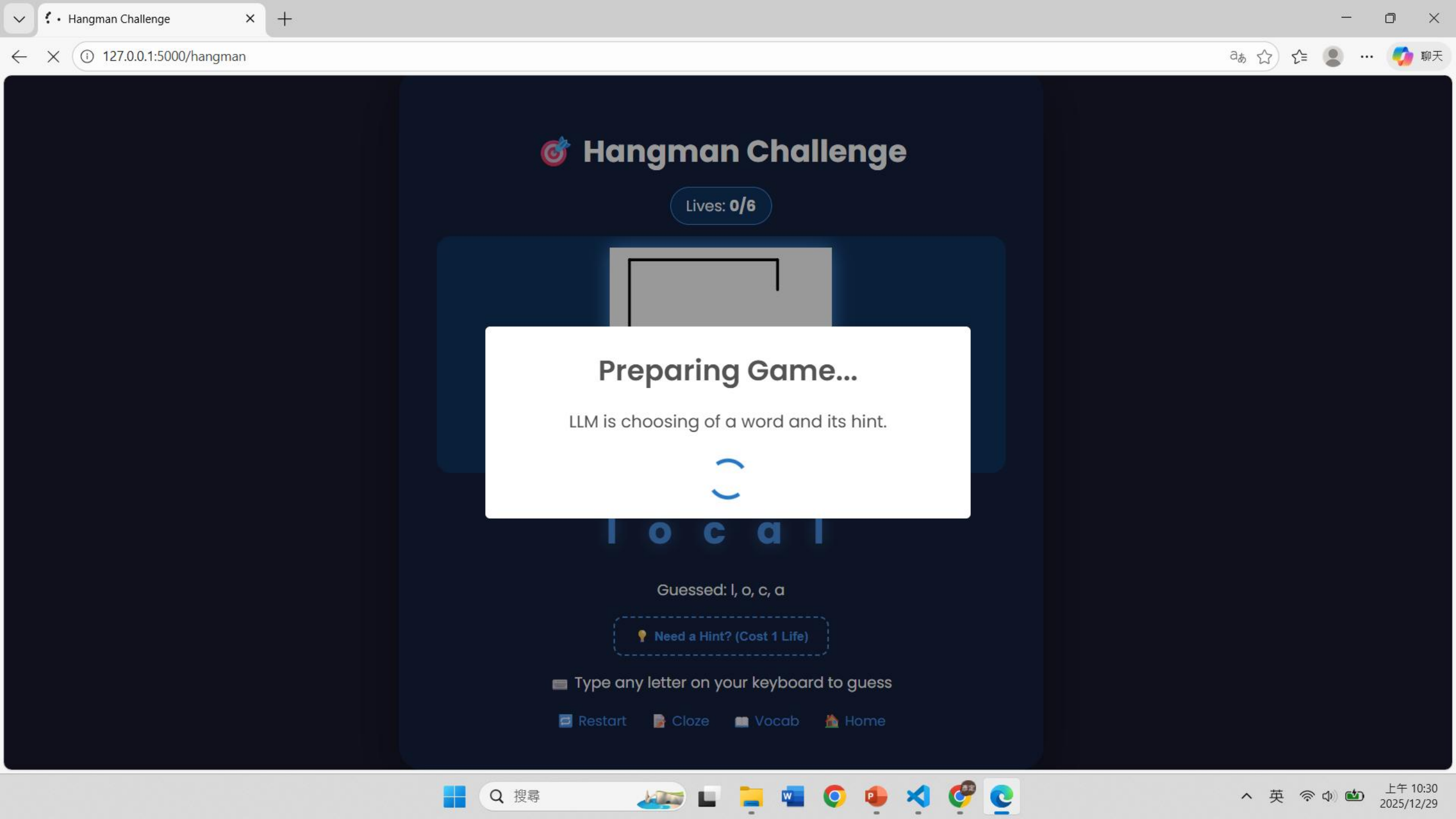
The town decided to _____ its heritage festival, hoping to boost
_____ and support _____ businesses, and they
welcomed _____ from visitors.

Word Bank

Click words to cross them out as you use them

[celebrate](#) [tourism](#) [local](#) [feedback](#)

Submit Answer



Hangman Challenge

Lives: 0/6

Preparing Game...

LLM is choosing of a word and its hint.



l o c a l

Guessed: l, o, c, a

Need a Hint? (Cost 1 Life)

Type any letter on your keyboard to guess

Restart

Cloze

Vocab

Home



Q 搜尋



^ 英



上午 10:30
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Hangman Challenge

Lives: 0/6



Use Hint?

It will cost 1 life!

Yes, help!

Cancel

Guessed:

Need a Hint? (Cost 1 Life)

Type any letter on your keyboard to guess

Restart

Cloze

Vocab

Home



搜尋



英 訊 音 電

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Hangman Challenge

Lives: 3/6



Excellent!

You guessed the word!

Great !

Need a hint? (Cost 1 Life)

He created the company and is its first leader.

Type any letter on your keyboard to guess

Restart

Cloze

Vocab

Home



搜尋



英



上午 10:31
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Hangman Challenge

Lives: 3/6



Excellent!

You guessed the word!

Great !

Need a hint? (Cost 1 Life)

He created the company and is its first leader.

Type any letter on your keyboard to guess

Restart

Cloze

Vocab

Home



搜尋



英



上午 10:31
2025/12/29

Hangman Challenge

127.0.0.1:5000/hangman

總結 a☆ ☆ ⋮ 聊天

Hangman Challenge

Lives: 6/6

Game Over

The word was: community

oh no, try again -w-

People who live nearby often support one another, join local activities, and feel a sense of belonging together.

Type any letter on your keyboard to guess

Restart

Cloze

Vocab

Home