

PARTE 1:

- A. TRANSCRIBE CADA UNO DE LOS TEXTOS QUE E ENCUESTRAN A CONTINUACION CONSERVANDO SU ORDEN. LUEGO AGREGA UNA IMAGEN QUE CORRESPONDA A CADA UNO DE ELLOS.
- B. ESCRIBE UNA FRASE EN PASADO SIMPLE Y UNA FRASE EN PRESENTE PERFECTO PARA CADA UNA DE LAS REGLAS QUE SE COMPARTEN EN EL DOCUMENTO.

ATENCION AL EJEMPLO:

- I TREATED MY BROTHERS THE WAY THEY WANT TO BE TREATED.
- I HAVE TREATED MY BROTHERS THE WAY THEY WANT TO BE TREATED



6 Simple principles to build peace in your community

If you switch on the TV news, open the newspaper or click onto a popular news website, there's always news about a terrorist attack, war, ongoing conflict and a general lack of peace amongst different groups of people. In an increasingly globalised world, we should understand each other better, stand ever more united and strive for peace. Sadly, the truth is quite the opposite. There's conflict in Israel/Palestine, Kashmir, Iraq, Afghanistan, Syria, all over the world in fact... As individuals and citizens, how do we deal with this? How does this relate to us? How can we make positive changes to enable us to live in peace?

RULE #1: TREAT OTHERS THE WAY YOU WISH TO BE TREATED

The good old Golden Rule says it all: empathy, tolerance and peace. This principle teaches you to love yourself and love others. It spans cultures and faiths and is a universal age old concept which can't fail!

RULE #2: LISTEN TO HEAR WHAT OTHERS HAVE TO SAY, NOT TO SPEAK

Engage in dialogue with an open mind and the real will to listen to others. Only then will you be able to understand each other and build bridges. Change cannot happen and peace cannot be established if people are unable to communicate with others; to listen to their experiences and views and show empathy, understanding and compassion.

RULE #3: ACCEPT DIFFERENCE OF OPINION

We all have different opinions and we may not all agree on the same things. Building compromise and mutual understanding is incredibly important. Sometimes we simply

RULE #4: DO NOT FIGHT VIOLENCE WITH VIOLENCE

Violence is never the answer. Peace can only be brought through free will, dialogue,

need to agree to disagree and recognise that there are different beliefs and forms of expression other than our own.

empathy and forgiveness. Do not stoop to same level as someone who is violent and therefore continue the vicious cycle. This does not change anything.

RULE #5: ACCEPT THAT IDENTITY IS FLUID

Any one person can have multiple aspects to their identity. Identity comprises many elements such as nationality, cultural-linguistic origin, age and religious beliefs. Identity can and does change, taking on many new forms and means of personal expression as we learn new languages, move home, adopt new beliefs, marry into a different tradition and experience life! Do not put people into a box. Avoid categorising people according to and us vs. them narrative and remember: we are all singular individuals with unique experiences. Such approaches and narratives are highly divisive and unproductive.

RULE #6: AVOID STEREOTYPES

Take people for the individuals they are. Avoid misconceptions, stereotypes and toxic narratives and get to know a person instead. This will avoid offence, misunderstandings and ultimately help you to create a real bond with others based on true understanding, empathy and trust. After all, no one likes to be judged – especially from the outside

1. Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past.
 - a. **La paz interior solo puede alcanzarse cuando practicamos el perdón. El perdón es dejar ir el pasado.**



Claro, aquí están las frases en inglés y en español:

- b. Frases en inglés:
 - i. Pasado simple: I reached inner peace when I practiced forgiveness.
 - ii. Presente perfecto: I have found inner peace because I have practiced forgiveness.

2. If you switch on the TV news, open the newspaper or click onto a popular news website, there's always news about a terrorist attack, war, ongoing conflict and a general lack of peace amongst different groups of people. In an increasingly globalised world, we should understand each other better, stand ever more united and strive for peace. Sadly, the truth is quite the opposite. There's conflict in Israel/Palestine, Kashmir, Iraq, Afghanistan, Syria, all over the world in fact... As individuals and citizens, how do we deal with this? How does this relate to us? How can we make positive changes to enable us to live in peace?
- a. Si enciendes las noticias en la televisión, abres un periódico o visitas un sitio web de noticias popular, siempre hay noticias sobre un ataque terrorista, guerra, conflicto en curso y una falta general de paz entre diferentes grupos de personas. En un mundo cada vez más globalizado, deberíamos entendernos mejor, estar más unidos y esforzarnos por la paz. Lamentablemente, la verdad es todo lo contrario. Hay conflicto en Israel/Palestina, Cachemira, Irak, Afganistán, Siria, de hecho, en todo el mundo... Como individuos y ciudadanos, ¿cómo lidiamos con esto? ¿Cómo nos afecta? ¿Cómo podemos hacer cambios positivos que nos permitan vivir en paz?



- b. Frases en inglés:
- Pasado simple: People in many countries faced conflict and war when peace efforts failed.
 - Presente perfecto: We have witnessed continuous conflict despite global efforts to promote peace.
3. **RULE #1: TREAT OTHERS THE WAY YOU WISH TO BE TREATED** The good old Golden Rule says it all: empathy, tolerance and peace. This principle teaches you to love yourself and love others. It spans cultures and faiths and is a universal age old concept which can't fail!

- a. REGLA #1: TRATA A LOS DEMÁS COMO QUIERES QUE TE TRATEN. La vieja y confiable Regla de Oro lo dice todo: empatía, tolerancia y paz. Este principio te enseña a amarte a ti mismo y a amar a los demás. Atraviesa culturas y religiones y es un concepto universal y milenario que no puede fallar.



- b. Pasado simple:
- i. Inglés: I treated others with kindness because I wanted to be treated the same way.
 - ii. Inglés: I have always treated others the way I wish to be treated.
4. RULE #2: LISTEN TO HEAR WHAT OTHERS HAVE TO SAY, NOT TO SPEAK. Engage in dialogue with an open mind and the real will to listen to others. Only then will you be able to understand each other and build bridges. Change cannot happen and peace cannot be established if people are unable to communicate with others; to listen to their experiences and views and show empathy, understanding, and compassion.
- a. Regla #2: Escucha para entender lo que los demás tienen que decir, no para responder.
- Participa en el diálogo con una mente abierta y la verdadera intención de escuchar a los demás. Solo entonces podrás entenderte con los demás y construir puentes. No puede haber cambios ni se puede establecer la paz si las personas no pueden comunicarse con los demás; escuchar sus experiencias y puntos de vista, y mostrar empatía, comprensión y compasión.



b. Pasado simple:

- i. I listened carefully to what others had to say before I spoke.
- ii. Inglés: I have always listened to others with the intention to understand, not just to respond.

5. RULE #3: ACCEPT DIFFERENCE OF OPINION We all have different opinions and we may not all agree on the same things. Building compromise and mutual understanding is incredibly important. Sometimes we simply need to agree to disagree and recognise that there are different beliefs and forms of expression other than our own.

a. REGLA #3: ACEPTAR LA DIFERENCIA DE OPINIÓN.

Todos tenemos opiniones diferentes y puede que no todos estemos de acuerdo en las mismas cosas. Lograr compromisos y comprensión mutua es increíblemente importante. A veces simplemente necesitamos estar de acuerdo en no estar de acuerdo y reconocer que existen creencias y formas de expresión diferentes a las nuestras.



b. Frases en inglés:

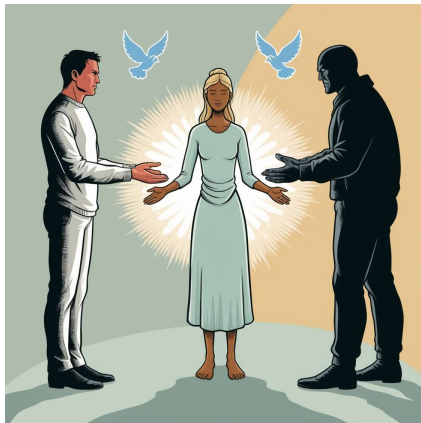
- i. Pasado simple: I accepted that we had different opinions and chose to respect them.

- ii. Presente perfecto: I have always accepted differences of opinion, understanding that it leads to mutual respect.

- 6. **RULE #4: DO NOT FIGHT VIOLENCE WITH VIOLENCE** Violence is never the answer. Peace can only be brought through free will, dialogue empathy and forgiveness. Do not stoop to same level as someone who is violent and therefore continue the vicious cycle. This does not change anything

- a. **REGLA #4: NO LUCHES CONTRA LA VIOLENCIA CON VIOLENCIA.**

La violencia nunca es la respuesta. La paz solo puede lograrse mediante la voluntad libre, el diálogo, la empatía y el perdón. No te rebajes al mismo nivel que alguien violento, perpetuando así el ciclo vicioso. Esto no cambia nada.



- b. Frases en inglés y español:

Pasado simple:

- i. Inglés: I did not fight violence with violence; instead, I chose dialogue.

Presente perfecto:

- ii. Inglés: I have always believed that violence should not be answered with violence.

- 7. **RULE #5: ACCEPT THAT IDENTITY IS FLUID** Any one person can have multiple aspects to their identity. Identity comprises many elements such as nationality, cultural-linguistic origin, age and religious beliefs. Identity can and does change, taking on many new forms and means of personal expression as we learn new languages, move home, adopt new beliefs, marry into a different tradition and experience life! Do not put people into a box. Avoid categorising people according to and us vs. them narrative and remember: we are all singular individuals with unique experiences. Such approaches and narratives are highly divisive and unproductive.

- a. **REGLA #5: ACEPTA QUE LA IDENTIDAD ES FLUIDA.**

Una persona puede tener múltiples aspectos en su identidad. La identidad está compuesta por muchos elementos, como la nacionalidad, el origen cultural-lingüístico, la edad y las creencias religiosas. La identidad puede cambiar y lo hace,

adoptando nuevas formas y medios de expresión personal a medida que aprendemos nuevos idiomas, nos mudamos, adoptamos nuevas creencias, nos casamos en una tradición diferente y vivimos la vida. No encasilles a las personas. Evita categorizar a las personas según una narrativa de “nosotros contra ellos” y recuerda: todos somos individuos singulares con experiencias únicas. Estas aproximaciones y narrativas son altamente divisivas e improductivas.



b. Pasado simple:

- i. Inglés: I accepted that identity is fluid when I learned about different cultures and traditions.

Presente perfecto:

- ii. Inglés: I have always believed that identity can change as we grow and experience life.

8. **RULE #6: AVOID STEREOTYPES** Take people for the individuals they are. Avoid misconceptions, stereotypes and toxic narratives and get to know a person instead. This will avoid of ence, misunderstandings and ultimately help you to create a real bond with others based on true understanding, empathy and trust. After all, no one likes to be judged – especially from the outside

a. **REGLA #6: EVITA LOS ESTEREOTIPOS.**

Toma a las personas por quienes realmente son. Evita conceptos erróneos, estereotipos y narrativas tóxicas, y en su lugar, conoce a la persona. Esto evitará ofensas, malentendidos y, en última instancia, te ayudará a crear un vínculo real con los demás basados en una comprensión, empatía y confianza verdaderas. Después de todo, a nadie le gusta ser juzgado, especialmente desde el exterior.



b. Pasado simple:

I avoided stereotypes and chose to get to know people individually.

Presente perfecto:

I have always avoided judging others based on stereotypes.