

TEACHING FOR EXCELLENCE PACK

Autumn 2015



QUOTE OF THE DAY:

“Stay committed to your decisions; but stay flexible in your approach.” *Tony Robbins*

Content

26th September European Day of Languages

4th October World Teacher's Day

16th October World Food Day

31st October Halloween

28th November Thanksgiving

For Your Information:

If you are interested in more classroom materials and activities for autumn holidays, please see our **Teacher's packs** from previous years.

Teaching for Excellence Pack Autumn 2014

3rd October – **World Smile Day**

16th October – **World Dictionary Day**

31st October – **Halloween** (other materials than in this issue)

Teaching for Excellence Pack 2013

4th October – **Teacher's Day** (other materials than in this issue)

Teaching for Excellence Pack 2012

28th November – **Thanksgiving** (other materials than in this issue)

You can download all the packs from this and previous years for free from our website <http://pearson.com.ua> in **Materials for Teachers** section.

LEARNING

THIS TIME IT'S PERSONAL



EUROPEAN DAY OF LANGUAGES

Level B1-B2



1. With a partner ask and answer the questions below.

- How many languages can you speak?
- What foreign language(s) do you study?
- Why do you think it is useful to speak another language?
- What other language(s) would you like to speak? Why?

2. Look up the words in bold in a dictionary. Then read the interesting facts about languages.

Did you know that...

- The European Day of Languages has been celebrated every year since 2001 on 26 September.
- The aim of the day is to **encourage** people to learn more languages, at any age, in and out of school.
- There are between 6000 and 7000 languages in the world – spoken by 7 **billion** people divided into 189 independent states.
- Although most of the world's languages are spoken in Asia and Africa, and China and India are the most populated countries in the world, English is still the most widely spoken language in the world.
- Languages are in contact with each other all the time and **affect** each other in many ways: English borrowed words and expressions from many other languages in the past; now European languages are borrowing many words from English.
- There are about 225 **indigenous** languages in Europe – about 3% of the world's total.
- Languages are **related to** each other like the members of a family. Most European languages belong to the large Indo-European family.
- Most European languages belong to three broad groups: Germanic, Romance and Slavic.
- Ukrainian belongs to the Slavic language group along with Russian, Belarusian, Polish, Czech, Slovak, Slovenian, Serbian, Croatian, Macedonian, Bulgarian and others.
- Most European languages use the Latin alphabet. Some Slavic languages use the Cyrillic alphabet.

- Ukrainian became the official state language of Ukraine in 1989.
- There are some **minority** languages in Ukraine, for instance Karaim (a language spoken by a small ethnic group of Karaims living in Crimea), Plautdietsch (a dialect of German) and Mariupolitan Greek (a dialect of Greek spoken by ethnic Greeks living in Ukraine). Very few people speak them, they could disappear soon so they are **endangered**.
- At least half of the world's population are **bilingual** or **plurilingual**, it means they speak two or more languages. In Ukraine most people are bilingual – they can speak both Russian and Ukrainian, however, only one of the languages is their **mother tongue**. According to 2003 research, around 30 million people in Ukraine are Ukrainian **native speakers**.

3. Answer these questions.

- How many languages are there in the world?
- What is the most widely spoken language in the world?
- How many indigenous languages are there in Europe?
- To which language family does Ukrainian belong?
- When did Ukrainian become the official state language?
- How many native speakers of Ukrainian are there?
- What is bilingualism?

Palindromes – words and sentences that read the same backwards – have been popular since ancient times. *For example:*

Words:

- Anna
- Level
- Madam
- Radar
- Wow

Sentences:

- Madam, I'm Adam.
- Was it a cat I saw?
- Don't nod.
- My gym.
- No lemon, no melon.

Do you know any palindromes in Ukrainian?



WORLD TEACHER'S DAY

Level A2-B1

1. Ask and answer these questions with your partner.

- a) How often do you do your homework?
- b) When do you usually do your homework? (right after school/before dinner/ before going to bed, etc.)
- c) How much time do you spend on homework?
- d) Do you always come to school with your homework done?
- e) What do you tell your teacher if you didn't do your homework the day before? Does your teacher believe you?

2. Look at the pictures 1 – 9. What do you think happened to the student's homework?



1 The dog ate it.



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____

3. Make sentences to go with the students' excuses for not doing their homework.

My father	ate	with it.
The queen	exploded.	
An eagle	stole	and took my homework to his university.
My brother	came	my school bag.
My computer	landed in our garden	with it.
Some boys	took my homework	it.
A professor	made a paper plane	to tea.
The dog	lit the fire	and took my homework back to their planet.
Aliens	thought it was brilliant	and used it to make a nest.

4. Think of your own excuse and write it in your copybook. Draw a picture to illustrate your excuse!



LEARNING ENGLISH



Vocabulary

1. Complete the dialogues with these words and expressions:

second language	bilingual	strong accent
mother tongue	native speaker	

- a) - So, Sandy, what language do you speak in Hong Kong?
 - Well, of course, Chinese is my, but for almost everyone, English is spoken as a
- b) - Sven, you have been learning English for 10 years. That's a long time!
 - I suppose it is, but I want to keep learning until I can hold a conversation like a
- c) - Where did you learn to speak such good Spanish, Mary?
 - Well, my dad is Spanish and I went to school in Madrid until I was nine, so I'm basically
- d) - I find it very difficult to understand Maggie when she speaks quickly.
 - Well, she comes from Liverpool and she's got quite a I'm sure you'll get used to it.

What Teachers Say

2. Use the correct form of these expressions to complete the sentences:

make mistakes	write it down	revise
rub it out	look it up	

- If you are not sure what something means, in your dictionary.
- Whenever you hear a new word that you think is important, in your notebook.
- Write the answers in pencil. Then if you get one wrong, you can and do it again.
- Remember there's a test tomorrow. So, spend a bit of time this evening.
- Don't worry about..... The important thing is to try to communicate.

Typical Classroom Questions

3. Use these words to complete the questions below.

pronounce	say	difference
mean	spell	plural

- How do you "краєвид" in English?
- What does "rush" ?
- What's the between "for" and "since"?
- How do you this word?
- How do you "headache"?
- What's the of "calf"?

4. Now match the questions to the answers below:

- It's h-e-a-d-a-c-h-e.
- "For" answers the question "How long?" and "since" answers the question "When?"
- It means *go very quickly*.
- Calves.
- It's *scenery*.
- You pronounce it /baʊ/ like "now".

Learning and Practising

5. Use the correct form of these verbs to complete the text below.

practise	say	pick up	hold
study	improve	make	do

When I first started learning English ten years ago, I could hardly (1) a word – "hello", "goodbye", "thank you" was just about it! I went to classes two evenings a week and I was surprised at how quickly I (2) progress. During the course we learned lots of vocabulary and (3) grammar rules. The thing I enjoyed most was being able to (4) speaking with the other students in my class. After two years, I went to England to a language school. I (5) a three-week course at the school and I stayed with a local family. It was a fantastic experience and I (6) a lot of new language from speaking with my host family and with other students from all over the world. I really (7) my pronunciation as well. When I got back home, I was so much more confident. I could actually (8) a conversation with my teacher in English!

6. Write sentences with the phrases from the text about you experience of learning English.

For example: I could hardly say a word in English when I was in 1st class.



FOOD DAY

1. Find twenty words in the word search and write them down below.

- | | |
|----------|----------|
| 1 _____ | 11 _____ |
| 2 _____ | 12 _____ |
| 3 _____ | 13 _____ |
| 4 _____ | 14 _____ |
| 5 _____ | 15 _____ |
| 6 _____ | 16 _____ |
| 7 _____ | 17 _____ |
| 8 _____ | 18 _____ |
| 9 _____ | 19 _____ |
| 10 _____ | 20 _____ |

2. Read the types of food below. In each line, one word shouldn't be there – cross it out.

1	banana, apple, strawberry, cabbage
2	milk, butter, onion, cheese
3	pork, beef, mushroom, chicken
4	bread, cake, ice-cream, apple pie
5	borsch, coffee, solyanka, okroshka
6	carrot, peach, lemon, orange
7	vareniki, pasta, holubtsi, chicken kiev
8	Caesar, Greek, olivier, watermelon

3. Write your answers to the questions below. Then interview two students and write their answers.

No	Question	Your answer	Student 1	Student 2
1	What do you usually have for breakfast?			
2	How many times a day do you eat vegetables?			
3	What is your favourite vegetable?			
5	Do you like fast food? Why?			
6	How often do you eat soup? Which soup is your favourite?			
7	What is your favourite drink?			
8	Do you prefer fish or meat?			
10	What is your favourite food?			
11	What food do you hate?			
12	What is your favourite Ukrainian dish?			

4. Now tell the class what you and other students have in common and what is different.

For example: Pavlo and I have a lot in common. We both like lemonade and sweets and we both hate milk. Our favourite Ukrainian food is vareniki, etc.

5. Use the text below to write about one of your partners from exercise 3. Use their answers to the questions above.

My partner's name is _____. Every day, he/she has _____ for breakfast. He/She likes / loves / hates vegetables, and _____. My partner loves / hates fast food because _____. He/she eats soup _____, and his/her favourite soup is _____. His/her favourite drink is _____. His/her favourite food is _____, but he/she doesn't like _____, and finally his/her favourite Ukrainian dish is _____.



WORLD FOOD DAY

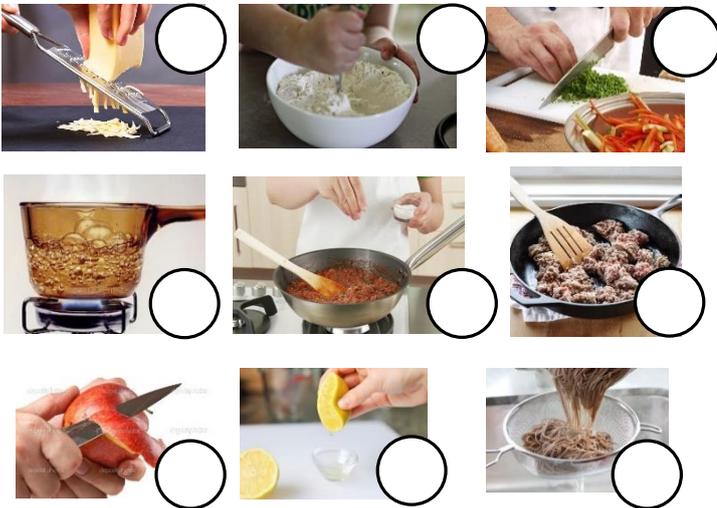
Level B1-B2

1. Discuss these questions with a partner.

- What is your favourite food?
- How often do you cook?
- What dishes do you like cooking?
- What words connected with cooking can you think of? For example, *boil, bake, grate, etc.*

2. Match the words from the box with the pictures below.

- | | | | |
|--------------------|---------------------|---------|--------|
| 1.squeeze | 2.break up the meat | | |
| 3.season with salt | 4.mix | 5.drain | |
| 6.peel | 7.grate | 8.chop | 9.boil |



3. Read the recipe below and look up any unknown words in a dictionary.

Pasta with turkey and broccoli

Ingredients

- 300 g of broccoli
- 3 tablespoons of olive oil
- 500 g of minced turkey meat
- 2 cloves of garlic
- 1 tablespoon of crushed red pepper
- Some salt
- Parmesan, for serving



Directions

- Cook the pasta in boiling water. While the pasta is cooking, finely chop the garlic cloves.
- Add the broccoli to the pasta during the last minute. Drain over the sink and return the pasta and broccoli to the pot.
- Heat 1 tablespoon of olive oil in a large frying pan over medium-high heat. Add the turkey,

garlic, and red pepper and cook, breaking up the meat with a spoon.

4 Cook until browned, 3 to 5 minutes.

5 Season with 1 tablespoon of salt.

6 When cooked, mix the turkey from the frying pan with the pasta and broccoli and the remaining 2 tablespoons of olive oil.

7 Serve with grated Parmesan cheese.

4. Are the statements below TRUE or FALSE about the recipe?

- The garlic should be chopped into very small pieces.
- The broccoli should be cooked with the pasta from the very start.
- 'Drain' means separate the pasta from the water.
- Put all 3 tablespoons of olive oil into the frying pan at the start.
- While it is cooking, break the turkey meat into smaller pieces with a spoon.
- A tablespoon is what we usually use to stir our tea.
- To serve, the turkey must be on top of the pasta.

5. Now it's your turn to work with a partner and write the recipe for one of your favourite dishes:

- Don't forget to include the ingredients at the start, and draw a picture of your dish!
- Use some of the underlined phrases in the above recipe if necessary.
- Present your recipe to the class. (Do the task in your copybook or on a separate sheet of paper).

6. Choose the correct word for the sentences below.

- I hate fish. It's *disgusting* / *mouthwatering*.
- You should have the chocolate cake. It's *delicious* / *crunchy*.
- I love yoghurt because it's so *dry* / *creamy*.
- The chicken curry was really *spicy* / *creamy*, but the potatoes were a bit *bland* / *mouthwatering*.
- Yuck! This bread is already *stale* / *divine*. There are green bits on it everywhere.

7. Use the adjectives from the exercise above to describe your opinion of the following foods:

borsch, fish, crisps, chicken, vegetables, sushi, pizza

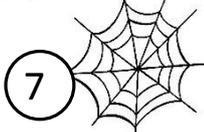
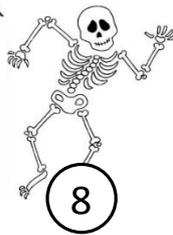
For example: I think crisps are _____.
In my opinion, sushi is _____.



HALLOWEEN



1. Put the letters in the right order to find the secret word.



1 SOHTG

--	--	--	--	--	--	--	--

2 TWHIC

--	--	--	--	--	--	--	--

3 MOBRO

--	--	--	--	--	--	--	--

4 NIPKUPM

--	--	--	--	--	--	--	--	--	--	--

5 TAB

--	--	--

6 DISREP

--	--	--	--	--	--	--	--

7 BWBCOE

--	--	--	--	--	--	--	--	--	--

8 SENLOKTE

--	--	--	--	--	--	--	--	--	--	--	--

J			
---	--	--	--

	'										
--	---	--	--	--	--	--	--	--	--	--	--

2. Read about Mike's Halloween and fill in the gaps with the words from the box.

dress up	trick-or-treating	pumpkin	candy
spooky	vampire	pointy	broom

Hi! My name is Mike and I love Halloween! Every year on the 30th of October we get ready for it. My mother buys a big 1) _____ and we make a Jack O'Lantern together. Our Jack O'Lantern always has a 2) _____ face, so my little sister is afraid of him.

The next day on the 31st, we 3) _____ in scary costumes. I like wearing a 4) _____ costume. I have a white face and sharp teeth. My sister is a little witch with a black 5) _____ hat and a 6) _____. Then we take a big bag and go 7) _____. We ring on the doorbells and say, 'Trick or treat!'. People always give us lots of 8) _____. Halloween is so much fun!

3. Here is Mike's Jack O'Lantern. Read and draw to finish the picture.

This is my Jack O'Lantern. It's got two big square eyes and a small round nose. It's got a wide scary mouth with five sharp teeth. There's a big black spider on top!



4. Now draw your own Jack O'Lantern and write about it.

This is my _____





HALLOWEEN

1. Do a short quiz to find out if you are superstitious.

- Do you believe that bad things might happen on Friday 13th?
- Do you stop in fear if a black cat crosses your path?
- Do you have a horseshoe on your door?



If you answered **yes** to any of these questions, you may be **superstitious**. That is you believe in **superstitions**.

2. Read the dictionary definition of a superstition and discuss the following questions.

superstition /,su:pə'stɪʃən, ,sju:-|| ,su:pər-/ n [C]
(unreasonable) belief based on old ideas about luck, magic, etc. **-tious** *adj*

(from *Pearson Longman Handy Learner's Dictionary*)

- 1) Are there any superstitions in your family?
- 2) Have you got a lucky or an unlucky number?
- 3) Do you think there is any truth behind superstitions?

3. Match the words with their definitions.

- | | |
|-----------------|---|
| 1) sacred | a. harmful creatures without a physical body |
| 2) spikes | b. long and thin objects with sharp points, usually made of metal |
| 3) evil spirits | c. where something comes from, the root of something |
| 4) origin | d. very important and respected, connected to God or religion |

4. Look at the list of the most common superstitions in English speaking countries and their possible origins. Which origin do you think is true? Choose A or B. Why do you think so? Discuss.

Superstition 1: *It's bad luck, if a black cat crosses your path.*

Origins:

- A. Black cats were witches' favourite pets.
- B. The Ancient Greeks believed that black cats were a symbol of death and disease.

Superstition 2: *In the UK and Ireland, it's good luck if a black cat crosses your path.*

Origins:

- A. This is because the Ancient Egyptians thought that cats were sacred animals.
- B. Black cats were very rare in England in the 17th-18th centuries, so seeing one was a lucky sign.

Superstition 3: *It's bad luck to open an umbrella indoors.*

Origins:

- A. This comes from an Ancient Egyptian belief that using sunshades offended Ra, the god of the sun.
- B. Because umbrellas used to have metal spikes in England in the 18th century, it was rather dangerous to open them inside.

Superstition 4: *It's bad luck to walk under a ladder.*

Origins:

- A. A ladder leaning against a wall forms a triangle, a sacred shape, according to Ancient Egyptians.
- B. There were a lot of accidents as a result of a ladder falling when someone walked under it in Europe in the Middle Ages.

Superstition 5: *When you spill salt, throw some over your left shoulder to avoid bad luck.*

Origins:

- A. This is because salt was often used in witchcraft and was associated with evil spirits.
- B. Salt has always been a very valuable spice, which was very expensive in the ancient times.

Superstition 6: *Touch wood to avoid disappointment.*

Origins:

- A. This comes from an ancient religious custom to touch a wooden cross during rituals.
- B. People in Middle Age Europe believed that knocking on wood protected them from evil spirits.

5. Which superstitions from exercise 4 are common in Ukraine? Which ones do you believe in?

6. In pairs, make a list of the most common superstitions in Ukraine. Where do you think they come from? Share your ideas with another pair.

Creative Writing Prompt:

Write a Halloween story including as many superstitions as possible. Tell your story to the class.

Example: *It was a dark Halloween night. I was walking along the street when suddenly a black cat crossed my path...*

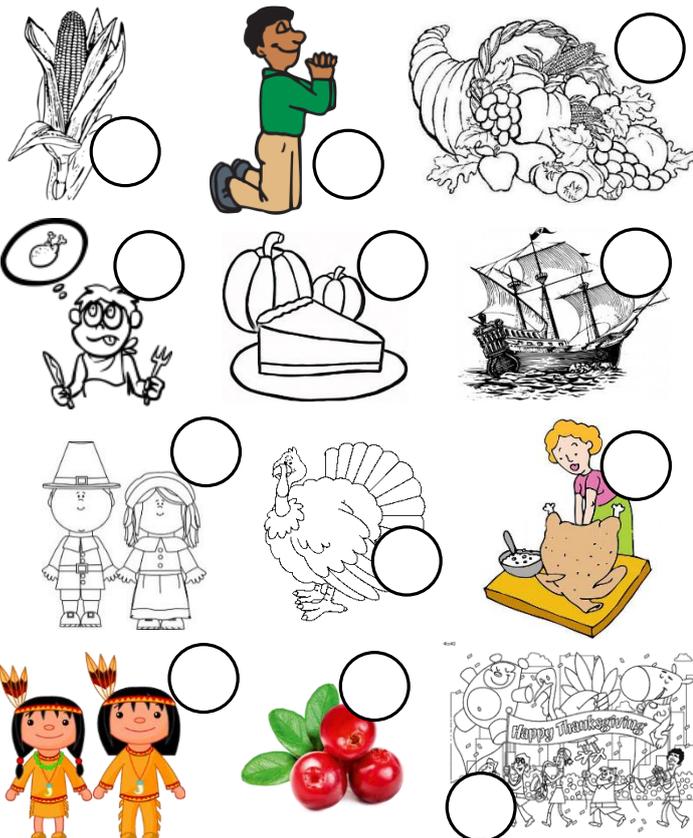




THANKSGIVING

1. Match the words from the box with the pictures.

1. cranberry 2. pray 3. Pilgrims 4. corn
 5. turkey 6. stuffing 7. ship 8. parade
 9. Indian (=Native American) 10. hungry
 11. harvest 12. pumpkin pie



2. Read the text and fill in the gaps with the words from ex.1 in the correct form.

The history of Thanksgiving

In the year 1620, a hundred people came to America on a ^{a)} _____ called the Mayflower. The people were called the ^{b)} _____ and they came from England.

The first winter was very difficult. The Pilgrims were cold and ^{c)} _____. Half of them died during the winter of 1620-1621.

In the spring of 1621, a friendly ^{d)} _____ came to visit. He could speak English. Squanto, from the Wampanoag **tribe** of ^{e)} _____. The Indians helped the Pilgrims **survive**. They showed them how to **plant** ^{f)} _____. The Pilgrims worked hard. They built houses and went hunting and fishing. The fall¹

^{g)} _____ was so good in 1621 and the Pilgrims were so thankful that they decided to have a big dinner. They **invited** their Native American friends. They had a big party for three days. It was the first THANKSGIVING. The Pilgrims ^{h)} _____ to God, they said "Thank you".

Since then the Americans have celebrated Thanksgiving on the fourth Thursday in November each year.

Today people remember those difficult times and celebrate by eating a traditional dinner of ⁱ⁾ _____, ^{j)} _____, ^{k)} _____ sauce, sweet corn and ^{l)} _____. They make the food and invite their **relatives**, friends and neighbours to sit together at a table and to say what they are **thankful** for this year.

Thanksgiving is a national holiday and schools, offices and many businesses are closed. People get together, and many towns and cities have ^{m)} _____ with balloons, **floats** and people in **fancy dress costumes**.

¹ fall (American English) = autumn (British English)

- Look up the words in bold in a dictionary and write your own sentences with them in your copybook.
- Look at the underlined sentences in the text. What tenses are the verbs in? Open the brackets and put the verbs in the correct form.

P _ _ _ S _ _ _ _	P _ _ _ _ P _ _ _ _
The harvest _____ (be) so good <u>in 1621</u> and the Pilgrims _____ (be) so thankful that they _____ (decide) to have a big dinner.	Since then (1621) the Americans _____ (celebrate) Thanksgiving on the fourth Thursday in November each year.

5. Put the verbs in the correct tense to make complete sentences. Write them in your copybook.

- My parents/have/their car/ since 2011.
- My friends/be/ at the gym/yesterday. They/ play/ basketball.
- When/I/be/a child/I/be not/ afraid of the dark.
- I/see not/ my grandparents/since last summer.
- In 2005/I/not have/ a smartphone.
- My sister/read/many books on medicine/ since/she/start/studying at medical university.

Creative Writing Prompt: Write a short essay about to whom and for what we are thankful.

References:

- *Timesaver Grammar Activities, Mary Glasgow Magazines*
- *English Vocabulary Organiser, Language Teaching Publications 2001*
- <http://busyteacher.org/>
- <http://edl.ecml.at/>
- <http://www.livescience.com/33507-origins-of-superstitions.html>
- <http://www.realsimple.com/food-recipes/browse-all-recipes/pasta-turkey-broccoli>

Answer Keys

European Day of Languages – Level B1-B2

Ex. 3

- There are between 6000 and 7000 languages in the world.
- English is the most widely spoken language in the world.
- There are about 225 **indigenous** languages in Europe.
- Ukrainian belongs to the large Indo-European family, to the Slavic group.
- Ukrainian became the official state language of Ukraine in 1989.
- According to 2003 research, around 30 million people in Ukraine are Ukrainian native speakers.
- The ability to speak two languages equally well.

World Teacher's Day – Level A2-B1

Ex. 2 & 3

- The dog ate it.
- My computer exploded.
- Some boys stole my school bag.
- The Queen came to tea.
- Aliens landed in our garden and took my homework back to their planet.
- An eagle took my homework and used it to make a nest.
- My brother made a paper plane with it.
- My father lit the fire with it.
- A professor thought it was brilliant and took my homework to his university.

Learning English – Level B1

Vocabulary

Ex.1

- mother tongue, second language;
- native speaker;
- Bilingual;
- strong accent;

Typical Classroom Questions

Ex.2

- look it up;
- write it down;
- rub it out;
- revising;
- making mistakes;

Ex.3

- say;
- mean;
- difference;
- pronounce;
- spell;
- plural;

Ex.4

- e,
- c,
- b,
- f,
- a,
- d

Learning and Practising

Ex.5

- say;
- made;
- studied;
- practise;
- did;
- picked up;
- improved;
- hold

World Food Day – Level A1-A2

Ex.1



Ex.2

No	food	the odd one out
1	banana, apple, strawberry, cabbage	<i>cabbage</i>
2	milk, butter, onion , cheese	<i>onion</i>
3	Pork, beef, mushroom , chicken	<i>mushroom</i>
4	bread , cake, ice-cream, apple pie	<i>bread</i>
5	borsch, coffee , solyanka, okroshka	<i>coffee</i>
6	carrot , peach, lemon, orange	<i>carrot</i>
7	vareniki, pasta , holubtsi, chicken kiev	<i>pasta</i>
8	Caesar, Greek, olivier, watermelon	<i>watermelon</i>

World Food Day – Level B1-B2

Ex.2



Ex.4

- True
- False – The broccoli should only be added during the last minute.
- True
- False – only one tablespoon should be added at the start. The other two tablespoons at the end.
- True
- True
- False – it should be mixed together.

Ex.5

If there is time, this could be done as a project, where students write, design and decorate a poster with a recipe of their favourite food, and these can be then hung in the classroom for some time.

Ex.6

a) disgusting; b) delicious; c) creamy; d) spicy; e) stale

Ex.7

Students' own answers.

Halloween – Level A1-A2**Ex.1**

1 ghost, 2 witch, 3 broom, 4 pumpkin, 5 bat, 6 spider, 7 cobweb, 8 skeleton

Secret word: Jack O'Lantern

Ex.2

1 pumpkin, 2 spooky, 3 dress up, 4 vampire, 5 pointy, 6 broom, 7 trick-or-treating, 8 candy

Ex.3**Halloween – Level B1-B2****Ex.3**

1d, 2b, 3a, 4c

Ex.4

1A, 2A, 3B, 4A, 5B, 6 both A and B are true

Ex.5

Possible answers: 1, 5, 6

Ex.6

Some examples: it's bad luck for unmarried girls to sit at the corner of the table, it's bad luck to give something to someone over a threshold, you shouldn't whistle inside etc.

Thanksgiving – Level A2+**Ex.1****Ex.2**

a) ship; b) Pilgrims; c) hungry; d) Indian; e) Native Americans; f) corn; g) harvest; h) prayed; i) turkey; j) stuffing; k) cranberry; l) pumpkin pie; m) parade.

Ex.4

Past Simple	Present Perfect
The harvest was (be) so good in 1621 and the Pilgrims were (be) so thankful that they decided (decide) to have a big dinner	Since then (1621) the Americans have celebrated (celebrate) Thanksgiving in November each year.

Ex.5

- 1) My parents **have had** their car since 2011.
- 2) My friends **were** at the gym yesterday, they **played** basketball.
- 3) When I **was** a child, I **wasn't** afraid of the dark.
- 4) I **haven't seen** my grandparents since last summer.
- 5) In 2005 I **didn't have** a smartphone.
- 6) My sister **has read** many books on medicine since she **started** studying at medical university.

Автори та укладачі:

Світлана Сорочинська – головний методист Міжнародного освітньо-методичного центру Pearson-Dinternal

Олена Міходуй – старший методист Міжнародного освітньо-методичного центру Pearson-Dinternal

Роберт Хартіган – старший методист Міжнародного освітньо-методичного центру Pearson-Dinternal

Вікторія Саркісян – методист Міжнародного освітньо-методичного центру Pearson-Dinternal

Катерина Пилипенко – методист Міжнародного освітньо-методичного центру Pearson-Dinternal