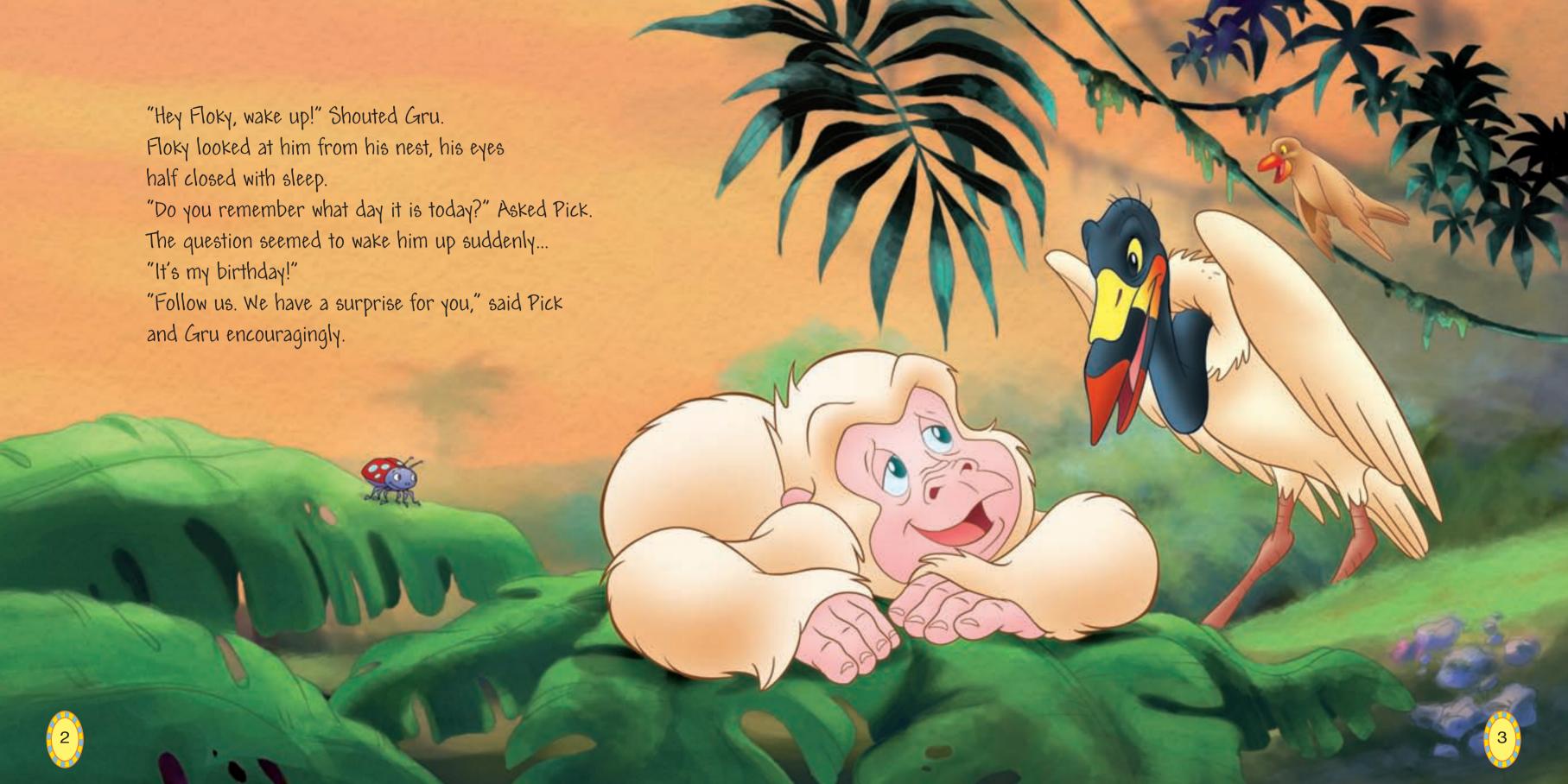
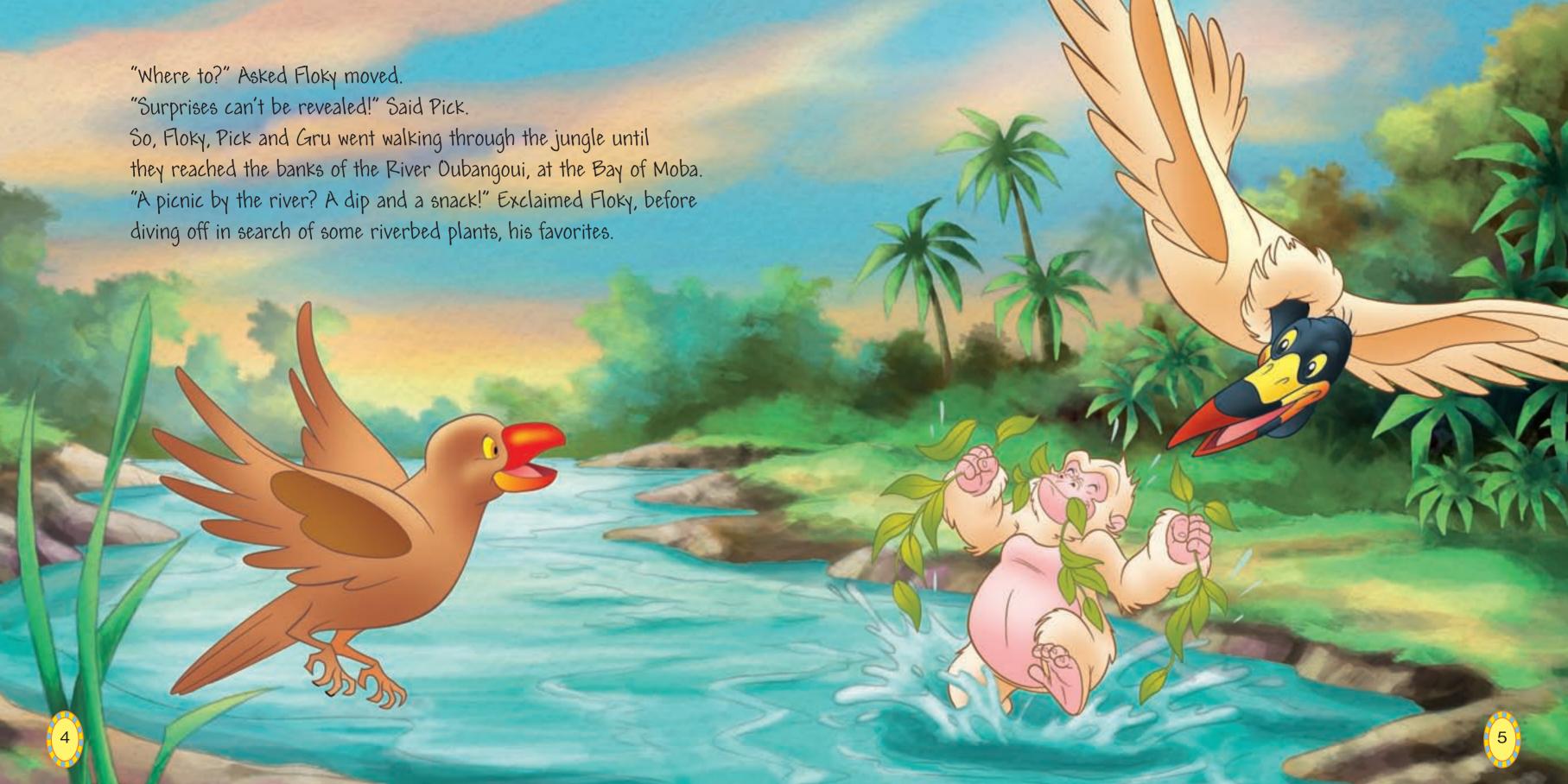
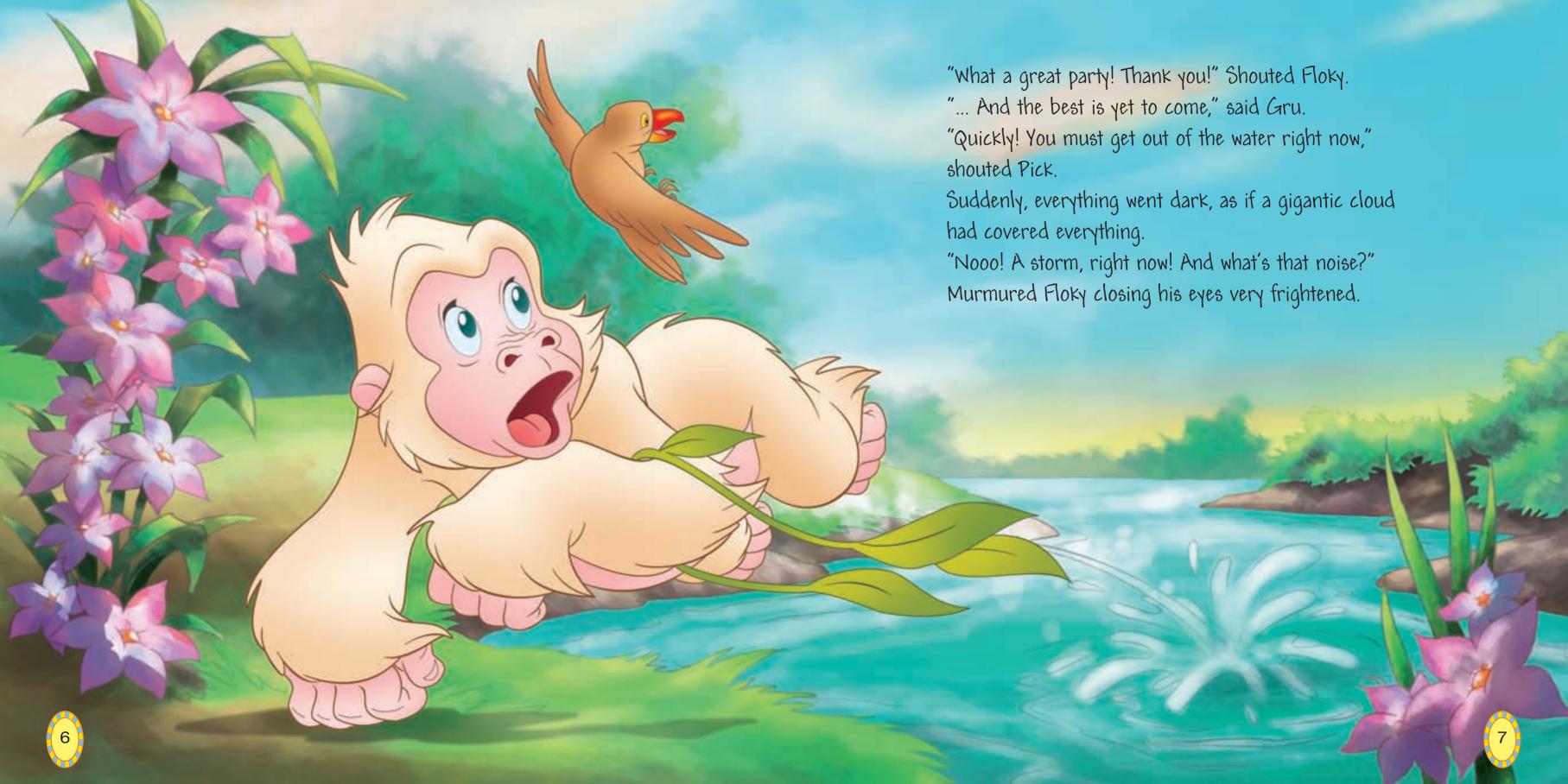


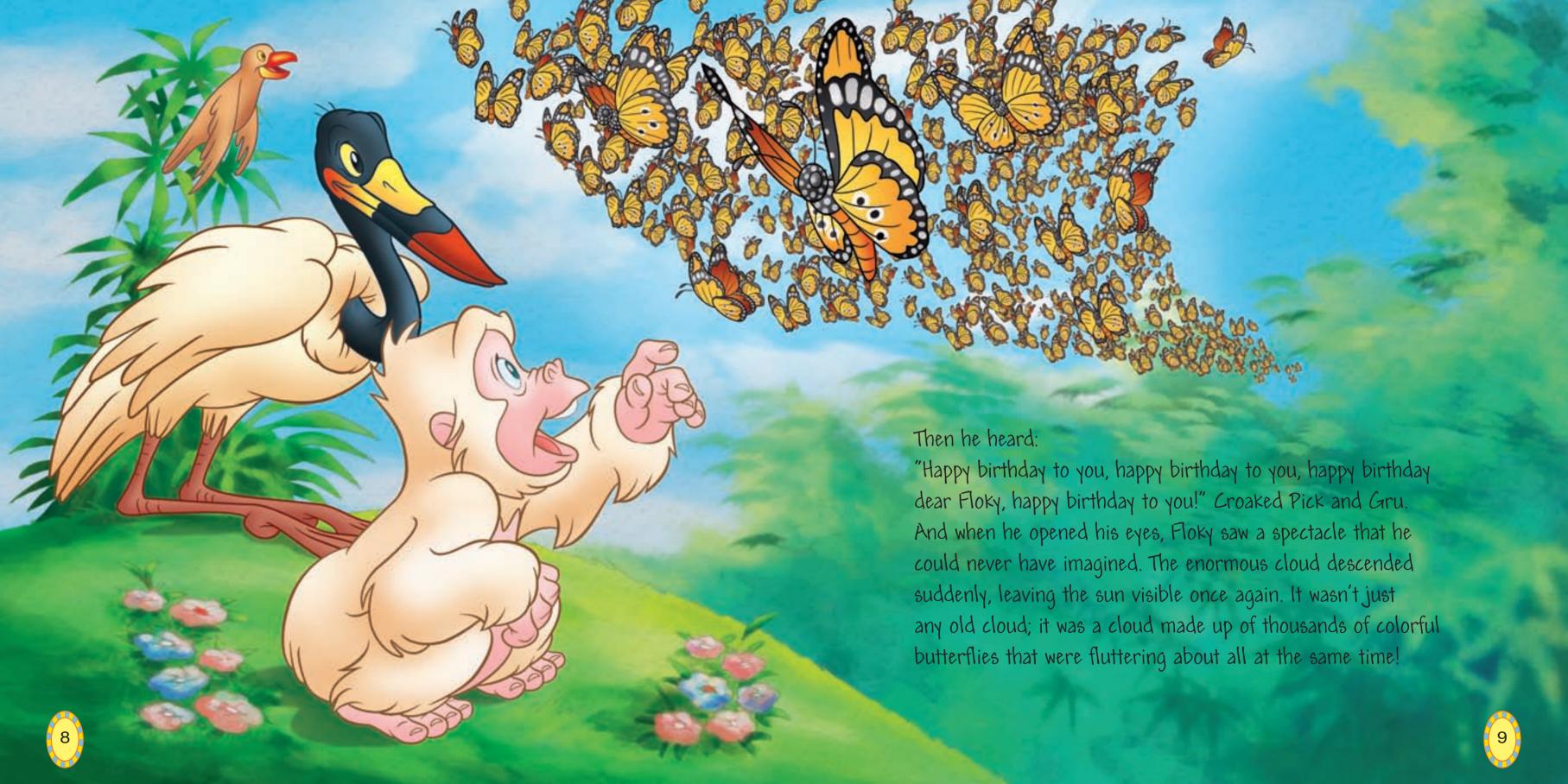
to be involved! A kid's book about community spirit

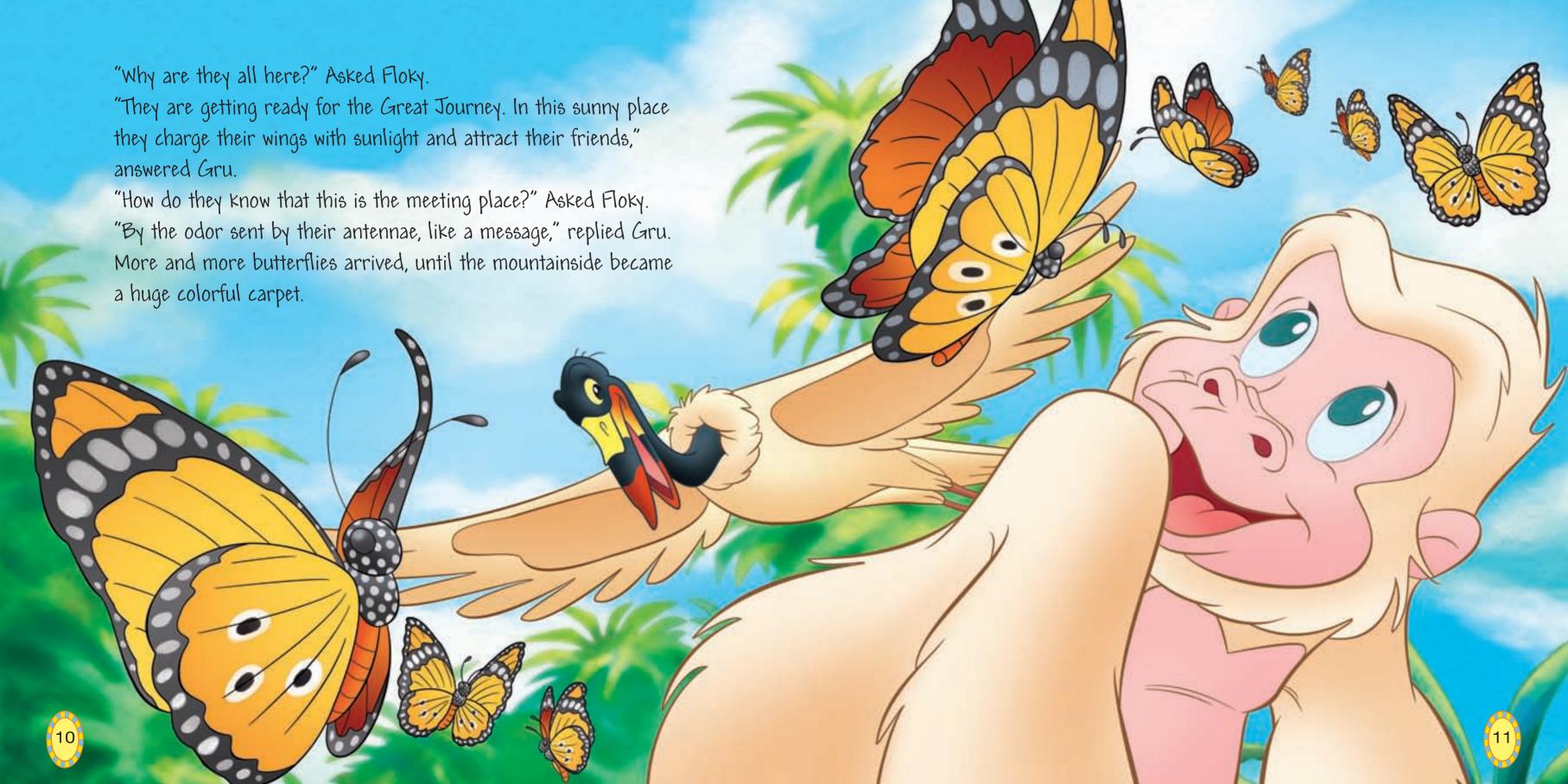


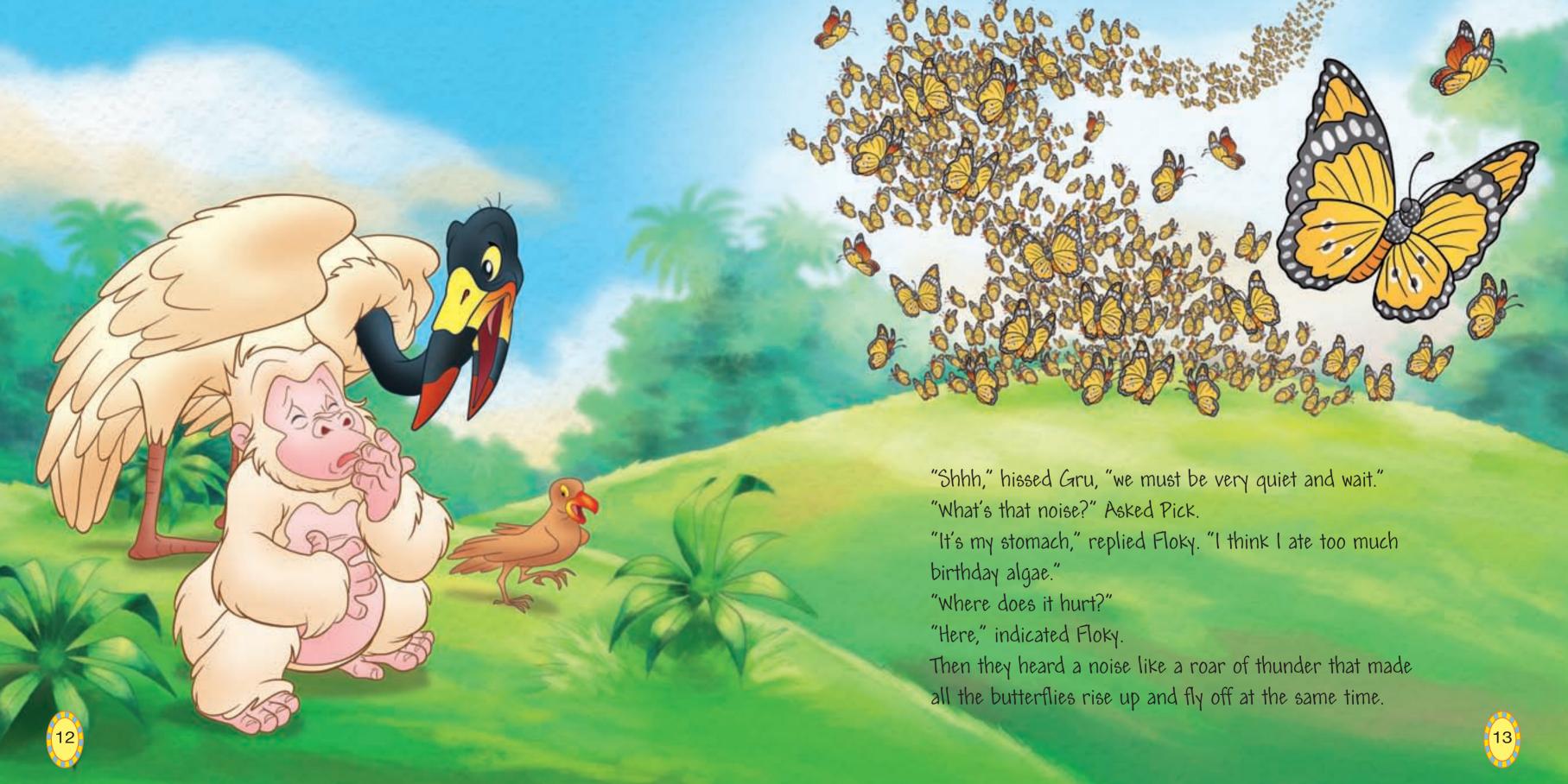






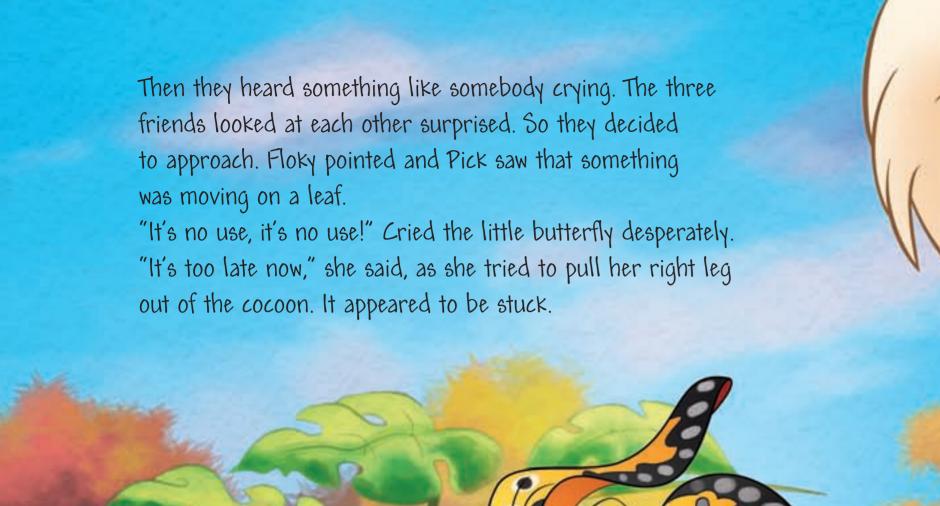


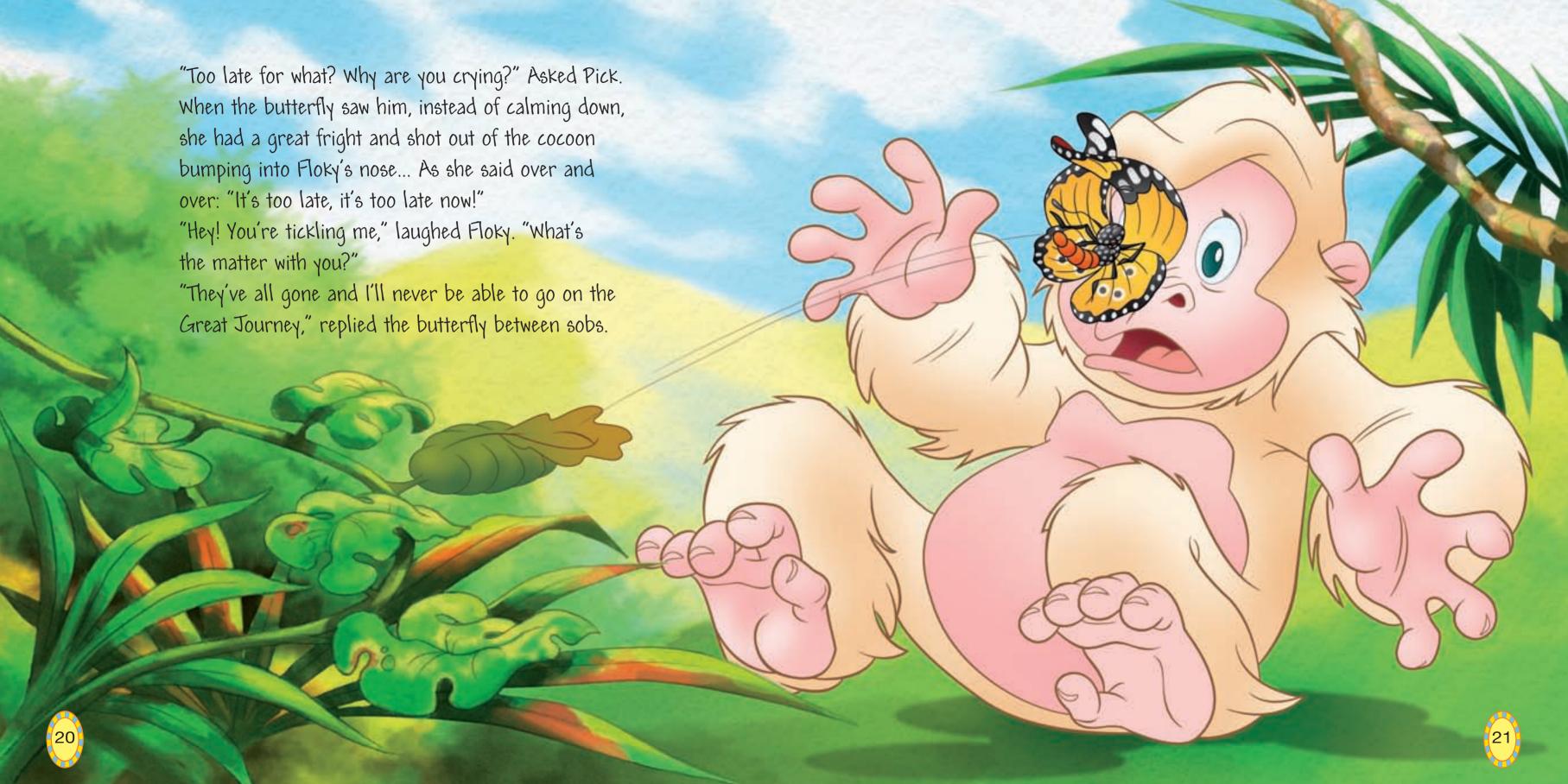


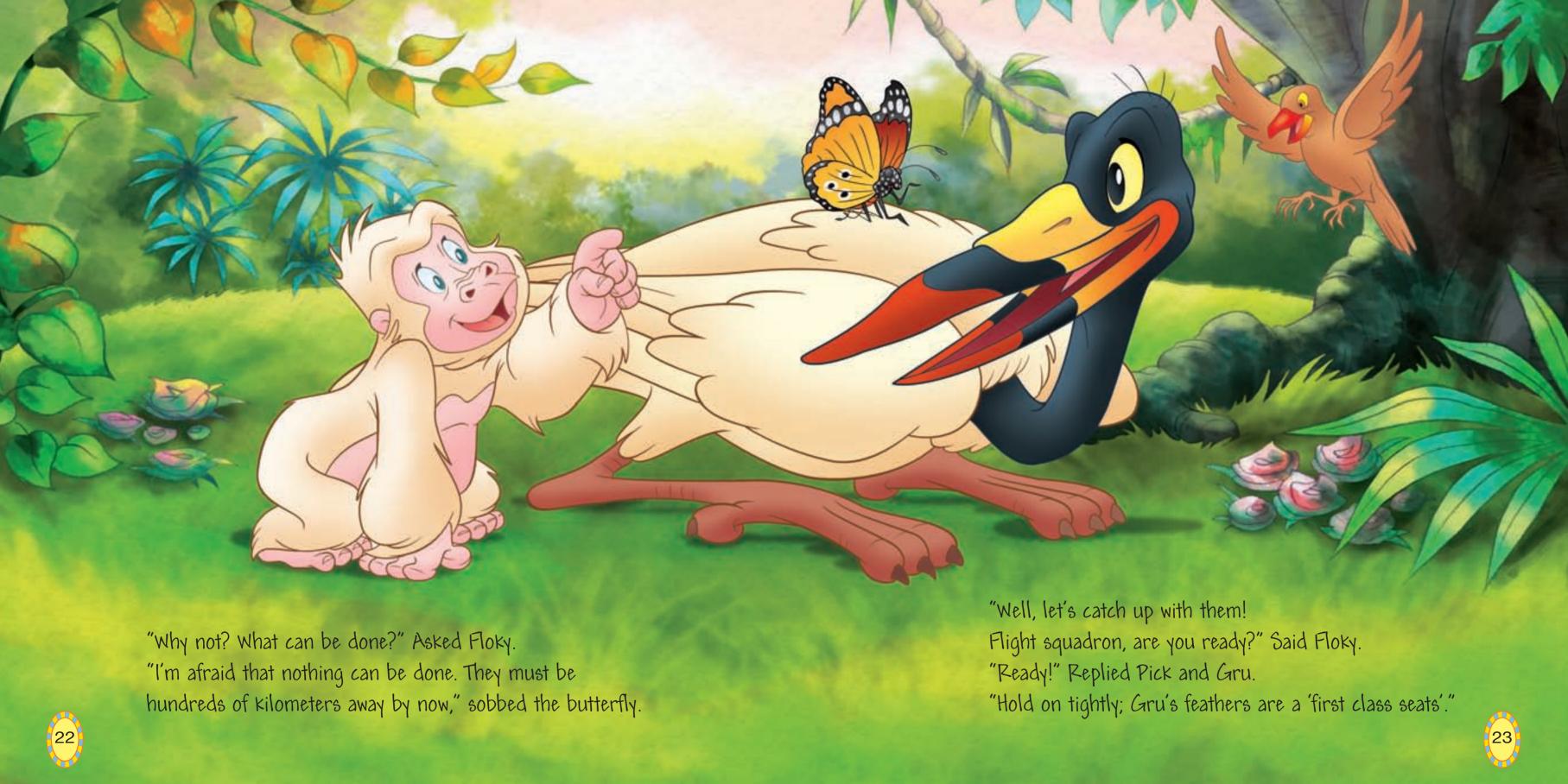


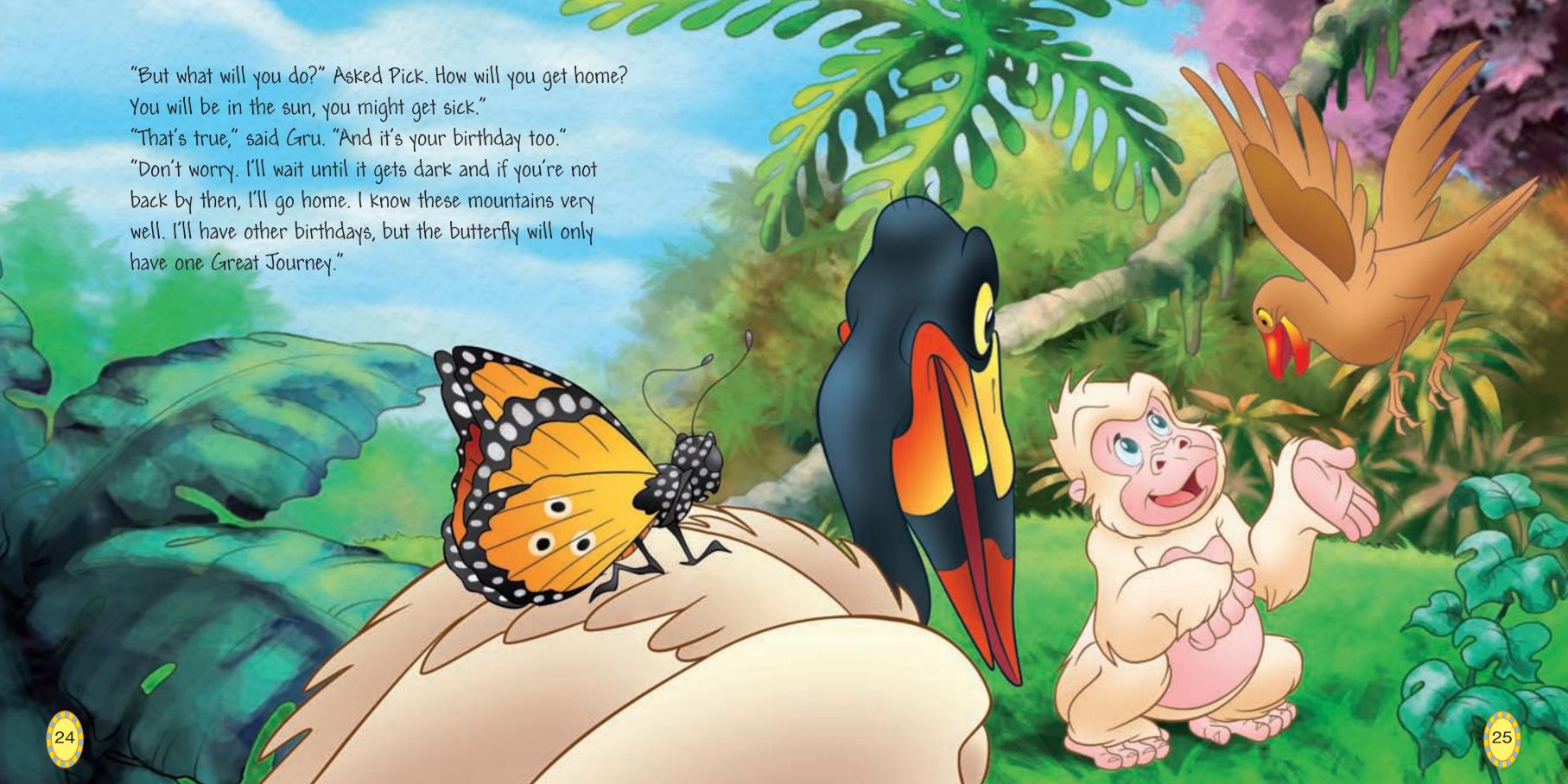


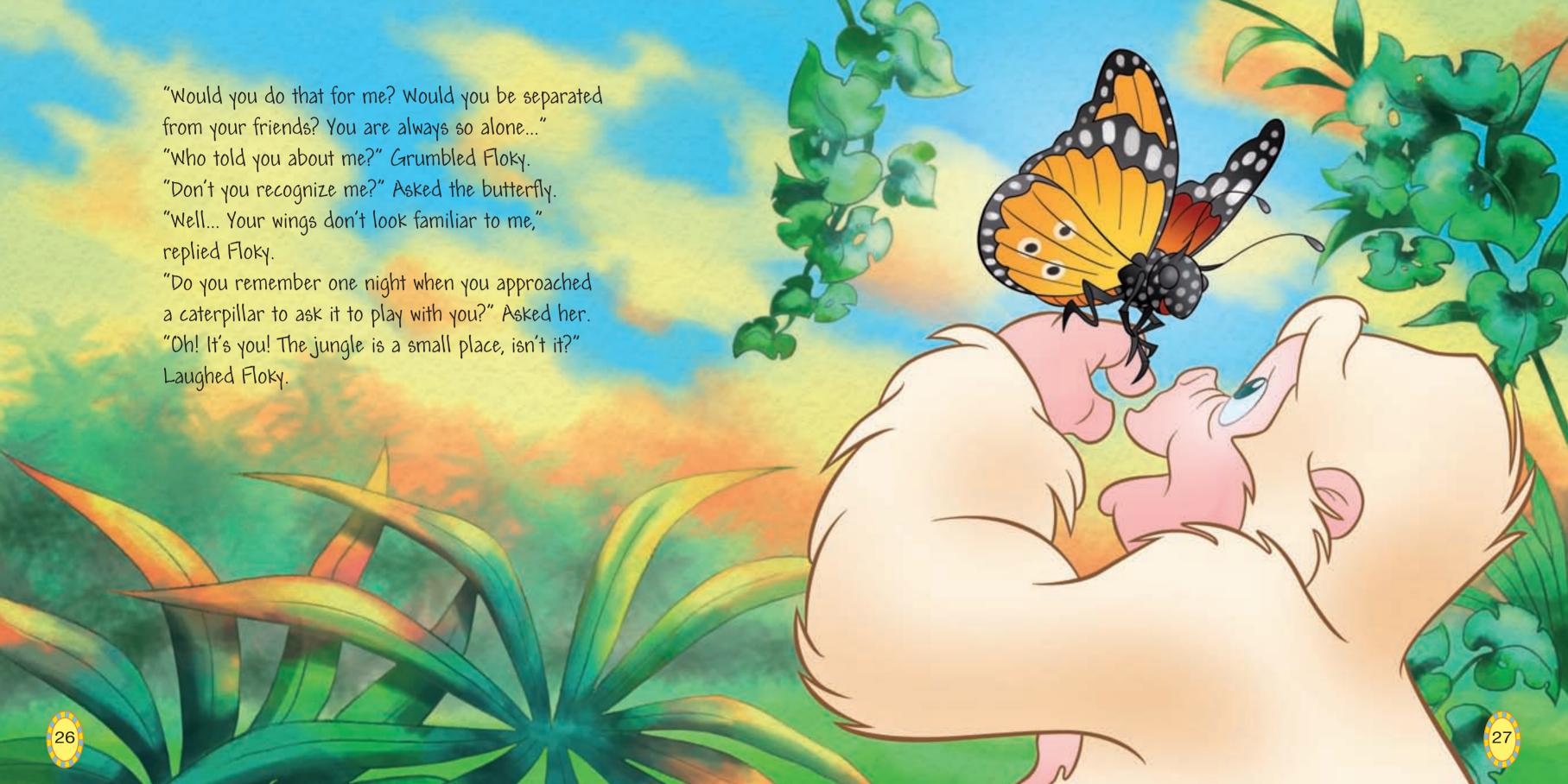


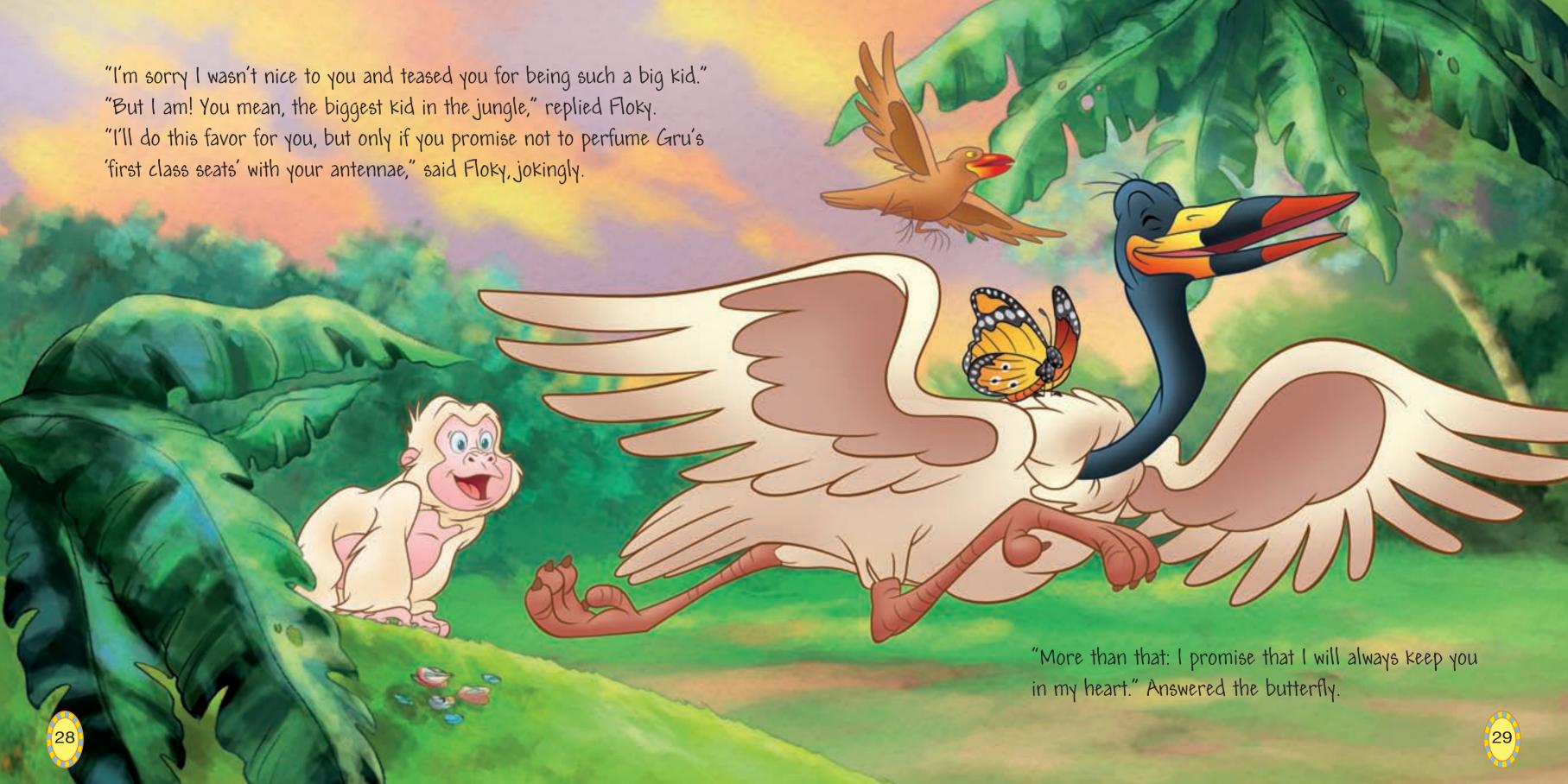


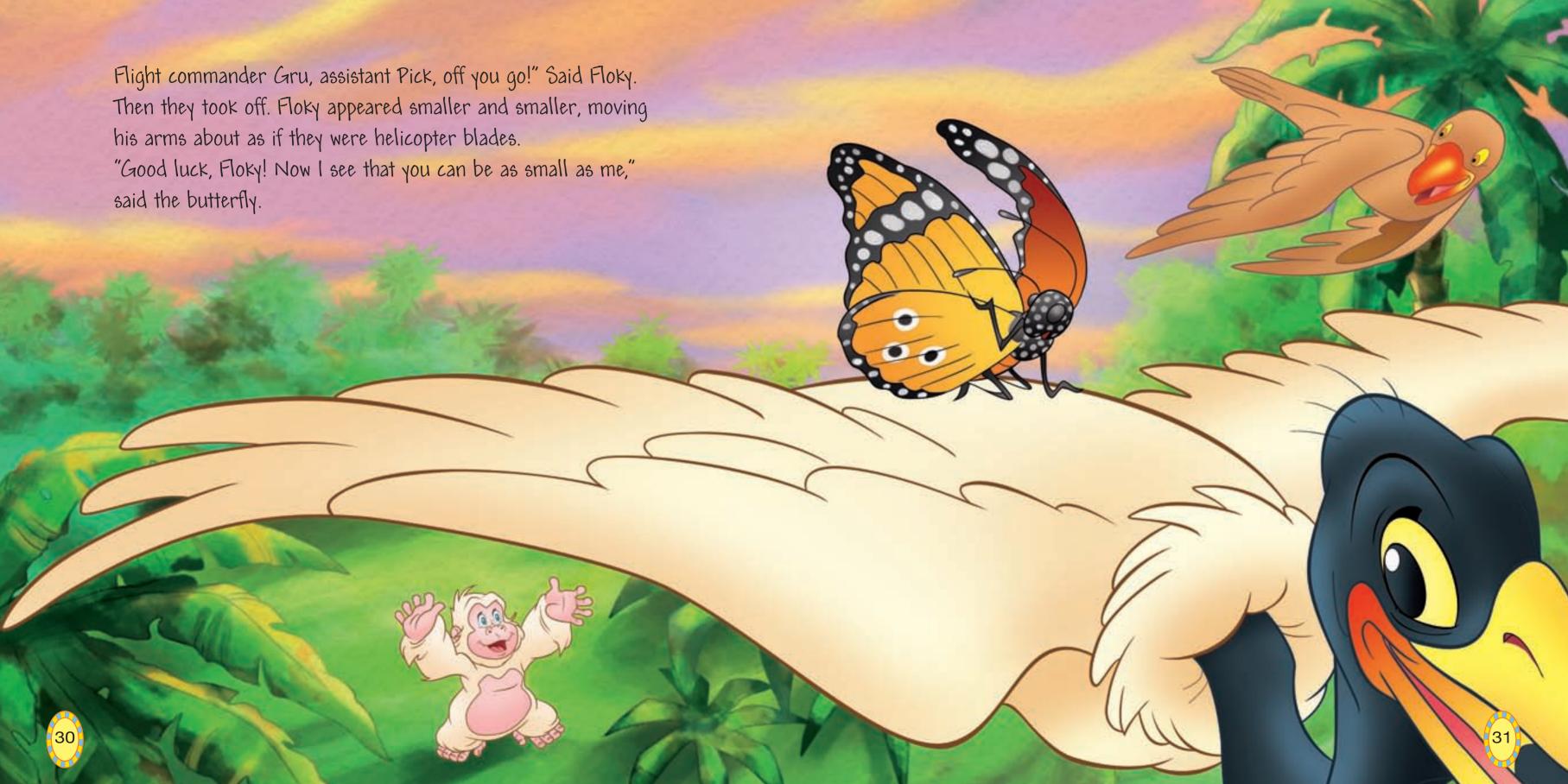












what is community spirit?

It's what makes us help one another. When we do things not only thinking about ourselves or what interests us, but rather about what is most important, regardless of whether this is good or bad for us. Community spirit is what we feel when we manage to also think about those who are near to us: Our friends, relatives, neighbors and everybody who needs our help, cooperation or simply a smile. Although sometimes in order to achieve this, we must refrain from doing what we would most like to do, in order to help others. It's like when you make a sandcastle with lots of tiny mounds of sand, when maybe with the help of all your friends and a new friend, you could build a very large, strong and lovely sandcastle together.



Manual for the Perfect Adventurer

Choose your backpack carefully: It should be light, strong, have a lot of compartments and inside it, vou should always have...

A hat, cap or helmet:

To protect you from the sun, heat, wind or the cold, depending on where you're going. You can find caps with visors to protect your neck from the sun, with vents and even with a water flask for drinking. You could wear a pith helmet like the ancient adventurers, in the style of Indiana Jones.

Camera:



For taking photos of people, places and interesting things to share them with your family and friends later.



A small notebook:

For gathering all your travel impressions and for making your own logbook or travel album.





zips and detachable parts so that you can transform them into shorts in a flash.



Magnifying glass:

For seeing even the tiniest things in full detail.



It makes everything easier.



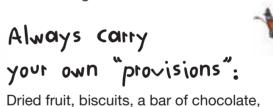
Flask:

So that you always have fresh water with you.



Old and comfortable boots, trainers and sandals:

Your best allies on long hikes.



Dried fruit, biscuits, a bar of chocolate. some juice and mineral water.



Books, comics, magazines, cards and pocket-sized games:



To keep yourself amused during long waits and to brighten up long journeys. It's also a way to make new friends, if you swap them or ask them to play with you.



... Lastly and very importantly, follow this piece of advice: "When in Rome, do as the Romans..." This means letting yourself be surprised by new experiences, customs and flavors... In this way, you will be able to learn many good things, as you are lucky enough to be able to meet new people and discover new places and cultures.



It's great to be involved!

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© Gemser Publications, S.L. 2011 El Castell, 38 08329 Teià (Barcelona, Spain) www.mercedesros.com

ISBN: XXX-XX-XXXXXX-XX-X

Printed in China

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