

1. a great advocate for social justice; advocate doing sth 2. call on sb to reflect on our responsibility to do sth
 3. put great effort into worthy cause of serving our fellow human beings
 4. assist with conservation efforts 协助保护工作 assist with sth / assist in doing
 5. take advantage of in the comfort and warmth of our home 在舒服的家中
 6. make us feel an emotional connection to the community
 7. devote our time and effort unconditionally to helping (help) build a better community unconditionally
 8. be good for our physical and mental health
 9. Our stress levels are reduced when we do meaningful volunteer work, which further enables us to sleep better or get sick less often.
 10. we also gain a sense of purpose in life and become happier.
 11. to learn valuable skills meet new people expand our relationship network improve our social skills
- (志愿者) With the International Volunteer Day approaching, I'd like to call on all of you to participate in the voluntary activities actively.

As you know, volunteering brings us many benefits. Not only does it make us feel an emotional connection to the community, it is also good for our physical and mental health. Besides, we can bring love and care to those in need, thus allowing us to gain a sense of purpose in life and become happier. More importantly, volunteering offers us chances to learn valuable skills, which makes us better persons.

Let's take action now! Let's lend a helping hand to those in need to create a more harmonious society.

收获与感受: It was amazing/I was very amazed to see how a pile of waste materials could be turned into works of art/something combining functionality and artistic beauty. Through this activity, I realize that creativity knows no bound./或 I realized the value of reuse and developed a sense of environmental protection. It not only made old items regain vitality/new life but also helped us learn to be creative and thrifty(节约节俭).

收获与感受: I felt awed at the sight of Not only did the event stimulate our creativity, but it also raised awareness of environmental protection /deepens our insight into low-carbon lifestyle. I do believe that the event planted a seed of environmental responsibility in every participant's heart.

Through the activity, I learned that waste can become treasure with just a little imagination. This event improved my hands-on skills and made me realize the importance of protecting the environment. I felt proud and inspired to live a greener life and small actions can make a difference.

第一段: Last week, to encourage students to rethink the value of discarded things and give these items a second life, our school held a creative activity themed "New Life for Old Items", which was a great success and won wide praise from all students. receive positive feedback from students and teachers alike