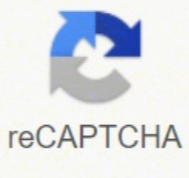




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## Curso de ingles basico para principiantes pdf

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Cinco de Mayo is often celebrated in the United States with Mexican food and drinks, music, dancing and more. Some cities have parades and cultural performances. However, how Cinco de Mayo is celebrated and even who participates in it has changed over time. Today, the biggest celebrations are held in major cities with significant Mexican-American populations, like Washington D.C., Los Angeles, Houston, Boulder, San Antonio and more.What Cinco de Mayo Is All AboutAn important thing to remember if you plan on celebrating Cinco de Mayo is that it's not the anniversary of Mexico's independence. That's celebrated on September 16, the anniversary of the 1810 call by Miguel Hidalgo for independence from Spain, and is comparable to July 4th and the signing of the American Declaration of Independence. Photo Courtesy: S Pakhrin/WikiMedia Commons
Cinco de Mayo is instead the celebration of the victory of a Mexican Army over invading French forces at the Battle of Puebla on May 5th, 1862. France was attempting to force a puppet monarchy on Mexico, and the victory of the smaller, mostly indigenous Mexican army against some of Europe's toughest soldiers inspired the people of Mexico. While the Battle of Puebla didn't end the war with France, it was an important symbolic victory. Today, Cinco de Mayo is celebrated in the state of Puebla with speeches, parades, reenactments of the Battle of Puebla and even an international mole sauce festival. However, it's not a national holiday in Mexico, and most of the country doesn't observe it. In the United States, Cinco de Mayo took off as a holiday when Mexican-American activists used it to celebrate Mexican and indigenous accomplishments during the civil rights movement in the 50s and 60s. However, it didn't become widespread until beer and liquor companies used the holiday to promote sales in the 80s.Festive FoodsIn the United States, Cinco de Mayo is often celebrated with tacos, guacamole, nachos and other Mexican-American foods. Mexican beer, including brands like Dos Equis and Corona, as well as liquor and mixed drinks, such as tequila and margaritas, are also popular. However, you don't have to stick to these classic foods to have a great Cinco de Mayo if you don't want to. Photo Courtesy: Ruth Hartnup/WikiMedia Commons
Traditional Mexican dishes can add extra flavor to the holiday. Elote — grilled corn on the cob covered in mayonnaise, cotija cheese and spices — can add a street festival feel to a meal, while a bowl of pozole beef soup makes for a great appetizer. Chicken flautas, salsa verde enchiladas or avocado quesadillas can replace ground beef tacos as the main course, or you can make mole poblano for a dish straight out of Puebla itself. Top things off with churros and chocolate sauce for desert, and you have a meal worthy of a great celebration.Festivities and DecorationsStreamers, napkins and other items featuring the colors of the Mexican flag can be a tasteful way to celebrate Cinco de Mayo. While many adults may enjoy Mexican beer and other drinks, a pinata can be a fun way for even kids to get in on the celebration. Photo Courtesy: S Pakhrin/WikiMedia Commons
Playing traditional Mexican music is an easy way to set the mood for the holiday. While most Americans think of mariachi music when it comes to Cinco de Mayo, there's also grupera, banda, Norteño, Tejano and more to choose from, so don't be afraid to mix things up. You can even learn zapateado, the type of dance moves often performed to mariachi music, or watch an expert if you're feeling bashful. While sombreros and fake mustaches can come across as disrespectful to Mexican-Americans, buying food or other goods from Mexican-American businesses or learning about Mexican-American history can keep the spirit and intent of the holiday alive in a way that's fun for everyone. And of course, local parades, festivals, concerts or other events are always a good time. MORE FROM REFERENCE.COM by Keith RobinsonIf you're reading this chances are you've got some interest in making your life less stressed. I know it's a big deal for me. I'm a naturally stressed-out person and I'm trying more and more to keep my stress-level low. Lately it's been pretty high, and while I know it'll pass, I'm really trying to spend more time relaxing. It's not as easy as you might think.In this first installment of a two-part series on stress reduction I'll discuss some ways you can set yourself up to be less stressed.Find the right jobHaving a job you love and one that can support a good work/life balance is a great way to start down to the road to a less stressful life.When it comes to work/life balance, some jobs are better than others. Over at Jugglezine they...Read moreA job where you can simply work less is always good too. If nothing else you need to be able to take a break every once in awhile.Get to work!! know! I just told you to take a break from work. Well, working hard has its benefits too. Think about it. How often do you get to work — really work? We spend so much of our work days doing everything but working. Dealing with office politics, digging through e-mail and RSS, having meetings and all the rest. For me anyway once of the best ways to keep the stress level low is to get things done and get head down and do some work.I feel my best when I'm writing, or designing or coding. Well, either when I'm doing that or just after I've finished a productive four hour stint (I work in three or four hour blocks usually). It's also got the added benefits of keeping the to-do list manageable.Set boundariesYou've got to know when to say no and when to quit. It seems like every day someone is asking for something new, but you've got to realize that for every new job, new task, new bit of information you've decided to bring on you've got to either take away from something else or find more energy somewhere inside to deal with it. Good work isn't all about getting things done and doing lots of work, it's about doing it right also.I'm not a perfectionist (perfect is the enemy of the good), but I do expect quite a bit out of myself and those around me. It's sometimes awfully easy to see when someone has too much on their plate as their work suffers and they're always stressed out. Seeing that in yourself is the trick. Give yourself a long inward look and ask yourself if you might need to reduce your workload. Also, it's a good idea to do this before you agree to take something new on.Stay fit. Exercise.A healthy lifestyle can do a whole lot toward relieving stress. I know I feel my best and my least stressed after a very draining soccer or kickball game. Join a club, go out for a run or make time on your Sunday afternoon to kick a ball around with friends. It can help in so many ways.It's important to find activities that work for you. I'm not sure competitive sports is for everyone, for example. The idea is to do something that gets you active, even if it's just going for a walk every day at lunch.Get clean and organizedOne of the reasons people are so interested in David Allen's Getting Things Done and other, similar productivity programs is their promise to keep you less stressed. One of the ways these systems help you do that is by helping you keep organized. A tidy desk, clean home and organized computer can do wonders for keeping your mind of things that cause stress.by Keith RobinsonRead moreTake time off from work.Make sure you're using your vacation days and getting away from the office and its stress on a regular basis. Don't work through the weekend. In fact, you might try and take Fridays off!Lifehacker pal and all-around productive guy Ryan Carson has a great idea for being more productive Read moreAs always if anyone reading this has any more tips they'd like to add, that'd be very welcome in the comments or at tips at lifehacker.com. Next up: de-stressing through relaxation.D. Keith Robinson is an associate editor of Lifehacker. His special feature Getting To Done appears every Monday on Lifehacker. Tiempo de lectura: 3 minutos Hay tanto que aprender y tantas formas de aprenderlo por eso, empezar desde cero no debe ser una preocupación para ti y menos con un curso de inglés para principiantes. En cualquier lugar del mundo al que quieras ir, puedes encontrar a alguien que hable inglés. Si contamos solo el país donde el idioma inglés es el idioma oficial, el Reino Unido, Australia, EE. UU., Canadá, Irlanda, Nueva Zelanda y los países del Caribe, hay más de 400 millones de hablantes nativos de inglés. Ser principiante no significa que avances menos, todo lo contrario aprender no es un proceso que tenga un punto final, y darnos permiso de ser curiosos y aprendices es una muy buena señal que nos puede proporcionar mucha felicidad. “Una mente de principiante es aquella que se permite desaprender para volver a aprender” Si tienes todo el ánimo y la disposición de empezar, 35 minutos al día serán suficientes, tu proceso puede ser tan simple como configurar una alarma en tu teléfono para recordarte que debes aprender algo a una hora determinada todos los días. ¿El inglés es tu resolución para este año? En un estudio, la Sociedad Estadounidense de Capacitación y Desarrollo (ASTD) descubrió que tiene un 65% de posibilidades de completar una meta si se compromete con alguien. Aún más alentador: si tiene una conversación específica con esta persona para discutir su progreso, la posibilidad de completar su objetivo aumenta al 95%. Qué tal si buscas un compañero que también aprenda inglés, entre los dos podrán comparar su progreso con regularidad y constancia dentro de un curso de inglés para principiantes. ¡Quiero saber mi nivel! ¿Cómo saber si soy Principiante, Intermedio o Avanzado? Si estás buscando conocer tu nivel de inglés, primero es necesario que sepas cuál es la escala en la que se medirán tus conocimientos La mayoría del curso de inglés por niveles ofrecen un examen de nivel para medir tus conocimiento del idioma y de esta forma garantizar que empieces a estudiar en el nivel equivalente a tu competencia, según el resultado. El Marco Común Europeo de Referencia para las Lenguas, o MCER por sus siglas, es el estándar internacional que define la habilidad para comunicarse en un idioma, por lo cual puedes realizar una autoevaluación y una prueba o test de nivel en línea, el cual te ofrecerá una idea inicial de tu nivel y te ubicará dentro de las categorías de principiante, intermedio o avanzado según tu respuestas. Recuerda que si necesitas un test hecho por expertos, puedes suscribirte a un curso de inglés básico con Open English. ¿Cuánto tiempo tardaré en aprender inglés? Confía en tu proceso, no te dejes llevar por promesas de «dominar el inglés en sólo 15 días», el primer año será vital para un nivel principiante, por eso, la mejor manera de mejorar tus habilidades con un curso de inglés para principiantes completo será la dedicación y el compromiso que tengas frente a tus sueños y metas. Mira las experiencia de nuestros estudiantes ¡! ¿Qué puedes aprender dentro de un curso de inglés para principiantes? What you'll learn Hacer presentaciones y despedidas. Formar oraciones usando el verbo 'to be' Comprender y decir los días de la semana Comprender y decir países del mundo y nacionalidades Preguntar y responder preguntas sobre información personal Utiliza adjetivos posesivos en oraciones. Decir el alfabeto los número en inglés Usar una variedad de vocabulario para hablar sobre objetos comunes. Use artículos correctamente en oraciones. Formar oraciones usando el presente simple Use una variedad de frases verbales para hablar sobre actividades comune Forme oraciones usando la 's' posesiva Conocer el vocabulario para hablar sobre la familia. Reconocer una variedad de símbolos fonéticos y pronunciar los sonidos de consonantes y vocales correctamente en inglés. ¿Estás preparado? En nuestro curso de inglés online obtendrás todas las herramientas necesarias para inglés desde cero para adultos. En nuestra plataforma podrás acceder a secciones de interés para que tu proceso sea más divertido: Noticias, expresiones comunes en inglés, videos interactivos e inglés profesional. ¡Llegó el momento de ser bilingüe sin excusas! ¡Inicia desde cero con un curso online!

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