

## Some Facts!

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Of course London and the UK are famous all over the world – we have the Royal Family, Buckingham Palace, and one of the world's most famous authors, J.K Rowling, came from the UK! But here are some things you may not know:

1. The English drink the most tea in the world



2. The British invented Polo, Soccer, and Rugby – you're welcome!

3. London was the first to have a subway system!



4. There are more chickens in the UK than people!

5. Over 300 languages are spoken in England!

6. David Beckham is scared of birds!

7. The highest temperature ever recorded in England was 38.5 degrees in Kent in 2003.





## **Bulletin from London!**

[www.oko-centrum.cz](http://www.oko-centrum.cz)

<http://okocentrum.blogspot.cz/>

Hey! I am **Monique Sapla** from **London, England!** I am **18 years old** and I plan to study health and nutrition at university next year. But this year I will be in the Czech Republic with OKO!

I live in Tottenham, North London, with my parents, my younger sister, my dog and four guinea pigs! **I love animals, nature, travelling and staying fit and healthy!**



**My dog, Reggie!**

Some interesting facts about me:

- My birthday is also American Independence Day!
- I live a Paleo lifestyle, which means I don't eat grains, dairy or heavily processed sugars. I also don't take medicines and sleep at least 8 hours every night!



**My guinea pig, Mikey!**

## About Me

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Some of my hobbies are: cooking, going for walks, running, reading, watching TV, keeping fit, and doing lots of sports! One of my favourite sports is obstacle course running – I have already done one event called Dirty Dozen, and will soon take part in Tough Mudder, which is a similar event to Spartan Race.



I also love learning languages. My mother is German so I can speak German fluently. I also learned Italian and French at school, and I hope I will be able to speak

**Me at the Dirty Dozen Race!**

Some Czech by the end of the year with OKO!

Some of my favourite films and TV shows include:

V for Vendetta, Orange is the New Black, The Mindy Project, New Girl, Inspector De Luca, The Shawshank Redemption, Forrest Gump, The Matrix, La Vita e Bella, and many more!

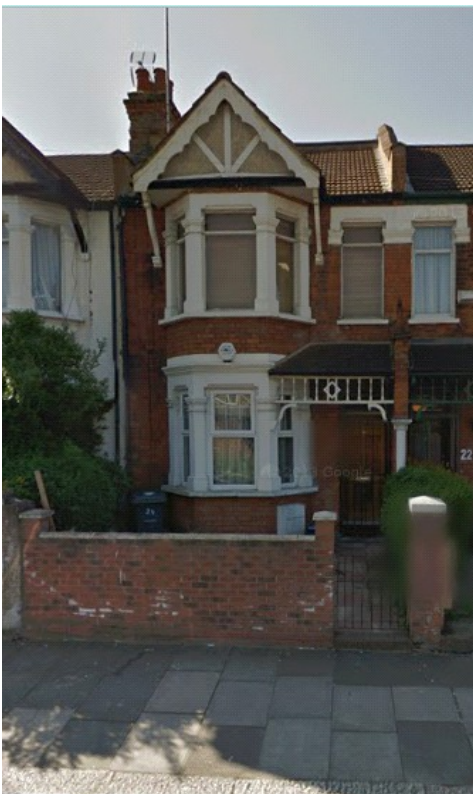


# About My Home

I live in Tottenham, which is in the North of London. You may have heard of the local football teams Tottenham Hotspurs and Arsenal. When I was very young I lived in Inverness in Scotland. Scotland is very beautiful (and cold!) if you are ever there you should visit the capital, Edinburgh!

## *Did you know?*

*Every year 11,000 keys are lost on London underground trains! Also lost in one year are 12,000 umbrellas, 27,000 phones and 35,000 bags!*



**My house!**



**London on a map**