(1)Intersection

! K'!4+!4; \$%&'./'!'%!+'.'#!F&%; !'*#!%)'+#'!'*.'!%)&!5#F4/4'4%/!%F!; #/'.7!*#.7'*!F%&!'*4+!+')5=!D.+! >&%.5!./5!4/F%&; #5!>=!+#FC54+17%+)&#!>=!\$.&'414\$./'+!%F!*.34/8!#X\$#&#/1#5!1*.77#/8#+!4/! '*#!5484'.7!#/34&%/;#/'9!.+!%\$\$%+#5!'%!54.8/%+#5!;#/'.7!477/#++J!(+!YF1%;!+'.'#!4/!'*#4&! #/'!&#\$%&'!MVZVWQ!%/!;#/'.?!*#.?'*!./5!;#54.!?4'#&.1=,!! 7 ! Μ . (O , 2023: 4). ! [4'*4/!'*4+!+\$#1'&);9!'*4+!+')5=!4+!.'#5!'%!'*#!\$&%'#1'4%/!%F!D#77>#4/8!'*&%)8*!.8#/1=!./5! '*#!&#+474#/1#!D#!D#&#!*=\$%'*#+4+4/8!.+!.''#/5./'!'%!5484'.7!74'#&.1=J!! -4/1#!'*#!G\\Z+9!'*#&#!*.+!>##/!.!3.+'!.;%)/'!%F!&#+#.&1*!4/'%!*%D!5484'.?!?4'#&.1=!*.+!'*#! \$%D#&!'%!1&#.'#!\$%+4'43#!%)'1%; #+!F%&!=%)/8!\$#%\$7#!M+##!A434/8+'%/#!#'!.79!VZVGQJ!(+! 5#F4/4'4%/+!*.3#!#3%73#5!./5!#X\$./5#59!&#+#.&1*!*.+!+*%D/!*%D!5484'.7!74'#&.1=!4+!>#1%;4/8! ; %&#!1#/'&.7!'%!1)7')&.7!./5!14341!\$.&'414\$.'4%/J!W!E#=!#7#; #/'+!.&#!1%; ; %/!'%!5#F4/4'4%/+!./5! 1%/1#\$'4%/+!%F!5484'.7!74'#&.1=,!MGQ!.11#++!'%!;#54.!./5!5484'.7!1%/'#/'9!MVQ!.!1&4'41.7!.>474'=!'%! 5#14\$*#&!;#54.!;#++.8#+!./5!./!.D.&#/#++!%F!*%D!'*#!;#54.!D%&E+!./5!WWQ!5484'.?!+E477+! M1&#.'434'=9!1%;;)/41.'4%/!./5!\$&%5)1'4%/QJ!! ! @*#+#!5#F4/4'4%/+!8#/#&.'#!.!1%/+#/+)+!'*.'!5484'.7!74'#&.1=!1./!5#3#7%\$!1.\$.>474'4#+!'%! 4/F7)#/1#!\$%+4'43#!%)'1%; #+9!+)1*!.+!.77%D4/8!14'4]#/+!'%!\$.&'414\$.'#!%/74/#!./5!'*4+!1./! F. 1474'. '#!5484'.7!#/8.8#; #/'!D4'*!\$%74'41+!./5!'*#!\$)>741!+\$*#&#J!-D.&'!MVZVGQ!+'.'#+!'*.'!4'! 1./!.7+%!843#!'*#!\$)>741!^!#+\$#14.77=!=%)/8!\$#%\$7#!^!'*#!#/34&%/;#/'!'%!./.7=+#!./5!)/5#&+'./5!\$F.E#!/#D+TJ! [4'*!'*#!\$&%74F#&.'4%/!%F!54+4/F%&; .'4%/!1.;\$.48/+!./5! ; 4+4/F%&; .'4%/!\$7.=4/8!+)1*!./!4; \$%&'./'!&%7#!4/!\$)>741!%\$4/4%/!./5!.1'4%/+9!'*4+!E4/5!%F! 1%/'#: \$%&.&=!74'#&.1=!*.+!#3#/!>##/!45#/'4F4#5!>=!_(@Y!.+!#++#/'4.7!'%!5#F#/1#,!!!



 $\begin{array}{l} (7'*\%) 8^{!!*\#} & \#! \$\% + 4'43\#!1.\$. > 474'4\# + 9!D4'*!.11\# + +!'\%!.!+\#\#; 4/87=!74; 4'7\# + +!.; \%) / '!\%F! \\ 4/F\%\&; .'4\%/9!1\%; \#+!/\#D!\&\# + \$\% / + 4>474'=!F\%\&!'*\#!) + \#\&!./5!'*\#\&\#F\%\&\#!'*\# + \#!1.\$. > 474'4\# + !1./!\%/7=! \\ > \#!.1*4\#3\#5!D4'*!'*\#!1\%\&\&\&\#1'!\#5)1.'4\%/!4/!5484'.7!74'#\&.1=!>#1.) + \#!'*\#!1)\&\&\# / '!; \#54.! \\ 7./5+1.\$\#!*.+!>#\#/!; .\&E\#5!>=!'*#!+\$&\#.5!\%F!\$; 4+4/F\%\&; .'4\%/T!D*41*!4+!*.34/8!./!) / D#71\%; \#! \\ \#FF#1'!\%/!+')5\#/'!./5!17.++&\%\%; !7#.&A'4/8!MN.7\#5!./5!-473.J9!VZVGQJ!-1*\%7.&+!+)88#+'!'*.'! \\ 5484'.7!74'#\&.1=!4+!17\% + \#7=!74/E\#5!D4'*!1\%8/4'43\#!.>474'4#+!./5!1./!1\%/'&4>)'#!'\%!\%/14/#!7#.&/4/8! \\ .1'434'4#+9!\$7.=4/8!8.; \#+!./5!#/8.84/8!4/!+%14.7!; #54.!./5!1\%; ;)/4'=!M@\&.X7#\&!./5!A.77=9! \\ VZG`U!O4+*\&.!#'!.7J9!VZGaQJ!! \end{array}$

!

b%)/8!\$#%\$7#!.&#!.'!*48*!&4+E!%F!>#4/8!4;\$.1'#5!>=!'*#!/#8.'43#!#FF#1'+!%F!*.34/8!7%D!5484'.7! 74'#-2292T0464'#F! **#**###! FFJ!(+71./#!

!

(; /#+'=!K/'#&/.'4%/.7!1%77#1'#5!&#+\$%/+#+!F&%; !!IZ!=%)/8!\$#%\$7#!GWCVH!.1&%++!HI!
1%)/'&4#+!'%!>#''#&!)/5#&+'./5!'*#&!#X\$#&#/1#+9!1%/1#&/+!./5!.''4')5#+!'%D.&5+!+%14.7!
;#54.J!(+!K/+'.8&.; 9!@4E@%E!./5!%'*#&!+%14.7!; #54.!*.3#!>#1%; #!5.47=!F4X')&#+!4/!'*#4&!743#+!
D4'*!I\h!%F!=%)/8!\$#%\$7#!+)&3#=#5!>=!(; /#+'=!K/'#&/.'4%/.7!/%D!+\$#/54/8!; %&#!!*./!'D%!
%)&+!%F!'#4&!.3#&.8#!5.=!%/!+%14.7!; #54.J!-%; #!%F!'*#!=%)/8!\$#%\$7#!3%41#5!.!+#/+#!%F!.!
7%++!%F!1%/'&%7!4/!.'4%/!'%!'*#4&!\$&43.1=9!D*#&#!'*&##CL).&'#&+!%F!&#+\$%/5#/'+!F%)/5!+%14.7!
;#54.I+!'#&; +!%F!+#&341#!*.&5!'%!)/5#&+'./59!1&4'414]4/8!'*#!%F'#/!i'#1*/41.7!7./8).8#j!./5!
'*#!'.E#C4'C%&C7#.3#C4'!.\$\$&%.1*!+%14.7!; #54.!\$7.'F%&; +!.\$\$7=9!F%&14/8!=%)/8!\$#%\$7#!'%!1*%%+#!
>#'D##/!'*#!\$#&1#43#5!'*&#.'!%F!+%14.7!#X17)+4%/!%&!+48/4/8!)\$!.'!'*#!1%+'!%F!'*#4&!\$&43.1=J!

5\$\$.22!4+!#/.>7#5!.+!\$#%\$7#!F4&+'!8.4/!'*#!;#./+!'%!>#!4/17)5#5!.+!./!4/54345).7!4/!'*#!F)77! 5484'.7!#1%+=+'#;!./5!'*#/!4/1&#.+#!./5!k!%&!1*./8#!'*#4&!.11#++!'*&%)8*!1*./84/8!;#54.! >#*.34%)&+U!56%,.).22* !

! @ *4+!&#+#.&1*!1./!.7+%!>#!'&./+F#&!4/'%!'*#!45#.!'*.'!.!+1*%%7!74>&.&=!1./!.7+%!>#!.!'*4&5! +\$.1#!F%&!5484'.7!74'#&.1=J! !

e&.=!MVZGaQ!.&8)#+!'*.'!'*#!&%7#!%F

ļ

!!

./5!\$##&+J!!!!!

 $:=!7\%1.'4/8!'*#!+1*\%7!4>\&.\&=!.+!.!'*4\&5!+\&.1#!F\%\&!'*4+!&\#+\#.&1*9!\%)\&!.&\&\%.1*!D.+!4/F\%\&; \#5!\\>=!'*\#!D\%&E!14'#5!4/!'*4+!F\&.;4/8!&\#34\#D!./5!+\%)&*'!'\%!>\%''*!\&%345\#!/#D!#;&4&41.7!#345#/1#!\\\%F!'*#!4;&.1'!\%F!4;&&&34/8!5484'.7!74'#&.14#+!\%/!1*475&#/T+!;#/'.7!*#.7'*!./5!.!/#D!&&.1'41#!;%5#7!F\%\&!'*#!&%7#!\%F!'*#!+1*%7!74>&.&=!4/!'*#!5=/.;41!'''3'&\%0!4/'#&+#1'4\%/!\%F!+1*%79!F.;47=!$

(2) CEMP / SLA Intervention Programme – D L & I H

B%77%D4/8!.!\$&%F474/8!#X#&14+#!F%1)++#5!%/!%/74/#!>#*.34%)&+!./5!5484'.7!D#77>#4/8!\$&%345#5! >=!:%)/1#@%8#'*#&9!.!+.;\$7#!%F!GHCGI!=#.&!%75!+')5#/'+!D*%!+#7FC54+17%+#5!.+!*.34/8! #X\$#&4#/1#5!1*.77#/8#+!4/!'*#!5484'.7!#/34&%/;#/'!D#&#!&)4'#5J!@*#!\$.&'414\$./'+!8.3#! 4/F%&;#5!1%/+#/'9!./5!:%)&/#;%)'*!</43#&+4'=!#'*41.7!.\$\$&%3.7!D.+!8&./'#5J!!!

@*#!4/'#&3#/'4%/!'*#/!1%/+4+'#5!%F!'*#!+1*%%7!74>&.&4./!M-AQ!D%&E4/8!D4'*!'*#!+')5#/'+!./5!.! 8&%)\$!%F!'#.1*#&+!F&%;!.!&./8#!%F!+)>R#1'+!./5!\$.+'%&.7!&%7#+!%/!.!+#'!%F!.1'434'4#+!)+4/8! &#+%)&1#+!\$&%5)1#5!F%&!'*#!\$&%R#1'!./5!F.1474'.'4/8!.!+#'!%F!D%&E+*%\$+!D4'*!'*#!+')5#/'+J!!

@ *#!'*4&5!+\$.1#!4/!D*41*!'*#!4/'#&3#/'4%/!'%%E!\$7.1#!D.+!>%'*!\$*=+41.7!M'*#!+1*%%7!74>&.&=9! >#4/8!4/!>#'D##/!'*#!F%&; .7!+1*%7!1)&&41)7); !./5!'*#!4/F%&; .7!7#.&/4/8!D#!.++%14.'#!D4'*! 74'#&.1=!./5!'*#!)+#!%F!4/F%&; .'4%/!4/!'*#!>&%.5#+'!+#/+#Q!./5!.!D.=!%F!'*4/E4/8!54FF#&#/'7=! .>%)'!E/%D7#58#J!K/!'*4+!1.+#9!'*#!&#+%)&1#+9!.1'434'4#+!./5!D%&E+*%\$+!+%)8*'!'%!1%//#1'!'*#! +')5#/'+T!\$F)/5+!%F!E/%D7#58#!'%8#'*#&!D4'*!'*#!1&4'41.7!'*4/E4/8!+E477+!F&%; !'*#!4/F%&; .'4%/! \$&%F#++4%/.7!M-AQ!./5!'#.1*#&+J!

 $\begin{array}{l} @ *4+!1\%/3\#\&8\#/1\#!\%F!3.7) 4/8! *\#!+4') .'\#5!5484'.7!74'\#\&.1=!$\&.1'41\#+!\%F!+')5\#/'+!MF&\%; !'*\#!F4\&+'! +$.1\#Q!./5!$\&%3454/8!.!/#D9!; %&\#!1&4'41.7!./5!&\#F7#1'43\#!$; 4/5F)7/#++T1F%&!F)')&\#!5484'.7! \\ \#X$#&4#/1#+!MF&\%; !'*#!+#1\%/5!+$.1#Q!D.+!.'!'*#!*#.&'!\%F!'*#!'##&=!\%F!1*./8#!'*#! \\ 4/'#&3#/'4\%/!)+#5!'\%!>\%'*!'&4.7!./5!; #.+)&\#!'*#!/#D!$&.1'41#!; %5#7J!@*#!D%&E+*%$! \\ $&&8&.; ; #!*.5!'D%!1%&#!%>R#1'43#+,!! \\ \end{array}$

! K5#/'4F=!'&./+F#&.>7#!\$&4/14\$7#+!%F!#/.>74/8!.!\$'*4&5!+\$.1#T!/#D!\$&.1'41#!;%5#7!4/! +1*%%7!74>&.&4#+!F%&!5484'.7!74'#&.1=U!

!!

T

P&%345#!#345#/1#!%F!'*#!\$%+4'43#!4; \$.1'!%F!5484'.7!74'#&.1=!5#3#7%\$; #/'!4/!+1*%%7!

L_____ B.; 47=!./5! B&4#/5+!4/! 2484'.7!A4F#

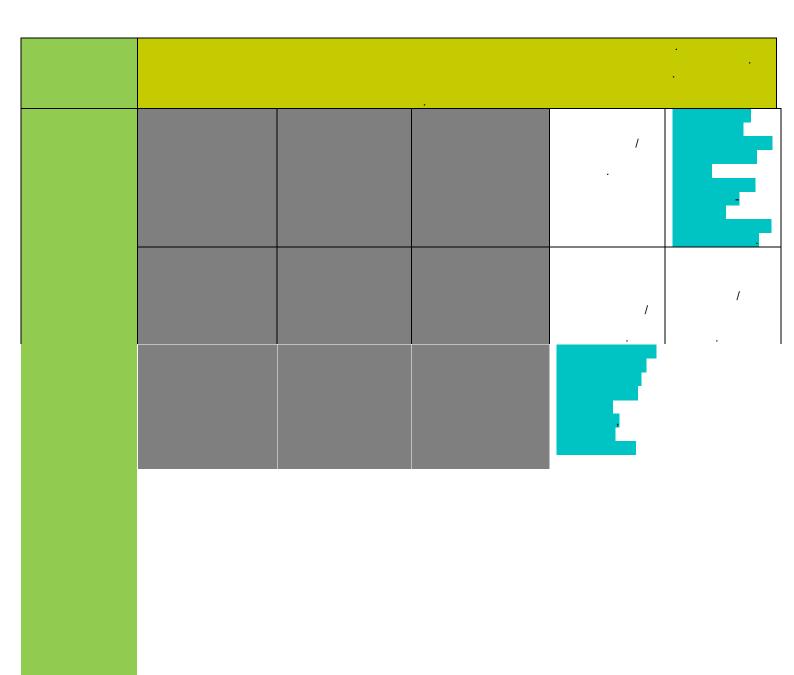
_

1:7:?!@!AB**	1 ·

1 -1

.

<u>Change Objectives</u> – highlighted = within scope



	_		

WORKSHOP PLANS

B4/.77=9!R)+'!F%&!!*#!+')5#/'+I!%D/!&#F7#1'4%/+9!.F'#&!'*#!D%&E+*%\$9!<u>843#!'*#;!'*4+!74/E</u>!./5!.+E! '*#;!'%!7%%E!.'!'*#+#!&#+%)&1#+9!D*41*!("O!4/'#/5#5!F%&!'*#4&!.8#!8&%)\$!./5!'*#4&!\$.&#/'+!k! 1.&#&+9!./5!'%!'*4/E!.>%)'!*%D!'*#4&!%D/!1*.77#/8#+!4/!'*#!5484'.7!#/34&%/;#/'!.&#!)/5#&+'%%5!>=!K/'#&/#'!O.''#&+J!f%D!D#77!5%#+!'*4+!&#+%)&1#!;.'1*!)\$!'%!'*#!1%/1#&/+!'*#=! &.4+#5!4/!'*#!+)&3#=!./5!'*#!D%&E+*%\$9!*%D!)+#F)7!5%!'*#+#!&#+%)&1#+!7%%E!4/!'#&;+!%F! *#7\$4/8!'*#;!D4'*!'*#+#!1*.77#/8#+n!_%!/##5!F%&!'*#;!'%!\$&%345#!./=!./+D#&+9!'*4+!4+!%\$'4%/! ./5!R)+'!F%&!&#F7#1'4%/9!>)'!\$7#.+#!+'&%/87=!#/1%)&.8#!'*#;!'%!'.E#!.17%%EJ!!

: K/5#\$#/5#/'!@.+E,!

N6'!^!.5.\$'#5!F&%; !:)&E*.&5'9!6!MVZVVQ!*T."'%*U1%,&V*W.22()2?*='72*%)"*U&,&.3'.2*+(,** W'8,%,'%)2?*-0%22,((1*D)2&,#\$&(,2*%)"*X&>.,*D)+(,1%'()*Y,(+.22'()%2J!A%/5%/,!B.1#'! P)>74+*4/8J!

-') 5#/'+!D477!7#.&/!'%!1%; \$.&#!4/F%&;.'4%/!F&%; !54FF#&#/'!\$%4/'+!%F!34#D!'%!8#'!.!; %&#! 1%; \$7#'#!\$41') &#!%F!.!'%\$41J!!

@*#!'.+E!!

!	!	!	P.&'414\$./'+!.&#!.>7#!'%JJ!!</th></tr><tr><td>V! (D.&#/#++!!</td><td></td><td>(78%CA4'#&.1=!! ! A.'#&.7!"#.54/8! ! !</td><td>P.)+#9!&#F7#1'!</td></tr></tbody></table>
---	---	---	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

*''\$+,kkDDDJ=%)')>#J1%; kD.'1*n3oKtCD-1Eu>F1!!M-E=!_#D+Q!!

*''\$+,kkDDDJ=%)')>#J1%; kD.'1*n3oBes6@b7e50K!!MOX'4/1'4%/!"#>#774%/Q!!

. [.'1*!'*#;!'D41#9!4/!.!54FF#&#/'!%&5#&!'*#!+#1%/5!'4;#J!@*4/E!.>%)'!D*.'!54FF#&#/1#!4'!;.E#+9! D*41*!%/#!=%)!D.'1*!F4&+'J!!

@*4/E!.>%)'!*%D!'*#!'D%!345#%+!&#\$&#+#/'!'*#!+.;#!\$&%'#+'+!4/!3#&=!54FF#&#/'!D.=+J!!

 $@*4/E!.>%)'!'*#!#7#; #/'+!%F!#.1*!345#%!D*41*!.&#!$#&+).+43#!^!1.; #&.!$%+4'4%/+9!#54'4/89!+%)/59!3%41#!%3#&9!'*#!%&5#&!%F!'*4/8+!=%)!+##J!!$

@*4/E!.>%)'!D*41*!4+!17%+#&!'%!=%)&!%D/!F##74/8+!.>%)'!'*#+#!\$&%'#+'+J!!

:)'!'*4/E!.7+%!.>%)'!*%D!'*#=!.&#!>%'*!\$#&+).+43#9!*%D!'*#=!>%'*!)+#!;#54.!'#1*/4L)#+!'%! &#\$&#+#/'!'*4/8+!4/!\$.&'41)7.&!D.=+J!!

. P#&*.\$+!4+!4'!7#++!%>34%)+!*%D!\$#%\$7#!.&#!'&=4/8!'%!\$#&+).5#!=%)!D*#/!=%)!.&#!7%%E4/8!.'! .&'417#+!%/!'*#!4/'#&/#'9!D*#&#!'*#!\$#&+).+43#!#7#;#/'+!.&#!7#++!%>34%)+J!:)'!'*#!+.;#!'*4/8! 4+!*.\$\$#/4/89!'*#!D.=!4/F%&;.'4%/!4+!+#L)#/1#59!#54'#59!\$&#+#/'#5!./5!.&&./8#59!4+! &#\$&#+#/'4/8!'*#!'%\$41!4/!\$.&'41)7.&!D.=+!F%&!\$.&'41)7.&!\$}&\$*+#+J!!

@fO!K_20P0_20_@!@(-?!

I

L

I

!

I

L

[.'1*!'*4+!8)45#!'%!.!5484'.7!74'#&.1=!'#1*/4L)#!1.77#5!A(@O"(A!"O(2K_e,!

_%D9!=%)!.&#!8%4/8!'%!\$)'!'*#!5484'.7!74'#&.1=!+E477+!#X\$7.4/#5!4/!'*#!345#%!4/'%!\$&.1'41#J!!

b%)!D477!>#!\$&%345#5!D4'*!74/E+!'%!'D%!.&'417#+J!!!50'*0*>'2*6(,B2*1#\$>*8.&.,*'+*4(#*\$>((2.*

4; \$%&'. /'!'%!'*#!M'*4&50!+\$.1#J!K/!%'*#&!D%&5+9!D*47+'!'*#!\$4/!>#'D##/T!M+1*%%7!+)>R#1'+!./5! 4/F%&; .7!7#.&/4/80!/.')&#!%F9!./5!#X\$#&4#/1#+!4/!'*#!+1*%%7!74>&.&=!.+!.!+#''4/8!C!F%&!'*#!4/! \$#&+%/!D%&E+*%\$!./5!34&').77=!#X'#/5#5!'%!'*#!4/5#\$#/5#/'!.1'434'4#+!C!D.+!.!E#=!#7#; #/'!%F! '*#!/#D!\$&.1'41#!; %5#79!'*#!D.=+!4/!D*41*!'*#!-A!1./!+)\$\$%&'!D#77>#4/8!'*&%)8*!'*#!#X4+'4/8! .'4%/+*4\$+!D4'*!+')5#/'+!./5!54+'4/1'!4/'#&\$#&+%/.7!\$&.1'41#+!D.+!#L).77=9!./5!\$#&*.\$+! ;%&#!4; \$%&'./'J!@*4+!D.+!&.4+#5!.+!./!4++)#!D4'*!.&5!'%!'*#!7.1E!%F!\$&%F#++4%/.7! 5#3#7%\$; #/'!F%&!'*#!&%7#9!.+!'*#!-A!4+!%F'#/!/%'!4/17)5#5!4/!'&.4/4/8!5)#!'%!1%/'&.1').7! &#+'&41'4%/+J!(+!D#!.11%)/'!F%&!7.'#&9!D4'*!.&5!'%!'*4+!+')5=T+!\$)/'=\$41.7T!1%/'#X'!'*4+! &4; >.7./1#!%F!%\$\$%&')/4'4#+T!Me - A9!VZVWQ!1.//%'!>#!+45#+'#\$\$#5!D*#/!.53%1.'4/8!F%&!'*#! /#D!\$&.1'41#!; %5#7!D#!.&#!!#+'4/8!4/!'*4+!\$&%R#1'J!i4/!'*%+#!+#1%/5.&4#+!D4'*!74>&.&=!+'.FF9!.! '*4&5!#43#!/%!'&.4/4/8j!./5!!HZ h!4/541.'#5!'*.'!'*#=!+\$#/5!7#++!*./!*&##!L).&'#&+!%F!'*#4&! '4; #!1.&&=4/8!%)'!'*#4&!1%&#!74>&.&=!5)'4#+!5)#!'%!'*#!&./8#!%F!VZVW,GWQJ!

@ *#!\$&%8&.;;#!*.5!>##/!\$7.//#5!'%!&)/!F%&!.1%/8#&!\$#&4%59!D4'*!;%&#!'4;#!4/!>#'D##/!
D%&E+*%\$+!F%&!4/5#\$#/5#/'!.1'434'4#+9!>)'9!.+!4+!+%!%F'#/!'*#!1.+#9!\$&#++)&#+!%/!'*#!+1*%%7!
'4;#'.>7#!./5!'*#!5#;./5+!%/!'*#!'4;#!%F!'*#!-A!./5!'*#!+')5#/'+!/#1#++4'.'#5!.!\$43%'!'%!.!
;%&#!1%;\$&#++#5!+1*#5)7#J!f%D#3#&9!'*4+!.1').77=!*.5!>#/#F4'+9!+4/1#!'*#!4/'#/+#!F%1)+!%/!
'*#!D%&E!D.+!;%&#!\$%+4'43#!F%&!+')5#/'+J!(+!'*#!1.\$.>474'=!'%!1%/+#L)#/1#+!1%/3#&+4%/!
4/3%73#+!.!f.1E.'*%/!F%77%D#5!>=!.!5484'.7!.1'434+;!#X#&14+#9!4'!D.+!&#\$%&'#5!>.1E!'*.'!'*#!
.'4%/+*4\$!>#'D##/!'*#!'D%!D.+!>#'!#&!1.\$')!>=!&)//4/8!'*#;!4/!4;;#54.'#!+)11#++4%/J!
(/%'*#&9!\$#&*.\$+!;%&#!\$ȝ'.>7#!%>+#&3.'4%/!D.+!'*.'9!*.5!'*#!+')5#/'+!*.5!7%/8#&!F%&!'*#!
4/5#\$#/5#/'!.1'434'##+!>#'D##/!D%&E+*%\$+9!4'!D.+!.1').77=!7#++!74E#7=!'*.'!'*#=!D%)75!*.3#!
1%;\$7#'#5!'*#;9!.+!1%/'4/)4'=!./5!&/!'*#!;%;#/'T!F%1)+!F%&!7#.&/4/8!4+!.'!+)1*!.!*48*!
\$&#;4);!F%&!'*4+!.8#!8&%)\$J!

(!)&&#/'!'*#; #!D.+!'*.'9!4/!'*#!+*%&'!+\$.1#!%F!'4; #!D#!*.5!F%&!'*#!4/'#&3#/'4%/9!4'!D.+! 54FF41)7'!'%!8#'!'%!*#!5##\$#&!4++)#+!>#/#.'*!'*#!+)&F.1#!%F!&##47#/1#T9!+4/1#9!4/!;./=!D.=+! '*#!1%*%&'!D#&#!3#&=!\$+.33=T!D4'*!5484'.7!74'#&.1=J!B%&!#X.;\$7#9!7.'#&.7!&#.54/8!D.+!+%;#'*4/8! '*#=!D#&#!.7&#.5=!5%4/89!+%!'*#=!D#&#!.>7#!'%!&#F7#1'!%/!*4+!4/!\$%+4'43#!D.=+!>)'!&4+E+!.'#5! '%!;4+4/F%&;.'4%/!+##;#5!7#++!%F!.!1%/1#&/J!K/54'7=!.'#5!'%!*.34/8!.'43#T=!*48*!7#3#7+! %F!5484'.7!74'#&.1=9!'*#=!545!/%'!1%/+45#&!'*#;##73#+!'%!>#!;&844/.74+#5!%&!+)>##1'!'%!;.1&%! 4/#L).74'4#+!./5!'*4+!;.5#!'*#!\$P)+*>.1ET!#7#;#/'!;%&#!7%1.74+#5J!@*#!-A!&#F7#1'#5!'*.'!'*4+! ;48*'!'.E#!7%/8#&!'%!8.73./4+#!./5!1%)75!>#!;%3#5!'%!'.E#!\$7.1#!>#F%&#!'*#!f.1E.'*%/9! &.4+4/8!)+#F)7!7#.&/4/8+!F%&!)+!'%!1%/+45#&!D4'*!.&5!'%!'*#!4/'#&C.'#5!.+\$#1'+!%F!'*#!

K/!'#&;+!%F!'*#!/#D!\$&.1'41#!;%5#79!1%;\$.&4+%/+!D#&#!;.5#!D4'*!%'*#&!+1*%%7!.1'434'4#+!
.'#5!'%!*#.7'*!./5!D#77>#4/8!./5!%/74/#!+.F#'=9!./5!4'!D.+!.!+*.!34#D!.;%/8!>%'*!
\$.&'414\$./'+!./5!+'.FF!'*.'!'*#!1%;>4/.'4%/!%F!'*#!\$'*4&5!+\$.1#T!./5!'*#!.1'43#!7#.&/4/8!5#+48/!
.5!7#5!'%!;)1!*48*#&!?#3#7+!%F!#/8.8#;#/'!F%&!'*4+!E4/5!%F!4/'#&3#/'4%/!'*./!%'*#&!
#X\$#&4#/1#+!D*41*!*.5!>##/!;%&#!\$%/#!D.=T!./5!+4/8)7.&J!!!

 $!\$\&\%5) 1\#5!F\&\&! *\#!\&\&\&\&\&: ; ; \#!\%FF\#\&\#5!) +! . /\%'*\#\&!5 . '.!+\#'J!@ *4+!4/17) 5\#5! \\ \$\%D\#\&\&\&%4/'!+745\#+!\&\&\%5) 1\#5!4/!\&\#+\&\%/+\#!'\%!'*\#!\&/F&\&; .'4\%/!:)>>7\#7! . /5!7 . '#&.7!&#.54/8! \\ . 1'434'4#+!MF&\&!#X . ; $7#9!\%/!54FF#&#/'! ; \#54 . !&\#\&&\#+\#/'. '4\%/+!\%F! . !< _!174 ; .'#!&#$&&'0! . /5!'*#! \\ \%) '1\% ; #+!\%F!'*#! f . 1E . '*\%/! . /5!P) +*> . 1E! . 1'434'4#+!MF&&!#X . ; $7#9! 56\%, .V*=> .*5779! \\ 5#+48/#5!'%!i\&\&'#1'9!#/8 . 8#! . /5!7# . &/JjQJ!@ *#!D&&E!8#/#& .'#5!5# ; %/+'& .'#5!#/8 . 8# ; #/'! \\ D4'*!'*#!\&&&R#1'! . /5!#345#/1#!%F!'*#!1%&#!7# . &/4/8!%) '1% ; #+!F%&!# . 1*! . 1'434'=!>#4/8! ; #'9!4/! \\ 8#/#& .7!'#& ; +J!!!$

(! !D.+!*#75!D4'*!'*#!\$.&'414\$./'+!./5! !D#&#!*#75!D4'*!'*#!+1*%%7! 74>&.&4./9!'D%!4/54345).7!+')5#/'+!./5!'D%!%'*#&!\$.&'414\$./'+!4/!.!\$.4&J!(77!D#&#!.)54%!%85#5! \$&%#1'9!D*47+'!'*#!4/'#&34#D+!D#&#!.'#5!; %&#!'%!#X\$#&#/1#+!4/!'*#!5484'.7!D%&759!'%!.55!.! ; %&#!54+1)&+43#!./5!L).74'.'43#!7.=#&!'%!'*#!>.+#74/#!5.'.J!B&%; !'*#!'&./+1&4\$'4%/!./.7=+4+9! '*#!F%77%D4/8!+48/4F41./'!#X\$#&##/1#+!./5!\$#&1#\$'4%/+!D#&#!\$&#+#/'#5,!!

"Driving into the Skid"

@ *#!&%7#!%F!'*#!+1*%%7!74>&.&4. /!4+!.!; 4+) /5#&+'%5!&%7#9!./5!4+!1&) 14.7!F%&!54&4'.7!74'#&.1=9!>)'!
'*#!; 4/5+#'!%F!>#4/8!.!+1*%%7!74>&.&4. /!D*%1+1*.74/8!'*4+!E4/5!%F!S'*4&5!+\$.1#T!#5) 1.'4%/!F%&!
>%'*14/F%&; .'4%/!74'#&.1=!./5!54&4'.7!D#77>#4/89!4+!/%'!'=\$41.7J! [*47+'!.!+1*%%7!74>&.&4./!; .=!
%F'#/!&)/!D%&E+*%\$+!4/!P-fO9!.'#5!'%!; 4+4/F%&; .'4%/!%&!%774/#!+.F#'=9!.!\$&%8&.; ; #!+)1*!
.+!'*4+!4+!5#\$#/5#/'!%/!>%'*!.11%/F45#/'!./5!F%&D.&5C'*4/E4/8!+1*%%7!74>&.&4./!M4/!*4+!1.+#9!
'*#!N*.4&!%F!'*#!-1*%%7!A4>&.&=!(++%14.'4%/Q!./5!.11%/5)143#!+1*%%7!+#'4/8J!@*#!7.''#&!D.+!
.7+%!.'=\$41.79!>#4/8!.!.'43#7=!3#&=!D#77C&#+%)&145!+1*%%7!D*#&#!'*#!5#+4&#!'%!'.E#!.!
\$&%.1'43#!.\$\$&%.1*!'%!5484'.7!74'#&.1=!'%!S'','9.*')&(*&.*2B'''@!.+!%\$\$%+#5!'%!'&=4/8!'%!+D#&3#!
.D.=9!1%)75!>#!+)\$\$%&'#5J!@*4+!&#+%/.'#5!D4'*!'*#!F4/54/8+!%F!'*#!5#+4&#!'%!'.E#!.!
\$&%.1'43#!.\$\$&%.1*!'%!5484'.7!74'#&.1=!'%!S'','9.*')&(*&.*2B'''@!.+!%\$%%+#5!'%!'&=4/8!'%!+D#&3#!
.D.=9!1%)75!>#!+)\$\$%&'#5J!@*4+!&#+%/.'#5!D4'*!'*#!F4/54/8+!%F!'*#!54+1%)&+#!%F!+1&##/!
'4;#!./5!&4+E!)1'4%!)14/8!3%41#!F%&!\$&#/+!'%!.&'41)7.'#!;%&#!/)./1#5!./5!1%;\$7#X!
1%/1#&/+!.>%)'!\$.&#/'4/8!4/!'*#!5484'.7!.8#14/!>&%.5#&!!#&;4J!-1*%%7!74>&.&4./+9!>#4/8!.'!*#!
3./8).&5!%F!5484'.7!74'#&.1=!D%&E!D4'*!*#!\$4*51.*!#&;4J!-1*%7!74*&.&4./+9!>#4/8!.'!*#!
3./8).&5!%F!5484'.7!74'#&.1=!D%&E!D4'*!*#!\$4*54/8!:#&;4J!-1*%7!74*&.&4./+9!>#4/8!.'!*#!
\$3./8).&5!%F!5484'.7!?#!5484'.7!.8#14/!>&%.5#&!#&;4J!-1*%7!74*&.&4./+9!>#4/8!.'!*#!
\$3./8).&5!%F!5484'.7!74#&.1=!D%&E!D4'*!*#!5484'.7!.8#14/!>&%.5#&!#&;4J!-1*%7!74*&!&#!*#!###/!!*#!
\$3./8).&5!%F!5484'.7!74#&.1=!D%&E!D4'*!*#!5474'!####/!4';#T!'*./!1*./84/8!=%)&!%D/!5484'.7!
###.&1!+E477+!F%&!'*#!1)&&41)7); !./5!)14/8!\$*16###/!4';#T!**./!1*./!1*./84/8!=%)&!%D/!5484'.7!
\$#&#JJ!!!!

In hi liba, I ha e ne e been a ked a e ion o hich he e a a igh an e, no ha he e been an obliga ion o an e. I a e ela ed en i onmen he e he e i no hing o achie e nle o pe onall an o.

"I want to get back to a normal feed"

K/+'.8&.;!./5!@4E@%E!D#&#!F&#L)#/'7=!14'#5!.+!'*#!'D%!+%14.7!;#54.!+\$.1#+!D*#&#!+48/4F41./'!
;#/'.7!1*.77#/8#+!.&#!\$&#+#/'#5!M4/!8#/#&.79!F%&!'*#!.8#!8&%)\$9!'*#+#!D#&#!/%'!.''&+>)'#5!'%!
\$#&+%/.7!#X\$#&4#/1#!>=!%)&!\$.&'414\$_./'+Q,!!

I end p pending e en mo e ime (on TikTok), e en hen I am eall bo ed i h i, o I kip h o gh and kip h o gh b don in e ac i h i, e en if I am in e e ed in i, beca e I an o ge back o a no mal feed.

@ *#&#!D.+!.!+*.!34#D!'*.'9!\$.&'41)7.&7=!D4'*!@4E!@%E9!'*#!.\$\$.&#/'7=!\$&./5%;T!/.')&#!%F!'*#!
345#%!F##5!7#.5+!'%!\$5#+#/+4'4].'4%/TJ!:)'!3#&=!4/'#&#+'4/87=9!4/!.'4%/!'%!;#54.!#FF#1'+!./5!
1)7'43.'4%/!'*#%&4#+9!'*4+!4+!/%'!5)#!'%!>#4/8!1%/+'./'7=!#X\$%+#5!'%!+4;47.&9!34%7#/'!%&!\$;#./!
D%&75T!1%/'#/'9!>)'!;%&#!.>%)'!'*#!1%/+'./'!R)X'.\$%+4'4%/!!

The main conce n m pa en Tha e i ha echnolog make me la , ha he ee ha I can do hing ha I ho ldn be able o do o ea il , i o ea o find hing , like, o chea . B I don ac all hink i oo m ch of a p oblem.

(/%'*#&!4/'#&#+'4/8!\$1&4'41.7!4/145#/'T!D.+!\$&#+#/'#5!>=!'*#!\$4/F%&;.'4%/!>)>>7#T!.1'434'=!_Y@!

!

! @&4./8)7.'4%/!%F!5.'.!+#'+!'%!; %3#!>#=%/5!+#7FC&#\$%&'4/8!%F!>%'*!D#77>#4/8!1*.77#/8#+! M./5!&#+474#/1#Q!./5!%F!5484'.7!>#*.34%)&+J!!

!

:.&&C [.7E#&9!6J!MVZG`Q9!if#.7'*!74'#&.1=!./5!74>&.&4#+,!.!74'#&.')&#!"#Dj9!"#F#&#/1#!-#&341#+! "#34#D9!g%7J!HH!__%J!V9!\$\$J!G\GCVZIJ!f''\$+,kk5%4J%&8kGZJGGZdk" - "CZVCVZG`CZZZI!

:#//#''9! PJ9! 012%)8.779! 6! ./5! P%''#&9! 6J! MVZVZQJ!

#.7'!+14#/1#J!!=>.*W%)\$.&*Y24\$>'%,49!a!

0 %&#*.&'9!PJ!MVZG`9!()8)+'!GaQJ!0%34/8!:#=%/5!'*#!i@*4&5!

P7.1#jJ*''\$+,kk.; #&41./74>&.&4#+; .8.]4/#J%&8k>7%8+k'*#C+1%%\$k74>&.&=C5#+48/C; %34/8C>#=%/5C'*4&5C\$7.1#k!

!

YF1%; !MVZVWQ!W'2&.)')3*&(* ! A7.,&2V*T.)&%0*\.%%>*%)"*T."'%*W'&.,%\$4,!

*''\$+,kkDDDJ%F1%; J%&8J)Ektt5.'.k.++#'+k\$5FtF47#kZZVGkV`GVG\kA4+'#/4/8C'%C#X\$#&'+CO#/'.7C *#.7'*C./5C; #54.C74'#&.1=J\$5F!

!

L

L

YFF41#!F%&!_.'4%/.7!-'.'4+'41+!MVZVZQJ!N%&%/.34&)+!./5!'*#!+%14.7!4;\$.1'+!%/!=%)/8!\$#%\$7#!4/! e&#.'!:&4'.4/,!W!(\$&47!'%!GZ!0.=!VZVZ,!!

''\$+,kkDDDJ%/+J8%3J)Ek\$#%\$7#\$%\$)7.'4%/./51%;;)/4'=k>4&'+5#.'*+./5;.&&4.8#+k.8#4/8k.& '417#+k1%&%/.34&)+./5'*#+%14.74;\$.1'+%/=%)/8\$#%\$7#4/8&#.'>&4'.4/kW.\$&47'%GZ;.=VZVZ!!

 $\begin{array}{l} Y_{75\#/>} & 8_{9!} & \text{J9!MG} \\ & a_{J!}Y_{3.}/_{4+*4/8!'*4&5!}^{7.1\#+J!} & Y_{0\%}) \\ & S_{J}^{1} & S_{J}^{1} & \text{J9!MG} \\ \end{array}$

 $\begin{array}{l} \mathsf{P}\%''\#\&9!\,\mathsf{6J!}\,\,.\,/5!\,\,\mathsf{012\%}\,\mathsf{8.779!}\,\mathsf{6J!}\,\mathsf{MVZGaQJ!}\,_\,'3\%\%'\,\,1\,.\,\,''\%?^*\,\$\#\&\#,\,.\,*\%)\,\,"^*\,.\,\,"\#\$\%\&'(\,)\lor^*=>\,.\,(,\,'2')\,3^*\&>',\,"^*\,27\%\,\$\,.\,\%\%'\,.\,2J!\mathsf{A}\%/5\%/\,, \mathsf{P}\,.78\&\,.\,3\#!\,\,\mathsf{O}\,.\,1\,\,;\,477\,.\,/J! \end{array}$

P)&/.;.!-9!<7F.*!09!0.1*.74!K9![4>%D%!(9!_.&;.54'=.!:-J!NVZVGQJT!2%#+!5484'.7!74'#&.1=! 4/F7)#/1#!+')5#/'+c!%/74/#!&+En!O345#/1#!F&%;!N%345CG\JT!\.0'4()J!VZVG!6)/!VdUaM`Q,#ZaHZ`J! 5%4,!GZJGZG`kRJ*#74=%/JVZVGJ#ZaHZ`J!P0K2,!WHVIdH`ZU!P0NK2,!P0NdVIddH`J!

".FF.#7#9!2J!MVZVGQJ!\$N)7'43.'4/8!'*#!\$@*4&5!P7.1#T!4/!+1*%%7!74>&.&4#+!'%!+)\$\$%&'!+')5#/'! D#77>#4/8JT!!*U4).,34*9!Q*d*MGQJ!"#'&4#3#5!F&%;!