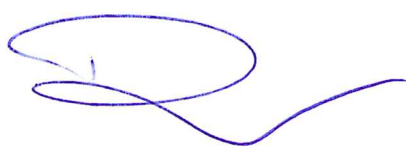


**Concorso pubblico, per soli esami, per l'assunzione a tempo pieno ed indeterminato di un agente di polizia locale – categoria C – del C.C.N.L. del personale del comparto Regioni – Autonomie Locali, presso il Settore Polizia Locale, riservato, in via prioritaria, ai volontari delle FF.AA.**

**Prova orale**

1. Servizi di Polizia Stradale;
2. Vendite straordinarie
3. Il peculato



*franceschini*

*Prognor*

Vincenzo Prognor

Vincenzo  
funny

## Things you should do every day to be happy and healthy

Do you sometimes feel tired and stressed? In winter, do you often have colds, coughs and sore throats? If you've answered 'yes' to any of these questions, then we've got help for you! Take a look at our list of simple things to do every day to be happy and healthy.

### 1 • Go outside!

You shouldn't spend all your free time in your room sitting in front of a screen! Every day you should spend some time outside in nature. A short walk in a park or a forest or other green spaces reduces stress and helps your immune system.

### 2 • Get moving!

How do you get to school? Do you take a bus or do you go by car? If you walked part of the way or cycled to school every day, you would be healthier and happier. Simple activities like walking and cycling are great forms of exercise. (But remember – when you cycle you should always pay attention to the traffic and wear a helmet! You don't want to have an accident and break your leg or bump your head!)

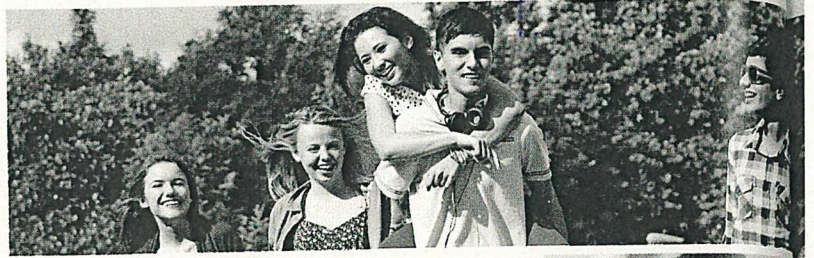
### 3 • Sleep

Teenagers need eight to ten hours' sleep every night. Studies show that teenagers who don't sleep enough are irritable, get headaches, and their grades at school suffer. It's important to have regular sleep patterns. You should always try to go to sleep and wake up at the same time, even at the weekend! You shouldn't have your mobile phone or tablet in your bedroom when it's time to sleep. You should turn off all electronic devices at least one hour before bedtime.

## Reading

### 1 145 Read and listen to the article. Choose the correct options. ES I

- Which piece of advice is NOT included in the article?
  - Spend time in nature.
  - Sleep eight to ten hours.
  - Eat lots of fruit and vegetables.
  - Watch funny videos.
- The article says you shouldn't
  - go for a walk in the park.
  - walk to school.
  - hug animals.
  - cycle without a helmet.
- The article says you should
  - spend your free time at home.
  - go to school by car.
  - wake up late at the weekend.
  - try to laugh every day.



### 4 • Laugh and hug

Laughter is important for your mental and physical health. Every day you should do things that make you laugh – watch your favourite comedy programme or funny videos, and spend time with friends who make you laugh. Everybody always feels better after they've laughed! Hugging increases the levels of serotonin in your brain. Serotonin is a chemical that reduces stress and makes you feel happier. People who hug get fewer colds in winter! Oh, and hugging dogs, cats and teddy bears is good for you, too!



### Glossary

reduces *riduce*  
 immune system *sistema immunitario*  
 patterns *abitudini*  
 even *anche*  
 laugh/laughter *ridere/risata*  
 hug *abbracciare/rsi*  
 increases *aumenta*

### Step into culture

Gli esperti della salute dicono che gli adolescenti britannici non sono abbastanza attivi. Il governo britannico raccomanda ai giovani di fare almeno 60 minuti di attività fisica vigorosa ogni giorno, ma solo il 21% dei ragazzi e il 16% delle ragazze lo fa. Gli sport tradizionali come il calcio e il cricket sono popolari, ma i giovani non li praticano abbastanza. Adesso, le lezioni di educazione fisica a scuola includono sport meno tradizionali come lo skateboard e lo yoga. Gli esperti sperano che questi nuovi sport possano incoraggiare i giovani a partecipare.

### 2 Answer the questions. ES I

- How does spending time in nature help your health?
- What should you remember to wear if you cycle to school?
- How many hours should you sleep at night?
- What happens if teenagers don't get enough sleep?
- How long before bedtime should you turn off your electronic devices?
- Why is it important to laugh?
- What is serotonin?
- What other things do you think you should do to stay happy and healthy?

Prova n° 3

**TESTO UNICO ENTI LOCALI**

**D.lgs. n. 267/2000**

**PARTE I**

**Ordinamento istituzionale**

**TITOLO III**

**Organi**

**Capo I**

**Organi di governo del comune e della provincia**

**Art. 37 <sup>(1)</sup> <sup>(3)</sup>**

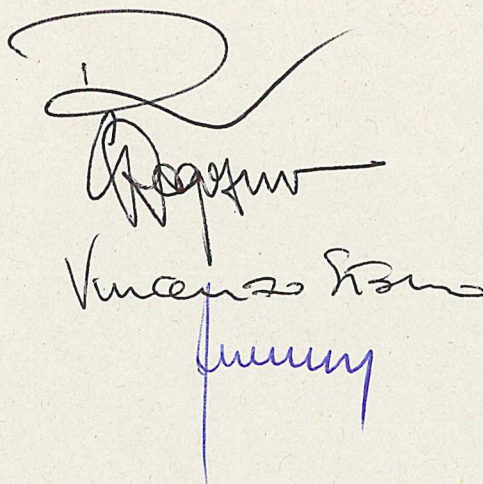
**Composizione dei consigli**

2. Il consiglio provinciale è composto dal presidente della provincia e:

- a) da 45 membri nelle province con popolazione residente superiore a 1.400.000 abitanti;
- b) da 36 membri nelle province con popolazione residente superiore a 700.000 abitanti;
- c) da 30 membri nelle province con popolazione residente superiore a 300.000 abitanti;
- d) da 24 membri nelle altre province.

3. Il presidente della provincia e i consiglieri provinciali rappresentano l'intera provincia.

4. La popolazione è determinata in base ai risultati dell'ultimo censimento ufficiale.



Vincenzo Romano