### (1)Intersection

!

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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$#&4#/1#5!1* . \textit{7}#/8#+!4/!
'*#!5484'.7!#/34&%/;#/'9!.+!%$$%+#5!'%!54.8/%+#5!;#/'.7!477/#++J!(+!YF1%;!+'.'#!4/!'*#4&!
&#1#/'!&#$%&'!MVZVWQ!%/!;#/'.7!*#.7'*!./5!;#54.!74'#&.1=,!!
                                                                                                                                                      7
                Μ
                                                                                                                                                               . (O
                                                                                                                                                                                , 2023: 4).
 [ 4'*4/!'*4+!+$#1'&); 9!'*4+!+')5=!4+!&#7.'#5!'%!'*#!$&%'#1'4%/!%F!D#\(\tau\) 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'.7!74'#&.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!MWQ!5484'.?!+E477+!
M18\#.'434'=9!1\%; ; )/41.'4\%/!./5!$8\%5)1'4\%/QJ!!
@*#+#!5#F4/4'4%/+!8#/#&.'#!.!1%/+#/+)+!'*.'!5484'.7!74'#&.1=!1./!5#3#%$!1.$.>474'4#+!'%!
4/F7)#/1#!$%+4'43#!%)'1%;#+9!+)1*!.+!.7%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#!^!'*#!#/348%/;#/'!'%!./.7=+#!./5!
)/5#&+'./5!\frac{1}{5!\frac{1}{5!}}.E#!/#D+\text{D}+\text{T}!\frac{1}{4'*!'*#!\frac{1}{5!}}.4\frac{1}{5!}.14\frac{1}{5!}}.14\frac{1}{5!}.14\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\frac{1}{5!}.15\f
 ; 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#,!!!
```



(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#.&/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>)'#!'%!%/74/#!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!!

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%\\tilde{\til

'%!'\*#!5484'.7!#/348%/; #/'!./5!5#3#7%\$4/8!184'41.7!.D.&#/#++!4/!'\*#!; #54.!k!5484'.7!#1%+=+'#;!

1./!5#3#7%\$!1.\$.>474'4#+!D\*41\*!1./!'\*#/!\*.3#!\$%+4'43#!1%/+#L)#/1#+!F%&!=%)/8!\$#%\$7#!./5!

; .E#!'\*#!#1%+=+'#;!\*#.7'\*4#&!F%&!#3#&=%/#!'\*&%)8\*!\$%+4'43#!5484'.7!>#\*.34%)&!1\*./8#+!>=!

4/54345).7+J!!</4/8!-#/T+!1.\$.>474'=!.\$\$&%.1\*!MVZZdQ9!4/+'#.5!%F!.5%\$'4/8!#4'\*#&!.!\$)&#7=!

\$&%'#1'4%/4+'!./5!&#8)7.'%&=!.\$\$&%.1\*!WVZZdQ9!4/+'#.5!%F!.5%\$'4/8!#4'\*#&!.!\$)&#7=!

\$&%'#1'4%/4+'!./5!&#8)7.'%&=!.\$\$&%.1\*!'%!1\*475&#/T+!5484'.7!#X\$#&4#/1#+!%&!+4; \$7=!;#.+)&4/8!

'\*#4&!7#3#7+!%F!5484'.7!4'#&.1=9!D#!1./!4/+'#.5!+'.&!!'%!)/5#&+'./5!'\*4+!1%;\$7#X!+4').'4%/!4/!

'#&;;+!%F!\*\*#!5#8&##!%F!+)11#++!5484'.7!74'#&.1=!1./!\*.3#!4/!5#3#7%\$4/8!1\*475&#/T+!\*);./!

1.\$.>474'=!F&%;!5484'.7!&#+%)&1#+!'%!3.&4%)+!F%&;+!%F!F)/1'4%/4/8!4/!5484'.7!1%/'#X'+!M+##!

012%)8.77!./5!"#8.9!VZVVQJ!N.\$.>474'=9!4/!-#/T+!!#&;+9!#;\$\*.+4+#+!\*);./!543#&+4'=9!'\*#!

+48/4F41./1#!%F!1\*%41#C;.E4/8!./5!\$%++4>474'4#+!F%&!+%14.7!\$&.X4+J!(+!;./=!1\*475&#/!/%D!\$&%D!
)\$!5484'.7!!\*#/!4'!4+!'\*4+!;%&#!.8#/'43#9!5=/.;41!5484'.7!1.\$.>474'=!D#!/##5!'%!\*#7\$!'\*#;!'%!

5#3#7%\$9!.+!.!E#=!.+\$#1'9!.7%/8!D4'\*!&#8)7.'4%/!./5!\$&%'#1'4%/9!5484'.7!&#+474#/1#!F%&!

+.F#8).&54/8!./5!1.&#9!D4'\*!&#8.&5!'%!;#/'.7!\*#.7'\*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%)&+\!!56%,.).22\*

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

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

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

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

!!

B%77%D4/8!. \$%744/8!#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<math>#5!1\*.77#/8#+!4/!'\*#!5484'.7!#/34&%/; #/'!D#&#!&#1&)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!+)>\#1'+!./5!\$.+'%&.7!&\%#+!%/!.!+#'!\%F!.1'434'4#+!)+4/8! &#+%)&1#+!\$&\%5)1#5!F\&!'\*#!\$&\\#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!

@ \*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/#++T!F%&!F)')&#!5484'.7! #X\$#&##/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%&#!%>\#1'43#+,!!

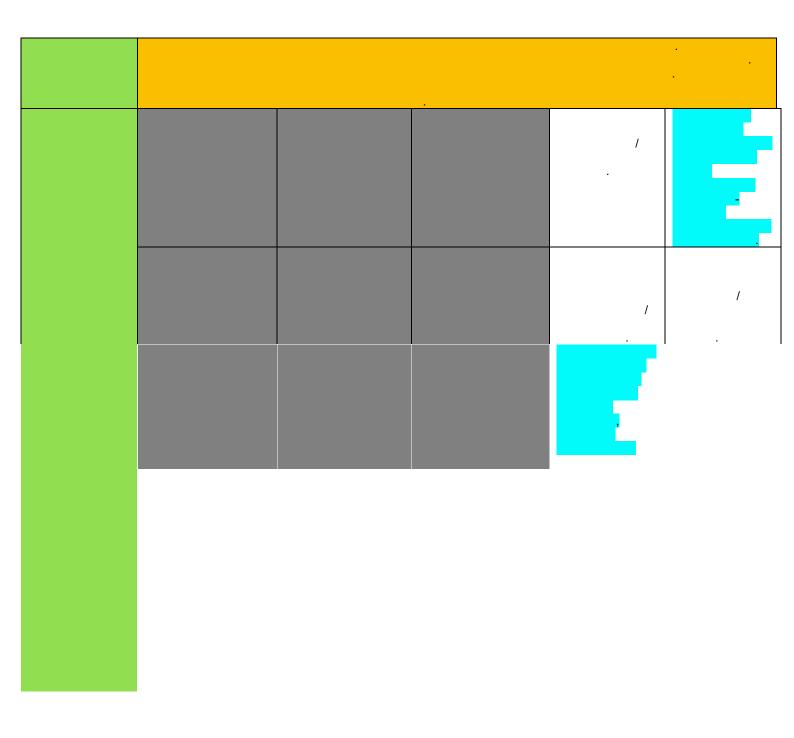
- ! K5#/'4F=!'&./+F#&.>7#!\$&4/14\$7#+!%F!#/.>74/8!.!\$'\*4&5!+\$.1#T!/#D!\$&.1'41#!;%5#7!4/! +1\*%%7!74>&.&4#+!F%&!5484'.7!74'#&.1=U!
- ! P&%345#!#345#/1#!%F!'\*#!\$%+4'43#!4;\$.1'!%F!5484'.7!74'#&.1=!5#3#7%\$;#/'!4/!+1\*%%7!

L

B.; 47=!./5! B&4#/5+!4/! 2484'.7!A4F# 1 -1

1 -1

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

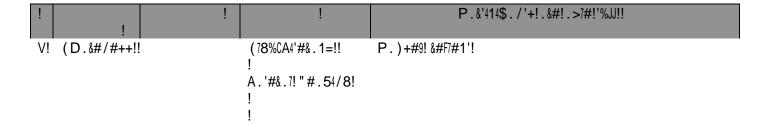




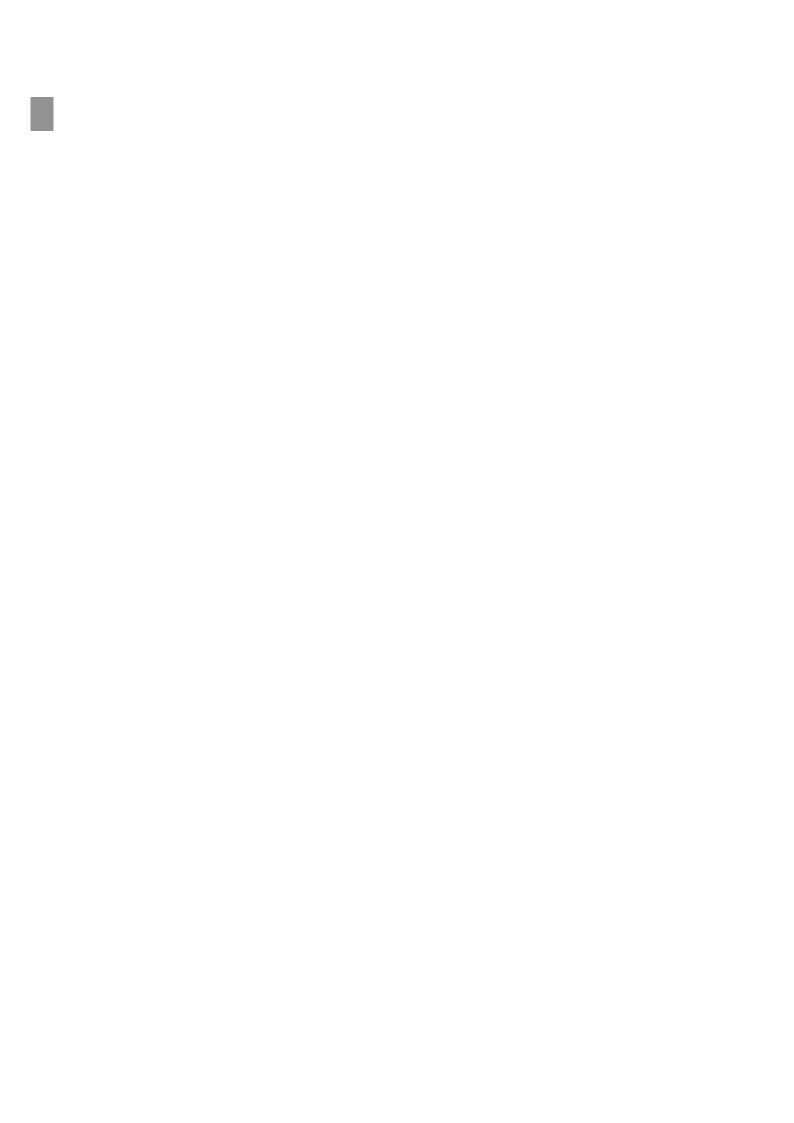
## **WORKSHOP PLANS**

```
B4/.7=9!R)+'!F%&!'*#!+')5#/'+T!%D/!&#F7#1'4%/+9!.F'#&!'*#!D%&E+*%$9!843#!'*#;!'*4+!74/E!./5!.+E!
'*#;!'%!7%%E!.'!'*#+#!&#+%)&1#+9!D*41*!("O!4/'#/5#5!F%&!'*#4&!.8#!8&%)$!./5!'*#4&!$.&#/'+!k!
1.8#8+9!./5!'%!'*4/E!.>%)'!*%D!!*#48!%D/!1*.77#/8#+!4/!'*#!5484'.7!#/348%/;#/'!.8#!
) /5#&+'%%5!>=!K/'#&/#'!O.''#&+J! f %D!D#7!5%#+!'*4+!&#+%)&1#!;.'1*!)$!'%!'*#!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!>)'!$7#.+#!+'&%/87=!#/1%)&.8#!'*#;!'%!'.E#!.!7%%EJ!!
K/5#$#/5#/'!@.+E.!
N&#54'!^!.5.$'#5!F&%;!:)&E*.&5'9!6!MVZVVQ! T."'%*U1%,&V*W.22()2?*='72*%)"*U&,%&.3'.2*+(,*
W'8,%,'%)2?*-0%22,((1*0)28,#$&(,2*%)"*X&>.,*0)+(,1%'()*Y,(+.22'()%2J!A%/5%/,!B.1#'!
P) > 74 + *4/8J!
-')5#/'+!D4717#.&/!'%!1%;$.&#!4/F%&;.'4%/!F8%;!54FF#&#/'!$%4/'+!%F!34#D!'%!8#'!.!;%&#!
1%; $7#'#!$41')&#!%F!.!'%$41J!!
P&#$.&.'%&=!8)45./1#!MF!&#L)4&#59!5#$#/54/8!%/!/.')&#!%F!'*#!1%*%&'!./5!'*#4&!$%74'41.7!
74'#&.1=Q!^!#X$7./.'4%/!%F!D*.'!4+!1%;;%/7=!)/5#&+'%%5!4/!$%74'41+!>=!7#F'!D4/89!1#/'&#!./5!
&48 * '!D4/8J!Y&!' * #=!1 . /!&#+# . &1 *!' * 4+!F%&!' * # ; +#73#+! . +!$ . &'!%F!' * #!' . +EJ!!
```

@ \*#!'.+E!!



```
*''$+,kkDDDJ=%)')>#J1%; kD.'1*n3oKtCD-1Eu>F1!!M-E=!_#D+Q!!
*''$+,kkDDDJ=%)')>#J1%; kD.'1*n3oBes6@b7e5OK!!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##4/8+!.>%)'!'*#+#!$&%'#+'+J!!
:)'!'*4/E!.7+%!.>%)'!*%D!'*#=!.&#!>%'*!$#&+).+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%&!$.&'41)7.&!$)&$%+#+J!!
@fO!K_2OPO_2O_@!@(-?!
_%D9!=%)!.&#!8%4/8!'%!$)'!'*#!5484'.7!74'#&.1=!+E477+!#X$7.4/#5!4/!'*#!345#%!4/'%!$&.1'41#J!!
b%)!D47!>#!$&%345#5!D4'*!74/E+!'%!'D%!.&'417#+J!!!50'*O%>'2*6(,B2*1#$>*8.&.,*'+*4(#*$>((2.*
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@ \*#!\$&%8&.; #!\*.5!>##/!\$7.//#5!'%!&) /!F%&!.17%/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').7=!\*.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!'\*.'!'\*#!
&#7.'4%/+\*4\$!>#'D##/!'\*#!'D%!D.+!>#''#&!1.\$')&#5!>=!&)//4/8!'\*#; !4/!4; ; #54.'#!+)11#++4%/J!
(/%'\*#&9!\$#&\*.\$+!; %&#!\$&#541'.>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!\delta/!'\*#!; %; #/'T!F%1)+!F%&!7#.&/4/8!4+!.'!+)1\*!.!\*48\*!
\$&#; 4); !F\&!'\*4+!.8#!8&%)\$J!

(!&#1) &&#/'!'\*#; #!D.+!'\*.'9!4/!'\*#!+\*%&'!+\$.1#!%F!'4; #!D#!\*.5!F%&!'\*#!4/'#&3#/'4%/9!4'!D.+!
54FF41)7'!'%!8#'!'%!\*#!5##\$#&\\delta++)#+!>#/#.'\*!'\*#!+)&F.1#!%F!\\&#+474#/1#\\delta!+4/1#\\

K/!'#&;+!%F!'\*#!/#D!\$&.1'41#!;%5#79!1%;\$.&4+%/+!D#&#!;.5#!D4'\*!%'\*#&!+1\*%%7!.1'434'4#+!
&#7.'#5!'%!\*#.7'\*!./5!D#77>#4/8!./5!%/74/#!+.F#'=9!./5!4'!D.+!.!+\*.&#5!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\*#&!7#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%&!'\*#!\$&%8&.;;#!%FF#&#5!)+!./%'\*#&!5.'.!+#'J!@\*4+!4/17)5#5!
\$%D#&\$%4/'!+745#+!\$&%5)1#5!4/!&#+\$%/+#!'%!'\*#!\$%/F%&;.'4%/!:)>>7#T!./5!7.'#&.7!&#.54/8!
.1'434'4#+!MF%&!#X.;\$7#9!%/!54FF#&#/'!;#54.!&#\$&#+#/'.'4%/+!%F!.!<\_!174;.'#!&#\$%&'Q!./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'\*!'\*#!\$&%#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&!(77!D#&#!.)54%!&#1%85#5! \$&%#1'9!D\*47+'!'\*#!4/'#&34#D+!D#&#!&#7.'#5!; %&#!'%!#X\$#&4#/1#+!4/!'\*#!5484'.7!D%8759!'%!.55!.!; %&#!54+1)&+43#!./5!L).74'.'43#!7.=#&!'%!'\*#!>.+#74/#!5.'.J!B&%;!'\*#!'&./+1&4\$'4%/!./.7=+4+9!'\*#!F%77%D4/8!+48/4F1./'!#X\$#&4#/1#+!./5!\$#&1#\$'4%/+!D#&#!\$&#+#/'#5,!!

#### "Driving into the Skid"

@\*#!&%7#!%F!`\*#!+1\*%%7!74>&.&4./!+!.!; 4+)/5#&+'%%5!&%7#9!./5!4+!1&)14.7!F%&!5484'.7!74'#&.1=9!>)'!

'\*#!; 4/5+#'!%F!>#4/8!.!+1\*%%7!74>&.&4./!D\*%!4+!#/.>74/8!'\*4+!E4/5!%F!\$'\*4&5!+\$.1#T!#5)1.'4%/!F%&!

>%'\*!4/F%&;.'4%/!74'#&.1=!./5!5484'.7!D#77>#4/89!4+!/%'!'=\$41.7J![ \*47+'!.!+1\*%%7!74>&.&4./!; .=!

%F'#/!&)/!D%E+\*%\$+!4/!P-fO9!&#7.'#5!'%!; 4+4/F%&;.'4%/!%&!%/74/#!+.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!.!1%/5)143#!+1\*%%7!+#''4/8J!@\*#!7.''#&!D.+!

.7+%!.'=\$41.79!>#4/8!.!&#7.''43#1=!3#&=!D#77C&#+%)&1#5!+1\*%%7!D\*#&#!!\*#!5#+4&#!'%!'.E#!.!

\$&%.1'43#!.\$\$&%.1\*!'%!5484'.7!74'#&.1=!'%!\$",'9.\*')&(\*&>.\*2B'"@!.+!%\$\$%+#5!'%!'&=4/8!'%!+D#&3#!

.D.=9!1%)75!>#!+)\$\$%&'#5J!@\*4+!&#+%/.'#5!D4'\*!'\*#!F4/54/8+!%F!\*#!Y%,.)&')3\*M(,\*%\*\_'3\*%%\*M#&#,.\*&#+#.&1\*!MA434/8+'%/#!./5!:7);C"%++9!VZVZQ9!D4'\*!&#8.&5!'%!'\*#!54+1%)&+#!%F!+1&##/!

'4;#!./5!&4+E!&#5)1'4%/!&#5)14/8!3%41#!F%&!\$.&#/'+!'%!.&'41)7.'#!;%&#!/)./1#5!./5!1%;\$7#X!

1%/1#&/+!.>%)'!\$.&#/'4/8!4/!'\*#!5484'.7!.8#!4/!>&%.5#&!#&;4J!-1\*%%7!74>&.&4/.9!>#4/8!;%##!.>%)'!

&#+#.&1\*!+E47+!F%&!'\*#!1)&&41)7);!./5!&#5)14/8!\$+1&##/!'4;#T!'\*./!i1\*./84/8!=%)&!%D/!5484'.7!

+\$\*#&#Jj!!!

In hi lib a , 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"

I impo an o eali e ho m ch e el on echnolog , l defini el el on TikTok oo m ch. Yo ne e kno ha o ac all o o o i can ca e mo e p oblem o o ha e o keep c olling. And of en he commen on ideo a e o ho endo o o ldn e e ee ha in he eal o ld, b he fac ha people hink he can ee i , i like ha he eall hink, nfil e ed, hen ha e ca .

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

@ \*#&#!D.+!.!+ \*.&#5!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/!&#7.'4%/!'%!; #54.!#FF#1'+!./5!
1)7'43.'4%/!'\*#%&4#+9!'\*4+!4+!/%'!5)#!'%!>#4/811%/+'./'7=!#X\$%+#5!'%!+4; 47.&9!34%7#/'!%&!\$; #./!
D%&75T!1%/'#/'9!>)'!; %&#!.>%)'!'\*#!1%/+'./'!R)X'.\$%+4'4%/,!!

The main conce n m pa en ha 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!i f # .7'\*!74'#& . 1=! . /5!74>& . &4#+,! . !74'#& . ') &#!&#34#Dj9! " #F#&#/1#! - #&341#+! " #34#D9!g%7J!HH!\_%J!V9!\$\$J!G\GCVZIJ! f ''\$+,kk5%4J%&8kGZJGGZdk " - " CZVCVZG`CZZZI!

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\*#.7'\*!+14#/1#J!!=>.\*\\%)\$.&\*\\/24\$>'\%,4\\!a!

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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.)&%*\.%&>*%)"*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$5F!
YFF41#!F%&!_.'4%/.7!-'.'4+'41+!MVZVZQJ!N%&%/.34&)+!./5!'*#!+%14.7!4;$.1'+!%/!=%)/8!$#%$7#!4/!
e &# . '! : &4' . 4/ .!W! ($&47!'%!GZ! O . =!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!!
Y75#/>)&89! "J9!MG\\aQJ!$Y)&!3./4+*4/8!'*4&5!$7.1#+JT!Y0%))')3*$(11'22'().,2*|(#,)%9!RfMHQ9!
$$J`CGZJ!
P%''#&9! 6J! . /5! 012%) 8 . 779! 6J! MVZGaQJ! _ '3'&%'* 1 . "'%?*$#\\#, . *%) "* . "#$\%'()\V*=> . (,'2') 3*\&>', "*
27%$.*0%..%$'.2J!A%/5%/,!P.78&.3#!0.1;477./J!
P)&/.;.!-9!<\(T.*!09!0.1*.74!\(\text{9!} [4>\%D\(\text{8!} (9!_..\&;.54'=.!:-J!\)\(\text{VZVGQJT!}\(2\%\#+!5484'.7!74'\#\&.1=!)\)
4/F7)#/1#!+')5#/'+c!%/74/#!&4+En!O345#/1#!F&%; !N%345CG\JT! \ .0'4()J!VZVG!6)/!VdUaM\ Q,#ZaHZ\ J!
5%4,IGZJGZG`kRJ*#74=%/JVZVGJ#ZaHZ`J!POK2,!WHVIdH`ZU!PONK2,!PONdVIddH`J!
".FF.#7#9!2J!MVZVGQJ!$N)7'43.'4/8!'*#I$@*4&5!P7.1#T!4/!+1*%%7!74>&.&4#+!'%!+)$$%&'!+')5#/'!
D#17>#4/8JT!!U4).,349!QaMGQJ!"#'&4#3#5!F&%;!
```