

My name is Helen, and I was raised in Las Cruces, New Mexico in the United States. I recently graduated from a university in the state of Connecticut. In college, I studied mathematics and biology. In my free time, I like to cook, go hiking, and watch Formula 1 racing. Teaching English has been a passion of mine for many years. My parents are immigrants from China, and needed to learn English in order to be successful. I want to help other people in the same situation. I am very happy to be in Narva, and am excited to meet many people here!

## ENGLISH CONVERSATION CLUB

Join us on Mondays and Thursdays  
from 4:00 to 5:00 PM  
for a great opportunity to practice English  
and learn about American culture  
with a native English speaker!

**Instructor: Helen Cai (USA)**

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Visit <http://bit.ly/NarvaAS> for details.  
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## GET HELP WITH YOUR ENGLISH

PLEASE REGISTER

Join us on Mondays and Thursdays  
from 3:00 to 4:00 PM  
to get help with any English language-  
related questions (homework,  
presentations, correspondence, etc.)

**Instructor: Helen Cai (USA)**

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