

1) Most people know yoga as a kind of exercise aimed at developing strength and flexibility. To practise yoga, you learn a series of 'postures', where you put your body into different positions. The correct breathing is also important. However, yoga is really about more than just exercise. In 2014, the Prime Minister of India asked the United Nations to create an International Day of Yoga. The United Nations agreed, and International Yoga Day is now celebrated on 21 June.

2) International Women's Day on 8 March is a day to celebrate the social, economic and political achievements of women, reflect on progress and demand gender equality. For over a hundred years, International Women's Day has put the spotlight onto issues affecting women all over the world. Today, International Women's Day belongs to everyone who believes that women's rights are human rights, but the global campaigns for equal rights for women continue all year round.

3) Thirtythree years ago, some people had computers in their homes, but they didn't use them for much. Maybe they just used them to type letters to print out and send by post. But, in 1989, a British scientist changed everything and one of the greatest inventions was born: the World Wide Web. The internet is basically a big network of computers that deliver information to other computers. When this information is in the form of webpages, that's the World Wide Web.

4) It is estimated that around 14 per cent of the global population is illiterate. Within that statistic, there is some good news and some bad news. On a positive note, the levels of illiteracy have fallen a lot in recent decades; however, there are still enormous differences between regions. Moreover, two-thirds of all illiterate people in the world are female. Every 8 September, International Literacy Day brings attention to people in the world who don't know how to read or write.

5) International Workers' Day is a celebration of working people and a day when people campaign for fair work and fair pay. Thanks to action taken by workers over many years, millions of people have won fundamental rights and protections: there are limits on working hours, and people have the right to paid holidays and sick pay. However, in recent years, working conditions in many situations have got worse. Solidarity with other workers is as important as ever.

6) There have been celebrations to mark the beginning of a new year for thousands of years. Sometimes these were simply an opportunity for people to eat, drink and have fun, but in some places the festivities were connected to the land or astronomical events. Today, in many cities all over the world, people celebrate the beginning of a new year, while spectacular fireworks displays take place as soon as the clock passes midnight on 31 December.

7) Vegans argue that animal farming is not only cruel but also bad for the environment. World Vegan Day, on 1 November, puts the focus on the vegan way of life. Vegans try to live, as much as possible, in a way that avoids exploiting and being cruel to animals. This means following a plant-based diet. Vegans do not eat animals or animal-based products like meat, fish, eggs, honey and cheese. Many vegans do not wear clothes made from animal skins.

8) Every year on a certain Saturday night in May, something unique happens in Europe. Millions of people turn on their TVs and prepare to watch their nation compete. But this is no ordinary international competition. It has no athletes or fast cars. This is a contest based on something much more important: finding the perfect pop song. The Eurovision is a concert which is full of wonderful songs from all over Europe. Each participating country sends a singer to perform a song.