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Nowadays our life is impossible without the Internet. It is used everywhere: at home, at work, at school and in many other public places. And of course it is widely used in education by students and teachers.

Modern education demands students and teachers be competent in using different multimedia technologies. Creating a personal site is one of these modern information technologies that qualified teachers should use in their practice. But some teachers can ask why they should have their own site. Of course, having a personal web-site has advantages as well as disadvantages.

On the one hand, having a personal web-site allows you to collect and organize all your methodical material into a system, then upload and share it with your colleagues from other schools, regions and even countries. So you \(\) can exchange your experience, make friends from all over the world, take part \(\) in online seminars and competitions. It's also a good way to improve your \(\) language, computer skills and get to know new methods of teaching. One more thing, a personal site gives you an excellent opportunity to gather and represent your portfolio of your achievements\(\) to your colleagues. Web-site also allows a teacher to keep useful information and documents in order. Another advantage of having a web-site is your students can do some activities online and it makes learning languages more attractive for them.\(\)

On the other hand, having your own site has some disadvantages, too. First, it takes a lot of time and efforts to keep it up to date. You have to spend much time in front of a computer and it has bad influence on your health, e.g. you can have problems with eyesight, backpains and so on. Secondly, you have to pay for using domen.

To sum up, personal web –site is very actual in modern life, we can't do without this exciting and educational activity. But we mustn't forget about our health and other aspects of our life.