

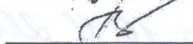
Учреждение образования Федерации профсоюзов Беларуси
«Международный университет «МИТСО»

Факультет экономики и права

Кафедра иностранных языков и межкультурных коммуникаций

СОГЛАСОВАНО

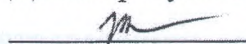
Заведующий кафедрой

 С.Н. Колоцей

11.06 2026 г.

СОГЛАСОВАНО

Декан факультета

 Н.В. Кузнецов

11.06 2026 г.

**УЧЕБНО-МЕТОДИЧЕСКИЙ КОМПЛЕКС
ПО УЧЕБНОЙ ДИСЦИПЛИНЕ**

**ИНОСТРАННЫЙ ЯЗЫК I: ПРАКТИКА УСТНОЙ И ПИСЬМЕННОЙ
РЕЧИ II (АНГЛИЙСКИЙ)**

для специальности

6-05-0231-03 Лингвистическое обеспечение межкультурной коммуникации
(с указанием языков)

Составитель: О.К. Шавловская, старший преподаватель кафедры иностранных языков и межкультурных коммуникаций Гомельского филиала учреждения образования Федерации профсоюзов Беларуси «Международный университет «МИТСО»

Рассмотрено и рекомендовано к утверждению на заседании кафедры иностранных языков и межкультурных коммуникаций Гомельского филиала учреждения образования Федерации профсоюзов Беларуси «Международный университет «МИТСО» 30.04.2026, протокол № 9

Утверждено на заседании научно-методического совета учреждения образования Федерации профсоюзов Беларуси «Международный университет «МИТСО»

07.07. 2026 г., протокол № 6

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Регистрационный № УД-047-26/7

Регистрационное свидетельство № 1162126892 от 10.11.2021
новый знак, зарегистрирован 12.08.2026

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 образования Федерации профсоюзов Беларуси «Международный университет МИТСО»

_____ 20____, протокол № _____

Учреждение образования Федерации профсоюзов Беларуси
«Международный университет «МИТСО»

Факультет экономики и права

Кафедра иностранных языков и межкультурных коммуникаций

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_____._____. 2026 г.

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Декан факультета

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_____._____. 2026 г.

**УЧЕБНО-МЕТОДИЧЕСКИЙ КОМПЛЕКС
ПО УЧЕБНОЙ ДИСЦИПЛИНЕ**

**ИНОСТРАННЫЙ ЯЗЫК I: ПРАКТИКА УСТНОЙ И ПИСЬМЕННОЙ
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_____ 20__ г., протокол № ____

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Регистрационный № _____

Регистрационное свидетельство № _____ от _____

АКТУАЛИЗИРОВАН

заседание

кафедры

 _____ учреждения
 образования Федерации профсоюзов Беларуси «Международный университет
 МИТСО»

_____ 20_____, протокол № _____

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ПОЯСНИТЕЛЬНАЯ ЗАПИСКА

Модуль «Практика устной и письменной речи» включает две учебные дисциплины «Иностранный язык I: Практика устной и письменной речи I» и «Иностранный язык 1: Практика устной и письменной речи II» и является составной частью лингвистической подготовки специалистов по межкультурной коммуникации.

Актуальность учебных дисциплин «Иностранный язык I: Практика устной и письменной речи I» и «Иностранный язык I: Практика устной и письменной речи II» заключается в их нацеленности на формирование у будущего специалиста по межкультурным коммуникациям языковых компетенций через овладение знаниями о речевой иноязычной деятельности в рамках основных сфер общения, что обеспечивает корректное оформление высказывания, необходимое для достижения взаимопонимания между представителями разных лингвокультурных сообществ в реальной ситуации иноязычного общения. Выделение двух учебных дисциплин, дифференцированных по этапам и годам обучения, позволяет осуществлять непрерывное обучение практическим навыкам овладения устной и письменной речи в условиях моделирования межличностного и межкультурного общения. Освоение их содержания в сочетании с другими практическими и теоретическими языковыми дисциплинами обеспечивает глубокую и всестороннюю подготовку будущего специалиста по межкультурным коммуникациям, а также стимулирует дальнейшее профессионально-ориентированное совершенствование уровня владения иностранным языком.

Основной целью учебного модуля «Практика устной и письменной речи» является обучение видам речевой иноязычной деятельности в рамках основных сфер общения, в том числе восприятие речи на слух с разной глубиной понимания и с последующей интерпретацией воспринятых фактов и социокультурных реалий.

Реализация указанной цели подразумевает решение нескольких задач:

1) практикоориентированное обучение говорению: монологическая речь (сообщение, описание, повествование, рассуждение) и диалогическая речь (диалог-расспрос, диалог-обмен мнениями, диалог-волеизъявление, диалоги комбинированного типа и т. п.) в различных ситуациях социальновербального поведения (знакомство, благодарность, согласие/несогласие, отказ, обмен впечатлениями и др.);

2) чтение текстов разных стилей (изучающее, ознакомительное, просмотровое, поисковое);

3) развитие навыков оценки и интерпретация текстовой информации;

4) формирование навыков написания личного и делового письма, биографии, резюме, заполнение бланков, написание изложений, изложений с элементами сочинения в соответствии с нормами и стандартами письменной речи.

Место учебной дисциплины в системе подготовки специалиста с высшим образованием, связи с другими учебными дисциплинами.

Согласно учебному плану, модуль «Практика письменной и устной речи» входит в государственный компонент цикла специальных дисциплин и связан с такими учебными предметами, как «Практическая грамматика», «Практическая фонетика».

В соответствии с образовательным стандартом по специальности 6-05-0231-03 «Лингвистическое обеспечение межкультурной коммуникации (по направлениям)» изучение модуля направлено на **формирование следующих компетенций:**

универсальной: осуществлять коммуникации на иностранном языке для решения задач межличностного и межкультурного взаимодействия;

базовой профессиональной: осуществлять иноязычную устную и письменную коммуникацию в соответствии с нормой и узусом языковой системы.

Кроме требований к компетенциям, отраженным в образовательном стандарте, изучение учебного модуля позволяет сформировать следующие **информационно-коммуникационные компетенции:**

- владеть методологией поиска нового (информации, идей и т. п.);
- владеть методикой анализа и адаптации знаний к своим профессиональным потребностям;
- уметь преобразовывать информацию в специальные знания; уметь формировать информационную культуру обучающихся.

Сформированность представленных компетенций определяется уровнем овладения студентами комплексом знаний, умений и навыков. Таким образом, освоив учебный предметный курс студент должен:

знать:

- условия и принципы речевого общения;
- лингвистические особенности коммуникативно-ситуативных модально-прагматических разновидностей устной речи, в том числе особенности фонетической вариативности характерной для связной устной речи;
- основы коммуникативно-ситуативной и жанрово-стилистической вариативности устной и письменной продуктивной речи;
- основные функциональные типы диалогического высказывания и их структуру: диалог-расспрос, диалог-обмен мнениями, диалог-волеизъявление, диалоги комбинированного типа (расспрос + обмен мнениями и т.п.), полилог (в дискуссии, споре, дебатах, тематической беседе);
- основные функциональные типы монологического высказывания и их структуру (сообщение, описание, повествование, рассуждение (обоснование), характеристика, отзыв, а также комбинированные типы высказывания (монолог в диалоге, сообщение + рассуждение) и т.п.);
- особенности процесса восприятия устной речи, обусловленные его взаимодействием с продуцированием речи;
- лингвистические особенности жанрово-стилистических

разновидностей письменных текстов;

– особенности словарного состава и синтаксической организации письменного текста, обусловленные его функционально-стилистической принадлежностью и коммуникативной направленностью;

уметь:

– использовать иностранный язык в коммуникативной, когнитивной, экспрессивной и других функциях;

– адекватно реализовывать коммуникативное намерение в монологической и диалогической речи в соответствии с нормами, узусом и ситуацией общения;

– использовать иностранный язык в качестве инструмента профессиональной деятельности;

– осуществлять общение на иностранном языке с представителями других культур;

– адекватно воспринимать на слух аутентичную речь различных коммуникативно-ситуативных и модально-прагматических разновидностей, а именно: идентифицировать предмет прослушанного и понимать основное содержание звучащего текста, вычленять детали содержания, устанавливать последовательность событий и т.п.;

– использовать оригинальные произведения письменной речи различной жанрово-стилистической разновидности и коммуникативной направленности для получения актуальной информации, расширения историко-культурологических, страноведческих и профессиональных знаний, для самообразования и совершенствования коммуникативной компетенции;

– вычленять тему и основную идею текста при первом прочтении (просмотровое чтение);

– выделять существенные детали и необходимую информацию при прочтении текста без обращения к словарю (ознакомительное чтение);

– осуществлять анализ смыслового содержания и логико-коммуникативной организации текста для полного понимания текста;

иметь навыки:

– устного и письменного общения в различных ситуациях на иностранном языке;

– владения стратегиями различных видов чтения и навыками восприятия речи на слух; средствами и приемами межкультурного взаимодействия в различных

– ситуаций общения на иностранном языке;

– компенсаторных коммуникативных стратегий.

Электронный учебно-методический комплекс по дисциплине «Иностранный язык I: Практика устной и письменной речи II» (Английский язык) охватывает следующие разделы:

Раздел 1. Сфера социально-культурного общения

Тема 1.1. Спорт и здоровый образ жизни

Тема 1.2. Путешествие

Тема 1.3. Кино

Раздел 2. Сфера социально-познавательного общения

Тема 2.1. Городская жизнь. Транспорт

Тема 2.2. Погода, поры года

Раздел 3. Сфера профессионально-трудового общения

Тема 3.1. Профессиональная деятельность в деловой сфере

Учреждение образования Федерации профсоюзов Беларуси
«Международный университет «МИТСО»

УТВЕРЖДАЮ

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«Международный университет «МИТСО»

Ю.Л. Шевцов

2023 г.

Регистрационный № УД-24/01-23 /уч.



**МОДУЛЬ «ПРАКТИКА УСТНОЙ И ПИСЬМЕННОЙ РЕЧИ
ПЕРВОГО ИНОСТРАННОГО ЯЗЫКА»**

**Учебная программа учреждения высшего образования
по учебной дисциплине для специальности**

6-05-0231-03 Лингвистическое обеспечение межкультурной
коммуникации (с указанием языков)

2023 г.

Контрольный экземпляр

Учебная программа составлена на основе образовательного стандарта высшего образования ОСВО 6-05-0231-03-2022 (общее высшее образование), для специальности 6-05-0231-03 Лингвистическое обеспечение межкультурной коммуникации (с указанием языков); учебного плана указанной специальности учреждения образования Федерации профсоюзов Беларуси «Международный университет «МИТСО» по специальности 6-05-0231-03 «Лингвистическое обеспечение межкультурной коммуникации (с указанием языков)»

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Кафедрой иностранных языков и межкультурных коммуникаций учреждения образования Федерации профсоюзов Беларуси «Международный университет «МИТСО»

(протокол № 10 от 23.05.2023);

Научно-методическим советом учреждения образования Федерации профсоюзов Беларуси «Международный университет «МИТСО»
(протокол № 8 от 14.07.2023)

Нормоконтроль
ведущий специалист
МРУ
Т.В. Матушук

Зав. библиотечной
А.В. П.В. Воробейчик

I. ПОЯСНИТЕЛЬНАЯ ЗАПИСКА

Модуль «Практика устной и письменной речи» включает две учебные дисциплины «Иностранный язык I: Практика устной и письменной речи I» и «Иностранный язык 1: Практика устной и письменной речи II» и является составной частью лингвистической подготовки специалистов по межкультурной коммуникации.

Актуальность учебных дисциплин «Иностранный язык I: Практика устной и письменной речи I» и «Иностранный язык 1: Практика устной и письменной речи II» заключается в их нацеленности на формирование у будущего специалиста по межкультурным коммуникациям языковых компетенций через овладение знаниями о речевой иноязычной деятельности в рамках основных сфер общения, что обеспечивает корректное оформление высказывания, необходимое для достижения взаимопонимания между представителями разных лингвокультурных сообществ в реальной ситуации иноязычного общения. Выделение двух учебных дисциплин, дифференцированных по этапам и годам обучения, позволяет осуществлять непрерывное обучение практическим навыкам овладения устной и письменной речи в условиях моделирования межличностного и межкультурного общения. Освоение их содержания в сочетании с другими практическими и теоретическими языковыми дисциплинами обеспечивает глубокую и всестороннюю подготовку будущего специалиста по межкультурным коммуникациям, а также стимулирует дальнейшее профессионально-ориентированное совершенствование уровня владения иностранным языком.

Основной целью учебного модуля «Практика устной и письменной речи» является обучение видам речевой иноязычной деятельности в рамках основных сфер общения, в том числе восприятие речи на слух с разной глубиной понимания и с последующей интерпретацией воспринятых фактов и социокультурных реалий.

Реализация указанной цели подразумевает **решение нескольких задач:**

1) практикоориентированное обучение говорению: монологическая речь (сообщение, описание, повествование, рассуждение) и диалогическая речь (диалог-расспрос, диалог-обмен мнениями, диалог-волеизъявление, диалоги комбинированного типа и т. п.) в различных ситуациях социальновербального поведения (знакомство, благодарность, согласие/несогласие, отказ, обмен впечатлениями и др.);

2) чтение текстов разных стилей (изучающее, ознакомительное, просмотровое, поисковое);

3) развитие навыков оценки и интерпретация текстовой информации;

4) формирование навыков написания личного и делового письма, биографии, резюме, заполнение бланков, написание изложений, изложений с элементами сочинения в соответствии с нормами и стандартами письменной речи.

Место учебной дисциплины в системе подготовки специалиста с высшим образованием, связи с другими учебными дисциплинами.

Согласно учебному плану модуль «Практика письменной и устной речи»

входит в государственный компонент цикла специальных дисциплин и связан с такими учебными предметами, как «Практическая грамматика», «Практическая фонетика».

В соответствии с образовательным стандартом по специальности 6-05-0231-03 «Лингвистическое обеспечение межкультурных коммуникаций (по направлениям)» изучение модуля направлено на **формирование следующих компетенций:**

универсальной: осуществлять коммуникации на иностранном языке для решения задач межличностного и межкультурного взаимодействия;

базовой профессиональной: осуществлять иноязычную устную и письменную коммуникацию в соответствии с нормой и узусом языковой системы.

Кроме требований к компетенциям, отраженным в образовательном стандарте, изучение учебного модуля позволяет сформировать следующие **информационно-коммуникационные компетенции:**

владеть методологией поиска нового (информации, идей и т. п.);

владеть методикой анализа и адаптации знаний к своим профессиональным потребностям;

уметь преобразовывать информацию в специальные знания;

уметь формировать информационную культуру обучающихся;

Сформированность представленных компетенций определяется уровнем овладения студентами комплексом знаний, умений и навыков. Таким образом, освоив учебный предметный курс студент должен:

знать:

условия и принципы речевого общения;

лингвистические особенности коммуникативно-ситуативных модально-прагматических разновидностей устной речи, в том числе особенности фонетической вариативности характерной для связной устной речи;

основы коммуникативно-ситуативной и жанрово-стилистической вариативности устной и письменной продуктивной речи;

основные функциональные типы диалогического высказывания и их структуру: диалог-расспрос, диалог-обмен мнениями, диалог-волеизъявление, диалоги комбинированного типа (расспрос + обмен мнениями и т.п.), полилог (в дискуссии, споре, дебатах, тематической беседе);

основные функциональные типы монологического высказывания и их структуру (сообщение, описание, повествование, рассуждение (обоснование), характеристика, отзыв, а также комбинированные типы высказывания (монолог в диалоге, сообщение + рассуждение) и т.п.);

особенности процесса восприятия устной речи, обусловленные его взаимодействием с продуцированием речи;

лингвистические особенности жанрово-стилистических разновидностей письменных текстов;

особенности словарного состава и синтаксической организации письменного текста, обусловленные его функционально-стилистической принадлежностью и коммуникативной направленностью;

уметь:

использовать иностранный язык в коммуникативной, когнитивной, экспрессивной и других функциях;

адекватно реализовывать коммуникативное намерение в монологической и диалогической речи в соответствии с нормами, узусом и ситуацией общения;

использовать иностранный язык в качестве инструмента профессиональной деятельности;

осуществлять общение на иностранном языке с представителями других культур;

адекватно воспринимать на слух аутентичную речь различных коммуникативно-ситуативных и модально-прагматических разновидностей, а именно: идентифицировать предмет прослушанного и понимать основное содержание звучащего текста, вычленять детали содержания, устанавливать последовательность событий и т.п.;

использовать оригинальные произведения письменной речи различной жанрово-стилистической разновидности и коммуникативной направленности для получения актуальной информации, расширения историко-культурологических, страноведческих и профессиональных знаний, для самообразования и совершенствования коммуникативной компетенции;

вычленять тему и основную идею текста при первом прочтении (просмотровое чтение);

выделять существенные детали и необходимую информацию при прочтении текста без обращения к словарю (ознакомительное чтение);

осуществлять анализ смыслового содержания и логико-коммуникативной организации текста для полного понимания текста;

владеть:

навыками и умениями устного и письменного общения в различных ситуациях на иностранном языке;

стратегиями различных видов чтения и навыками восприятия речи на слух;

средствами и приемами межкультурного взаимодействия в различных ситуациях общения на иностранном языке;

компенсаторными коммуникативными стратегиями.

Распределение аудиторных часов по видам занятий и семестрам.

Виды и формы аттестации

Семестр	Количество академических часов						Форма текущей аттестации	
	Всего	Аудит.	из них					
			Лекции	Лабор. занятия	Практ. занятия	Семинары		УСР
Очная (дневная) форма получения высшего образования								
1	210	78			70		8	экз.
2	256	102			90		12	экз.
3	108	72			60		12	зач.
4	128	68			48		20	экз.
Всего	702	320			268		52	

II. СОДЕРЖАНИЕ УЧЕБНОГО МАТЕРИАЛА

«ИНОСТРАННЫЙ ЯЗЫК I: ПРАКТИКА УСТНОЙ И ПИСЬМЕННОЙ РЕЧИ I»

Раздел 1. Сфера социально-личностного общения

Тема 1.1. Личность человека

Имя, возраст, дата и место рождения. Национальность, страны, языки. Семья, семейное положение, вступление в брак, состав семьи, родственные связи. Внешность, характер, межличностные отношения.

Раздел 2. Сфера социально-бытового общения

Тема 2.1. Жилье

Дом, квартира, сад. Мебель, удобства. Домашние животные. Обязанности по дому. Студенческое общежитие, проживание в квартире.

Тема 2.2. Питание

Основные продукты питания. Приготовление и прием пищи. Посуда и предметы сервировки стола. Общественные места питания. Прием гостей. Правила хорошего тона за столом, особенности и традиции питания в Великобритании и Беларуси. Питание и здоровье.

Тема 2.3. Покупки

Покупка продуктов. Одежда и обувь. Дополнения к одежде (аксессуары). Магазины и основные отделы. Выбор и совершение покупки.

Раздел 3. Сфера профессионально-трудового общения

Тема 3.1. Учеба в университете

Поступление в университет. Способности и успеваемость. Экзамены. Студенческая жизнь. Мой университет. Учебные предметы. Занятия по английскому языку. Распорядок дня.

Тема 3.2. Выбор профессии

Моя будущая профессия. Эволюция профессий. Профессионально-трудовая деятельность человека в современном обществе. Мужские профессии. Женские профессии. Профессиональные качества. Профессия переводчика. Выбор профессии. Преимущества, которые может дать профессия. Устройство на работу. Профессии будущего.

Раздел 4. Сфера социально-культурного общения

Тема 4.1. Каникулы. Свободное время

Активные и пассивные виды отдыха. Любимое времяпрепровождение. Место и способ проведения каникул. Планы на каникулы.

ИНОСТРАННЫЙ ЯЗЫК 1: ПРАКТИКА УСТНОЙ И ПИСЬМЕННОЙ РЕЧИ II

Раздел 1. Сфера социально-культурного общения

Тема 1.1. Спорт и здоровый образ жизни

Виды спорта и спортивные игры. Состязания. Олимпийские игры. Спорт в Великобритании и Беларуси. Спорт для здоровья.

Тема 1.2. Путешествие

Способы путешествия. Виды отдыха. Деловые поездки. Заказ билетов. Бронирование номеров и проживание в гостинице.

Тема 1.3. Кино

Роль кинематографа в современной жизни: значимость, задачи, специфика. Жанры фильмов. Мой любимый фильм. Мой любимый актер. История кинематографа. Современное состояние кинематографа. Посещение кинотеатра. Создание фильма. Профессии, связанные с кино.

Раздел 2. Сфера социально-познавательного общения

Тема 2.1. Городская жизнь

Транспорт. Транспорт в большом городе. Транспорт в Минске и в стране изучаемого языка: сходства и различия. Правила поведения на дороге и в транспорте. Как добраться в нужную точку города. Дорога в университет. Родной город. Квартал, улица. Минск и его достопримечательности. Столица страны изучаемого языка и ее достопримечательности.

Тема 2.2. Погода, поры года

Погода и природа зимой. Прогулка в зимнем лесу. Пробуждение природы, приход весны. Погода и природа летом. Почему предпочитают отдыхать летом. Золотая осень. Глубокая осень. Осенний лес.

Раздел 3. Сфера профессионально-трудового общения

Тема 3.1. Профессиональная деятельность в деловой сфере

Современные компании: виды и структура. Должностные требования и обязанности. Основы безопасности профессиональной деятельности. Структура офиса и рабочего места. Устное и письменное общение в сфере бизнеса в условиях межкультурной коммуникации. Основы ведения деловой корреспонденции. Техника общения по телефону. Планирование, подготовка и проведение презентаций.

III. УЧЕБНО-МЕТОДИЧЕСКАЯ КАРТА УЧЕБНОЙ ДИСЦИПЛИНЫ

Очная (дневная) форма получения высшего образования

ИНОСТРАННЫЙ ЯЗЫК I: ПРАКТИКА УСТНОЙ
И ПИСЬМЕННОЙ РЕЧИ I

Номер раздела, темы	Название раздела, темы	Количество аудиторных часов				Количество часов УСР	Форма контроля знаний
		Лекции	Практические занятия	Семинарские занятия	Лабораторные занятия		
1	2	3	4	5	6	7	8
1 семестр							
1.	Сфера социально-личностного общения		10			2	
1.1.	Личность человека		16			2	УО, ПО, А
2.	Сфера социально-бытового общения		60			6	
2.1.	Жилье		24			4	УО, ПО, ЗТТ, А
2.2.	Питание		20			2	УО, ЗТТ, П
	Всего		70			8	Экз.
2 семестр							
2.3.	Покупки		22			2	УО, ПО, А, П, КР
3.	Сфера профессионально-трудового общения		50			6	
3.1.	Учеба в университете		26			2	УО, ПО, ЗТТ, А
3.2.	Выбор профессии		24			4	УО, А, ПО, КР
4.	Сфера социально-культурного общения		18			4	
4.1.	Каникулы. Свободное время.		18			4	КР, ЗТТ, ПО, КР
	Всего		90			12	Экз.

ИНОСТРАННЫЙ ЯЗЫК 1: ПРАКТИКА УСТНОЙ И ПИСЬМЕННОЙ РЕЧИ II

Номер раздела, темы	Название раздела, темы	Количество аудиторных часов				Количество часов УСР	Форма контроля знаний
		Лекции	Практические занятия	Семинарские занятия	Лабораторные занятия		
1	2	3	4	5	6	7	8
3 семестр							
1.	Сфера социально-культурного общения		60			12	
1.1.	Спорт и здоровый образ жизни		22			6	УО, ПО, А
1.2.	Путешествие		20			4	УО, ЗТТ, ПО
1.3.	Кино		18			2	УО, А, П, КР
	Всего		60			12	Зач.
4 семестр							
2.	Сфера социально-познавательного общения		32			12	
2.1.	Городская жизнь. Транспорт		16			6	УО, ПО, ЗТТ
2.2.	Погода, поры года		16			6	УО, ПО, А, КР
3.	Сфера профессионально-трудового общения		16			8	
3.1.	Профессиональная деятельность в деловой сфере		16			8	УО, ЗТТ, КР
	Всего		48			20	Экз.

IV. ИНФОРМАЦИОННО-МЕТОДИЧЕСКАЯ ЧАСТЬ

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СРЕДСТВА ДИАГНОСТИКИ РЕЗУЛЬТАТОВ ОБРАЗОВАТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ

Диагностика результатов образовательной деятельности обучающихся осуществляется в ходе проведения всех видов занятий, самостоятельной работы и текущей аттестации по учебной дисциплине.

Основными формами контроля знаний по учебной дисциплине являются:

устный опрос	УО;
письменный опрос (летучка)	ПО;
контрольная работа	КР;
реферат	Р;
тест (задание тестового типа)	ЗТТ;
аудирование	А;
перевод	П;
экзамен	ЭКЗ.

ПРИМЕРНЫЙ ПЕРЕЧЕНЬ ЗАДАНИЙ И КОНТРОЛЬНЫХ МЕРОПРИЯТИЙ УСР

№ темы, (раздела)	Тема УСР	Кол-во часов	Метод. обеспечение	Форма контроля
Иностранный язык 1: Практика устной и письменной речи I				
1 курс, 1 семестр (8 часов)				
1.1.	Личность человека	2	Интернет-ресурсы	Д, П
2.1.	Жилье	4	Интернет-ресурсы	Д, П
2.2.	Питание	2	Интернет-ресурсы	Д, П
1 курс, 2 семестр (12 часов)				
2.3.	Покупки	2	Интернет-ресурсы	Д, П
3.1.	Учеба в университете	2	Интернет-ресурсы	Д, П
3.2.	Выбор профессии	4	Интернет-ресурсы	Д, П
4.1.	Каникулы. Свободное время	4	Интернет-ресурсы	Д, П
Иностранный язык 1: Практика устной и письменной речи II				
2 курс, 3 семестр (12 часов)				
1.1.	Спорт и здоровый образ жизни	6	Интернет-ресурсы	Д, П
1.2.	Путешествие	4	Интернет-ресурсы	Д, П
1.3.	Кино	2	Интернет-ресурсы	Д, П
2 курс, 4 семестр (20 часов)				
2.1.	Городская жизнь. Транспорт	6	Интернет-ресурсы	Д, П
2.2.	Погода, поры года	6	Интернет-ресурсы	Д, П
3.1.	Профессиональная деятельность в деловой сфере	8	Интернет-ресурсы	Д, П

V. ПРОТОКОЛ СОГЛАСОВАНИЯ УЧЕБНОЙ ПРОГРАММЫ

Название учебной дисциплины, с которой требуется согласование	Название кафедры	Предложения об изменениях в содержании учебной программы учреждения высшего образования по учебной дисциплине	Решение, принятое кафедрой, разработавшей учебную программу (с указанием даты и номера протокола)
Практическая фонетика первого иностранного языка (английский)	Правоведения и социально-гуманитарных дисциплин	Изменений в содержании учебной программы не требуется	
Практическая грамматика первого иностранного языка (английский)	Правоведения и социально-гуманитарных дисциплин	Изменений в содержании учебной программы не требуется	

I. ТЕОРЕТИЧЕСКИЙ РАЗДЕЛ

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «SPORT AND OUR HEALTH»

to be in a good form, to keep fit, to test oneself in a contest, an effect of training, to set (break)records, to take the lead, spectator sport, to play the sport regularly, to practice sport, to stop aging, to participate in a kind of sport, to score a point (a goal), to lose a point(a goal), international tournament, outdoor (indoor) games, to take up sport, to establish oneself in favour, athlete, champion, championship, coach, competition.

Facilities, spectator, fan, pitch, referee, skating rink, spectator, sport event, stadium, swimming pool, the Olympics, horse racing, javelin throwing, wrestling, gliding, track and field events, tobogganing, hunting, competitive shooting, athletics,, billiards, cycling, yachting, draughts, biathlon, cricket, discus throwing, fencing, figure skating, hammer throwing, judo, long / high jump, rowing, rugby, sambo, soccer, squash, weightlifting, diving, rock climbing, white –water rafting, scuba diving, surfing, abseiling.

To train, to play games), to be keen on, to be popular (with), to do sports, to hold a competition, to keep fit, divine intervention, quarter-final, to kick a goal, to protest, to cheer, quarter-final, semi-final, final, to warm up, to get injured, to lose (a game), to draw, to cheat, to win (a game / match / competition), potholing, car racing, side boarding, mountaineering, paragliding, bungee jumping, skydiving, zorbing, burn calories, cardiovascular, sporty, to be on thr bench, to hit back, to be in contention (for smth), to gain ground (on smb) , a long way to go, to aquire a taste for, to take up the challenge, to push myself to the limits, to have a whale of time, to jump at the chance, to summon up the energy, to keep in shape , to reach a fever pitch, to score a goal, to take the field, to break through the defence, to go wild, to give yellow cards, a convincing victory, to keep my balance.

Sport and fitness metaphors

level playing field (fair situation), in the running for (seriously considered), neck and neck in (level with each other and equally likely to win), skate around (don't talk directly about), sailed through (passed very easily), wedding cake = a traditional cake with three “tiers” eaten at the end of the wedding meal.

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «TRAVELLING»

Travelling by train:

railway ticket, railroad ticket, one-way ticket, single ticket, return ticket, round trip ticket, reduced fare ticket, child's ticket, first class ticket, adult fare, single fare, bedding, to get in line for a ticket, to buy a ticket in advance. carriage, car, smoking car, luggage van, car for non-smokers, sleeping car dining-car, restaurant car, compartment, porter, red cap (Am.), time-table, board, train, cancellation, ticket office, ticket collector. change of trains, transfer; to change trains to catch the train to catch the train, to miss the train, fast train, passenger train, long distance train, sleeper train, local train, through train, to go by train.

Travelling by plane:

pilot, aircraft, stewardess, call button, excess luggage, to pay for the excess, luggage, to take off, altitude, window seat, aisle seat, boarding pass, check-in, delayed flight, scheduled flight, shuttle flight, direct flight, unscheduled flight, domestic flight, non-stop flight, boarding, landing, seat belt to fasten a seat belt, air sickness, check-in desk (counter) , to circle over the airfield, to be air sick, departure time, sea voyage, quay, to moor, gangway, deck, steward, harbor, dock, to be sea-sick, to be bad (good) sailor, captain's bridge, crew, liner, boat, sailing, ship, river steamer, cargo-ship, life-boat, to cast the anchor, to raise the anchor, to, be(lie) at anchor, to weigh anchor, to change for a boat, cruise, to take a cruise

Luggage:

hand luggage, luggage claim check, a left luggage office, Lost and Found, a luggage receipt, luggage van, to deposit one's luggage, luggage rack, to collect one's luggage, to have the luggage checked, to register one's luggage, to have the luggage labeled, travel, trip, journey, hitch –hiking, tour, cruise, voyage

Additional words and expressions:

globetrotting, a globetrotter, to globetrot, Hitch-hiking, Hiking, A niche holiday, A flopout holiday, by coach, to hire a car/bike.

Where can I buy a train ticket?

I want to reserve a round-trip ticket

When does the train to ... leave?

Is the 9.10 late? What time is the next train? When does the 9.10 arrive at ...?

Is it a through train or do I have to change? What platform does the train leave from?

How long do we stop here?

What time do I have to be at the airport?

Where is the check-in desk? Has the boarding time been announced?

Is this a non-stop (direct) flight? What airport will we arrive at?

Give me a pill for air-sickness, please., When does the next steamer sail for...?

How many passengers will there be in a cabin?

What speed is the ship sailing?

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «CINEMA»

Cinema:

cinema (house), open-air theatre, cinema with continuous performance, drive-in-theatre, film, movie, (motion) picture, to go to the cinema, (a movie, movies, pictures), normal screen, wide (large, broad) screen, the first (second showing, entrance (exit), showing (performance, programme) begins at ... (ends at ...), colour poster, the box office, to book tickets.

Films: documentary, educational, popular scientific (or science) film, feature film, science fiction film, animated cartoon, adventure film, musical, puppet film, thriller, comedy, horror film, crime film, Western, children's film, colour (black-and-white), mute, sound, full-length (short-length) film, short, two (three) part film, wartime, epic, newsreel, serial, "X" film (a film which may be seen by adults only), star-studded film, the screen version (adaptation) of the novel.

Parts of films: scene, outdoor (indoor) scene, the opening scene, the final scene, crowd scene, an episode, still, shot, long shot, close-up, caption, subtitle, flash-back(s).

Cinema work: to shoot (produce, make) a film, to make a screen version (adaptation) of a novel, to screen a novel (play, story), to adapt a novel for the screen, to film a novel, to play (act) on the screen, to release a picture, to come out (about a film), to go into production, to remake a film, to be dubbed in Russian, to present a film in Russian, co-production (joint production), directed by ..., scenery and costumes by ..., the songs set to music by

Cinema workers: producer, film director, art director, camera-man, script-writer, animator, costume designer.

Cinema-goers: film goers, audience, film fans, to watch the film (screen), to watch smb acting on the screen, to see a film.

Actors and acting: the cast, comedian, an actor of great promise, leading actor, star, to play the main (leading, title, key) or small (supporting, minor) role, to co-star, to portray a character, to give a convincing (memorable, captivating, warm, brilliant, superb) portrayal of ..., to give a magnificent performance as ... (in), to take (gain) the best actress (actor) award (title), to create a true-to-life image, to make the most of the role, to bring to life on the screen, a typical N role, to outshine everybody else, a new N film, to star in a role, to be miscast (ill-chosen), to be cast to advantage, to be an accomplished actor and a consummate professional, to have a considerable/ well-deserved reputation.

Effect. Impression: the film deals with (depicts, presents, tells of); the message of the film; to win universal acclaim; to praise unreservedly; to leave a deep and lasting impression on; to appeal so much to the audience; to be (make) a hit with the public; a delightful, amusing comedy; entertaining (powerful, gripping, absorbing, vividly dramatic, technically brilliant, sad, depressing, slow-moving, dragged-out) film; to leave smb cold; empty of serious content; to fire one's imagination; to awaken one's interest; to create/ evoke an atmosphere; a good film, not without flaws; not a film to everybody taste; not an easy film to watch; obscure

and complex ideas, to be spectacularly successful (about a film), to give rave/ glowing reviews.

Writing a film review. Useful Language:

Background:

The film, story is set in..., This well-written, informative, fascinating book..., This original first novel, The film/ book tells the story of..., The book/ novel was written by..., The film is directed by..., This work is based on..., It is a comedy/ horror film/ love story.

Main points of the plot:

The plot focuses on..., The story begins/ concerns/ is about..., The plot has an unexpected twist..., The film reaches a dramatic climax..., The plot is (absolutely) thrilling/ (rather) boring.

General comments and opinion:

It is rather confusing/ long/ slow/ boring., The cast is excellent/ weak/ awful/ unconvincing., The script is dull/ clever/ exciting., It has a tragic/ surprising/ dramatic end., It is beautifully/ poorly/ badly written., It doesn't come across as..., It's an incredibly gripping film and its direction shows startling originality.

Recommendations:

Don't miss it., It is well worth seeing., It will change the way you see ..., I wouldn't recommend it because ..., It's bound to be a box-office hit., I highly/ thoroughly/ strongly recommend it., Wait until it comes out on video., It's certainly at the top of my list., It's a must!, Don't bother with this one.

Useful idioms: rolling in the aisles – (of an audience) laughing a lot, to bring the house down – to make an audience laugh or applaud very enthusiastically, to steal the show – attract the most attention and praise at an event or performance, to keep someone on the edge of one's seat – to keep someone very excited and interested in what happens next, to send shivers down one's spine – to be very moving, to do a hatchet job on smth/ smb – to criticise smth/ smb strongly and cruelly, to pick holes in (a plot/ an actor's performance) – to find mistakes in, to have one's name in lights – to be famous, a leading light – an important member, to tread the boards – to act on stage (in the theatre), a crowd-puller – a person, event, etc. that attracts a large audience, all right on the night – without problems on the day of the performance.

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «CITY LIFE. TRANSPORT»

Urban Environment & City Infrastructure

City types & characteristics: modern metropolis, megacity, cosmopolitan city, urban sprawl, concrete jungle, bustling city centre, vibrant neighbourhood, residential area, commercial district, financial hub, pedestrian zone, car-free zone, walkable neighbourhood, high-rise buildings, skyscraper, landmark, skyline, urban development, infrastructure, public amenities., Describing atmosphere: bustling, vibrant, fast-paced, hectic, overcrowded, congested, lively, dynamic, diverse, multicultural, cosmopolitan, anonymous, impersonal, stressful, overwhelming, stimulating, exciting, exhausting.

Types of shops:

grocer's, baker's, butcher's, greengrocer's, dry goods store, dairy products, chemist's, newsagent's, florist's, off – license shop, boutique etc.

Transport & Mobility

Public transport: public transport system, mass transit, underground railway/metro/subway, bus service, tram/light rail, commuter train, express service, peak/off-peak hours, rush hour, service frequency, transport hub, interchange station, ticket machine, contactless payment, travel card, season ticket, fare, concession, delay, cancellation, disruption, replacement service.

Private transport: private vehicle, car ownership, fuel consumption, vehicle maintenance, driving licence, road tax, insurance, parking space, parking meter, congestion charge, low-emission zone, electric vehicle (EV), hybrid car, autonomous vehicle, car-sharing scheme, ride-hailing app.

Active & sustainable transport: cycle lane, bike-sharing programme, pedestrian infrastructure, active travel, sustainable transport, green mobility, carbon footprint, emissions, air pollution, fossil fuels, alternative fuels, low-emission vehicle, eco-friendly commute.

Traffic & roads: traffic congestion, heavy traffic, traffic jam, gridlock, bottleneck, rush hour, peak traffic, traffic flow, road capacity, road infrastructure, traffic management, traffic regulation, road pricing, one-way system, bypass, motorway/freeway, junction, roundabout, pedestrian crossing, traffic lights, roadworks, diversions.

Phrasal Verbs:

Transport and City Life

Planning and booking:

book up – to reserve in advance (The hotel was fully booked up for the weekend), figure out – to plan or solve (We figured out the best route to avoid traffic), sock away – to save money (She's socking away for a city break), www.speakconfidentenglish.com, rack up – to accumulate (He racked up enough points for a free flight).

Using transport:

get on/off (bus/train/plane) – to board/exit, get in/out (car/taxi) – to enter/exit a vehicle, pick up / drop off – to collect/leave someone (I'll pick you up at the station), set off / head off – to begin a journey (We set off at dawn to avoid the traffic), pull up – to stop a vehicle (The taxi pulled up outside the hotel), back up – to move backwards; or: traffic accumulating (Traffic is backing up on the motorway), hold up – to delay (We got held up in traffic), speed up / slow down – to increase/decrease speed, break down – to stop functioning (My car broke down on the motorway), run out of – to use all of something (We ran out of petrol).

At destinations: check in / check out – hotel procedures, look around – to explore (Let's look around the old town), get around – to travel within a place (It's easy to get around by bike), head for/towards – to move in a direction (We headed for the city centre), head back – to return (It's getting late – let's head back).

Transport collocations: catch/take a bus/train/flight, miss a connection/flight, board a plane/train, alight from a bus/train (formal), www.studocu.com, hail a taxi/cab, navigate the streets/traffic, commute to work/school, ease traffic congestion, reduce emissions/carbon footprint, invest in infrastructure, modernise public transport, implement traffic regulations, promote sustainable mobility, tackle urban sprawl, revitalize city centres, City life collocations:, cost of living, standard of living, quality of life, work-life balance, social inequality, income disparity, housing shortage, property prices, gentrification, urban renewal, cultural diversity, melting pot, nightlife, entertainment venues, fine dining, shopping districts, access to services, public amenities, sense of community, urban isolation.

Idioms & Expressions, About city life: a concrete jungle – a city with many large buildings and little nature, a melting pot – a place where different cultures mix, the rat race – the competitive, stressful struggle for success in urban life, hustle and bustle – noisy, busy activity typical of cities, a hive of activity – a very busy place, preply.com, city slicker – someone accustomed to city life, often seen as sophisticated but inexperienced in rural settings, go to town on (sth) – to do something with great enthusiasm or expense, a man/woman about town – a socially active person who frequents fashionable places.

About transport & travel: hit the road – to begin a journey, on the move – travelling or active, in the fast lane – living an exciting, busy, ambitious life, at the wheel – driving or in control, run out of steam – to lose energy or momentum (e.g., during a long commute), go the extra mile – to make additional effort, miss the boat – to be too late to take advantage of an opportunity.

Useful Language. Describing advantages:

The city offers unparalleled career opportunities and access to world-class education., Efficient public transport systems significantly reduce commuting time and environmental impact., Urban areas foster cultural diversity and innovation through constant interaction.

Describing disadvantages:

Traffic congestion during peak hours remains a persistent challenge for commuters., The high cost of living and housing shortage place considerable strain

on residents., Air pollution and noise levels in densely populated areas pose serious health concerns., **Expressing opinion:**

While urban living provides convenience, it often comes at the expense of personal space and tranquility.

Investing in sustainable transport infrastructure is crucial for the future of our cities.

On balance, the benefits of city life outweigh the drawbacks for young professionals seeking career advancement.

Recommendations:

City authorities should prioritise pedestrian-friendly design and expand cycle networks.

Remote working policies could help alleviate rush-hour pressure on transport systems.

Integrated mobility solutions, such as Mobility-as-a-Service platforms, offer promising pathways forward.

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «WEATHER. CLIMATE. SEASONS»

Weather phenomena and conditions

Precipitation: drizzle, light rain, heavy rain, downpour, shower, torrential rain, hail, hailstorm, sleet, snow, snowfall, blizzard, snowdrift, freezing rain, black ice, glaze ice, hoarfrost.

Temperature & sensation: scorching, boiling, sweltering, stifling, sultry, oppressive heat, mild, temperate, cool, chilly, nippy, crisp, frosty, freezing, bitter cold, biting wind, bone-chilling, icy., Sky & visibility: clear sky, cloudless, overcast, cloudy, partly cloudy, hazy, misty, foggy, dense fog, thick fog, smog, gloomy, dull, grey, sun breaking through, patches of blue sky.

Wind: breeze, gentle wind, fresh breeze, strong wind, gale, storm-force winds, hurricane-force winds, gust, squall, whirlwind, tornado, dust storm.

Atmospheric phenomena: thunderstorm, lightning, flash of lightning, thunder, clap of thunder, peal of thunder, rainbow, halo (around the sun/moon), aurora (borealis/australis), heatwave, cold snap, frost, thaw.

Describing weather patterns

Changeable/unsettled weather – погода переменчивая, A spell of fine/dry/wet weather – период хорошей/сухой/дождливой погоды, Weather forecast/outlook – прогноз погоды, Temperature fluctuations – колебания температуры, Seasonal variations – сезонные изменения, Microclimate – микроклимат, Climate and climate zones.

Climate types and characteristics: tropical climate, equatorial climate, subtropical climate, temperate climate, continental climate, maritime climate, Mediterranean climate, arid/desert climate, polar climate, alpine climate, monsoon climate; humidity /moist / humid / damp – влажность / влажный, aridity / dryness – засушливость, precipitation levels – уровень осадков, average temperature – средняя температура, extremes of temperature – температурные экстремумы, prevailing winds – преобладающие ветры, climate zone / climatic region – климатическая зона.

Climate change: global warming, climate change, greenhouse effect, carbon emissions, carbon footprint, fossil fuels, renewable energy, sustainable development, environmental impact, ecological balance, rising sea levels, melting glaciers, extreme weather events, climate resilience, mitigation, adaptation.

Seasons and Seasonal Phenomena

Spring: to blossom, to bud, in full bloom, spring showers, April showers, vernal equinox, nature awakens, the first green leaves, cherry blossom, daffodils, tulips, crocuses, migratory birds return, nesting season, pollen season, hay fever.

Summer: longest day / summer solstice, heatwave, drought, thunderstorms, afternoon showers, sunshine hours, UV index, sunburn, suntan, beach weather, holiday season, outdoor activities, al fresco dining, staying hydrated.

Autumn / Fall: harvest time, autumn foliage, falling leaves, golden autumn, Indian summer, autumnal equinox, migrating birds, mushroom season, back to school, shorter days, cooling temperatures, crisp mornings, misty mornings.

Winter: shortest day / winter solstice, frost, ice, snowfall, snow-covered, frozen ground, icy roads, black ice, winter sports, hibernation, bare trees, evergreen trees, festive season, heating season, layering clothes., Seasonal expressions: the seasons change / turn – смена времён года, in the depths of winter / height of summer – в разгар зимы / лета, the onset of spring / autumn – наступление весны / осени, seasonal allergies / seasonal affective disorder (SAD) – сезонная аллергия / сезонное аффективное расстройство/

Extreme Weather Conditions and Natural Disasters

Heat-related: heatwave, extreme heat, heatstroke, dehydration, heat advisory., Cold-related: polar vortex, extreme cold, frostbite, hypothermia, winter storm, ice storm, blizzard, whiteout conditions.

Precipitation-related: torrential rain, flash flood, flooding, mudslide, landslide, heavy snowfall, avalanche., Wind-related: gale, storm, hurricane, typhoon, cyclone, tornado, waterspout, dust storm, sandstorm.

Other phenomena: drought, wildfire, bushfire, lightning strike, severe thunderstorm, hailstorm, fog bank, dense fog, smog alert., Impact and response vocabulary: to issue a warning / alert – объявить предупреждение, evacuation order / emergency shelter – приказ об эвакуации / убежище, to brace for impact / to prepare for – подготовиться к удару, to take cover / to seek shelter – укрыться, disaster relief / emergency services – помощь при стихийных бедствиях / экстренные службы, infrastructure damage / power outage / blackout – повреждение инфраструктуры / отключение электричества, to be caught in a storm / to weather the storm – попасть в шторм / пережить трудности, Phrasal Verbs, Weather changes:, clear up – to become sunny after rain (The weather should clear up by afternoon), brighten up – to become brighter/sunnier (It's brightened up since morning), cloud over – to become cloudy (The sky clouded over unexpectedly), thicken (of fog) – to become denser (The fog thickened as evening approached), ease up / let up – to become less intense (The rain finally let up after hours), die down – to become quieter/weaker (The wind died down towards midnight), pick up – to become stronger (The wind is picking up – a storm might be coming), set in – to begin and seem likely to continue (Winter has set in early this year), Actions related to weather:, dress up / bundle up – to wear warm clothes (Bundle up – it's freezing outside!), wrap up – to dress warmly (Make sure the children are wrapped up before going out), cool down / warm up – to change temperature (Let the soup cool down before serving), heat up – to become hotter (The days are heating up as summer approaches), dry out – to become dry after being wet (Wait for the roads to dry out before driving), wash away / wash out – to be removed by water (The bridge was washed away by the flood), blow over – (of a storm) to pass; (of a problem) to be forgotten (Hopefully the storm will blow over by morning),

Climate & environment: cut down on – to reduce (We need to cut down on carbon emissions), phase out – to gradually stop using (Many countries are phasing

out fossil fuels), switch to – to start using something different (Switching to renewable energy is essential), cope with / deal with – to manage a difficult situation (Cities must learn to cope with extreme weather)/

Idioms and expressions: a storm in a teacup – a lot of anger or worry about something unimportant, every cloud has a silver lining – every difficult situation has some aspect of hope, to be on cloud nine – to be extremely happy, to weather the storm – to survive a difficult period, to take a rain check – to politely decline an invitation, hoping to accept later, to save for a rainy day – to save money for future difficulties, to come rain or shine – whatever happens, no matter what the circumstances, to be under the weather – to feel slightly ill, to chase rainbows – to pursue unrealistic hopes or dreams, head in the clouds – not paying attention to what is happening around you, the tip of the iceberg – a small, visible part of a much larger problem, to go down the drain – to be wasted or lost, to be in hot water – to be in trouble or difficulty, to break the ice – to do or say something to relieve tension or get conversation started, to throw caution to the wind – to take a risk without worrying about consequences, to be a breath of fresh air – to be new and refreshing, spring to life – to become active or lively again, to nip something in the bud – to stop a problem at an early stage, to make hay while the sun shines – to take advantage of favourable conditions, to be full of the joys of spring – to be very happy and energetic, an Indian summer – a period of warm weather in late autumn, to winter something away – to spend the winter somewhere, to be snowed under – to have too much work to do, a snowball effect – a situation that grows rapidly in size or importance, to break the ice – to initiate conversation in a socially awkward situation, Collocations:, heavy / torrential / persistent rain, light / drizzling / steady rain, strong / gusty / fierce wind, thick / dense / patchy fog, scorching / blistering / intense heat, bitter / piercing / bone-chilling cold, to forecast / predict / expect rain, to issue a warning / alert / advisory, to experience / suffer from / endure extreme weather, to brace for / prepare for / anticipate a storm, climate change / global warming / environmental crisis, carbon emissions / greenhouse gases / fossil fuels, renewable energy / sustainable practices / eco-friendly solutions, rising temperatures / melting ice caps / rising sea levels, extreme weather events / natural disasters / climate resilience, to combat / address / tackle climate change, to reduce / cut / lower emissions, to adopt / implement / promote sustainable policies, spring blossoms / summer heat / autumn leaves / winter frost, seasonal changes / seasonal activities / seasonal produce, to welcome spring / enjoy summer / appreciate autumn / endure winter, seasonal allergies / seasonal employment / seasonal fluctuations, severe / extreme / unprecedented weather, to cause / trigger / spark a natural disaster, to evacuate / shelter / protect residents, emergency response / disaster relief / recovery efforts, infrastructure damage / power outages / supply disruptions, Describing weather conditions, The weather today is typically [seasonal adjective] for this time of year., We're experiencing unusually [mild/harsh] conditions compared to the long-term average., The forecast predicts [weather phenomenon] with temperatures ranging from... to..., Visibility is [poor/reduced/excellent] due to [fog/rain/snow].

Discussing climate change

Scientific consensus indicates that human activities are accelerating climate change., The consequences of inaction could be catastrophic for vulnerable ecosystems., Mitigation strategies must be combined with adaptation measures to address this challenge., Individual actions, while important, must be supported by systemic policy changes.

Expressing opinions on seasons

While I appreciate the beauty of autumn foliage, I find the shorter days somewhat depressing., Summer offers unparalleled opportunities for outdoor activities, though the heat can be oppressive., The unpredictability of spring weather makes it both exciting and frustrating.

Winter's harshness is offset by the cosy atmosphere and festive traditions it brings., **Talking about extreme weather.**

Communities in high-risk areas should develop comprehensive emergency plans., Early warning systems have significantly reduced casualties from natural disasters., Investing in resilient infrastructure is crucial for adapting to changing climate patterns., Public awareness campaigns play a vital role in ensuring community preparedness.

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «WORK AND PROFESSIONAL ACTIVITY»

Work and employment: professional activity, working life, occupation, vocation, profession, career, employment, self-employment, full-time/part-time employment, permanent/temporary position, fixed-term contract, freelance work, remote work, hybrid working model, gig economy, portfolio career, work-life balance, work environment, workplace culture, corporate culture, organisational structure.

Job roles and responsibilities: job description, job specification, duties and responsibilities, key performance indicators (KPIs), deliverables, accountability, delegation, supervision, line management, direct reports, stakeholders, cross-functional collaboration, matrix structure, reporting line.

Professional development: career progression, career trajectory, upskilling, reskilling, continuous professional development (CPD), lifelong learning, mentoring, coaching, on-the-job training, professional certification, competency framework, performance appraisal, 360-degree feedback.

Describing work experience, gain valuable experience – приобретать ценный опыт, develop transferable skills – развивать универсальные навыки, take on new challenges – брать на себя новые задачи, meet tight deadlines – соблюдать сжатые сроки, work under pressure – работать в условиях давления, handle multiple priorities – управлять несколькими приоритетами одновременно, demonstrate initiative – проявлять инициативу, show leadership potential – демонстрировать лидерский потенциал

Job search vocabulary

Finding opportunities: job vacancy, job opening, position available, recruitment drive, headhunting, talent acquisition, job board, career portal, networking event, job fair, recruitment agency, executive search, internal posting, external advertisement.; **application materials:** CV/resume, cover letter, application form, personal statement, portfolio, work samples, references, referees, letter of recommendation, LinkedIn profile, professional bio, elevator pitch.; **selection process:** shortlisting, screening interview, telephone interview, video interview, panel interview, competency-based interview, behavioural interview, assessment centre, psychometric testing, practical task, case study, job offer, conditional offer, negotiation, onboarding, induction programme.

Key phrases: tailor your CV to the role – адаптировать резюме под конкретную должность, highlight relevant achievements – подчеркнуть релевантные достижения, address the selection criteria – ответить на критерии отбора, demonstrate cultural fit – показать соответствие корпоративной культуре, follow up on your application – уточнить статус рассмотрения заявки, negotiate salary and benefits – обсудить условия оплаты и льготы/

Workplace relationships: colleague, coworker, teammate, peer, supervisor, line manager, mentor, mentee, direct report, cross-functional team, remote

colleague, virtual team, team bonding, team cohesion, collaborative working, constructive feedback.

Communication styles: formal/informal communication, open-door policy, active listening, clear articulation, professional etiquette, diplomatic language, assertive communication, giving/receiving feedback, managing up, managing down.

Daily work activities, routine tasks: attend meetings, participate in brainstorming sessions, prepare reports, update databases, respond to emails, schedule appointments, coordinate projects, track progress, document procedures, file correspondence, conduct research, analyse data., prioritise tasks, allocate time efficiently, manage workload, avoid procrastination, set realistic goals, use productivity tools, block time for deep work, minimise distractions, delegate appropriately, review and reflect.

Workplace expressions: touch base with someone – связаться с кем-то для краткого обсуждения, keep someone in the loop – держать кого-то в курсе событий, get the ball rolling – начать процесс/проект, think outside the box – мыслить нестандартно, wear many hats – выполнять множество разных функций, burn the midnight oil – работать допоздна

Factors influencing satisfaction: sense of purpose, autonomy, mastery, recognition, meaningful work, intellectual challenge, creative freedom, professional growth, alignment with values, positive impact, competitive salary, performance bonus, commission structure, profit sharing, stock options, comprehensive benefits package, health insurance, pension contribution, paid leave, flexible working arrangements, professional development budget. **Describing job satisfaction:** find the work rewarding – находить работу вознаграждающей, feel valued and appreciated – чувствовать себя ценным и признанным, experience a sense of accomplishment – испытывать чувство достижения, enjoy a supportive work environment – наслаждаться поддерживающей рабочей средой, have opportunities for advancement – иметь возможности для продвижения, maintain a healthy work-life balance – поддерживать здоровый баланс работы и личной жизни, **Benefits vocabulary:**, perk / fringe benefit – дополнительная льгота, company car / travel allowance – служебный автомобиль / компенсация транспортных расходов, gym membership / wellness programme – абонемент в спортзал / программа оздоровления, remote working allowance – компенсация расходов на удалённую работу, parental leave / childcare support – отпуск по уходу за ребёнком / поддержка в уходе за детьми, employee assistance programme (EAP) – программа поддержки сотрудников is a strong candidate for this role., **Modern working models:** remote work, telecommuting, hybrid working, flexitime, compressed hours, job sharing, four-day workweek, results-only work environment (ROWE), asynchronous communication, digital nomadism., **Collaboration tools:** video conferencing platforms, project management software, instant messaging apps, shared document editors, virtual whiteboards, cloud storage, CRM systems, workflow automation tools., **Business environment vocabulary, organisational types:** multinational corporation (MNC), small and medium enterprise (SME), startup, scale-up, family business, public sector organisation, non-governmental organisation (NGO), social enterprise, cooperative, franchise.

Market dynamics: competitive landscape, market share, value proposition, unique selling point (USP), target audience, customer base, supply chain, stakeholder engagement, corporate social responsibility (CSR), sustainability goals.,

Business expressions: think strategically – мыслить стратегически, drive results – обеспечивать результаты, add value – добавлять ценность, streamline processes – оптимизировать процессы, scale up operations – масштабировать операции, pivot the business model – изменить бизнес-модель.

Common workplace issues, Interpersonal challenges: workplace conflict, miscommunication, personality clash, office politics, gossip, lack of recognition, micromanagement, unclear expectations, poor leadership, toxic culture, burnout, presenteeism, resource constraints, budget cuts, unrealistic deadlines, scope creep, technical issues, system downtime, data breaches, compliance requirements, regulatory changes, market volatility.

Problem-solving language:, address the root cause – устранить первопричину, find a middle ground – найти компромисс, escalate the issue – передать вопрос на более высокий уровень, implement a workaround – внедрить обходное решение, learn from setbacks – извлекать уроки из неудач, turn challenges into opportunities – превращать трудности в возможности

Expressing concerns professionally:

I have some reservations about... – У меня есть некоторые сомнения относительно..., Perhaps we could consider an alternative approach... – Возможно, мы могли бы рассмотреть альтернативный подход..., I'd like to raise a concern regarding... – Я хотел бы поднять вопрос о..., From my perspective, the main issue is... – С моей точки зрения, основная проблема заключается в...

Language-related career paths: translator, interpreter, language teacher, TEFL/TESOL instructor, language consultant, localization specialist, content writer/editor, copywriter, international communications officer, diplomatic service, international NGO worker., **Transferable skills:** intercultural competence, cross-cultural communication, adaptability, research skills, attention to detail, analytical thinking, presentation skills, negotiation abilities, cultural sensitivity, global mindset., **Career development strategies:**, leverage language skills in business contexts – использовать языковые навыки в бизнес-контекстах, combine language expertise with sector knowledge – сочетать языковую экспертизу с отраслевыми знаниями, build a specialist niche – создать специализированную нишу, pursue relevant certifications – получить соответствующие сертификаты, network within international communities – устанавливать связи в международных сообществах, stay updated on industry trends – следить за тенденциями в отрасли

Future-focused vocabulary:, emerging markets – развивающиеся рынки, digital transformation – цифровая трансформация, artificial intelligence in language services – искусственный интеллект в языковых услугах, remote global collaboration – удалённое глобальное сотрудничество, sustainable business practices – устойчивые бизнес-практики, lifelong employability – пожизненная конкурентоспособность на рынке труда.

Organisational structures, by size and scope: startup, SME (small and medium enterprise), large corporation, multinational enterprise (MNE), conglomerate, holding company, subsidiary, branch office, regional headquarters.

By ownership: public limited company (PLC), private limited company (Ltd), family-owned business, partnership, cooperative, state-owned enterprise, non-profit organisation, social enterprise.

Workplace environments: physical spaces: open-plan office, private office, co-working space, hot-desking, breakout area, meeting room, conference facility, reception area, canteen, wellness room, quiet zone.

Cultural aspects: hierarchical vs. flat structure, formal vs. informal culture, innovation-driven, customer-centric, results-oriented, people-first, agile methodology, lean startup principles, corporate values, mission statement.

Business collocations: establish a presence in new markets – закрепить на новых рынках, foster a culture of innovation – культивировать культуру инноваций, maintain competitive advantage – сохранять конкурентное преимущество, navigate regulatory requirements – ориентироваться в нормативных требованиях, build strategic partnerships – строить стратегические партнёрства, drive operational excellence – обеспечивать операционное совершенство.

ЛЕКСИЧЕСКИЙ МИНИМУМ ПО ТЕМЕ «FREE TIME: LEISURE AND HOLIDAYMAKING»

Types of Leisure:

leisure hours, leisure time, leisure activity, spare time, go out, stay-at-home, favourite occupation, hobby, time off, break, gap year, sabbatical, weekend getaway, staycation, day off, half-day, long weekend, bank holiday, public holiday, annual leave, paid leave, unpaid leave, flexible working hours, pursue a hobby, take up a new interest, unwind, relax, recharge one's batteries, switch off, let one's hair down, kick back, chill out, hang out, socialise, catch up with friends, go out, stay in, binge-watch, stream content, scroll through social media, browse online, people-watch, window-shop, stroll, wander, explore, enjoy oneself, enjoy a party, enjoyment, enjoyable, entertainment, entertain, have a good time, completely passive, recreation, holiday camp, be on holiday, spend holidays, holiday resort, go to a holiday camp, hostel, caravan holiday, hire a comfortable caravan, seaside towns, holiday time, be popular with, walking holiday, permanent buildings, carpentry, creative type, fresh spirits, get value from, , daily avocation, hiking, globetrotting, a globetrotter, to globetrot, hitch-hiking, hiking, a niche holiday, a flopout holiday, sunbathe, by coach, to hire a car/bike.

Describing leisure preferences:

find leisure activities rewarding – находить занятия в свободное время вознаграждающими; make the most of one's free time – максимально использовать свободное время; strike a balance between work and leisure – найти баланс между работой и отдыхом; prioritise self-care and relaxation – уделять приоритетное внимание заботе о себе и отдыху; indulge in guilty pleasures – позволять себе маленькие слабости; seek out new experiences – искать новые впечатления.

Adjectives describing free-time activities

Adjective	meaning,	possible examples
rewarding	gives you a lot of positive experiences,	doing voluntary work, helping charities
fruitful	produces good results,	collaborating/cooperating with someone in an activity,
lucrative	makes a lot of money,	selling designer jewellery, writing apps for smartphones,
therapeutic , /θerə'pju:tɪk/	makes you healthy in body and/or mind,	gardening, yoga, jogging,
relaxing/calming,	reduces stress, gives a peaceful feeling	reading, listening to music, meditation,
time-consuming,	takes a long time to do,	being president of a club, being a member of a ,

Types of entertainment

Live performances: theatre production, musical, play, drama, comedy show, stand-up comedy, cabaret, opera, ballet, dance performance, concert, gig, recital, festival, circus, magic show, puppet show.

Screen entertainment: cinema/movie theatre, film screening, premiere, blockbuster, indie film, documentary, animated feature, film festival, streaming service, on-demand content, binge-worthy series, box-office hit, cult classic.

Interactive entertainment: escape room, board game café, karaoke bar, quiz night, trivia contest, pub crawl, themed party, costume party, networking event, masterclass, workshop, exhibition, art gallery opening, museum tour.

Outdoor entertainment: open-air cinema, summer festival, street performance, busking, fair, carnival, parade, fireworks display, light show, outdoor concert, sporting event, marathon, fun run.

Describing entertainment experiences

be thoroughly entertained – получить настоящее удовольствие от развлечения; be captivated by the performance – быть захваченным выступлением; give a standing ovation – устроить овацию стоя; leave the audience spellbound – оставить аудиторию в восхищении; exceed expectations – превзойти ожидания; fall flat – провалиться, не произвести впечатления; sell out – быть полностью распроданным (о билетах); receive rave reviews – получить восторженные отзывы.

Types of holidays: beach holiday, city break, cultural holiday, adventure holiday, eco-tourism, wellness retreat, spa break, health tourism, educational trip, language course holiday, volunteer holiday, working holiday, business trip combined with leisure (bleisure). By style: package holiday, all-inclusive resort, self-catering accommodation, camping holiday, caravan/RV trip, backpacking, gap year travel, luxury getaway, budget travel, last-minute holiday, off-the-beaten-track destination. By season: summer holiday, winter break, ski holiday, sun-and-sea vacation, autumn getaway, spring break, festive season travel, Christmas market tour, New Year celebration abroad.

Holiday planning

Booking and preparation: book in advance, make a reservation, secure accommodation, arrange transport, plan an itinerary, pack essentials, check travel requirements, obtain travel insurance, exchange currency, research destinations, read travel guides, consult reviews.

Accommodation types: hotel, boutique hotel, resort, hostel, guesthouse, B&B (bed and breakfast), self-catering apartment, holiday rental, villa, chalet, campsite, glamping site, eco-lodge, homestay, house swap.

Travel arrangements: direct flight, connecting flight, layover, transfer, shuttle service, car hire, public transport pass, guided tour, self-guided exploration, hop-on hop-off bus, travel companion, solo travel.

Useful expressions describing holiday experiences:

get away from it all – сбежать от повседневных забот
soak up the sun/culture/atmosphere – впитывать
солнце/культуру/атмосферу

immerse oneself in local culture – погрузиться в местную культуру
 venture off the beaten track – отправиться в малоизвестные места
 travel light – путешествовать налегке
 make memories that last a lifetime – создать воспоминания на всю жизнь
 return refreshed and rejuvenated – вернуться обновлённым и полным сил
 live out of a suitcase – жить в режиме постоянных переездов
 catch the travel bug – заразиться страстью к путешествиям
 see the world through new eyes – увидеть мир по-новому
 broaden one's horizons – расширить кругозор
 step out of one's comfort zone – выйти из зоны комфорта
 go with the flow – плыть по течению, быть гибким
 make the best of a situation – извлечь максимум из ситуации

Holiday activities

Sightseeing and culture: visit landmarks, explore historic sites, tour museums and galleries, attend cultural events, sample local cuisine, try regional specialties, visit markets, take guided walks, photograph scenery, collect souvenirs.

Relaxation and wellness: sunbathe, swim in the sea/pool, enjoy spa treatments, practice yoga/meditation, read by the pool, take leisurely walks, enjoy local entertainment, dine al fresco, watch sunsets, stargaze.

Adventure and active pursuits: hiking, trekking, cycling, kayaking, snorkelling, scuba diving, skiing, snowboarding, rock climbing, zip-lining, safari, wildlife watching, photography tours, cooking classes.

Phrasal verbs. Leisure activities

take up a hobby – начать заниматься хобби (She took up photography during lockdown);

go in for sports/activities – увлекаться чем-либо (He goes in for extreme sports)

chill out / wind down – расслабляться (I need to wind down after work);

hang out with friends – проводить время с друзьями (We hung out at the café);

catch up on rest/reading – наверстать упущенное (I caught up on my reading);

switch off from work – отключиться от работы (It's important to switch off completely);

zone out – отключиться, погрузиться в себя (I zoned out during the boring lecture);

Entertainment and events

check out a show/exhibition – посмотреть, посетить (You should check out the new exhibition);

turn up / show up – появиться, прийти (Only half the invited guests turned up)

dress up for an occasion – нарядиться (We dressed up for the gala)

let one's hair down – расслабиться, повеселиться (It's time to let your hair down!);

join in the fun – присоединиться к веселью (Everyone was invited to join in)

pack into a venue – набиться в помещение (The crowd packed into the small theatre).

Holiday and travel

set off / head off on a trip – отправиться в путешествие (We set off at dawn);

get away for a break – уехать на отдых (Let's get away for the weekend);

book up accommodation – забронировать жильё (Hotels book up quickly in summer);

check in / check out of a hotel – зарегистрироваться/выехать из отеля;

drop by / stop off somewhere – заехать куда-либо по пути (We stopped off in Vienna);

look around / take in the sights – осматривать достопримечательности;

run out of time/money – исчерпать время/деньги (We ran out of time to visit everything);

come back refreshed – вернуться обновлённым (She came back from holiday looking radiant).

Idioms and expressions about relaxation

recharge one's batteries – восстановить силы, отдохнуть;

let one's hair down – расслабиться, повеселиться без ограничений;

kick back and relax – откинуться и расслабиться;

take it easy – не напрягаться, отдыхать;

have a ball – прекрасно провести время;

live a little – пожить в своё удовольствие, рискнуть;

paint the town red – весело провести время, «отжечь»;

the world is one's oyster – весь мир открыт перед тобой.

II. ПРАКТИЧЕСКИЙ РАЗДЕЛ

PART 1. «SPORT AND OUR HEALTH»

Unit 1 «Sport»

A

Do, play and go

The table below gives examples of common sporting collocations with *do*, *play* and *go*.

You do	gymnastics, judo, weightlifting, aerobics, yoga, wrestling, circuit training, archery, athletics
You play	games, badminton, billiards, hockey, bowls, rugby, golf, (table) tennis, cricket, baseball, chess, darts, cards, dominoes
You go	fishing, skiing, bowling, cycling, skateboarding, surfing, snowboarding, hang-gliding, climbing, hill walking, sailing, jogging, swimming

You can also say you go to aerobics/judo/yoga/karate – this means that you go to a class in this sport.

ERROR warnings.

Learners often make mistakes with some common collocations connected with sport. Make a point of learning these commonly used collocations.

You **do** or **play** sport. (NOT make sport)

You **do exercises**. (NOT make exercises)

You **play computer** or other **games**. (NOT do games)

You **have/play a game of** cards. (NOT make a game) .

You **go skiing**. (NOT make skiing)

You **do activities**. (NOT make or practise activities)

If you are a serious sportsperson, you will certainly practise your sport, but that has a specific meaning, which is to do something again and again in order to get better at it, in other words **to train**. If you are a footballer you might **practise taking a penalty**, for example.

B

Winning and losing

Sportsmen and sportswomen want to **win matches**, not **lose matches**. But you can't win all the time! Sometimes a team or player deserves to win, but gets **narrowly defeated/beaten**.

Before they **go in for / enter** a competition, athletes **train hard**. They probably **attend/do** at least five **training sessions** a week. They are likely **to put up a fight to gain/get** a place in the next **stage/round of the competition**. Of course, a sportsperson's ultimate aim is **to break the world record** in their sport. If they succeed, they **set a new world record** and become a **world record holder**. They

are sure to **come up against fierce/intense competition** as they try to **achieve their ambitions**. Sometimes they are satisfied if they just **achieve a personal best**.

Some sports people so **desperately want** to win that they take drugs to **enhance their performance**. This will be discovered when they **fail a drugs test**.

C

Football

You can **play** or **have a (football) match / game (of football)**. It might be a **home** or an **away match** depending on whether you're playing on your team's **home ground** or not.

The aim is to **score a goal**. Players may **tackle an opponent** to try to **take possession of the ball** (1). If you tackle in an illegal way, you **foul your opponent**. This will lead to the referee **blowing his whistle** and an opponent **taking a penalty** or **taking a free kick**. If someone isn't playing very well the manager may decide to **drop the player** from the team or **bring on a substitute** (2). Both teams hope that they will have **taken the lead** (3) by half-time.

1. get the ball; 2. replace one player with another; 3. be in a winning position.

Exercises

Ex. 1. Look at A. Complete the sentences with do, play or go in the correct form.

New Sports Club Opening Next Week

You can.....judo

You can.....badminton

You can.....swimming

You can.....weight lifting

You can.....circuit training

You can.....table tennis

You can.....skateboarding

You can.....darts

In fact, you can.....almost any sport you can think of. So join now!

Ex. 2. Look at B and C. Make ten collocations by matching a word from the box on the left with a word or phrase from the box on the right.

personal	set	the lead	a competition
blow	achieve	best	your performance
bring	on train	a substitute	a drugs test
fail	enhance	a record	hard
enter	take	a whistle	your ambitions

Ex. 3. Look at the error warning. There are six verb + noun errors in this e-mail. Find and correct them.

Hi, Jose,

Do you fancy coming on a sporting weekend with me next month? It sounds great – would make a change from playing computer games. You can make lots of different activities. You could even do fishing, | think. You can't go skiing at this time of year but you can make water skiing, if you like. Everyone has to make general exercises first thing in the morning and then you can make whatever sport you like, more or less. I've never practised badminton so | think I'm going to do that.

Then in the afternoon I'm looking forward to the chance to practise my tennis serve with their professional coach. Please try to come!

Giorgio.

Ex. 4. Complete the collocations in this report of a rugby match.

Cambridge were happy to (1)their last match 6:0. Oxford, the opposing team, put up a good (2)..... and some people thought they (3) to win. They were fearless in (4) their opponents, but every time they took (5)of the ball, Cambridge managed to win it back. Cambridge have now (6) a place in the next (7) of the competition. They will undoubtedly come up against some fierce (8) However, they have already managed to (9) an interesting world record by having four members of the same family in their winning team!

FOLLOW UP Make a section in your vocabulary notebook for your own favourite sport. Find an English language website connected with that sport. Write down any useful collocations you notice there.

Ex. 5 Name the sport if sportsmen do these things:

- a) lift heavy things;
- b) play with an oval ball, which can be passed from hand to hand as well as being kicked;
- c) fight and knock each other down;
- d) play with rackets in a court;
- e) ride horses;
- f) run for short or long distances;
- g) kick the ball with their feet; h) play on a board;
- i) throw a ball across a high net.

Ex. 6 Match the name of the sport with its description.

- 1 It's performed in a ring.
- 2 It's played on a court.
- 3 It's performed on an ice-rink.
- 4 It's done on a race-track.
- 5 It's done on a motor-circuit.
- 6 It's done on a pitch.

- a) tennis / badminton**
- b) boxing**
- c) horse-racing**
- d) figure skating/ice-hockey**
- e) motorcycling**
- f) cricket**

Ex. 7 Name the kinds of sports from the topical vocabulary that are:

- a) done on one's own;

- b) for two people only;
c) team games.

Ex. 8 Complete the chat by matching each sport with the place and equipment which go with it.

*boots costume pool ring slope stadium rink boat skis pitch gloves river racket
oar court ball rod skates helmet*

Sport	Place	Equipment
1 football	stadium,	ball, goal

- 2 boxing
3 skiing
4 basketball
5 tennis
6 ice-skating
7 rowing
8 hockey
9 swimming

Ex. 9 Complete the story with adjectives that the boy may keep in mind talking about his favourite sport. Choose from the given below.

There is nothing I like better than rock-climbing. The moments are when I stand high up on a mountain and look down at the rest of the world. It's really ... because you can explore many ... places. It's also

exercise, as it helps you keep and It's, too. Being out in the air can help you forget your problems. But at the same time you have to be very to avoid an accident. It is also rather, as the equipment costs a lot of money. But it's the way to exercise. Try it and see for yourself!

*Exciting high good open happiest interesting adventurous everyday best
relaxing expensive careful fit healthy*

Ex. 10 Look at the personality adjectives below. Think of good sports for these types of person.

Example adventurous, brave – **rock-climbing** or **sky-surfing**

- quick-minded, sociable;
weak and small;
very tall, fast;
active, fit;
quiet, shy;
aggressive, strong.

Ex. 11 Look at the adjectives describing sports. Add kinds of sports which in your opinion they characterize. Give reasons.

Example: **Figure-skating** is an **expensive** kind of sports. The equipment to practise it as well as costumes cost a lot of money. **Swimming** keeps you fit and **healthy**. It's good fun, too. It's also **cheap** as all you need is water and a swimming costume.

expensive cheap
easy – boring
hard – healthy
popular relaxing
dangerous cruel
exciting energetic

Ex. 12 Use the phrases in bold and say what you are (not) interested in. What is your attitude to these kinds of sport?

very keen on swimming
quite fond of badminton
not interested in
 wind surfing
 canoeing
 table tennis
 football
 jogging
 athletics
 walking

Ex. 13 Say if it is true or false.

- 1 You need skis to do biathlon.
- 2 You need a pitch to play badminton.
- 3 Biathlon is done indoors.
- 4 Billiards is a team game.
- 5 You need a large ball to play golf.
- 6 Soccer is American football.
- 7 Hockey is played in the summertime outdoors.
- 8 Cycling is riding a bicycle as a sport.

Ex.14 Answer the questions.

- 1 What sports do you do to keep fit?
- 2 What sports are you keen on?
- 3 What games are you good at?
- 4 What sports are popular with your classmates?
- 5 What sports are you fond of watching on TV?
- 6 Have you ever participated in school or any other sport competitions?
- 7 Have any sport competitions been held at your school this year?
- 8 Do you like to take part in team games or to do sport on your own?

Ex. 15 Translate the following sentences paying attention to the underlined phrases.

- 1 All kinds of physical exercises are very useful to make our bodies strong enough to keep ourselves fit and healthy.
- 2 The most popular outdoor winter sports are shooting, hunting, hockey.
- 3 Among indoor games the most popular are billiards, table-tennis, draughts and some others.
- 4 People all over the world are fond of sports and games.
- 5 Physically inactive people get old earlier than those who have plenty of exercises.
- 6 If you do daily exercises you feel refreshed, have a good posture, and that makes you feel good.

Ex. 16 Read the text “Sport and Games”. While you are reading try to find answers to the following questions.

- 1 What are the most popular outdoor winter sports?
- 2 What sports can you go in for in the countries where the weather is frosty and there is much snow?
- 3 What does summer afford excellent opportunities for?
- 4 Which popular outdoor game is played in all countries of the world?
- 5 What do many people indulge in all the year round?
- 6 Which indoor games are very popular?
- 7 What is better than the best medicine?

SPOPT AND GAMES

People all over the world are fond of sports and games. That is one of the things in which people of every nationality and class are united. All kinds of physical exercises are very useful to make our bodies strong enough to keep ourselves fit and healthy. The most popular outdoor winter sports are shooting, hunting, hockey, in the countries where the weather is frosty and there is much snow – skating, skiing and tobogganing. Some people greatly enjoy figure-skating and ski -jumping. It's so nice to go to the skating-rink or to the forest on a frosty sunny day!

Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding and many other sports. Among outdoor games football takes the first place in public interest; this game is played in all countries of the world. The other games that have firmly established themselves in favour in different countries are golf, lawn-tennis, cricket, volley-ball, basket-ball, and so on. Badminton is also very popular.

All the year round many people indulge in boxing, wrestling, athletics, gymnastics and track and field events. Over the last few years aerobics has become popular with young girls. It helps them to be slim, healthy and strong.

Among indoor games the most popular are billiards, table-tennis, draughts and some others, but the great international game is chess, of course. The results of chess

tournaments are studied and discussed by thousands of enthusiasts in different countries.

So we may say that sport is one of the things that makes people kin. To cut the long story short, I should admit that everyone must do all he can to be healthy. Physically inactive people get old earlier than those who have plenty of exercises. If you do daily exercises you feel refreshed, have a good posture, and that makes you feel good. I can add that good health is better than the best medicine. You have "A sound mind in a sound body," as the old Latin saying goes. The English proverb "Sickness in the body brings sickness to the mind" expresses the same idea but from a different point of view.

Ex. 17 Complete the sentences using the following words.

Sound, well-known, makes, chess, united skating-ring

- 1 So we may say that sport is one of the things that ...people kin.
- 2 It's so nice to go to the ... or to the forest on a frosty sunny day!
- 3 You have "A ... mind in a sound body," as the old Latin saying goes.
- 4 The results of ... tournaments are studied and discussed by thousands of enthusiasts in different countries.

Ex. 18 Find statements that are not true to the text and correct them.

- 1 Only few people are fond of sports and games.
- 2 Some kinds of physical exercises really ruin our health.
- 3 Among outdoor games badminton takes the first place in public interest.
- 4 If you want to be healthy it's better to stay at home on a frosty sunny day.
- 5 Among outdoor games cricket takes the first place in public interest.
- 6 Summer affords excellent opportunities for swimming, boating, yachting.
- 7 Over the last few years weight-lifting has become popular with young girls.
- 8 If you do daily exercises you get old early.
- 9 Good health is better than the best medicine.

Ex. 19 Read this information and learn more about risky sports.

Scuba diving

The sport is enjoyed by people of all ages and both sexes. Everybody who enjoys the water and can swim and have no health problems can learn to do it. Your need is the desire, plus basic studying and in-water training. You need an apparatus which helps you breathe under the water. It's becoming a leisure sport in Russia.

Paragliding

It is the simplest form of human flight. It is easy to transport, easy to land. The pilot is in a sitting position for maximum comfort. You fly like a bird on currents of air. You can be in flight for three hours or more.

White-water rafting

This kind of sport is for people who like extra risk on the rivers. They use inflatable, unsinkable boats for their trips down the rivers. The sport has become the modern day centerpiece for outdoor enthusiasts.

Skateboarding

It is a land alternative to surfing. It was developed in California in the 1960th and became a craze in the 1970s. The sport is practiced on a board mounted on wheels and steerable by weight positioning. Since 1980s it has become an extreme sport rather than a hobby, because they practice ramp and rail.

Bungee jumping

It is jumping from a great height while attached to a long piece of elastic that it is short enough to prevent the jumped from hitting the ground.

Ice climbing

People climb glaciers with ice axe and a great deal of other equipment. They must have physical and mental strength and the ability to work closely with other team members in the most dangerous situations.

Skydiving

It is jumping with a parachute out of an airplane for recreation or in competitions. Competitive events include jumping for style, landing with accuracy, and making freefall formations. They fall from 3657m above the ground until 762, where they open their parachutes.

Zorbing

It is the latest adventure experience from New Zealand. It involves rolling about in a ball, three meters in diameter. People hurtle downhill at speed of 50 km per hour. The sport requires no more skill than a hamster running in its wheel as centrifugal force keeps the man pinned inside.

Would you agree that all of them are sports?

Ex. 20 Work in pairs and consider the questions.

1 Why do people go in for risky sports?

2 Do you think the people understand risk takers? Why do you think so?

While answering make use of the following word combinations:

to satisfy their curiosity, to acquire self-confidence, for the thrill and excitement, to overcome difficulties, to protest against something, taking risk is useless and silly, expensive equipment, risky sports are dangerous, we have only one life.

Unit 2 «Sport and our health»

Are you into sports? Do you think doing sports could be harmful?

Study the words:

a plank – an exercise in which you hold your body straight and parallel to the floor while resting on your toes and hands or elbows

a push-up – a physical exercise in which you lie flat with your face towards the floor and try to push up your body with your arms while keeping your legs and your back straight

weight training – lifting heavy objects for exercise

to bulk up – to get more muscles and to make your body bigger and heavier
to push oneself hard – to use a lot of effort to get a result

Ex. 1 Read these posts. Do you think the people are taking exercise too far? Why (not)?

PowerPeter: I go to the gym 5 times per week. But while I'm training, someone else who's going to beat me is training too!

James: On my 35th birthday, I did 35 push-ups. I have to do at least 36 next year!

Lily89: Once we had a competition at the gym, and I did a plank for 40 min. I couldn't even stand the next day!

Ex. 2 Match the phrases to their definitions.

1. a workout	a) a physical training
2. carb	b) to use a lot of effort to get a result
3. a pattern	c) a substance you can find in bread, pasta, potatoes, etc. that gives you energy
4. mental health	d) lifting heavy objects for exercise
5. to push oneself hard	e) a substance you can find in eggs, meat, etc. that the body needs to grow and be strong
6. exhausted	f) a particular way in which you do something again and again
7. weight training	g) to promise to stop doing or using something
8. to bulk up	h) to get more muscles, to make your body bigger and heavier
9. to swear off something	i) the state of your mind that shows if you are happy, able to work, etc.
10. protein	j) very tired

Ex. 3 Complete the sentences using new vocabulary

1. I will never cut down on (carbs/protein). I love baguettes too much.
2. Everyday I follow the same (pattern/workout) : eat, gym, sleep, repeat!
3. To have some chocolate or to get some (protein/carbs) – that is the question!
4. They say yoga may improve your (bulk/mental health), I'll be right back, just looking for my nirvana.
5. I don't need (weight training/bulk), I get enough exercise just running after the bus.
6. Getting out of bed is already (exhausted/a workout) , right?
7. Am I (pushing myself too hard/cutting down) ? I thought it was OK to feel (bulk up/exhausted) after a workout.
8. Do you think he needs to (swear off/bulk up)? Look at him, I'm going to give him some more steak today!
9. I want to (bulk up/swear off) sweets but I can't imagine life without a chocolate bar with my tea in the morning.

Ex. 4 Answer the questions using the active vocabulary.

1. Do you have a pattern in your workouts?
2. Are you trying to swear off anything?
3. What are the signs that you're pushing yourself too hard?
4. What would you do if you wanted to bulk up?
5. Do you believe that sport is good for our mental health? Why (not)?

Ex. 5 Discuss with your friend what sport can do for you. When people are asked such a question, they usually give one of these answers:

- 1 To have a healthy mind, you must have a healthy body.
- 2 Sport builds one's character. It's good for moral development.
- 3 It's a way to meet other people, even people from other countries.
- 4 There are no social differences in sport. Everybody is equal.
- 5 Sport teaches us how to lose as well as to win.

What do you think is true about each of these answers? Do you accept them completely? What, if any, are your objectives?

Ex. 6 What do you think is more important? Put the things that help us to keep fit in the order of preference and explain why?

Healthy food; quiet life; sports; clean water and air; modern conveniences;	information about diseases and their cure; physical activity; good doctors:
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Ex. 7 Problem solving questions.

1 Think and say of motives people might have for taking up sport. Be ready to prove your opinion.

2 Sport is not the only thing that keeps people fit. Speak of all the other physical activities that also help you to keep fit.

3 Violence in sport is a crime. It should be punished like any other form of violence. Give your argument for or against it.

Ex. 8 Give your opinion on the points below with reason.

1. Health is above wealth.

2 Healthy mind in a healthy body.

3. Human physical abilities are limited. World records can be broken only up to a point.

4. Big sport is a big profitable business.

5. Children who start doing sports when they are young are not happy.

6. There should be 6 PE lessons a week at every school.

7. Children in villages don't have to do as much sports as those in towns because they have to do much physical work.

8 Sports like football, wrestling and boxing should be done by men, not by women.

Ex. 9 Write a composition about your favourite sport. Be sure to use the following items as the plan:

1. name your favourite sport;

2. say whether you play it or watch it, or both;

3. if you watch sport, say whether you watch it alive, on television, or both;

4. speak about the history of the sport, the countries where it is played, explain the rules of your sport.

Ex. 10 Listening. Tennis and keeping fit.**Preparation task****Ex 1. Match the definitions (a–h) with the vocabulary (1–8).**

1. to keep fit	a. physical activity
2. to take something up	b. relating to activities in which you spend time with other people, outside of work
3. medication	c. medicine or drugs taken to improve an illness
4. morale	d. to begin to do something
5. blood pressure	e. to stay healthy and strong
6. social	f. a sport that involves hitting a ball against a wall
7. exercise	g. the pressure at which your heart sends the blood around your body
8. squash	h. confidence and satisfaction

Ex 11. Choose the correct answer.

1. What did the doctor tell Phil?
 - a. He was fit and healthy.
 - b. His blood pressure was too high and he would soon need medication.
 - c. His blood pressure was too low and he would soon need medication.
2. What did Phil say to the doctor?
 - a. He would take medication.
 - b. He would get more sleep.
 - c. He would take more exercise instead of taking medication.
3. Why didn't Phil just go running?
 - a. He gets very tired.
 - b. He finds it boring.
 - c. He isn't very good at it.
4. Apart from being good exercise, what is the other advantage of tennis for Phil?
 - a. You can meet new people and socialise.
 - b. You can win a lot of competitions.
 - c. You can watch matches on television.
5. How is Phil's blood pressure now?
 - a. The same as before he started playing tennis.
 - b. It has gone down since before he started playing tennis.
 - c. It has gone up since before he started playing tennis.
6. What sport did Phil play when he was younger?
 - a. Squash
 - b. Rugby
 - c. Badminton
7. How old was Phil when he started playing tennis?
 - a. In his early 50s
 - b. In his early 60s
 - c. In his early 70s
8. How does Phil say that his tennis has improved?
 - a. He has watched YouTube tutorials.
 - b. He has watched a lot of professional tennis matches on TV.
 - c. His friend has given him tips.

Ex 12. Put the words and phrases in order to make sentences.

1. which was also keep him fit. of exercise..... enjoyable and..... Phil had..... which would..... to find some form
2. where you..... aspect to it,..... join a club and..... Tennis has..... you meet..... a very good sociallots of other people.
3. neededPhil..... for his..... blood pressure.to have..... any medication..... has never
4. He used..... he got lazy..... but then..... to take..... younger,..... when he was..... exercise

5. transformed Phil's than..... eight years ago.....he was.....
Tennis has..... much fitterlife..... He's.....
6. his fitness.his morale..... as well as..... It's improved

Ex 13.A panel discussion. What do you do to keep fit and exercise? Would you like to take up a new sport?

Ex 14.Read an article about being fit for sports ad fill in the missing words.

Fit for Sports

It's not always easy to decide which sport to take up. When choosing, it is important to remember that excellence (1) ___ sports results from a number of factors. For some sports, the body shape and structure with which you are born with are important. Top runners are typical example of individuals (2) ___ have selected a sport because of their natural body type. Many other sports are more dependent on training and technique, and anyone following a well-structured and appropriate training programme should do well.

The aim of all sports training is to improve fitness and skills, and to develop training programmes that are both safe (3) ___ effective. To do this properly, an understanding of (4) ___ physical demands of sport is needed. All sports require a combination of strength, speed, endurance, agility and flexibility to varying degrees. (5) ___ is important is how these elements are combined to build up the skills of the sport in question. Other factors to be (6) _____ into account in a training programme are diet, the importance of avoiding injuries, your general state of health, and the nature and role of other team players.

Bearing (7) _____ in mind, anyone prepared to work at it can expect to progress to a very reasonable competitive level, even (8) _____ only a few people will go on to break world records.

PART 2. «TRAVELLING»

Unit 1

Ex. 1 Define the difference between *travel, trip, journey, hitch – hiking, tour, cruise, voyage* and fill in appropriate words.

1 I'd be delighted to go on a sea ..., but my wife has never been a good sailor, so we can't join you. 2 Last week we made a wonderful ... to the mountains. It took us four hours by coach. 3 The Italian ... was really exciting. We visited a number of wonderful towns and then returned to Rome. The ... back to Moscow by railway took us about three days. 4 It is delightful to come ashore after a long ... and to feel solid ground under one's foot. 5 Many times on his long ... in the depths of Africa, in the jungle of the Amazon he faced danger, starvation and death. 6 I'm just reading a very amusing book about a pleasure party making a Caribbean ... in somebody's yacht. 7 You're looking pale. A ... to the seaside will do you good.

Ex. 2 Give the English equivalents.

Ручная кладь, полка (в вагоне), рейс, вагон, таможня, носильщик, досмотр багажа, камера хранения, плата за проезд, справочное бюро, билетная касса, спальные принадлежности, бюро находок, расписание, билет в один конец, прибытие, вагон-ресторан, делать пересадку, 8-часовой поезд, добираться пешком, поезд прямого сообщения.

Ex. 3 Choose the appropriate alternative.

- 1 Have you ... your ticket yet?
a) registered; **b) taken;** **c) charged;**
- 2 The plane from Rome ... half an hour ago.
a) has landed; **b) was landing;** **c) landed;**
- 3 The ... Minsk- Moscow lasts about two hours.
a) fly; **b) flight;** **c) flying;**
- 4 You don't have to ... your luggage, do you?
a) weigh; **b) weight;** **c) weighed;**
- 5 You may ask for your lost umbrella in the ...
a) left-luggage office; **b) Lost and Found;** **c) inquiry office;**
- 6 The bus reached the terminal and all passengers ... the bus.
a) got in; **b) got off;** **c) got from;**
- 7 We arrived ... Heathrow airport late at night.
a) in; **b) at;** **c) to;**
- 8 I looked through the ... window and saw my friend on the platform.
a) deck; **b) compartment;** **c) carriage;**
- 9 The plane must ... at least in a quarter of an hour.
a) land; **b) come;** **c) arrive.**

Ex. 4 Supply the missing prepositions where necessary.

Mr. Black is fond ... travelling. Last week he went ... New Orleans ... business. He travelled ... the overnight train. He arrived ... the station ... 10 o'clock. He was to go ... the 10.45 train so he had some spare time. He went ... the waiting room to wait ... his train. He was reading a newspaper when he heard the announcement: "Attention, please. The train ... New Orleans is leaving ... platform 4". Mr. Black took his suitcase and went ... the platform. He found his carriage and got ... the train. The train left ... time. Mr. Black had a comfortable night ... the train and reached ... New Orleans ... 7 a.m.

Ex. 5 Read the following sentences and say where would you expect to hear this.

- Single to Manchester, please.
- What time does the coach leave?
- Do I have to change?
- Is there a buffet car?
- Do I have to pay excess baggage?
- Where's the ticket office?
- How much is a return to Glasgow.
- Which line do I take? Which platform?
- Can I get a sleeper to Moscow?
- Where's the lost property office?
- Do I need to reserve a seat?

Ex. 6 Translate the following into English.

- В какие порты будет заходить ваш корабль?
- Я очень не люблю морские путешествия. Я плохо переношу море и всегда страдаю морской болезнью.
- Он не мог позволить себе ехать на поезде. Плата за проезд была слишкомвысока. Домой он добирался пешком и на попутных машинах.
- В прошлом месяце группа наших студентов совершила интересную поездку по Англии.
- В поезде был всего лишь один спальный вагон, в котором не было ни одного свободного места. Вагона-ресторана не было совсем. Начало поездки нельзя было считать удачным.
- Терпеть не могу пересадок, особенно если много багажа.
- Море было бурное, и несколько дней пассажиры не выходили из кают. Некоторые из них накануне хвастали, что не знают, что такое морская болезнь. Но и они не показывались на палубе.

Ex. 7 Read the dialogue and say if you have ever had the same experience. What would you advise to do in the following situation.

BUT YOU SAID...

Travel agent: Oh, yes! The Caribbean! I can recommend it highly.

Marion: Can you tell me a little more about it?

Travel agent: Of course, it's a terrific package tour. You'll travel on a regularly scheduled flight. You will be met at the airport and taken to your hotel. The hotel is very near the beach. It has a swimming pool and a great disco. It's a very modern place – it was built last year. The restaurant is wonderful, and drinks are cheap in Curacao. And you can walk to the blue waters of the Caribbean in two minutes.

Marion: It sounds terrific! I'd like to make a reservation.

Travel agent: Just a minute, and I'll get the form to fill out.

Marion made a reservation and paid a deposit. Two months later she was in Curacao. But she was disappointed. When she got home to Chicago, she went to see the travel agent.

Travel agent: Oh! It's Marion York, did you have a good trip?

Marion: No, I certainly didn't have a good trip!

Travel agent: Oh, I'm sorry to hear it. What was wrong?

Marion: Well, when I got to Curacao I had to spend four hours at the airport. You said we would be met, but we were not. And you said that we would be taken to the hotel. We weren't, and the taxi cost about 25 dollars.

Travel agent: I see you had a very bad start. But the hotel was nice, wasn't it?

Marion: No, it was not! You said it was modern. You were so right – they hadn't finished building it! We couldn't sleep because the construction workers were working all night – on our balcony! You said it had a swimming pool, and it did. But it was empty.

Travel agent: Oh, no!

Marion: You said that the hotel was near the beach. You said we could walk there in two minutes.

Travel agent: Couldn't you?

Marion: Sure, there was one problem. There was an oil refinery between the hotel and the beach, and it took half an hour to walk round it.

Travel agent: Oh, no! I'm really sorry. We didn't know. We really can't give you a refund, but we can give you a ten per cent discount on your next vacation trip.

Marion: Next vacation trip! I'm spending my next vacation right here in Chicago!

Ex. 8 Read the dialogues and act them out.**1**

- 1 Do I check in here for Eastern flight 179 to Houston?
 2 Do you already have your ticket?"
 1 Yes. Here you are.
 2 Thank you. Can you put your luggage up here, please?
 1 Sure. I have four suitcases.
 2 We allow only three pieces. You'll have to pay an extra charge.
 1 Oh! Can I carry this one with me?
 1 No, I'm sorry. It won't fit under your seat. That's 10 dollars. You can choose your seat at Gate 4. Enjoy your flight!

2

- 2 (Buzz!) Excuse me. May I see the contents of your pockets?
 A: Of course.
 C: Thank you. Put everything in this container. Now go back and come through the detector again.
 A: Sure. (Buzz!) Oh, wait it must be my metal comb. Here it is.
 1 That's fine. Put it with your other things. Now come through again.

3

- 2 Hello. Are you going to Houston this morning?
 A: Yes, I am. I'd like a window seat, please.
 D: May I see your ticket?
 A: Oh, sure. Here it is.
 D: You want a window seat. Smoking or non-smoking?
 A: Non-smoking.
 B: Fine. Seat 12A. Here's your ticket and your boarding pass. Enjoy your flight.

Unit 2 Why People Travel**Ex. 1 Read the title of the text and comment on it.****Ex. 2 Lead-in questions.**

- 1 What is your idea of travelling?
 2 What is your image of the traveler?
 3 Are there "good" or "bad" travelers?
 4 Is travel the name of a modern disease?
 5 Have you travelled far?
 6 What would you like to do if you could travel to another country?

Ex. 3 Translate the following word –combinations and make up your own sentences with them.

Surrounding, to board a train, to be on the safe side, to spare oneself the trouble of, to stand in the line, in advance, to make one's preparations, to settle one's business, on the eve, departure, to restore our mental and physical resources.

Ex. 4 Studying Text A look for the answer to the following question: What do people do when they want to be on the safe side and to spare themselves the trouble of standing long hours in the line while planning travels and journeys?

TEXT A THE WIDER WE ROAM THE WELCOMER HOME

Modern life is impossible without travelling. True, we often get tired of the same surroundings and daily routine. Hence some relaxation is essential to restore our mental and physical resources. That is why the best place of relaxation is, in my opinion, is one where you have never been before. And it is by means traveling that you get to that place.

To understand how true it is you've got to go to a railway station, a sea or river port or an airport. There you are most likely to see hundreds of people hurrying to board a train, a ship or a plane.

To be on the safe side and to spare yourself the trouble of standing long hours in the line, you'd better book tickets in advance. All you have to do is to ring up the airport or the railway station booking office and they will send your ticket to your place. And, of course, before getting off you have to make your preparations. You should settle all your business and visit friends and relatives. On the eve of your departure you should pack your things in a suitcase. When the day of your departure comes you call a taxi and go to the airport or the railway station.

For some time you stay in the waiting-room. If you are hungry you take some refreshments. In some time the loud speaker announces that the train or the plane is in and the passengers are invited to take their seats. If you travel by train you find your carriage, enter the corridor and find your berth. It may be a lower berth, which is more convenient or an upper one. You put your suitcase into a special box under the lower seat. Then you arrange your smaller packages on the racks. In some time the train starts off. Travelling by train is slower than by plane, but it has its advantages. You can see the country you are traveling through and enjoy the beautiful nature. It may be an express train or a passenger one. There is no doubt it's much more convenient to travel by an express train, because it does not stop at small stations and it takes you less time to get to your destination.

But if you are in a hurry and want to save your time you'd better travel by plane, because it is the fastest way of traveling. After the procedure of registration you board the plane at last. You sit down in a comfortable armchair and in a few minutes you are already above the clouds. The land can be seen below between the clouds and it looks like a geographical map. After the plane gained its regular height the stewardess brings in some mineral water. You can sit and read a book or a magazine, look through the window to watch the passing clouds change their colour from white to black.

Some people prefer to travel by ship when possible. A sea voyage is very enjoyable, indeed. But to my mind the best way of traveling is by car. The advantages of this way of spending your holiday are that you don't have to buy a ticket, you can stop wherever you wish, where there is something interesting to see. And for this reason traveling by car is popular for pleasure trips while people usually take a train or a plane when they are traveling on business.

When you get tired of relaxation, you become home-sick and feel like returning home. You realize that “East or West – home is best”, as the saying goes.

Ex.5 Explain who or what is:

A railway station booking office; a waiting room; a berth; an express train; a passenger train; a stewardess.

Ex. 6 Say if the statements are true to the text or false.

- 1 The best place of relaxation is one where you have already been before.
- 2 Before going off you should settle all your business but tell neither your friends nor relatives.
- 3 On the eve of your departure you should check if you have packed all the necessary things.
- 4 Travelling by train is swifter than by plane, but it has its disadvantages.
- 5 Travelling by train you can see the country you are traveling through and enjoy the beautiful nature.
- 6 But if you are in a hurry and want to save your time you'd better hitch-hike.
- 7 A sea voyage is very enjoyable but for the seasickness.
- 8 Travelling by car is the most popular way of travelling.

Ex. 7 Answer the questions. Be careful to argue your case well.

1 What means of travel do you know? 2 Why are many people fond of travelling? 3 Why do some people like travelling by train? What are the preparation for a train travel? 4 What are the advantages and disadvantages of travelling by plane? 5 Have you ever traveled by air? What was your experience? 6 What is in your opinion the most enjoyable means of travel? 7 Do you agree that travelling is the way of relaxing or resting from the same surroundings and daily routine? 8 What have you learnt from personal travelling experiences?

Ex. 8 Comment on the following quotations and proverbs. Do you agree?

- 1 Travel makes a wise man better, but a fool worse. (T. Fuller)
- 2 Men travel faster now. But I don't know if they go to better things. (W. Cather)
- 3 The whole object of travel is not to set foot on foreign land. It is at last to set foot on one's own country as a foreign land. (G. Chesterton)
- 4 No two journeys are alike.
- 5 People don't take trips, trips take people.

Ex. 9 Discuss in pairs. Prove your point of view.

- 1 What are the benefits gaining from travelling?
- 2 What risks does travelling around today's world involve?

The following word combinations may help you prove your idea: Language barrier, being left with no money, knowledge and experience affects our character for the better, loss of passport, money or other documents, it breaks our routine, we see in real life what we read in books, it broadens our horizons, crime, terrorism, thefts, it teaches us about people and places, it makes us more tolerant and understanding, high prices.

Unit 3 Travelling by Train

Ex.1 Answer the questions.

- 1 Do you like to travel by train? Why?
- 2 What are the advantages of travelling by train? •
- 3 What are the disadvantages of travelling by train?

Ex. 2 Read the text and find the English equivalents in the text.

Железнодорожный вокзал; скорость; комфорт; волнение; радость; грусть; дети, которые крепко держатся за юбки своих матерей; показать билет проводнику; вы заходите в великолепный вагон; суета; наткаться друг на друга; сказать «до свиданья» провожающим; волнения дня закончились; верхняя полка; меняющиеся пейзажи мелькают вами; пшеничные и кукурузные поля; на вас нападает сонливость.

TEXT B TRAVELLING BY TRAIN

Should you ask me what kind of transport I like best I'd speak in support of the train. With a train you have speed, comfort and pleasure combined. What place is more interesting than a big station? There is the movement, the excitement, the gaiety of the people going away and sorrow of those who are seeing others off. There are the shouts of the porters as they pull luggage along the platforms to the waiting trains, the crowd at the booking-office getting tickets, the children tightly holding on to the skirts of their mothers, and the passengers hurrying to board the train. At last you manage to make your way through the crowd, closely following the porter, who had taken care of your luggage, and get out on to the platform. You follow your porter, and here you are – Car number 2.

You show your ticket to the guard and then you go into a most wonderful carriage. All is bustle and confusion, with people filling in, bumping into each other, and what not. At last you manage to stow away your luggage and get out on to the platform for fresh air and bid farewell to the well-wishers who have come to see you off.

But you have scarcely time to kiss and hug your friends when the station-master on duty, in a red cap, signals the train. You hear no shrill whistle of the engine – the train pulls out of the station noiselessly and without a jerk.

You are on your way. You start up a conversation with your fellow-passengers (people take to each other quickly when traveling) and soon you get to know who is who and what. Now that the excitement of the day is over you begin to feel hungry.

The dining-car steward happens to come along and you take bookings for dinner or supper, whichever it might be. As you go for the second sitting you have

time to wash. By that time the guard has made your bed. You take your towel and go to the toilet to wash yourself.

You feel tired now, after a hearty meal, so you decide to turn in. You get into your upper berth and begin to absorb the beauty of the changing scenes that fly past you – the cheerful fields of wheat and corn, the meadows under a mantle of flowers, grass and green moss, the rivers that run through woodland countries, the forests with their delicious sense of peace, and the mountains ribbed with sharp steep ridges.

But drowsiness creeps over you. You close your eyes and soon drift away into that vast mysterious void which men call sleep.

Ex. 3 Read the phrases and translate the sentences from the text containing these ones.

To see off, to pull luggage along the platform, to board the train, to make your way through the crowd, to get out on the platform, to hug your friend, to start a conversation, to take bookings for dinner, to feel tired.

Ex. 4 What are the duties of the following people:

a porter; a steward;
a guard; a station master on duty.

Ex. 5 Insert prepositions or post –verbal adverbs.

- 1 Let's meet ... the waiting room after registering ... the luggage.
- 2 I hate seeing people... but would willingly bid farewell ... the well-wishers if I am leaving.
- 3 People who are going ... are usually full ... gaiety and excitement
- 4 If you have some pieces ... the luggage you'd rather ask a porter to help ... it and take care pulling it ... the platforms ... the waiting trains.
- 5 Be careful while stowing ... your luggage. It's heavy!
- 6 After a hearty meal the best thing to do is to turn ...
- 7 I could hardly find an empty compartment as the train was filling .. . very quickly.

Ex. 6 Explain in English the meaning of the following words.

A fast train;
a passenger train;
a long distance train;
a sleeper train;
a local train;
a through train;
an express train; a suburban train.

Ex. 7 Enlarge on the ideas presented.

- 1 With a train you have speed, comfort and pleasure combined.
- 2 A railway station is an exciting place.
- 3 Sometimes it's not an easy task to board the train.

4 You get acquainted with other people much easier on a train than in any other place.

5 You usually have a meal on a train.

Ex. 8 What do you say if:

- you want to book a ticket both ways;
- you want the porter to help you with your luggage;
- you want the bedding to be brought for you;
- you want to find out what time your friend arrives;
- you want to register your luggage;
- you travel without heavy luggage;
- the ticket is only useful as far as Moscow;
- the train left the station according to the timetable;
- people are arriving very quickly in the compartment.

Ex. 9 Answer the questions.

- 1 Is it more convenient to travel by air or by railway?
- 2 Where does one book a ticket for the train?
- 3 Why is it advisable to book tickets in advance?
- 4 Where can you find out the time of arrival and departure of trains?
- 5 Who helps passengers to carry their luggage along the platform?
- 6 Who meets passengers near the carriage?
- 7 What are the duties of the attendant?
- 8 What are the duties of the dining-car steward?

Ex. 10 Compose a short story or a dialogue using the given words and phrases.

The train is about to move, the doors are about to close, almost to miss the train, a smoker, to go to a non-smoker, no vacant seats, reserved, two corner seats, to put the bags on the luggage rack, to stretch out one's legs and enjoy the scenery, a non-stop train, to turn in.

Ex. 11 Scan the following article for the information of the pros and cons of travelling by train for further discussion. Do you agree with all ideas introduced?

The sense of freedom offered by rail travel is unrivalled by any other, except perhaps the less safe option of hitch-hiking. Rail travel allows you to explore the hidden corners of the continent, especially areas where rural lines are still open and trains are still the most common form of public transport.

The first step before you go is to choose one of the Euro rail schemes available. After that, there are a few tips to bear in mind before you leave. Budgeting always causes headaches and it's worth finding out which are the "expensive" and the "cheap" countries. It is sensible to take some cash, but you should take most of your money in traveler's cheques.

Your most important piece of equipment is your backpack, and it's worth choosing one that's comfortable and light, sits just above your hips, and is 'high' rather than 'wide' when full. A daypack is useful for sightseeing, and a pair of comfortable walking shoes is vital, along with dark, hard-wearing clothes. As a general rule, put out everything you want to take – then halve it. Some things, however, should not be left behind. An alarm clock (so you don't miss those early trains); a scarf to cover your shoulders or legs for visits to churches or mosques; photocopies of all your important documents – best packed separately or given to a travelling companion; toilet paper, soap and a universal plug; a Swiss army penknife; numerous plastic bags; a water bottle and a small first aid kit.

The fun really starts once you're out there, of course – hunting for a hostel at 10 p.m. or being turned away from a famous tourist attraction for wearing shorts. There are compensations for these frustrations (which make the best stories afterwards, anyway!), but many problems can be avoided if you're aware of the potential pitfalls before you leave.

The golden rule is not to try to cram too much into the time available. Trying to see the whole of Europe in a month, by spending every night on a train and an afternoon in each capital city will result in an unsatisfactory blur of shallow impressions, it is also a recipe for disaster, as you will be tired, grumpy and unreceptive for most of your trip. Instead, try to vary your route, mixing visits to cities with relaxing spells on the beach or in the countryside.

Ex.12 Choose the most suitable item from the given list.

- 1 In comparison with hitch-hiking the writer says that travelling by train is
 - a) more dangerous; b) less dangerous; c) just as dangerous
2. It is convenient ...
 - a) to have all your money in cash; b) to take all your money in traveler's cheques; c) to have a smaller part of your money in cash.
3. When packing for a rail holiday, the writer advises students to ...
 - a) take everything they want; b) take more than they think they'll need; c) take twice as little as what they really want to take.
4. When planning a route, the writer advises students ...
 - a) to see as much as possible in the time they have; b) to visit places but also rest from time to time; c) to go sightseeing in the afternoons and travel by night.

Ex. 13 Indicate the correct translation of the given sentences.

1. The sense of freedom offered by rail travel is unrivalled by any other ...
 - 1) Чувство свободы, которое дает путешествие по железной дороге, несравнимо ни с каким другим видом путешествия ...
 - 2) Чувство свободы, которое характеризует путешествие по железной дороге, не может соперничать ни с каким другим видом путешествия ...
 - 3) Чувство свободы, которое испытываешь во время путешествия по железной дороге, превосходит все другие чувства ...

2.... and it's worth choosing one that's comfortable and light, sits just above your hips...

1)...имеет смысл выбирать такой рюкзак, который легкий и удобен ...

2)...стоит выбрать один рюкзак, т.к. это удобно и легко...

3)...и лучше всего выбирать рюкзак одному, потому что это удобно и легко...

3. The fun really starts once you're out there ...

1)Настоящее веселье у вас будет лишь однажды, когда вы приедете туда..

2) Самое интересное в действительности начинается, как только вы приезжаете туда...

3)Что-то по-настоящему интересное может произойти, если только вы уедете оттуда...

Ex. 14 Tell your group-mates about your experience of travelling by train.

Unit 4 Modern Ways of Travelling

Ex. 1 Substitute the words in brackets by appropriate words and expressions from your active vocabulary.

1 Before (getting on a plane) the passengers are required to check in at the airport.

2 I (haven't done) my safety belt yet.

3 Nick had more (luggage) than was allowed on board a plane.

4 The accident occurred while the aircraft (was leaving) the ground.

5 It was my son's first (trip by air) but he was not afraid at all.

6 (The time when the plane leaves) is shown on your ticket.

7 We (will arrive) at Paris airport in about 50 minutes.

Ex. 2 Translate the following word combinations and make up your own sentences with them.

To board the plane, to apply to the stewardess, to strap your belt, to be provided with excellent lunch, on the account of the convenience, seem to belong to another world, to gain a magnificent view, to land.

Ex. 3 Read the text and find out the conveniences which air travel gives.
TEXT A TRAVELLING BY AIR

Travelling by air is more comfortable, more convenient and, of course, far quicker than any other method. There is none of the dust and dirt of a railway or car journey; none of the trouble of changing from train to steamer, pushing your way through crowds to get from the boat to the Customs (if you travel abroad) and then to another train. A taxi or bus of the Airline Service takes you to the airport. There on the runway you see a sleek and beautiful jet-propelled passenger liner ready to carry you to your place of destination. When formalities of registering yourself and

weighing your baggage are over, you get up the gangway and board the plane. If you are traveling for the first time, you may apply to the stewardess and she will see you to your seat and give you all the information you need as, how to strap your belt, how to adjust your seat and so on. If you are hungry you will be provided with an excellent lunch. Strange though it may seem, it actually comes out cheaper, considering what you save in a hotel charges or sleeping accommodation on the train, meals and so on.

But it is not only on account of the convenience, comfort and speed that I like air travel. The whole experience is a spiritually thrilling for me. I enjoy greatly the feeling of flying. As you leave the earth behind you, you seem to belong to another world, a bigger, wider, freer world than one you left. What loveliness there is on earth when you see it from above; the rapid changing scenes below are of indescribable beauty. Looking down you gain a magnificent view of a charming landscape – to the right are fields carefully cultivated, to the left – pasture-lands, ahead – a cheerful river winding its way through the lowland. On you fly the villages and cities, hills and valleys, each following the other in quick succession. There in the far distance you perceive the outlines of a mountain range.

On and on you fly with the ever-changing scenes below till you safely land at the airport.

Ex. 4 Give the English equivalents of the words and phrases in brackets.

1 There on (взлетная полоса) you see a sleek and beautiful (реактивный пассажирский самолет) ready to carry you to your (место назначения).

2 When formalities of (регистрация) and (взвешивание багажа) are over you get up the gangway (сесть в самолет).

3 The stewardess will help you (пристегнуть ремень) and (регулировать кресло).

4 I enjoy greatly (чувство полета).

5 What loveliness there is on earth when you see it (сверху).

6 There in the far distance you perceive (очертания) of a mountain range.

7 On and on you fly with the ever-changing scenes below till you safely (приземлиться в аэропорту).

Ex. 5 Insert prepositions where necessary.

“Good morning, ladies and gentlemen. This is your captain speaking. I’d like ... welcome you aboard Eastern’s Flight 179 ... Houston. We’re flying ... an altitude ... 33,000 feet. Our speed is approximately 500 miles hour. We’ll land ... Houston ... two-and-a- half hours ... 1.20 local time. The temperature ... Houston is 78 degrees Fahrenheit. That’s 25 degrees Celsius. ... a few minutes you’ll be able to see the Mississippi River ... the right. Our flight attendants will serve lunch ... a few minutes. Enjoy your flight.”

Ex. 6 Find information in the text to prove the author’s ideas.

1 Travelling by air is more comfortable, more convenient and far quicker than any other method.

- 2 Strange though it may seem, it actually comes out cheaper.
- 3 The whole experience is a spiritually thrilling thing for him.
- 4 Looking down you gain a magnificent view of a charming landscape.

Ex. 7 Convince your friend that travelling by air is: a) comfortable; b) thrilling; c) safe.

Ex. 8 Scan the following passage and find out why the new passenger plane got such an interesting name. Have you heard any other stories related to plains' titles.

An entirely new type of passenger plane came in 1968. It was named for a circus elephant that had lived a century earlier. The plane was, of course, a jumbo jet. Its formal name was Boeing 747. That the most successful commercial aircraft in the history should be called after a circus elephant is an oddity! The Americans became familiar with Jumbo when a circus impresario P. T. Barnum bought an elephant from London Zoo in 1884. Barnum's ads depicted Jumbo as absolutely enormous. In fact, Jumbo was not that big. Anyway, due to Barnum's tireless promotion, the name Jumbo began to be associated with big size. Before long people were buying jumbo cigars, carrying jumbo suitcases, and even ordered jumbo portions of food. Eventually, they began travelling on jumbo jets!

Ex. 9 Develop the following ideas.

- 1 The world has changed since the days of mass air travel.
- 2 The next generation will take space flights for granted.
- 3 Travelling to far away places has become a common activity.

Ex. 10 Make up a story for the following situation: you were a passenger of a plane that had to make an emergency landing.

Ex. 11 Look through Text B and be ready to speak in favour of travelling by car than by air.

TEXT B TRAVELLING BY CAR

As for me there is nothing better than to travel by car – a good, fast car I mean. When you are in an aeroplane, you have to be driven by somebody else; travel by car is a more personal experience, for there you can drive yourself.

You just sit down at the wheel, switch on the motor, step on the pedal with your foot and off the car goes. You can go as slowly or as fast as you wish, stop when and where you choose; you park the car on the side of the road (street), get out and go where you like.

It is quite true that driving a car has some advantages. In town it is rather a nuisance with all these traffic “jams” or “hold-ups”, roundabouts, detours and so on. It is not altogether pleasant when you ride on a bumpy road or get a flat tire, or still worse, when you get stuck in the mud.

But what can be better than a spin in a car on a week-end with your friend? As soon as you get out of the crowded town and see the long wide road opening up

before you, what a thrill it is to feel the car rush forward at a touch of your foot, to feel the wind in your face, to see houses, trees and people flash past, to feel the real joy of speed.

Then, of course, you see much more of the country than you do in a plane. Suppose you are on vacation and have decided to take a 700-800 mile trip down South in a car. What magnificent views you behold on your way – the cheerful fields, the road winding its way up the mountain with steep, grey cliffs on one side and a deep precipice on the other, the shining expanse of the sea wrapped in a blue noonday haze, the woods, the rows of acacia that stretch along the streets of the towns that you pass through.

Indeed your impressions are unforgettable.

Ex. 12 Scan the beginning of Text C and try to continue it.

TRAVELLING BY SEA

There are many things that make travel by sea a fascinating thing. I like the sight of a ship with its many decks, cabins and state-rooms. It looks like a huge white floating city. It is delightful to be out at sea, too, and promenade the deck or seat in a deck-chair and take the sun.

But what can be compared with the excitement you experience when you sight land! The narrow strip of land on the horizon seems slowly coming towards you. Gradually the outlines of the shore become more distinct, and on coming nearer you get a full view of the city, the harbour, and of the big ships coming in from and leaving for distant lands.

I shall never forget my first voyage on board ...

Ex. 13 Discuss travelling by air, by land, by sea stating their advantages and disadvantages and indicate your own preferences.

PART 3. «THE WORLD OF CINEMA»

Unit 1 Movies and Cinema

Ex. 1 Match these words with their definitions below:

star director scene critic review

1. somebody who reviews new films
2. a very famous actor or actress
3. what a critic writes about a new film
4. the person who tells actors and actresses what to do
5. one small part of a film

In Britain people go to the cinema.

In the United States people go to the movie.

Ex. 2 Put these words into the sentences below:

screen subtitles row trailers credits

1. Let's sit at the back. I don't like being too near the
2. I like to sit in the front
3. I find trying to read ... very annoying. I prefer dubbed films.
4. I like seeing all the ... for the new films that are coming out.
5. I usually stay at the end to read the ... because I like to know who some of the less important actors were.

Ex. 3 Match the film titles with the short descriptions below:

- a. Die Hard
- b. The Bride of Dracula
- c. The Magnificent Seven
- d. The Sound of Music

1. Yul Brynner rides again in this *famous* western.
2. A *classic* horror film with Boris Karloff as the vampire.
3. Bruce Willis is the hero in this *predictable* action movie.
4. The popular but increasingly *dated* musical. Sing along with Julie Andrews.

Now do the same with these:

- e. Witness
- f. Spartacus
- g. Saving Private Ryan
- h. It Came from Outer Space
- i. Four Weddings and a Funeral
5. A *ridiculous* science-fiction film as aliens attack a peaceful community in Carlifonia.

6. Hugh Grant and Andy McDowell star in this *hilarious* romantic comedy.
7. An *epic* historical drama with Kirk Douglas as the slave leading the revolt against Rome.
8. Harrison Ford protects an innocent boy who has witnessed a murder in this *gripping* thriller.
9. Steven Spielberg's *action-packed* war film provides Tom Hanks with one of his best roles.

Now decide whether the words in *italics* are positive or negative.

Positive

.....

Negative

Ex. 4 Choose the correct ending for each sentence:

1. The Beach was set
 2. Schindler's List was filmed in
 3. Psycho was directed by
 4. Titanic starred
 5. Jurassic Park was based on
- a. Leonardo DiCaprio and Kate Winslet.
 - b. a novel by Michael Crichton.
 - c. black and white.
 - d. in Thailand.
 - e. Alfred Hitchcock.

Ex. 5 Delete the wrong word or expression in the following sentences:

1. *The Beach* was mainly filmed on location / on site in Thailand.
2. Jodie Foster won an Oscar for her performance / play in *Silence of the Lambs*.
3. Cat Woman was one of the characters / actresses in *Batman*.
4. Anthony Hopkins heads the cast / the players in this moving costume drama.
5. I got a bit confused. The plot / tale was too complicated for me.
6. I'll never forget the action / the scene where they drive over the cliff at the end of *Thelma and Louise*.
7. *The Age of Innocence* won an award for the best costumes / uniforms.
8. Most American films are translated / are dubbed when they're shown in Europe but some countries prefer to show them in English with subtitles.
9. Have you heard the soundtrack / the screenplay for *Trainspotting*? It's brilliant.
10. The special tricks / special effects in *Total Recall* are amazing!

Ex. 6 Match up the following verbs and nouns. Then use the expressions in the sentences below:

shoot	rave reviews
give	the scene
play	three Oscars
nominate	the role

1. Sean Connery of James Bond for many years.
2. The film has been ... for ... – best film, best actress and best original screenplay.
3. The director decided it would be better to in black and white.
4. I've heard it's a fantastic film. The critics have all ... it

Ex. 7 Match the questions and answers below:

1. Where's it on?
2. Who's in it?
3. What's it about?
4. Who directed it?
5. What's it like?
- a. Steven Spielberg
- b. A theme park terrorised by dinosaurs.
- c. It's brilliant! / It's terrible!
- d. Sam Niel and Laura Dern.
- e. At the Odeon. Steven Spielberg.

Ex. 8 Underline the correct word/ phrase.

- 1 The film *Gladiator* had a **cast/ script** of thousands.
- 2 Mel Gibson plays one of the main **characters/ actors** in the film.
- 3 *Elizabeth* is an outstanding film **based on/ set in** the life of Queen Elizabeth I.
- 4 Many famous actors and musicians attended the film's **special effects/ premiere**.
- 5 Most of the film was rather boring but it did have an interesting **twist/ script** at the end.
- 6 *Chicago* is one of the best films I've seen in a long time. It's sure to be a **box office hit/ highly entertaining read**.
- 7 The *Harry Potter* books are so **well-written/ acted** that even my husband enjoys reading them.
- 8 Nicole Kidman **tells the story/ acts the part** of Virginia Woolf in the film *The Hours*.
- 9 Robert De Niro got very good reviews for his **role/ plot** in the film *Raging Bull*.
- 10 The story has such a **dull/ tragic** end that you'll leave the cinema in tears.

Ex. 9 Read the text and underline the words or phrases that match the eight definitions. Use a dictionary if necessary.

Cliffhanger not to be missed

In this latest blockbuster cops-and-robbers movie from the Holdart Studios, budding Hollywood star Florida Packline plays country-boy Ricky Smart, who gets involved with a gang of criminals intend upon stealing ten million dollars from a Chicago bank. However, their plans are spoilt by the discovery of a dead body in the tunnel they are digging through to the bank. Who is the mystery dead woman? Is she a stranger, or someone from Ricky's own past? Packline's portrayal of the confused boy from a small town caught up in big city crime is convincing, but Julia Fischer as his long-lost sister is somewhat miscast. Not a masterpiece, but it will certainly keep you on the edge of your seat.

- 1 the way an actor creates a picture or a person
- 2 he/she is the wrong actor for that part
- 3 a film/book/play that keeps you in suspense
- 4 keep you in suspense
- 5 up-and-coming
- 6 a film which huge numbers of people will go and see
- 7 a police or crime theme
- 8 a very great work of art

Ex. 10 Fill the gaps with suitable words from the list below (the list includes some words that are not suitable)

In a movie, the names of the stars, the producer, the person who wrote the _____ and _____ are given in the opening _____ but you have to wait till the end to see the complete _____ of characters and the actors who _____ them – and the name of every individual member of the film _____. Some films are shot in a _____, others are filmed on _____. Foreign-language films can be shown with _____ or they may be _____.

A really exciting movie depends on good photography, good _____ (the way the film is cut with perfect timing so that each _____ surprises you), exciting _____ (car chases, fights and falls), _____ (visual techniques which make the fantasy seem like reality), and the _____ (music and sound effects).

action award cartoon cast credits crew director dubbed editing flashback list location played plot scene screenplay sequel set shot soundtrack special effects studio stunts subtitles

Ex. 11 Answer the questions.

- 1 Do you like cinema?
- 2 Is cinema popular nowadays?
- 3 Which would you prefer to do: go to the cinema or watch a video film at home? Why?

Ex. 12 Read Text A and say why cinema is considered to be one of the best ways of spending leisure time.**TEXT A THE CINEMA**

Cinema plays an important role in the life of any society. Cinema has become part of the modern way of life. There is no denying the fact that cinema is an excellent vehicle of culture. Its possibilities are unlimited. In the earliest years of cinema its power to show contemporary events was recognized and appreciated. More than anything else this unique quality secured popularity for the film as a new form of instruction and entertainment. That's why cinema is considered to be one of the best ways of spending leisure time.

There are a lot of different kinds of films: feature films, theatrical films, horror films, thriller films, popular science films, mystery films, documentaries, animated cartoon films. Besides, films may be colour or black and white, full-length or short, sound or silent, dubbed in mother tongue, three-dimensional or wide-screen.

We can see films either in the cinema or on TV. As I am often short of time, I have practically no time for going to the cinema. For this reason I see films on television more frequently. But sometimes I manage to go to the cinema. I prefer feature films and amusing comedies. It's a pity life is so difficult nowadays, and I want to relax a little, sometimes even to laugh. But at the same time I am fond of true-to-life films describing the life of ordinary people, their feelings and problems. Such films move me deeply, they arouse the feelings of sympathy or hatred for the heroes. As a rule such films leave a deep and lasting impression upon me.

A modern cinema programme contains a newsreel, which shows us pictures of important recent developments. It is usually shown before a feature film and it's often worth seeing. Sometimes they show animated cartoon film at seeing which the audience is in a state of excitement from the beginning to the end. Especially I like Walt Disney's cartoons "Duck Tales", or "Winnie-the-Pooh's Adventures". In my opinion the animated cartoon films are popular with children and adults.

Showing the educational films is arranged mainly for schoolchildren and students.

In Great Britain and the USA the cinemas ("movies" as they often call them) sell more than one billion tickets a year. Movies are also shown on TV and can be rented or purchased as a videotape recording. People in these countries are equipped with video records in their majority. Although people once feared that television would ruin movie industry, movie popularity has scored in recent years in these countries. Attending movies is a relatively inexpensive leisure time activity that is very popular.

Ex. 13 Recollect the sentences with the following phrases.

Way of life, an excellent vehicle of culture, to show contemporary events, to secure popularity, feature films and amusing comedies, true-to-life films, to arouse the feelings of sympathy or hatred, to leave a deep and lasting impression upon, a newsreel, to be popular with, to be equipped with, a movie industry.

Ex. 14 List the kinds of films mentioned in the text, give Russian equivalents to them.**Ex. 15 Discuss the following questions with your group-mate.**

- 1 What does a usual cinema showing consists of?
- 2 How often do you go to the pictures and where do you prefer to sit?
- 3 What types of films do you know?
- 4 What films appeal to you most?
- 5 Do you care for long films?
- 6 What is a film star? What does the success of a film depend on?
- 7 Which is more important – the story, the acting, the directing or the camera work?
- 8 What do we mean when we say that had a message to convey?
- 9 Why does a director trying to interpret a great work of literature on the screen take upon himself a most responsible task?
- 10 How is the cinema used as an aid in teaching?
- 11 What do you know about international film festivals? How often are these festivals held?

TEXT B THE MOVIES ARE POWERFUL FORCE IN CONTEMPORARY LIFE

Pretext Exercises**Ex.16 Answer the questions.**

- 1 What are the main reasons why people go to the cinema?
- 2 Are you a cinema-goer? Why do you like to go to the cinema?

Ex. 17 Read Text B and find evidence that the extract is written by an American critic.

TEXT B THE MOVIES ARE POWERFUL FORCE IN CONTEMPORARY LIFE

No other art form has had quite the impact on our lives that the motion pictures have. Indeed, the movies are truly an art of our time – they were born and have come of age in the twentieth century, and they now demand the serious consideration given to the other arts.

Everybody loves the story. Children mesmerized for hours before a television set watching cartoons they are seeing for the fifth or sixth time, or long lines of shivering movie-goers outside the theatre on a winter night, convincingly demonstrate

that truth. And today the love of story, as these examples suggest, is required much more often than not with a narrative told in visual images.

There can be no question about the supremacy of the visual image in the realm of story. The fact that images and movies have many uses beside story-telling simply adds gratuitous evidence in support of the observation that the life of the mind today receives its nourishment primarily from visual, rather than verbal sources.

Clearly, in terms of sheer quantity, visual narrative is the greatest aesthetic and educational force in the world today, and the movies, the visual narrative media – qualify unchallenged as the art of our time.

No one has ever seriously doubted that the movies are powerful force in contemporary life. Quite the contrary. Their potential for propaganda purposes was immediately recognized and in some cases exploited. What has been questioned is the capacity of the movies for doing good. Youthful and perhaps too much a work horse in the cultural market-place, they have been vulnerable to the charge that they are unable to awaken and refresh the mind, that they cannot tap the deepest reaches of man's spiritual life and so, incapable of articulating anything of consequence, are at best a rudiment art.

Yet the movies are not now as disturbing for intellectuals as they once were. One reason, no doubt, is that they are no longer, at least in the United States, the popular art; television has stolen the limelight.

At present suspended somewhere between the hell of mass culture and the heaven of high art, the movies are undergoing aesthetic purification.

Much remains to be accomplished, however. Since we have to live with the movies, we would prefer not to be embarrassed by them, we want the chance to exercise our humanity in and through the movies, and so we persist in demanding that the movies make more room for man within their aesthetic boundaries.

We would not, by any means take the fun off movies in order to fit them into the traditional earnestness associated with education but the aim is, and should be a higher hedonism which more profoundly entertains the heart and mind. With the existing film classics and the fifteen to twenty a year from around the world capable of captivating attention – there are enough good and great movies for us to grow by. The movies arouse the mind and soul when given undivided attention.

Ex. 18 Explain how do you understand the phrases from the text.

Motion pictures; children, mesmerized for hours before a television set...; a narrative told in visual images; the supremacy of the visual image; the mind today receives its nourishment primarily from visual, rather than verbal sources; aesthetic and educational force; to awaken and refresh the mind; a rudimental art; television has stolen the limelight; aesthetic purification; the chance to exercise our humanity in and through the movies; hedonism.

Ex. 2 Answer the questions.

- 1 Why do you think movies are regarded as “truly an art of our time”?
- 2 What facts given in the extract prove the idea that nowadays people prefer a narrative told in visual images? Do you agree with this opinion?
- 3 How can movies be helpful for people besides relating stories? Which of the spheres do you consider the most significant? Give your reasons.
- 4 Why do you think movies possess the greatest aesthetic and educational force?
- 5 How can you account for the fact that the capacity of the movies for doing good has been questioned?
- 6 Why in your opinion do some people regard movies as a rudimental art?
- 7 Would you agree that cinema can be regarded as the popular art, that it belongs to mass culture? What do you know about this art?
- 8 What kind of entertainment is nowadays rivaling cinema? Why?
- 9 What is the place of cinema, as the author sees it, among the other arts? Do you agree with him?
- 10 Do you think movies should be all fun or rather a thought-provoking and earnest art?
- 11 What is the main aim of the movies as the author sees it? The only word he uses to denote this art is movies. What synonymous expression would a British critic use? What other synonyms to this word do you know?

Ex. 19 Find in the text the arguments the author gives to illustrate the following:

- 1 cinema – a wide-spread art and entertainment of our century;
- 2 its impact on people’s lives;
- 3 cinema and story -telling;
- 4 cinema and education;
- 5 cinema – an earnest, thought-provoking or rudimental art;
- 1 the place of cinema among the other arts, its main aim.

Ex. 20 Summarize the text into four paragraphs specifying the role of the cinema in our lives.

TEXT C WALT DISNEY

Pretext Exercises

1. What Disney films can you name? Have you ever been to a Disneyland Theme Park? What do you know about them?
2. Which of these words or expressions would you relate to the world of Disney?

airbrushed reality cruel a dream factory fantasy land happy endings	harmonious harsh imaginative idealized magical	romanticized troubled a tormented childhood violent
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3. Read the opening lines of the article. What first impression do you get of Walt Disney's childhood?
4. Read the rest of the article. Which of the words in exercise 2 above relate to the life of the man, Walt Disney?
5. Imagine that Walt Disney lied about his life, and said these things. What in fact was the truth?
 - a. I had an idyllic childhood with everything I could have wanted.
 - b. We were a tight family unit, and we all got on well together.
 - c. I wasn't particularly close to my brother.
 - d. I put all my childhood experiences into my work.
 - e. Success came to me easily. I didn't have to work hard.
 - f. I was a self-made man. Nobody helped me.
 - g. I always put my family before my work, and I was always blessed with good health.
 - h. The idea for Mickey Mouse was mine. I created every aspect of the character.
 - i. There were never any hiccups in my career.
 - j. I wasn't particularly involved in the creation of Disneyland.
6. Work with a partner. Discuss the meaning of the words underlined in the article.

The man behind the mouse ***by Melissa Burdick Harmon***

It was 3.30 in the morning and 8-year-old Walt Disney was doing what he did at that time every morning – rolling hundreds of copies of the *Kansas City Morning Times* that he would soon place behind the screen door of subscribers along his route.

It was hard work for a little kid who also had to go to school, then deliver another round in the evening. Sometimes he had to traipse through three feet of snow. Other times he got so tired he'd sneak into an alley for a catnap. But the paper

round beat picking apples for a living. That's what he'd been doing before, on his family failing farm in Marceline, Missouri. The problem was that his boss – his stern father, Elias – had the nasty habit of delivering daily beatings both to Walt and his brother Roy, eight year's Walt senior. After a disgusted Roy left home, the brunt of the work, and the beatings, fell on Elias' youngest son.

Walt Disney, born on December 5, 1901, never had time for a childhood. As a result, he spent all of his adult life attempting to invent one for himself. In the process – almost by accident – he created wonderful childhood memories for generation after generation of children worldwide.

An airbrushed boyhood

Later, Walt would paint a nostalgic picture of life in Missouri, carefully airbrushing away the difficult time. He'd talk about sketching the farm animals, which he did when he could find pencil and paper – rare commodities in the dirt-poor Disney home. Once he was punished for painting a cartoon on the wall of the house. As always, it was his teenage brother, Roy, who comforted him, rocking him to sleep.

When the Disneys moved to Chicago, Walt signed up for cartooning classes at the Chicago Academy of Fine Arts, working three part-time jobs to pay for them. But all these were abandoned during World War I, when, at the age of 16, he forged his parents' signatures and became an ambulance driver for the Red Cross in France.

Home again, Walt joined Roy in Kansas City and found work as a commercial artist. Here he met another artist, Ub Iwerks, and together they developed a series of short films called *Alice in Cartoonland*. Walt moved to Los Angeles, where Roy was in hospital with tuberculosis. He searched desperately for a distributor. The night he got a telegram offering him \$1,500 apiece for six *Alice* shorts, Walt raced to the hospital where Roy was a patient, and persuaded him to leave hospital and come to work for him the next day.

Roy Disney would devote the rest of his life to helping his baby brother, skillfully handling the business end of the Disney empire. Walt also employed Ub Iwerks as chief animator.

Of mice, marriage and men

When he was 24, he married one of his employees, Lillian Bounds. It was a union that would last – although not always – happily until his death 41 years later. At 24, Walt was already married to his work. He created a cartoon character called *Oswald the Lucky Rabbit*, who was a great success. He then shifted his attention to mice, or one particular mouse called Mortimer. Lillian dismissed the name Mortimer as “too sissy”, so Mortimer became Mickey. Surprisingly, it was Ub Iwerks, not Walt, who first drew him. Walt, however, provided Mickey's voice. They made a talkie, *Steamboat Willie*, which premiered on November 18, 1928, to rave reviews, and Mickey Mouse became an overnight sensation.

Success followed success, but Walt pushed himself ever harder. In 1930 he suffered a nervous breakdown due to overwork, and when Lillian surprised him with the news that she was pregnant, he became severely depressed. How could a man whose whole life was dedicated to giving *himself* a childhood take on the burden of becoming a parent?

He produced his first feature-length cartoon, *Snow White and the Seven Dwarfs*, for which he won a special Oscar. Then came the birth of a second daughter, Sharon, who took to crying all night. Walt, who had wanted a son, took to sleeping at the studio.

In many ways Walt was a benevolent employer, but, like his father he was subject to terrible fits of rage. Feeling totally betrayed when his animators went on strike because they wanted to join a union, he started working for the “House of Un-American Activities Committee”, which investigated “communists” in Hollywood, and informed on the strike leader.

The last, best times

Post Second World War, Walt continued to work prolifically. In 1950 he produced his first live-action film, *Treasure Island*. Then came Disneyland. Everyone tried to dissuade him, saying it was too costly a dream, but he wouldn’t listen. He oversaw every nut and bolt of its creation. His great world of fantasy opened on July 17, 1955. In the next seven weeks, more than one million people walked down Disneyland’s Main Street USA, an idealized version of Main Street, Marceline, Missouri, circa 1900. The man who had spent his painful childhood in the real-life version of that town now stood in the window of an apartment decorated exactly like his boyhood home, tears streaming down his face, watching other people enjoy the perfect childhood world that he had created.

In November 1966 he was diagnosed with lung cancer. He was given six months to two years to live, but two weeks later, after spending the evening with Roy working on a new Florida theme park, Walt Disney died. He had just turned 65.

Walt Disney used to say jokingly, “I hope we never lose sight of one thing... none of this would have happened if it hadn’t been for a mouse.” But in truth, it was started by a tormented childhood and became reality through Walt’s irrepressible drive and imagination and the tireless help of a devoted brother.

What do you think?

- In what ways was Walt Disney a workaholic? What drove him?
- Successful people often have unhappy childhoods. Why is this? Do you know any examples?
- Are there features that all creative geniuses have in common?

Ex. 21 Discuss in pairs the following problems.

1. Everyone knows that violence on the screen isn’t real.
2. People/children copy crimes shown or described in films.
3. We don’t know what effect violence and horrors in films may have on children.

PART 4. «CITY LIFE. TRANSPORT»

Unit 1

Urban Environment and Infrastructure:

metropolitan area / conurbation / urban sprawl;
 city centre / downtown / suburbs / outskirts;
 residential area / commercial district / industrial zone;
 high-rise building / skyscraper / tower block;
 pedestrian zone / traffic-free area / cycle lane;
 public transport / mass transit system;
 rush hour / peak hours / off-peak times;
 traffic congestion / gridlock / traffic jam;
 parking space / multi-storey car park / park-and-ride;
 noise pollution / air pollution / light pollution.

Transport & Mobility:

commute / daily commute / long-distance commuter
 public transport: bus, tram, trolleybus, underground/tube/metro, train
 ride-sharing / carpooling / lift-sharing
 electric vehicle / hybrid car / autonomous vehicle
 fare / season ticket / travel pass / contactless payment
 timetable / schedule / departure / arrival
 platform / terminus / interchange / hub
 pedestrian crossing / zebra crossing / traffic lights

City Life:

vibrant / bustling / dynamic / cosmopolitan
 cultural amenities / entertainment venues / nightlife
 career opportunities / professional networking
 convenience / accessibility / 24/7 services
 diversity / multicultural / melting pot
 innovation hub / startup ecosystem

City Life:

overcrowded / densely populated / cramped
 cost of living / exorbitant rents / housing crisis
 stressful / fast-paced / hectic / frenetic
 anonymity / isolation / lack of community
 crime rate / safety concerns / urban decay
 environmental issues / sustainability challenges

Rural Life:

countryside / rural area / remote location
 close-knit community / strong social ties
 peaceful / tranquil / serene / idyllic
 fresh air / green spaces / natural surroundings
 self-sufficient / slower pace of life

limited amenities / fewer job opportunities / isolation

Useful Collocations:

alleviate traffic congestion • bridge the urban-rural divide

commute to work • ease the pressure on infrastructure

foster a sense of community • generate noise pollution

have easy access to • improve public transport links

keep up with the pace • make ends meet in an expensive city

offer a high quality of life • pursue career aspirations

reduce one's carbon footprint • strike a work-life balance

Ex. 1 Match the words with their definitions.

Word/Phrase	Definition
1. conurbation	a) a period when traffic is heaviest, especially when people travel to/from work
2. gridlock	b) a large urban area formed by the merging of several towns/cities
3. commute (v.)	c) a complete traffic standstill where no vehicles can move
4. rush hour	d) to travel regularly between home and workplace
5. amenities	e) facilities that make a place comfortable or convenient to live in
6. urban sprawl	f) the uncontrolled expansion of urban areas into surrounding countryside
7. pedestrianised	g) an area where vehicles are not allowed, reserved for people on foot
8. cost of living	h) the level of prices for basic necessities such as food, housing, transport

Ex. 2 Complete the sentences with the correct form of the words from the box.

commute • congestion • vibrant • amenities • overcrowded • sustainable • isolation • hustle

1 Many professionals choose to live in the suburbs to avoid the _____ of the city centre, even though it means a longer _____ to work.

2 The _____ nightlife and cultural _____ make city life attractive to young people.

3 One major drawback of rural living can be a sense of _____, especially for those accustomed to constant social interaction.

4 City planners are increasingly focusing on _____ transport solutions to reduce air pollution.

5 The _____ streets of the old town were filled with tourists, street performers, and the constant _____ of activity.

6 The apartment was so _____ that it was difficult to move around comfortably.

Ex. 3 Choose the best collocation to complete each sentence.

The government is investing in public transport to _____ traffic congestion.

a) alleviate b) generate c) pursue d) strike

Many young people move to cities to _____ their career aspirations.

a) ease b) pursue c) foster d) bridge

Living in a small village can help you _____ a better work-life balance.

a) strike b) generate c) alleviate d) offer

The new development aims to _____ the urban-rural divide by improving connectivity.

a) foster b) bridge c) reduce d) keep up with

High rents in the city centre make it difficult for many families to _____.

a) make ends meet b) keep up with c) strike a balance d) ease the pressure

Ex. 4 Paraphrase the underlined expressions using vocabulary from the unit.

1. The constant noise and crowds in the city centre can be overwhelming.

→ The _____ and _____ of city life can be overwhelming.

2. Many people travel long distances every day to get to their jobs.

→ Many people have a long _____ every day.

3. The village offers a quiet, peaceful environment away from urban chaos.

→ The village offers a _____ environment, a welcome contrast to the urban.

4. Finding affordable housing in the city is becoming increasingly difficult.

→ The _____ in urban areas is making housing increasingly unaffordable.

5. The city provides excellent opportunities for professional growth.

→ The city offers excellent _____ for _____.

Unit 2 Living in a City or in a Village**Pre-text Exercises****Ex. 1 Answer the questions.**

1. What aspects of city life do you find most appealing? Most challenging?
2. Have you ever lived in both a city and a rural area? How did the experiences compare?
3. What factors do you think are most important when choosing where to live?

Ex. 2 Match the words from the texts with their Russian equivalents.

frenetic pace a) ощущение изоляции

sense of isolation b) бешеный ритм

close-knit community c) тесное сплочённое сообщество

exorbitant rents d) непомерно высокая арендная плата

green spaces e) зелёные зоны/парки

Ex. 3 Read the text and answer the questions that follow.**TEXT A: THE URBAN DILEMMA**

For millions of people worldwide, the city represents opportunity, excitement, and the promise of a better life. The vibrant energy of urban centres, with their cultural amenities, career opportunities, and 24/7 convenience, continues to attract newcomers despite well-documented challenges.

However, the reality of city living often falls short of the dream. Exorbitant housing costs force many to live in cramped accommodations or endure lengthy commutes from affordable suburbs. Traffic congestion and overcrowded public transport turn daily journeys into stressful ordeals. The frenetic pace can leave residents feeling perpetually rushed, while the anonymity of large populations sometimes leads to unexpected isolation amidst the crowds.

Environmental concerns add another layer of complexity. Air and noise pollution affect quality of life, while the urban heat island effect makes cities significantly warmer than surrounding areas. Yet cities are also where sustainable innovations are most likely to emerge: efficient public transport, green building standards, and community initiatives to reduce waste.

The question isn't whether cities are inherently good or bad, but how we can make them work better for everyone. Urban planners increasingly recognise that successful cities balance density with liveability, economic growth with environmental protection, and individual ambition with community wellbeing.

Ex. 4 Answer the questions on the text.

1. What are the main attractions of city life according to the text?
2. List three challenges of urban living mentioned in paragraph 2.
3. How does the text suggest cities can address environmental problems?
4. What does the author mean by "balance density with liveability"?
5. Do you agree with the text's conclusion? Why/why not?

Ex. 5 Find words/phrases in the text that mean.

full of energy and activity (paragraph 1)

extremely high prices (paragraph 2)

a state of complete traffic standstill (paragraph 2)

extremely fast and busy (paragraph 2)

lack of personal recognition or connection (paragraph 2)

feeling alone despite being surrounded by people (paragraph 2)

the phenomenon where cities are warmer than rural areas (paragraph 3)

new ideas or methods that help solve problems (paragraph 3)

Ex. 6 Read text B. Compare the perspective with Text A.**TEXT B: THE RURAL ALTERNATIVE**

While cities dazzle with their possibilities, rural life offers a different set of rewards. The tranquil surroundings, close connection to nature, and strong community ties provide a counterpoint to urban intensity. For families, the lower cost of living and safer environment can be decisive factors.

Yet rural living presents its own challenges. Limited employment opportunities often mean commuting to urban centres or accepting lower wages locally. Access to specialised services—from healthcare to higher education—may require significant travel. The slower pace, while peaceful for some, can feel isolating or limiting for others, particularly young adults seeking diverse experiences.

Technology is gradually bridging the urban-rural divide. High-speed internet enables remote work, online education, and telemedicine, reducing some traditional disadvantages. However, the digital divide persists in many remote areas, and not all aspects of rural life can be digitised.

Ultimately, the choice between urban and rural living reflects personal priorities. Some thrive on the stimulation and diversity of cities; others value the space and serenity of the countryside. Increasingly, hybrid models—living rurally while working remotely, or choosing smaller cities that offer a "best of both worlds" compromise—are gaining popularity.

Ex. 7 Answer the questions on the text.

1. What are the main advantages of rural life according to the text?
2. What challenges might rural residents face?
3. How is technology changing rural living?
4. What does the text suggest about "hybrid models" of living?
5. Which lifestyle do you think would suit you better? Explain.

Ex. 8 Decide whether the statements are True/False/Not Stated.

1. Rural areas always have lower living costs than cities.
2. The text suggests that young people generally prefer rural life.
3. Technology has completely eliminated disadvantages of rural living.
4. The author believes there is one objectively best place to live.
5. Some people are choosing locations that combine urban and rural features.

Ex. 9 Read and translate the dialogue.

Dialogue 1: Choosing Where to Live

A: I'm seriously considering moving to the countryside. City life is just getting too much—constant noise, crowds, and those rents!

B: I get that, but have you thought about the trade-offs? What about your job? Most opportunities are still in the city.

A: That's the thing—I could work remotely now. My company's fully digital. I'd save a fortune on rent and actually have a garden.

B: True, but what about social life? And what if you need to see a specialist doctor? The nearest hospital might be an hour away.

A: I'd miss the cultural events, definitely. But I could visit the city for weekends. And honestly, I'm tired of the hustle. I want to wake up to birdsong, not traffic.

B: Fair point. Maybe look at smaller towns? You'd get more space and lower costs, but still have decent transport links and amenities.

A: That's actually a great idea—a compromise. Somewhere with a train station and a few good cafes, but proper green spaces nearby.

B: Exactly. You don't have to choose between a concrete jungle and complete isolation. There's a whole spectrum.

Ex. 10 Role-play the dialogue with a partner, then switch roles.

Ex. 11 Continue the dialogue.

What specific location might A and B research? What factors should they prioritise?

Ex. 12 Prepare arguments for a panel discussion.

"This house believes that cities offer a better quality of life than rural areas."

Dialogue 2: The Daily Commute

A: Another day, another two hours stuck in traffic. I swear, rush hour gets worse every year.

B: Have you tried the new park-and-ride scheme? You drive to the outskirts, then take the express bus. Cuts my commute by 40 minutes.

A: I've heard about it, but the bus times don't quite match my flexible hours. And what if I need to stay late for a meeting?

B: True, flexibility is tricky. What about cycling part of the way? There's a new cycle lane along the river now.

A: In this weather? And carrying my laptop? Maybe in summer. Honestly, I'm starting to think about moving closer to work, even if rent is higher.

B: That's a big decision. Have you calculated the real cost—higher rent versus time saved, less stress, lower transport costs?

A: Not properly, no. I suppose I've just been complaining without exploring solutions.

B: We all do that. Maybe map out your options this weekend? Sometimes seeing it on paper helps.

Ex. 13 Practise the dialogue, focusing on natural intonation and linking.

Ex. 14 Brainstorm additional solutions to commute problems (flexitime, remote work days, carpooling apps, etc.).

Ex. 15 Discussion practice.

"Is a long commute worth it for affordable housing?"

Use phrases: on the one hand... on the other hand, it depends on, from my perspective.

Unit 3 Phrasal verbs and idioms related to City Life and Transport

Ex. 1 Study the table with phrasal verbs.

Phrasal Verb	Meaning	Example
get around	to travel to different places	"It's easy to get around the city centre on foot."
drop off / pick up	to leave/collect someone or something	"Could you drop me off at the station?"
pull over	to move a vehicle to the side of the road	"The driver pulled over to check the map."
hold up	to cause a delay	"The accident held up traffic for hours."
move in / move out	to start/stop living in a place	"They're moving into a flat near the park."
settle in	to become comfortable in a new place	"It took a few months to settle into city life."
cut down on	to reduce the amount of something	"We're trying to cut down on car use."
put up with	to tolerate something unpleasant	"I can't put up with the noise any longer."
look into	to investigate or research	"We should look into public transport options."
branch out	to expand activities or interests	"After years in finance, she branched out into urban planning."

Ex. 2 Complete the sentences with the correct phrasal verb.

- The roadworks are _____ up the morning commute again.
- If you _____ on driving alone, you'll save money and reduce emissions.
- We need to _____ alternative routes before the festival.
- It's hard to _____ the constant construction noise in this neighbourhood.
- After years in a small town, it took time to _____ in the capital.
- Could you _____ me _____ at the next bus stop?
- Many companies are _____ into remote work options.
- The cyclist had to _____ quickly when the car door opened.

Ex. 3 Study the table with idioms.

Idiom	Meaning	Example
the rat race	the competitive, stressful pursuit of success in urban professional life	"He left the rat race to start a small farm."
concrete jungle	a city with many large buildings and little nature	"After years in the concrete jungle, she craved open fields."
at the crossroads	at a point where an important decision must be made	"Our city is at a crossroads: expand or focus on sustainability?"
go off the beaten track	to go to places not usually visited by tourists/most people	"We went off the beaten track and discovered a lovely village."
in the middle of nowhere	in a very remote location	"Their new house is lovely, but it's in the middle of nowhere."
a stone's throw away	very close to somewhere	"The apartment is a stone's throw away from the metro."
burn the midnight oil	to work late into the night	"Urban professionals often burn the midnight oil."
on the move	constantly travelling or changing location	"With his job, he's always on the move."
a change of scenery	going to a different place for a break	"Sometimes you just need a change of scenery."
the grass is always greener	other people's situations always seem more attractive	"City dwellers envy rural peace; villagers crave city excitement—the grass is always greener."

Ex. 4 Match the idiom to its context.

1. After a stressful month, I booked a weekend cottage _____.
2. The new café is _____ the office—just a two-minute walk.
3. She's considering leaving _____ to pursue a simpler lifestyle.
4. They decided to _____ and explore the less touristy regions.
5. His job in consulting means he's constantly _____ between cities.

Ex. 5 Translate the sentences.

1. Многие люди предпочитают жить в пригороде, чтобы избежать пробок и шума городского центра.
2. Стоимость жизни в мегаполисе часто непомерно высока, особенно когда речь идёт о жилье.
3. Общественный транспорт в нашем городе нуждается в улучшении, чтобы снизить нагрузку на дороги.
4. В сельской местности чувствуешь себя частью сплочённого сообщества, но иногда не хватает культурных мероприятий.

5. Удалённая работа позволяет многим людям жить там, где они хотят, а не там, где находится офис.

6. Городские власти пытаются решить проблему загрязнения воздуха, поощряя использование электромобилей.

7. Баланс между работой и личной жизнью трудно достичь в условиях бешеного ритма городской жизни.

8. Некоторые люди считают, что небольшие города предлагают лучшее из обоих миров: возможности и спокойствие.

Ex. 6 Essay Prompt (150-200 words)

"Some people believe that living in a city offers a better quality of life, while others prefer the countryside. Discuss both views and give your own opinion."

Useful language for your essay:

Introducing views: Proponents of urban living argue that... / Advocates of rural life point out that...

Adding points: Furthermore,... / Another significant factor is... / Not only... but also...

Contrasting: However, / On the other hand, / Despite these advantages,...

Giving opinion: In my view,... / I tend to believe that... / From my perspective,...

Concluding: To sum up,... / Taking everything into account,... / Ultimately,...

Checklist before handing in your work:

- ✓ Have I addressed both sides of the argument?
- ✓ Have I used topic-specific vocabulary (e.g., amenities, congestion, community ties)?
- ✓ Have I included appropriate linking words and cohesive devices?
- ✓ Have I proofread for grammar and spelling?

Ex. 7 Word Formation. Complete the table using the root words.

Noun	Verb	Adjective
congestion	congest	congested
_____	isolate	isolated
diversity	_____	diverse
sustainability	sustain	_____
_____	commute	commuting
accessibility	access	_____

Ex. 8 Match the verbs (1-6) with the nouns (a-f) to make natural collocations.

1. alleviate • a) opportunities
2. pursue • b) congestion
3. foster • c) a sense of community

4. reduce • d) one's carbon footprint
5. strike • e) a work-life balance
6. bridge • f) the urban-rural divide

Ex. 9 Questions for discussion (pair/group work)

1. What one change would most improve your city/town? Why?
2. Is remote work a sustainable long-term solution to urban overcrowding?
3. How can cities become more inclusive for people with different incomes, ages, and abilities?
4. "Technology will make location irrelevant." Do you agree?
5. What aspects of your current living situation would you never give up?

PART 5. «WEATHER. SEASONS»

Unit 1 «Climate and weather»

Ex. 1 Discuss the questions.

What's the weather like today?

Do you like the weather today?

Has the weather affected your plans today?

Ex. 2 Give the opposites to the following phrases.

Above zero, dry climate, fresh flowers, in the sun, at sunset, cloudless, chilly wind, high temperature, fair weather, frost, bright day, melt, close air, rise, go up, blow, awake, still weather, drought, heavy rainfall, be in season.

Ex. 3 Cross the odd one out below.

Zero—scorching – chilly—freezing

Mild – showers – pouring – drizzling

Warm – boiling – scorching – damp

Gale-force – cool – breeze – wind

Mist – fog – smog – lightning

Blizzard – hurricane – hot – flood

Ex. 4 Read the following sentences. List them according to the sort of weather they describe.

Fine weather

Cold weather

Bad weather

Hot weather

1 It's raining cats and dogs. It's nice weather for ducks. 2 It's freezing. We're having a cold snap. 3 There's hardly a breath of air. Not a leaf is stirring. No wonder, with such a blazing sun. 4 What a clear night. Not a cloud in the sky. 5 Oh, my teeth are chattering with the cold. 6 What a thick fog. One can almost cut it with a knife. 7 I expect we'll have a fine day. The sun is coming out. 8 It's 30 degrees in the shade and the temperature is still rising. 9 Dull morning, isn't it? Rather nasty out. Beastly weather. 10 There's a nip in the air. Don't get frost-bitten.

Ex. 5 Chose the word or phrase which best completes each sen-tence. Give one answer only to each question.

1. The sun ... in the East and sets in the West.
a) raises, b) rises, c) arises, d) arouses;
2. Wear warmer clothes to yourself from the cold.
a) defend, b) hide, c) protect, d) shelter;
3. The sky was and it looked as if it was going to rain.
a) outcast, b) downpour, c) overcast, d) downcast;
4. With the drop in temperature the rain to sleet.
a) came, b) went, c) passed, d) turned;
5. I never pay much attention to the weather as it's usually wrong.
a) forecast, b) prediction, c) warning, d) news;
6. I was caught in a(n) and I got soaked to the skin.
a) downfall, b) outflow, c) downpour, d) outpouring;
7. There were of fog which made driving hazardous.
a) clouds, b) patches, c) sheets, d) blocks.

Ex. 6 Put one of the following preposition in each space in the pas-sage below.

/ out / for / with / from / of / under / on / in /

1

- It's close here. Let's go ... a walk.
- Very well, but let's not walk ... the sun. The heat and the strong light are very unpleasant.
- We can sit down ... that large tree. Its dense foliage will protect us ... the sun. You see how cool it is ... the shade. Last week it rained a great deal, so that the plants have grown very fast. The ground is covered ... the grass. Let us sit down ... it. The sight ... the beautiful green meadows is very pleasant ... the eyes.
- What do you call those white flowers ... yellow centers ... England?
- They are daisies, and the others that are all yellow are called butter-cups. Pick some ... them and make a bouquet; we'll take it home.

2

- So, Trevor, you are ... sunny California, aren't you? Tell me, is it really hot ... California all year round?
- No, it can get cold. But it's never freezing cold. It never snows ... Los Angeles ... example. But it's chilly ... winter, especially ... the eve-nings.
- And what's the summer like?
- It can be boiling hot ... the summer. Too warm ... me. ... Los Angeles it gets smoggy, too. Your eyes hurt and you can't see the sun ... the sky.
- How awful.

Ex. 7 Use *shade* or *shadow* in the given sentences.

1 These flowers do best when they are grown in the ... 2 It was 27 degrees above zero in the ... on that day. 3 Where is he? He is in the ... asleep. 4 The birch tree is casting a long ... on the road. 5 The dog saw his ... in the water. 6 The sun is very hot. Let's walk in the ... 7 The ... cast by the house grows longer and longer. 8 She was put in the ... by her brother. 9 Peter is in love with Ann. He follows her like a ...

Ex. 8 Read the following short dialogues and act them out.**1**

- I think I must change my shoes. They've got completely wet. Wait a bit! I'll drop in at my place.
- But what's the use? Look at the clouds! It's going to rain again.
- Well, probably it is, but I'm afraid I can catch a cold.

2

- Have you ever been out in a thunderstorm?
- Yes, but I would not repeat it for the life of me.
- You got scared?
- And very much so! You would, too, with the lightning striking here and there and those deafening peals of thunder.

3

- How can you stand that climate of yours?
- Nothing doing. The weather is really nasty here in autumn, though we've got used to it somehow.
- Well, but they say it's rather awful here in spring, too.
- Oh, no, I wouldn't say that. It's usually sunny and warm in spring and it doesn't rain very often.

4

- What a thick fog! I can't see anything beyond two or three yards.
- Yes, one can almost cut it with a knife.
- Do you often have such fogs, I wonder?
- As often as not. London is famous for fogs, you know.

Ex. 9 Translate the Russian replies into English and act the following dialogues out.**1**

- Чудесный день, не правда ли? Солнечно, тепло и легкий ветерок.
- I think it's one of the loveliest days this month.
- Интересно, будет ли тепло завтра и послезавтра. Я собираюсь на дачу на субботу и воскресенье.
- I've just heard the weather forecast on the radio: warm in the morning and in the evening, hot in the afternoon, clear sky and a lot of sunshine.
- Вы не хотели бы присоединиться ко мне? Позагораете, побудете на свежем воздухе, отдохнете.

- I'd love to but I'm going to my grandparents. Thank you very much for your invitation.

2

- I think the weather will change soon.

- И я тоже. Эта зима была очень холодная, с сильными морозами и пронизывающим ветром. И снег пошел только в феврале.

- That's true. But winter has already passed, hasn't it?

- Да, но сейчас конец марта, а температура все еще ниже нуля, ветрено и снег повсюду. Выгляни в окно.

- Oh, it's snowing again. I hope to go for a walk but now I won't go out. I'd rather stay indoors.

- Конечно, это лучше. Но мне надо встретиться с Мэри на вокзале. Она сегодня приезжает из Канады.

- Then put on your warm coat and don't forget to take an umbrella for Mary.

- Постараюсь.

3

- Какая сегодня погода?

- Rather cool, cloudy and it's drizzling. It has been drizzling since morning. Do you like such weather?

- Конечно же нет. Но ведь прогноз и обещал дождь, не так ли? – Кстати, вчера погода была намного хуже. Целый день лил проливной дождь.

- Do you know the weather forecast for tomorrow?

- Никаких изменений к лучшему. Холодно и дождливо утром, ветрено днем и сильный град вечером.

Unit 2 British Climate

Pretext Exercises

Ex. 1 Pronounce the words correctly.

Lovely, wonderful, nasty, dreadful, beastly.

Ex. 2 Translate the sentences paying attention to the underlined word combinations.

- 1 It seems too good to last.
- 2 It rain cats and dogs in this place almost every day.
- 3 When it is wet Englishmen say that it is lovely weather for ducks.
- 4 The ground in winter is like iron and rings under your feet.
- 5 The cars and buses splash the water and mud on the passers-by.

Ex. 3 Read the text A and find out whether weather is the main theme for discussion for the English.

TEXT A ENGLISH WEATHER

When two English people meet, their first words are: "How do you do?" or "How are you?" And after the reply: "Very well, thank you. How are you?" the next

remark is almost certain to be about the weather. For good weather the remarks are: "Lovely day, isn't it?", "Isn't it beautiful?", "Wonderful, isn't it?". "It's so nice and hot". "Nice day, isn't it?", "Isn't it lovely?". And the other person will reply: "Yes, it's wonder-ful weather we are having". "I hope it will keep fine". "It seems almost too good to last".

For bad weather when the day is dull, or a thick fog is spreading over the city, one says: "Nasty day, isn't it?", "Isn't it dreadful?", "The weather is beastly today, isn't it?"

When it is raining one says: "It's raining cats and dogs", "I hate the rain", "I'm wet through", "I am wet to the skin", "It's lovely weather for ducks". On the continent the people who want to describe someone as excep-tionally dull remark: "He is a type who would discuss the weather with you". In England discussing the weather is an ever interesting, even thrilling topic.

Now observe a very important rule: never contradict when discussing weather. If someone remarks: "Nice day, isn't it?" when the weather is rainy, answer without hesitation: "Isn't it lovely?"

Most of the days it is raining in London, and everyone is wearing or carrying an umbrella. As the cars and busses go along the street, they splash the water and mud on the passers-by.

The foggy weather is even dangerous in London. A thick fog is spread-ing over London. As one friend meets another, he says: "Isn't it beastly day?", "Yes", replies the other, "You can hardly see a yard in front of you".

In winter there are sometimes heavy snowfalls, sometimes it is a hard frost. It is just the day for a good country walk. The ground is like iron and rings under your feet. When it is freezing hard the ponds are frozen over. It is a good time for sliding and skating. There are crowds of people on the ponds sliding and skating.

The last month of the calendar year, December, is the month when win-ter officially begins. Traditionally associations with December are the Christmas holidays. Nostalgic references to days gone by, to past Decem-ber, and to Christmases spent with loved ones make of December a month when sentiment and romanticism can reign unchecked.

Ex. 4 Answer the questions.

1. Is the attitude to the weather the same for the English and for the people who live on the continent?
- 2 Are the English always carrying an umbrella? Why?
- 3 Is the foggy weather dangerous in London?
- 4 Is win-ter severe in Great Britain?
- 5 Is December a special month for the English? Why?

Ex. 5 Start a conversation with your group mate talking about the weather.

Today it is a) a nice day; b) a dull day; c) a rainy day.

Ex. 6 Name the things you know:

a) birds; b) flowers; c) fruit, d) berries; e) winter entertainments.

Ex. 7 Imagine and try to describe: a) lilacs; b) wild daffodils; c) tulips.**Ex. 8 Match English and Russian word combinations.**

a warm current моросить

vegetation мягкий

to turn to slush идет сильный дождь

thaw sets in желтеть

to grumble теплое течение

to turn yellow растительность

to complain of (about) покрыто инеем

occasional showers превращаться в грязь со снегом

to splash with mud устанавливается оттепель

to drizzle ворчать

it pours with rain жаловаться на

to be covered with hoarfrost брызгать грязью

mild местами дожди

Ex. 9 Read and translate the following word combinations.

Influence, go up to, be covered with clouds, get wet to the bone, find the place where you can hide yourself, the weather becomes very hot, peals of thunder are the signs of a thunderstorm, the wind that brings freshness, fly to warm countries, it is 8 degrees below zero.

Ex. 10 Study text B and be ready to compare the climate in England and Belarus.**TEXT B THE CLIMATE OF ENGLAND**

The Gulf Stream, a warm current flowing from the Gulf of Mexico round the North of Europe affects the climate of the west coast of Europe, the British Isles and Iceland.

In these western countries, summers are not so warm and winters are not so cold as in the rest of Europe.

Spring is the season when nature returns to life. Vegetation grows rapidly, for there are periods of sunshine broken by occasional showers. Clouds are continually floating across the sky, and after the rain we see a magnificent rainbow.

It seldom gets unbearably hot in summer, as there is generally a cooling breeze from the South-West, but nevertheless the temperature may rise to 32 degrees in the shade. The weather becomes sultry, the heat grows oppressive, and the air gets stifling. The sky is suddenly overcast with low, black clouds and distant peals of thunder indicate the approach of a thunderstorm. Later, dazzling flashes of lightning are followed almost immediately by a clap of thunder directly overhead, and it pours with rain. Anyone caught in the rain takes shelter, otherwise he may get wet to the skin.

After the thunderstorm the air is remarkably fresh. The thunder has cleared the air. We are in for a spell of good weather again.

In autumn the leaves turn yellow and reddish, and fall to the ground. Then most birds migrate to warm countries. Autumn is the season of mist, of windy days, of biting winds, of beautiful sunsets, and miserable chilly days when it drizzles.

A spell of sunny weather in October is called an Indian Summer.

The climate of the South of England is milder than the climate of Scotland. In the North, the winters are harder. When there are eight degrees of frost in England, they say it is freezing hard, and everyone complains about the cold. This is because their damp climate makes them feel the cold more.

On a frosty morning the country is covered with hoarfrost. Icicles hang from the roofs of houses. The rivers and lakes are frozen over. The snow falls, but sometimes it does not last long. The thaw sets in, the snow turns to slush, and walking is extremely unpleasant owing to the puddles of water in the streets, and to the constant fear of being splashed with mud by a passing car. The English often grumble about the weather but you should not pay too much attention to an Englishman's complaints about his own climate. The devil is not so black as he is painted.

Exercises on the text

Ex. 11 Agree or disagree with the given statements.

- 1 After the thunderstorm the air is remarkably dreadful.
- 2 Spring is the season when nature goes to sleep.
- 3 Most birds immigrate to northern countries.
- 4 A spell of sunny weather in October is Easter.
- 5 The climate of the South of England is milder than the climate of Scotland.
- 6 The rivers and lakes are never frozen over in England.

Ex. 12 Describe the following nature phenomena.

Thunderstorm, Indian Summer, hoarfrost, thaw.

Ex. 13 Compare the climate of England with that of Belarus.

- 1 What do they have in common?
- 2 In what do they differ?
- 3 What natural phenomena are peculiar for each country?
- 4 Where would you prefer to live?

Ex. 14 Read the text about seasons and express your opinion whether you agree that every season is beautiful in its own way.

SEASONS

SPRING

In May the weather is finest and all nature is loveliest. The trees put forth little buds and new leaves; the meadows grow green again; the flowers begin to bloom. The collective farmers till the soil and sow the seed. The nightingale, swallow,

cuckoo and other birds come back from Italy or Africa and build their nests, all the while singing their merry songs. Meanwhile the new crop is shooting up, and if there are no sharp frosts during the night, nature looks full of promise, and the corn-fields are made bright by blue cornflowers and red poppies.

Spring flowers! The lilacs unfold their pale hearts. There shines the wild daffodil – soft, slim, yellow; there is the starry narcissus, the hyacinth almost lost in the herbs; among them stand tulips – the red bubbles of dark wine; the yellow, more cup-like; the large gold and red, noble and sombre.

SUMMER

By the end of June, when the days become considerably warmer, summer has come. If the heat gets too oppressive, we can go and bathe in running water. And many people enjoy a game of tennis in summer. In the summer the hot sun ripens the corn and fruit, and the farmer gets ready for the harvest. There are plenty of strawberries, cherries, currants, gooseberries, raspberries, apricots, peaches, plums and blackberries, which are ripe and afford a treat for the old and the young. And what pleasure can compare with that of watching the glorious sunrise and sunset! Clouds? Rain? Well, well, it isn't always cloudy, and there is no such thing as perpetual rain.

AUTUMN

There are some drawbacks, I admit, – the shorter days and longer nights for instance. The weather also leaves much to be desired. But is there anything more beautiful than an Indian summer – when we have one! We miss the songs of the birds, you say. Well, I can and do enjoy the sparrow, blue-bird, crossbill and the few others that remain with us. Oh, I know what you want to say. The November fogs, and mist, and sleet are not pleasant things. But what should we do without apples, pears, walnuts, grapes, which get ripe in September and October and may be picked. I, for one, could not get along without fruits or nuts, and for the sake of these I'm willing to put up with some discomforts.

WINTER

I know it is the season of snowstorms, and of ice, of frozen rivers and ponds, and of slippery streets. But think of the skating on the ice, or skiing in the country, and the sledging. In snowy weather, tobogganing is my favourite pastime. Then think of the joy of the children. At the first heavy snowfall, they are out making snowmen, building snowhuts, and pelting one another with snowballs. Of course, if the winter is severe, one must take care not to get frost-bitten. To me, winter has its own peculiar interest and beauty, and there is no reason to feel bored to death when there are interesting books, theatres and concerts, and the cinema.

Ex. 15 Paraphrase the following word-combinations.

The heat gets too oppressive; the hot sun ripens the corn and fruit; the farmer gets ready for the harvest; to afford a treat for the old and the young; the new crop is shooting up; to put up with some discomforts.

Ex. 16 Find English equivalents in the text for the given Russian ones and make up your own sentences with them.

Оставляя желать лучшего..., что бы мы делали без..., ради этого я готов..., нет причины скучать.

Ex. 17 Answer the questions.

1. How does the weather change in autumn?
2. What is that you don't like in autumn?
3. Is there anything that you like?
4. Describe the weather in winter.
5. What is the favourite children's pastime in winter?

Ex. 18 Say what in your opinion the advantages and disadvantages of each season are.

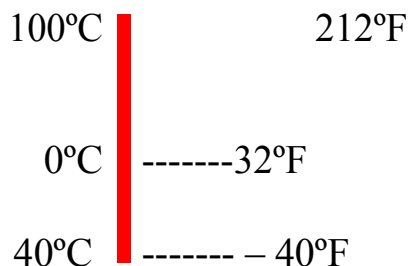
Ex. 19 Speak about your favorite season.

Unit 3 «Weather Forecast and Weather Signs»

Ex. 1 Study the temperature conversion and be ready to make some of the conversions.

TEMPERATURE CONVERSION

Officially temperature is measured in degrees Centigrade (°C), but many people still use degrees Fahrenheit (°F).



To convert Fahrenheit to Celsius subtract 32°, multiply by 5 and divide by 9.
 $70^{\circ}\text{F} - 32^{\circ} = 38^{\circ} \cdot 5 = 190^{\circ} : 9 = 21^{\circ}\text{C}$

To convert Celsius to Fahrenheit multiply by 9, divide by 5 and add 32°.

Ex. 2 Read the dialogue and find words which describe a) the sky;

b) the temperature; c) precipitations; d) winds; e) humidity

SPEAKING ABOUT THE WEATHER FORECAST

Carol and Nathan live in Washington, D.C. They're planning a weekend trip.

Nate: I know, Carol! Why don't we go to the Pennsylvania Dutch country?

Carol: It's a long way, Nate.

Nate: Oh, it isn't too far. Anyway, the highway's an Interstate, so we can get there quickly.

Carol: But in Pennsylvania's often cold at this time of the year. It might snow.

Nate: Well yes, It might, but I don't think it will.

Carol: I'm not sure. It is December, and I'm afraid of driving in the snow. And we might not be able to find a hotel. They might be closed.

Nate: Oh, that's no problem. I can make a reservation by phone tonight.

Carol: Well, maybe it's not a bad idea. We might have beautiful weather.

Nate: Oh, we'll enjoy ourselves anyway. Let's watch the weather fore-cast on TV. We might not go to Pennsylvania. We might go to Virginia or North Carolina. We can decide after the forecast. Let's look now at the map. It's generally clear in the Washington area with some rain over here in the mountains of Virginia. It's 43° now outside our studio. That's 6°Celsius. Tonight will be 34°. The humidity is a damp 75 percent, with winds from the northwest. Now let's look at the forecast for tomorrow. It'll be colder, with a high of 36°. They'll be getting snow in northern Pennsylv-ania and in upstate New York. We might get some of the snow, but prob-ably we'll have a little rain instead. The rest of the Northeast and Middle Atlantic states will be gray and overcast, except it'll be partly cloudy with occasional sunshine south of us in Virginia and North Carolina. We might get some cold winds tomorrow from the northwest, and they might bring us some of that snow. So keep that in mind if you're driving this weekend, because Sunday looks more of the same.

Ex. 3 Describe the winter in the USA, compare it with that in our republic.

Ex. 4 Dramatize the dialogue.

Ex. 5 Compose the weather forecast for a) tomorrow; b) a hot summer day; c) a rainy May day; d) an Indian Summer day; e) a day in March.

Ex. 6 Use the map of Belarus and make up a report about the weather at the week-end.

Ex. 7 Study the text and be ready to talk about the extreme weather conditions in our country and reflect on some abroad.

STRONG WINDS IN BELARUS

Now that Belarus has hardly recovered from the spring flood, another disaster plunged the country.

A recent hurricane turned out to be very harmful to agriculture.

About 190 cities and villages located all round Belaru s fell victims to the severe winds. More than 200 houses were ruined and electricity lines were damaged. In total 48 localities remained without electricity as a result of the hurricane. According to the data provided by t he Ministry of Emer-gencies, 36 cattle breeding farms were damaged. No deaths have been re-ported so far.

This time the Brest region suffered more than others too, as was the case during the flood. In Gantsevichi and Baranovich districts the velocity of the wind reached the 23-24 m/s level.

The Ministry of Emergencies emphasized the damage caused to the ag-ricultural sector. Actually, about 2,500 hectares of crops were ruined. Loss-es could have been minimized, if local authorities had reacted promptly.

Ex. 8 Look through the following text and decide which of these headlines would be best for it.

**AVOIDING THAT UNLUCKY STRIKE
THUNDER AND LIGHTNING
DOES AND DON'TS IN A STORM**

Fortunately we suffer relatively few lightning casualties in the UK, but the story in America is a lot more serious. More than 200 people a year are killed there on average by lightning, and surveys of the figures upset a few cherished beliefs.

One revelation is that houses by no means safe. Most indoor lightning casualties occur while talking on the telephone, particularly in rural areas, because outdoor cables can catch a lightning strike and send the electric current surging down into the telephone itself. The next most dangerous indoor situation is in the kitchen, because of the metal pipes, taps and sink Units which can pass current. Watching television carries their hazard that lightning strikes the aerial on the roof. And, of course, open windows and doors are open invitation to a direct lightning strike.

There are even cases of deaths and injuries of people inside moving cars and, in one case, the rear window was smashed by lightning and the driver injured. Another case was more indirect, lightning knocked over a tree which knocked over a high voltage power line, electrocuting the driver. A number of people have been temporarily blinded by a lightning flash, causing accidents and injuries.

But direct strikes are much more frequent in open locations and three times as many males as females are killed in total because more men do outdoor work or recreation. One surprise is that twice as many anglers are killed than golfers by lightning, although golfers are more likely to suffer non-fatal injuries. •

The advice to avoid lightning is clear. Stay away from metal fixtures in the home or outdoors. Avoid exposed shelters, open fields, open boats, lone trees and large trees in woods. Get off golf carts, bikes, horses and take cover. Do not swim.

Ex. 9 Which of these activities are dangerous in a thunderstorm, according to the article? Tick the ones that are mentioned or implied.

talking on the phone	climbing stairs	sheltering under isolated tree
washing up	working outdoors	sheltering in a building
watching television	climbing a ladder	sailing
sitting near a closed window	fishing	cycling
looking out of the open door	playing golf	swimming

Ex. 10 Work in pairs. Where do you think are the best and worst places to be in a thunderstorm?

Ex. 11 Compare your answers from the previous task. Which of the activities are the most dangerous? What does the article *not* tell you that you would like to know?

Ex. 12 Read the text and recall the weather signs:
a) you knew before; b) you have just learnt.

Ex. 13 While reading text E find the information how country people learn to read weather signs.

WEATHER SIGNS

Everyone talks and worries about weather. In England we are lucky really, because it is always changing, and although sometimes it is a nuisance to take a raincoat whenever we want to go for a walk, it is more fun to have a varied climate than to live in the country where you know that rain is going to come for certain at the same time each year, and when it will be hot and when it will be cold. The incomparable beauty of our land is largely due to the weather, and in the country all farmer's work depends upon it. And so, through years, country people have passed down from father to son all sorts of quaint prophecies and sayings about weather, and some of them you will find most reliable. You can soon learn to read weather signs for yourself, and, of course, clouds are the best guide if you want to become a weather prophet.

When studying the weather you will remember, of course, that the direction of the wind will help you to forecast what weather is on the way. You know that the wind from the West or South-West is likely to bring rain and unsettled weather. The east wind is colder, but in summer it generally brings fine days. In winter the east wind is a prophet of frost and snow storms. The north-east is the coldest wind we know.

On a summer night, if the stars seem brighter than usual, then wind and rain are on the way. In winter, when the wind blows from the North or East and stars blaze and twinkle, then the weather will turn colder and the earth will be gripped with great frosts.

When the moon shines clear without a misty rim it will be fine weather. When she is compassed round with a halo, wind or rain follows soon. If at sun-rising it is cloudy and clouds vanish as the sun rises, it will be a fine day.

A red sunset foretells fine weather, unless it is muddy and misty, then rain will follow.

Ex.14 Explain the meaning of the given words.

Weather sign, prophet, prophecy.

Ex. 15 Agree or disagree with the statements.

1 The British believe that it is more fun to have a varied climate than to live in the country where you know that rain is going to come for certain at the same time each year.

2 The incomparable beauty of British land is largely due to the continental climate.

3 Quaint prophecies and sayings about weather are found widely spread and most reliable.

4 If you want to become a weather prophet stars are the best guide.

5 To know what weather is on the way study carefully the direction of the wind which will help you to forecast it.

Ex. 16 Name all the weather signs and sign superstitions concerning weather mentioned in the text.

Ex. 17 Answer the questions.

1. Can you characterize English weather in one word? 2 Why is it so important for country people to know the weather forecast? 3 The direction of the wind will help you to forecast what weather is on the way, won't it? 4 What weather can stars forecast? 5 Is the sun or the moon important for predicting weather? 6 Do you fully rely on the weather signs or do you consult the weather forecast in case of planning a trip?

Ex. 18 Share your own nature observations with the class. Which of them do you take into consideration? Is it easy to become a weather prophet?

PART 6. «WORK AND PROFESSIONAL ACTIVITY»

Unit 1 Professional activity and work environment

- professional activity / occupation / vocation / profession
- full-time / part-time / temporary / permanent employment
- freelance work / self-employment / gig economy
- remote work / hybrid working model / flexible hours
- work-life balance / work environment / workplace culture
- corporate culture / organisational structure / hierarchy
- job description / duties and responsibilities / KPIs
- accountability / delegation / supervision / line management
- stakeholder / cross-functional collaboration / matrix structure

Career Development

- career progression / career trajectory / career path
- upskilling / reskilling / continuous professional development (CPD)
- lifelong learning / mentoring / coaching / on-the-job training
- professional certification / competency framework
- performance appraisal / 360-degree feedback / promotion
- career ladder / career move / career break / career pivot

Job Search & Application

- job vacancy / opening / position available / recruitment drive
- CV/resume / cover letter / application form / portfolio
- references / referees / letter of recommendation / LinkedIn profile
- shortlisting / screening interview / panel interview / assessment centre
- job offer / conditional offer / negotiation / onboarding

Workplace Relationships

- colleague / coworker / teammate / peer / supervisor
- line manager / mentor / mentee / direct report
- team dynamics / collaborative working / constructive feedback
- professional etiquette / diplomatic language / assertive communication

Useful Collocations (English Collocations in Use Advanced)

- pursue a career in... • advance one's career • enhance professional skills
- seize career opportunities • navigate career transitions
- submit a compelling application • demonstrate relevant experience
- deliver high-quality work • exceed performance expectations
- meet project deadlines • contribute to team success
- drive business results • foster collaborative relationships

Ex. 1 Match the words with their definitions.

Word/Phrase	Definition
1. upskilling	a) the regular journey between home and workplace
2. commute	b) learning new skills to improve job performance
3. stakeholder	c) a person with an interest in a company's success
4. onboarding	d) the process of integrating a new employee
5. KPIs	e) measurable values that demonstrate effectiveness
6. gig economy	f) a labour market with short-term contracts/freelance work
7. performance appraisal	g) a formal assessment of an employee's work
8. work-life balance	h) dividing time effectively between work and personal life

Ex. 2 Complete the sentences with appropriate words from the box.

career trajectory • remote work • upskilling • stakeholder • onboarding • KPIs
• work-life balance • gig economy

- Many professionals are now choosing _____ to achieve a better _____.
- The company's _____ programme helped new employees integrate quickly into the team.
- In the _____, workers often juggle multiple projects for different clients.
- Regular _____ is essential to stay competitive in a rapidly changing industry.
- The manager reviewed the team's _____ to evaluate quarterly performance.
- As a key _____, she was invited to participate in strategic planning meetings.
- His _____ shows a clear progression from junior analyst to department head.

Ex. 3 Choose the correct collocation.

- She decided to _____ a career in digital marketing. a) pursue b) chase c) run d) follow
- The company aims to _____ employee satisfaction through flexible policies. a) enhance b) rise c) grow d) increase
- He was _____ for the senior position after an impressive interview. a) shortlisted b) listed c) enrolled d) registered
- Regular feedback helps employees _____ their professional skills. a) enhance b) make c) do d) create
- The new policy is designed to _____ the pressure on working parents. a) ease b) relax c) calm d) soothe

Ex. 4 Paraphrase the underlined expressions using vocabulary from the unit.

- She wants to move forward in her professional life. → She wants to _____ her _____.

- | | |
|----|--|
| 2. | He travels two hours every day to get to his office. → He has a two-hour _____ every day. |
| 3. | The company helps new staff become part of the team. → The company has a structured _____ process. |
| 4. | They measure success by specific, quantifiable targets. → They use _____ to measure success. |
| 5. | She's learning new digital skills to stay relevant. → She's focusing on _____ to remain competitive. |

Ex. 5 Pre-reading Discussion. Answer the questions

What factors are most important to you when choosing a career?

How has the nature of work changed in the last decade?

Do you think remote work is the future of professional activity? Why/why not?

Ex. 6 Read text A and answer the questions.

TEXT A: THE EVOLVING NATURE OF WORK

The landscape of professional activity is undergoing a profound transformation. Traditional nine-to-five employment is increasingly complemented – and sometimes replaced – by flexible arrangements: remote work, project-based contracts, and portfolio careers. This shift is driven by technological advances, changing employee expectations, and the rise of the gig economy.

For many professionals, this new paradigm offers unprecedented autonomy. Remote work eliminates lengthy commutes, while freelance arrangements allow individuals to select projects aligned with their values and expertise. However, this flexibility comes with trade-offs. The boundaries between work and personal life can blur, leading to burnout. Freelancers may face income instability and lack access to traditional benefits like health insurance or pension contributions.

Organisations, too, must adapt. Attracting top talent now requires more than competitive salaries; employees seek purpose, development opportunities, and a supportive culture. Forward-thinking companies are investing in upskilling programmes, mental health support, and hybrid working models. They recognise that employee wellbeing directly impacts productivity and retention.

Ultimately, the future of work will likely be hybrid – combining the structure of traditional employment with the flexibility of modern arrangements. Success will depend on both individuals and organisations embracing continuous learning, clear communication, and a balanced approach to professional and personal fulfilment.

Comprehension Questions:

What three factors are driving changes in the nature of work?

What are two advantages and two disadvantages of flexible work arrangements mentioned in the text?

According to the text, what do employees now seek beyond salary?

What does the author mean by "the future of work will likely be hybrid"?

Do you agree with the text's conclusion? Support your view with examples.

Ex. 7 Find words/phrases in the text that mean:

a deep and significant change
 work done from a location other than the office
 the blurring of boundaries between work and personal time
 a state of physical and emotional exhaustion
 programmes to help employees develop new skills
 the ability to keep valuable employees
 combining different approaches or styles
 ongoing education throughout one's career

Ex. 8 Read the text. Compare the perspective with Text A.**TEXT B: NAVIGATING YOUR CAREER PATH**

Career development in the 21st century is rarely a linear progression. Instead of climbing a single corporate ladder, many professionals now navigate a "career lattice" – moving sideways, diagonally, or even stepping back to gain new skills before advancing.

Successful career navigation requires self-awareness and strategic planning. Start by identifying your core strengths, values, and long-term aspirations. Then, seek opportunities that align with these: projects that build transferable skills, mentors who can provide guidance, and networks that open doors to new possibilities.

Continuous learning is non-negotiable. Industries evolve rapidly; skills that are valuable today may become obsolete tomorrow. Engage in formal training, online courses, or self-directed learning to stay relevant. Document your achievements and reflect regularly on your progress.

Finally, remember that career satisfaction is multifaceted. It encompasses not just title and salary, but also meaningful work, positive relationships, autonomy, and alignment with personal values. Periodically reassess: Is your current role fulfilling these dimensions? If not, what adjustments could you make?

Ex. 9 Decide whether the statements are True/False/Not Stated:

Career progression is always a straight upward path. (___)

A "career lattice" allows for lateral or diagonal moves. (___)

Self-awareness is unimportant for career planning. (___)

Transferable skills are valuable across different roles. (___)

Career satisfaction depends solely on salary. (___)

Match the advice with the career strategy:

Identify core strengths → _____

Seek projects that build new skills → _____

Engage in ongoing education → _____

Reflect on progress regularly → _____

Discussion Questions:

What does "career lattice" mean to you personally?

Which transferable skills do you consider most valuable in your field?

How do you balance short-term job requirements with long-term career goals?

Ex. 10 DIALOGUES AND SPEAKING PRACTICE

Dialogue 1: Discussing Career Options

Anna: Hey Mark, I saw your LinkedIn update about considering a career change. What's on your mind?

Mark: Yeah, I've been feeling a bit stuck in my current role. I love the industry, but I'm not sure I'm growing professionally.

Anna: Have you thought about what direction you'd like to go? Sometimes upskilling in your current field can open new doors.

Mark: That's a good point. I've been looking into digital marketing certifications. But I'm also curious about project management – it seems to offer more variety.

Anna: Both are solid choices. Have you spoken to anyone in those roles? Sometimes informational interviews can give you a realistic picture.

Mark: Not yet. That's actually a great idea. Do you know anyone I could reach out to?

Anna: Definitely. I'll connect you with Sarah from our marketing team – she made a similar transition last year.

Mark: Thanks, Anna. I think I need to be more proactive about my career trajectory instead of just waiting for opportunities to appear.

Speaking Tasks:

Role-play the dialogue with a partner, then switch roles.

Continue the dialogue: What specific steps might Mark take next?

Prepare arguments for a debate: "Professional success is more about strategic planning than luck."

Dialogue 2: Performance Review Conversation

Manager: Thanks for meeting, Chloe. I'd like to discuss your performance over the last quarter and explore opportunities for your professional development.

Chloe: Absolutely, I appreciate the feedback. I've been reflecting on my KPIs and think I've met most targets, though I'd like to improve on cross-functional collaboration.

Manager: You're right – your individual contributions have been strong. The team feedback suggests you could take more initiative in sharing knowledge. Have you considered mentoring a junior colleague?

Chloe: That's an interesting suggestion. I do enjoy coaching, and it would help me develop leadership skills. Is there a formal programme?

Manager: Yes, we're launching a mentoring scheme next month. I'd recommend you apply. Also, given your interest in strategic planning, there's a leadership development course starting in Q3.

Chloe: That sounds perfect. I'll review the application criteria and submit my interest. Thank you for the guidance.

Manager: My pleasure. Let's schedule a follow-up in six weeks to review your progress.

Speaking Tasks:

Practise the dialogue, focusing on professional tone and diplomatic language.

Adapt the dialogue for a different scenario: discussing a promotion or addressing performance concerns.

Discuss: "What makes feedback constructive rather than critical?"

Unit 2 Career

Ex. 1 Read the quotation and express your point of view

«Many people quit looking for work when they find a job.» *Steven Wright, US comedian*

Ex.2 Discuss the questions in pairs with the help of the given words.

make a career move, take a career break, decide on a career plan, career opportunity, career path, climb a career ladder, make a fortune, make progress, make a living, get a promotion, get a bonus, get fired, get the sack, earn commission, earn, do part-time work, do a nine-to-five job, do your best, take early retirement, take an opportunity, take time off, work flexitime, work anti-social hours, work overtime, faux pas, personal brand, quit

Ex.3 Discussion practice.

What stages are there in a typical career?

Is career important for you?

How ambitious are you?

Do you have a career plan? Where do you want to be in 10 years' time?

Which of the following would you prefer to do?

- work for one company during your career
- work for several different companies
- work for yourself

Ex.4 Give the English equivalents.

Зарабатывать на жизнь, карьерный план, карьерный шаг, делать перерыв в работе (брать отгул), сделать перерыв в карьере, получить продвижение, воспользоваться возможностью, получить премию, работа в офисе (нормированный рабочий день), взбираться по карьерной лестнице, сколотить состояние, получать комиссионные, продвижение по службе (послужной список, карьерный путь, работать по совместительству (неполный рабочий день), работать сверхурочно, быть уволенным, уходить на пенсию, работать по гибкому графику, оплошность, бросать работу, работать в неурочное время (по вечерам, в выходные и т.д).

Ex. 5 Match each activity to its corresponding area of work.

being in charge of people and running the organisation	Customer Service
dealing with clients/consumers	Production
investigating and testing	Management
selling products or services	Finance
making/manufacturing things	Research and Development (R&D)
working with figures	Human Resources (HR)
dealing with employees and training	Sales and Marketing

Which of these areas do you work in or would you like to work in? Why?

Ex. 6 These phrases all include the word career. Match each of them to its correct meaning.

career path	chances to start/improve your career
career ladder	the direction your working life takes
career opportunities	a series of levels or steps in your working life
career move	a period of time away from your job to, for example, to look after your children
career plan	an action you take to progress in your career
career break	ideas you have for your future career

Ex. 7 What should you do to get ahead in your career? Choose four most important tips from this list.

1. Change companies often.
2. Use charm with your superiors.
3. Attend all meetings.
4. Go to your company's social functions.
5. Be energetic and enthusiastic at all times.
6. Be the last to leave work every day.
7. Find an experienced person to give you help and advice.
8. Study for extra qualifications in your free time.

Ex. 8 Make up dialogues covering the following topics.

1. How do you see your future career?
2. Is it more complicated for a woman to make herself a career? Why? Why not?

Ex. 9 Listen to three people talking about their careers.**Answer the questions:**

Which speaker is ...

-at the beginning of their career?

-in the middle of their career?

-at the end of their career?

Listen again.

Which of the phrases with career does each speaker use ?

Which of these experiences are common in your country?

career move, career break, career plan, career opportunities, career path, career ladder

Speaker 1 Speaker 2 Speaker 3

Ex. 10 Complete the sentences below with the verbs : take, offer, make, climb, have, decide

1. Employees in large multinationals _____ excellent career opportunities if they are willing to travel.

2. Some people _____ a career break to do something adventurous like sailing around the world or going trekking in India.

3. One way to _____ a career move is to join a small but rapidly growing company.

4. Certain companies _____ career opportunities to the long-term unemployed
or to people without formal qualifications.

5. Ambitious people often _____ on a career plan while they are still at university.

6. In some industries, it can take a long time to _____ the career ladder.

Which sentences are true for you?

Ex. 11 Complete each of these sentences with the appropriate form of a word partnership from the box

Make a fortune, get a promotion, earn commission, do part-time work, take early retirement, work flexitime.

1. When you _____, you can arrange your own schedule, so this is very convenient when you have children.

2. People who work in sales often have the opportunity to _____ on top of a basic salary.

3. Luke is ambitious and does not want to be a sales assistant all his life. In fact, he hopes to _____ and become Assistant Manager very soon.

4. Many students _____ when they are at university because it fits in with their studies.

5. Goran is 59, but he does not want to _____. In fact, he is taking on more work!

6. In banking, you can _____ with the big bonuses and retire at 35.

Ex. 12 Discuss with your partner and prepare a speech for 2 minutes.

What social-networking sites do you know and use?
Why do you use them?

Ex. 13 Scan the article below quickly and answer these questions:

1. What percentage of employers research candidates online?
2. Which social-networking sites are mentioned?
3. Who do Peter Cullen and Farhan Yasin work for?

Be aware of your online image

Jobseekers have been warned that their Facebook profile could damage their employment prospects, after a study found that seven in 10 employers now research candidates online.

According to new figures released by Microsoft, checks on Facebook and Twitter are now as important in the job-selection process as a CV or interview.

The survey, which questioned human-resource managers at the top 100 companies in the UK, the US, Germany and France, found that 70 per cent admitted to rejecting a candidate because of their online behaviour.

But HR bosses also said that a strong image online could actually help job hunters to land their dream job. Peter Cullen, of Microsoft, said: "Your online reputation is not something to be scared of, it's something to be proactively managed. These days, it's essential that web users cultivate the kind of online reputation that they would want an employer to see." Facebook faux pas include drunken photographs, bad language and messages complaining about work.

Farhan Yasin of online recruitment network Careerbuilder.co.uk. said: "Social networking is a great way to make connections with job opportunities and promote your personal brand across the Internet. People really need to make sure they are using this resource to their advantage, by conveying a professional image." But Mr Yasin cautioned job seekers to be aware of their online image, even after landing the perfect job, after their own research found that 28 per cent of employers had fired staff for content found on their social-networking profile. He added, "A huge number of employers have taken action against staff for writing negative comments about the company or another employee on their social-networking page."

Ex. 14. Choose the suitable option. Explain why. Retell the text.

The main idea of this text is that ...

- Complaining about your job can be the reason for your getting fired
- Facebook profile can damage job prospects
- Ambition is the key to a successful career

Unit 3 Changing jobs

Ex. 1 Read the quotes aloud and comment on them.

1. Your career success in the workplace of today –independent of technical expertise – depends on the quality of your people skills.
2. Don't confuse having a career with having a life.
3. Our careers aren't paths so much as landscapes that are navigated.
4. When you reach the middle of your career ladder, turn it the other way around and slide down to the top.

Ex. 2. Answer the questions.

1. Do you often change jobs? Is changing jobs good or bad?
2. How do you understand “being flexible”
3. How do new technologies influence the job market: new jobs, new working conditions, telecommuting (teleworking), time and place flexibility
4. Which words do people typically use to describe their work?
5. Here are some typical adjectives to describe jobs.

Read them aloud and explain their meaning using a dictionary. Use them in your answer.

Challenging, monotonous, repetitive, rewarding, motivating, demanding, tedious.

Ex. 3. a) Listen to the first part of the interview and answer these questions. Pay attention to the expressions in bold.

1. How does she describe her current company?
2. What was her previous job ?
3. Why is it easy to move from sector to sector in the finance world?

to do an internship – to do a job that lasts for a short time, that someone, especially a student, does in order to gain experience;

accountancy firm – a company that keeps or checks financial accounts, calculates taxes etc.

to start off as an auditor – to begin the career as someone whose job is to officially examine a company's financial records

b) Listen to the second and the third part. Pay attention to the expressions in bold.

to overcomplicate – to make a problem or situation too difficult

to get bogged down – to be/become so involved in something difficult or complicated that you cannot do anything else

to maintain clarity – to keep it clear, to understand

Number these sentences in the order in which she mentions them:

Maintain clarity

Don't overcomplicate things

Be able to see the key point and the key decision you have to make

c) Listen to the final part and decide which was the interviewer's question

1. What is the most interesting question you have been asked at an interview? 2. What is the key difference between people who work in finance and those who work in research? 3. How would you advise people who are starting their careers?

e) Listen to the whole interview and summarize the information in your own words

Ex. 4. Answer the questions.

1. What do you hope to do in the future in your career?
2. Do you think there is an ideal career for you? What is it? Why?
3. What is the best advice you have been given during your career or your studies?

Ex. 5. Read and translate the text paying attention to the unknown words.

Career

Reports of the death of the traditional career have been greatly exaggerated. Despite the growth of outsourcing (buying in services that were previously performed by a company's employees from outside the organisation) and teleworking by freelancers working from home communicating via the Internet, most professional people still go to what is recognisably a job in a building that is recognisably an office. The average tenure, the length of time that people spend in a particular job, has remained unchanged (at about seven years) for two decades.

From the point of view of the human resources (HR) department of a large company, managing people's careers can still be seen in the traditional activities of selection procedures and recruitment, managing remuneration (how much people are paid), and working with department managers on performance reviews: annual or more frequent meetings with employees to tell them how well they are doing and how they may progress further on the career ladder. The HR department will also be involved with training and professional development of the company's staff.

A company's HR department may also be involved in making people redundant. Redundancies may be the result of an economic downturn with reduced demand for the company's goods or services, but they may follow a decision by a company to de-layer (to reduce the number of management levels) and downsize. It may offer outplacement services, advice to people on how they can find another job, perhaps after some retraining.

A manager made redundant in this way may become what Charles Handy calls a portfolio worker, offering their services to a number of clients. Some managers describe themselves as consultants but would prefer to be working in a salaried job in an organisation like the one they have been forced to leave.

Others may enjoy their new-found freedom and embrace the flexibility that it offers. (Companies too may talk about flexibility when they use the services of freelancers in this way, rather than relying on salaried employees.) Freelancers have to maintain their degree of employability by keeping up with the latest trends and

skills in their profession or industry, for example by attending short courses. They may complain that working outside an organisation gives them fewer opportunities to learn these new skills. For many salaried employees, on the other hand, developing one's career in an (enlightened) organisation is a process of give-and-take – the environment they work in allows them to keep their skills up to speed.

Unit 4 Applying for a job

Ex. 1 Think over the following questions. Be ready to answer

1. When was the last time you applied for a job?
2. What job was it?
3. Did you get it?
4. What could you recommend to somebody who is going to have a job interview?
5. What knowledge and skills must be checked at the interview for your job position?

Ex. 2 Choose the type of the interview and explain your choice

Types of interviews: situational, criterial, biographical.

At what type of the interview would you expect to....

- 1 hear questions about your professional experience?
- 2 be asked to show your special qualification diploma?
- 3 be asked to demonstrate or explain how you would act in a typical working situation

Ex. 3 Work in pairs: come up with possible ideas how not to lose confidence during a job interview in English and make a good impression on the HR manager. Try to give as many as you can.

Ex. 4 Discuss the following question with your partners

If you were an HR manager, what type of the interview (or a combination of types) would you choose to check the competence of:

- a police officer;
- a computer designer;
- a dentist;
- a sales manager;
- a construction engineer;
- a flight attendant;
- an English teacher?
- a sportsman
- a translator

Ex. 5 Do you think that truly reliable methods of evaluation of applicants' professional competences do exist?

Why do you think so?

Ex. 6 a) Match the competences to the examples of professional behaviour.

Negotiation skills, self-confidence, creativity, independence, communication skills, analytical skills.

I have a justified belief in my ability to do the job. I am good at making decisions.	
I am good at developing and managing relationships with others. I am able to persuade, convince and gain support from others.	
I am able to think ahead to spot or create opportunities. I set aside thinking time to come up with alternative ways of getting things done more efficiently.	
I can work with sustained energy and determination on my own. I can find ways to overcome obstacles to set achievable goals to myself.	
I am good at data analysis. I am excellent at interpreting data to see cause and effect and am able to use this information to make effective decisions.	
I am able to make my opinions totally clear and am rarely misunderstood. I produce clear, well-written reports that can be easily understood.	

b) Which of the competences listed above do you possess? Which skills would you like to develop?

Ex. 7 Read the text and choose the best title to it.

- 1. You never get a second chance to make a first impression.**
- 2. It doesn't matter what you say**
- 3. Don't judge people by appearance**

People start forming their impression of you immediately, looking at the outside and making assumptions about the inside. It is your responsibility to ensure that you send out the right message about who you are, through your physical appearance, your clothes and your body language. Your stiff posture, unconscious gestures can reveal your indecisiveness or unfriendliness that you would prefer to hide.

The outcome of an interview can be decided in the first five minutes. From the moment you arrive for an interview you are being assessed. Even before the interview itself begins you will be communicating a message about who you are.

In order to create a positive impression, it's important that from the moment you arrive what you say is clear, confident and enthusiastic.

Imagine you met somebody new today. After a few minutes talking to you, what might they say about you, for example how successful or wealthy you are, your level of education, or your professionalism?

Ex. 8 Discuss with your partner

1. What should you remember about before a job interview?

Think about:

your clothes and accessories

hair style

body language

voice

2. What can spoil your own impression of a person at first sight?

Ex. 9 Write do or don't next to each tip and explain your choice saying how each tip is connected with the first impression

1. Arrive ten minutes early.

2. Speak English with a friend before the interview.

3. Bring a close friend or relative with you for support

4. Take a copy of your CV and examples of your work with you.

5. Learn some impressive words and phrases to use in the interview.

6. Memorise long answers to questions that you anticipate being asked.

Ex. 10 Read and role play the dialogue.

Nina: Hi, Silvia. I understand that you are preparing for an interview.

Silvia: Yes, my interview is next week and I'm already really nervous.

Nina: Okay. So, let's start at the beginning. Do you know where the office is?

Silvia: No.

Nina: Well, you need to make sure you know exactly where you're going. I would suggest that you arrive at the office at least ten minutes early so that you can enter the company exactly on time. Take an umbrella in case it rains, and make sure you've got a contact telephone number so that you can call if you get delayed on the way.

Silvia: That's a great idea. I was also going to ask my friend, Jill, to give me a lift and come along for some support on the day. I thought I'd meet up with her to practise my English before the interview as it's going to be the first time I've ever had an interview in English!

Nina: It's a good idea to meet a friend to practise your English before the interview, to get you warmed up if you like, but I wouldn't take anyone into the building itself.

Silvia: Oh. Why not?

Nina: You want to demonstrate your independence, and you'll only do this by arriving on time on your own and appearing relaxed. Another thing you should do is take a copy of your resume and examples of your work with you.

Silvia: But I've already sent them to the company.

Nina: Yes, I know. But there's no reason why you can't take extra copies for yourself, and anyway they might not be able to find yours. Most candidates don't do this, so it'll impress the interviewer and show them that you're well-organised. During the interview it's almost certain that the interviewer will refer to things written on your resume. Having a copy of your own will help you to organise a successful response.

Silvia: What tips have you got on answering questions?

Nina: Well, obviously there are some questions that you can predict you're going to be asked during the interview. Some questions always come up, and others you know you'll be asked because of what's on your resume, or simply because of the job you've applied for. You should definitely spend some time thinking about how you might answer these questions, and learn some impressive words and phrases in English to use at the interview. However I don't think it's a great idea to memorise long answers, as you'll seem mechanical and unnatural.

Silvia: So you think I should practise some expressions in English, but I shouldn't try to memorise complete answers?

Nina: Exactly.

Silvia: And what about what I should wear for the interview? It's for a communications agency in central London.

Nina: Well, I would definitely suggest wearing smart, formal clothes, especially if it's a job dealing with clients or customers. And it's better to tie or comb your hair back.

Silvia: Why's that?

Nina: Making sure your hair isn't covering your eyes demonstrates openness and suggests you have nothing to hide.

Silvia: How interesting. I'd never thought of it like that.

Nina: Oh, one last thing.

Silvia: Yes?

Nina: Do you use any of those social networking sites, like Facebook, for example?

Silvia: Yeah! I use Facebook all the time.

Nina: Employers often check applicants out on sites like these. It's pretty much common practice for big city firms.

Silvia: Really? How scary!

Nina: Exactly. So check your privacy settings so that you can control who has access to your page. And check the content of your site so that whatever information they do see will help you come across as a professional individual and exactly the type of person they'd like to employ.

Silvia: That's a great idea. Thanks, Nina. You've been a real help.

Ex. 11 Discuss the questions on the dialogue.

1. Do you agree with Nina?
2. What tips does Nina mention that are not included in the list?
 - a) Arrive ten minutes early.
 - b) Speak English with a friend before the interview.

- c) Don't bring a close friend or relative with you for support.
 - d) Take a copy of your CV and examples of your work with you.
 - e) Learn some impressive words and phrases to use in the interview.
 - f) Don't memorise long answers to questions that you anticipate being asked.
3. What tips can you add?
4. Do you think Silvia will get the job? Justify your opinion.

Ex. 12 Mark the questions that require you to:

- a) talk about yourself, your personality and ambitions
 - b) prove you have researched the job and company
 - c) demonstrate your relevant skills and experience
1. Can you tell us something about yourself?
 2. What do you think about our website?
 3. What experience do you have that is relevant for this position?
 4. What did you learn during your time at university?
 5. How would your colleagues describe you?
 6. What sorts of projects did you work on in your last position?
 7. What attracted you to the position?
 8. What university did you attend and why did you choose it?
 9. How do you typically approach new projects?
 - 10 What do you know about our company?
 - 11 What do you see as your strengths?
 - 12 Where do you see yourself in five years' time?

Ex. 13 Tick the better answer for each group of questions and justify your opinion

Some tips.

For the questions about yourself.

1. Don't praise yourself too much.
 2. Don't just name a competence, give specific examples of how it helps you.
- For the questions about the company.

Be positive but precise, avoid general phrases like: I've heard a lot of good things about your company.

For the questions about skills. Don't talk much about the skills that you will not need at the position you apply for.

1. For the questions about yourself:
 - a) I am a highly qualified, ambitious and energetic person.
 - b) In my previous job my qualification allowed me to solve some serious problems with production.
2. For the questions about the company:
 - a) Your company's office is so near my house, so I was happy to see your job

advert!

b) It has always been my ambition to work for a modern and fast-growing company like yours.

c) For the questions about skills:

I took a course on IT last year which improved my skills significantly.

I have advanced computer skills.

Ex. 14 Try to guess how people tell the interviewer about their weaknesses so that they sound like strengths.

Listen and check your suggestions.

1. Instead of saying: "I'm lazy" the speaker says ...

2. Instead of saying: "I'm not qualified enough" the speaker says ...

3. Instead of saying: "I'm impatient" the speaker says ...

Transcript

1. *Well, in the past I sometimes used to procrastinate a little. There were times when I used to put things off until the last minute, when completing an essay for university for example. But I realised that perhaps this wasn't the most effective way of working and so I started setting a strict schedule for all my projects well in advance and set myself personal deadlines. Using a schedule has really helped me and I'm much better organised now and able to take on more projects at the same time.*

2. *Hmm. My weaknesses? Let me think. Well, in answer to your question you mentioned that the staff here use Apple Macintosh computers. I am not very familiar with Apple Macs and I'm used to using Windows. However, I managed to learn how to use a number of programs very quickly on my own and I'm sure I'd get used to using Apple Macs very quickly. I really enjoy using computers and new gadgets, and I'm always keen to learn how to use new technology.*

3. *Weaknesses? Well, I can be a bit of a workaholic and always get very involved in every project that I work on. I'm happy to spend a lot of time and energy making sure that every project is as successful as possible. So, occasionally, when I feel that other members of the team might not be working as hard, I can get a little frustrated. I'm aware of this problem, and I try to solve situations like this by being extremely positive and enthusiastic.*

Ex. 15 How would you put the following ideas positively?

1. I am absent-minded.

2. I don't listen to other people's advice.

3. I'm indecisive.

Ex. 16 Read a candidate's answer to the question and decide if you Like it or not and why.

Where do you see yourself in five years' time?

Well, I've never really thought about it. I suppose I'd like to be married with kids, perhaps. My sister's got three kids, and they're really great. I'd also like to be

doing a job I enjoy. There's nothing worse than being stuck in a boring job where you have the same routine every day. It'd be a job with lots of responsibility, but I suppose not too much. I wouldn't want to get stressed. If I was lucky enough to get this job, it'd be great, but I suppose five years is a long time without a change, so I'd try to get a promotion, if I could.

Rewrite the candidate's answer following the instructions

Improve the candidate's answer by:

- a) deleting any sections which drift away from the point;
- b) trying to make the remaining sentences more dynamic.

Ex. 17 Choose the topic to speak on.

1. Body language is the key to a successful job.
2. Sometimes you can tell a lie in the interview.
3. Tell about an unusual job interview you had.

Unit 5 Phrasal Verbs Related to Work and Career

Phrasal Verb	Meaning	Example
take on	to accept responsibility/work	"She took on additional projects to gain experience."
move up	to advance in one's career	"He's worked hard to move up the career ladder."
step down	to leave a position of responsibility	"After ten years as director, she stepped down."
fill in for	to temporarily replace someone	"Could you fill in for me at the meeting tomorrow?"
hand over	to transfer responsibility	"I'll hand over the project files before my leave."
look into	to investigate or research	"We should look into remote work options."
carry out	to perform or complete a task	"The team carried out the analysis ahead of schedule."
draw up	to prepare a document/plan	"Let's draw up a timeline for the new initiative."
follow up on	to pursue or check progress	"I'll follow up on the client's feedback next week."
branch out	to expand into new areas	"After years in finance, she branched out into consulting."

Ex. 1 Complete the sentences with the correct phrasal verb.

1. When Sarah was promoted, she had to _____ her previous responsibilities to her successor.
2. The company is _____ new markets in Southeast Asia.
3. Could you _____ the contract and send it for legal review?
4. He decided to _____ from his managerial role to focus on research.
5. We need to _____ why the project missed its deadline.
6. She _____ extra responsibilities to demonstrate her leadership potential.
7. I'll _____ with the client after the presentation to address their concerns.
8. During the manager's absence, Tom will _____ for her in team meetings.

Idioms About Work & Career

Idiom	Meaning	Example
climb the corporate ladder	to advance through successive levels of responsibility	"She's determined to climb the corporate ladder in tech."
wear many hats	to have multiple roles or responsibilities	"In a startup, you often wear many hats."
think outside the box	to approach problems creatively, unconventionally	"We need to think outside the box to solve this challenge."
go the extra mile	to make a special effort beyond what is required	"He always goes the extra mile for his clients."
be in the driver's seat	to be in control of a situation	"After the merger, she's firmly in the driver's seat."
get one's foot in the door	to gain an initial opportunity that may lead to more	"The internship helped her get her foot in the door."
burn the midnight oil	to work late into the night	"She's been burning the midnight oil to meet the deadline."
have a lot on one's plate	to have many tasks or responsibilities	"Between two projects and training, she has a lot on her plate."
move the goalposts	to change the criteria or rules during a process	"It's frustrating when management keeps moving the goalposts."
the ball is in your court	it is your turn to take action or make a decision	"We've made our offer; now the ball is in your court."

Ex. 2 Match the idiom to its context.

1. After the successful product launch, the team decided to celebrate – they had really _____.
2. As a small business owner, Maria _____: she handles marketing, finance, and customer service.
3. The recruitment process felt unfair; they kept _____ with new requirements.
4. His creative approach to the problem showed he could really _____.
5. She accepted the entry-level role to _____ in the competitive media industry.

Ex. 3 Translate the sentences.

1. Многие специалисты выбирают удалённую работу для достижения лучшего баланса между работой и личной жизнью.
2. Компания инвестирует в программы повышения квалификации, чтобы сотрудники оставались конкурентоспособными.
3. Карьерный рост в современном мире редко бывает линейным – часто требуется осваивать новые навыки.
4. Важно не только выполнять свои обязанности, но и проявлять инициативу в развитии профессиональных компетенций.
5. Гибкий график работы позволяет сотрудникам эффективнее управлять своим временем и снижать уровень стресса.
6. Обратная связь от руководителя помогает сотрудникам понять свои сильные стороны и зоны развития.
7. Успешное профессиональное развитие требует как стратегического планирования, так и готовности к изменениям.
8. В условиях быстро меняющегося рынка труда непрерывное обучение становится необходимостью, а не опцией.

Ex. 4 Write an essay. (180-220 words)

"Some people believe that career success is primarily determined by hard work and dedication. Others argue that networking and strategic planning play a more significant role. Discuss both views and give your own opinion."

Useful language for your essay:

- **Introducing views:** Proponents of the hard-work perspective argue that... / Advocates of strategic planning point out that...
- **Adding points:** Furthermore,... / Another significant factor is... / Not only... but also...
- **Contrasting:** However, / On the other hand, / Despite these advantages,...
- **Giving opinion:** In my view,... / I tend to believe that... / From my perspective,...
- **Concluding:** To sum up,... / Taking everything into account,... / Ultimately,...

Checklist before submitting: ✓ Have I addressed both sides of the argument with specific examples? ✓ Have I used topic-specific vocabulary (e.g., career trajectory, upskilling, stakeholder)? ✓ Have I included appropriate linking words and cohesive devices? ✓ Have I proofread for grammar, spelling, and collocation accuracy?

Ex. 5 Word Formation Complete the table using the root words.

Noun	Verb	Adjective
progression	progress	progressive
_____	assess	assessable
flexibility	_____	flexible
_____	collaborate	collaborative
development	develop	_____
_____	negotiate	negotiable

Ex. 6 Collocation Building Match the verbs (1-6) with the nouns (a-f) to make natural collocations.

1. pursue • a) professional skills
2. enhance • b) career opportunities
3. meet • c) project deadlines
4. foster • d) a supportive culture
5. drive • e) business results
6. navigate • f) career transitions

Ex. 7 Gap-Fill: Professional Context Complete the text with words from the box.

stakeholders • KPIs • onboarding • upskilling • work-life balance • career trajectory • remote work • performance appraisal

Modern organisations recognise that attracting and retaining talent requires more than competitive compensation. A comprehensive (1) _____ process helps new hires integrate effectively, while regular (2) _____ provides clarity on expectations and growth opportunities.

Employees increasingly value (3) _____ arrangements that support their (4) _____. At the same time, rapid technological change makes continuous (5) _____ essential for maintaining relevance.

Successful professionals proactively manage their (6) _____ by seeking projects that build transferable skills and by engaging with key (7) _____ across the organisation. Ultimately, performance is measured not just by individual output but by contribution to team and organisational (8) _____.

Ex. 8 Discussion Questions (*for pair/group work*)

1. What one change would most improve professional satisfaction in your field? Why?
2. Is remote work sustainable long-term for all types of professional activity?
3. How can organisations better support employees' career development without compromising business goals?
4. "Networking is more important than technical skills for career advancement." Do you agree?
5. What aspects of your current or desired professional role would you never compromise on?

III. РАЗДЕЛ КОНТРОЛЯ ЗНАНИЙ

ОБРАЗЦЫ ТЕСТОВЫХ ЗАДАНИЙ ПО ДИСЦИПЛИНЕ

TEST 1

Exercise 1. Give the English equivalent to the words and phrases

1. соревновательные виды спорта – _____
2. посвящать свободное время – _____
3. пробовать свои силы – _____
4. выиграть знаменитый трофей – _____
5. спортивная площадка – _____
6. любительский спорт – _____
7. профессиональный атлет – _____
8. поддерживать форму – _____
9. олимпийские игры – _____
10. командная игра – _____

Exercise 2. Match the word with its definition

Word	Definition
1. stamina	a) a person who watches a sport event
2. spectator	b) the ability to continue doing something difficult for a long time
3. referee	c) a person who ensures that players follow the rules
4. tournament	d) a series of contests between a number of competitors
5. warm-up	e) light exercise done before a sport to prepare the body
6. defeat	f) to win against someone in a competition
7. draw	g) a result in which neither side wins
8. venue	h) the place where a sport event takes place

Exercise 3. Choose the correct item

1. The team managed to _____ the championship after years of training.
a) seize b) grasp c) clutch d) grip
2. Regular training helps athletes _____ their performance. a) enhance b) rise c) grow d) increase
3. The match was _____ due to bad weather conditions. a) called off b) put away c) turned down d) broken up
4. She _____ a new personal best in the marathon. a) set b) made c) did d) achieved
5. The coach encouraged the players to _____ their limits. a) push b) pull c) draw d) stretch

Exercise 4. Insert prepositions where necessary

1. He is keen _____ football and plays _____ his local team every weekend.

2. The athletes competed _____ the gold medal _____ great determination.

3. She excels _____ swimming and has won several awards _____ her achievements.

4. The team trained hard _____ preparation _____ the championship.

5. He was disqualified _____ the race _____ breaking the rules.

Exercise 5. Complete the sentences with appropriate phrasal verbs

1. work out • take up • give up • warm up • cool down • keep up with • drop out • go in for

2. Many people _____ jogging to improve their cardiovascular health.

3. Before the match, the players spent 15 minutes _____ to prevent injuries.

4. After intense exercise, it's important to _____ gradually.

5. He had to _____ of the competition due to a knee injury.

6. She _____ weightlifting last year and has seen remarkable progress.

7. It's difficult to _____ professional athletes when you're just starting out.

8. Despite the challenges, he refused to _____ on his dream of becoming a professional.

9. I try to _____ at the gym three times a week.

Exercise 6. Match the idioms with their meanings

Idiom	Meaning
1. throw in the towel	a) to be very enthusiastic about something
2. the ball is in your court	b) to give up or admit defeat
3. level the playing field	c) to make conditions fair for everyone
4. be on the ball	d) to be alert and quick to understand
5. go the extra mile	e) to make more effort than is expected
6. get a head start	f) to begin earlier than others to gain advantage
7. miss the boat	g) to be too late to take advantage of an opportunity
8. hit the ground running	h) to start something and make immediate progress

Exercise 7. Translate into English

1. Команда продемонстрировала выдающуюся спортивную форму на протяжении всего сезона.

2. Регулярные тренировки и правильное питание являются ключом к успеху в спорте.

3. Несмотря на травму, атлет решил продолжить соревнование и в итоге победил.

4. Олимпийские игры объединяют спортсменов со всего мира в духе дружбы и соперничества.

5. Чтобы поддерживать хорошую физическую форму, важно сочетать кардио- и силовые тренировки.

TEST 2

Exercise 1. Give the English equivalent to the words and phrases

1. туристическая путёвка – _____
2. достопримечательности – _____
3. бронировать отель – _____
4. посадка на борт – _____
5. стыковочный рейс – _____
6. багажная полка – _____
7. экскурсия с гидом – _____
8. туристический сезон – _____
9. путешествие автостопом – _____
10. культурный обмен – _____

Exercise 2. Match the word with its definition

- | | |
|------------------|--|
| 1. itinerary | a) a detailed plan for a journey |
| 2. layover | b) a short stop between flights |
| 3. accommodation | c) a place where travellers can stay |
| 4. sightseeing | d) visiting places of interest as a tourist |
| 5. backpacker | e) a traveller who carries belongings in a backpack |
| 6. departure | f) the act of leaving, especially to start a journey |
| 7. destination | g) the place to which someone is going |
| 8. embark | h) to go on board a ship, aircraft or other vehicle |

Exercise 3. Choose the correct collocation

1. We decided to _____ a last-minute holiday to Spain. a) book b) make c) do d) take
2. The travel agency offers _____ packages to exotic destinations. a) all-inclusive b) all-contained c) all-comprised d) all-covered
3. It's advisable to _____ travel insurance before going abroad. a) take out b) take in c) take up d) take over
4. The flight was _____ by two hours due to technical problems. a) delayed b) postponed c) cancelled d) suspended
5. Many tourists prefer to _____ off the beaten track to experience authentic culture. a) venture b) adventure c) wander d) ponder

Exercise 4. Insert prepositions where necessary

1. We're looking forward _____ our trip _____ Japan next spring.
2. The hotel is situated _____ the heart _____ the city, within walking distance _____ major attractions.
3. Passengers are requested to check _____ at least two hours _____ departure.
4. She's always been fascinated _____ different cultures and enjoys immersing herself _____ local traditions.
5. The tour guide pointed _____ several historical landmarks _____ the way.

Exercise 5. Complete with appropriate phrasal verbs

set off • check in • check out • get away • look around • drop off • pick up • run out of

1. We _____ early in the morning to avoid the traffic.
2. After a week at the resort, it was time to _____ and head to the airport.
3. Could you _____ at the hotel reception and get the room keys?
4. I need to _____ some money at the ATM before we go shopping.
5. When we arrived in Paris, we spent the afternoon _____ the city centre.
6. The taxi will _____ us _____ at the train station at 6 PM.
7. We _____ of petrol on the motorway and had to call for assistance.
8. Sometimes you just need to _____ from it all and relax.

Exercise 6. Match the travel idioms with their meanings

- | | |
|------------------------------|--|
| 1. catch the travel bug | a) to be very close to something |
| 2. live out of a suitcase | b) to travel constantly without a permanent home |
| 3. a stone's throw away | c) to develop a strong desire to travel |
| 4. off the beaten track | d) in a place not often visited by tourists |
| 5. travel light | e) to take only essential luggage |
| 6. broaden one's horizons | f) to gain new experiences and knowledge |
| 7. hit the road | g) to begin a journey |
| 8. the journey of a lifetime | h) an exceptionally memorable trip |

Exercise 7. Translate into English

1. Мы забронировали номер в отеле с видом на море за три месяца до поездки.
2. Путешествие расширяет кругозор и помогает лучше понимать другие культуры.
3. Из-за плохой погоды наш рейс задержали, и мы пропустили стыковочный рейс.
4. Многие туристы предпочитают исследовать малоизвестные места, чтобы избежать толп.
5. Перед поездкой за границу обязательно проверьте, нужна ли вам виза.

TEST 3**Exercise 1. Give the English equivalent to the words and phrases**

1. полнометражный фильм – _____
2. кассовый хит – _____
3. кинопремьера – _____
4. спецэффекты – _____
5. сценарий – _____
6. режиссёрская версия – _____
7. документальный фильм – _____
8. кинофестиваль – _____
9. актёрский состав – _____
10. рецензия на фильм – _____

Exercise 2. Match the word with its definition

1. blockbuster a) a very successful and popular film
2. screenplay b) the written text of a film, including dialogue and instructions
3. cinematography c) the art of photography and camera work in film-making
4. plot d) the main events of a play, novel, or film
5. soundtrack e) the recorded music accompanying a film
6. genre f) a category of artistic composition, as in film
7. cameo g) a brief appearance by a famous person in a film
8. box office h) the place where tickets are sold at a cinema; also, commercial success

Exercise 3. Choose the correct item

1. The film received _____ reviews from critics and audiences alike. a) rave b) wild c) loud d) strong
2. The director's latest work is a _____ of stunning visuals and powerful storytelling. a) mixture b) blend c) fusion d) combination
3. The movie was _____ on a true story from the 1990s. a) based b) founded c) established d) grounded
4. The special effects in the film were absolutely _____. a) breathtaking b) breathless c) breath-taking d) breathed
5. Despite a modest budget, the film became a _____ success. a) commercial b) commercialised c) commercially d) commerce

Exercise 4. Insert prepositions where necessary

1. The film is based _____ a novel _____ the famous writer.
2. She was nominated _____ an Oscar _____ her outstanding performance.
3. The movie deals _____ important social issues _____ a sensitive way.
4. Many viewers could identify _____ the main character's struggles.
5. The sequel turned out to be a disappointment compared _____ the original.

Exercise 5. Complete with appropriate phrasal verbs

- come out • turn down • take on • bring up • cut out • end up • go over • wrap up
1. The new superhero movie _____ last Friday and has already broken records.
 2. The actor _____ the role of a lifetime and delivered an unforgettable performance.
 3. After hours of discussion, they finally _____ the details of the contract.
 4. The director had to _____ several scenes due to time constraints.
 5. She _____ the offer to star in the film because the script wasn't compelling enough.
 6. The documentary _____ important questions about climate change.
 7. We _____ watching the entire trilogy in one weekend – it was exhausting but worth it!

8. Production is scheduled to _____ by the end of the month.

Exercise 6. Match the cinema idioms with their meanings

1. steal the show a) to attract the most attention and praise
2. a box office hit b) a commercially successful film
3. behind the scenes c) the unseen work that goes into making a film
4. on the big screen d) shown in cinemas, as opposed to TV or streaming
5. a plot twist e) an unexpected development in a story
6. typecast f) to repeatedly cast an actor in similar roles
7. break into films g) to start a career in the film industry
8. a cult classic h) a film that develops a devoted following over time

Exercise 7. Translate into English

1. Фильм получил восторженные отзывы критиков и стал кассовым хитом.
2. Режиссёр известен своим уникальным визуальным стилем и вниманием к деталям.
3. Несмотря на большой бюджет, фильм провалился в прокате.
4. Актёрская игра в этом фильме просто захватывает дух.
5. Многие зрители считают, что сиквел не оправдал ожиданий.

Exercise 8. Give the English equivalent to the words and phrases

1. мусоропровод
2. под рукой
3. на окраине
4. переезжать
5. сдавать квартиру
6. на первом этаже
7. общежитие
8. детская комната
9. жить в комнате с кем-то
10. въезжать в квартиру

Exercise 9. Guess your active words and expressions by their definitions:

- 1) stay in someone else's home in exchange for paying rent
- 2) to live in an unused building without permission and without paying rent
- 3) to leave accommodation and take everything with you, to vacate a house or flat
- 4) to change your place of living for another flat/house

Exercise 10. Translate the following sentences

1. Наша квартира находится в центре города. Это удобно, так как под рукой есть много магазинов.
2. Я только что въехала в новый просторный дом со всеми удобствами на окраине Лондона.
3. Он снимает трёхкомнатную квартиру в центре города. Она расположена на пятом этаже.

Exercise 11. Insert prepositions where necessary.

1. The kitchen hasn't been decorated recently. It certainly needs doing.
2. The wallpaper was very old and was coming _____

3. The flat we want to rent is gorgeous! We would like to move _____ as soon as possible.

4. She lives _____ the suburbs of London.

5. There is a market _____ the right of her house.

Exercise 12. Explain the words in English

1. detached house:

2. fully-furnished:

3. house-hunting:

4. house-warming party:

5. a terraced house (row house, town house):

TEST 4

Exercise 1. Give the English equivalent to the words and phrases

1. городская суeta – _____

2. общественный транспорт – _____

3. час пик – _____

4. пробки на дорогах – _____

5. пригород – _____

6. сельская местность – _____

7. стоимость жизни – _____

8. карьерные возможности – _____

9. чувство общности – _____

10. экологичный транспорт – _____

Exercise 2. Match the word with its definition

1. commute a) the regular journey between home and workplace

2. congestion b) a situation where too many vehicles cause traffic to move slowly

3. amenities c) facilities that make a place comfortable to live in

4. urban sprawl d) the uncontrolled expansion of urban areas

5. pedestrian zone e) an area where vehicles are not allowed

6. anonymity f) the state of being unknown in a large city

7. close-knit community g) a group of people with strong social connections

8. cost of living h) the level of prices for basic necessities

Exercise 3. Choose the correct collocation

1. Many people choose to live in the suburbs to _____ the hustle and bustle of the city. a) avoid b) prevent c) escape d) evade

2. The government is investing in public transport to _____ traffic congestion. a) alleviate b) reduce c) decrease d) diminish

3. City life offers numerous _____ for career advancement. a) possibilities b) opportunities c) chances d) options

4. The _____ of living in a large city can be prohibitively high. a) price b) cost c) expense d) charge

5. Rural areas often lack the _____ that city dwellers take for granted. a) facilities b) amenities c) conveniences d) utilities

Exercise 4. Insert prepositions where necessary

1. She commutes _____ work every day and spends about two hours _____ the train.
2. The new metro line will provide easy access _____ the city centre.
3. Many young professionals are moving _____ smaller cities to find a better work-life balance.
4. The village is located _____ the outskirts _____ the capital, about 30 kilometres _____.
5. Public transport should be accessible _____ all residents, including those _____ disabilities.

Exercise 5. Complete with appropriate phrasal verbs

get around • set off • pull over • drop off • pick up • hold up • cut down on • move in/out

1. It's easy to _____ the city centre on foot or by bike.
2. We _____ early to avoid the morning rush hour.
3. The driver had to _____ when he realised he was lost.
4. Could you _____ me _____ at the station on your way to work?
5. The accident _____ traffic for over an hour.
6. Many people are trying to _____ car use to reduce their carbon footprint.
7. They're _____ into a new flat in the suburbs next month.
8. After years in the city, they decided to _____ to the countryside.

Exercise 6. Match the idioms with their meanings

- | | |
|--------------------------------|--|
| 1. the rat race | a) the competitive, stressful pursuit of success in urban life |
| 2. concrete jungle | b) a city with many large buildings and little nature |
| 3. a stone's throw away | c) very close to somewhere |
| 4. off the beaten track | d) in a place not often visited |
| 5. in the thick of | e) in the middle of an active or busy situation |
| 6. get away from it all | f) to escape from everyday worries |
| 7. the grass is always greener | g) other people's situations seem more attractive |
| 8. live out of a suitcase | h) to travel constantly without a permanent home |

Exercise 7. Translate into English

1. Многие люди предпочитают жить в пригороде, чтобы избежать пробок и шума.
2. Общественный транспорт должен быть доступным, надёжным и экологичным.
3. В сельской местности чувствуешь себя частью сплочённого сообщества.
4. Удалённая работа позволяет людям жить там, где они хотят, а не рядом с офисом.
5. Городские власти пытаются решить проблему загрязнения воздуха.

TEST 5

Exercise 1. Give the English equivalent to the words and phrases

1. прогноз погоды – _____
2. ливень – _____
3. гроза – _____
4. гололёд – _____
5. аномальная жара – _____
6. климатические изменения – _____
7. парниковый эффект – _____
8. сезонные изменения – _____
9. метеоролог – _____
10. экстремальные погодные условия – _____

Exercise 2. Match the word with its definition

1. drizzle a) light rain falling in very fine drops
2. downpour b) a heavy fall of rain
3. blizzard c) a severe snowstorm with strong winds
4. heatwave d) a prolonged period of abnormally hot weather
5. frost e) a thin layer of ice crystals on surfaces
6. humidity f) the amount of water vapour in the air
7. precipitation g) water that falls from the sky in any form
8. climate change h) long-term shifts in global weather patterns

Exercise 3. Choose the correct collocation

1. The forecast predicts _____ rain throughout the weekend. a) heavy b) strong c) high d) deep
2. Due to _____ fog, visibility was reduced to less than 50 metres. a) dense b) thick c) heavy d) solid
3. The region is experiencing a severe _____, with temperatures exceeding 40°C. a) heatwave b) hotwave c) warmwave d) sunwave
4. Climate scientists warn that _____ emissions must be reduced urgently. a) carbon b) coal c) charcoal d) carbonate
5. Spring is characterised by _____ showers and gradually rising temperatures. a) April b) spring c) seasonal d) occasional

Exercise 4. Insert prepositions where necessary

1. The temperature dropped _____ freezing point overnight, causing black ice _____ the roads.
2. We're expecting a change _____ the weather pattern _____ the next few days.
3. Many species are struggling to adapt _____ rapidly changing climate conditions.
4. The storm resulted _____ widespread power outages and flooding.
5. Farmers are concerned _____ the impact of drought _____ this year's harvest.

Exercise 5. Complete with appropriate phrasal verbs

clear up • cloud over • let up • die down • pick up • set in • bundle up • cool down

1. The weather should _____ by the afternoon, so we can go for a walk.
2. The sky suddenly _____ and it started to rain heavily.
3. After hours of continuous rain, it finally began to _____.
4. The wind has _____ considerably; it's much calmer now.
5. If the wind _____, we might have to cancel the outdoor event.
6. Winter has _____ early this year, with snow falling in November.
7. Make sure to _____ before going out – it's freezing today!
8. Let the soup _____ for a few minutes before serving.

Exercise 6. Match the weather idioms with their meanings

- | | |
|------------------------------------|--|
| 1. every cloud has a silver lining | a) every difficult situation has some hopeful aspect |
| 2. under the weather | b) feeling slightly ill |
| 3. a storm in a teacup | c) a lot of anger about something unimportant |
| 4. weather the storm | d) to survive a difficult period |
| 5. take a rain check | e) to politely decline an invitation, hoping to accept later |
| 6. come rain or shine | f) whatever happens, no matter the circumstances |
| 7. save for a rainy day | g) to save money for future difficulties |
| 8. chase rainbows | h) to pursue unrealistic hopes or dreams |

Exercise 7. Translate into English

1. Прогноз погоды предупреждает о сильных ливнях и грозах в выходные.
2. Изменение климата приводит к более частым экстремальным погодным явлениям.
3. Несмотря на плохую погоду, мероприятие состоится в любом случае.
4. Весной погода очень переменчива: утром солнце, а днём может пойти дождь.
5. Важно следить за прогнозом погоды, особенно при планировании поездок

TEST 6**Exercise 1. Give the English equivalent to the words and phrases**

1. карьерный рост – _____
2. должностные обязанности – _____
3. собеседование при приёме на работу – _____
4. резюме / автобиография – _____
5. профессиональное развитие – _____
6. удалённая работа – _____
7. баланс работы и личной жизни – _____
8. корпоративная культура – _____

9. повышение по службе – _____
10. профессиональные навыки – _____

Exercise 2. Match the word with its definition

1. vacancy a) an available job position
2. recruitment b) the process of finding and hiring new employees
3. onboarding c) the process of integrating a new employee
4. KPIs d) measurable values that demonstrate effectiveness
5. stakeholder e) a person with an interest in a company's success
6. upskilling f) learning new skills to improve job performance
7. performance appraisal g) a formal assessment of an employee's work
8. work-life balance h) dividing time effectively between work and personal life

Exercise 3. Choose the correct collocation

1. She decided to _____ a career in digital marketing. a) pursue b) chase c) run d) follow
2. The company aims to _____ employee satisfaction through flexible policies. a) enhance b) rise c) grow d) increase
3. He was _____ for the senior position after an impressive interview. a) shortlisted b) listed c) enrolled d) registered
4. Regular feedback helps employees _____ their professional skills. a) enhance b) make c) do d) create
5. The new policy is designed to _____ the pressure on working parents. a) ease b) relax c) calm d) soothe

Exercise 4. Insert prepositions where necessary

1. She applied _____ the position _____ a leading tech company.
2. He was promoted _____ senior manager _____ recognition of his outstanding performance.
3. The company invests heavily _____ employee training and development.
4. Many professionals are looking _____ opportunities to work remotely.
5. She excels _____ project management and has a proven track record _____ delivering results.

Exercise 5. Complete with appropriate phrasal verbs

take on • move up • step down • fill in for • hand over • look into • carry out • branch out

1. When Sarah was promoted, she had to _____ her previous responsibilities to her successor.
2. The company is _____ new markets in Southeast Asia.
3. Could you _____ the contract and send it for legal review?
4. He decided to _____ from his managerial role to focus on research.
5. We need to _____ why the project missed its deadline.

6. She _____ extra responsibilities to demonstrate her leadership potential.
7. I'll _____ with the client after the presentation to address their concerns.
8. During the manager's absence, Tom will _____ for her in team meetings.

Exercise 6. Match the work idioms with their meanings

1. climb the corporate ladder a) to advance through successive levels of responsibility
2. wear many hats b) to have multiple roles or responsibilities
3. think outside the box c) to approach problems creatively, unconventionally
4. go the extra mile d) to make a special effort beyond what is required
5. be in the driver's seat e) to be in control of a situation
6. get one's foot in the door f) to gain an initial opportunity that may lead to more
7. burn the midnight oil g) to work late into the night
8. the ball is in your court h) it is your turn to take action or make a decision

Exercise 7. Translate into English

1. Многие специалисты выбирают удалённую работу для достижения лучшего баланса между работой и личной жизнью.
2. Компания инвестирует в программы повышения квалификации сотрудников.
3. Карьерный рост в современном мире редко бывает линейным.
4. Важно не только выполнять обязанности, но и проявлять инициативу.
5. Обратная связь от руководителя помогает сотрудникам понять свои сильные стороны.

IV. ВСПОМОГАТЕЛЬНЫЙ РАЗДЕЛ

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