MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE
Pavlo Tychyna Uman State Pedagogical University

UPSTREAM ADVANCED C1: reading tasks

Reference Book

Complier: Olha Yalovenko

Uman
Vizavi
2023

Created by Universal Document Converter

УДК 811.111(075.8)
Я51

Reviewers:

Komar O. S., Doctor in Education, Professor of English and Methodology Department, Pavlo Tychyna Uman State Pedagogical University;

Chyk D. Ch., Doctor in Philology, Professor at Foreign Languages and Methodology Department, Taras Shevhenko Kremenets Regional Humanitarian Pedagogical Academy;

Bezrukov A. V., PhD in Philology, Associate Professor of Philology and Translation Department, Ukrainian State University of Science and Technology;

Storcheus S. V., PhD in Philology, Senior Lecturer of Translation Theory and Practice Department, Scientific Institute of Foreign Languages, Bohdan Khmelnytsky Cherkassy National University

Рекомендовано до друку вченою радою
Уманського державного педагогічного університету імені Павла Тичини
(протокол № 9 від 31 січня 2023 р.)

Yalovenko O. V.

Я51 Upstream Advanced C1: reading tasks = Апстрім Поглиблений С1: завдання для читання : reference book / Olha Yalovenko ; [rev.: O. Komar, D. Chyk, A. Bezrukov, S. Storcheus] ; Ministry of Education and Science of Ukraine, Pavlo Tychyna Uman State Pedagogical University. – Uman : Vizavi, 2023. – 146 p.

The reference book includes lexical tasks to "Upstream Advanced C1" by Virginia Evans, Jenny Dooley, Lynda Edwards. When compiling the exercises, the students' interests are taken into account in order to understand the original language present in the texts and to realize this understanding in speech activity. All the exercises in the reference book contain a variety of fiction / scientific words and phrases to be learned. The reference book is useful for every teacher as a resource when teaching elective courses in English and for students studying English at foreign language faculties of higher education establishments, language schools, as well as for advanced self-studying of authentic English language.

УДК 811.111(075.8)

© Yalovenko O. V., 2023

CONTENTS

PREFACE..... 4

Created by Universal Document Converter

MODULE 1. ON TOP OF THE WORLD 6
Unit 1. Something to shout about 6
Text 1. How to be a winner 6
Text 2. Life's good! 12
Unit 2. Escape Artists. 18
Text 1. The Book of the Century 18
Text 2. Lonely enough for you? 26
MODULE 2. SOCIETY 32
Unit 3. People Power 32
Text 1. Generations Apart? 32
Text 2. Confidence Lab 39
Unit 4. Growing Concerns 46
Text 1. I can see you 46
Text 2. Judgement Day 53
MODULE 3. THE WAY TO A BRIGHTER FUTURE 59
Unit 5. Our Changing World 59
Text 1. The Search for Artificial Intelligence 59
Text 2. Moonstruck 66
Unit 6. A Job Well Done 74
Text 1. From Dusk till Dawn 74
Text 2. Getting a Life 82
MODULE 4. BODY AND MIND 87
Unit 7. Fit for Life 87
Text 1. Eureka! 87
Text 2. Whistle While you Work 95
Unit 8. Live and learn 101
Text 1. How I Got My First-Class Degree 101
Text 2. You can make me do it, but you can't make me like it 108
MODULE 5. SEEN AND BE SEEN 113
Unit 9. The Imagine Business 113
Text 1. Something of an Oddity? 113
Text 2. More than Meets the Lens 119
Unit 10. Shop Around 126
Text 1. The Cost of Convenience 126
Text 2. Those Crazy Kids 132
GLOSSARY 140
REFERENCES 146

PREFACE

Created by Universal Document Converter

The reference book "Upstream Advanced C1: reading tasks" is a component of educational support of "Practical English Course" which is in accordance with the curriculum for Master`s Degree of Foreign Language Faculties of higher education establishments. Studying the course contributes to the formation and development of general and professional students' competency required for professional activity in the context of production, analysis, translations and self-evaluation of texts of different genres and styles with the purpose of ultimate foreign language communication.

Teaching reading is a necessary part of the practical purpose of teaching a foreign language which can be formulated as mastering communicative competence at a sufficient level for foreign language communication. It is obligatory to select the relevant texts (and "Upstream Advanced C1" by Virginia Evans, Jenny Dooley, Lynda Edwards[1] provides this) to fulfill the teaching objectives within the programme. Of great importance is that teaching reading should be communicative, since the primary task of learning any foreign language is the ability to speak it.

The reference book appears to be an integrated exposition of some key elements of the English language communicative system. It covers such necessary themes as Success, Fiction, Generation Gap, Family Relations, Science and Technology, Jobs, Sport and Keeping Fit, Beauty and Imagine Business, Shopping. The book contains central themes defined as a prerequisite for further successful learning of the English language. It aims at representing the reading system that promotes the development of sufficient communicative skills.

The book structure is designed in such a way as to provide with reading section and after this a number of tasks are given to practice the understanding depth of read text. The reference book contains a variety of pre-reading and after-reading exercises and tasks of lexical direction. The use of different types of exercises (including exercises for translation, analysis of lexical constructions, identifying functions and meanings of some words and phrases, choosing the correct item, as well as exercises for completing the sentences with the appropriate endings, etc.) is intended to contribute to comprehensive understanding of read texts.

The purpose of the reference book is an in-depth study of authentic language, which helps to understand the original language, as well as to plan and organize individual work on the literary text. All this contributes to the formation of oral and written skills and the ability to realize the understanding of already read texts in the discussion context of current issues.

---

[1] Upstream Advanced C1 is a modular secondary-level course for learners of the English language at advanced level. The series combines active English learning with a variety of lively topics presented in themed units.

Created by Universal Document Converter

An important advantage of the reference book is its aesthetic impact on the student-reader, stimulating his creative ability to know the reality showed in the text, which encourages him to make his own judgments and conclusions, gives the opportunity to form a worldview. After all, the spiritual reflection of any language, including English, is impossible to imagine without the life-giving influence of fiction, which is one of the active factors in the social education of conscience, morality, universal values and intelligence.

The reference book contains 5 Modules, 10 Units, as well as glossary, which can be used as an additional resource and will definitely help students in working with an authentic text.

When compiling the book, a system of tasks was created:

- literary translation of the proposed passage / some sentences;
- lexical exercises (put the words together to make a story close to the text, find synonyms to some words, choose the correct answer, put the sentences in the correct order according to the text, finish the sentence, find a mistake and write the corrections, explain the meaning of the words in italics, add missing words, explain the meaning of the words in italics, match the words with their definitions, combine two parts to make a sentence, make own sentences with the given word-collocations, fill in the blanks with the words from the text, etc.);
- grammar tasks (find collocations to some words, fill in the blanks with prepositions, change from direct speech into indirect, put the verbs in brackets into correct tense and voice form, etc.);
- tasks for text discussion (retell the story close to the text, make up/answer the questions, discuss the relevance of some words, make a dialogue close to the text, think of any detail/symbol which is important in the text, etc.).

Completion of these reading tasks will contribute to: enriching students' vocabulary; improving their reading skills, expressing their point of view, arguments, evaluating the work, main characters, facts and situations showed in the text (orally and in a written form).

All the exercises in the book contain a variety of fiction words and phrases to be learned; receptive and reproductive lexical and grammar tasks aimed at controlling the level of reading skills and mastering of certain lexical items; checking the correctness and depth of text understanding; development of students' speech competence. The book is intended for students of Foreign Language Faculties of higher education establishments, graduates of high schools, language schools, as well as for advanced self-studying of authentic English language.

MODULE 1. ON TOP OF THE WORLD.
UNIT 1. SOMETHING TO SHOUT ABOUT

Created by Universal Document Converter

Text 1. How to be a winner

Denise Lewis

Olympic Heptathlon Champion

Voted Britain's female athlete of the year (1996)

"Always believe in yourself. I **(1)** _____ a lot from my own disappointments. In the 1996 Olympics, I lost it completely. I was far behind the leading three athletes, and I felt I was letting myself and my country down. In the javelin event I needed an extra two metres to claw my way back into contention. I **(2)** _____ to remind myself that nothing is over until it's actually over, and ended up achieving an extra four metres by throwing way beyond what I expected".

Sir Steven Redgrave

Winner of 5 Olympic gold medals

"Don't let potential hurdles block your path to success. In 1997 I was diagnosed as diabetic. I remember thinking my career was over. I felt incredibly low. Then one of the specialists said there was no reason why I shouldn't carry on training and competing, and that was it – the spur I needed. I could still be a winner if I **(3)** _____ in myself. I am not saying that it isn't difficult sometimes. But I wanted to prove to myself that I wasn't finished yet, so illness was never enough to prevent me from pursuing my goal. No obstacle is ever insurmountable".

Annika Reeder

British Gymnastics Champion

"Never, ever give up. When times are hard, keep plugging away towards your goal. If you have a dream, inch your way towards it and mark off mini goals on the way. A lot of it depends on your own mental will to succeed. There was a time in my career when I matured from a little girl to a woman and I **(4)** _____ a huge dip in my confidence. My coach encouraged me to keep going, and it was the best advice I could have **(5)** _____. Sometimes it's very hard to put things into perspective, but the best approach is to block out the negative thoughts and keep at it".

Pete Cohen

Sports Psychologist

"Whatever your personal challenge, it is important to set goals for yourself. Make sure they are realistic aims that you know are achievable. Channel your efforts in the right direction and don't get side-tracked. And remember, if you are too nervous about tackling something, you won't achieve it. Relieve some of the tension **(6)** _____ your challenge by reminding yourself that world peace is not riding on you succeeding".

Octavius Black

Created by Universal Document Converter

Director of The Mind Gym, London.

Advisor to Microsoft and Pret A Manger

"The key to success is to think imaginatively about your goals. It's a lot easier than it sounds. If you tend to over-analyse, try making a few decisions based on your gut instinct. You **(7)** _____ surprised at the way people respect your positive actions. Remember, the more you practise being assertive and proactive, the more it becomes second nature. And your brain can only learn to react in different ways and remember different skills if it **(8)** _____ to. So, at work, make an effort to learn something new every day. It will help to boost your confidence".

Karen Pickering

Swimming World Champion, 1993

Be organised and disciplined. Every week I do 10 two-hour sessions in the pool and three two-hour gym sessions. There is no way I could get through that sort of workload without being on top of my diary. I have learned that this is also the key to success in other aspects of life. You can't pursue a career in any discipline without being organised. Make lists of what you want to do and what you want to achieve and then plan your progress towards your goal. Just by writing down your goals for the day, however small they are, you'll be a step closer to **(9)** _____ them".

Kirsten Best

Poet & Novelist

"Concentrate. Sometimes a voice inside your head tells you that you can't do something. Then there are external distractions, such as family or lifestyle. The key is to make sure that these don't have a detrimental effect. Concentration will make you feel more in control of your life and it will boost your confidence and self-belief. Occasionally, I use key words that help me stay focused. When I am stressed, for example, it helps to repeat words such as "calm", "peace" or "focus", either out loud or silently in my mind. This is a habit that can become second nature quite easily and is a powerful psychological tool".

Roger Black

Olympic 400 metres Silver Medalist

"I used imagery and visualisation a lot when I was competing and I'm convinced it helped a great deal in my success. Imagine you are experiencing success. Mentally transfer yourself to the place where you can see, hear and smell what is going on around you. Then, run through the possible permutations of what could happen. This way you will be prepared for everything and afraid of nothing. One example of this being put to its best use is when you **(10)** _____ to give a presentation at work. It can be nerve-racking at the best of times, but if you have already "lived" through it all in your head it's a lot easier.

Donna Fraser

Created by Universal Document Converter

British 400 metres Champion

"Don't underestimate yourself. I didn't have the confidence to believe I could be a winner until the last Olympics. I misjudged my race and only took fourth place, but it taught me more than I could have imagined – that I could have done it, and that I am good enough if only I believe in myself. Now, having achieved way beyond what I expected, I have no barriers in my mind. Push yourself beyond your limits. Take your time, work your way up, and don't forget to enjoy yourself while you do it".

Task 1. Read the text and for questions (1-10) choose the correct answer (A, B, C or D).

	A	B	C	D
1	learnt	had learned	have learned	learned
2	manage	managed	was managed	was managing
3	believed	had believed	believe	was believing
4	had experienced	experience	was experienced	experienced
5	given	been given	gave	being given
6	associated with	associated	associated along	associated up
7	were	is	will be	are
8	taught	was taught	is taught	has been taught
9	achieved	achieve	achieving	-
10	were asked	are asked	asked	is asked

Task 2. Put the following words together to make a story close to the text.

Success, athletes, career, training and competing, goal, confidence, coach, tension, challenge, brain, skills, sessions, workload, discipline, external distractions, visualisation, winner, limits.

Task 3.Translate the following sentences into Ukrainian.

1) I managed to remind myself that nothing is over until it's actually over, and ended up achieving an extra four metres by throwing way beyond what I expected.
2) Then one of the specialists said there was no reason why I shouldn't carry on training and competing, and that was it – the spur I needed.
3) My coach encouraged me to keep going, and it was the best advice I could have been given.
4) Relieve some of the tension associated with your challenge by reminding yourself that world peace is not riding on you succeeding.
5) If you tend to over-analyse, try making a few decisions based on your gut instinct.
6) There is no way I could get through that sort of workload without being on top of my diary.
7) Concentration will make you feel more in control of your life and it will boost

Created by Universal Document Converter

your confidence and self-belief.

Task 4. Put these sentences in the correct order.

__ This is a habit that can become second nature quite easily and is a powerful psychological tool.
__ Channel your efforts in the right direction and don't get side-tracked.
__ I didn't have the confidence to believe I could be a winner until the last Olympics.
__ It will help to boost your confidence.
__ Imagine you are experiencing success.
__ I have learned that this is also the key to success in other aspects of life.
__ If you have a dream, inch your way towards it and mark off mini goals on the way.

Task 5. Finish the sentence.

I was far behind the …
In the javelin event I …
I remember thinking …
But I wanted to prove …
When times are hard, keep …
My coach encouraged me …
Channel your efforts …
If you tend to over-analyse, try …

Task 6. Find a mistake and write the corrections. Some sentences may have no mistakes.

1) You will be surprised at the why people respect your positive actions. _____
2) So, at work, make an effort to learn sometimes new every day. _____
3) I have learned that this is also the key to succeed in other aspects of life. _____
4) Then there are internal distractions, such as family or lifestyle. _____
5) Occasionally, I use key words that hell me stay focused. _____
6) This is a habit that can become second nature quite easily and is a powerful psychologist tool. _____
7) Imagination you are experiencing success. _____

Task 7. Consult a dictionary and explain the meaning of the words in *italics*.

- In the *javelin* event I needed an extra two metres *to claw* my way back into *contention*.
- Then one of the *specialists* said there was no reason why I shouldn't carry on training and *competing*, and that was it – *the spur* I needed.

Created by Universal Document Converter

- But I wanted to prove to myself that I wasn't finished yet, so *illness* was never enough *to prevent* me from pursuing my *goal*.
- When times are hard, keep *plugging* away *towards* your goal.
- Sometimes it's very hard to put things into *perspective*, but the best *approach* is to block out the *negative* thoughts and keep at it.

Task 8. Match the words with their definitions.

Challenge	a vigorous or determined attempt.
Tension	a call to someone to participate in a competitive situation or fight to decide who is superior in terms of ability or strength.
Success	the object of a person's ambition or effort; an aim or desired result.
Goal	the accomplishment of an aim or purpose.
Effort	the state of being stretched tight.

Task 9. Combine two parts to make a sentence.

If you tend to over-analyse, try …	… in the pool and three two-hour gym sessions.
You can't pursue a career in any …	… if you have already "lived" through it all in your head it's a lot easier.
The key is to make sure that …	… discipline without being organised.
Every week I do 10 two-hour sessions …	… that help me stay focused.
Mentally transfer yourself to the place …	… these don't have a detrimental effect.
It can be nerve-racking at the best of times, but …	… making a few decisions based on your gut instinct.
Occasionally, I use key words …	… where you can see, hear and smell what is going on around you.

Task 10. Add missing words.

1) But I … to prove to … that I wasn't … yet, so … was never … to prevent … from … my goal.
2) There was a … in my … when I … from a little girl to a … and I … a … dip in my … .
3) And …, if you … too … about tackling …, you won't … it.
4) …, the … you … being … and proactive, the … it becomes … nature.
5) I have … that this is … the key to … in other … of life.

Task 11. Match the words to form collocations.

positive	distractions
external	effect

Created by Universal Document Converter

psychological	actions
possible	permutations
detrimental	tool

Task 12. Translate the following paragraph.

"Don't underestimate yourself. I didn't have the confidence to believe I could be a winner until the last Olympics. 1 misjudged my race and only took fourth place, but it taught me more than I could have imagined – that 1 could have done it, and that I am good enough if only I believe in myself. Now, having achieved way beyond what I expected, I have no barriers in my mind. Push yourself beyond your limits. Take your time, work your way up, and don't forget to enjoy yourself while you do it".

Task 13. Make a dialogue close to the text.

Task 14. Find synonyms to the following words.

Success, visualisation, focus, habit, goal, tool, progress, concentration, step, skills, confidence.

Task 15. Make your own sentences with the given word-collocations.

Few decisions, gut instinct, different skills, realistic aims, best approach, negative thoughts, huge dip, mini goals, mental will, extra two metres.

Task 16. Make up 5 questions to the text.

Task 17. Fill in the blanks with prepositions where necessary.

"Never, ever give __. When times are hard, keep plugging away towards your goal. If you have a dream, inch your way towards it and mark __ mini goals __ the way. A lot of it depends __ your own mental will to succeed. There was a time __ my career when I matured __ a little girl to a woman and I experienced a huge dip __ my confidence. My coach encouraged me to keep going, and it was the best advice I could have been given. Sometimes it's very hard to put things __ perspective, but the best approach is to block __ the negative thoughts and keep __ it".

Task 18. Put the verbs in brackets into correct tense and voice form.

"The key to success _____ (to be) to think imaginatively about your goals. It's a lot easier than it _____ (to sound). If you tend to over-analyse, try _____ (to make) a few decisions based on your gut instinct. You will be surprised at the way people _____ (to respect) your positive actions. Remember, the more you practise _____ (to be) assertive and proactive, the more it _____ (to become) second nature. And your brain can only learn _____ (to react) in different ways and remember different skills

Created by Universal Document Converter

if it _____ (to teach) to. So, at work, _____ (to make) an effort to learn something new every day. It _____ (to help) to boost your confidence".

Task 19. Fill in the blanks with the words from the text.

Confidence, enough, forget, more, time, yourself, while, race, barriers, beyond, last, have, now.

"Don't underestimate _____. I didn't have the _____ to believe I could be a winner until the _____ Olympics. I misjudged my _____ and only took fourth place, but it taught me _____ than I could have imagined – that 1 could _____ done it, and that I am good _____ if only I believe in myself. _____, having achieved way beyond what I expected, I have no _____ in my mind. Push yourself _____ your limits. Take your _____, work your way up, and don't _____ to enjoy yourself _____ you do it".

What words/details are important in the text? Why?

_____

_____

Text 2. Life's good!

We have tried shopping and New Age cures, making money and spending it. We're still miserable. What's missing from our lives?

Did you notice an outbreak of joviality and generosity last week? People beaming at you as they let you go ahead in the bus queue, grinning as they **(1)** _____ your morning traffic jam, smirking through the quarterly budget planning meeting?

No? The organisers of National Smile Week **(2)** _____ down in the mouth. All their efforts to perk us up for at least seven days have run, it seems, into the sand of our collective scepticism. Four out of ten of us think life **(3)** _____ worse in the past five years. Two million of us are on anti-depressants; only a minority of us think "people can be trusted most of the time". Mix in some road/air/office/phone rage, a rise in reported incivility and a good dose of political apathy and the gloom **(4)** _____ even starker. We're a wretched lot.

All this when average house prices have just blasted through the £100,000 mark, when life expectancy continues to lengthen, mortality rates are dropping and more than a third of young people enjoy what was once the elite privilege of higher education. We are healthy, wealthy and wise. Yet we've never felt so bad.

If we seem like a nation of ingrates it may be because all the goodies that **(5)** _____ to make us happy don't do it for us any more – even if we have yet to wake up to the fact. So, your house is worth half a million. Karl Marx, who for all his faults

Created by Universal Document Converter

knew a bit about capitalism, captured the keeping-up-with-the-Joneses dynamic of market economies perfectly: "A house may be large or small; as long as the neighbouring houses are likewise small, it satisfies all the social requirements of a residence. But let there arise next to the little house a palace and the little house shrinks to a hut". With mass media, the palace doesn't have to be next door – it can be beamed into our living rooms.

Money doesn't make most of us happy any more. Poor people, understandably, see their life satisfaction rise with income but for most of the population in a country as affluent as ours, any jump-start to well-being from a pay rise quickly wears off. "I was window-shopping in the South of France recently and I saw a diamond-studded woolly hat, and I quite fancied it". When we get to that stage we should realise that more money isn't getting us much more in terms of happiness. Harrods is currently carrying a pair of shoes priced at a cool million – imagine if somebody **(6)** _____ on your foot.

But what about health? Surely the virtual elimination of most fatal diseases, rising life expectancy and falling mortality should cheering us up? Not a bit of it. All that **(7)** _____ is that our expectations rise just as or even more quickly. Objectively, our health is better on almost every count, but this doesn't translate into our feeling any healthier. We are more aware of our health, so we **(8)** _____ more anxious about it. Medicine has become a victim of its own success: having massively reduced the chances of death in childbirth, for example, people are now shocked if a life is lost – and reach for a lawyer. Death was unavoidable – now it is unacceptable.

Like the answer to many great problems, however, the answer to the question of happiness may be quite prosaic: once countries and households are free of material need, the biggest contributor to life satisfaction **(9)** _____ to be a healthy set of personal relationships. The relative happiness of late teenagers and those passing middle age may relate to their spending more time on friendships. The thirtysomethings, fighting on the two fronts of work and children, are the most dejected. Those between fulltime education and retirement may be spending more time on the activities they think **(10)** _____ them happy – earning and spending – than on those that actually will: spending time with friends and family.

This friend-shaped gap explains the American paradox – why the residents of the richest nation in the world are so glum – according to Professor Robert E. Lane at Yale University. "There is a kind of famine of warm interpersonal relations, of easy-to-reach neighbours, of encircling, inclusive memberships, and of solid family life", he says. The secret of happiness? Not money. So leave the lawn, forget your investments and call in sick tomorrow. Do yourself a favour. Phone a friend.

Task 1. Read the text and for questions (1-10) choose the correct answer (A, B, C or D).

Created by Universal Document Converter

	A	B	C	D
1	share	shared	are sharing	have shared
2	would be	are	will be	is
3	becomes	became	become	has become
4	looks	are looking	look	looked
5	supposed	are supposed	is supposed	suppose
6	are stepped	had stepped	stepped	steppes
7	happen	are happening	will happen	happens
8	get	are getting	got	gets
9	seem	seems	is seemed	are seeming
10	make	makes	will make	is making

Task 2. Put the following words together to make a story close to the text.

Queue, scepticism, money, anti-depressants, apathy, privilege, media, wealthy, requirements, elimination, income, health, medicine, happiness.

Task 3.Translate the following sentences into Ukrainian.

1) Four out of ten of us think life has become worse in the past five years.
2) We are healthy, wealthy and wise. Yet we've never felt so bad.
3) A house may be large or small; as long as the neighbouring houses are likewise small, it satisfies all the social requirements of a residence.
4) I was window-shopping in the South of France recently and 1 saw a diamond-studded woolly hat, and I quite fancied it.
5) All that happens is that our expectations rise just as or even more quickly.
6) The relative happiness of late teenagers and those passing middle age may relate to their spending more time on friendships.
7) There is a kind of famine of warm interpersonal relations, of easy-to-reach neighbours, of encircling, inclusive memberships, and of solid family life.

Task 4. Put these sentences in the correct order.

__ Death was unavoidable – now it is unacceptable.
__ The thirtysomethings, fighting on the two fronts of work and children, are the most dejected.
__ We are more aware of our health, so we get more anxious about it.
__ So leave the lawn, forget your investments and call in sick tomorrow.
__ Money doesn't make most of us happy any more.
__ So, your house is worth half a million.
__ Harrods is currently carrying a pair of shoes priced at a cool million – imagine if somebody stepped on your foot.

Created by Universal Document Converter

Task 5. Finish the sentence.

People beaming at you as …
The organisers of National …
Mix in some road …
If we seem like a nation …
So, your house is …
With mass media, the …
I was window-shopping in …
Surely the virtual …

Task 6. Find a mistake and write the corrections. Some sentences may have no mistakes.

1) All that happy is that our expectations rise just as or even more quickly. _____
2) Dead was unavoidable – now it is unacceptable. _____
3) The thirtysomethings, fighting on the two fronts of work and chicken, are the most dejected. _____
4) There is a kind of famine of warm interpersonal relations, of easy-to-reach neighbours, of encircling, inclusive memberships, and of soft family life. _____
5) So live the lawn, forget your investments and call in sick tomorrow. _____
6) Karl Marx, who for all his faults knew a bit about capitalism, captured the keeping-up-with-the-Joneses dynamic of market economy perfectly. _____
7) Two million of us are on anti-depressants; only a minor of us think "people can be trusted most of the time". _____

Task 7. Consult a dictionary and explain the meaning of the words in *italics*.

- Did you notice an outbreak of *joviality* and *generosity* last week?
- A house may be large or small; as long as the *neighbouring* houses are *likewise* small, it satisfies all the social *requirements* of a residence.
- Poor people, understandably, see their life *satisfaction* rise with *income* but for most of the population in a country as *affluent* as ours, any jump-start to *well-being* from a pay rise quickly wears off.
- Surely the virtual *elimination* of most fatal *diseases*, rising life expectancy and falling *mortality* should cheering us up?
- The relative *happiness* of late teenagers and those passing *middle age* may *relate* to their spending more time on friendships.

Task 8. Match the words with their definitions.

retirement	a seemingly absurd or contradictory statement or proposition which when investigated may prove to be well founded or true.

Created by Universal Document Converter

paradox	a person between 30 and 39 years old.
investments	the complete removal or destruction of something.
elimination	the action or process of investing money for profit.
thirtysomethings	the action or fact of leaving one's job and ceasing to work.

Task 9. Combine two parts to make a sentence.

All their efforts to perk us up for at least …	… to be next door – it can be beamed into our living rooms.
So, your house is …	… seven days have run, it seems, into the sand of our collective scepticism.
With mass media, the palace doesn't have …	… and call in sick tomorrow.
When we get to that stage we should realise …	… they think will make them happy – earning and spending – than on those that actually will: spending time with friends and family.
Like the answer to many great problems, however, the answer to the question of happiness may be …	… quite prosaic: once countries and households are free of material need, the biggest contributor to life satisfaction seems to be a healthy set of personal relationships.
Those between fulltime education and retirement may be spending more time on the activities …	… worth half a million.
So leave the lawn, forget your investments …	… that more money isn't getting us much more in terms of happiness.

Task 10. Add missing words.

1) People … at you as they let you go … in the bus queue, … as they shared your … traffic jam, … through the … budget planning …?
2) Mix in … road/air/office/phone rage, a rise in … incivility and a … dose of … apathy and the … looks even starker.
3) If we … like a … of … it may be … all the … that are … to … us happy … do it for us any more – even if we … yet to … up to the … .
4) … people, …, see their life … rise with … but for most of the … in a … as … as ours, any … to … from a pay rise … wears off.
5) … has … a … of its own success: having … reduced the … of death in …, for example, … are now … if a life is lost – and … for a … .
6) Like the … to many great …, however, the … to the … of … may be … prosaic: once … and … are free of … need, the … contributor to life … seems to be a … set of … relationships.
7) This … gap … the … paradox – why the … of the … nation in the … are so glum

Created by Universal Document Converter

– according to … Robert E. … at Yale … .

Task 11. Match the words to form collocations.

life	hat
woolly	relations
virtual	need
material	satisfaction
interpersonal	elimination

Task 12. Translate the following paragraph.

But what about health? Surely the virtual elimination of most fatal diseases, rising life expectancy and falling mortality should cheering us up? Not a bit of it. All that happens is that our expectations rise just as or even more quickly. Objectively, our health is better on almost every count, but this doesn't translate into our feeling any healthier. We are more aware of our health, so we get more anxious about it. Medicine has become a victim of its own success: having massively reduced the chances of death in childbirth, for example, people are now shocked if a life is lost – and reach for a lawyer. Death was unavoidable – now it is unacceptable.

Task 13. Make a dialogue close to the text.

Task 14. Find synonyms to the following words.

Apathy, prices, rates, education, nation, requirements, residence, palace, hut, satisfaction, income, stage, happiness, diseases, morality, health.

Task 15. Make your own sentences with the given word-collocations.

an outbreak of joviality, morning traffic jam, collective scepticism, house prices, mortality rates, elite privilege, a nation of ingrates, life satisfaction.

Task 16. Make up 5 questions to the text.

Task 17. Fill in the blanks with prepositions where necessary.

If we seem like a nation __ ingrates it may be because all the goodies that are supposed to make us happy don't do it __ us any more – even if we have yet to wake __ to the fact. So, your house is worth half a million. Karl Marx, who __ all his faults knew a bit about capitalism, captured the keeping-up-with-the-Joneses dynamic __ market economies perfectly: "A house may be large or small; as long as the neighbouring houses are likewise small, it satisfies all the social requirements __ a residence. But let there arise next to the little house a palace and the little house

Created by Universal Document Converter

shrinks to a hut".

Task 18. Put the verbs in brackets into correct tense and voice form.

Like the answer to many great problems, however, the answer to the question of happiness may be quite prosaic: once countries and households _____ (to be) free of material need, the biggest contributor to life satisfaction _____ (to seem) to be a healthy set of personal relationships. The relative happiness of late teenagers and those passing middle age may relate to their spending more time on friendships. The thirtysomethings, _____ (to fight) on the two fronts of work and children, _____ (to be) the most dejected. Those between fulltime education and retirement may be spending more time on the activities they _____ (to think) will make them happy – earning and spending – than on those that actually will: spending time with friends and family.

Task 19. Fill in the blanks with the words from the text.

Make, life, poor, income, cool, stage, jump-start, money, carrying, country, South, woolly, quickly, saw, happy, when, your, somebody, happiness.

Money doesn't _____ most of us _____ any more. _____ people, understandably, see their _____ satisfaction rise with _____ but for most of the population in a _____ as affluent as ours, any _____ to well-being from a pay rise _____ wears off. "I was window-shopping in the _____ of France recently and I _____ a diamond-studded _____ hat, and I quite fancied it". _____ we get to that _____ we should realise that more _____ isn't getting us much more in terms of _____. Harrods is currently _____ a pair of shoes priced at a _____ million – imagine if _____ stepped on _____ foot.

What words/details are important in the text? Why?

_____

_____

Created by Universal Document Converter

REFERENCES

1. Virginia Evans, Jenny Dooley, Lynda Edwards. Upstream Advanced C1. Student's Book. Express Publishing. 2014. 262 p.
2. Virginia Evans, Lynda Edwards. Upstream Advanced C1. Workbook. Student's Book. Express Publishing. 2003. 136 p. URL: https://www.academia.edu/31137734/Upstream_advanced_C1_workbook (Last accessed: 12.09.2022).
3. Virginia Evans, Lynda Edwards. Upstream Advanced C1. Teacher's Book. Express Publishing. 2003. 186 p. URL: https://www.expresspublishing.co.uk/assets/microsites/ro/pdfs/UPc1TS_full_book.pdf (Last accessed: 12.09.2022).
4. Upstream Advanced C1. Audio CDs. Express Publishing. URL: https://www.expresspublishing.co.uk//fr/content/audio-cds (Last accessed: 12.09.2022).

Created by Universal Document Converter