Міністерство освіти і науки України
Уманський державний педагогічний університет
імені Павла Тичини

LISTEN AND PRACTISE

Навчальний посібник

для здобувачів вищої освіти 2 курсу
факультетів іноземних мов закладів вищої освіти

Укладачі: Я.В. Бондарук, А.Ю. Опришко

Умань 2021

Рекомендовано до друку науково-методичною комісією факультету іноземних мов Уманського державного педагогічного університету імені Павла Тичини (протокол № 2 від 28 жовтня 2020 р.)

Рецензенти: **Білецька І.О.** – доктор педагогічних наук, професор, завідувач кафедри теорії та практики іноземних мов Уманського державного педагогічного університету імені Павла Тичини
Паладьєва А.Ф. – кандидат педагогічних наук, доцент кафедри теорії та практики іноземних мов Уманського державного педагогічного університету імені Павла Тичини

Б 81 Бондарук Я.В., Опришко А.Ю. Listen and practise: навчальний посібник. Видання друге, доповнене. Умань: УДПУ, 2021. 122 с.

Посібник має на меті розвиток комунікативного спілкування англійською мовою за темами повсякденного життя; вдосконалення вмінь та навичок аудіювання, говоріння, читання та письма англійською мовою, а також набуття вміння вільно володіти іноземною мовою, що вивчається в усній і письмовій формах. У навчальному посібнику здійснено добір автентичного аудіоматеріалу, практичних завдань і вправ для здобувачів вищої освіти 2 курсу закладів вищої освіти. Він також може бути використаний особами, які самостійно вивчають англійську мову та хочуть поглибити свої знання з практики усного та писемного мовлення англійської мови.

УДК 811.111’36(075.8)

Б 8

1

Передмова

Посібник призначений для роботи здобувачів вищої освіти з автентичними аудіо записами, згрупованими за тематичним принципом з урахуванням рівня складності, що відповідає вимогам навчальної програми з практики усного і писемного мовлення для здобувачів вищої освіти 2 курсу закладів вищої освіти.

Методика проведення аудіопрактикуму передбачає комплекс знань, спрямованих на розвиток розуміння здобувачами вищої освіти іншомовного тексту з подальшим виконанням вправ лексичного, граматичного і творчого характеру. Завдання включають прослуховування тексту з попереднім ознайомленням з незнайомим лексичним матеріалом, пошук англійських еквівалентів у запропонованих текстах, відповіді на запитання, а також креативні вправи для розвитку монологічного та діалогічного мовлення на основі прослуханого аудіоматеріалу.

Матеріал аудіопрактикуму викладений у логічній послідовності, чітко структурований, оформлений згідно до вимог робочої навчальної програми з практики усного і писемного мовлення для здобувачів вищої освіти.

Завдання аудіопрактикуму розраховані на прослуховування текстів у лінгафонній лабораторії з подальшою перевіркою їх розуміння здобувачами вищої освіти в межах 40–44 годин аудиторного часу.

CONTENTS

Unit 1 6
Every Man to His trade
Laboratory Work 1. “Different Styles of Managing individuals” 6
Laboratory Work 2. “Job Hunting” 9
Unit 2 12
This Amazing Place We Live In
Laboratory Work 3. “Tunnel of Love” 12
Laboratory Work 4. “Seven Wonders of Ukraine” 15
Unit 3 17
A City Is More Than a Place In Space
Laboratory Work 5. “Tour around the Park” 17
Laboratory Work 6. “Khotyn Fotress” 21
Unit 4 24
Geography Being Destiny
Laboratory Work 7. “Antarctica” 24
Laboratory Work 8. “Rock Art in Namibia” 27
Unit 5
God made the country and man made the town 31
Laboratory Work 9. “Trip Around the City” 31
Laboratory Work 10. “Bright Light, Big City” 34
Unit 6 39
Crossing borders
Laboratory Work 11. “National Stereotypes: Truth or Myth?” 39
Laboratory Work 12. “Indian Celebration” 42
Unit 7 45
Out and about
Laboratory Work 13. “Buying a New Car” 45
Laboratory Work 14. “Arguments For and Against Urban Migration” 47
Unit 8 50
On the Move

Laboratory Work 15. 'Walking Holiday for Education Aid' 50
Laboratory Work 16. "Catching up after a trip" 53
Unit 9
Destination: Holiday 56
Laboratory Work 17. "The Snow Centre" 56
Laboratory Work 18. "Hotels and Tourism industry" 60
Unit 10 64
Health is the Greatest Wealth
Laboratory Work 19. "First Aid" 64
Laboratory Work 20. "Health System in England" 67
Unit 11
Medicines cure diseases, doctors cure patients 69
Laboratory Work 21. "Register With a Doctor" 69
Laboratory Work 22. "Beating stress" 73
Unit 12
All sports for all people 76
Laboratory Work 23. "Joining the gym" 76
Laboratory Work 24. "Sports interviews" 79
Unit 13
Swifter, higher, stronger 81
Laboratory Work 25. "The Benefits of Sport" 81
Laboratory Work 26. "The development of ice-curling club" 84
Unit 14 86
All the world's a stage
Laboratory Work 27. "Theatre Influence" 86
Laboratory Work 28. "How to break into the music industry" 89
Essential Vocabulary..... 93
Extra reading..... 98
Використані джерела..... 121

UNIT 1
EVERY MAN TO HIS TRADE

Laboratory Work 1
"Different Styles of Managing individuals"

Pre-Listening

Task 1. Discuss the questions.

1. Are there any jobs that you think only happen in Ukraine?
2. Do you agree that it's good for teenagers to be able to do part-time jobs like working as a paperboy?
3. Are there any jobs that people typically do when they are at school or college in Ukraine? Would you do them?
4. Describe a successful person.

Task 2. Study the following words and word combinations.

- to contribute to smth
- to come down to smth/doing smth
- to encourage
- an asset to smth
- to utilize smth
- to break the mould
- to get around
- an incentive

Listening

Task 3. Complete the notes below. Write <u>ONE WORD ONLY</u> for each answer.

Differences between individuals in the workplace

Individuals bring different:
ideas
1 …….
learning experiences
Work behaviour differences are due to:
personality
2 …….
Effects of diversity on companies:
Advantage: diversity develops 3 …….
Disadvantage: diversity can cause conflict

Task 4. Choose the correct letter A, B or C.

1. Janice thinks that employers should encourage workers who are

A. potential leaders
B. open to new ideas
C. good at teamwork

2. Janice suggests that managers may find it difficult to

A. form successful groups.
B. balance conflicting needs.
C. deal with uncooperative workers.

3. Janice believes employers should look for job applicants who

A. can think independently.
B. will obey the system.
C. can solve problems

4. Janice believes managers should

A. demonstrate good behaviour.
B. encourage co-operation early on.

C. increase financial incentives.

Task 5. Complete the sentence below. Write <u>ONE WORD ONLY</u> for each answer.

1. All managers need to understand their employees and recognize their company's _____ .

2. When managing change, increasing the company's _____ may be more important than employee satisfaction.

3. During periods of change, managers may have to cope with increased amounts of _____.

Post-listening

Task 6. Discuss the following questions.

1. Why do people behave so differently at work?

2. What is positive side of doing lots of things in different ways at work?

3. What are two main things to remember when managing individuals at work?

3. Is a good team player overrated at work?

4. The personnel department is choosing between applicants they need to look for someone who's followed the rules, isn't it?

Task 7. Think of four events, situations or people that had an impact on your life. Explain their importance.

Laboratory Work 2
"Job Hunting"

Pre-listening

Task 1. Cross out one response that does not fit.

Do you think you'll ever live abroad?

1. *I'm bound to. / Probably not. / Definitely.* I'm learning English so I can move to Australia.

2. *Definitely. / Hopefully not. / I doubt it.* I would miss my family too much.

3. *I doubt it. / Probably. / Hopefully.* It's good to experience new things.

4. *I might. / Hopefully. / Definitely.* It would depend on the job opportunities.

5. *Definitely not. / I'm bound to. / I doubt it.* I can't see myself leaving my home town.

Task 2. Read the advertisement and answer the questions

WANTED: PARADISE ISLAND CARETAKER

We are looking for someone to work on a tropical island off the Queen
The successful applicant will receive a salary of $103,000 for six mon
The new recruit will work for just twelve hours a month. Duties inclu
They will also need to prepare a blog, a photo diary and video updates

1. What kind pf person would be good at this job?
2. Would you like to do this job? Why / Why not?

Task 3. Study the following words and expressions. Explain the meaning of them.

- a registered student
- to do a degree
- a security guard
- a salary
- to get other arrangements
- a vacancy for smth
- keyboarding skills

Listening

Task 3. Complete the table below. Write <u>ONE WORD ONLY</u> for each answer.

Job Hunting

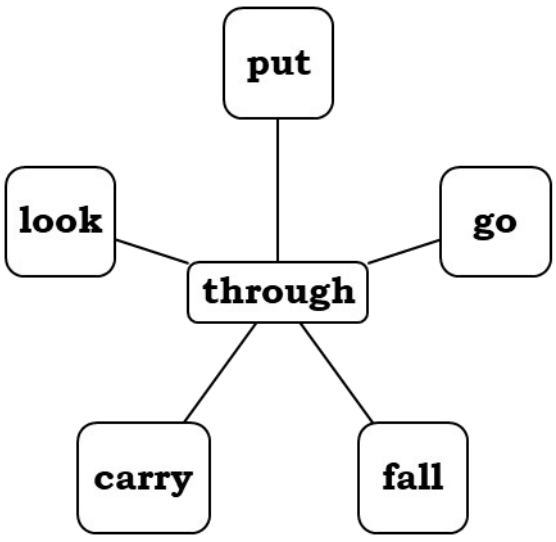
Job title	**Work place**	**Working time / Payment**	**Requirements**
Social workers	[1] _____	Every day $9 per hour	needs [2] _____
Security guards	a [3] _____	9 am–5pm $25 per hour	a [4] _____ is provided
Van driver	a [5] _____ company	[6] _____ work [7] _____ time $ fixed salary	must be [8] _____
Data entry clerk	a [9] _____	weekends $ fixed salary	● [10] _____ skills ● own [11] _____ is essential

Post-listening

Task 4. Discuss the following questions.

1. Was a speaker a registered student?
2. What was the first position the agent proposed to?
3. What skills are required for the first position?
4. Why did the student refuse to accept the first position?
5. What was the other position the student was offered?
6. The student didn't accept the second position, did he?
7. Where was the student going to work?

Task 5. a) Complete the sentences with the correct verb form. Choose a phrasal verb and draw a picture of it.



1. Can you _____ me _____ to Mr Smith, please? **(connect by phone)**
2. John's working on a difficult project but I'm sure he can _____ it _____ . **(complete successfully)**
3. Their plans for due to opening a new branch _____ lack of money. **(failed)**
4. Sue _____ a painful time when she got fired. **(experienced)**
5. Why don't you _____ the local paper for a vacancy? (**look at quickly)**

b) Work in pairs. Make up a story including the phrasal verbs. The group votes for the best story.

UNIT 2
THIS AMAZING PLACE WE LIVE IN

Laboratory Work 3
"The Tunnel of Love"

Pre-listening

Task 1.

a) Translate and memorize the following words and word combinations;

b) Watch the video and find the sentences where the expressions are used.

c) Make up sentences with words and expressions:

- 3 affirmative sentences using Present Perfect Tense Forms;

- 2 negative sentences using Present Continuous Tense Forms;

- 2 interrogative sentences using Future Simple Tense Forms.

- to twin the hearts
- an oasis
- deciduous trees

- to be accustomed for someone to do smth
- to be head over heels in love with smb /smth
- a destination
- a spot on Earth

Task 2. Look at the photos.

1. Have you ever been to these places?
2. Find interesting facts about these spots.
3. What destination would you like to visit and why?
4. What makes the place attractive and eligible for tourists?

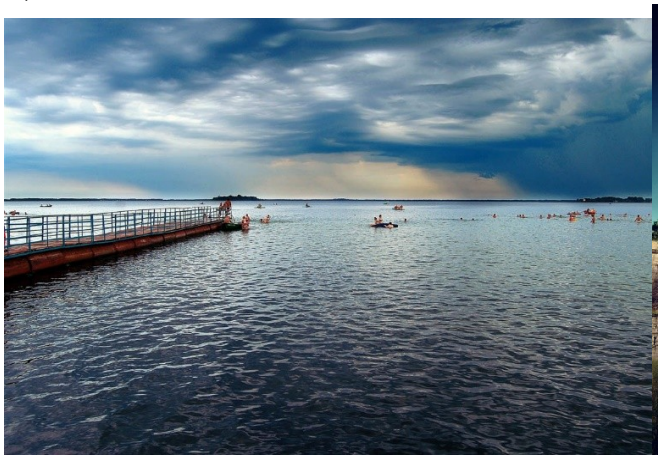
a) Hoverla



b) Lemuriiske Lake



c) Shatski lakes



d) Pidhoretskyi castle



Listening

Task 3. Fill in the gaps

The Tunnel of Love

1. The origin of the Tunnel of Love can _____ in several ways.

2. It twins _____ of anyone who visits it.

3. Anyway, it is great that a place like this exists and makes our planet _____.

4. The train provides _____ for the private train that provides tours to a local _____.

5. The only thing that disturbs that _____ is the occasional sound of the train passing by.

6. The Tunnel of Love is a perfect example of nature controlled by _____.

7. Here is a new destination to _____.

8. This Tunnel is highly popular among _____.

9. It is a railway surrounded by green _____.

Task 4. Define if the statements are true or false. Prove your idea.

1. During the winter the tunnel becomes a white passage but in the spring and summer it creates the perfect shades for tourists.

2. If the couple of love visits the Tunnel of Love three times then the wish will come true.

3. The passing lane and tourist are the only things shaping the way through the tunnel eventually.

4. The train crosses the village forest back and forth two times a day.

5. Tunnel of Love is the industrial section of railway located in Cherkasy oblast.

Post-listening

Task 5. Discuss the following questions:

1. What is the origin of the Tunnel of Love's name?

2. What is the main function of the passage through the Tunnel of Love?

3. What destroys the harmony of the place?

4. Why is the Tunnel of Love considered to be the perfect example of nature controlled by humans?

5. What is the Tunnel of Love made of?

6. What rites do people perform under the trees of the Tunnel?

7. What is the length of Tunnel of Love?

Task 6. Prepare 3 min. presentation about one of the most beautiful places to visit in Ukraine.

Laboratory Work 4
"Seven Wonders of Ukraine"

Pre-listening

Task 1. Discuss the following issues.

1. Are you aware of wonders of Ukraine?
2. Can you name them?

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Make up sentences with words and expressions:

- 3 affirmative sentences using Past Perfect Tense Forms;

- 3 negative sentences using Future Simple Tense Forms;

- 3 interrogative sentences using Past Simple Tense Forms.

- orthodox
- underground cave system
- fortification
- heritage
- a preeminent center
- ensemble of supporting

- arboretum
- scientific researching institute
- reminiscent
- popular recreational spot
- to designate
- unique flora and fauna
- structures
- a bell tower
- in close proximity
- stone fortification walls
- meadows
- aptly

Listening

Task 3. Fill in the gaps

1. Since its foundation as the cave monastery in _____ the Lavra has been a _____ of the Eastern Orthodox Christianity in Eastern Europe
2. The Kyiv Pechersk Lavra contains _____, ranging from bell towers to cathedrals to _____ and to strong stone fortification walls
3. Khortitsya is the _____ island on the river Dnipro and is _____ km long and up to _____ km wide.
4. The island has _____, including oak groves, spruce woods, _____, and steppe.
5. This historic site is located _____ of Zaporizhzhia
6. In _____ the historic site was reassigned from the jurisdiction of the Ministry of Regional Development of Ukraine to the _____.

Task 4. Define if the statements are true or false. Prove your idea.

1. Some areas of the park are reminiscent of an Eastern garden.
2. Today the park is a popular recreational spot, monthly visited by 500,000 visitors.

3. The city itself is also designated as a separate district within the region.

4. The northern part of the island is very rocky and high (rising 30 m above the river bed) in comparison to the southern part, which is low, and often flooded by the waters of the Dnieper.

5. The ancient city is located on the shore of the Black Sea on the outskirts of present-day Sympherolpol on the Crimean Peninsula, where it is referred to as Khersones.

6. The name Chersonesos in Greek means "island" and aptly describes the site on which the colony was established.

7. Khotyn fortress is a fortification complex located on the right bank of the Dnipro river.

Post-listening

Task 5. Discuss the following questions.

1. Which of seven wonders of Ukraine gave its name to one of the districts of the city?
2. What does Kyiv Pechersk Lavra contain?
3. What type of the park is Sofiyivka?
4. In which part of the city is it located?
5. Where is Kamianets-Podilskyi situated?
6. What role did the island of Khortytsya play for Ukraine?
7. What is the nickname of Khersones?
8. What is the origin of the name of Khersones?
9. What does St. Sophia Cathedral include?
10. Where is Khotyn Fortress located?

Task 6. Imagine that you had a chance to visit one of seven wonders of Ukraine last weekends and you want to share your experience and impressions with your friend. Find some interesting additional information.

UNIT 3
A CITY IS MORE THAN A PLACE IN SPACE

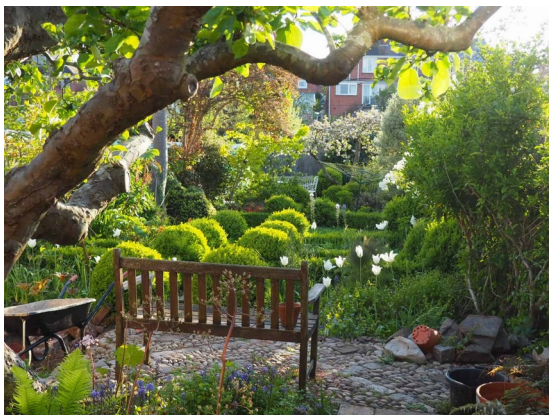
Laboratory Work 5
"Tour around the Park"

Pre-Listening

Task 1. Rank the pictures below from 1 (like most) to 6 (like least). Explain your choices. You might want to use some of this language:

I'm scared/terrified of heights.
It looks exciting/scary/terrifying/fun/a bit tame/ boring.
I love things that spin round / go fast/go upside/down/you slide down.
I'd get splashed/dizzy/sick/tired/bored.
It'd really set your pulse racing.
You'd get a great view.

a) 

b) 

c) 

d 

e) 

f) 

Task 2. Study the following words and expressions. Make up a short crammed story with them.

- to keep up the pace
- to get under way on the tour
- a demolition
- derelict buildings
- a warehouse
- a storehouse
- track and field
- a boardwalk

Listening

Task 3. Choose the correct letter A, B or C.

1. What kind of tour is Sally leading?

A. a bus tour
B. a train tour
C. a walking tour

2. The original buildings on the site were

A. houses.
B. industrial buildings.
C. shops.

3. The local residents wanted to use the site for

A. leisure.
B. apartment blocks.
C. a sports centre.

4. The Tower is at the centre of the

A. nature reserve.
B. formal gardens.
C. Bicentennial Park.

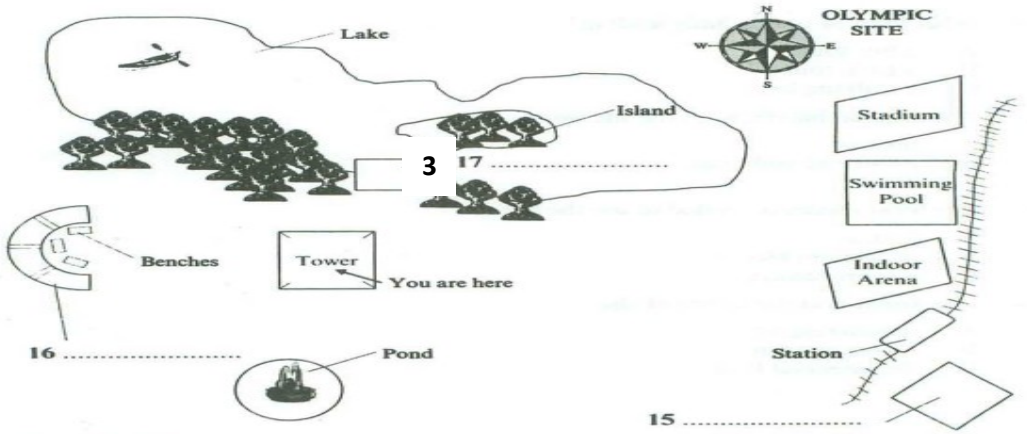
Task 4. Write <u>NO MORE THAN TWO WORDS</u> for each answer.

Test 4

Questions 15–17

Label the plan below.

*Write **NO MORE THAN TWO WORDS** for each answer.*



Questions 18–20

Complete the table below.

*Write **NO MORE THAN TWO WORDS** for each answer.*

Nature Reserve

2

Area	Facility	Activity
The Mangroves	boardwalk	18 .....
Frog Pond	outdoor classroom	19 .....
The Waterbird Refuge	20	1 bird watching

84

Task 5. Complete the table below. Write <u>NO MORE THAN TWO WORDS</u> for each answer.

Nature Reserve

Area	Facility	Activity
The Mangroves	boardwalk	[1] .....
Frog Pond	outdoor classroom	[2] .....
The Waterbird Refuge	[3]	bird watching

Post-Listening

Task 6. Discuss the following questions.

1. When were the original buildings demolished?

2. What was the first proposal for the site development?

3. A property developer wanted to build various facilities for rest, didn't it?

4. What sites does the Bicentennial Park have?

5. Where is a circular ornamental pond?

6. Have you ever been to an amusement park / fairground? When? Where? What rides did you go on? Did you do anything else? Was it good?

7. What different strains could tourism put on society or on the environment?

Task 7. Imagine that you are a designer. You were asked to plan and design the park of your dream. Describe the most attractive areas of the park, as well as possible facilities and activities tourists can enjoy there.

Laboratory Work 6
'Khotyn Fotress'

Pre-listening

Task 1. Discuss the following issues.

1. Which festivals have you been to? Which one did you enjoy the most? Why?

2. What do you think a medieval festival might be like?

3. What could be special about it?

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Make up sentences with words and expressions:

- 3 affirmative sentences using Past Simple Tense Forms;

- 3 negative sentences using Past Perfect Tense Forms;

- 3 interrogative sentences using Present Simple Tense Forms.

- medieval period
- to have a profound effect on
- important transportation routes
- trade route
- therefore
- weapons
- warriors
- the most fitting place
- medieval armour and weapons
- to shoot a crossbow
- archery competitions
- many forms of combat
- to hold
- to hold off enemies
- go through strict qualifying tournaments
- accurately represented

Listening

Task 3. Listen and answer the questions 1-5. Choose A, B or C. Prove your idea.

1. What is true about Khotyn Fotress?

A. It was the venue of a festival in the medieval period.

B. It was built by the Vikings.

C. An important battle took place there.

2. The number of participants in each team should be

A. at least eight.

B. more than fifty.

C. at least fifty.

3. The fighters taking part in the festival

A. go through strict tournaments in Ukraine.

B. are chosen in their own countries after some tournaments.

C. use modern fighting techniques.

4. All the battles are

A. copied from previous battles.

B. prearranged.

C. real.

5. What can visitors to the festival do there?

A. They can camp there.

B. They can experience life as it was in the past.

C. They can design games for children.

Task 4. Complete the sentences.

1. The fortress was located _____.
2. The Khotyn Festivals, which _____, are organized by _____.
3. This is done to ensure that fighters of the period _____ _____ are accurately represented.
4. Battles involve _____ and all _____ are real.
5. Visitors can experience what the camp _____.

Post-listening

Task 5. Discuss the following questions.

1. When was one of the most important battles of Khotyn?
2. Why was the fortress the most fitting place for a medieval festival?
3. When was the first festival held and what was it called?
4. What countries participated in the battle?
5. What does a person who wants to participate in the battles have to do?
6. What do the warriors have to wear?
7. Was combat copied from past battles? Prove your idea.
8. What can visitors who are not participating in the battles do at the festival?

Task 6. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 7. Imagine that you were asked to organize a Medieval Festival. What will it be like? What decorations will you use? Which activities can you offer to visitors? What will be special about your Festival?

UNIT 4
GEOGRAPHY BEING DESTINY

Laboratory Work 7
"Antarctica"

Pre-listening

Task 1. Read the sentences. Circle the right word to complete the idioms. Explain the meaning of them.

1. Richard is such a dreamer. He's got his head in the *clouds / fog*.
2. Marcie is not very well She's feeling under the *weather / temperature.*
3. It was a silly argument - just *a storm / blizzard* in a teacup
4. Things were going so well for him, but then when it rains, it *pours/drizzles.*
5. Greg told everyone Jane's exciting news before she did, and stole her *thunder/storm.*
6. Donna puts some money aside every month and saves it for a *rainy / sunny day.*
7. When he got his degree, he was so happy, he was on *cloud / sun* nine.

8. He's in perfectly good health. He's as right as *snow / rain*

Task 2. Explain the meaning of the following expressions.

- on a permanent basis
- a wilderness
- to obtain the energy from smth
- to undertake heavy physical work
- to be at the cutting edge of science
- to have profound effects on smth
- to take up the opportunities

Task 3. Find synonyms to the following adjectives.

Remote, hostile, ultimate, insufficient.

Listening

Task 4. Complete the notes below. Write NO MORE THAN THREE WORDS AND/OR A NUMBER for each answer.

ANTARCTICA

GEOGRAPHY

● world's highest, coldest and windiest continent

● more than [1] _____ times as big as the UK

● most of the area is classified as [2] _____

REASEARCH STATIONS

● international teams work together

● [3] _____ is integrated with technical support

● stations contain accommodation, work areas, a kitchen a [4] _____ and a gym

● supplies were brought to Zero One station by sledge from a [5] _____ at the edge of the ice 15 km away

● problem of snow build-ups solved by building stations on [6] _____ with adjustable legs

FOOD AND DIET

● average daily requirements for an adult in Antarctica is approximately [7] _____ kilocalories

● rations for field work prepared by process of freeze-drying

RESEARCH

The most important research focuses on climate change, including

● measuring changes in the ice-cap (because of effects on sea levels and [8] _____)

● monitoring the hole in the ozone layer

● analyzing air from bubbles in ice to measure [9] _____ caused by human activity

WORK OPPORTUNITIES

Many openings for [10] _____ people including

● research assistants

● administrative and technical positions

Post-listening

Task 5. Discuss the following questions.

1. Why can Antarctica be considered a desert?
2. How old is the exploration of Antarctica?
3. Describe the research stations in Antarctica.
4. What is the peculiarity of Zero One station?
5. What is the crucial aspect of survival in a polar climate?
6. What kind of diet do the polar explorers stick to?
7. Why do researchers analyse air from bubbles in the ice-sheet?

Task 6. a) Look at the phrasal verbs and then complete the sentences with the correct verb forms.

1. Sarah can't wait for school to _____ **up** for the summer holidays.

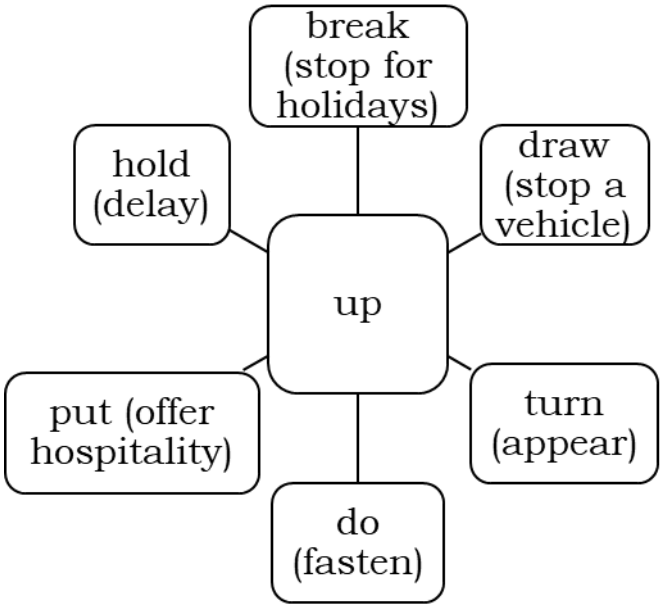
2. My uncle's house was flooded so we _____ him and his family **up** until the damage was repaired.

3. Sorry we're late. We were _____ **up** by the bad weather.

4. I was waiting a long time in the rain before the bus _____ **up.**

5. It's freezing outside – don't go out without _____ **up** your jacket!

6. As the wedding car _____ **up** outside my house, the sun appeared from behind a cloud.



b) Imagine you experienced one of the natural disasters (floods, earthquake, avalanche, volcano erupting, drought) or caught in one of the following conditions: blizzard, hailstorm, heatwave, thunderstorm, tornado, pouring rain. Describe your experience.

Laboratory Work 8
"Rock Art in Namibia"

Pre-listening

Task 1. Look at the photo, read the fact file below and discuss the questions.

The plastic bag problem

● The world uses 1 million plastic bags per minute.

● The 'Pacific Ocean Garbage Patch' is an area in the Pacific Ocean filled with waste plastic. The area may be as big as 5 million square km (more than twice the size of the USA). Millions of marine animals die when they eat the plastic, become caught in it, or feed it to their young.

● Plastic bags can now be found in all parts of the world, from the top of Mount Everest, to the bottom of the oceans, and the deserts of Mongolia. Each plastic bag takes more than 1,000 years to disintegrate and never completely disappears.



1. Why does the problem exist?
2. What should be done about it?
3. What laws / schemes would you introduce to deal with the problem?

Task 2. Study the following expressions. Explain the meaning of them.

- contemporary research on smth
- to give some dos and don'ts
- an engraving
- the fragile rock art
- to trace the rock art
- to rely on smth / smb

Listening

Task 3. Complete the notes below. Write <u>ONE WORD ONLY</u> for each answer.

SEMINAR ON ROCK ART

Preparation for fieldwork trip to Namibia in [1] _____

Earliest explanation of engravings of animal footprints

They were used to help [2] _____ learn about tracking

But:

- Why are the tracks usually [3] _____ ?
- Why are some engravings realistic and others unrealistic?
- Why are the unrealistic animals sometimes half [4] _____ ?

More recent explanation:

Wise men may have been trying to control wild animals with [5] _____ .

Task 4. Complete the sentences below. Write ONE WORD ONLY for each answer.

1. If you look at a site from a _____, you reduce visitor pressure.
2. To camp on a site may be distressful to people from that _____ .
3. Undiscovered material may be damaged by _____.
4. You should avoid _____ or tracing rock art it is so fragile.
5. In general, your aim is to leave the site _____ .

Post-listening

Task 5. Discuss the following questions.

1. How many rock arts may be in Namibia?
2. What is the largest problem faced by people who manage the sites in Namibia?

3. How are students going to enjoy the rock art on their field trip?

4. What can destroy the rock art easily?

5. Every student can move rocks and branches to take photos in this trip, can't they?

Task 6. Work on your own and plan a three-minute presentation. Do some research if necessary, or use some ideas below. Use the prompts and the key phrases to help.

- *What is the place?*
- *Why is it in danger?*
- *Why should you go there / see it?*
- *What can be done to change the situation?*

Mount Kilimanjaro, Tanzania

The famous snows of Kilimanjaro are melting and may soon be gone. A com

The Grand Canyon, Arizona

Why might it disappear? There are more requests each year to mine near th

The Pyramids of Giza

Unrestricted development around the area, and the way in which the city of

UNIT 5
GOD MADE THE COUNTRY AND MAN MADE THE TOWN

Laboratory Work 9
'Trip around the City'

Pre-listening

Task 1.

a) Explain the meaning of words and word combinations in English.

- attraction
- formal gardens
- a superb residence
- a wide range of refreshments
- video games arcade
- a hop-on-hop-off service
- to be valid

b) Translate and memorize the aforementioned words and word combinations.

c) Make up sentences with words and word combinations:

- 3 affirmative sentences using Present Continuous Tense Form;

- 2 interrogative sentences using Present Perfect Tense Form;

- 2 negative sentences using Past Simple Tense Form.

Task 2. Discuss the following questions.

1. What attractions would you suggest to foreign tourists in Uman? Explain your choice.
2. What city and tour would you choose if you had a chance to spend two days off in any corner of the world?
3. Do you like city/town tours?
4. Choose three cities or towns of Ukraine to visit. Explain your choice.

Task 2. Complete using the correct form of the words in bold type.

INSPECT, TEACH, DECIDE, PEACE, FREE, FRIEND, NOISE, MARRY, MISERY, FREQUENT.

Missing the hustle and bustle

My father was a police (1) _____ and my mother was a primary school (2) _____. They had both grown up in the city and lived their entire lives. Their (3) _____ to move to a small town when I was a child changed my life. It was a very (4) _____ place and of course living there meant that I had much more (5) _____ to go wherever I pleased. The people all knew each other and were (6) _____ but I missed my close friends, my school and the (7) _____ city I had lived in.

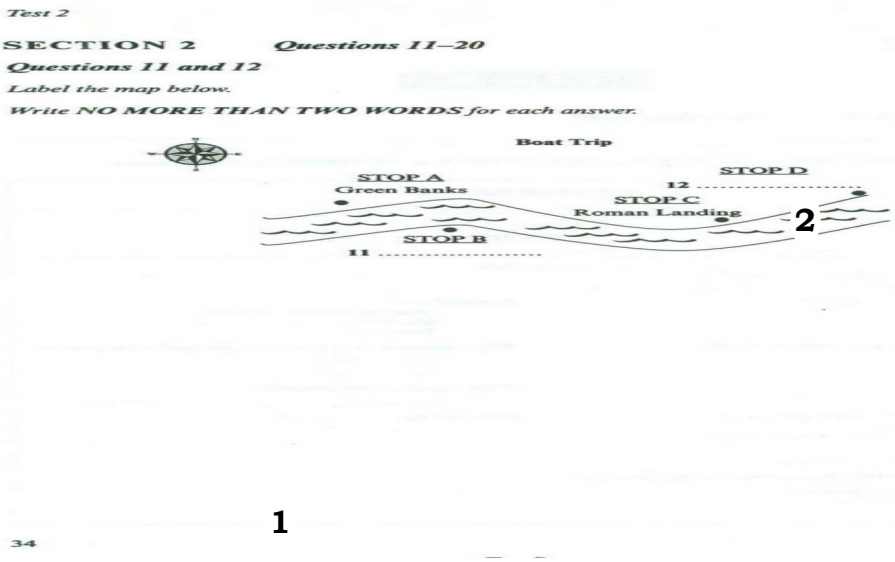
As I grew up, I realized that there wasn't much for a young person to do there, except rush into (8) _____.

When I left, my parents were sad, but they realised that staying there would only make me (9) _____.

The big city I live in now is not very far away, so I can visit my parents (10) _____ and have the best of both worlds.

Listening

Task 3. Label the map below. Write <u>NO MORE THAN TWO WORDS</u> for each answer.



Task 4. Complete the table below. Write <u>NO MORE THAN TWO WORDS AND/OR A NUMBER</u> for each answer.

	Attraction	**Further Information**
STOP A: Main booking office: First boat: 8 a.m. Last boat: **1** _____ _ p.m.	Palace	- has lovely **2** _____

STOP B:	[3] _____	- has good [4] _____ of city centre
STOP C:	Museum	- bookshop specializing in the [5] _____ of the local area
STOP D:	Entertainment Complex	- [6] _____ cinema - bowling alley - video games arcade

Post-listening

Task 5. Discuss the following questions.

1. Where is the main booking office?
2. How old is the castle with formal gardens?
3. What destination provides a wide range of refreshments?
4. Why is the third place called Roman Landing?
5. How often do the Top Bus Company tours run?
6. Where can you catch a Number One Sightseeing Tour from?

Task 6. You are asked to advertise Cherkasy oblast at a tourist information meeting. Describe three chosen places of the region. Try to create the atmosphere by describing particular details of the places.

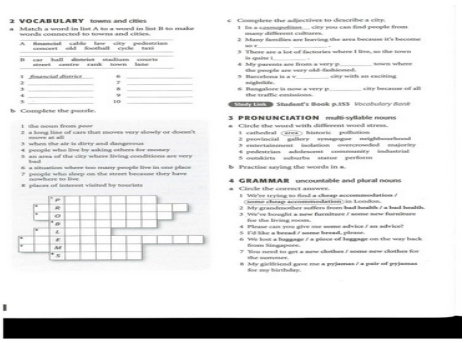
Laboratory Work 10
"Bright light, big city"

Pre-listening

Task 1. Circle the correct form.

1. They can't have *long hair / a long hair*.
2. It's best not to take *too much luggage / too many luggages*.
3. There is often *terrible traffic / a terrible traffic* in Los Angeles.
4. A good guidebook will give you *advice / advices* about what to see.
5. We usually have some *bad weather / a bad weather* in April.
6. Walking round cities in the summer can be *hard work / a hard work*.

Task 2. Complete the puzzle.



1. the noun from *poor*
2. a long line of cars that moves very slowly or doesn't move at all
3. when the air is dirty and dangerous
4. people who live by asking others for money
5. an area of the city where living conditions are very bad
6. a situation where too many people live in one place
7. people who sleep on the street because they have nowhere to live
8. places of interest visited by tourists

Task 3.

a) Study the following expressions. Explain the meaning. Translate them into Ukrainian.

- to feel humble about smth.

- the classic view
- spectacular views
- an all-night bagel shop
- at dawn
- a scorching hot day

b) Make up sentences using the aforementioned expressions:

- two negative sentences using Present Perfect Tense Form;

- two affirmative sentences using Present Continuous Tense Form;

- two interrogative sentences using Present Simple Tense Form.

Listening

Task 4. Listen and match the questions with the photos.

1 What advice would you give to someone visiting London for the first time?

2. What's the one thing you would say someone visiting London should do or see?

3. What's the best place to have your photo taken?

4. What's your favourite landmark?

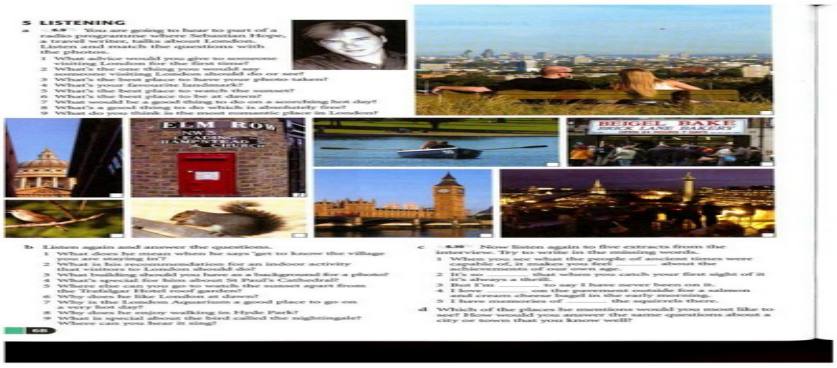
5. What's the best place to watch the sunset?

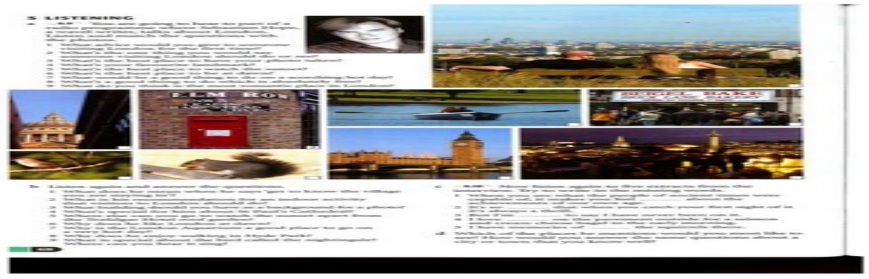
6. What's the best place to be at dawn?

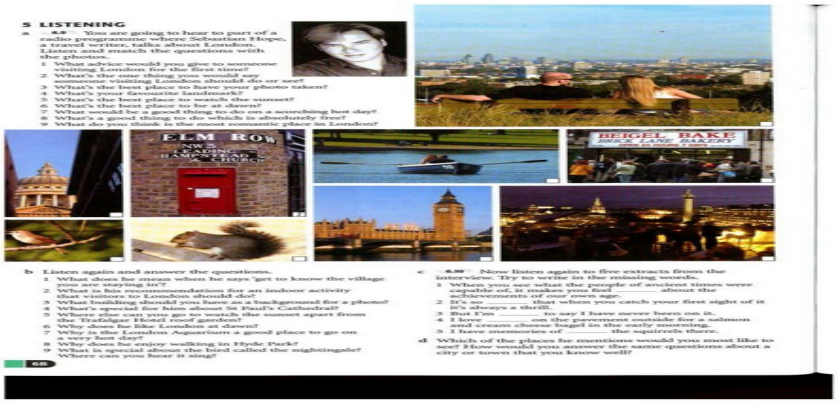
7. What would be a good thing to do on a scorching hot day?

8 What's a good thing to do which is absolutely free?

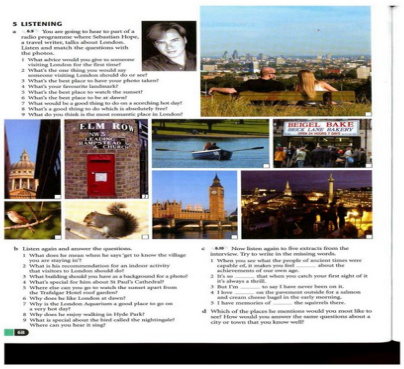
9. What do you think is the most romantic place in London?











Task 5. Write in the missing words.

1. When you see what the people of ancient times were capable of, it makes you feel _____ about the achievements of our own age.

2. It's so _____ that when you catch your first sight of it it's always a thrill.

3. But I'm _____ to say I have never been on it.

4. I love _____ on the pavement outside for a salmon and cream cheese bagel in the early morning.

5. I have memories of _____ the squirrels there.

Post-listening

Task 6. Discuss the following questions.

1. What does the speaker mean when he says 'get to know the village you are staying in'?

2. What is his recommendation for an indoor activity that visitors to London should do?

3. What building should have as a background for a photo?

4. What's special for the speaker about St Paul's Cathedral?

5. Where else can you go to watch the sunset apart from the Trafalgar Hotel roof garden?

6. Why does the speaker like London at dawn?

7. Why is the London Aquarium a good place to go on a very hot day?

8. Why does he enjoy walking in Hyde Park?

9. What is special about the bird called the nightingale? Where can you hear it sing?

Task 7. Read the questions in 'Help me, I'm a tourist!' and decide how would you answer them about your town if you were asked by a tourist. Make up a dialogue sharing your information.

'HELP ME, I'M A TOURIST!'
1. Safety Is crime a problem in the city? What should I be careful of? Are there any areas of the city I should avoid… a) During the day? b) At night? Can I trust the police if I have a problem?
2. Getting around What's the best way to get around the city? Is it OK to take taxi? Are there many taxi ranks? Can I hire a bicycle? Is it a good city for cycling? Are there any landmarks that will help me to know where I am?
3. Local customs Are there any dress rules if you go into a place of worship? Are there any topics of conversation I should avoid if I talk to local people? How much should I tip …? a) Waiters b) Taxi drivers
4. Shopping What would be a good souvenir to take back with me? What's the best market to visit? Is there anywhere I should haggle?
5. Food and drink Is the local tap water drinkable? Is there any food or drink I must try? Is there any food or drink I should avoid or be careful with?

UNIT 6
CROSSING BORDERS

Laboratory Work 11

"National Stereotypes: Truth or Myth?"

If you speak three languages, you are trilingual. If you speak two, you are bilingual. If you speak one, you are English.
German joke

Pre-listening

Task 1. Say if you agree or disagree with the sentences below.

1. The British are usually less friendly than the Americans.
2. The Italians dress better than any other nationality.
3. The rich are always meaner than the poor.
5. The elderly are best looked after in residential homes.
6. The unemployed should not receive state benefits.
7. Small towns are better places to live than big ones.
8. It's better to buy expensive clothes if you can afford to, because they last longer than cheap ones.

Task 2. Explain the meaning of the following traits of character.

Melancholic, nostalgic, open-minded, insular, self-satisfied, arrogant, keen travelers.

Listening

Task 3. Listen to four people talking about the typical characteristics of people from their country (England, Ireland, Scotland, and the USA). Match the speakers 1-4 with their nationality. Use their accent and what they say about people from their country to help you.

English	Scottish
Irish	American

Task 4. Find two extracts from each speaker. Write in the missing words. What do you think they mean?

1. a) We think that if we work hard we can _____ anything.

b) I think I have _____ the typical optimism and drive.

2. a) Historically there has always been a lot of _____ .

b) It's probably because of our _____ and our history.

3. a) It's difficult to generalize about us as a people, especially as our big cities now have such a _____ population.

b) Just think of our inability, or our _____, to learn foreign languages!

4. a) There is also a negative _____ towards our neighbor.

b) I feel that we tend to focus too much on the _____ done to us in the distant past.

Task 5. Write down at least one negative and two positive characteristics about each nationality. Does each person think they are typical or not? Why (not)?

Post-listening

Task 6. Make up five questions of different types to the extracts. Ask your fellow-student to answer them.

Task 7. In many parts of the world there is a joke which is based on national stereotypes. Complete 'Heaven' with five different nationalities. Then do the same for 'Hell'.

HEAVEN

‘Heaven is where the police are _____, the cooks are _____, the mechanics are _____, the lovers are _____, and everything is organized by the _____.’

HELL

‘Heaven is where the police are _____, the cooks are _____, the mechanics are _____, the lovers are _____, and everything is organized by the _____.’

Task 8. Discuss the questions.

1. What do you think are the strength of your nationality?
2. What are the weaknesses?
3. In what way would you say *you* are typical?

Laboratory Work 12
“Indian celebration”

Pre-listening

Task 1. Discuss the following issues.

1. Have you ever been abroad? Where?
2. Which countries would you like to visit? Why?

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Make up sentences with words and expressions:

- 3 affirmative sentences using Future Continuous Tense Forms;

- 3 negative sentences using Past Simple Tense Forms;

- 3 interrogative sentences using Present Perfect-Continuous Tense Form.

- to waken all the senses
- to burst with
- leisurely Indian breakfast
- crispy pancakes
- chick pea flour
- gilled with
- cottage cheese
- sensation
- commitment
- nonviolence
- a vehicle
- an eco-friendly fashion designer
- spinning wheel movement
- to live in perfect harmony
- grand square platform
- black marble
- to keep alight
- to pay tribute to
- garlands of flowers

Listening

Task 3. Listen and answer the questions 1-5. Choose A, B or C. Prove your idea.

1. Today is a special day in India because

A. it's India's flower day.
B. it's India's independence day.
C. they celebrate Gandhi's birthday.

2. The weather is

A. warm and sunny.
B. warm and cloudy.
C. too hot.

3. On the backs of some vehicles in Delhi there are

A. pictures of spinning wheels.
B. flowers and birds.
C. amusing messages.

4. The guide read from Gandhi's collected works

A. on the bus.
B. outside the memorial walls.
C. at Gandhi's memorial, Raj Ghat.

5. The visitors to the memorial took off their shoes

A. inside the walls of the memorial.
B. outside the walls of the memorial.
C. next to the marble platform.

6. At the memorial, people left
A. flags with doves.
B. flags with peace signs.
C. flowers.

Task 4. Complete the sentences.

1. It was a completely _____ from what I usually eat for breakfast.
2. Mahatma Gandhi has inspired people over many generations with his _____ to nonviolence and who led India's independence movement in _____.
3. On the way there, the guide on the bus read out _____.
4. The memorial to Gandhi is a simple, yet grand square platform of _____ decorated in bright orange flowers and with a _____ that is always kept _____.
5. There were people of all ages there, all inspired by Gandhi's _____ and _____ to freedom and nonviolence.

Post-listening

Task 5. Discuss the following questions.

1. Which city was the Indian celebration held in?
2. When was the celebration held and what was the reason for it? Is it a day off in the country?
3. When did the breakfast for tourists start?
4. Who were among passengers on the bus? How many people were there?

5. Describe the transport in the city during its celebration.

6. What was the weather like?

7. What did the visitors start the trip with?

8. What is the number of the volume where a well-known quote can be found?

9. What does the Raj Ghat, a memorial to Gandhi, look like?

10. What was the next destination?

Task 6. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 7. Find additional information about popular celebrations all over the world. Which one would you like to visit and why. Share this information with your fellow students. (10-15 sentences).

UNIT 7
OUT AND ABOUT

Laboratory Work 13
"Buying a new car"

Pre-listening

Task 1. Study the following words and phrases.

- to have got smth in mind
- to make up someone's mind
- a manual / automatic gear change
- to assume smth
- the cash price
- to take smth as part exchange
- to get hold of someone

Task 2. Explain the meaning of the collocations in English.

- Rough mileage
- A make of car
- To go for smth.
- To presume smth.

Task 3. Discuss the following questions.

1. Can you drive a car?
   If "yes" – who taught you?
   If "no" – would you like to start driving?
2. What are merits and demerits of driving a car?
3. Can a car be considered the most comfortable means of transportation? Why?

Listening

Task 4. Complete the form below. Write NO MORE THAN THREE WORDS AND / OR A NUMBER for each answer.

MINTONS CAR MART
Customer Enquiry

Make: [1] _____
Engine size: [2] _____
Model: Max

Type of gears:	[3] _____
Preferred colour:	[4] _____blue
FINANCE	
Customer wishes to arrange:	[5] _____
Part exchange?	Yes
PERSONAL DETAILS	
Name:	Wendy [6] _____
Title:	[7] _____
Address:	20, Green Banks
	[8] _____
	Hampshire
Postcode:	GU89EW
Contact number:	[9] (for _____only)
	0798257643
CURRENT CAR	
Make:	Conti
Model:	Name: [10] _____
	Year: 1994
Mileage:	maximum 70,000
Colour:	metallic grey
Condition:	[11] _____

Post-listening

Task 5. Comment on the popular cars sayings and quotes. Do you agree or disagree with them?

1. “A car is like a mother-in-law – if you let it, it will rule your life.”

Jaime Lerner

2. “There's no way we could take cars off the planet and not have our society fall apart. So they're a necessary evil, in that sense.”

Lindsay Wagner

3. “The car has become the carapace, the protective and aggressive shell, of urban and suburban man.”

Marshall McLuhan

Task 6. Imagine Elon Reeve Musk asked you to help him create the newest make of future vehicle. Describe this means of transport taking into account all its benefits and conveniences. The picture of your masterpiece is appreciated.

Laboratory Work 14
“*Arguments For and Against Urban Migration*”

Pre-Listening

Task 1. Study the following words and phrases.

- to account for 3% of land areas
- to consume smth
- recycling
- downsides
- to increase / to decrease
- to outnumber smth
- to reverse
- to endeavour to do smth
- to pursue smth
- to decline

Task 2. Explain the meaning of the words in English:

- Migration
- Immigration
- Exodus

Task 3. Discuss the following questions.

1. Are you for or against urban migration? Why?

2. Why do people usually decide to move into the other area for living? What are the reasons?

Listening

Task 4. Complete the notes below. Write <u>ONE WORD ONLY</u> for each answer.

<u>ARGUMENTS FOR AND AGAINST URBAN MIGRATION</u>

Cities now:

● account for 3% of the planet's land areas

● consume more [1] _____ than the countryside

Advantages for moving into the city:

● good for some [2] _____ to recover

● poor [3] _____ in the countryside

● clean energy: recycling of methane gas produced from [4] _____

For women:

● more likely to have late marriages

● better chance of getting a [5] _____ at work

Downsides of moving into the city:

● possible to lose [6] _____ because it is difficult to maintain previous lifestyle

● higher rates of [7] _____ in the city that in the country

● poor quality of [8] _____ in the city

Economic factors:

● Increased [9] _____ in population results in increase in energy consumption.

● People find the heavy [10] _____ stressful.

Task 5. Find the English equivalents in the text.

1. Хоча масова втеча сільського населення й засуджується, суспільство в цілому знаходить і переваги такої міграції.

2. Метушня міського життя надає жінкам можливості вивчати нові професії та робити власну кар'єру.

3. Емігранти переселяються у бідні, занепалі квартали, тому що саме це вони лише і можуть собі дозволити.

Post-listening

Task 6. Discuss the following questions.

1. Why do cities have larger amount of carbon consumption than rural areas?

2. What are the benefits of urban migration?

3. What is the main purpose of new power plants built in cities?

4. What has influenced women's marital status in cities?

5. Is there any difference between urban and rural wages?

6. Where are crime rates higher? Why?

Task 7. Comment on the following quotes. Do you agree with these sayings?

1. "I live not in myself, but I become Portion of that around me; and to me High mountains are a feeling, but the hum Of human cities torture."

Lord Byron

2. "The city, no matter how small, is corrupt and unrepentant, while the sun shines brighter in the country, making people more wholesome."

Lori Lansens

3. “The country is lyric, the town dramatic. When mingled, they make the most perfect musical drama.”

Henry Wadsworth Longfellow

4. “I lived in solitude in the country and noticed how the monotony of a quiet life stimulates the creative mind.”

Albert Einstein

Task 8. Imagine you were asked to make a report at the International meeting on urban problems newcomers face. Think of some tips dwellers can use to improve their city life.

UNIT 8
ON THE MOVE

Laboratory Work 15
“Walking Holiday for Education Aid”

Pre-listening

Task 1. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 7 word-combinations and make up sentences with them:

- 3 affirmative sentences using Past Simple Tense Forms;

- 2 negative sentences using Present Perfect Tense Forms;

- 2 interrogative sentences using Future Perfect Continuous Tense Form

- charity
- a brief overview
- to entail
- the disabled
- to run a holiday
- to establish limits

- to donate money to
- to trek
- to raise sponsorship money
- individual special needs
- to obtain a health certificate
- be daunted
- bedding
- to minimize disruption

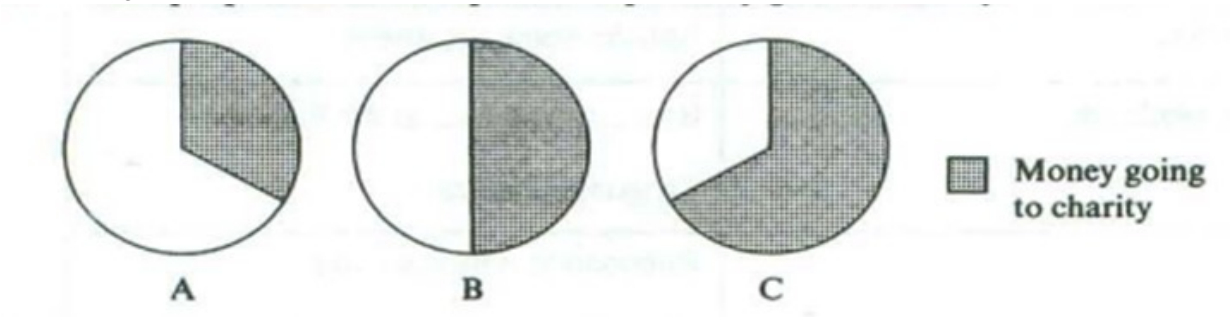
Listening

Task 2. Listen and answer the questions. Choose A, B or C. Prove your idea.

1. On the holiday, you will be walking for

A. *6 days.*
B. *8 days.*
C. *10 days.*

2. What proportion of the sponsorship money goes to charity?



3. Each walker's sponsorship money goes to one

A. *student.*
B. *teacher.*
C. *school.*

4. When you start the trek you must be

A. *interested in getting fit.*
B. *already quite fit.*
C. *already very fit.*

5. As you walk you will carry

A. *all of your belongings.*
B. *some of your belongings.*
C. *none of your belongings.*

6. The Semira Region has a long tradition of

A. *making carpets.*

B. weaving blankets.
C. carving wood.

Task 3. Complete the form below. Write ONE WORD ONLY for each answer.

ITINERARY

DAY 1	*arrive in Kishba*
DAY 2	*rest day*
DAY 3	*spend all day in a _____*
DAY 4	*visit a school*
DAY 5	*rest day*
DAY 6	*see a _____ with old carvings*
DAY 7	*rest day*
DAY 8	*swim in a _____*
DAY 9	*visit a _____*
DAY 10	*depart from Kishba*

Post-listening

Task 4. Discuss the following questions.

1. What is meant by 'sponsored' walking holiday?
2. What are the exact days of a holiday?
3. Where will walker's sponsorship money go?
4. What are the age limits?
5. Where will the walkers stay for a night?
6. What has the area been famous for?

Task 5. Make up 5 types of questions to the dialogue. Ask your fellow-students to answer them.

Task 6. Imagine that you are to organize a walking holiday. Think of the age and other requirements to

participants. Describe your itinerary. Speak on the activities which can be offered. Make up a similar dialogue to the one which you have listened to.

Laboratory Work 16
"Catching up after a trip"

Pre-listening

Task 1. Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	*Definition*
1. ..... fabulous	***a.*** shocking and very bad
2. ..... appalling	**b.** very unsuccessful; said of a situation where everything goes badly wrong
3. ..... noticeable	**c.** similar
4. ..... spacious	**d.** extremely good
5. ..... comparable	**e.** with a lot of space
6. ..... disastrous	**f.** giving a beautiful view of nature
7. ..... unspoiled	**g.** easy to hear, see or feel
8. ..... scenic	**h.** somewhere that has not been changed in a way that makes it less beautiful

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 7 word-combinations and make up sentences with them:

- 3 affirmative sentences using Present Simple Tense Forms;

- 2 negative sentences using Future Perfect Tense Forms;

- 2 interrogative sentences using Past Continuous Tense Form

- to catch up
- to spend a fortune on smth.
- to turn out
- a vibrant city
- to pinch oneself to prove smb. isn't dreaming
- to be dying to see
- to be jet lagged
- to keep doing smth.

Listening

Task 3. Write a number (1–8) to put the conversation topics in the order they are mentioned.

_____The description of a holiday flat in Toronto
_____Rental flats in general
_____A rental in Barcelona
_____Long-distance phone calls
_____The weather in winter
_____Toronto neighbourhoods
_____The underground city
_____A house in the countryside

Task 4. Circle the best answer. Prove your idea.

1. If Dave was abroad and saw a phone call from someone at home, he …

A. wouldn't answer it.
B. would be worried something had happened.
C. would think it was a work call.

2. When he first arrived in Toronto, Dave was a bit worried about …

A. contacting his uncle.

B. his accommodation.

C. being mugged.

3. Jean's friend had a problem in her holiday flat, because …

A. it didn't look like what was advertised.

B. the air conditioning didn't work.

C. the neighbours were really noisy.

4. Dave's apartment was …

A. small but modern, with spectacular views.

B. comfortable and with a roof garden with spectacular views.

C. big, light and with spectacular views.

5. He particularly enjoyed the …

A. green spaces.

B. shopping.

C. meeting of different cultures.

6. Dave thought the PATH was particularly good …

A. as a shortcut when walking around the city.

B. for tasting many different types of food all in one place.

C. for keeping warm.

7. The temperature …

A. can feel much lower because of the humidity.

B. can feel much lower because of the wind.

C. was unusually low for that time of year.

8. Dave's uncle lives …

A. in the suburbs of the city.

B. in an area that was more beautiful before it was affected by development work.

C. in a small house next to a lake.

Post-listening

Task 5. Discuss the following questions.

1. What was Dave really worried about at first?

2. What experience and where did Jean's friend have?
3. What impressed Dave in the city?
4. What is the 'wind-chill' factor?
5. What do they call the PATH?
6. What was the last place you travelled to? Would you recommend it to a friend?

Task 6. Make up 5 types of questions to the dialogue. Ask your fellow-students to answer them.

Task 7. Imagine that you have just returned from the place, which you have always wanted to visit. Share your impressions about it. Make up a similar dialogue to the one which you have listened to.

UNIT 9
DESTINATION: HOLIDAY

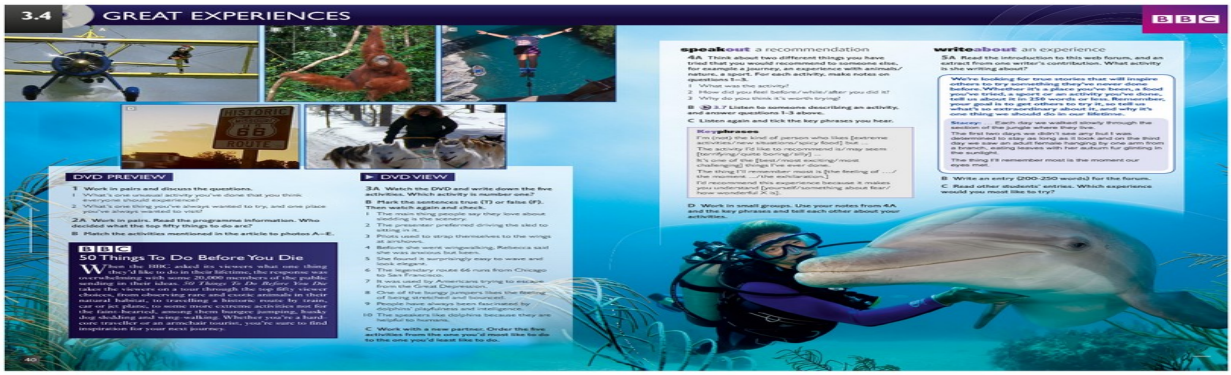
Laboratory Work 17
"The Snow Centre"

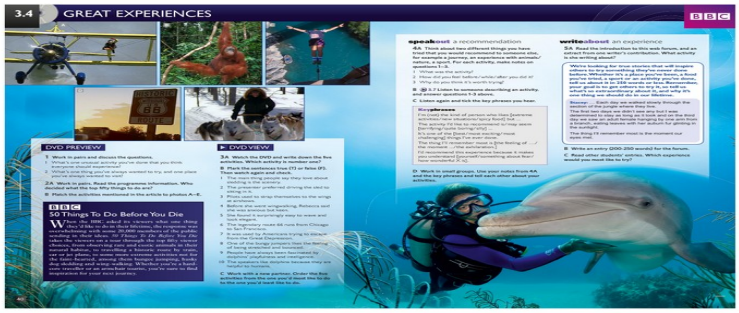
Pre-listening

Task 1. Discuss the questions.

1. What's one unusual activity you've done that you think everyone should experience?
2. What's one thing you've always wanted to try, and one place you've always wanted to visit?

Task 2. Read the programme information. Who decided what the top fifty things to do are? Match the activities mentioned in the article to photos A-E.





50 Things To Do Before You Die

When the BBC asked its viewers what one thing they'd like to do in their lifetime, the response was overwhelming with some 20,000 members of the public sending in their ideas. *50 Things To Do Before You Die* takes the viewers on a tour through the top fifty viewer choices, from observing rare and exotic animals in their natural habitat, to travelling a historic route by train, car or jet plane, to some more extreme activities not for the faint-hearted, among them bungee jumping, husky dog sledding and wing-walking. Whether you're a hard-core traveler or an armchair tourist, you are sure to find inspiration for your next journey.

Task 3. Explain the meaning of the following expressions. Translate into Ukrainian.

- a team relay event
- a lap of the course

- to spend the night in the hut
- an emergency locator beacon
- tricky sections of the trail
- an exposed part of the trail

Listening

Task 4. Choose the correct letter A, B, or C.

The Snow Centre

1. Annie recommends that when cross-country skiing, the visitors should

A. get away from the regular trails.
B. stop to enjoy views of the scenery
C. go at a slow speed at the beginning

2. What does Annie tell the group about this afternoon's dog-sled trip?

A. Those who want to can take part in a race.
B. Anyone has the chance to drive a team of dogs.
C. One group member will be chosen to lead the trail.

3. What does Annie say about the team relay event?

A. All participants receive a medal.
B. The course is 4 km long.
C. Each team is led by a teacher.

4. On the snow-shoe trip, the visitors will

A. visit an old gold mine.
B. learn about unusual flowers.
C. climb to the top of a mountain.

5. The cost of accommodation in the mountain hut includes

A. a supply of drinking water.
B. transport of visitors' luggage.
C. cooked meals.

6. If there is a storm while the visitors are in the hut, they should

A. contact the bus driver.
B. wait until the weather improves.
C. use the emergency locator beacon.

Task 5. What information does Annie give about skiing on each of the following mountain trails? Choose FOUR answers from the box and write the correct letter, A-F, next to questions 1-4.

Information
A It has a good place to stop and rest.
B It is suitable for all abilities
C It involves crossing a river.
D It demands a lot of skill.
E It may be closed in bad weather.
F It has some very narrow sections.

Mountain Trails

1. Highland Trail _____
2. Pine Trail _____
3. Stone Trail _____
4. Loser's Trail _____

Post-listening

Task 6. Discuss the following questions.

1. How long are the tourists going to stay in the ski centre?

2. Why does Annie consider skiing to be a great aerobic exercise?

3. How many participants are in the team relay event?

4. What is recommended to take for washing and eating?

5. When can you use the emergency locator beacon in the hut?

Task 7. Work in pairs and role-play the situation.

Student A: You are a tourist. You want to go on a tour in the Australian Outback. Ask the Tourist Information for advice, e.g. Are there any animals to be careful of? What special clothes / equipment do you need?

Student B: Give some advice, using the prompts:

Whatever do / don't approach dingoes – they can bite.

Remember / throw away any leftover food…

Watch out / snakes – some are poisonous. If see one / move slowly away…

Flies – if I were you / buy fly net to fix onto your hat …

Not forget / wear …

Don't wear …

Laboratory Work 18
"Hotels and Tourism industry"

Pre-listening

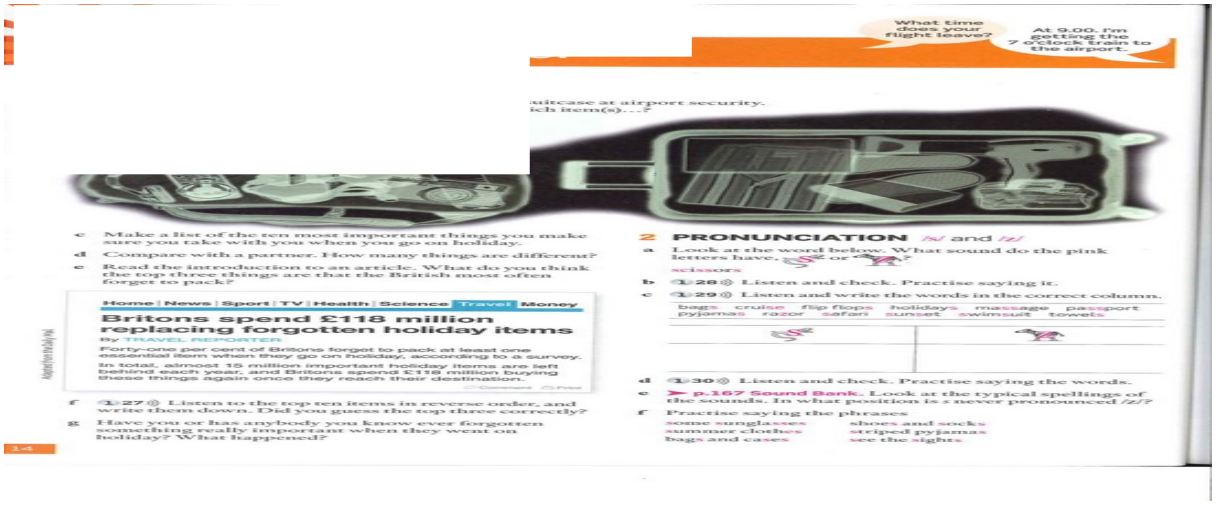
Task 1.

a) Look at the X-ray pictures of a backpack and a suitcase at airport security. Can you identify the 12 items inside them? Which item(s)…?

1. do you have to take out of your bag when you go through security

2. are you not allowed to take through security

b) Make a list of the ten most important things you make sure take with you when you travel.



Task 2.

a) Study the following expressions. Explain their meaning in English, translate into Ukrainian.

- to be disoriented from jet lag
- to carry out a research
- opulent hotels
- to be a part of chains
- chic boutique hotels
- plush hotels
- a fascinating revelation
- at no additional cost
- to be free of responsibilities
- to indulge oneself

b) Write a hundred-word crammed story using the following expressions. It must be one hundred words exactly (not including the title) and you must include at least two adverbs. Contracted forms (e.g. I'd) count as one word.

Listening

Task 3. Choose the correct letter, A, B, C. Prove your idea.

1. According to the speaker, how might a guest feel when staying in a luxury hotel?

A. *impressed with the facilities*
B. *depressed by the experience*
C. *concerned at the high costs*

2. According to recent research, luxury hotels overlook the need to

A. *provide for the demands of important guests.*
B. *create a comfortable environment.*
C. *offer an individual and personal welcome.*

3. The company focused their research on

A. *a wide variety of hotels.*
B. *large, luxury hotel chains.*
C. *exotic holiday hotels.*

4. What is the impact of the outside environment on a hotel guest?

A. *It has a considerable effect.*
B. *It has a very limited effect.*
C. *It has no effect whatsoever.*

Task 4. Compete the notes below. Write ONE WORD ONLY for each answer.

A company providing luxury serviced apartments aims to:

- cater specifically for [1] _____ travelers
- provide a stylish [2] _____ for guests to use
- set a trend throughout the [3] _____ which becomes permanent

Traditional holiday hotels attract people by:

- offering the chance to [4] _____ their ordinary routine life

- making sure that they are cared for in all respects – like a [5] _____
- leaving small treats in their rooms – e.g. cosmetics or [6] _____

Post-listening

Task 6. Discuss the following questions.

1. What situation did the speaker propose to imagine at the very beginning of the lecture?
2. What are the basic needs of hotels customers?
3. What types of hotels were investigated to find the influence of the external environment on guest's well-being?
4. What are the ways of attracting people to hotels?
5. What types of hotels have you ever stayed in? Describe your experience.

Task 7. You are going to tell an anecdote. The story can either be true or invented. If it's invented, you must try to tell it in such a convincing way that you fellow-students think it is true. You may choose one of the topics below.

Talk about a time when …

- Had a frightening experience when you were travelling or on holiday.
- Got ill or had an accident while travelling.
- Arrived home from a trip and had a bad surprise.

UNIT 10
HEALTH IS THE GREATEST WEALTH

Laboratory Work 19
'First Aid'

Pre-listening

Task 1. Discuss the following issues.

1. What is first aid? What is its purpose?
2. Are you aware of how to administer first aid?

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 7 word-combinations and make up sentences with them:

- 3 affirmative sentences using Future Perfect-Continuous Tense Forms;

- 2 negative sentences using Past Perfect Tense Forms;

- 2 interrogative sentences using Present Continuous Tense Form.

- to administer first aid
- to relieve the pain and anxiety
- to get more specific
- heavy bleeding
- to apply pressure to the wound
- to hold a sterile dressing

- to burst blisters
- to apply cream on the skin

Listening

Task 3. Listen and answer the questions 1-6. Choose A, B or C. Prove your idea.

1. What is true of Dr. Robert Moore?

A. This is his first guest appearance on the radio programme.

B. He regularly gives advice on the radio programme.

C. He previously gave advice on what to do after an accident.

2. What is the purpose of first aid?

A. to take care of the patient yourself

B. to avoid calling a doctor

C. to make sure the victim is safe until help arrives

3. What procedure is recommended to stop bleeding?

A. washing the wound carefully with some water

B. changing the bandage often if bleeding continues

C. raising the bleeding part and bandaging it

4. Second-degree burns are characterised by

A. the red colour of the skin.

B. severe damaging of the skin.

C. blistering of the skin.

5. Cold water can be used to treat

A. first and second-degree burns.

B. third-degree burns.

C. second and third-degree burns.

6. How could you relieve the pain caused by sunburn?

A. by applying yoghurt

B. by applying any type of oil

C. by wearing a T-shirt or a hat

Task 4. Complete the sentences.

1. You can stop bleeding by _____.
2. If possible, hold a _____ or _____ firmly in place on the bare wounds by means of_____.
3. In the case of second-degree burns, _____.
4. If you have to deal with _____, put _____without _____.
5. Remember _____while recovering.

Post-listening

Task 5. Discuss the following questions.

1. What time did the programme start at?
2. What should you remember first when administering first aid?
3. What is the most important thing to do in emergency?
4. What should you do if you have to deal with heavy bleeding?
5. Why isn't it recommended to remove or change bandages?
6. What should you do if you have to deal with heavy burns?
7. What is Dr. Moore's advice about sunburns?
8. Should students be taught first aid? Why? / Why not?

Task 6. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 7. Choose one of the cases below and speak on the first aid you can administer in this case. (Find additional information).

- *Nosebleeds*
- *Bleeds*
- Cuts and Scrapes
- Splinters
- Animal Bites and Insect Stings
- Burns
- Sunburns
- Sprains and Strains
- Poisoning

Laboratory Work 20
'Health System in England'

Pre-listening

Task 1. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 7 word-combinations and make up sentences with them:

- 3 affirmative sentences using Past Continuous Tense Forms;

- 2 negative sentences using Future Perfect Tense Forms;

- 2 interrogative sentences using Present Simple Tense Form.

- settle in
- to bother
- to get hold of a doctor
- to call somebody out
- a general practitioner
- to register with a doctor
- to be on a doctor's list
- to come out
- practice
- a proper appointment system
- to ask for a home visit

Listening

Task 2. Complete the table below. Write NO MORE THAN THREE WORDS OR A NUMBER for each answer.

Name of Health Centre	***Number of doctors***	***Other information***	***Information about doctors***
Dean End		*Appointment system* _____ *than South Hay*	*Dr Jones is good with* _____ *patients.* *Dr Shaw is good with small children.*
South Hay		*Building less modern than Dean End*	*Dr Williams helps people with* _____

Task 3. Write NO MORE THAN TWO WORDS OR A NUMBER.

1. Doctors start seeing patients at the Health Centre from_____o'clock.
2. The charge for one item of medication is about £_____.
3. Their only problem is that they don't have a proper _____.
4. They say he's very good with _____ people, but he does tend to get a bit _____ with children.
5. He holds special clinics for people with _____.

Task 4. Choose TWO letters A-E.

Which TWO groups of patients receive free medication?

A people over 17 years old
B unemployed people
C non-UK residents
D people over 60 years old
E pregnant women

Post-listening

Task 5. Discuss the following questions.

1. Who is Mrs Sutton worried about?
2. What is the name for a group of family doctors working in the same building together?
3. Which centre does Mrs Smith registered at?
4. What doctor did Mrs Smith recommend to register with and why?
5. What should you do if you want a doctor to visit you at home?
6. When do they hold surgeries?
7. What group of people can be consulted by a doctor without any pay in the other centre?
8. What kind of help did Mrs Smith offer?

Task 6. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 7. Compare Health System of Great Britain and Ukraine. Use the text you have listened to.

UNIT 11
MEDICINES CURE DISEASES, DOCTORS CURE PATIENTS

Laboratory Work 21
"Register With a Doctor"

Pre-Listening

Task 1. Study the following words and phrases. Memorize them:

- to register with a doctor
- to operate on a paying basis
- nutritional therapy service
- homeopathy
- to pay for insurance medicals

Task 2. Discuss the following questions:

1. Have you ever missed something important or nice because of illness or an accident? What happened?
2. Do you know anyone who suffers from the following problems: asthma, malaria, HIV, migraines, sneezing, upset stomach, diabetes, insomnia, rashes, and stress? How does it affect their life?

Listening

Task 3. Complete the table below. Write ONE WORD ONLY for each answer.

Health centre		
Name of centre	*Doctor's name*	*Advantage*
The Harvey Clinic	Dr [1]_____	Especially good with [2]_____
The [3]_____ Health Practice	Dr Fuller	Offers [4]_____ appointments

The Shore Lane Health Centre	Dr [5]_____	

Task 4. Choose TWO letters, A-E

Which **TWO** of the following are offered free of charge at Shore Lane Health Centre?

A accupuncture
B employment medicals
C sports injury therapy
D travel advice
E vaccinations

Task 5. Complete the table below. Write NO MORE THAN TWO WORDS \ OR NUMBER for each answer.

Talks for patients at Shore Lane Health Centre			
Subject of talk	*Date\Time*	*Location*	*Notes*
Giving up smoking	25th February at 7 pm	Room 4	Useful for people with asthma or [1]_____ problems
Healthy eating	1st March at 5 pm	The [2]_____ (Shore Lane)	Anyone welcome
Avoiding injuries during exercises	9th March at [3]_____	Room 6	For all [4]_____

Post-listening

Task 6. Discuss the following questions:

1. Why did a man refuse to register with the first doctor?

2. What services did the Shore Lane Centre operate on a paying basis?

3. What talks for patients did the Centre propose?

4. The man supposed to visit one of the talks, didn't he?

5. The man moved to the area with his wife and a child, didn't he?

Task 7. Choose the correct words. Explain the difference between the highlighted words.

1. I was grilling some meat and I caught my hand on the grill and **burned / bruised** it quite badly.

2. I was jogging and I **tripped over / slipped** a rock and hurt me knee really badly.

3. I was out riding and the horse got scared by a bang and I **fell off / fell down** the horse and broke my collar bone.

4. I was walking down the street and this dog suddenly attacked me and **bit / stung** me on the leg.

5. I was cycling and a bus drove across me. I **crashed into / fell into** the side and sprained my wrist.

6. I had some food at a street market and I think I got food **infection / poisoning** from there. It was awful!

7. I spent the whole day on the beach and ended up with terrible **suntan / sunburn**.

8. It was really hot on the underground and I felt dizzy and then just **fainted / disappeared.**

9. I broke my arm when I **tripped / slipped** on some ice.

10. This bee **stung / bit** me on the arm and my whole arm swelled up.

Task 8. Look at the pictures. Choose one and imagine you are the person in it. Decide how to describe what happened to you. Add as many extra details as you want to. Write your story.





Laboratory Work 22
"Beating stress"

Pre-listening

Task 1. Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	***Definition***
1. …… an expectation	***a.*** to manage something successfully

2. …… to be crowded into	**b**. food or other things needed to live and grow
3. …… to cope with	**c.** a promise to do something
4. …… nourishment	**d.** a belief about how things should be
5. …… to release	**e.** to solve a problem or difficulty
6. …… a commitment	**f**. a group of (informal)
7. …… a bunch of	**g**. to express a feeling you were not showing
8. …… to resolve	**h.** to completely fill a space

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Make up sentences with words and expressions:

- 3 affirmative sentences using Present Continuous Tense Forms;

- 3 negative sentences using Present Perfect Tense Forms;

- 3 interrogative sentences using Future Perfect-Continuous Tense Form.

- to beat stress
- to cope with the stress
- to resolve the disagreement
- to get nourishment
- a very small housing space
- to keep commitments
- to release some stress
- to reduce stress
- a bunch of
- to cut out an activity
- to make a very good difference
- to take action
- to apply tips to life

Listening

Task 3. Define if the statements are true or false. Prove your idea.

1. Emily thinks that change is a part of everyday life.

2. Emily recommends we avoid other people to reduce stress.

3. If we have too much to do, we should not do as many things in one day.

4. Emily suggests reducing exercise and eating better foods to reduce stress.

5. We should play the piano to relax.

6. Emily suggests trying to be perfect.

7. Emily recommends not sleeping too much at night.

8. Emily says that if you smile more, you will feel more positive about things.

Task 4. Complete the sentences with words from the box.

cope	*commitments*	*bunch*	*crowded*
resolve	*nourishment*	*expectations*	*release*

1. We can do many things to _____ with stress.

2. Some families live in _____ flats with little space.

3. It's important to try to _____ disagreements with people because then you can keep the _____ you have made.

4. Having a _____ of friends who can listen to you can help reduce stress.

5. Exercising and eating well will help your body get the _____ it needs.

6. It's also important to have realistic _____.

7. You can also _____ stress by not trying to be perfect.

Task 5. Complete the sentences what each letter of the word STRESS means. Dwell on it.

S -

_____

T -

_____

R -

_____

E -

_____

S -

_____

S -

_____

Post-listening

Task 6. Answer the questions.

1. What is the reason of stress in families in Hong Kong?
2. What is Emily's method of reducing stress?
3. What musical instrument does Emily play to reduce the stress?
4. How much should a person sleep?
5. What has an influence on the way you see things?
6. What do you personally do to beat stress?

Task 7. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 8. Imagine that you are invited to the international conference. Speak on kinds of stress that can a student have and give tips how to beat stress.

UNIT 12
ALL SPORTS FOR ALL PEOPLE

Laboratory Work 23
"Joining the gym"

Pre-listening

Task 1. Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	***Definition***
1. … registration	**a**. A new BUDGET airline has started flying to our city.
2. … amount of money	**b**. What is the daily RATE for renting a bicycle?
3. … give	**c**. There is a very small SIGN-UP fee.
4. … create	**d**. They ASSIGN each class a special room.
5. … come to	**e**. We can DESIGN a personalised programme for you.
6. … cheap	**f**. If you VISIT the shop, I can show you in person.

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 5 word-combinations and make up sentences with them:

- 3 affirmative sentence using Past Continuous Tense Forms;

- 2 negative sentences using Present Perfect-Continuous Tense Forms;

- 2 interrogative sentences using Present Simple Tense Form.

- personalised evaluation
- cancellation fees
- sign-up fees
- nutrition advice
- a free day pass
- to assign
- to design an exercise plan
- to cost extra
- to drop by and see for oneself

Listening

Task 3. Define if the statements are true or false. Prove your idea.

1. The man has only recently decided to join the gym.
2. The woman says the gym will make sure it has the lowest price in the city.
3. The woman says that other gyms charge people when they leave.
4. The gym used to be open for 24 hours but it was too busy.
5. The personal trainer will tell you what and what not to eat.
6. The personal trainer doesn't cost anything at all.
7. The man is not convinced at the end of the conversation.
8. The gym offers a sample visit.

Task 4. Fill in the gaps.

1. You've _____right, yes.
2. Sorry, what was that last _____ ?
3. That's useful _____ .
4. _____ sense.

5. Sure _____ do.
6. Let me _____ this _____.
7. OK, why _____ I do that.

Post-listening

Task 5. Discuss the following questions.

1. What is the name of the gym?
2. What experience and where did Jean's friend have?
3. What impressed Dave in the city?
4. What is the 'wind-chill' factor?
5. What do they call the PATH?
6. What was the last place you travelled to? Would you recommend it to a friend?

Task 6. Make up 5 types of questions to the dialogue. Ask your fellow-students to answer them.

Task 7. What do you look for in a gym? Would you take a personalised training? Make up a similar dialogue between a person who wants to join a gym and a receptionist.

Laboratory Work 24
"Sports interviews"

Pre-listening

Task 1. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Make up sentences with them:

- 3 affirmative sentences using Present Simple Tense Forms;

- 3 negative sentences using Past Perfect-Continuous Tense Forms;

- 3 interrogative sentences using Present Perfect Tense Form.

- seem a long way away to
- be towed
- a speedboat
- to launch into
- spins
- crossover
- to pull a trick
- a revival
- a "jammer"
- within reason
- bound
- to trip someone up
- to get penalised

Listening

Task 2. Do this exercise while you listen. Which sport? Put these sentences in the correct groups.

a. The sport began in the 1930s.
b. It's becoming really popular in the UK.
c. This sport involves doing tricks in the air.
d. There are more guys than girls doing it.
e. There are more girls than guys doing it.
f. It started in California.
g. When you compete, you score points for your team.
h. There are strong influences from other, similar sports.
i. A big event for this sport is held in Wales.
j. The clothes people wear for this sport have changed.

Wakeboarding	Roller derby

Task 3. Circle the best option to complete these sentences.

1. People are talking about these sports because they are

A. becoming more and more popular

B. they might be included in the 2020 Olympics

C. a lot of people are getting injured doing them.

2. In wakeboarding the rider is attached to

A. the board

B. another rider

C. a speedboat.

3. In wakeboarding 1260 degree spins are

A. impossible

B. difficult

C. surprisingly easy.

4. Wakestock festival in Wales

A. has a similar feel to California

B. is a good place to see the best riders

C. is really cool but not many people know about it.

5. Wakeboarding tricks

A. are unique to the sport

B. have different names to skateboarding and surfing moves

C. are often the same as skateboarding and surfing ones.

6. Roller derby

A. has had a revival in popularity in the last fifteen years

B. has always had a small group of dedicated fans

C. has continually grown in popularity since it started.

7. In roller derby you score points by

A. going past other players

B. arriving at a goal

C. making people fall over.

8. Roller derby teams are currently
   A. mostly non-professional
   B. mostly professional
   C. about half professional and half amateur.

Post-listening

Task 4. Discuss the following questions.

1. How did wakeboarding start?
2. How fast does the boat go?
3. Who does wakeboarding?
4. Where is a roller derby becoming popular?
5. Where did it start?
6. How is a roller derby played?
7. Who can play a roller derby?

Task 5. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 6. Make up a dialogue between an interviewer and a sportsman who does an unusual kind of sport.

UNIT 13
SWIFTER, HIGHER, STRONGERLABORATORY

Laboratory Work 25
"The Benefits Of Sport"

Pre-listening

Task 1. Match the words and expressions with the correct definition and write a–h next to the numbers 1–8.

1……. despite	**a**. to change subject (of a conversation etc.)
2……. come in handy	**b**. to be more important than something else
3……. to negotiate	**c**. be useful
4……. to motivate	**d**. difficult to do
5……. at the end of the day	**e**. regardless of
6……. to outweigh	**f**. to make someone want to do something in a positive way
7……. easier said than done	**g**. to discuss something in order to come to an agreement with another person
8……. to move on	**h**. in the end

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 7 word-combinations and make up sentences with them:

- 3 affirmative sentences using Past Simple Tense Forms;

- 2 negative sentences using Present Perfect Tense Forms;

- 2 interrogative sentences using Present Continuous Tense Form.

- to carry on
- on a regular basis
- to reduce high blood pressure
- to strengthen bones
- to release
- negotiation skills
- all-round benefits
- regardless of
- to let someone down
- to rely on
- fellow teammates

Listening

Task 3. Which benefits of doing sport are mentioned? Tick (✓) seven.

..... reduced risk of diabetes
..... lower blood pressure
..... improved muscle tone
..... stronger heart and lungs
..... stronger bones
..... increased feeling of calm and tranquillity
..... improved mood
..... improved concentration
..... increased motivation
..... makes people less competitive
..... improved communication and negotiation skills

Task 4. Define if the statements are true or false. Prove your idea.

1. The class have already talked about at least three of the physical effects sport has on the human body.
2. Doing sport can slow down the production of chemicals in the brain that make us feel good.
3. There are no real benefits associated with doing individual sport.
4. Swimmers or tennis players are responsible for their own achievements.
5. Being part of a team requires you to practise more regularly.
6. Collaborating with other members is essential for a team to be successful.
7. The skills you learn in a team sport are transferable to everyday life.
8. It doesn't matter which sport you choose, as long as you're good at it.

Post-listening

Task 5. Discuss the following questions.

1. Name three of the specific physical benefits that sport offers to the human body.
2. Why is sport good for minds?
3. What is the name of the chemicals that brains release?
4. How do they make us feel?
5. What do you need to have in order to succeed in individual sport?
6. What are the benefits of individual sport?
7. How can being a team member help?
8. What are the other benefits of team sport?
9. Do you like playing sport?
10. What are the biggest benefits for you?

Task 6. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 7. Speak on the benefits of sport which are personally important for you. Would you prefer individual sport or team sport?

Laboratory Work 26
"The development of ice-curling club"

Pre-listening

Task 1. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 7 word-combinations and make up sentences with them:

- 3 affirmative sentences using Present Simple Tense Forms;

- 2 negative sentences using Past Perfect Tense Forms;

- 2 interrogative sentences using Future Continuous Tense Form.

- to slide stones
- a target area
- tiny droplets of water
- to deviate
- a concise introduction
- a dissimilar sole
- to find a stopwatch
- to ban
- to be frowned upon
- to be renowned

Listening

Task 2. Write NO MORE THAN TWO WORDS for each answer.

1. The first player of a team to throw the stone is called _____, then the second, the third, and the skip.
2. The rink of curling is called the_____.
3. The _____ is the name for the target area.
4. _____is usually the material for making the curling brushes.
5. The sole of gripper shoe is made of _____.
6. The team members may carry a _____ along with them while playing.

Task 3. Choose the correct letter A, B, C. Prove your idea.

1. What is Kilsyth Curling Club mainly famous for?

A. It has won champions in winter games.

B. It is the oldest club in the region.

C. It is the most influential one.

2. Why was Grand Caledonian Curling Club established?

A. to attract people's interest

B. to train young players

C. to fix regulations for the game

3. In the 16th century, the curling game was not banned because

A. it was not popular.

B. it could train men for the war.

C. it could be played by children.

4. What was the early implement for this game in Canada made of?

A. local material

B. imported stone

C. cast iron

Post-listening

Task 4. Discuss the following questions.

1.What is curling?

2. Who are the members of a curling team?

3. What is the purpose of this game?

4. What is the ice surface on which the game is played called?

5. What equipment is essential for this game?

6. What do curling shoes look like?

7. When and where was curling invented?

8. What was the mother club of curling?

9. Why was curling banned?

10. What does the spirit of curling dictate?

Task 5. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 6. Speak on the history and the origin of one of the sport games, comment on its rules and equipment.

UNIT 14
ALL THE WORLD'S A STAGE

Laboratory Work 27
'Theatre Influence'

Pre-listening

Task 1. Discuss the following issues.

1. Do you like going to the theatre? Why? / Why not?
2. Have you ever performed on stage? If yes, did you enjoy it? If no, would you like to try?
3. Would you like to be famous? Why? / Why not?

Task 2. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 5 word-combinations and make up sentences with them:

- 3 affirmative sentence using Present Perfect-Continuous Tense Forms;

- 3 negative sentences using Past Perfect-Continuous Tense Forms;

- 3 interrogative sentences using Future Continuous Tense Form.

- rehearsal
- to put on a play
- to become interested in acting
- to get hooked
- a theatrical performance
- to join a theatre group
- apart from being great fun
- self-confident
- do wonders for smb.
- get over
- an amateur
- do me a favour
- to go ahead and make fun of
- be busy posing for pictures
- get into
- to fall back on

Listening

Task 3. Define whether the statements are TRUE or FALSE. Prove your idea.

1. Timothy knew about Kimberly's interest in the theatre.
2. Kimberly has not gained much from joining a theatre group.
3. Kimberly thinks acting can help Timothy.
4. Everyone in Kimberly's theatre group is a professional.
5. Kimberly believes it is hard to succeed in show business.

Task 4. Complete the sentences.

1. I _____ you at least three times.
2. Well, I had gone to see a play a few weeks before, and I _____.
3. I had never been to a theatrical performance before, but from the _____.
4. If you take _____, it can actually help you _____.
5. I know how difficult it is _____, so I want to have something to _____.

Post-listening

Task 5. Discuss the following questions.

7. Where was Kimberly when Timothy phoned her?
8. What influence did the theatre have on Kimberly?
9. Why did Kimberly advice Timothy to join the theatre group?
10. What favour did Timothy ask Kimberly for?
11. What nickname did Timothy give to Kimberly?

Task 6. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 6. Think of the way the theatre performance can influence personally you. Imagine that you have just joined a theatre group. Make up a similar dialogue to the one you have listened to.

Laboratory Work 28

'How to break into the music industry'

Pre-listening

Task 1. Complete the idioms with a word from the box.

done	stone	worth
worth		
struck	pulse	tied
door		

1. for what it's _____	*(= used when you are not sure that what you are saying is useful)*
2. easier said than _____	*(= used when you think something is a good idea but might be difficult to do)*
3. to prove your _____	*(= to show that you have something valuable to contribute)*
4. to have your finger on the _____	*(= to know about recent changes and fashions)*
5. to get your foot in the _____	*(= to enter a business at a low level with the chance of being successful later)*
6. a stepping _____	*(= an event or experience that helps you achieve something else)*
7. to be star-_____	*(= to feel enormous or too much respect for famous people, especially when meeting them in person)*
8. to be tongue-_____	*(= to find it hard to express yourself in speech, usually because you are nervous)*

Task 2. Use the above mentioned idioms in the sentences of your own.

Task 3. Explain the meaning of the following words and word-combinations. Translate them into Ukrainian. Choose 5 word-combinations and make up sentences with them:

- 1 affirmative sentence using Past Continuous Tense Forms;

- 2 negative sentences using Present Perfect-Continuous Tense Forms;

- 2 interrogative sentences using Present Simple Tense Form.

- make clear - the music biz - relevant work experience - a venue - an intern - internships - take on - higher-ups - be susceptible to a bit of flattery - genuinely admire	- bear in mind - blurred - let that guide smb's career path - Artists and Repertoire - musical collaborators - deal with celebrities clam up - to treat everyone with respect - competitive industry

Listening

Task 4. Write a number (1-6) to put these topics in the order that we hear them in the talk.

..... Keeping networking as much as possible.

..... Starting to make contacts.

..... How to treat celebrities.

..... Showing music industry bosses that you are worth employing.

..... The different jobs available in the music industry.

..... Using social networks to project the right image to employers.

Task 5. Complete the sentences according to the talk. Use no more than two words for each answer.

1. In the music industry, qualifications are much less important than _____.
2. When you are starting off in the business, the most important thing is to _____.
3. If you are lucky, you might get work as a paid _____.
4. You can impress people in the company if you have a _____.
5. An easy way to network could be to find someone you admire and _____.
6. Make sure that everything you post on social media reflects the _____ you want to project.
7. One of the exciting things about the music industry is that things are changing _____.
8. When you meet a celebrity you should treat him or her as a client and try not to be _____.

Post-listening

Task 6. Discuss the following questions.

1. What is the first Jeff Seagle's tip?
2. Where does Jeff Seagle advice to start?
3. What does he say about internships available nowadays?
4. What does he mention about networking?
5. What is Jeff's advice on how to choose a career path?

6. What is the main thing while dealing with celebrities?

7. Are you interested in the music industry?

8. Did you find any useful advice in the talk?

Task 7. Make up 5 types of questions to the text. Ask your fellow-students to answer them.

Task 8. Comment on the phrase from the dialogue 'This business is much more about experience than qualifications' (10-15 sentences).

Essential Vocabulary

account for 3% of land areas
accurately represented
administer first aid
all-night bagel shop
all-round benefits
amateur
amount of money
animal bites
apart from being great fun
appalling
apply cream on the skin

apply pressure to the wound
apply tips to life
aptly to keep up the pace
arboretum
archery competitions
arrogant
Artists and Repertoire
ask for a home visit
asset to smth
assign
assume smth
at dawn
at no additional cost
attraction
automatic change
ban
be a part of chains
be accustomed for someone to do smth
be at the cutting edge of science
be busy posing for pictures
be crowded into
be daunted
be disoriented from jet lag
be dying to see
be free of responsibilities
be frowned upon
be head over heels in love with smb /smth
be jet lagged
be on a doctor's list
be renowned
be susceptible to a bit of flattery
be towed
be valid
bear in mind
beat stress
become interested in acting
bedding
bell tower
black marble
bleeds
blurred
boardwalk
bother
bound
break the mould
brief overview
bunch of
burns
burst blisters
burst with
call somebody out
cancellation fees
carry on
carry out a research
cash price
catch up
charity
chic boutique hotels
chick pea flour
clam up
classic view
come down to smth/doing smth
come in handy

come out
come to
commitment
comparable
competitive industry
concise introduction
consume smth
contemporary research on smth
contribute to smth
cope with
cope with the stress
cost extra
cottage cheese
crispy pancakes
crossover
cut out an activity
cuts and scrapes
deal with celebrities
deciduous trees
decline
decrease
demolition
derelict buildings
design an exercise plan
designate
despite
destination
deviate
disabled
disastrous
dissimilar sole
do a degree
do me a favour
do wonders for smb.
donate money to
downsides
drop by and see for oneself
easier said than done
eco-friendly fashion
designer
emergency locator beacon
encourage
endeavour to do smth
engraving
ensemble of supporting structures
entail
establish limits
exodus
expectation
exposed part of the trail
fabulous
fall back on
fascinating revelation
feel humble about smth.
fellow teammates
find a stopwatch
formal gardens
fortification
fragile rock art
free day pass
garlands of flowers
general practitioner
genuinely admire
get around
get hold of a doctor
get hold of someone
get hooked
get into

get more specific
get nourishment
get other arrangements
get over
get penalised
get under way on the tour
gilled with
give some dos and don'ts
go ahead and make fun of
go for smth.
go through strict qualifying tournaments
grand square platform
have a profound effect on
have got smth in mind
have profound effects on smth
heavy bleeding
heritage
higher-ups
hold
hold a sterile dressing
hold off enemies
homeopathy
hop-on-hop-off service
immigration
important transportation routes
in close proximity
incentive
increase
individual special needs
indulge oneself
insect stings
insular
intern
internships
jammer
join a theatre group
keen travelers
keep alight
keep commitments
keep doing smth.
keyboarding skills
lap of the course
launch into
leisurely Indian breakfast
let someone down
let that guide smb's career path
live in perfect harmony
make a very good difference
make clear
make of car
make up someone's mind
manual gear
many forms of combat
meadows
medieval armour and weapons
medieval period
melancholic
migration
minimize disruption
motivate
move on
music biz
musical collaborators
negotiate
negotiation skills
nonviolence

nosebleeds
nostalgic
noticeable
nourishment
nutrition advice
nutritional therapy service
oasis
obtain a health certificate
obtain the energy from smth
on a permanent basis
on a regular basis
open-minded
operate on a paying basis
opulent hotels
orthodox
outnumber smth
outweigh
pay for insurance medicals
pay tribute to
personalised evaluation
pinch oneself to prove smb. isn't dreaming
plush hotels
poisoning
popular recreational spot
practice
preeminent center
presume smth.
proper appointment system
pull a trick
pursue smth
put on a play
raise sponsorship money
recycling
reduce high blood pressure
reduce stress
regardless of
register with a doctor
registered student
registration
rehearsal
release
release some stress
relevant work experience
relieve the pain and anxiety
rely on smth / smb
reminiscent
resolve
resolve the disagreement
reverse
revival
rough mileage
run a holiday
salary
scenic
scientific researching institute
scorching hot day
security guard
seem a long way away to
self-confident
self-satisfied
sensation
settle in
shoot a crossbow
sign-up fees
slide stones
spacious
spectacular views
speedboat

spend a fortune on smth.
spend the night in the hut
spinning wheel movement
spins
splinters
spot on Earth
sprains
stone fortification walls
storehouse
strains
strengthen bones
sunburns
superb residence
take action
take on
take smth as part exchange
take up the opportunities
target area
team relay event
the most fitting place
theatrical performance
therefore
tiny droplets of water
trace the rock art
track and field
trade route
treat everyone with respect
trek
tricky sections of the trail
trip someone up
turn out
twin the hearts
underground cave system
undertake heavy physical work
unique flora and fauna
unspoiled
utilize smth
vacancy for smth
vehicle
venue
very small housing space
vibrant city
video games arcade
waken all the senses
warehouse
warriors
weapons
wide range of refreshments
wilderness
within reason

EXTRA READING

TEXT 1

Read the text below and answer questions.

THE OXFORD SCHOOL OF DRAMA

One-Year Acting Course

This is an intensive course which is designed for those who have completed their academic studies and have some theatre or film experience already. In order to be accepted you should be a high achiever, knowledgeable about the industry and determined to succeed.

Term One: Technical classes in acting, voice, movement, applied movement and characterisation, music, singing, film, radio and professional development. The term finishes with an internal production given for tutors and students.

Term Two: All technical classes continue from term one. There is an internal performance of a one-act play, the recording of an audio showreel at a professional studio and the Showcase Drama in front of an invited audience including casting directors and agents.

Term Three: Technical classes continue with additional focus on audition technique, workshops and masterclasses. This term includes a public performance of a play outdoors

in the grounds of Blenheim Palace, and the chance to act a short film recorded on location by a professional crew.

How to Apply

Entry to The Oxford School of Drama is by audition only and there are no academic requirements for any of our courses.

Once we have received your application form and audition fee, we will email you with a date for your audition and further details about what to expect when you are here.

For your initial audition, you will need to prepare two contrasting speeches from plays, lasting no longer than two minutes. There will also be some group work for which you will need to wear loose, comfortable clothing.

If you are applying from overseas, you will be able to submit your first audition by means of DVD, YouTube or link to a secure website. You will be invited to submit this once we have received your application form and audition fee. If you are successful in your first audition, you will be invited to attend future auditions here at the school. The school will provide a free bus from central Oxford for those attending auditions.

Questions:

Do the following statements agree with the information given in the text on page 98?

TRUE *if the statement agrees with the information*

FALSE *if the statement contradicts the information*

NOT GIVEN *if there is no information on this*

1. Students can begin the one-year course without any previous involvement in acting.

2. Students will act in a performance in front of their classmates at the end of the first term.

3. Family members may attend a performance during the second term.

4. Students are required to make a film on their own in the last term of the course.

5. In their first audition, candidates perform speeches they have worked on in advance.

6. The Oxford School of Drama will send candidates details of local accommodation.

7. Overseas candidates can do all their auditions via a digital link

TEXT 2

Read the text below and do the task.

BORDER CROSSING FOR COMMERCIAL VEHICLES

This Border Crossing Guide is designed for drivers and motor carriers operating commercial vehicles at Michigan's international border crossings. This information will help you cross the border from the US into Canada, and from Canada into the US.

Your first point of contact at the border consists of Primary Inspection. The best way to clear customs at Primary Inspection is to make sure Customs gets information about your shipment before you set off, using the Pre-Arrival Processing System (PAPS). When using this you need to provide information about your shipment, and you also need to send proof of a current annual inspection for your vehicle, tractor and trailer.

Before you arrive at the border, make sure you have all your paperwork up to date and ready to present at Primary Inspection. You'll need a photo ID in addition to your birth certificate or passport. Drivers must also turn on interior cab lights and open all interior drapes or blinds to sleeper areas for easy inspection.

If all of your paperwork is in order and was processed ahead of time, you will be released at the primary lane and this may be your only stop. If you are not a Canadian or US citizen, a visa is obligatory and you will also be required to complete an 1-94 card. 1-94 cards are available only at border crossings into the United States. Drivers who clear customs at Primary Inspection will be instructed to report to Immigration to fill out the 1-94 card and receive verbal

clearance from a US official to proceed into the United States. The charge for the 1-94 card is $6.

If your paperwork is not in order, you will be directed to Secondary Inspection. When you get there, look for the signs for Truck Inspection and follow these.

Task:

Choose NO MORE THAN TWO WORDS from the text for each answer.

Before setting off

To speed up the border crossing, use PAPS.

For this, send your [1] ..... details and current vehicle inspection documents.

Before arriving at the border

Check that documents such as [2] ..... and birth certificate/passport are ready for inspection.

Make sure the [3] ..... are on inside the vehicle.

Check that the [4] ..... in the vehicle can be easily seen.

At the border (Primary Inspection)

This may be the only stop if paperwork is in order.

Non US/Canadian citizens must have a visa, and go to the [5] ..... area to complete an I-94 card (there is a small [6] ..... for this) and to receive verbal clearance.

At the border (Secondary Inspection)

If there is a problem with paperwork, you will be sent to Truck Inspection.

TEXT 3

Read the text below and do the task.

APPENDIX: DEALING WITH ABSENCE IN THE WORKPLACE

This appendix considers how to handle problems of absence and gives guidance about authorised and unauthorised absence of employees from work.

The organisation should be aware of the rights of employees and in particular the requirements of the Equality Act 2010 when making any decisions about absences of employees who are disabled. In these cases the employer should consider what reasonable adjustments could be made in the workplace to help the employee. This might be something as simple as supplying an appropriate chair for the use of the employee. In cases where an employee suffers from an allergy caused by something in the workplace, the employer should consider remedial action or a transfer to alternative work.

If the absence is because of temporary difficulties relating to dependants, the employee may be entitled to have time off under the provisions of the Employment Rights Act 1996. In cases where the employee has difficulty managing both work and home responsibilities, employees have the right to request flexible ways of working, such as job-sharing, and employers must have a good business reason for rejecting any such application.

Employers should investigate unexpected absences promptly and the employee should be asked for an explanation at a return-to-work interview. In order to show both the employee concerned and other employees that absence is regarded as a serious matter and may result in

dismissal, it is very important that persistent absence is dealt with firmly and consistently. Records showing lateness and the duration of and explanations for all spells of absence should be kept to help monitor levels of absence or lateness.

If the employer wishes to contact the employee's doctor for more information about a medical condition, he or she must notify the employee in writing that they intend to make such an application and they must secure the employee's consent in writing. Consideration should be given to introducing measures to help employees, regardless of status or seniority, who may be suffering from stress. The aim should be to identify employees affected and encourage them to seek help and treatment.

Task:

Choose ONE WORD ONLY from the text for each answer.

ABSENCE IN THE WORKPLACE

Employees' rights

• help with issues related to disabilities, e.g. provision of a suitable [1]_____ .

• provision of arrangements to deal with any work-related [2]_____ .

• time off work to deal with short-term problems of [3]_____ .

• possibility of arrangements that are [4]_____ to help with domestic responsibilities

Recommendations to employers

• make it clear that absence is a possible reason for [5]_____ .

• ask employees for consent before contacting their [6]_____ .

• identify employees affected by [7]_____ and provide support.

TEXT 4

Read the text below and do the tasks.

A VISIT TO OYMYAKON, THE WORLD'S COLDEST TOWN

1. You don't need a sat nav to drive to Oymyakon. From Yakutsk you cross the Lena River and simply follow the M56 almost all of the way before taking a left at Tomtor for the final few kilometres. The journey takes two days of hard driving; two days of glistening landscapes, frozen rivers and untouched snow; two days of endless forest and breathtaking beauty; two days to penetrate the heart of Siberia and reach the coldest inhabited place on Earth. The beauty surprised me. Siberia isn't known for its pleasant appearance. It's always billed as a place of hardship. But for hour after hour, the wintry wonderland was bathed in a crisp, clean sunshine, presenting a continuous panorama of conifer trees wreathed in silence and snow.

2. As we left the flat plain, the road began to twist and turn, leading us into untouched hills and on towards the Verkhoyansk Mountains. Beneath their snow-clad peaks, the slopes became steeper and the valleys deeper. Down in a valley, we stopped to look at a hot spring beside the road. It was immediately obvious against the snow - a spot shrouded in heavy mist. Trees emerged from the strange haze as ghostly silhouettes.

3. Despite the magical ambience of the Siberian wilderness, its reputation for hardship hit me every time I climbed out of the vehicle. Within less than a minute, the skin all over my face began to feel as if it were burning. If I wasn't wearing my two sets of gloves, I rapidly lost the feeling in my fingertips. I learned very quickly not to draw too deep a

breath because the shock of the cold air in my lungs invariably set me off on an extended bout of coughing. Siberia in winter is a world barely fit for human habitation. This is a place of such searing cold that it bites through multiple layers of clothing as if they aren't there.

4. Oymyakon is a quiet little town - the world's coldest - of about 550 inhabitants, with its own power station, a school, two shops and a small hospital. It probably originated as a seasonal settlement where reindeer herders spent the summer on the banks of the Indigirka River.

5. The temperature when I arrived was -45°C - not particularly cold, I was informed. A number of factors combine to explain Oymyakon's record low temperatures. It is far from the ocean, with its moderating effect on air temperature. In addition, the town sits in a valley, below the general level of the Oymyakon Plateau, which, in turn, is enclosed on all sides by mountains up to 2,000 metres in height. As the cold air sinks, it accumulates in the valley, with little wind to disturb it. Oymyakon's average temperature in January is -50°C. Lower temperatures have been recorded in Antarctica, but there are no permanent inhabitants there.

6. Day-to-day life in Oymyakon presents certain challenges during the long winters. There are hardly any modern household conveniences. Water is hacked out of the nearby river as great chunks of ice and dragged home on a sledge. The giant ice cubes are stacked outdoors and carried into the house one at a time to melt when needed. The lack of running water also means no showers or baths, or indeed flushing toilets. Since 2008, the town's school has enjoyed the luxury of indoor toilets, however. It's one of the small number of civic buildings in the centre of town that are linked to the power station.

7. The power station provides winter heating in the form of hot water, but many houses lie outside its range and rely

on their own wood-burning stove. Fuel is plentiful enough in the surrounding forest, but someone still has to venture out to cut the wood. Everybody in Oymyakon owns good boots, a hat made of animal fur and fur-lined mittens. The boots are usually made from reindeer hide, which is light but keeps your feet very warm - the individual hairs are hollow, like a thin tube with air inside. Since air is a poor conductor of heat, the skin makes excellent winter footwear, and felt soles give added insulation. Hats come in a variety of furs, including fox, raccoon, sable and mink.

8. Oymyakon's two shops keep a decent stock of basic foods in tins and packets, but locals also have do-it-yourself options, including hunting, trapping, ice-fishing, reindeer-breeding and horse-breeding. Indeed, being self-sufficient runs in the blood in Siberia. The Oymyakon diet relies heavily on meat for its protein, a primary source of energy in the prolonged winter. Unsurprisingly, given the weather, everyone eats heartily in Oymyakon. Atypical meal I was offered consisted of a thick horse soup and huge piles of horse meatballs, all washed down with cloudberry cordial.

9. Spring is the best season here, I'm told. The snow melts, the river flows once more and the forest is full of wild flowers. But it's short. In the summer Oymyakon can be uncomfortably hot. Much of the forest becomes boggy, so mosquitoes are a constant presence. Oymyakon's climate certainly wouldn't suit me, but residents I spoke to said they wouldn't live anywhere else

Tasks:

I. The text on pages 105 and 106 has nine paragraphs. Choose the correct heading for each paragraph from the list of headings below.

List of Headings

1. Various sources of supplies
2. The effects of going outside
3. Oymyakon past and present

4. A contrast in the landscape
5. Animals that can survive the cold
6. How Oymyakon is affected by its location
7. Keeping out the cold
8. Not the only challenging time of the year
9. Better than its reputation
10. Very few facilities in buildings
11. More snow than anywhere else in the world

II. Choose ONE WORD ONLY from the text for each answer

Why Oymyakon gets so cold

Oymyakon is a long way from any [1]_____ which would prevent the temperature from falling so low. The town is located in a [2]_____ within a plateau surrounded by [3]_____ . Because there is not much [4]_____ , cold air collects in the town.

TEXT 5

Read the text below and answer questions.

ONLINE ROOMMATE FINDER: TORONTO

I have one room available in a large apartment located just off Queen and Bathurst in Toronto. The room is fully furnished with a double bed, desk, shelf and wardrobe.

About us: I'm Sasha! I'm Canadian, and I've been living in this apartment since I was a teenager. I'm 23 and work in a restaurant. These past two years, my best friend has been living here but as she's now moving to Europe there is a room available as of October 1. The third room is occupied by Simon, who is from Australia. He works part-time in a music shop downtown and is a great drummer. We both like keeping the place neat and tidy - I actually enjoy cleaning in my spare time and sometimes we do it together as a roommate team (we make it fun!). I love watching movies, exploring, getting out of the city and into the outdoors, and listening to music.

The apartment itself is very large and comes equipped with unlimited wi-fi, a fully stocked kitchen, cable television, and Netflix. The bedroom is a long way from the living room, so it shouldn't disturb you if people come round and besides, we are certainly very respectful. Oh! We also have two cats who are well-behaved but they might be a problem if you have allergies. If you have a pet, that's no problem - these cats get along with other animals.

We love having people coming from other countries as it's really fun having the opportunity to show them around the neighborhood (it's a great neighborhood - lots of character and plenty to do). That said, we're certainly interested in living with Canadians too! We're very easy-going

and open-minded and just hope that our new roommate will be the same.

Questions:

Do the following statements agree with the information given in the text on page 108?

Write

TRUE *if the statement agrees with the information*

FALSE *if the statement contradicts the information*

NOT GIVEN *if there is no information on this*

1 The room available has two beds.

2 The Australian in Sasha's apartment is a musician.

3 Sasha does all the cleaning in the apartment.

4 Sasha likes being in the open air.

5 The room available would be suitable for someone who likes to be quiet.

6 Sasha thinks her apartment is in the best part of Toronto.

7 Sasha has never had a roommate from Canada.

TEXT 6

Read the text below and answer questions.

SMARTPHONE FITNESS APPS

A Pacer

Although they were previously split into 'pro' and 'free' versions, Pacer's developer now generously includes all the features in one free app. That means you can spend no money, yet use your smartphone's GPS capabilities to track your jogging routes, and examine details of your pace and calories burned.

B Beat2

There are a wealth of running apps available, but Beat2 is a good one. This free app monitors your pace - or if you have a wrist or chest-based heart rate monitor, your beats per minute - and offers up its specially curated playlists to give you the perfect music for the pace you're running at, adding a whole new dimension to your run. The best bit is when you explode into a sprint and the music pounds in your ears. Or if you fancy something different, the app also has In-App Purchases, including tales of past sporting heroes you can listen to while you run.

C Impel

If you're serious about the sport you do, then you should be serious about Impel.

As smartphone fitness tools go it's one of the best, allowing you to track your performance, set goals and see daily progress updates. If you're ever not sure where to run or cycle you can find user-created routes on the app, or share your own. All of that comes free of charge, while a premium version adds even more tools.

D Fast Track

There are plenty of GPS running apps for smartphones, but Fast Track is an excellent freebie. Although you naturally get more features if you pay for the 'pro' version, the free release gets you GPS tracking, a nicely designed map view, your training history, music, and cheering. Yes, you read the last of those right - you can have friends cheer you on as you huff and puff during a run. If you can afford the 'pro' version, you can add possible routes, voice coaches, smartwatch connectivity and more; but as a starting point, the free app gets you moving.

Look at the four reviews of smartphone fitness apps, A-D, on page 110-111. For which app are the following statements true?

NB *You may use any letter more than once.*

1. This app can be used for more than one sport.
2. You have to pay if you want this app to suggest where you can go.
3. This app has well-presented visuals.
4. You do not have to pay for any of the features on this app.
5. You can pay to download true stories on this app.
6. You can get ideas about where to go from other people on this app.
7. This app gives you details of the energy you have used.

TEXT 7

Read the text below and answer questions.

WHY YOU SHOULD DELEGATE TASKS TO TEAM MEMBERS

Delegation helps you get more done, helps your team members progress through learning new things and spreads the load in the team.

When you give someone a project task to do, make sure that they have all the information they require to actually get on and do it. That includes specifying the date it is due, writing a clear definition of the task, providing any resources they need to get it done or names of people you expect them to talk to. It also means informing them of any expectations you have, such as delivering it as a spreadsheet rather than a Word document.

If you have concerns that someone doesn't have the skills to do a good job (or they tell you this outright), make sure that you offer some help. It might take longer this time but next time they will be able to do it without you, so it will save you time in the long run.

Once you have given the task to someone, let them get on with it. Tell them how you expect to be kept informed, like through a report once a week. Then let them get on with it, unless you feel things are not progressing as you would like.

As a project manager, you have to retain some of the main project responsibilities for yourself. You shouldn't expect someone else on the project team to do your job. Equally, don't delegate tasks such as dull administrative ones, just because you don't want to do them. But remember that project management is a leadership position so you don't want your role to be seen as too basic.

One way to free up your time to spend on the more strategic and leadership parts of project management is to delegate things that are regular, like noting whether weekly targets have been met. Could someone in your team take this on for you? This can be a useful way of upskilling your team members to complement any ongoing training and allowing them to gain confidence too.

So in summary, be clear, supportive, and don't micromanage. Don't become the problem on your project that prevents progress just because you're afraid to leave people alone to get on with their jobs.

Choose ONE WORD ONLY from the text for each answer.

1. Ensure team members are aware of any _____ there are regarding how the work should be presented.

2. Make sure support is made available if any _____ exist as to the team member's ability to do the work.

3. Ask the team member to detail how the work is developing, for example by providing a regular _____ .

4. Don't delegate administrative tasks simply because they are _____ .

5. Managers can ask a team member to check on the achievement of _____ at fixed intervals.

6. If you _____ you risk delaying the whole project.

TEXT 8

Read the text and answer questions.

CHOOSING THE RIGHT FORMAT FOR YOUR CV

A good CV should be clear, simple and easy to understand. Here are four of the most popular CV formats and advice on when to use them:

Chronological

This is the traditional CV format and is extremely popular because it allows employers to see all the posts you have held in order. It provides flexibility because it works in almost all circumstances, the exception being if you have blocks of unemployment that are difficult to account for. This type of format is particularly useful when you have a solid and complete working history spanning five years or more.

Functional

The functional CV is designed to describe your key skills rather than the jobs you have done. The functional CV format is typically used by people who have extensive gaps in their employment history, or have often changed jobs. It also suits those who want to go in a different direction work-wise and change industry. You might choose it if you want to highlight skills learned early in your career, points that might get missed if a chronological format is used. It is also appropriate if you have done little or no actual work, for example, if you are one of the current years graduates.

Because this format is often used to cover a patchy employment history, some interviewers may view such CVs with suspicion, so be very careful should you choose it.

Achievement

An alternative to the functional CV is to use an achievement-based resume highlighting key achievements in

place of skills. This can help show your suitability for a role if you lack direct experience of it.

Non-traditional

With the explosion of digital and creative industries over recent years, CV formats have become more and more imaginative. You can present information through graphics, which can be more visually engaging and turn out to be an unusual but winning option. This will definitely make you stand out from the crowd. It also demonstrates design skills and creativity in a way that a potential employer can see and feel. However, a highly creative CV format is only really appropriate for creative and artistic sectors, such as those involving promoting products, though it would also work for the media too.

Complete the notes below.

Choose ONE WORD ONLY from the text for each answer.

CV formats

There are several different formats including:

Chronological

- very common
- gives [1]_____ in most cases
- perhaps inappropriate if there are periods where [2]_____ is not easy to explain

Functional

- appropriate for people who intend to follow a new [3]_____ in their career
- suits recent graduates
- can create [4]_____ in recruiters, so is best used with caution

Achievement

- focuses mainly on what the person has achieved
- may be advisable if the person has no [5]_____ in the area

Non-traditional

- enables use of attractive [6]_____ to present data – suits applications for jobs in marketing or [7]_____ .

TEXT 9

Read the text below and answer questions.

NEW YORK LATE-STARTERS STRING ORCHESTRA

NYLSO, the New York Late-Starters String Orchestra, is something special. It was founded in early 2007, and grew out of a concept developed by The East London Late Starters Orchestra (ELLSO), an award-winning group in England. NYLSO is an amateur orchestra for adult players of violin, viola, cello, and double bass. If you played a string instrument when you were younger and would like to start again, or if you are learning as an adult and would like the chance to play in a group of similar people, then NYLSO is for you! Our goal is to create a fun, supportive, non-competitive environment for adults 18 to 80+ who wish to participate in collective music¬making.

Participants should have basic music reading skills and a willingness to commit to the group, but are not required to audition. It is recommended that you have studied your instrument for at least one year. If you have ever been paid to play your instrument, recently graduated with a degree in performance, or have been playing continuously since elementary school, you may decide we are not the appropriate group for you.

How We Work:

We know that New Yorkers are busy people. It is fine if you miss an entire rehearsal period when an emergency arises. Ultimately, though, too many absences disrupt the function of the group and make it difficult to perform the pieces. Sessions are in six-week rehearsal cycles, with two-hour rehearsals held once a week. We work with the goal of

producing one to three very informal 'friends-and-family' concerts per year.

Our professional tutor/facilitator serves as coach and conductor during rehearsals. Substitute conductors also join in to teach different sections, providing groups of players with valuable experience in working with different approaches and styles. Everyone is encouraged to play to their fullest potential, whatever that may be, but please recognize that while we do have a conductor, her role is not to provide one-on-one instruction during rehearsals.

NYLSO is a self-supporting collective; we do not receive any other funding. The cost is $80 for each six-week cycle. Payments are applied to the costs of rehearsal space, conductor's fees, and photocopying music.

Materials You Will Need At Rehearsals:

You will need an instrument, a portable music stand, and any other relevant accessories. You should bring a folder to keep your music together and a soft-lead pencil with an eraser for writing in changes. Sheet music is provided.

Do the following statements agree with the information given in the text on pages 116-117?

Write

TRUE *if the statement agrees with the information*

FALSE *if the statement contradicts the information*

NOT GIVEN *if there is no information on this*

1 The idea behind NYLSO was based on another orchestra.

2 An ability to read music is essential.

3 The NYLSO might be unsuitable for very advanced level musicians.

4 NYLSO concerts are free to members' families and friends.

5 Rehearsals always involve the full orchestra playing together.

6 The conductor provides her services free to NYLSO.

7 The NYLSO gives advice on what instrument to purchase.

Text 10

Read the text below and answer questions.

EMPLOYEES' HEALTH AND SAFETY RESPONSIBILITIES

As an employee you have rights and you have responsibilities for your own wellbeing and that of your colleagues. This article explains what these responsibilities are, and how you can meet them.

Your rights

Your rights as an employee to work in a safe and healthy environment are set down in law and generally can't be changed or removed by your employer. The most important of these rights are:

- as far as possible, to have any hazards to your health and safety properly controlled
- to be given any personal protective and safety equipment without being charged for it
- to stop work and leave your work area, without being disciplined, if you have reasonable concerns about your safety
- to tell your employer about any health and safety concerns you have
- not to be disciplined if you contact the Health and Safety Executive, or your local authority, if your employer won't listen to you
- to have breaks during the time you are at work
- to have time off from work during the working week
- to have annual paid holiday.

Your responsibilities

Your most important responsibilities as an employee are:

- to take reasonable care of your own health and safety
- to remove jewellery and avoid loose clothing when operating machinery
- if you have long hair, or wear a headscarf, make sure it's tucked out of the way as it could get caught in machinery
- to take reasonable care not to expose fellow employees and members of the public to risk by what you do or don't do in the course of your work
- to co-operate with your employer, making sure you complete the training that is provided and that you understand and follow the company's health and safety policies
- not to interfere with or misuse anything that's been provided for your health, safety or welfare
- to report any injuries you suffer as a result of doing your job - your employer may then need to change the way you work.

If you drive or operate machinery, you have a responsibility to tell your employer if you take medication that makes you feel sleepy. If you do, they should temporarily move you to another job if they have one for you to do.

Complete the notes below.

Choose ONE WORD ONLY from the text for each answer.

Health and Safety at Work

Employees' rights

- are established by [1]_____ and include the following:

- employers should manage any potential dangers to their staff's health and safety

- any [2]_____ needed for employees to work safely should be free

- employees may inform management of any [3]_____ they have relating to health and safety

- employees are entitled to some [4]_____ while they are working

Employees' responsibilities

- to take off jewellery and dress appropriately for their particular work

- to avoid putting colleagues and others at [5]_____

- to do any [6]_____ that the employer offers

- to inform the employer of any [7]_____ received while working

- to make sure the employer knows of any [8]_____ you are taking that might affect performance

ВИКОРИСТАНІ ДЖЕРЕЛА

1. British Council. Україна. URL: https://www.britishcouncil.org.ua/ (дата звернення: 10.09.2020).

2. Exam English. URL: https://www.examenglish.com/ (дата звернення: 30.08.2020)

3. IELTS 13. General Training. Cambridge University Press, 2017. 138 p.

4. Latham-Koenig K., Oxenden C. English File. Upper-Intermediate Student's Book. Oxford University Press, 2018. 170 p.

5. Mitchel H.Q., Malkogianni Marileni. Go for ZNO. Listening. Comprehension Levels B1/B2. MM Publications, 2018. 50 p.

6. Practice PTE online. URL: https://practicepteonline.com/ (дата звернення: 28.08.2020)

7. Speak Out. Intermediate Student's Book. Pearson, 2018. 163 p.
8. YouTube UA. URL: https://www.youtube.com/

LISTEN AND PRACTISE

Навчальний посібник

для студентів 2 курсу
факультетів іноземних мов закладів вищої освіти

Укладачі: Я.В. Бондарук, А.Ю. Опришко

Підписано до друку 03.11.2021 р.
Формат 60х84/16.
Папір офсетний. Ум. друк. арк. 4,0
Тираж 100 прим.
Замовлення № 2811

Видавничо-поліграфічний центр «ВІЗАВІ»
вул. Тищика, 1/19
м. Умань, Черкаська область,
Україна, 20300
тел. (04744) 4-05-20