

Э. С. Дудорова

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# РАЗГОВОРНЫЙ АНГЛИЙСКИЙ

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АКТУАЛЬНЫЕ ТЕМЫ  
ДЛЯ СВОБОДНОГО ОБЩЕНИЯ



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*Учебное пособие*



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Элли Семеновна Дудорова

**РАЗГОВОРНЫЙ АНГЛИЙСКИЙ:  
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# ABOUT MYSELF AND THE PEOPLE WHO ARE CLOSE TO ME



## MY FAMILY

I am Diane Golding. I was born in Canada but now our family lives in England in Bristol, a Southern town, that we moved into some years ago. I am twenty years old and as everybody at this highly promising age I am full of great expectations that I hope, will come true. At the age of eighteen I passed A level examinations in some subjects and got the right to be admitted to the University of London. Now I am a second-year student of the Faculty of Arts. I am learning foreign languages of which French and Russian are my favourite. Though Russian is quite a difficult language, I do my best to master it. As to my hobby, I am interested in sports. Most of all I like tennis. I regularly go in for sports to keep me fit. Besides, I enjoy travelling and driving. I live in the University's hall of residence and have to share a room with my student mate Barbara Smith. Very often I go to Bristol to visit my family and my friends.

Our family is a typical British family that consists of five people: my parents, my grandmother, my elder brother and me. We love and respect one another and try to be helpful in difficult situations. As my parents work, my grandmother helps us to clean the house and cook meals. My father, Albert Golding, is fifty-two years old. He is the manager of a big company dealing with distributing Brazil coffee throughout Great Britain. The

company is very successful and is famous for its activity abroad. My mother's name is Anna. She is four years younger than my father is and she is a doctor in a hospital for children. My brother John is twenty-five. He is a programmer and now he is working for a car servicing company. He is unmarried, but he is going to get married next autumn. His bride, Angela Robertson, is a secretary for the executive director of their company. She is very kind, good-natured and beautiful. I think she will make a good wife for him and they will be happy together.

As I am living and studying in London now, we call one another very often and every day exchange messages.

### Words and Expressions

**to be born** [... bɔ:n] — родиться

**to move** [mu:v] — переезжать

**the highly promising age** [ˈhaɪli ˈprɒmɪʃɪŋ ˈeɪdʒ] — многообещающий возраст

**great expectations** [...,ekspekˈteɪʃnz] — большие надежды (ожидания)

**A level examinations (Advanced level)** [ˈeɪ ˈlevl ɪg,zæmɪˈneɪʃnz] — экзамены уровня А на последней ступени средней школы, дающие возможность выпускнику поступать в университет

**to be admitted to the University** [... ədˈmɪtɪd]... ,ju:nɪˈvɜ:səti] — быть зачисленным (*принятым*) в университет

**a second-year student** [,sekəndˈjə: ˈstju:dənt] — студент второго курса

**the Faculty of Arts** [ˈfæklti əvˈɑ:ts] — гуманитарный факультет

**to do one's best** [... ˈwʌnz ˈbest] — делать все возможное

**to master smth.** [ˈmɑ:stə] — овладевать чем-л.

**to be interested in smth.** [... ˈɪnrəstɪd...] — интересоваться чем-л.

**to keep fit** [ˈki:p ˈfɪt] — держать себя в форме

**a hall of residence** [ˈhɔ:l əvˈrezɪdəns] — общежитие при университете

**to share a room** [ˈʃeə əˈru:m] — жить в комнате с кем-либо еще, снимать комнату на двоих

**to respect smb.** [rɪˈspekt...] — уважать кого-л.

**to deal with smth.** [di:l...] — иметь дело с чем-либо, заниматься чем-л.

**to distribute** [dɪˈstrɪbjʊ:t] — распространять (*товар*)

**good-natured** [ˌɡʊd ˈneɪtʃəd] — добродушный, с хорошим характером

**to make a good wife** [ˈmeɪk əˌɡʊd ˈwaɪf] — быть хорошей женой

### Answer the questions:

1. What is your name?
2. When is your birthday?
3. What is your home town?
4. What is your marital status?
5. What are you by profession?
6. Do you have a good education?

## 6 ABOUT MYSELF AND THE PEOPLE WHO ARE CLOSE TO ME

7. What are you interested in?
8. How many people are there in your family?
9. What do you expect in future?
10. Are you happy?

**Here are some quotations about family and relatives:**

**You don't choose your family. They are God's gift to you.**  
*(Desmond Tutu) —*

Семью не выбирают. Это Божий дар для каждого из нас.  
*(Десмонд Туту)*

**Family is not an important thing. It's everything.** *(Michael J. Fox) —*

Семья — это не просто что-то очень необходимое.  
По сути дела, семья — это всё. *(Майкл Дж. Фокс)*

**The most important thing in the world is family and love.**  
*(John Wooden) —*

Самое главное в жизни любого человека — это семья  
и любовь. *(Джон Вуден)*

**To us, family means putting your arms around each other  
and being there.** *(Barbara Bush) —*

Для каждого из нас семья — это возможность обнять  
друг друга и быть вместе. *(Барбара Буш)*

**It didn't matter how big our house was; it mattered that  
there was love in it.** *(Peter Buffett) —*

Важно не то, сколько нас было в семье, а то, что в ней  
царила любовь. *(Питер Буффетт)*

**The bond that links your true family is not one of blood but of respect and joy in each other's life. (Richard Bach) —**

Узы, скрепляющие истинную семью, — это не кровные узы, а те, которые основаны на взаимном уважении и чувстве радости от того, что мы есть друг у друга. (*Ричард Бах*)

**When our hearts turn to our ancestors, something changes inside us. We feel part of something greater than ourselves. (Russell M. Nelson) —**

Когда мысленно мы обращаемся к своим далеким предкам, в душе у нас что-то меняется. В этот момент мы ощущаем сопричастность к чему-то неизмеримо большему, чем наш собственный мир. (*Рассел М. Нельсон*)

**When our relatives are at home, we have to think of all their good points or it would be impossible to endure them. (George Bernard Shaw) —**

Когда наши родственники собираются все вместе, нужно думать только об их хороших качествах, иначе невозможно было бы их вынести. (*Джордж Бернард Шоу*)

**After a good dinner one can forgive anybody, even one's own relatives. (Oscar Wilde) —**

После хорошего обеда можно простить всех, даже собственных родственников. (*Оскар Уайльд*)

**Every family has one weird relative. If you don't know who it is, then it's probably you. (Author unknown) —**

В любой семье найдется хотя бы один родственник с причудами. Если вы не знаете, кто это, то им, по всей вероятности, являетесь вы сами. (*Неизвестный автор*)



*Which of the quotations characterising family as something particular and important could you apply to your own family? Do you agree with all the definitions? What is family for you?*

*What reasons do you think could allow Richard Bach to state that family bonds are not based on blood only?*

*Can you appreciate humour of the last three quotations? What life situations on your opinion can provoke these thoughts?*

## OUR RELATIVES

If a person has many relatives, he is happy because he feels protected and can always rely on their understanding and help. The notion “a relative” denotes a member of your family, especially one who does not live with you. We distinguish between relatives by blood and those by marriage. The first group includes both near relatives, such as your parents, siblings, cousins, and distant ones, such as your grandparents’ brothers or sisters.

If you get married, you acquire a lot of new relatives on your wife’s (husband’s) side. And here a great number of names denoting relations can be found in Russian. They are very particular and their English equivalents are presented by words of a unified structure whose last part is expressed with the phrase “in-law”: a mother-in-law, a father-in-law, a daughter-in-law, a son-in-law, a brother-in-law and so on. There are other complex names for relatives by marriage the first part of which is expressed by the stem “step”: a stepfather / stepmother, a stepson / stepdaughter, a stepbrother / stepsister. What is more, we can find two words that mean relatives by blood and marriage at the same time: a half brother and a half sister.

More and more people nowadays are involved in the activity of finding out the names of their ancestors, who lived a long

time ago. They want to know their family history, the most important and interesting events in the life of their relatives who died many years ago. Sometimes they discover the most popular names that were repeated within different generations or the same professions which were inherited from the relatives who had lived before. It has become a tradition for many families that someone draws a family tree containing the names of everyone in the family over a long period of time and showing the relationship between them. By this an invisible link between the ancestors and descendants is established.

### Words and Expressions

**a relative** [ˈrelətɪv] — родственник

**to rely on** [rɪˈlaɪ] — полагаться (*надеяться*) на кого-л.

**a notion** [ˈnəʊʃn] — понятие

**to denote** [dɪˈnəʊt] — обозначать

**a sibling** [ˈsɪblɪŋ] — брат или сестра

**to acquire** [əˈkwaɪə] — приобретать

**particular** [pəˈtɪkjʊlə] — особенный, специфический

**unified** [ˈjuːnɪˌfaɪ] — унифицированный, общепринятый

**a mother-in-law** [ˈmʌðəɪn ˌlɔː] — свекровь, теща

**a father-in-law** [ˈfɑːðəɪn ˌlɔː] — свекор, тесть

**a daughter-in-law** [ˈdɔːtəɪn ˌlɔː] — невестка

**a son-in-law** [ˈsʌn ɪn ˌlɔː] — зять

**a brother-in-law** [ˈbrʌðəɪn ˌlɔː] — деверь, шурин

**a stem** [stem] — основа (*слова*)

**a stepfather** [ˈstep, fɑːðə] — отчим

**a stepmother** [ˈstep,mʌðə] — мачеха

**a stepson** [ˈstep,sʌn] — пасынок

**a stepdaughter** [ˈstep,dɔ:tə] — падчерица

**a stepbrother** [ˈstep,bɾʌðə] — сводный брат

**a stepsister** [ˈstep,sɪstə] — сводная сестра

**a half brother/sister** [ˈhɑ:f ,bɾʌðə] /... ,sɪstə] — едино-  
кровный брат/единокровная сестра (*если отец общий*);  
*единоутробный брат/единоутробная сестра (если*  
*мать общая)*

**an ancestor** [ˈænsɛstə] — предок

**to inherit** [ɪnˈherɪt] — наследовать

**a family tree** [ˈfæmɪli ,tri:] — генеалогическое древо

**an invisible link** [ɪnˈvɪzəbl ,lɪŋk] — невидимая связь

**a descendant** [dɪˈsendənt] — потомок

### Answer the questions:

1. Do you have many near relatives? In what relationship are they to you?
2. Who do we call a brother-in-law?
3. Do you remember the fairy tale "Cinderella"? Who did Cinderella live in the house with?
4. What is the name of the eldest ancestor of your family that you know?
5. Are there any names or professions within your family that have been repeated from generation to generation?
6. Do you have any famous ancestors?
7. What relatives are you especially proud of?

**Here are some proverbs about family and relatives:**

**Brothers and sisters are as close as hands and feet. —**

Связь между братьями и сестрами настолько же близка, как между руками и ногами.

**There is only one pretty child in the world, and every mother has it. —**

На свете есть только один прелестный ребенок, и он есть у каждой матери.

**My family is my strength and my weakness. (*Aishwarya Rai Bachchan*) —**

В семье моей моя сила и одновременно моя слабость. (*Айшвария Рай Баччан*)

**To forget one's ancestors is to be a brook without a source, a tree without a root. —**

Человек, не помнящий своих предков, подобен ручью с высохшим источником или дереву без корней. / Иван, не помнящий родства.

**No man can outwit the ancestors. —**

Никому не удастся перехитрить своих предков.

**From our ancestors come our names, but from our virtues come our honours. —**

От наших предков достаются нам наши имена, а наше доброе имя создается нашими достоинствами.

**Eat and drink with your relatives; do business with strangers. —**

Ешь и пей с родственниками, а деловые отношения создавай с посторонними.

**The rich never have to seek out their relatives. —**

Богатые никогда не разыскивают своих родственников.

**All people are your relatives, therefore expect only trouble from them. —**

Все мы в конце концов родственники, поэтому ожидать друг от друга мы можем одних проблем.

**There is a black sheep in every family. —**

В каждой семье есть черная овца. / В семье не без уroda.

*Do you agree with all concepts expressed in the proverbs?*

*How would you interpret the meaning of the proverbs “My family is my strength and my weakness” and “The rich never have to seek out their relatives”?*

*Does the memory of your ancestors mean much for you? If so, why?*

## FRIENDSHIP

Did it ever occur to you why we had a lot of acquaintances but not so many friends? This is the life reality. The notions “acquaintance” and “friend” are not the same because they denote different relationships between people. When we get acquainted with someone, it does not mean that we will make friends by all means.

There is no shortage of acquaintances with whom you have a superficial relationship. We are surrounded by acquaintances everywhere: in our residential place, at work, at school, at university. We can meet new people when travelling, going to museums or theatres, but very rarely we make friends with anyone. The fact is that we can do without them. You may take an occasional coffee with an acquaintance or discuss the weather or the latest sports results, but basically his life is a closed book to you. Of course, we are also

particular about choosing our acquaintances. We do this on the basis of common interests which are not enough for friendship.

Friendship presupposes much closer, deeper and more devoted relationships than acquaintance. Unfortunately, there are some people (though not so many) who have never experienced the feeling of real friendship as well as that of love. The reasons for this are quite individual, but in all cases these people deprive themselves of emotional experience and pleasure of sharing somebody else's happiness. Friendship is something that is more serious, more important and inexpressible by ordinary words. Not only are two people linked by common interests and the same attitude to life in general, but they appreciate their friendship and do their best not to lose their friends.

A friend is someone who shares your life — the good times and the bad. A true friend will never betray you or let you down. He is reliable and will never tell anybody your secret. Friends never criticise one another; instead they convince reasonably in the opposite viewpoint or give some useful advice. They are always helpful and ready to sacrifice everything for the sake of their friend's well-being. But friendship cannot stand always on one side; it must be mutual. True friends are hard to find and are worth holding to. They are worth more than gold. So, if you have experienced a feeling of friendship, you are happy.

### Words and Expressions

**to occur to smb.** [ə'k z:] — приходить в голову кому-л.

**an acquaintance** [ə'kweɪntəns] — знакомый (*человек*); знакомство

**to get acquainted with smb.** [... ə'kweɪntɪd...] — знакомиться с кем-л.

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**to make friends** — подружиться

**no shortage** [ˈʃɔːtɪdʒ] — нет недостатка в чем-л.

**superficial** [ˌsuːpəˈfiʃl] — поверхностный

**to meet someone** — знакомиться

**to do without smb.** — обходиться без кого-л.

**to be particular about smth.** [prəˈtɪkjʊlə] — быть разборчивым  
в чем-л.

**common interests** [ˈkɒmən ˌɪntrests] — общие интересы

**to presuppose** [ˌpriːsəˈpəʊz] — предполагать

**devoted** [dɪˈvəʊtɪd] — преданный

**to experience** [ɪkˈspɪəriəns] — испытывать, иметь опыт

**to deprive smb. of smth.** [dɪˈpraɪv...] — лишать кого-л. чего-л.

**an attitude to smth.** [ˈætɪˌtjuː d...] — отношение к чему-л.

**to betray** [bɪˈtreɪ] — предавать

**to let smb. down** — подводить кого-л., ставить в трудное положение

**to convince in smth.** [kənˈvɪns...] — убеждать в чем-л.

**to sacrifice smth. for the sake of smb.** [ˈsækrɪˌfaɪs...] — жертвовать чем-л. ради кого-л.

**mutual** [ˈmjuːtʃuəl] — взаимный

**to be worth** [wɜːθ] — быть стоящим, быть достойным чего-л.

**Answer the questions:**

1. Do you have a close friend?
2. How long have you known one another?
3. Where did you get acquainted?

4. What principles is your friendship based on?
5. What interests do you have in common?
6. What features do you appreciate in your friend most of all?
7. Have you ever quarrelled? If so, what was the reason for it?
8. What relationships in your opinion should dominate in the family between the wife and the husband, those of love or friendship?

**Here are some proverbs about friends and friendship:**

**Friendship is not bought at a fair. —**

Дружбу на ярмарке не купишь.

**Before you choose a friend, eat a bushel of salt with him. —**

Чтобы узнать человека, надо с ним пуд соли съесть.

**Be slow in choosing a friend, slower in changing him. —**

Выбирая друга, не торопись, тем более не торопись менять его.

**False friends are worse than bitter (open) enemies. —**

Коварный друг опаснее заклятого (*явного*) врага.

**A friend to all is a friend to none. —**

Тот, кто дружит со всеми, не дружит ни с кем.

**Old friends and old wine are best. —**

Нет лучше старого вина и многолетней дружбы.

**A friend in need is a friend indeed. —**

Друзья познаются в беде.

**Between friends all is common. —**

У друзей всё общее.



**The best of friends must part. —**

Расстаются и самые лучшие друзья.

**Friendship cannot stand always on one side. —**

Дружба должна быть взаимной.

*Do you know any other proverbs or sayings about friendship and friends?*

*Do you agree with all the principles postulated by these proverbs? How would you interpret the meaning of the proverb “Old friends and old wine are best”?*

*Did you ever have to be a friend in need for your partner? If so, what was the situation?*

# LIVING IN A BIG TOWN OR IN THE COUNTRY?



## MY HOME TOWN

I was born in St. Petersburg and I am still living there. This is my home town which I love dearly and cannot imagine living in some other place. When I am away, I miss it greatly and fully understand the meaning of the proverb: there is no place more delightful than home.

St. Petersburg is one of the most wonderful cities in the world, the fact that is recognised by everybody who once visited it. In May 2018 our city celebrated its three hundred and fifteenth anniversary since its foundation. It was founded by Peter the First's order and was built in accordance with the European architectural pattern. That is why it looks European. The most talented Russian and foreign architects took part in the construction of the city: Trezzini, Rastrelli, Rossi, Voronikhin, Zakharov, Montferan — to name but a few. Here are some of the most popular tourists' attractions of St.-Petersburg: Winter Palace, the former residence of the Russian tsars, which was built by Rastrelli and in the twentieth century was converted into a well-known museum, the Hermitage; the majestic Alexander Column erected in the centre of Palace Square in honour of the victory of Russia over Napoleon; the Peter and Paul Fortress built by the architect Trezzini at the very beginning of the eighteenth century; Mikhailovsky Palace constructed by Rossi that now houses the Russian Museum, and many other majestic attractions.

Old mansions and palaces, the Neva embankments and wonderful bridges over the river are the main features of our city which attract tourists from all over the world. By the number of rivers, canals and bridges the city can be compared with Venice. St. Petersburg is rightfully called a city of museums, many of which have the world fame. The most famous of them are the Hermitage, the Russian museum, the Ethnographical museum, the Pushkin's museum on the Moika River, and some others. There are also a lot of monuments to the most outstanding persons or remarkable events that mark important historical periods in the life of our city and the country. It is the sculpture "The Bronze Horseman" made by Falconet that presents a symbol of the city.

St. Petersburg is also famous for its picturesque parks and gardens that are also very popular both with local people and foreigners. The Summer Garden is one of the oldest places with its world famous statues and the summer residence of Peter the First. It is very pleasant to walk there along its straight alleys in the shadow of age-old trees which witness remarkable people and events of the past. There is one more wonderful park located on the outskirts of St. Petersburg whose existence was closely connected with the history of the city. This is the park known as Yekaterinhof. It was laid out at the very beginning of the XVIII century by Peter the First's order for his wife Katherine, hence the name of the park. With its ponds, leaf-bearing trees, green lawns, and old brick buildings the park looks picturesque and impressive. It is especially beautiful in autumn.

Like everyone I have my favourite places in St. Petersburg. Among them, Nevsky Avenue should be mentioned first. Different architectural styles are presented here: baroque, rococo, empire, classicism, modernism — all merged to create a unique image of a majestic city. This is also the main shopping centre with numerous street cafés; that is why crowds of people flood it at

any time of the day — young and old, casually and fashionably dressed, tourists and local people, and here and there different languages can be heard. There is a very nice street that adjoins Nevsky Avenue which is also very popular with tourists. This is Malaya Sadovaya Street that was pedestrianised some years ago. It looks wonderful with its lilac bushes and flowers in summer and a very attractive monument to Carl Bulla, the first photographer of St. Petersburg. Tourists like to take photos of them against the monument.

So, don't lose a chance and come to St. Petersburg to enjoy the view of the wonderful city and the hospitality of its residents.

### Words and Expressions

**a home town** [ˈhəʊm ,taʊn] — родной город

**to miss smth.** — скучать по чем-л.

**a proverb** [ˈprɒvɜːb] — пословица

**delightful** [dɪ ˈlaɪtfl] — восхитительный

**to recognise** [ˈrekəg ,naɪz] — признавать

**to celebrate an anniversary** [ˈselə ,breɪt ən ,æni ˈvɜːsəri] — праздновать годовщину

**foundation** [faʊn ˈdeɪʃn] — основание, закладывание фундамента

**to found** [faʊnd] — основывать, закладывать фундамент

**by the order** [... ˈɔːdə] — по приказу

**in accordance with smth.** [... ə ˈkɔːdnɪs...] — в соответствии с чем-л.

**a pattern** [ˈpætən] — образец, модель

- an attraction** [ə'trækʃn] — достопримечательность
- a former residence** ['fɔ:mə 'rezɪdəns] — бывшая резиденция
- to erect** [ɪ'rekt] — воздвигать
- in honour of smb., smth.** [... 'ɔ:nə...] — в честь кого-л., чего-л.
- to house** [haʊz] — вмещать
- a mansion** ['mænjən] — особняк
- a feature** ['fi:tʃə] — особенность, черта
- rightfully** ['raɪtflɪ] — справедливо, по праву
- a fame** — слава
- picturesque** [ˌpɪktʃə'resk] — живописный
- a straight alley** [ˌstreɪt 'æli] — прямая аллея
- in the shadow** [... 'ʃædəʊ] — в тени
- to witness smth.** ['wɪtnəs] — быть свидетелем чего-л.
- on the outskirts** [... 'aʊt,skɜ:ts] — на окраине
- existence** [ɪg'zɪstəns] — существование
- to lay out (laid)** — закладывать, разбивать (*о парке*)
- hence** [hens] — отсюда, по этой причине
- a pond** — пруд
- a leaf-bearing tree** ['li:f,beərɪŋ...] — лиственное дерево
- a lawn** [lɔ:n] — газон
- baroque** [bə'rɒk] — барокко (*архитектурный стиль*)
- rococo** [rə'kəʊkəʊ] — рококо (*архитектурный стиль*)
- empire** ['empraɪ] — ампи́р (*архитектурный стиль*)
- to merge** [mɜ:dʒ] — смешиваться, сливаться
- a crowd** [kraʊd] — толпа

**to flood** [flʌd] — заполнять потоком (*о людях*), устремляться  
**casually dressed** [ˈkæʒuəli...] — в простой, повседневной одежде  
**to adjoin smth.** [əˈdʒɔɪn...] — примыкать к чему-л.  
**to be pedestrianised** [... pəˌdestriənəɪzd] — стать пешеходной  
**a lilac bush** [ˈlaɪlək ˌbʊʃ] — куст сирени  
**hospitality** [ˌhɒspɪˈtæləti] — гостеприимство

### Answer the questions:

- A.
1. St. Petersburg is one of the most wonderful cities in the world, isn't it? Why is it called the cultural capital of Russia?
  2. According to what architectural style was it constructed? Name some of the architects who contributed to the construction of the city.
  3. What are the most famous museums and monuments in St. Petersburg?
  4. What is your favourite place in St. Petersburg? Why do you like it?
  5. The city is also referred to as a city of students. Why do you think it is called so?
  6. Have you ever visited St. Petersburg? If so, what impressed you most of all?
  7. Would you like to live or study in the city?
- B.
1. What is your home town?
  2. Where is it located?
  3. Is it big or small, old or young?
  4. What is it famous for? What are the main attractions in it?
  5. Where do you prefer to live, in a city or in the suburb? Why?

**Here are some proverbs and quotations about the Motherland and the home town:**

**An Englishman's house is his castle. —**

Дом англичанина — его замок. / Мой дом — моя крепость.

**Houses are built to live in, and not to look on. (*Francis Bacon*) —**

Дома строят, чтобы в них жить, а не чтобы любоваться ими. (*Фрэнсис Бэкон*)

**People who live in glass houses should never throw stones. —**

Тот, кто живет в стеклянном доме, не должен бросать камни. / Не руби сук, на котором сидишь.

**There is no places more delightful than home. —**

Нет более дорогого сердцу места, чем дом.

**A home can be made a heaven or a hell. (*Eleanor Roosevelt*) —**

Дом может стать и раем, и адом. (*Элеонора Рузвельт*)

**The worst feeling in the world is homesickness that comes over a man occasionally when he is at home. (*Clarence Decatur Howe*) —**

Худшее чувство из всех, какие можно испытать на свете, — это тоска по дому, когда вы находитесь в собственном доме. (*Кларенс Декейтер Хау*)

**Every dog is a lion at home. —**

Всякая собака чувствует себя львом в доме. / Всяк кулик на своем болоте велик.

**Burn not house to rid it of the mouse. —**

Не сжигай своего дома, чтобы избавиться от мышей. / Осердясь на блох, да и шубу в печь.

**Owners should bring honour to the house, not the house to the owners. —**

Не дом хозяина красит, а хозяин дом. / Без хозяина двор и сир, и вдов.

**Ask not what your country can do for you, ask what you can do for your country. —**

Не спрашивай, что Родина может сделать для тебя, спроси себя, что ты можешь сделать для Родины.

*Do you know any other proverbs or sayings referring to the same subject?*

*How could you interpret the meaning of the proverb “An Englishman’s house is his castle?”*

*Is your home the most delightful place for you? Do you always feel homesick when you are far away from your home?*

## **LIFE IN THE CITY VERSUS LIFE IN THE COUNTRY**

A big city has always been an attractive place for many people who are eager to become permanent residents and enjoy the spirit of a busy life there. It is quite evident that life in a big city is more interesting than that in the country or in the rural areas. There are a lot of places of interest to visit: theatres, museums, amusement parks. Besides, you can spend your free time in a café or a restaurant to celebrate some event or just to meet your friends. In summer and autumn the city residents can walk along the alleys of the parks and gardens that are the most picturesque during these seasons of the year.



Then, it is easier to find a job in a city because more vacancies can be offered by our national companies as well as by foreign ones which have their branches abroad. These are the indisputable advantages that attract job seekers from all over the country. So people move to the urban areas mainly for jobs.

These possible benefits outweigh the disadvantages involved. Among the drawbacks of living in a big city, high prices should be mentioned first. It is very expensive to rent a flat, to say nothing about the cost of services which are much higher than in a small town or in the country. Not only are traffic jams annoying, but a large number of cars using petrol badly influences the city environment and as a result people's health. Moreover, the life in a big city is very stressful. Nevertheless, more and more people are striving to settle in big cities.

Living in the country or in the suburb is quite a different thing. Firstly, the environment is more favourable for people's health because the so-called green zones cover vast territories. Besides, there is not much traffic and no industrial enterprises can be found there; as a result the air and water basins are not heavily polluted with toxic chemicals. Secondly, life in the countryside is not so stressful, the atmosphere is so pleasantly rural, people look more sociable and considerate, and time seems to flow slowly far away from the hustle and bustle of the city. On the other hand, some negative points make young people leave their places in the hope of searching for a better life. The main reason is that it is difficult to find a job and hardly possible to get higher education in the country. Moreover, there are not many entertainments for the people to spend pleasantly their free time.

Summing up, young people prefer living in a large city that gives them many chances to realise their capabilities and possibilities, whereas older ones choose the comfort and pleasure of a country life.

## Words and Expressions

**versus** [ˈvɜːsəs] — против (*в сравнении с чем-л.*)

**the country** [ˈkʌntri] — пригород, сельская местность

**attractive** [əˈtræktɪv] — привлекательный

**to be eager** [...ˈiː gə] — страстно желать чего-л.

**a permanent resident** [ˈpɜːmənənt ˌrezɪdənt] — постоянный  
житель

**spirit** — дух

**a busy life** [ˈbɪzi ...] — оживленная жизнь

**evident** [ˈeɪvɪdənt] — очевидный

**a rural area** [ˈrʊərəl ˌeəriə] — сельская местность

**an amusement park** [əˈmjuːzmənt ...] — парк развлечений

**an event** [ɪˈvent] — событие

**a branch** [brɑːntʃ] — филиал, дочерняя компания

**abroad** [əˈbrɔːd] — за границей

**an indisputable advantage** [ˌɪndɪˈspjuːtəbl ədˈvɑːntɪdʒ] — нео-  
споримое преимущество

**a job seeker** [...ˈsiːkə] — тот, кто ищет работу

**urban** [ˈɜːbən] — городской

**a benefit** [ˈbenɪfɪt] — преимущество, плюс, выигрышный  
момент

**to outweigh** [ˈaʊtwei] — перевешивать, быть более значимым

**a disadvantage** [ˌdɪsədˈvɑːntɪdʒ] — недостаток, слабая сторо-  
на, минус

**involved** [ɪnˈvɒlvd] — включенный (*часто не переводится*)

**a drawback** [ˈdrɔːbæk] — недостаток

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**to mention** [ˈmenʃn] — упоминать

**expensive** [ɪkˈspensɪv] — дорогой, дорогостоящий

**to rent a flat** — снимать (*арендовать*) квартиру

**a cost** — стоимость

**a traffic jam** [ˈtræfɪk ˌdʒæm] — «пробки» на дорогах

**to annoy** [əˈnɔɪ] — раздражать

**petrol** [ˈpetrəl] — бензин

**to influence smth.** [ˈɪnfluəns] — влиять на что-л.

**environment** [ɪnˈvaɪrənmənt] — окружающая среда

**stressful** — напряженный

**nevertheless** [ˌnevəðəˈles] — тем не менее

**to strive** [straɪv] — стремиться

**a suburb** [ˈsʌbɜːb] — пригород; место, удаленное от центра  
большого города

**favourable** [ˈfeɪvərəbl] — благоприятный

**an industrial enterprise** [ɪnˈdʌstriəl ˈentəpraɪz] — промыш-  
ленное предприятие

**a water basin** [...ˈbeɪsn] — водный бассейн

**to heavily pollute** [ˈhevɪli pəˈlu:t] — загрязнять воздух

**a toxic chemical** [ˈtɒksɪk ˌkemɪkl] — токсическое химическое  
вещество

**a countryside** [ˈkʌntriˌsaɪd] — сельская местность

**sociable** [ˈsəʊjəbl] — общительный, коммуникабельный

**considerate** [kənˈsɪdərət] — внимательный к другим, дели-  
катный

**the hustle and bustle** [ˈhʌsl...ˈbʌsl] — толкотня и суета

**to search** [sɜːtʃ] — искать

**the main reason** [ˈmeɪn ˌriːzn] — главная причина

**moreover** [mɔːˈrəʊvə] — более того, кроме того

**an entertainment** [ˌentəˈteɪnmənt] — развлечение

**summing up** [ˈsʌmɪŋ , ʌp] — подводя итог

**to prefer** [prɪˈfɜː] — предпочитать

**a chance** [tʃɑːns] — шанс, возможность

**a possibility** [ˌpɒsəˈbɪləti] — возможность

**whereas** [weəɪˈæz] — в то время как

**to choose** [tʃuːz] — выбирать

### Answer the questions:

- A.
1. Do you live in a large city, in a small town or in the country?
  2. What are the main attractions and features of the place where you live?
  3. What lifestyle is more acceptable to you, urban or rural and why?
  4. Do you think there is a great difference in psychology of people who live in cities and those, living in rural areas? What do the people differ in?
  5. What makes life in large cities very stressful? Can you propose any measures against it?
  6. What does the notion “a city comfort” mean for you? Does it include only certain conveniences?
  7. Why are many people striving to move to cities from small towns and rural areas?
  8. In what case would you leave a city for a small, quiet place in the country?

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- B.
1. What favourable conditions of living in a small, quiet town could you name?
  2. Many writers and poets preferred and still prefer living and working in the country? What do you think contributes to creative work there?
  3. Have you ever considered a chance for you to live in the countryside, but work in a city?
  4. What lifestyle can influence favourably life expectancy, urban or rural? Give your reasons.

**Here are some proverbs and sayings about people's attitude to the notion "home":**

**East or West — home is the best. —**

В гостях хорошо, дома лучше.

**There is no place like home. —**

Дома — лучше всего. / Дома и стены греют.

**Home is where the heart is. —**

Дом там, к чему ты привязан сердцем.

**The wider we roam the welcomer home. —**

Всякому мила своя сторона. / Чем дальше от дома, тем сильнее тоска по дому.

**He has no home whose home is everywhere. —**

Чужие стены не греют. / Когда дом везде, корни не пушены нигде.

**Neither house, nor home. —**

Ни кола, ни двора.

**Men make houses, women make homes. —**

Мужчина строит дом, а женщина — семейный очаг. / Муж — дому строитель, нищете отгонитель; хозяйкою дом стоит.

**Dry bread at home is better than roast meat abroad. —**

Дома и солома съедобна.

**Every bird likes its own nest. —**

Всяк кулик свое болото хвалит.

**It is a foolish bird that soils its own nest. —**

Худая та птица, которая свое гнездо марает.

*Which of the proverbs or sayings coincides with your own attitude to the native place?*

*How could you interpret the meaning of the proverbs “Men make houses, women make homes” and “He has no home whose home is everywhere”?*

## COMMUTING

Commuting, getting regularly to and from work, presents a problem for city residents. The difficulties passengers have to experience are caused by some reasons. As a rule, commuters live far from their workplaces and it takes them a lot of time to get there. Then, heavy traffic and congestion during rush hours add troubles.

There are different ways of commuting that people choose depending on some objective or subjective situations. The most popular and democratic is using the public transport. You can commute by bus, by trolleybus, by tram or by metro, which are

relatively cheap. A lot of commuters have to change one means of transport to another while going to work which is inconvenient by itself. But what if the weather is nasty or other unforeseen unpleasant circumstances occur? This dramatically spoils your mood and you need much time to pull yourself together. Though the public transport system is excellent, sometimes it can let the passengers down: a fault can happen or some unfavourable conditions can slow the movement or even stop it for some hours. Moreover, the ground public transport means are not always comfortable because very often they are overcrowded and a lot of commuters have to stand all the way, the situation which city pickpockets take advantage of.

The metro (the underground) is more reliable being fast, as it does not depend on traffic. However it is more expensive. Commuters prefer the Metro to the ground vehicles because taking the metro train they save time considerably and enjoy comfort and conveniences.

Nowadays more and more people who live on the outskirts commute by train. Using a train to cover long distances is very convenient in all respects, especially if you work near the railway station. It is comfortable too as you usually get a seat there.

Car owners prefer to use their cars for commuting though they have to experience a lot of difficulties. Firstly, it is expensive as the price of petrol grows from day to day and the car needs regular servicing. Secondly, it is sometimes hard to drive and very stressful as there is so much traffic on the roads of a city. Moreover, it is difficult to find a parking space in the city centre where using private cars is strictly limited. Nevertheless, commuting by car is more comfortable than being on a hot, crowded bus.

Lately another noticeable trend can be seen in choosing the way of commuting in big cities. Cycling has become popular with young people. The advantages are that it is the cheapest

way; then, cyclists never have to worry about finding a parking space and what is more — it is great exercise! However, you have to be careful — whizzing through traffic can be dangerous sometimes. But the problem can be solved by constructing special cycle lanes as this can be seen in some European countries, in Finland for example. Then hiring a cycle at the metro stations must be accessible to passengers who are going to continue their way farther. This is also a general practice for some countries abroad.

### Words and Expressions

**commuting** [kə'mju:tɪŋ] — ежедневная поездка на работу (учебу) и обратно

**to present a difficulty** [prɪ'zent... 'dɪfɪklti] — представлять собой определенную трудность

**a passenger** ['pæsɪndʒə] — пассажир

**to cause** ['kɔ:z] — вызывать, причинять

**a reason** ['ri:zn] — причина

**as a rule** [ru:l] — как правило

**a commuter** [kə'mju:tə] — пассажир, который регулярно пользуется транспортом при поездке на работу, учебу и т.д.

**heavy traffic** ['hevi ,træfɪk] — интенсивное дорожное движение

**congestion** [kən'dʒestʃən] — затор (уличного движения), «пробки»

**rush hours** ['rʌʃ ,aʊəz] — часы-пик

**to add** — добавлять



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**different ways** [ˈdɪfrənt ˌweɪz] — различные способы

**to depend on smth.** [dɪˈpend...] — зависеть от чего-л.

**relatively cheap** [ˈrələtɪvli ˌtʃi:p] — относительно дешевый

**a means of transport** [mi:nz...] — транспортное средство

**inconvenient** [ˌɪnkənˈvi:niənt] — неудобный, не подходящий

**nasty weather** [ˈnɑ:sti ˌweðə] — скверная, отвратительная  
погода

**an unforeseen circumstance** [ˌʌnfɔ:ˈsi:n ˌsɜ:kəmstəns] — не-  
предвиденное обстоятельство

**to occur** [əˈkɜ:] — случаться

**to spoil one's mood** — портить настроение

**to pull oneself together** [ˈpʊl wʌnˈself təˈge ðə] — брать себя  
в руки

**excellent** [ˈeksələnt] — отличный

**to let smb. down** — подводить кого-л., ставить в трудное по-  
ложение

**a fault** [fɔ:lt] — неисправность, авария

**to happen** [ˈhæpən] — случаться

**an unfavourable condition** [ʌnˈfeɪvərəbl kənˈdɪʃn] — неблаго-  
приятное условие

**the ground transport** [graʊnd...] — наземный транспорт

**overcrowded** [ˈəʊvəˌkraʊdɪd] — переполненный

**a pickpocket** [ˈpɪkˌpɒkɪt] — вор-карманник

**to take advantage of smth.** [...ədˈvɑ:ntɪdʒ...] — воспользо-  
ваться чем-л.

**reliable** [rɪˈlaɪəbl] — надежный

**to prefer smth. to smth.** [prɪ'fɜː...] — предпочитать что-л. чему-л.

**a vehicle** ['viːɪkl] — транспортное средство

**to save time considerably** [... kən'sɪdərəbli] — значительно экономить время

**a convenience** [kən'viːniəns] — удобство

**in all respects** [... ɪ'spektz] — во всех отношениях

**a car owner** [... 'əʊnə] — автовладелец

**a parking space** ['pɑːkɪŋ ,speɪs] — место для парковки

**a private car** ['praɪvət ...] — личный автомобиль

**to be strictly limited** ['strɪktli 'lɪmɪtɪd] — быть строго ограниченным

**a noticeable trend** ['nəʊtɪsəbl... ] — заметная тенденция

**cycling** ['saɪklɪŋ] — поездка на велосипеде

**a cyclist** ['saɪklist] — велосипедист

**great exercise** [... 'eksə ,saɪz] — хорошая разминка

**careful** ['kæfəl] — внимательный, осторожный

**to whiz (whizz)** [wɪz] — очень быстро двигаться

**dangerous** ['deɪndʒərəs] — опасный

**to solve a problem** [... sɒlv] — решать вопрос, проблему

**a cycle lane** ['saɪkl ,leɪn] — велосипедная дорожка

**to hire a cycle** ['haɪə...] — брать велосипед напрокат

**accessible** [æk'sesəbl] — доступный, достижимый

### Answer the questions:

- A. 1. What means of transport do people in your city use?  
2. Does the way to your work (University) take much time?

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3. What means of transport do you have to use for commuting?
  4. Do you have to change to another vehicle?
- B.
1. Is commuting a sort of a problem in your city?
  2. What causes the problems?
  3. Are the ground vehicles and the Underground always crowded?
  4. Which of them is the most reliable?
- C.
1. Do you always give a seat on a bus, tram and train up to an older passenger or a woman with a child?
  2. Do you do this willingly or reluctantly?
  3. What passengers do you think always fight for a vacant seat?
  4. Do you belong to the type of people?
- D.
1. Do you have a car?
  2. If so, do you use it for commuting?
  3. What are the advantages and disadvantages of this?
  4. Is having a car nowadays a luxury?
- E.
1. What do you think about cycling as a way of commuting?
  2. Why do more and more people choose a cycle for commuting?
  3. Is your attitude to this in general positive or negative? Why?
- F.
1. In what case would you prefer to go to work (University) on foot?
  2. What measures could you propose for introducing changes into the present system of commuting in your city?

## Remember the rules how to use prepositions with the names of transport means:

С названиями транспортных средств используются следующие предлоги: **by**, **on** и **in**. Их употребление в случае с **by**, с одной стороны, и **on** / **in**, с другой, основывается на значении самих предлогов, а дифференцирование **on** и **in** зависит от названия транспортного средства.

Предлог **by** употребляется, когда речь идет о способе передвижения, что соответствует значению в русском языке, передаваемому творительным падежом: автобусом, трамваем, поездом, самолетом и т. д. При этом у существительного с предлогом **by** отсутствуют другие определители — артикли и притяжательные местоимения: **by train**, **by car**, **by taxi**, **by bus**, **by tram**, **by bicycle**, **by plane**, **by helicopter**, **by ship** (но **on foot**). Это правило остается в силе, если вместо названного транспортного средства употребляются их аналоги, фиксирующие внимание не на объекте передвижения, а на пространстве, в котором происходит движение: **by rail**, **by land**, **by air**, **by sea**.

Предлоги **on** и **in** используются, когда мы говорим о нахождении внутри транспортного средства. В этом значении **in** употребляется только применительно к существительным **car** и **taxi**. Остальные существительные со значением транспортного средства употребляются с предлогом **on**. В этом случае, наряду с предлогом, обязательно используется артикль или притяжательное местоимение: **on a (the, our) train**, **on a (the, my) bus**, **on a (the, their) plane**, **on a, (the, my) bicycle**, **on a (the, his) boat**, **on a (the, their) horse**, **in a (the, my) car**, **in a (the, our) taxi**.

**Read the following sentences and explain the rule for using the prepositions:**

1. I like to travel by train even if the journey lasts for many days.
2. I have never gone there on an intercity coach.
3. I usually go to work by car, but today I'll have to commute by bus as my car needs repairing.
4. If you are in a hurry, I can give you a lift in my car.
5. When you are in a taxi, remember to fasten your seat belt to avoid being injured during a traffic accident.
6. We had to go to the theatre by taxi in order not to be late for the performance.
7. The fastest way from London to Glasgow is by air.
8. We went to the USA on a jumbo jet.
9. Travelling by train is more expensive than going in your own car.
10. Nothing compares to the simple pleasure of riding on a bike!
11. I love public transportation! Who wants to sit in a car and be angry with other drivers who are very slow and careless? I'd rather sit on a bus or train and read a book.

## **CARPOOLING**

People, who have to commute regularly, experience certain difficulties with getting to and from work. They either risk their lives on the overcrowded motorways or waste precious time on the ineffective public transport system. It is quite evident that there might be an alternative to the existing way of commuting. And in Great Britain they have found it.

This is carpooling, a relatively new, convenient way of getting to work.

Carpooling is a way of commuting when a group of car owners agree to travel together to work, college, University, etc. so that only one car is used each time. The commuters in this case are called carpoolers. This way of commuting is less stressful than taking a bus or train, besides you save time and money.

Carpooling is effective when used with some colleagues from work. Each of them has their own car and they arrange to share one private car to get to work or college. On the exact day of the week, one of the co-workers of the group is supposed to give a lift in his car to the other colleagues who left their cars at home, and so they become passengers. Then, the next day one of the former passengers works as a driver using his (or her) own car. In this way you win economically because you have to spend less money on petrol and servicing your car.

Carpooling also contributes much to solving environmental problems. Firstly, with this way of commuting the number of cars on the roads considerably decreases. This results favourably in both the entire traffic situation including congestion and the risk of accidents and the environment which becomes less polluted. Secondly, the fact that fewer cars are used on the roads reduces the volume of noise.

### Words and Expressions

**a motorway** [ˈmɔʊtə,weɪ] — шоссе

**to waste precious time** [ˈweɪst ˈpreʃəs...] — терять драгоценное время

**evident** [ˈeɪvɪdənt] — очевидный

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**carpooling (a carpool)** [ˈkɑ:pu:lɪŋ] — договоренность авто-  
владельцев о совместной эксплуатации машины

**to carpool** — договариваться с другими автовладельцами  
о совместной эксплуатации машины

**a carpooler** — один из автовладельцев из группы, договорив-  
шихся о совместной эксплуатации машины

**less stressful** [...ˈstresfl] — более спокойный (*менее напря-*  
*женный*)

**to arrange** [əˈreɪndʒ] — устраивать, улаживать

**to share** [ʃeə] — делить между кем-л.

**private** [ˈpraɪvət] — личный

**exact** [ɪˈgzækt] — точный

**a co-worker** [ˈkəʊ,wɜ:kə] — сотрудник

**to give a lift** — «подбросить», подвезти (*на машине*)

**former** [ˈfɔ:mə] — бывший, прежний

**to contribute to smth.** [kənˈtrɪbjʊ:t...] — способствовать  
чему-л.

**to solve environmental problems** [...ɪn,vaɪənməntl...] — ре-  
шать проблемы окружающей среды

**to considerably decrease** [kənˈsɪdəbli diːˈkri:s] — значительно  
уменьшаться

**to result in smth.** [rɪˈzʌlt ...] — сказываться на чем-л., влиять

**favourably** [ˈfeɪvərəbli:] — благоприятно

**entire** [ɪnˈtaɪə] — весь, целый

**congestion** [kən'dʒestʃən ] — затор уличного движения, «пробки»

**accident** [ 'æksɪdənt ] — дорожное происшествие

**environment** [ɪn'vaɪrənmənt] — окружающая среда

### Answer the questions:

1. Why was carpooling, an alternative way of commuting, introduced in Great Britain?
2. The word *carpooling* is a compound noun consisting of two stems: car and pool; what does the verb *to pool* mean?
3. Why is this way of commuting called so?
4. Is the system like that used in your city?
5. What are the advantages of this?
6. Would you like trying carpooling as an experiment?
7. Do you think it will facilitate traffic problems?
8. How can it contribute to solving environmental problems?

### Here are some quotations about driving a car and drivers:

**Each year it seems to take less time to fly across the ocean and longer to drive to work. (Author unknown) —**

С каждым годом ощущается, что все меньше времени требуется для того, чтобы пересечь океан, и больше, чтобы доехать до работы. (Неизвестный автор)

**Leave sooner, drive slower, live longer. (Author unknown) —**

Отправляйся быстрее, двигайся медленнее, живи дольше. (Неизвестный автор)



**Patience is something you admire in the driver behind you and scorn in the one ahead. (Mac McCleary) —**

Терпение — это то, что восхищает вас в водителе, который следует за вами, и раздражает в том, кто впереди вас. (Мак Макклери)

**The best car safety device is a rear-view mirror with a cop in it. (Dudley Moore) —**

Лучшее устройство для обеспечения безопасности автомобиля — это зеркало заднего вида с отражением полицейского в нем. (Дадли Мур)

**Yes, Officer, I did see the speed limit sign. I just didn't see you. (Author unknown) —**

Да, господин полицейский, я видел знак ограничения скорости. Но я не заметил вас. (Неизвестный автор)

**Never drive faster than your guardian angel can fly. (Author unknown) —**

Никогда не двигайтесь быстрее, чем может лететь ваш ангел-хранитель. (Неизвестный автор)

**You never really learn to swear until you learn to drive. (Author unknown) —**

Когда начнешь водить автомобиль, научишься ругаться. (Неизвестный автор)

**Anyone driving slower than you is an idiot, and anyone going faster than you is a maniac. (Author unknown) —**

Любой, кто едет медленнее вас, идиот, а тот, кто движется быстрее, — маньяк. (Неизвестный автор)

**A tree never hits an automobile except in self-defence. (Author unknown) —**

Дерево никогда не ударит автомобиль, разве что при самообороне. (Неизвестный автор)

**I represent what is left of a vanishing race, and that is the pedestrian... That I am still able to be here, I owe to a keen eye and a nimble pair of legs. But I know they will get me some day. (Will Rogers) —**

Я один из последних представителей исчезающего вида, который называется пешеход... Тому, что я все еще существую, я обязан острому зрению и ловким ногам. Но когда-нибудь они меня подведут. (*Уилл Роджерс*)

*How do you like the humorous colouring of these quotations? Is drivers' behaviour on the roads responsible for the attitude like this?*

*Which of the quotations could you apply to your own driving practice?*

*Can you interpret the meaning of the quotation "A tree never hits an automobile except in self-defence"?*

# DOES SUCCESS MEAN HAPPINESS AND VICE VERSA?



## HAPPINESS

Happiness can be interpreted as the feeling of being happy. It goes without saying that everybody is striving for happiness. However, the matter is that the notion “happiness” is understood differently. For some this is a sense of material well-being — money, property, luxury and even power; for others happiness presupposes harmony, love and some creative activity. However, both groups of people have one common idea that health is an integral component of happiness. On the other hand, according to the Russian novelist Leo Tolstoy, all happy families are alike and all unfortunate families are unhappy in their own way.

Life is abundant with the facts when a person has everything to be contented with, but he does not feel happy and satisfied with his existence. It is a commonplace that the more we have, the more we want and no circumstances will ever teach us anything. Suffice it to say that the same idea is stressed in the plot of “The Tale of the Fisherman and the Fish” by Pushkin. On the other hand, there are a lot of ordinary people who are not in the public eye, but who live happily. One thing is clear: people suffer very much from comparing themselves with others. In English there is a proverb “to keep up with the Joneses”, which means that everybody tries to be as rich, successful and famous as their neighbours.

To be satisfied with their life conditions, everybody should live in accordance with their capabilities, material and spiritu-

al, trying gradually to improve their living standard. They must not overestimate themselves as well as envy those who surround them. This will certainly result in the worthwhile life. Some advice of psychologists can help those who want to attain happiness. Here are the main helpful of them: get rid of doubts and learn to be more contented with yourself and your life; learn from other people; change your outlook, your relations with others and the choices you make; be an optimist; don't criticise yourself or demand too much of yourself; focus on the present.

Follow these pieces of advice and your life will change for the better!

### Words and Expressions

**it goes without saying** [... wɪˈðaʊt ˈseɪɪŋ] — само собой разумеется

**to strive for smth.** [straɪv...] — стремиться к чему-л.

**the matter is** [ˈmætər ɪz] — дело в том

**a sense of material well-being** [ˈsens əv məˈtɪəriəl ,welˈbɪŋ] — ощущение материального благополучия

**property** [ˈprɒpəti] — собственность

**luxury** [ˈlʌkʃəri] — роскошь

**power** [ˈpaʊə] — власть

**creative** [kriˈeɪtɪv] — творческий

**a common idea** [ˈkɒmən aɪˈdɪə] — общее, одинаковое представление

**health** [helθ] — здоровье

**an integral component** [ˈɪntɪgrəl kəmˈpəʊnənt] — неотъемлемая часть

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**on the other hand** [... 'lðə...] — с другой стороны (*при выражении мнения*)

**according to smth.** [ə 'kɔ:diŋ...] — согласно кому-л., по словам кого-л.

**to be alike** [... ə 'laɪk] — быть похожими

**unfortunate** [ʌn 'f ɔ:tʃʊnət] — несчастливый

**in one's own way** [... ,wʌnz 'əʊn...] — по-своему

**to be abundant with smth.** [... ə 'bʌndənt...] — изобиловать чем-л.

**to be contented with smth.** [... kən 'tentɪd...] — быть довольным чем-л.

**to be satisfied with smth.** [... 'sætɪs ,faɪd] — быть удовлетворенным чем-л.

**existence** [ɪg 'zɪzʔəns] — существование

**a commonplace** ['kɒmən ,pleɪs] — банальность, расхожее место

**a circumstance** ['sɜ:kəmstəns] — обстоятельство

**suffice it to say that** [sə 'faɪs...] — достаточно сказать, что

**to stress** — подчеркивать, особо отмечать

**a plot** — сюжет

**ordinary people** ['ɔ:dnəri 'pi:pl] — простые люди

**to be in the public eye** [... 'pʌblɪk ,aɪ] — быть на виду, быть публичным человеком

**to suffer** ['sʌfə] — страдать

**to compare with smb.** [kəm 'preə] — сравнивать с кем-л.

**a proverb** ['prɒvɜ:b] — пословица

**a neighbour** ['neɪbə] — сосед

**a condition** [kən 'dɪʃn] — условие (*жизни*)

**in accordance with smth.** [...ə'kɔ:dns...] — в соответствии с чем-л.

**capability** [ˌkeɪpə'bɪləti] — способность

**spiritual** ['spɪrɪtʃʊəl] — духовный

**gradually** ['grædʒʊəli] — постепенно

**to improve** [ɪm'pru:v] — улучшать

**a living standard** ['li:vɪŋ ,stændəd] — жизненный уровень

**to overestimate** [ˌəʊvər'estɪˌmeɪt] — переоценивать

**to envy** ['envɪ] — завидовать

**to surround** [sə'raʊnd] — окружать

**a worthwhile life** [ˌwɜ:θ'waɪl...] — достойная жизнь

**a psychologist** [saɪ'kɒlədʒɪst] — психолог

**to attain smth.** [ə'teɪn] — добиваться чего-л.

**helpful** ['helpfl] — полезный

**to get rid of doubts** [...daʊts] — отбросить сомнения

**an outlook** ['aʊt,lʊk] — взгляд (*на мир*), мировоззрение

**relation** [rɪ'leɪʃn] — отношение

**a choice** [tʃɔɪs] — выбор

**to demand** [dɪ'mɑ:nd] — требовать

**to focus on smth.** ['fəʊkəs...] — сосредоточиваться на чем-л.

### Answer the questions:

1. Can happiness be the main goal of life?
2. Does happiness mean that a happy person never knows the bad times?

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3. What is happiness for you?
4. What is the role of money in attaining happiness?
5. Can marriage of convenience make a person happy?
6. Are you happy? What person, public or not, in your opinion is happy? Give your reasons.

**Here are some proverbs, sayings, and quotations about happiness:**

**Happiness takes no account of time. —**

Счастливые часов не наблюдают.

**Happy is he that is happy in his children. —**

Счастлив тот, кто видит счастье в своих детях.

**As happy as a king. —**

Счастливый, как король.

**No man is happy who does not think himself so. —**

Тому, кто считает, что счастье всегда проходит мимо, не суждено быть счастливым.

**Happiness is not a destination. It is a method of life. —**

Счастье — это не цель, а образ жизни.

**The foolish man seeks happiness in the distance, the wise grows it under his feet. —**

Глупый человек ищет счастье на стороне, мудрый возвращает его у себя под ногами.

**Call no man happy till he dies. —**

Только когда человек уходит в мир иной, можно сказать, был ли он счастлив.

**Let him that would be happy for a day go to the barber; for a week, marry a wife; for a month, buy him a new house; for all his lifetime, be an honest man. —**

Пусть тот, кто хочет быть счастливым всего один день, сходит в парикмахерскую; в течение недели — найдет себе жену; целый месяц — приобретет новый дом; и только честный человек может быть счастливым всю жизнь.

**A lifetime of happiness! No man alive could bear it. (Bernard Shaw) —**

Жизнь из сплошного счастья! Ни один живущий на этом свете не выдержит такого. (Бернард Шоу)

*Which of the proverbs, sayings or quotations do you agree with?*

*Do you know any other interpretation (definition) of happiness?*

*How could you interpret the proverb “No man is happy who does not think himself so.”*

## HOW TO BECOME SUCCESSFUL

One can hardly find people who would never strive for success. It is quite natural that everybody wants to be successful because success is closely connected with the feeling of importance and a person's self-esteem. Moreover, success is one of the components that form the notion “people's well-being”.

The meaning of the word “success” is understood differently. It can be applied to two perspectives: short-term and long-term. The first meaning is associated with an achievement that you planned or attempted to do. This refers to some sport results of the winner in some tournament or competition or to some scientific



and technological discovery. These results may bring people fame. Success in a wider meaning can be interpreted as the fact that you are successful in your career or profession when you become rich, famous and respected.

The problem is that we hardly know what the keys to success are. Strange as it is, but talent is only a tiny fraction of what we need for that. Psychologists say that the road to success is not so hard, though rough. We have always pass failures on the way to it, but people learn a lot from their disappointments. The following recommendations are given to those who want to be successful:

1. Always believe in yourself when other people doubt you.
2. Block out negative thoughts and keep going.
3. Channel your efforts in the right direction and don't get distracted.
4. Remind yourself of your target in different ways.
5. Practise being focused on positive until it becomes second nature.
6. Be organised and disciplined.
7. Remember that no obstacle is ever insurmountable.
8. Never underestimate yourself and believe you are as good as everyone else.
9. There is no elevator to success. You have to take the stairs.

Whether we are successful or not depends on our own will to succeed. Besides we should set realistic and achievable goals. If we have a dream, we should inch our way towards it and mark off mini goals on the way even when times are hard. Making an effort to learn something new every day and keeping calm about achieving final results will help us to boost our confidence.

One cannot predict if a person will be successful in future. This depends on many reasons. However, there are some fac-

tors which may be important for a person's career success. These are first of all people's skills that include a team and competitive spirit, a willingness to compromise, a positive image and sensitivity to others' feelings. The person's background referring to well-rounded education, qualifications and a relevant experience can also contribute a lot to a professional success. Moreover, if one possesses such personal qualities as ambition, determination, resilience and charisma, just to name but a few, they will certainly become successful.

Summing up, it is interesting to quote the words of the American poet and philosopher Henry David Thoreau about success. This is what he said in this connection: "Success usually comes to those who are too busy to be looking for it."

### Words and Expressions

**successful** [sək'sesfl] — успешный

**hardly** ['hɑ:dli] — едва ли

**success** — успех

**to be closely connected with smth.** [...'kləʊsli kə'nektɪd...] —  
быть тесно связанным с чем-л.

**a feeling of importance** ['fi:lɪ ŋ əv ɪm'pɔ:tns] — чувство (осознание) собственного достоинства

**self-esteem** [ˌself'esti:m] — самооценка

**well-being** [ˌwel'bi:ɪŋ] — благосостояние, благополучие

**a meaning** ['mi:nɪŋ] — значение

**differently** ['dɪfrəntli] — по-разному

**to be applied to smth.** [...ə'plaid...] — применяться к чему-л.

**short-term** [ˌʃɔ:t tɜ:m] — краткосрочный

**long-term** [ˌlɒŋ tɜ:m] — долгосрочный

**an achievement** [ə'tʃi:vmənt] — достижение

**to attempt** [ə'tempt] — пытаться

**to refer to smth.** [rɪ'fɜ:...] — относиться к чему-л.

**a tournament** ['tʊənmənt] — турнир

**a competition** [ˌkɒmpə'tɪʃn] — соревнование

**a scientific discovery** [ˌsaɪəntɪfɪk dɪ'sklʌvəri] — научное открытие

**fame** — слава

**respected** [rə'spektɪd] — уважаемый

**strange as it is** [streɪndʒ] — как ни странно

**a tiny fraction** ['taɪni frækʃn] — крошечная частица

**a road** [rəʊd] — дорога, путь

**rough** [rʌf] — негладкий, с препятствиями

**to pass failures** [... 'feɪljəz] — преодолевать неудачи

**a disappointment** [ˌdɪsə'pɔɪntmənt] — разочарование

**believe in yourself** [bɪ'li:v ɪn jə'self] — верить в себя

**to doubt smb.** [daʊt...] — сомневаться в ком-л.

**to block out** [ˌblɒk 'aʊt] — блокировать, не давать выхода

**to channel one's efforts** ['tʃænl 'wʌnz , efəts] — направлять усилия

**to get distracted** [... dɪ'stræktɪd] — не отвлекаться

**to remind smb. of smth.** [rɪ'maɪnd....] — напоминать кому-л. о чем-л.

- an obstacle** [ˈɒbstəkl] — препятствие
- insurmountable** [ˌɪnsəˈmaʊntəbl] — непреодолимый
- to underestimate** [ˌʌndərˈestiˌmeɪt] — недооценивать
- to depend on one's will** [dɪˈpend] — зависеть от чьей-л. воли
- to succeed** [səkˈsiːd] — преуспевать
- to set a goal** [... gəʊl] — ставить цель
- achievable** [əˈtʃiːvəbl] — достижимый
- to have a dream** [... dri:m] — иметь мечту
- to inch one's way towards smth.** [ˈɪntʃ...təˈwɔːdz...] — шаг за шагом двигаться по направлению к чему-л.
- to mark off** — отмечать
- to make an effort** [... ˈefət] — делать усилие
- to keep calm** [... kɑ:m] — сохранять спокойствие
- to achieve** [əˈtʃiːv] — достигать
- to boost one's confidence** [ˈbuːst...ˈkɒnfɪdəns] — поддерживать уверенность в себе
- to predict** [prɪˈdɪkt] — предсказывать
- a skill** — умение, навык
- to include** [ɪnˈkluːd] — включать
- a team and competitive spirit** [ti:m... kəmˈpetətɪv ˌspirit] — соревновательный дух при работе в команде
- a willingness** [ˈwɪlɪŋnəs] — готовность
- sensitivity** [ˌsensəˈtɪvətɪ] — чувствительность
- a background** [ˈbækˌgraʊnd] — весь багаж предыдущего опыта, связанный с образованием, определенными навыками и умениями; предпосылки

**well-rounded education** [ˈwel,raʊndɪd ,edʒuˈkeɪʃn] — всестороннее образование

**a qualification** [ˌkwɒlɪfɪˈk eɪʃn] — квалификация в определенной области знаний, подтвержденная дипломом об окончании учебного заведения или удостоверением о прохождении курсов

**a relevant experience** [ˈreləvənt ɪkˈspɪəriəns] — практический опыт в данной области

**to possess** [pəˈzes] — обладать

**determination** [dɪ,tɜ:mɪˈneɪʃn] — решительность

**resilience** [rɪˈzɪliəns] — негибкость, способность быстро восстанавливаться

**just to name but a few** [... fju:] — вот только немного из того, что можно было бы перечислить

**to quote** [kwəʊt] — цитировать

**in this connection** [... kəˈnekʃn] — в этой связи

### **Answer the questions:**

1. Why does everyone strive for success? Would you like to be successful? Are all successful people famous and vice versa?
2. How do you understand the notion “success”, as a short-term perspective or a long-term one? Have you ever achieved success in any kind of sports or in Olympiad at school or University? Did you feel proud? How long did the feeling of importance last?
3. What are the keys to success in your opinion? What recommendation of psychologists referring to achieving success do you believe to be the most essential? Is it easy to follow them?

4. What is the difference between success and luck for you? How can the notions of happiness and success correlate? Which is more important for you, to be happy or to be successful?
5. What background and personal qualities can contribute to success? Do you possess one of them? What advice would you give to your friend to help him to achieve success in some sphere?

**Here are some proverbs about success and successful people:**

**Success is never blamed. —**

Победителей не судят.

**Try not to become a man of success but a man of value. —**

Не надо стремиться к тому, чтобы быть успешным; лучше быть полезным (*порядочным*).

**Man learns little from success but much from failures. —**

Успех мало чему учит, а вот неудача — хороший учитель.

**Failure is the stepping-stone for success. —**

Неудача — это своего рода ступень к успеху.

**Failure teaches success. —**

Успех набирает опыт на преодолении неудач.

**One failure leads to another; so does success. —**

Есть определенная цепь неудач; то же можно сказать и об успехе.

**Success has many fathers, while failure is an orphan. —**

Успех предопределен многими обстоятельствами, а неудача возникает сама по себе.

**If at first you don't succeed, try, try again. —**

Если тебе сразу не удалось добиться успеха, не опускай руки.

**Nothing succeeds like success. —**

Успех — это высший пьедестал.

**Success is getting what you want. Happiness is wanting what you get. (Dale Carnegie) —**

Успех — это когда вы получаете то, чего желаете, а счастье — когда желаете того, что получаете. (*Дейл Карнеги*)

*What proverb would you take as a motto for yourself?*

*Interpret the meaning of the proverb "Success has many fathers, while failure is an orphan".*

## FOUR TYPES OF TEMPERAMENT

### Part I

Temperament is a set of individual human peculiarities that characterise a person's emotional state and his (her) mental and dynamic activity. From a psychological viewpoint temperament is determined by the type of the highest nervous activity of a person. However, people with strongly pronounced features of a certain temperament can rarely be met. Mixed temperaments in various combinations and proportions are more common, but an excess of features of any temperament makes it possible to attribute a person's temperament to a particular type. Temperament is an innate property of a person and it can hardly be changed. Being the basis of character development it has an impact on ways of communication and human behaviour.

Psychologists speak about four types of temperament: choleric, sanguine, phlegmatic and melancholic. In each type both strong and weak points can be marked. The **choleric** type of the nervous system is characterised as strong, mobile, unbalanced and unrestrained. What are the strong points (strengths) of this type? People having the choleric type are full of initiative, they are resolute and straightforward. They work with enthusiasm and easily overcome obstacles. They are open to new ideas and are able to make decisions quickly. Their speech is lively and emotional and their facial expression is vivid. They fall asleep and wake up fast and sleep soundly.

Among the weak points (weaknesses) psychologists stress that the choleric temperament is characterised by impatience and haste which can affect badly the results of work. Besides, as the choleric temperament is characterised by sharp, jerky movements and instability, these people are sometimes not easy to deal with and may provoke conflicts. Moreover, they tend to be risky. To avoid dangerous situations, they should learn to control themselves.

The **sanguine** type of temperament is strong, mobile but balanced. People of that type are energetic, cheerful and responsive. Though their mood is changeable, good mood prevails. Their feelings are also marked by contrasts: affection and hostility, joy and sadness, excitement and calmness occur quickly, but they are not strong and do not last long. Sanguine people get vividly interested in new things, that is why they quickly move from one activity to another easily adapting to difficult life situations. A sanguine person speaks loudly, hastily, and distinctly; their speech is accompanied by gestures and facial expression. So, if you meet a person who uses a body language excessively, he is sure to be of a sanguine type. These people are excellent organisers. They are not afraid to communicate with others and are able to control



their emotions and feelings in stressful situations. They fall asleep and wake up easily being readily prepared for a new activity.

Whatever positive they were, weak points (weaknesses) are not alien to sanguine people. First of all, they do not like monotonous work; if they are not interested in what they do, they stop doing it. Besides, due to their optimism they tend to overestimate themselves and their capability in particular. Being unstable in their mood they often make hasty decisions which can lead to some mistakes and faults.

In order to achieve successful results, sanguine people should be motivated.

### Words and Expressions

**a peculiarity** [pɪ,kju:li'æɡəti] — особенность

**mental** ['mentl] — ментальный, умственный

**a viewpoint** ['vju: ,pɔɪnt] — точка зрения

**to determine** [dɪ'tɜ:mɪn] — определять

**a strongly pronounced feature** [... prə'naʊnst 'fi:tʃə] — ярко выраженная черта

**mixed** [mɪkst] — смешанный

**an excess** [ɪk'ses] — избыток

**to attribute smth. to smth.** [ə'trɪ,bju:t] — относить что-л. к чему-л., соотносить что-л. с чем-л.

**a particular type** [pə'tɪkjʊlə] — особый тип

**an innate property** [,ɪ'neɪt 'prɒpəti] — врожденное свойство

**an impact** ['ɪmpækt] — влияние, воздействие

**behaviour** [bɪ'heɪvjə] — поведение

**a psychologist** [saɪ'kɒlədʒɪst] — психолог

- choleric** [ˈkɒlərɪk] — холерический
- sanguine** [ˈsæŋɡwɪn] — сангвинический
- phlegmatic** [ˈflegˈmætɪk] — флегматический
- melancholic** [ˌmelənˈkɒlɪk] — меланхолический
- unrestrained** [ˌʌnrɪˈstreɪnd] — несдержанный
- a strong point (strength)** [... srteŋθ] — сильная сторона
- resolute** [ˈrezəˌlu:t] — решительный
- straightforward** [ˈstreɪtˌfɔ:wəd] — прямой, откровенный
- to overcome obstacles** [ˌəʊvəˈklʌm ˈɒbstəklz] — преодолевать препятствия
- to make a decision** [... dɪˈsɪʒn] — принимать решение
- a facial expression** [ˈfeɪʃl ɪkˌspreʃn] — мимика
- to sleep soundly** [ ... ˈsaʊndli] — крепко спать
- impatience** [ɪmˈpeɪʃns] — нетерпение
- haste** [heɪst] — поспешность, торопливость
- sharp** [ʃɑ:p] — резкий
- jerky** [ˈdʒɜ:ki] — отрывистый, прерывистый
- instability** [ˌɪnstəˈbɪləti] — непостоянство
- to provoke** [prəˈvʊk] — провоцировать, вызывать что-л.
- to tend** — проявлять тенденцию, быть склонным к чему-л.
- to avoid** [ə ˈvɔɪd] — избегать
- dangerous** [ˈdeɪndʒərəs] — опасный
- cheerful** [ˈtʃiəfl] — бодрый, веселый
- responsive** [rɪˈspɒnsɪv] — отзывчивый
- changeable** [ˈtʃeɪndʒəbl] — изменчивый
- to prevail** [prɪˈveɪl] — преобладать

**affection** [ə'fekʃn] — привязанность, любовь

**hostility** [hɒ'stɪləti] — враждебность, недружелюбие

**joy** [dʒɔɪ] — радость

**sadness** ['sædnəs] — печаль, уныние

**excitement** [ɪk'saɪtmənt] — возбуждение, волнение

**calmness** ['kɑ:mnəs] — спокойствие

**to last long** ['lɑ:st ,lɒŋ] — длиться долго

**vividly** ['vɪvɪdli] — живо

**to adapt to smth.** [ə'dæpt... ] — адаптироваться, приспособляться к чему-л.

**to speak loudly, hastily and distinctly** ['laʊdli 'heɪstɪli... di'stɪŋktli] — говорить громко, быстро и четко

**a body language** ['bɒdi ,læŋgwɪdʒ] — язык жестов

**excessively** [ɪk'sesɪvli] — чрезмерно

**a weak point (weakness)** ['wi:k ,pɔɪnt... ] — слабая сторона

**to be alien to smb.** ['eɪliən... ] — быть чуждым кому-л.

**in particular** [pə'tɪkjʊlə] — в частности

**unstable** [ʌn'steɪbl] — нестабильный, неустойчивый, изменчивый

**to lead to smth.** [li: ,d ... ] — приводить к чему-л.

**a fault** [fɔ:lt] — неудача

### Answer the questions:

1. What is a particular type of temperament determined by? Why cannot it be absolutely changed?

2. What are the four types of temperament? Do people possess a distinct type of temperament or are mixed types more common? If a pure type of temperament does not exist, on what basis is a person's temperament attributed to a particular type?
3. Can you define a person's temperament judging by his (her) behaviour or manner of speaking? What else can help you learn something about people's temperament?
4. What do choleric and sanguine types have in common? What is the main difference between them?
5. What positive points do choleric people reveal at work? What are the features of their speech? Why can they provoke conflicts?
6. How would you describe in brief the personality of people with sanguine temperament? What helps them easily adapt to difficult life situations? What is their manner of speaking characterised by?
7. Can employers take into account the type of temperament when hiring employees? If you were an employer, who would you prefer to have in your staff, choleric or sanguine employees and why?
8. What kind of activity or profession do you think is more suitable for a choleric or sanguine type of temperament? Give your reasons? Can you find any choleric or sanguine features in yourself? What are they?

## Part II

The other two types of temperament are phlegmatic and melancholic. The **phlegmatic** type of the nervous system is inert, strong, balanced and sedentary. These people are able to be calm in a dangerous or frightening situation. Among their strong points patience, calmness, carefulness and diligence should

be mentioned first. What is more they are persistent in achieving their goals. They may seem pragmatic as they do not waste their strengths in vain and are able to perform monotonous, hard work. From this viewpoint people with this temperament are the best employees.

The speech of people with the phlegmatic type of temperament is also characterised by certain features. A phlegmatic person speaks slowly, with pauses and without strong emotions or facial expression. These people like to keep silence reflecting on something. Their feelings are strong but deeply hidden from others. They are stable in relationships and interests, so they are reliable friends, husbands and wives. They do not like chaos and mess and it is very important that they get along with people of other temperaments.

Whatever positive they seem to be, phlegmatic people may possess some negative or weak points. For example, they slowly move from one task to another. They adapt to new environments with great efforts and do not want to get acquainted with new people. They may seem to be indifferent as they ignore both approval and disapproval. Their movements are slow and facial expression is inexpressive but one should remember that they hide their feelings and emotions. Because they are not mobile, they prefer a sedentary lifestyle.

It is necessary for phlegmatic people to develop such qualities as activity and mobility.

The **melancholic** type of the nervous system is weak, unbalanced and immobile. The main feature is increased sensitivity that is why they are able to feel other people's problems and understand them. Their emotions are strong and durable. They demand a lot of others but more of themselves. In a familiar and peaceful atmosphere people with this type of temperament feel comfortable and work productively.

A melancholic person is very timid, sensitive, modest, hesitant and insecure which makes his (her) life rather difficult. As they never share their thoughts and feelings with others, they tend to refuse people's help and are indifferent to both approval and disapproval. They are often pessimistic and are not eager to communicate with new people. It takes them much time while they adapt to work in a new team. They tend to be lonely, depressed and suspicious. The slightest trouble or stressful situations may lead to nervous breakdowns. So they need sympathy and support from the part of their relatives and friends. Melancholic people prefer to obey rules and authorities.

They need to develop the feeling of importance and to improve self-esteem. Regular training and exercise can be helpful and effective in this direction.

### Words and Expressions

**inert** [ɪ'nɜ:t] — инертный

**sedentary** [ˈsedntəri] — склонный к малоподвижному, сидячему образу жизни

**frightening** [ˈfraɪtnɪŋ] — пугающий

**patience** [ˈpeɪʃns] — терпение

**carefulness** [ˈkeəflnəs] — осторожность

**diligence** [ˈdɪlɪdʒəns] — прилежность, усердие

**persistent** [pəˈsɪstənt] — настойчивый, упорный

**to achieve a goal** [əˈtʃi:v əˈgəʊl] — достигать цели

**to waste one's strengths in vain** [ˈweɪst ˌwʌns ˈstreŋgθs...  
ˈveɪn] — напрасно тратить силы

**an employee** [ˌemplɔɪˈi:] — работник

- a feature** [ˈfi:tʃə] — характерная особенность
- a pause** [pɔ:z] — пауза, остановка
- to keep silence** [...ˈsaɪləns] — молчать, хранить молчание
- to reflect on smth.** [rɪˈflekt...] — размышлять о чем-л.
- to be deeply hidden** [...ˈdi:pli...] — быть глубоко спрятанным
- chaos and mess** [ˈkeɪds...] — хаос и беспорядок
- to get along with people** — ладить с людьми
- to possess** [pəˈzes] — обладать
- an environment** [ɪnˈvaɪənmənt] — окружение, окружающая обстановка
- with great efforts** [...ˈefəts] — с большим трудом
- approval** [əˈpru:vəl] — одобрение
- disapproval** [ˌdɪsəˈpru:vəl] — порицание
- to hide** [haɪd] — скрывать, прятать
- a sedentary lifestyle** [...ˈlaɪf,staɪl] — сидячий образ жизни
- increased sensitivity** [ɪnˈkri:st ,sɛnsəˈtɪvətɪ] — повышенная чувствительность
- durable** [ˈdjʊərəbl] — длящийся долго
- a familiar and peaceful atmosphere** [fəˈmɪliə ənd ˈpi:sfl ˈæt məs,fiə] — знакомая и спокойная обстановка
- timid** [ˈtɪmɪd] — робкий
- modest** [ˈmɒdəst] — скромный
- hesitant** [ˈhezɪtənt] — нерешительный
- insecure** [ˌɪnsɪˈkjʊə] — незащищенный
- indifferent** [ɪnˈdɪfrənt] — безразличный
- not to be eager** [...ˈi:gə] — не стремиться

**lonely** [ˈləʊnli] — одинокий

**suspicious** [səˈspɪʃəs] — склонный к подозрительности

**the slightest trouble** [ˈslaɪtəst ˌtrʌbl] — малейшая тревога, малейшее беспокойство

**a nervous breakdown** [ˈnɜːvəs ˈbreɪkdaʊn] — нервный срыв

**sympathy and support** [ˈsɪmpəθi ænd səˈpɔːt] — сочувствие и поддержка

**to obey rules and authorities** [əˈbeɪ ˈruːlz ænd əˈθɔːrətɪz] — подчиняться правилам и вышестоящим властям

**a feeling of importance** [ ... ɪmˈpɔːtɪns] — чувство (*осознание*) собственной значимости

**to improve self-esteem** [ɪmˈpruːv] — повышать самооценку

### Answer the questions:

1. What type of nervous system do phlegmatic people have? How do they behave in dangerous situations? What are the strong points of their character?
2. What features of phlegmatic people's personality can look attractive for employers? Do you possess one of them? Which one or ones? Why are these people considered reliable?
3. What are their speech and facial expression characterised by? Why do they experience some difficulties in communication? What would you advise them to make their life easier?
4. What are the main features of the melancholic type of the nervous system? Are you able to feel other people's problems? Do you tend to understand people who surround you? What features do phlegmatic people and melancholic ones have in common?



## 64 DOES SUCCESS MEAN HAPPINESS AND VICE VERSA?

5. What features of the melancholic people's character make their life difficult? What would you recommend them for developing the feeling of importance and improving their self-esteem?
6. Judging by your dominating features, what do you think your type of temperament is? Do you know your strong and weak points?
7. Can a particular type of temperament correlate with a certain job or profession? Can for example a melancholic person be a pilot, an astronaut or a plumber? What accountant would be more efficient, a phlegmatic or a choleric one?

### **Here are some quotations about temperament and character:**

**Character is something you forge for yourself; temperament is something you are born with and can only slightly modify. (Sydney J. Harris) —**

Характер — это то, что вы в себе формируете, а темперамент — это врожденное свойство, которое нельзя изменить, но можно слегка подправить. (*Сидней Дж. Харрис*)

**A man's happiness or unhappiness depends as much on his temperament as on his destiny. (Francois de La Rochefoucauld) —**

Счастье, равно как и несчастье человека, столько же зависит от его темперамента, сколько от его судьбы. (*Франсуа де Ларошфуко*)

**Great men are always of a nature originally melancholy. (Aristotle) —**

Все великие люди по своей природе меланхоличны. (*Аристотель*)

**Whether we like it or not, men and women are not the same in nature, temperament, emotions and emotional responses. (J. aul Getty) —**

Нравится нам это или нет, но мужчины и женщины различаются по своей природе, темпераменту, эмоциям и скорости реагирования. (*Дж. Пол Гетти*)

**A man far oftener appears to have a decided character from persistently following his temperament than from persistently following his principles. (Friedrich Nietzsche) —**

Как ни странно, решительный характер человека во многом зависит от того, насколько упорно он следует качествам, заложенным в его темпераменте, а не от того, насколько настойчиво он следует своим принципам. (*Фридрих Ницше*)

**Part of the scientific temperament is this tolerance for holding multiple hypotheses in mind at the same time. (David Eagleman) —**

Темперамент, выражающийся в склонности к научной работе, отчасти определяется способностью человека одновременно удерживать в голове множество гипотез. (*Дэвид Иглмен*)

**It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind. (Albert Einstein) —**

Я убежден, что вегетарианский образ жизни по чисто физическому влиянию на темперамент личности благоприятно скажется на судьбе всего человечества. (*Альберт Эйнштейн*)

**Age doesn't depend upon years but upon temperament and health. Some men are born old, and some never grow so. (Tryon Edwards) —**

Возраст зависит не от количества прожитых лет, а от темперамента и здоровья. Некоторые уже рождаются стариками, а иные так ими и не становятся. (*Трион Эдвардс*)

**I have a temperament that does not adapt to politics. It's because I speak my mind so much. (Joaquim Barbosa) —**

С моим темпераментом нельзя заниматься политикой. Это потому, что я всегда говорю то, что думаю. (*Хоаким Барбоза*)

**It is my fate and perhaps my temperament to sign agreements with fools. (Edward M. Forster) —**

Мой темперамент проявляется в том, что мне суждено до конца моих дней подписывать соглашения с дураками. (*Эдвард М. Форстер*)

*Do you agree with all the authors of the quotations who suppose that temperament influences the human's personality in this way? Which of them impresses you greatly?*

*Do you also think that great men are "always of a nature originally melancholy"? And what about the great comic actors?*

*Do you have a temperament that adapts to politics?*

# THE FACE IS THE INDEX OF THE HEART



## APPEARANCES ARE DECEPTIVE

In most situations, be it an accidental acquaintance, the first meeting or a job interview, people are judged by their appearances. The way we look, the manner we behave, and the clothes we wear seem to be very important for others' opinion about us. Everything — from the physique and age, the colour of one's hair and eyes, the facial expression, even the fashion and style someone prefers — may impress other people.

The appearance can tell much about a person. It may reveal his (her) lifestyle, personality as well as the inner world. From what someone looks we can say whether he (she) is in a good or bad mood, whether he (she) is alert or relaxed, shy or confident. Sometimes from what people look or wear we can guess their profession. For example, it is quite easy to identify a successful businessman by his tidy appearance, short haircut, formal clothes, expensive accessories and self-confidence. On the other hand, a taxi driver's appearance also speaks for itself. Besides their casual clothes which can be approved of, drivers do not look sociable and the only idea their eyes express is the more the passenger will pay, the better.

The interpretation of persons' appearance whether it is correct or not is based on some common clichés about something, one or another feature is associated with. Let us take faces. There is an opinion that the shape of the face tells you a lot about the person. If you have a round face, this is associated with lazy people and

with a home-loving attitude. A square-shaped face indicates that someone is practical and reliable. If the face is a kind of rectangular, this is said to be for lucky people, good leaders and those who are successful in life. Then, big eyes are a sign of friendliness; thick eyebrows show that their owner is strong and independent and probably a good leader. Full lips and a wide smile denote someone sociable, warm, charming and popular.

So, if we meet someone for the first time, their appearance can tell us much about them in the way of their personality, lifestyle and habits. And the first impression lasts long. But everybody knows another commonplace expression — appearances are deceptive. This means that very often someone with an attractive appearance does not meet our expectations and in practice turns out to be arrogant and meticulous while under a very plain appearance the real inner beauty and rich spiritual world can be concealed.

It is not difficult to follow a modern trend in a hairstyle, make-up and fashion of clothes because these are external features that can change the image of anybody. Image-makers, a new profession that has recently appeared in our society, can make someone's appearance unrecognisable. But it is not easy to correct the inner world, so what can look glamorous outside, can appear disappointing inside. The outer look is essential, but the person's inner beauty, his emotions and intelligence are even more important.

### Words and Expressions

**an appearance** [ə'piərəns] — внешний вид, наружность

**deceptive** [di'septiv] — обманчивый

**an accidental acquaintance** [,æksɪ'dentl ə'kweɪntəns] — случайное знакомство

**to judge by smth.** [dʒʌdʒ... ] — судить по чем-л.

**to behave** [bi'heɪv] — вести себя

**to wear smth.** [weə] — быть одетым во что-л., носить что-л.

**to seem** — оказываться

**a physique** [fi'zi:k] — телосложение, фигура

**hair** [heə] — волосы

**eyes** [aɪz] — глаза

**a facial expression** [ˈfeɪʃl ɪkˈspreʃn] — мимика

**to impress smb.** [ɪmˈpres...] — производить впечатление на кого-л.

**to reveal** [rɪˈvi:l] — показывать, раскрывать

**a lifestyle** [ˈlaɪf,staɪl] — образ жизни

**a personality** [ˌpɜːsəˈnæləti] — характер

**an inner world** [ˌɪnəˈwɜːld] — внутренний мир

**to be in a good (bad) mood** [... tu:d] — быть в хорошем (*плохом*) настроении

**alert** [əˈlɜːt] — встревоженный, настороженный

**relaxed** [rɪˈlæksɪd] — без внутреннего напряжения

**shy** [ʃaɪ] — застенчивый, робкий

**confident** [ˈkɒnfɪdənt] — уверенный

**to guess smth.** [ges...] — догадываться о чем-л., угадывать что-л.

**quite easy** [ˈkwɑɪt ˌiːzi] — совсем нетрудно

**to identify** [aɪˈdentiˌfaɪ] — идентифицировать, зд. распознавать

**tidy** [ˈtaɪdi] — опрятный

**a haircut** [ˈheəˌkʌt] — стрижка

**expensive accessories** [ɪk'spensɪv ək'sesəɪz] — дорогие аксессуары

**self-confidence** [ˌself' kɒnfɪdəns] — самоуверенность

**on the other hand** [ ... 'lðə... ] — с другой стороны (*для выражения противоположного мнения*)

**smth. speaks for itself** — что-л. говорит само за себя

**casual clothes** [ˌkæʒuəl 'kləʊðz] — повседневная одежда

**to approve of smth.** [ə'pru:v... ] — оправдывать что-л.

**to express** [ɪk'spres... ] — выражать

**to be based on smth.** [...beɪst... ] — основываться на чем-л.

**a common cliché** [ˌkɒmən 'kli:ʃeɪ] — общепринятый (*распространенный*) штамп

**a shape of the face** — форма (*контур*) лица

**round** [raʊnd] — круглый

**lazy** ['leɪzi] — ленивый

**a home-loving attitude** [ˈhəʊm,lʌvɪŋ 'ætɪ,tju:d] — чувство любви и привязанности к дому

**square-shaped** [ˈskweə,ʃeɪpt] — квадратный, в форме квадрата

**to indicate** [ˈɪndɪ,keɪt] — указывать, означать

**rectangular** [re'ktæŋɡʊlə] — прямоугольный

**lucky people** ['lʌki... ] — удачливые (*везучие*) люди

**a sign of friendliness** [ˈsaɪn əv 'frendlɪnəs] — признак дружелюбия

**thick eyebrows** [ˌθɪk 'aɪbraʊz] — густые брови

**an owner** [ˈəʊnə] — тот, у кого есть названный признак; обладатель

**independent** [ˌɪndɪˈpendənt] — независимый

**full lips** [fʊl...] — полные губы

**a wide smile** — широкая улыбка

**warm** [wɔːm] — добросердечный

**charming** [ˈtʃɑːmɪŋ] — очаровательный

**a habit** [ˈhæbɪt] — привычка

**impression** [ɪmˈpreʃn] — впечатление

**a commonplace expression** [ˈkɒmənˌpleɪs ɪkˈspreʃn] — расхожее выражение

**to meet one's expectation** [...ˌekspekˈteɪʃn] — оправдывать чье-л. ожидание

**to turn out** [ˈtɜːn ˈaʊt] — оказываться

**arrogant** [ˈærəɡənt] — высокомерный

**meticulous** [mɪˈtɪkjʊləs] — мелочный, щепетильный

**plain** [pleɪn] — простой, невзрачный

**the real inner beauty** [ˈriəl ˈɪnə ˈbjuːti] — истинная внутренняя красота

**a rich spiritual world** [...ˈspɪrɪtʃʊəl, wɜːld] — богатый духовный мир

**to conceal** [kənˈsiːl] — скрывать

**to follow a modern trend** [ˈfɒləʊ əˈmɒdən...] — следовать за современной тенденцией; придерживаться современной тенденции

**a hairstyle** [ˈheəˌstɑɪl] — модная прическа

**make-up** [ˈmeɪk, ʌp] — макияж

**external** [ɪkˈstɜːnl] — внешний

**to change** [tʃeɪndʒ] — менять, изменять



**an image** [ˈɪmɪdʒ] — образ

**an image-maker** [...,meɪkə] — стилист

**recently** [ˈriːsntli] — недавно

**to appear** [əˈpiə] — появляться

**a society** [səˈsaɪəti] — общество

**unrecognisable** [ʌnˈrekəg.naɪzəbl] — неузнаваемый

**to correct the inner world** [kəˈrekt ðə ˌɪnə ˈwɜːld] — изменять  
внутренний мир

**glamorous** [ˈglæməərəs] — гламурный, блистательный

**outside** [ˌaʊtˈsaɪd] — снаружи

**disappointing** [ˌdɪsəˈpɔɪntɪŋ] — разочаровывающий

**inside** [ˌɪnˈsaɪd] — изнутри

**outer** [ˈaʊtə] — внешний

**essential** [ɪˈsenʃl] — существенный

**intelligence** [ɪnˈtelɪdʒəns] — ум

**painted up to the eyes** — разрисованная, сильно накрашенная

### **Answer the questions:**

1. Do you agree with the proverb "Appearances are deceptive"? Have you ever met someone whose nice look misled you? Who was that person? Were you disappointed by that?
2. What is more interesting for you in people, the way they look or their inner world? What personal qualities do you appreciate in your friends?
3. Can you make a conclusion about someone's character at first sight? How can the clothes characterise people?

4. What do you think an ideal man (woman) can look like? Do you believe that a certain outer look of a person corresponds to certain features of his (her) character?
5. Do you follow modern trends in clothes? What style do you prefer?

**Here are some proverbs and set expressions dealing with people's appearance:**

**Beauty is in the eye of the gazers (in the beholder's eye). —**  
У каждого свое представление о красоте.

**Beauty is but skin deep.—**  
Нельзя судить по наружности, красота обманчива.

**The eyes are the mirror of the soul. —**  
Глаза — зеркало души.

**The face is the index of the heart. —**  
Глаза — зеркало души.

**What the eye does not see, the heart cannot grieve. —**  
Чего глаз не видит, по тому сердце не болит. С глаз долой — из сердца вон.

**A fair face may hide a foul heart. —**  
Под красивой внешностью может быть скрыта низкая душа.

**A good face is a letter of recommendation. —**  
Хорошее лицо — лучшая рекомендация.

**Her face is her fortune. —**  
Все ее богатство — в красоте.

**Fine feathers make fine birds. —**

Красивые перья делают красивой птицу. / Одежда красит человека.

**A beautiful appearance will last a few decades, but a beautiful personality will last a lifetime. —**

Внешняя красота преходяща, а красота души остаётся на всю жизнь.

*Do you agree that a good face is a letter of recommendation and, on the other hand, a fair face may hide a foul heart?*

*How could you interpret the meaning of the proverb “Beauty is in the eye of the gazer”?*

## THE PORTRAIT OF MY CLOSE FRIEND

My best friend’s name is Alexandra. She graduated from the University where she had studied economics. Now she is a manager in a company which sells office equipment. Alexandra is a young woman, she is in her early thirties but she looks younger. She is quite a noticeable person with an attractive appearance. Being slender, slim and proportionally built up she nevertheless tries to go to the gym to do physical exercises, swim and play sports three times a week. This is a modern trend for a young person to keep fit.

Alexandra is tall with short brown wavy hair. She does not wear her hair long preferring the bob style which looks nice. Her face is oval. The most remarkable feature is her big hazel eyes with long dark eyelashes. Big eyes, according to some research into faces, are a sign of friendliness. And she is really friendly and kind-hearted. I appreciate her friendship very much. Her eyebrows are thin because she has them regularly trimmed. Her nose is straight

but not long. Her lips are neither thin nor full. When she smiles, two small dimples appear on her cheeks, which makes her pretty and charming. She puts make-up on her face though not heavily and this adds beauty to her appearance.

I am accustomed to seeing my friend casually-dressed in dark jeans and a T-shirt or woolen pullover of a light colour. However, in the company she has to wear clothes in accordance with the dress code that binds a woman-employee to be dressed in a black skirt and a white blouse and high-heeled shoes. But it is during festive receptions and parties that Alexandra looks exquisite in her long silk dress and high-heeled shoes that match the colour of her dress. In this case she prefers to wear some jewellery decorated with her favourite precious stone — emerald: earrings, rings and pendants which become her greatly.

As my friend is good-natured and sociable, she is easy to deal with and gets along well with other people and what is very important for a manager — with her colleagues. Besides, she is diligent, hard-working and is able to work in a team. These qualities gave her a chance to get promotion and now she is one of the leading managers in the company.

### Words and Expressions

**to graduate from the University** [ˈgrædʒu,eɪt... ˌju:nɪˈvɜ:səti] —  
оканчивать университет

**economics** [ˌi:kəˈnɒmɪks] — экономика (*наука, изучаемый предмет*)

**to sell office equipment** [...ˈɒfɪs ɪˈkwɪpmənt] — продавать  
офисное оборудование

**in one's early thirties** [...ˈzɪli ˈθɜ:tiz] — слегка за тридцать  
(*о возрасте*)

**noticeable** [ˈnəʊtɪsəbl] — заметный, видный

**slender** [ˈslendə] — тонкий, стройный

**slim** — тонкий, изящный

**to try** [traɪ] — пытаться

**a gym** [dʒɪm] — гимнастический зал

**a modern trend** [ˈmɒdən ,trend] — современная тенденция

**tall** [tɔ:l] — высокий

**brown hair** [ˈbraʊn ,heə] — каштановые волосы

**wavy** [ˈweɪvɪ] — волнистый

**bob** — прическа «каре»

**oval** [ˈəʊvl] — овальный

**remarkable** [rɪˈmɑ:rkəbl] — примечательный

**hazel eyes** [ˈheɪzl ,aɪz] — карие глаза

**eyelashes** [ˈaɪləʃəz] — ресницы

**research into faces** [rɪˈsɜ: tʃ...ˈ] — исследование соответствия  
внешних признаков чего-л., в частности, лица, чертам  
характера

**friendly** [ˈfrendli] — дружественный

**kind-hearted** [ˌkaɪnd ˈhɑ:tɪd] — добросердечный

**to appreciate** [ə ˈpri:ʃi,eɪt] — ценить

**eyebrows** [ˈaɪbraʊz] — брови

**thin** — тонкий

**to trim** — приводить в порядок, четко очерчивать (*брови*)

**a nose** [nəʊz] — нос

**straight** [streɪt] — прямой

**neither... nor** [ˌnaɪðə... ˈnɔ:] — ни... ни

**to smile** [smaɪl] — улыбаться

**a dimple on the cheek** [ˈdɪmpl ən ðə ˌtʃi:k] — ямочка на щеке

**pretty** [ˈprɪti] — хорошенькая, миловидная

**not heavily** [... ˈhevɪli] — не слишком, не чересчур

**to add smth. to smth.** — добавлять что-л. к чему-л.

**to be accustomed to smth.** [...ə ˈkʌstəmd...] — привыкать к чему-л.

**casually-dressed** [ˈkæʒuəli ˌdrest] — одетый повседневно

**dark** [dɑ:k] — темный

**a T-shirt** [ˈti: ˌʒ:t] — футболка

**a woolen pullover** [ˈwʊlən ˌpʊləʊvə] — шерстяной пуловер

**a light colour** [ˌlaɪt ˈkʌlə] — светлый цвет

**a dress code** [ˈdres ˌkəʊd] — дресс-код

**to bind** [baɪnd] — обязывать

**a woman-employee** [ˈwʊmən ˌemplɔɪˈi:t] — служащая

**a black skirt** [... skɜ:t] — черная юбка

**a white blouse** [ˌwaɪt ˈblaʊz] — белая блузка

**high-heeled shoes** [ˈhaɪ ˌhi:ld ˈʃu:z] — туфли на высоком каблуке

**festive receptions and parties** [ˈfestɪv rɪˈsepʃn] ənd ˈpɑ:tɪz] — праздничные приемы и вечеринки

**exquisite** [ɪk ˈskwɪzɪt] — изысканный, утонченный

**to match smth.** — подходить к чему-л. по цвету, гармонизировать

**in this case** — в этом случае

**jewellery** [ˈdʒu:əlri] — ювелирные украшения

**to be decorated with smth.** [... ˈdekeɪ ˌreɪtɪd...] — быть украшенным чем-л.

**favourite** [ˈfeɪvərət] — любимый, излюбленный

**a precious stone** [ˌpreʃəs ˈstəʊn] — драгоценный камень

**emerald** [ˈemərəld] — изумруд

**earrings** [ˈɪərɪŋz] — серьги

**a ring** — кольцо

**a pendant** [ˈpendənt] — кулон, подвеска

**to become somebody** — подходить (*идти*) кому-л.

**good-natured** [ˌɡʊdˈneɪtəd] — добродушный

**to be easy to deal with smb.** [... ˈi:zi təˈdi:l...] — легко иметь дело с кем-л.

**important** [ɪmˈpɔ:tnt] — важный

**a colleague** [ˈkɒli:g] — коллега

**diligent** [ˈdɪlɪdʒənt] — прилежный, усердный

**hard-working** [ˌhɑ:d ˈwɜ:kɪŋ] — упорный, трудолюбивый

**to work in a team** [... ti:m] — работать в команде

**a quality** [ˈkwɒləti] — качество

**to give a chance** [...tʃɑ:ns] — дать шанс (*возможность*)

**promotion** [prəˈmɒʃn] — продвижение по службе, повышение в должности

**leading** [ˈli:dɪŋ] — ведущий

### Answer the questions:

1. How old is Alexandra? By what signs could you say that she looks younger? Do you think she keeps fit because she goes to the gym and takes exercise regularly? Do you often go to the gym?

2. What kind of hair would you like to have, long or short, brown or blond, straight, wavy or curly? Do you know the names of any other woman's hairstyle besides bob? And those of man's? What hairstyle do you prefer?
3. Do you believe in the research into faces stressing a certain correspondence between some types of features and traits of character? Can you make a conclusion about someone's personality by their appearance?
4. What is your attitude to wearing make-up? Do you apply make-up? What do you usually use?
5. Do you support the idea of introduction a dress code into all companies? Why do you think it is necessary? What style of clothes would you suggest for women and men in your company?
6. What does it mean for you to be casually-dressed and exquisitely-dressed? What do you usually wear every day? Do you have smart clothes for special occasions? What are these occasions?

**Here are some more proverbs and sayings about people's appearance:**

**Appearances are deceptive (deceitful). —**

Внешность обманчива.

**A little body often harbours a great soul. —**

Мал золотник, да дорог.

**All is not gold that glitters. —**

Не все то золото, что блестит.

**A good dress is a card of invitation, a good mind is a letter of recommendation. —**

По одежке встречают, по уму провожают.



**Clothes make the man. —**

Одежда красит человека.

**As plain as the nose of a man' face. —**

Ясно, как день.

**Everybody's faults are not written in their foreheads. —**

У него на лбу не написано.

**Keep your mouth shut and your ears open. —**

Меньше говори, больше слушай.

**Iron hand (fist) in a velvet glove. —**

Железная рука (кулак) в мягкой (бархатной) перчатке. /  
Мягко стелет, да жестко спать.

**What the heart thinks, the tongue speaks. —**

У кого что болит, тот о том и говорит.

*Interpret the meaning of the proverbs "All is not gold that glitters" and "Iron hand (fist) in a velvet glove".*

*What attracts you more, a nice appearance or a good-natured, reliable personality?*

# THE VERBAL AND NON-VERBAL LANGUAGE



## BODY LANGUAGE

Body language is a type of non-verbal communication in which, instead of words, physical movements and positions of the speaker's body are used to express and convey information. By means of body language you can tell other people what you are thinking or feeling at the moment of communication, whether you agree or disagree with your partner as well as whether you are inclined or not to be involved in conversation. This physical behaviour may include facial expressions, a body posture, different gestures, an eyes movement, the tone of voice, the use of space, touch, and some other changes in a person's appearance, hence another name of the language "kinesics".

When expressing emotions through the body, facial expressions are the most integral part of communication. The set of facial expressions is very rich. Combinations of eyes, brows, lips, nose and cheek movements help express different moods of a person: happiness, sadness, depression, calmness, anger, etc. For example, a wide smile indicates that the person is happy, feels satisfied and the fact that he (she) is in a good mood. On the contrary, when your lips are pursed, this demonstrates your anger or dissatisfaction with something. Widely-opened eyes are the sign of unexpected joy or surprise whereas looking down means that the person is confused, nervous or depressed. One and the same emotion

can be expressed differently. For example, people can show their feeling of surprise by raising their eyebrows or for a stronger reaction — by clapping their hands. How could you interpret the facial movement if somebody is licking their lips? In most cases this demonstrates that the person is thinking over something or calculating something. How can you feel if somebody you are talking to is bored? In this case they are usually yawning, looking absent-minded or some are twisting their hair.

Emotions may also be detected through gestures, i.e. movements made by body parts: hands, fingers, arms, legs or a head, which can be voluntary or involuntary. Arms gestures can express very much in the process of communication. In a discussion when one stands, sits or even walks with folded arms, this is not normally considered a welcoming gesture as it denotes a sort of opposition and someone's disagreement. It could mean that the persons have a closed mind and are most likely unwilling to listen to the speaker's viewpoint. There is another model of arms gestures — an arm crossed over the other, demonstrating insecurity and a lack of confidence. It looks as if the person were trying to defend themselves from some imaginary attack.

Hands movements also present a vivid picture of the person's inner world. Thus, relaxed hands indicate confidence and self-assurance, while clenched hands may be interpreted as signs of stress and anger. Then, if a person is wringing their hands, this demonstrates nervousness and anxiety. Along with hands movements, finger gestures can also be very important and expressive in communication. They are commonly used to exemplify one's speech as well as denote the state of well-being of the person making them. In certain cultures pointing using one's index finger is believed acceptable. However, pointing at a person with the index finger may be viewed as insulting and aggressive in other cultures, for example in the Russian traditions. Likewise, the

thumb up gesture could denote “OK” or “good” in countries like the US, France and Germany, but this same gesture is accepted as rude and insulting in Iran, Bangladesh and Thailand, where it is an equivalent of showing the middle finger in the US.

It would be interesting to research into body postures from the viewpoint of their participating in the process of communications. Surely one can easily detect the “message” sent by a certain body posture. For example, a person sitting till the back of their chair, leans forward with their head nodding along with a discussion implies that they are open, relaxed, and generally ready to listen. On the other hand, a person who has their legs and arms crossed with the foot kicking slightly demonstrates that they are feeling impatient and emotionally detached from the discussion.

Body language is not universal though there are a lot of elements that can be recognised common for a number of cultures. However, in every culture some specific gestures can be found. Moreover, one and the same gesture may denote different even opposite things. Thus, in most countries the head nod is used to signify “yes” or agreement while shaking a head means “no” or disagreement. However, in Bulgaria and Greece these gestures are interpreted in quite an opposite way. Rubbing palms one against the other in Russia can be read as “everything is OK, successful”, whereas in Japan this same movement will be interpreted as “help, I have some problems”. In traditional Anglo-Saxon culture, avoiding eye contact usually shows a lack of confidence or certainty. But in the Latino culture direct or prolong eye contact means that you are challenging the person with whom you are speaking or that you have a romantic interest in the person. In many Asian countries a prolonged eye contact may be a sign of anger and aggression.

Gestures as well as speech can be professional. For instance, some of them are used by referees during sports competitions; with the help of others stockbrokers communicate buying

or selling shares in companies. Besides, as it can be seen from the examples given above, body language can be formal or colloquial, neutral or vulgar, otherwise it may possess characteristics typical for a verbal language.

It is quite evident that body language adds a lot to the process of communication making our conversation expressive, exact, and understandable. By becoming more aware of body language and understanding what it might mean, you can learn to read people more easily. This puts you in a better position to communicate effectively with them. What is more, by increasing your understanding of others, you can also become more aware of messages that you convey to them.

### Words and expressions

**non-verbal communication** [ˌnɒnˈvɜːbl kəˌmjuːnɪˈkeɪʃn] — невербальное общение

**instead of words** [ɪnˈsted əv, wɜːdz] — вместо слов

**to convey** [kənˈveɪ] — передавать, сообщать

**by means of smth.** [ˌbaɪ ˈmiːnz əv] — посредством (*с помощью*) чего-л.

**whether... or** [ˌweðə... ˈɔː] — ли... или

**to agree** [əˈɡriː] — соглашаться

**to disagree** [ˌdɪsəˈɡriː] — не соглашаться

**as well as** [ˌæz ˈwel , æz] — а также

**to be inclined to do smth.** [... ɪnˈklaɪnd...] — быть склонным что-л. делать

**to be involved in conversation** [... ɪnˈvɒlvd ɪn ˌkɒnvəˈseɪʃn] — быть вовлеченным в беседу

- a body posture** [ˌbɒdi ˈpəʊstʃə] — поза
- a gesture** [ˈdʒestʃə] — жест
- an eyes movement** [ˈaɪz ˌmuːvmənt] — выражение глаз
- a tone of voice** [... vɔɪs] — интонация голоса
- space** — пространство
- touch** [tʌtʃ] — прикосновение, касание
- kinesics** [kaɪˈnesɪks] — кинесика
- an integral part** [ˈɪntɪgrəl] — неотъемлемая часть
- a set** — набор
- a mood** [muːd] — настроение
- sadness** [ˈsædnɪs] — печаль
- anger** [ˈæŋɡə] — гнев
- to indicate** [ˈɪndɪˌkeɪt] — указывать
- to be satisfied** [... ˈsætɪsˌfaɪd] — быть удовлетворенным, довольным
- on the contrary** [... ˈkɒntrəri] — напротив (*при выражении противоположной точки зрения*)
- the lips are pursed** [... pɜːst] — губы поджаты
- dissatisfaction** [dɪsˌsætɪsˈfækʃn] — неудовлетворенность, недовольство
- a sign** [saɪn] — знак, признак
- an unexpected joy** [ˌʌnɪkˈspektɪd ˈdʒɔɪ] — неожиданная радость
- to be confused** [... kənˈfjuːzd] — быть смущенным
- to raise one's eyebrows** [ˈreɪz ˌwʌnz ˈaɪbrəʊz] — поднимать брови
- to clasp one's hands** [ˈklaːsp ˌwʌnz ˈhænds] — всплескивать руками

**to interpret** [ɪn 'tɜ:prɪt] — интерпретировать, толковать, объяснять

**to lick one's lips** [lɪk...] — облизывать губы

**to be bored** [...bɔ:d] — скучать

**to yawn** [jɔ:n] — зевать

**absent-minded** [ˌæbsənt 'maɪndɪd] — рассеянный, несосредоточенный

**to twist one's hair** ['twɪst, wʌnz 'heə] — накручивать (*на палец*)  
волосы

**to detect** [dɪ'tekt] — распознавать, расшифровывать

**i. e. = id est** (лат.) = **that is** (англ.) — то есть

**a finger** ['fɪŋɡə] — палец (*руки*)

**an arm** [ɑ:m] — рука (*от кисти до плеча*)

**a leg** — нога (*от ступни до верхней части бедра*)

**voluntary / involuntary** ['vɒləntəri] — вольный / невольный

**a process of communication** ['prəʊsəs əv kə,mju:nɪ'keɪʃn] — процесс общения (*коммуникации*)

**with folded arms** [... 'fəʊldɪd ,ɑ:mz] — со сложенными на груди руками

**a welcoming gesture** [ˌwelkʌmɪŋ 'dʒestʃə] — приветливый жест

**disagreement** [ˌdɪsə'grɪ:mənt] — несогласие

**to have a closed mind** [... 'kləʊzd ,maɪnd] — не считаться с чужим мнением

**unwilling** [ʌn'wɪlɪŋ] — не склонный (*не расположенный*) к чему-л.

**an arm crossed over the other** [... 'krɒst 'əʊvə ði: ,ləðə] — скрещенные на груди руки

- insecurity** [ˌɪnsɪˈkʊərəti] — беззащитность
- a lack of smth.** [læk...] — недостаток чего-л.
- to defend oneself** [diˈfend] — защищаться
- an imaginary attack** [ɪˈmædʒɪnəri əˈtæk] — воображаемое (ожидаемое) нападение
- relaxed hands** [rɪˈlæksɪd ˈhændz] — расслабленные, не напряженные кисти рук
- confidence and self-assurance** [ˈkɒnfɪdəns... selfəsˈʃʊərəns] — доверие и самоуверенность
- clenched hands** [klentʃt...] — пальцы, сжатые в кулак
- to wring one's hands** [rɪŋ] — ломать себе руки (*пальцы*)
- nervousness and anxiety** [ˈnɜːvəsniːs... æŋˈzaɪəti] — нервное состояние и сильное беспокойство
- along with smth.** [əˈlɒŋ...] — наряду с чем-л.
- to exemplify one's speech** [ɪgˈzemplɪfaɪ... spri:tʃ] — наиболее наглядно выразить то, о чем говоришь
- to point** [pɔɪnt] — указывать
- an index finger** [ˈɪndeks ˌfɪŋɡə] — указательный палец
- acceptable** [əkˈseptəbl] — приемлемый
- to be viewed** [ ... vju:d] — рассматриваться
- insulting** [ɪnˈsʌltɪŋ] — оскорбительный
- likewise** [ˈlaɪkwaɪz] — подобно
- a thumb up gesture** [ˈθʌm ˈʌp ˌdʒestʃə] — жест с поднятым вверх большим пальцем
- to accept** [əkˈsept] — воспринимать
- rude** [ru:d] — грубый
- a middle finger** [ˈmɪdl ...] — средний палец



**to participate** [p a: 'tɪsɪ ,peɪt] — принимать участие

**to lean forward** [ ,li:n 'fɔ:wəd] — наклоняться вперед

**to nod (a head)** — кивать (*головой*) (*в знак согласия*)

**to imply** [ɪm 'plai] — подразумевать, предполагать

**to kick slightly** [ ,kɪk 'slɑ:tlɪ] — слегка отбивать такт ногой

**impatient** [ɪm 'peɪʃnt] — нетерпеливый

**to be detached from smth.** [... dɪ'tætʃt...] — быть далеким от того, что происходит в данный момент

**to be recognised common** [ 'rekəg ,naɪzd 'kɒmən] — признаваться общим

**to signify** [ 'sɪgnɪ ,faɪ] — означать

**shaking a head** [ 'ʃeɪkɪŋ...] — мотание головой (*в знак отрицания*)

**to rub hands** [rʌb...] — потирать руки

**to avoid eye contact** [ə'vɔɪd 'aɪ ,kɒntækt] — избегать взгляда собеседника

**certainty** [ 'sɜ:tntɪ] — определенность

**prolong** [prə'ləŋ] — продолжительный

**to challenge** [ 'tʃælɪndʒ] — бросать вызов

**to have a romantic interest in smb.** [... rəʊ'mæntɪk 'ɪntrəst...] — иметь определенные виды на кого-л.

**a referee** [ ,refə'ri:] — спортивный судья

**a sports competition** [... ,kɒmpə'tɪʃn] — спортивное соревнование

**a stockbroker** [ 'stɒk ,brəʊkə] — брокер на фондовой бирже

**shares** [ˈeəz] — биржевые акции

**colloquial** [kəˈlɒkwɪəl] — разговорный

**aware** [əˈweə] — осознающий

**to read people** — понимать (*считывать*) намерения людей

**to increase** [ɪnˈkriːs] — увеличивать, усиливать

### Answer the questions:

1. Why is body language termed so? What language is it opposed to? Can body language be used without a spoken language? If yes, in what spheres? Does it express only emotions and feelings?
2. What body movements do you think are the most expressive, gestures, body postures or facial expressions? Which of them are best integrated in the process of communications? Do you always use body language while speaking?
3. By what physical signs can you detect that someone is nervous or relaxed? How would you interpret the situation in which a person is drumming his (her) fingers on the table? In what case do people shrug their shoulders? If you communicate with someone, how can you tell that your partner is bored? What does the posture when people put their hands on their hips and clench their fists denote? Can you demonstrate the posture? If you scratch your head, what does it denote?
4. Can you demonstrate the difference between two postures using your body language: standing with your arms crossed and arms folded? What emotions do they denote? What do the two opposite facial expressions, frowning and raising one's eyebrows, show? In what situations do we use the thumb up and the thumb down gestures?

5. While communicating with people an eye contact is very important. What does it mean that someone is trying to avoid an eye contact with his partner? Can it be acceptable in our traditions to keep a prolong eye contact with an unknown person? How can this be interpreted? Why is it recommended to keep an eye contact with the employer during a job interview?
6. It is quite evident that people of different temperament speak differently. Can we define the temperament of a person judging from his (her) own body language? Does the character of body language depend on the national features of the speaker?

**Here are some idiomatic expressions connected with the topic and the situations in which they can be used:**

1) **to smack one's lips** — The insurance industry is **smacking its lips** at the prospect of more and more people wanting to insure their possessions.

2) **to keep up appearances** — Despite the fact that he was in very serious money trouble, he was still concerned with **keeping up appearances**.

3) **to keep one's tongue between his teeth** — He knew his place and managed **to keep his tongue between his teeth**.

4) **to see eye to eye (with somebody)** — I **don't see eye to eye with my father** on many things, but we have the same opinion on the use of travelling.

5) **to keep one's ear open** — When you get in touch with him, **keep your ear open** to all his promises lest he should break them later.

6) **to have something coming out of one's ears** — She is always complaining about her financial difficulties, but everybody knows that she **has money coming out of her ears**.

7) **to keep one's chin up** — Come on, **keep your chin up!** We've survived a lot worse than this.

8) **to lose face** — We need to find a way to end the conflict without either side **losing face**.

9) **to make / pull a face** — When the boy saw his mother serving a beetroot salad, he **pulled a face** in disgust.

10) **to have a finger in every pie** — The woman was unbearable — she wanted **to have her finger in every pie**.

**Match the English phraseological expressions from 1 to 10 given above with their Russian equivalents:**

- а) потерять лицо, доброе имя; скомпрометировать себя
- б) выше нос; не падай духом
- в) предвкушать удовольствие
- г) сходиться во взглядах; находить общий язык
- д) в каждой бочке затычка; во всё совать свой нос
- е) сохранять лицо; сохранять хорошую мину при плохой игре
- ж) держать язык за зубами; прикусить язык (*язычок*)
- з) денег — куры не клюют; выше головы
- и) строить гримасу; лицо вытянулось
- к) держать ухо востро

*Do you know any other phraseological expressions related to the topic "Body Language"?*

## ENGLISH AS THE INTERNATIONAL LANGUAGE

One of the modern trends of the present time is wide contacts between countries and nations, which has become evident in the economic and business sphere, in cultural cooperation and in tourism. Nowadays we have to travel a lot, to do business with foreign partners, to establish cultural relations with other countries. More and more people need information about scientific and technological research and discoveries that are carried out in different parts of our planet. All this is impossible without mutual understanding. That is why for better communication it is very important to learn a foreign language. And here the prime role belongs to English as the international language.

Worldwide over 1.4 billion people live in countries where English has an official status. One out of five of the world's population speaks English with some degree of competence. At the beginning of the XXI century the number of people who speak English as a second or foreign language exceeded the number of native speakers.

There are some other factors that contributed to the choice of English as the language for international communication. First of all this is due to the system of the language structure itself. Like many other languages, English uses a phonetic alphabet and fairly basic syntax. But most importantly, it has a large and extensive vocabulary of which about eighty percent is foreign. Therefore it has cognates virtually from every language in Europe and has borrowed and continues to borrow words from Spanish and French, Hebrew and Arabic, Hindi-Urdu and Bengali, Malay and Chinese, as well as languages from West Africa and Polynesia. This language peculiarity makes English unique in history.

Everybody can witness the international character of English. To begin with, it is the language of the United Nations (the UN),

an international organisation that encourages countries to work together in order to solve world problems such as war, human rights, disease, and poverty. Then, international sports competitions and tournaments are mainly held in English. Besides, when scientists and inventors want to introduce their new ideas or discoveries to the international scientific community, they first publish their findings in English. When Japanese companies conduct business with Scandinavian partners, they negotiate in English. When demonstrators want to alert the world to their problems, they display signs in English. When Mexican pilots land their airplanes in France, they and the ground controllers use English. And finally, when pop singers or the most famous musical groups perform their songs, they do it in English. Thus, the global spread of English over the last fifty years is unprecedented.

Moreover, English influences noticeably other languages. Let us take Russian. Not only words of some sport spheres such as *football, hockey, goal keeper, forward, referee* were successfully borrowed by the Russian language and are still used by the native speakers, but many political terms were included in the Russian vocabulary. The examples of the latter are *party, debate, globalism, political figure, manifestation, pluralism, priority* and many others which can be understood without translation. Lately, with the introduction of computers and the Internet to our life, a great number of new words have come into Russian. Our language has borrowed the new technological notions together with the vocabulary. Foreign lexical units can be borrowed either by means of transcription or transliteration. The former is the phonetic reproduction of the English word with the help of the Russian sounds (*file, site, interface, notebook, manager, impeachment*) while the latter is the reproduction of the word with the help of the letters of the Russian alphabet (*club, bank, uniform, parking, culture*).

This interaction of languages is quite a natural process caused by mutual relationships and cooperation between nations. However, from time to time ardent defenders of the Russian language's purity start protesting against foreign borrowing and demand excluding all alien words and replacing them by primordial Russian. But fortunately, a language develops according to its own laws.

Will English keep its role of the international language within the next twenty—thirty years? There is no reason to believe that any other language will appear in the near future to replace English. But at present Spanish is successfully competing with it because of expanding trade and the increase of Latino population in the United States.

### Words and Expressions

**to do business with foreign partners** [...ˈbɪznəs wɪðˈfɔrɪn ˈpɑːtnəz] — осуществлять деловые отношения с иностранными партнерами

**scientific** [ˌsaɪəntɪfɪk] — научный

**research and discoveries** [ˌriːsɜːtʃ ənd dɪˈskʌvərɪz] — исследования и открытия

**to be carried out** [...ˈkæriɪd ˌaʊt] — осуществляться, проводиться

**impossible** [ɪmˈpɒsɪbl] — невозможный

**mutual understanding** [ˈmjuːtʃuəl ˌʌndəˈstændɪŋ] — взаимопонимание

**the prime role** [ˌpraɪm ˈrəʊl] — важнейшая роль

**to belong to smth.** [bɪˈlɒŋ...] — принадлежать чему-л.

**worldwide** [ˌwɜːld ˈwaɪd] — во всем мире

- population** [ˌpɒpjʊˈleɪʃn] — население
- with some degree of competence** [... diˈɡriː əv ˈkɒmpɪtəns] — с той или иной степенью компетентности
- to exceed** [ɪkˈsiːd] — превышать
- a native speaker** [ˌneɪtɪv ˈspiːkə] — носитель языка; тот, для кого данный язык является родным
- due to smth.** [djuː...] — благодаря чему-л.
- like smth.** — подобно чему-л., как и что-л.
- fairly basic syntax** — [ˈfeəli ˌbeɪsɪk ˈsɪn.tæks] — достаточно простой синтаксис
- an extensive vocabulary** [ɪkˈstensɪv vəˈkæbjʊləri] — обширный вокабуляр (*словарь*)
- therefore** [ˈðeəfɔː] — поэтому
- cognates** [ˈkɒɡ.neɪts] — родственные слова, слова одного корня
- virtually** [ˈvɜːtʃʊəli] — фактически, в сущности
- to borrow** [ˈbɒrəʊ] — заимствовать
- Hebrew** [ˈhiːbruː] — иврит
- Hindi** [ˈhɪndi] — язык Северной Индии хинди, один из официальных языков Индии
- Urdu** [ˈʊəduː; ˈzːduː] — язык урду, официальный язык Пакистана, на котором также говорят в Индии
- Bengali** [benˈɡ ɔːli] — бенгальский язык, официальный язык Бангладеш
- Malay** [məˈleɪ] — малайский язык, официальный язык Малайзии и Индонезии
- Chinese** [ˌtʃaɪˈniːz] — китайский язык
- Polynesia** [ˌpɒliˈniːzjə] — Полинезия



**unique** [ju: 'ni:k] — уникальный, единственный в своем роде  
**to witness smth.** ['wɪtnəs...] — быть свидетелем чего-л.

**the United Nations (the UN)** [ju: ,naɪtɪd 'neɪʃnz] — Организация  
 Объединенных Наций (ООН)

**to encourage** [ɪn 'kʌrɪdʒ] — способствовать, стремиться за-  
 ставить

**in order to solve problems** [ɪn 'ɔ:də tə 'sɒlv...] — для того что-  
 бы решать проблемы

**human rights** ['hju:mən ,raɪts] — права человека

**disease** [di'zi:z] — болезнь

**poverty** ['pɒvəti] — бедность, нищета

**to be held** — проводиться

**mainly** ['meɪnli] — главным образом

**besides** [bi'saɪdz] — кроме того

**a scientist** ['saɪəntɪst] — ученый

**an inventor** [ɪn'ventə] — изобретатель

**to introduce smth. to smb.** [ ,ɪntrə'dju:s...] — представить  
 что-л. кому-л.

**a scientific community** [ ,saɪəntɪfɪk kə'mju:nəti] — научное со-  
 общество

**a finding** ['faɪndɪŋ] — находка, открытие

**Japanese** [ ,dʒæpə'ni:z] — японский

**to conduct business** [kən'dʌkt ,bɪznəs] — вести деловые отно-  
 шения

**to negotiate** [nɪ'gəʊʃieɪt] — вести переговоры

**to alert smb. to smth.** [ə'ɪz:t...] — привлекать чье-л. внимание  
 к чему-л., сообщать кому-л. о тревожных проблемах

- to display signs** [di'splei ,sainz] — выставлять плакаты
- to land airplanes** [... 'eə ,pleinz] — приземляться (*о самолете*)
- a ground controller** [ ,graund kən'trəuləz] — авиадиспетчер
- to perform** [pə'fɔ:m] — исполнять
- a global spread** ['gləubl ,spred] — глобальное распространение, повсеместное использование
- unprecedented** [ʌn'presɪ ,dentɪd] — беспрецедентный
- noticeably** ['nəʊtɪsəbli] — заметно, сильно
- to be successfully borrowed** [...sək'sesfʊli 'bɒrəʊd] — успешно заимствоваться
- a term** [tɜ:m] — термин
- the latter** ['lætə] — последний (*из перечисленного*)
- lately** ['leɪtli] — за последнее время
- introduction** [ ,ɪntrə'dʌkʃn] — внедрение
- a great number** [ ,greɪt 'nʌmbə] — большое количество
- a lexical unit** ['leksɪkl ,ju:nɪt] — лексическая единица
- either... or** [ ,aɪðə... 'ɔ:] — или... или
- transcription** [træn'skrɪpʃn] — транскрипция
- transliteration** [træns ,lɪtə'reɪʃn] — транслитерация
- the former** ['fɔ:mə] — первый (*из перечисленного*)
- a phonetic reproduction** [fə'netɪk ,rɪ:prə'dʌkʃn] — фонетическое воспроизведение
- a sound** [saʊnd] — звук
- a letter** ['letə] — буква
- interaction** [ ,ɪntər'ækʃn] — взаимодействие
- a natural process** ['nætʃrəl ,prəʊses] — естественный процесс
- to cause** [kɔ:z] — вызывать

**mutual relationships** [ˌmju:tʃuəl rɪˈleɪʃnʃɪps] — взаимные отношения

**an ardent defender** [ˈɑ:dnt dɪˌfendə] — ярый защитник (*блюститель*)

**purity** [ˈpjʊərəti] — чистота

**to exclude** [ɪkˈsklu:d] — исключать

**alien** [ˈeɪliən] — чужой, иностранный

**primordial** [praɪˈmɔ:diəl] — исконный

**fortunately** [ˈfɔ:tʃənətli] — к счастью

**to develop** [dɪˈveləp] — развивать

**an own law** [ˌəʊn ˈlɔ:] — собственный закон

**to keep one's role** [... ɡəʊl] — сохранять свою роль

**to appear** [əˈpiə] — появляться

**to compete** [kəmˈpi:t] — конкурировать

**expanding trade** [ɪkˈspændɪŋ ˌtreɪd] — расширение торговли

**an increase** [ˈɪŋkri:s] — увеличение, рост

### Answer the questions:

1. Do you think that nowadays any specialist should learn a foreign language? What circumstances in modern life encourage them to do this? Do you know any foreign language? What language? Where do you have to use it?
2. Where can people learn foreign languages in your town? Which way is the most efficient? How did you learn the foreign language? What aspect: reading, translating, listening, speaking or grammar — was the most difficult for you? How could you assess the level of your knowledge?

3. Would you like to work as an interpreter or a translator? What is the difference between them? Which status looks more attractive for you? Have you ever tried to work as a guide for a foreigner?
4. What contributed to the fact that English became an international language? Can you give any examples of using English globally? Is it possible for English to keep its leading role in the near future?
5. What is your attitude to the fact that Russian has borrowed and is continuing to borrow foreign words? Do you consider the phenomenon positive or negative for the language?
6. What artificial languages do you know? Why are they called so? For what purposes were they invented? What are dead languages? What was the reason for their death?

**Here are some quotations about language:**

**The limits of my language mean the limits of my world.**  
(*Ludwig Wittgenstein*) —

Границы моего языка — это границы моего мира. (*Людвиг Витгенштейн*)

**Language is a part of our organism and no less complicated.** (*Ludwig Wittgenstein*) —

Язык — это часть нашего организма, и не менее сложная.  
(*Людвиг Витгенштейн*)

**If we spoke a different language, we would perceive a somewhat different world.** (*Ludwig Wittgenstein*) —

Если бы мы говорили на каком-нибудь другом языке, мы воспринимали бы окружающий нас мир немного иначе.  
(*Людвиг Витгенштейн*)

**A different language is a different vision of life. (*Federico Fellini*) —**

Другой язык — это другое видение мира. (*Федерико Феллини*)

**To have another language is to possess a second soul. (*Charlemagne*) —**

Владеть другим языком — это как иметь вторую душу. (*Карл Великий*)

**Money speaks sense in a language all nations understand. (*Aphra Behn*) —**

Деньги говорят на языке, который понятен носителю любого языка. (*Афра Бен*)

**England and America are two countries separated by the same language. (*Bernard Shaw*) —**

Англия и Америка — две страны, разделенные общим языком. (*Бернард Шоу*)

**Man invented language to satisfy his deep need to complain. (*Lily Tomlin*) —**

Человек придумал язык, чтобы удовлетворить свою глубокую потребность жаловаться. (*Лили Томлин*)

**Life is a foreign language: all men mispronounce it. (*Christopher Morley*) —**

Жизнь похожа на иностранный язык, которым мало кто пользуется правильно. (*Кристофер Морли*)

**If language is not correct, then what is said is not what is meant; if what is said is not what is meant, then what must be done remains undone; if this remains undone, morals and art will deteriorate; if justice goes astray, the people will stand about**

**in helpless confusion. Hence there must be no arbitrariness in what is said. This matters above everything. (Confucius) —**

Если язык неточен, то сказанное — это не то, что имелось в виду; если сказанное не то, что имелось в виду, тогда то, что надо было сделать, останется незавершенным, а если оно не будет сделано, мораль и искусство будут деградировать; если справедливость отступит от праведного пути, всё придет в смятение. А значит, говорить нужно с полной ответственностью за свои слова. В этом наивысшая справедливость. (*Конфуций*)

*How do you understand the quotation by Bernard Shaw “England and America are two countries separated by the same language”?*

*Do you agree with the words said by Confucius about language?*

# MAKING A CAREER



## THE JOBS WE CHOOSE

When we were children, we dreamt about professions and jobs that in our opinion were connected with risk, danger and fantastic consequences. We could not imagine our life without bright colours or excitement. Nobody wanted to perform a routine job being included in a monotonous process. A quiet position like that of a librarian, an accountant, an economist or a nurse could hardly be of any interest to us. Nothing of the kind! On the contrary, a fireman, a policeman, a pilot, an astronaut, a stuntman were professions that excited the teenagers' imagination.

In the course of time our concept of what an appropriate profession is radically changed. Scientific and technological progress at the beginning of the XXI century provided demand for new jobs which required relevant skills and qualifications. With the development of economic relationships between nations a lot of companies doing business with foreign partners were set up in our country, some of them having the headquarters abroad. These contacts stimulated appearing new jobs. Thus many home businessmen, managers and sales managers, business executives, developers were involved in the economic process of market economy.

Young people met this innovation with enthusiasm and willingly started their own business. Though there are plenty of good things about this position such as a well-paid job, a chance of travelling a lot, people's respect, this duty lays great responsibilities

on you. To be successful in this sphere you should possess certain skills and qualities. For example, to be a business executive you have to be hard-working and you have to get along well with people to provide a good environment in the company. You also have to be patient and persuasive, since doing business is all about getting people to see things your way. Besides, you must possess a lot of skills: interpersonal skills, language skills, computer skills, financial and managerial skills, to name just a few. So, if you lack one of these, you will never succeed.

Of course, creative jobs such as those of actors, artists, TV announcers, and journalists are also popular. They seem attractive to people who like to be and are not afraid of being in the public eye. Choosing a career youngsters sometimes follow in their parents' steps. They traditionally work as doctors, teachers, musicians continuing the professional line of their family which is referred to as hereditary.

Today young people are more ambitious than before. They dream about challenging and rewarding jobs and occupations. According to the survey conducted in several big cities, some bright and confident teenagers do not conceal their wish to become President of Russia. They do their best to succeed in learning school subjects as well as in extracurricular activity. It is very interesting to compare the ambitions of Russian teenagers with the results of the survey in the United Kingdom. When British people were asked what their dream jobs were, nursing and teaching were found at the top of the list; working as a journalist and becoming the Prime Minister were also high on the list. Choosing career nowadays people become more flexible and practical. They are not going any more to stay in one workplace up to their retirement, getting a guaranteed salary. They are even not afraid to be out of a job for some time if they have a chance of finding a well-paid satisfying job later.



It is quite natural that teenagers want to become white-collar workers and prefer creative occupations. They can consider an “ordinary” workplace only for a short time. So, many young people start their working career with jobs that are not considered to be creative or do not require any intellectual ability. They work in the service sector: in cafés, restaurants — or they perform the duty of a courier delivering different goods to the customers by their order. In this way they gain their initial work experience. Later most of them get in the University and graduate from it with a degree, which provides them a challenging career in future.

However, no society can exist without the so-called “blue collars” — the workers who have to do very hard jobs applying physical labour in such places as plants, factories, mines, etc. By the way, this work also requires a lot of practical skills and needs to be professionally done. Nowadays builders, smiths, carpenters, plumbers, electricians, and the like are in great demand. Though their job is not creative, it nevertheless requires a lot of skills and special knowledge. Because of a certain deficit for of the professions, sometimes these workers are better-paid than employees of the service or educational spheres.

Summing up, choosing a career people mainly rely on their vocation, but, though money does not make us happy, they nevertheless prefer well-paid jobs and if possible do not refuse bonuses, perks, and other free services.

### Words and Expressions

**to dream about smth. (dreamt / dreamed)** [dri:m... / dremt] —  
мечтать о чем-л.

**in one's opinion** [... ə'pɪnjən] — по мнению кого-л.

**danger** ['deɪndʒə] — опасность

- a consequence** [ˈkɒnsɪkwəns] — следствие
- to imagine** [ɪˈmædʒɪn] — воображать, представлять себе
- excitement** [ɪkˈsaɪtmənt] — зд. острые ощущения
- routine** [ruːˈtiːn] — рутинный, обычный
- quiet** [kwaɪət] — спокойный
- a librarian** [laɪˈbrɛəriən] — библиотекарь
- an accountant** [əˈkaʊntənt] — бухгалтер
- a nurse** [nɜːs] — медсестра
- a fireman** [ˈfaɪəməɪn] — пожарный
- a stuntman** [ˈstʌntməɪn] — каскадер
- to excite one's imagination** [ɪkˈsaɪt ˈwʌnz ɪˌmædʒɪˈneɪʃn] — будоражить воображение
- appropriate** [əˈprəʊpriət] — подходящий
- to provide demand for smth.** [prəˈvaɪd dɪˈmɑːnd...] — обеспечивать спрос на что-л.
- to require** [rɪˈkwaɪə] — требовать
- a relevant skill** [ˈreləvənt ˌskɪl] — соответствующий навык  
(*умение*)
- development** [dɪˈveləpmənt] — развитие
- to set up a company** [ ... ˈkʌmpəni] — учреждать компанию
- headquarters** [ˌhedˈkwɔːtəz] — штаб
- a business executive** [ˌbɪznəs ɪgˈzekjʊtɪv] — исполнительный директор в компании
- a developer** [dɪˈveləpə] — разработчик
- market economy** [ˈmɑː kɪt ɪˈkɒnəmi] — рыночная экономика
- willingly** [ˈwɪlɪŋli] — охотно
- a well-paid job** [ˈwelˌpeɪd ˌdʒɒb] — хорошо оплачиваемая работа

**to lay responsibilities on smb.** [ˈleɪ ɪˈspɒnsə,bɪlətɪz...] — возлагать ответственность на кого-л.

**a good environment** [...ɪnˈvaɪrənmənt] — хорошая обстановка  
(*климат*) в коллективе

**patient** [ˈpeɪʃnt] — терпеливый

**persuasive** [pəˈsweɪsɪv] — умеющий убеждать

**since** [sɪns] — так как

**an interpersonal skill** [ˌɪntəˈpɜːsnl...] — навык общения, умение общаться

**a managerial skill** [ˌmænəˈdʒɪəriəl...] — умение управлять, управленческий навык

**to lack smth.** — испытывать недостаток в чем-л.

**a TV announcer** [ˌtiːˈviːəˈnaʊnsə] — телеведущий

**to be afraid of smth.** [...əˈfreɪd...] — бояться чего-л.

**to be in the public eye** [...ˈpʌblɪk ˌaɪ] — быть на виду, быть публичным человеком

**youngsters** [ˈjʌŋstəz] — молодые люди

**to follow in smb's step** [ˈfɒləʊ...] — идти по стопам кого-л.

**to be referred to as** [... ɪˈfɜːd...] — ссылаться на что-л. как на..., называться

**hereditary** [həˈredətəri] — потомственный

**ambitious** [æmˈbɪʃəs] — амбициозный, честолюбивый

**a challenging and rewarding job** [ˈtʃælɪndʒɪŋ... ɪˈwɔːdɪŋ dʒɒb] — интересная работа, приносящая удовлетворение

**according to the survey** [əˈkɔːdɪŋ... ˈsɜːveɪ; səˈveɪ] — согласно опросу

- to conduct** [kən'dʌkt] — проводиться
- extracurricular activity** [ˌɛkstrəkə'ɪkjʊə æk'tɪvəti] — увлечение, хобби
- a dream job** [ˌdri:m 'dʒɒb] — работа, о которой мечтаешь
- at the top of the list** [... 'tɒp əv ðə, list] — занимать верхнюю строку в списке
- flexible** ['fleksəbl] — гибкий
- retirement** [rɪ'taɪəmənt] — уход на пенсию
- a guaranteed salary** [ˌgærən'ti:d 'sæləri] — гарантированная зарплата
- a white-collar worker** ['waɪt,kɒlə 'wɜ:kə] — работник умственного труда, служащий
- an occupation** [ˌɒkjʊ 'reɪʃn] — род занятий, профессия
- ability** [ə'bɪləti] — способность
- a courier** ['kʊəriə] — курьер
- to deliver** [dɪ'lɪvə] — доставлять, поставлять
- a customer** ['kʌstəmə] — клиент, заказчик
- by order** [... 'ɔ:də] — по заказу
- to gain work experience** ['geɪn... ɪk'spiəriəns] — приобретать опыт работы
- a degree** [dɪ'ɡri:] — диплом
- to exist** [ɪg'zɪst] — существовать
- a blue collar** ['blu: ,kɒlə] — работник физического труда, рабочий
- to apply physical labour** [ə'plai ,fɪzɪkl 'leɪbə] — применять физический труд

- a plant** [plɑ:nt] — завод
- a factory** [ˈfæktəri] — фабрика
- a mine** [main] — шахта, рудник
- a smith** [smɪθ] — кузнец, слесарь
- a carpenter** [ˈkɑ:pɪntə] — плотник
- a plumber** [ˈplʌmə] — водопроводчик, сантехник
- an electrician** [ɪˌlekˈtriʃn] — электрик
- and the like** — и тому подобное
- to be in great demand** [...ˈɡreɪt dɪˈmɑ:nd] — пользоваться большим спросом
- an employee** [ɪmˈplɔɪiː; ˌemplɔɪˈi:] — работник, служащий
- educational** [ˌedʒuˈkeɪʃnəl] — образовательный
- a vocation** [vəʊˈkeɪʃn] — призвание, склонность
- to refuse smth.** [rɪˈfju:z...] — отказываться от чего-л.
- a perk** [pɜ:k] — что-л., что компания предоставляет в пользование своему работнику, например, машина, квартира или сотовый телефон; дополнительное денежное вознаграждение

### Answer the questions:

1. Did you dream about an exciting job when you were a teenager? What kind of job was that? Did your dream come true? What is your occupation now? What skills and qualities are necessary for your work?
2. What do you think are the main reasons why people prefer to take a position of white-collar workers rather than blue-collar ones?

Can you name two or three jobs that white collars and blue collars apply for?

3. What are the factors which the amount of salary may depend on? What other rewards can stimulate the working process? In what occupations is the work experience of vital importance? Is your work well-paid? Are you given any bonuses? How often?
4. Do you think that the choice of a career depends on the type of the person's temperament? What personal characteristics contribute to successful work in a team?
5. A lot of companies have been set up for the last two decades. Why do people risk starting their own business? What measures in your opinion should be taken to support small and medium-sized business?
6. Would you prefer to have a guaranteed job with an average salary or risk changing your workplace for a new well-paid challenging position? What job could be satisfying and rewarding for you?

**Here are some proverbs about work, labour and working skills:**

**Never put off till tomorrow what you can do today. —**

Не откладывай на завтра то, что можешь сделать сегодня.

**He who would catch fish must not mind getting wet. —**

Чтобы рыбу съест, надо в воду влезть.

**No bees — no honey, no work — no money. —**

Без труда меду не едят. / Без труда не вынешь рыбку из пруда.

**Little strokes fell great oaks. —**

Вода и камень точит.

**Idleness rusts the mind. —**

Труд кормит человека, а лень портит.

**Jack (или a jack) off all trades and master of none. —**

За все берется, а не все удаётся.

**He who does not work neither shall he eat. —**

Кто не работает, тот не ест.

**Feather by feather a goose is plucked. —**

Терпение и труд все перетрут.

**He works best who knows his trade. —**

Дело мастера боится.

**A good beginning makes a good end. —**

Лиха беда начало.

*How could you interpret the meaning of the proverb “Little strokes fell great oaks”?*

*Do you know any other proverbs referring to the subject?*

## **AN APPLICANT'S CV**

Work is an essential part of our life. Nowadays young generation take the problem of their career quite seriously. They do not look at their job only as a source of earning a living. They need more. They strive to find a satisfying and rewarding job. They choose a position where they could make regular progress in their career by moving to a more important job each time. Promotion

is completely necessary for every job seeker and the employer should consider this factor as a stimulus for the employee's successful work.

Job vacancies are often advertised in newspapers, so you should check the adverts on a regular basis. If you are seeking a job that requires relevant qualifications and skills, you may apply for it to the company indicated in the advert. Besides, you may learn about job vacancies from radio programmes where different positions are announced. There are other ways of getting information about new jobs. You may ask your family and friends about work, as up to fifty per cent of job vacancies never get advertised in the newspapers at all. Another thing you can always do is to make a list of companies and organisations that need your skills and just send them a copy of your CV (in America they call it a *résumé*). An employer may have a vacancy or if there is no vacant position now, they often put your CV in their files and contact you later when a vacancy arises.

You should have a properly written CV. A poor CV may result in losing a chance of taking a vacant post. So, your CV should be up-to-date and look impressive. Emphasise the positive aspects of your career history and outline the range of skills you possess which could be useful to an employer. There are some recommendations how to write a CV. A standard CV should not be longer than one page, but it must be clear and informative. The following items should be included in it: 1) personal information (the name, address and telephone number); 2) job objective; 3) education; 4) relevant work experience; 5) skills; 6) extracurricular activities (not obligatory); 7) references.

The CV begins with personal information centred at the top of the page. Usually, particular personal information as well as that relating to the applicant's marital status is mentioned at the end. In the next item "job objective" you should state your intention



to take a vacant position relevant to your education and skills. It should be carefully thought out and clearly formulated. Next, in item “education” describe your education listing the universities and colleges you have attended and graduated from in reverse chronological order. Don’t forget to mention any relevant courses you have taken.

In the section “relevant work experience” you should list your working practice starting with your most recent place of employment and backwards. Name the exact date of your employment, indicate your position and the company you worked for. Provide information about your responsibilities and personal contribution to the company’s activity. If this is the first time you have applied for a job, write: No prior work experience.

The item “skills” is description of your abilities in the sphere relevant to the job applied for. Here you may describe your language knowledge indicating the level: “advanced”, “intermediate”, “beginning”, your computer skills and even, if necessary, your driving skills.

The section “extracurricular activities” is desirable but not obligatory. Sports, music, painting, some charitable work, travel should be listed here.

As a CV is a formal document, while writing avoid using the words “I” and “my”.

The last item “references” is very important. Here you should name at least two people, not related to you, who can confirm your qualification for the job.

All other information which is not relevant to the position applied for should be left out. If the employer realises that you are the right person for a particular job, he will give you an appointment. The next serious step for you is to be thoroughly getting ready for a job interview.

## Words and Expressions

- generation** [ˌdʒenə'reɪʃn] — поколение
- a career** [kə'riə] — карьера, работа
- a source of earning a living** ['sɔ:s əv 'z:niŋ ə ,li:vɪŋ] — источник, позволяющий заработать себе на жизнь
- a job seeker** [... 'si:kə] — тот, кто ищет работу
- an employer** [ɪm'plɔɪə] — работодатель, наниматель
- to consider** [kən'sɪdə] — считать, рассматривать
- a job vacancy** [... 'veɪkənsɪ] — рабочая вакансия
- to advertise** ['ædvɜ: ,taɪz] — рекламировать
- an advert** ['ædvɜ:t] — реклама, объявление
- on a regular basis** [... 'regjʊlə ,beɪsɪs] — регулярно
- to seek smth.** [si:k] — искать что-л.
- to apply for the job to smth.** [ə'plai...] — обращаться куда-л. за работой
- different positions** [ˌdɪfrənt pə'zɪʃnz] — разные должности
- to announce** [ə'naʊns] — сообщать, анонсировать
- to make a list** — составлять список
- a CV (Curriculum Vitae)** ['si:'vi:; kə'rikjʊləm ,vi:taɪ] — резюме
- a vacant position** ['veɪkənt pə'zɪʃn] — вакантное место
- to put smth in the files** [... faɪlz] — вносить данные в компьютер
- to arise** [ə'raɪz] — появляться, возникать
- properly** ['prɒpəli] — должным образом
- a poor CV** [pʊə...] — плохо составленное резюме
- up-to-date** [ˌʌp tə'deɪt] — включающее последние изменения

**to look impressive** [... ɪm'presɪv] — содержать существенную и необходимую информацию

**to emphasise** ['emfə,saɪz] — акцентировать, выделять

**to outline the range of skills** ['aʊtlaɪn ðə 'reɪndʒ...] — выделять определенные навыки

**an item** ['aɪtəm] — пункт (*в документе*)

**a job objective** [... əb'dʒektɪv] — основание для того, чтобы претендовать на данную вакансию

**education** [ˌedʒu'keɪʃn] — образование

**obligatory** [ə'blɪgətəri] — обязательный

**a reference** ['refərəns] — характеристика (*соискателя*), отзыв

**centred at the top of the page** ['sentəd ət ðə 'tɒp əv ðə ,peɪdʒ] — размещенный по центру в верхней части страницы

**a marital status** ['mærɪtl ,steɪtəs] — семейное положение

**intention** [ɪn'tenʃn] — намерение

**to attend** [ə'tend] — посещать занятия, обучаться

**to graduate from a college** ['grædʒu,eɪt... ,kɒlɪdʒ] — оканчивать колледж

**in reverse order** [... ɪ'vɜ:s ,ɔ:də] — в обратном порядке

**to take a course** [... keɪs] — обучаться на курсах

**recent** ['ri:nt] — недавний (*последний*)

**a place of employment** [... ɪm'plɔɪmənt] — место работы

**backwards** ['bækwədʒ] — назад (*к первому месту работы*)

**to provide information** [prə'vaɪd ,ɪnfə'meɪʃn] — предоставлять сведения

**a responsibility** [rɪ,spsɒnsə'bɪləti] — область (*сфера*) ответственности

**a personal contribution** [ˈpɜːsnəl ˌkɒntrɪˈbjʊːʃn] — личный вклад

**prior** [praɪə] — предшествующий

**description of your abilities** [dɪˈskrɪpʃn... əˈbɪlətɪz] — перечисление того, что умеете делать

**advanced** [ədˈvɑːnst] — продвинутый

**intermediate** [ˌɪntəˈmiːdiət] — средний

**driving skills** [ˈdraɪvɪŋ...] — навыки вождения автомобиля

**painting** [ˈpeɪntɪŋ] — живопись

**charitable** [ˈtʃærɪtəbl] — благотворительный

**at least** [... liːst] — по крайней (*меньшей*) мере

**not related to you** [... rɪˈleɪtɪd...] — не ваш родственник

**to confirm** [kənˈfɜːm] — подтверждать

**to leave out** [ˈliːv ˌaʊt] — опускать

**to realise** [ˈrɪəˌlaɪz] — понимать, осознавать

**to give an appointment** [... əˈrɔɪntmənt] — назначать встречу

**thoroughly** [ˈθɒrəli] — тщательно

### Answer the questions:

1. How can a job seeker learn about job vacancies? Did you ever have to look for a job? When was it? What kind of job did you apply for? Did anybody help you in finding the job vacancy? Are you still working there?
2. Did you ever have to write a CV and send it to an employer? Did you send your CV to one or several places of employment? Why is it better

to apply for a job to some companies or organisations? Did the employer (employers) contact you after that?

3. What items should be included in a CV? Which of them is (are) the most important for an employer? What did you write in the sections "Education" and "Skills"? What information did you include in the item "Relevant work experience"? How is it recommended to fill in the section related to your working practice if you had more than one workplace before it?
4. A CV is a formal document. What language should be used to write it? What words should the applicant avoid? If you were an employer, who would you take for a vacant post, a person without prior work experience or an experienced one? Why?
5. Did anybody write a letter of recommendation for you when you had to apply for a job? How did they characterise your qualifications, skills and your personality?

**Pay attention to the topical words of the same root, their formation and use in the sentence:**

**to employ** — нанимать на работу

**to be employed** — быть нанятым на работу

**an employer** — наниматель, работодатель

**an employee** — работник, служащий

**employment** — работа, занятость

**an employment agency** — служба занятости

**a contract of employment** — договор о найме, контракт при устройстве на работу

**unemployed** — безработный

**the unemployed** — безработные

**an unemployment rate** — уровень безработицы

**an unemployment benefit** — пособие по безработице

**Translate the following sentences:**

1. Though Robert felt nervous during the job interview, he was employed by the company as a computer programmer.
2. Last year the company opened some new departments and they had to advertise new vacancies. So they employed in the staff ten workers for full-time and part-time jobs.
3. To be competitive in selling goods we should employ someone more qualified and experienced to manage production.
4. The factory is the largest single employer in the area.
5. Daniel's employers offered to pay for his refresher course for computer skills.
6. He refused the job vacancy as the employees had to work a ten-hour day.
7. A trend emerged this year of giving employees the opportunity to choose a working schedule that most suits them.
8. After graduation from the college, she found employment with a local finance company.
9. After some consideration they decided to sign a long-term contract of employment with the new Chief Executive Officer.
10. Have you ever been unemployed for a year or more?

11. According to the survey, up to 60 % of the unemployed were women.
12. The unemployment rate in this sphere of production is the lowest.
13. The unemployment benefit is provided by the government to someone who does not have a job.

## **A JOB INTERVIEW**

People who look for a job, so-called job seekers, usually send their CV and application form to several organisations. If an employer gets interested in qualifications and skills of an applicant, the latter is invited to a job interview. The job interview is a very important formal procedure that gives the candidate a chance to take the post applied for. But to be successful everybody should present themselves in the most advantageous way. So, what should you do to make a good impression?

Some handy tips are related to the things which are just common sense. For instance, make sure you get enough sleep the night before, to look and feel your best during the interview. Don't be late which may make an unfavourable impression on your potential employer. It would be better if you arrive ten or fifteen minutes before. That way you will have extra time to relax and concentrate yourself on what is properly essential. When you meet the interviewer, smile pleasantly, shake his or her hand but don't sit down until invited to. You should not smoke or chew gum.

Remember that image is very important at first meeting. First impressions count a lot in many jobs. Choose the right clothes for a particular job. If it is an office job, you must wear formal clothes but for a factory or shop job it will be quite suitable to wear

something more casual. However, irrespective of the potential job you should always look clean and tidy. Don't forget to polish your shoes; dirty shoes don't go unnoticed. And accessories should be chosen carefully — fashionable but not trashy. Shoes, bags, ties, and belts should always coordinate. For female candidates make-up is essential but it must look natural and never overdone. Men should make sure they have had a fresh wet-shave.

Body language is really important, too. Never sit cross-legged or with your arms folded. Don't slump — sit upright. Keep eye contact with the person speaking to you. Always smile — it displays confidence even though you may feel nervous and a bit frightened.

It is recommended that you have found out something about the organisation. It will be easier for you to get involved in conversation and in your turn ask correct questions. Towards the end of the interview the interviewer may ask you if you have any questions, so try to think one or two intelligent ones beforehand.

And finally, when the interview is over, never ask if you have got the job. If they want to tell you about it, they will. You will be informed about the results later within some days when they have interviewed all the applicants.

### Words and Expressions

**to look for a job** — искать работу

**a job seeker** [ˈdʒɒb,si:kə] — тот, кто ищет работу

**an application form** [ˌæplɪˈkeɪʃn ˈfɔ:m] — анкета при приеме на работу

**an applicant** [ˈæplɪkənt] — претендент (*соискатель, кандидат*) на вакантное место



**to invite** [ɪnˈvaɪt] — приглашать

**advantageous** [ˌædvənˈteɪdʒəs] — благоприятный, выгодный

**to make an impression** [... ɪmˈpreʃn] — производить впечатление

**a handy tip** [ˈhændi ˌtɪp] — полезный совет

**to relate to smth.** [rɪˈleɪt...] — относиться к чему-л.

**common sense** [ˈkɒmən ˌsens] — здравый смысл

**to get enough sleep** [... ɪˈnʌf ˌsli:p] — выспаться

**to be properly essential** [... ˈprɒpəli ɪˈsenʃl] — быть особенно существенным

**to shake one's hand** [ˌʃeɪk...] — пожимать руку

**to chew gum** [ˈtʃuː ˌɡʌm] — жевать резинку

**image** [ˈɪmɪdʒ] — зд. впечатление

**suitable** [ˈsu:təbl] — подходящий

**irrespective of smth.** [ˌɪrɪˈspektɪv...] — независимо от чего-л.

**dirty** [ˈdɜ:ti] — грязный

**unnoticed** [ˌʌnˈnəʊtɪst] — незамеченный

**accessories** [əkˈsesəɪzɪz] — аксессуары, дополнения

**fashionable** [ˈfæʃnəbl] — модный

**trashy** [ˈtræʃi] — зд. не дешёвка

**a belt** — ремень

**a female** [ˈfi:meɪl] — женщина

**overdone** [ˌəʊvəˈdʌn] — чрезмерный

**to have a fresh wet-shave** [... ˈfreʃ ˌwet ˌʃeɪv] — быть свежесбритым

**to slump** [slʌmp] — сидеть сгорбившись

**to sit upright** [... 'ʌpraɪt] — сидеть прямо

**to display** [di 'splɛɪ] — показывать, демонстрировать

**a bit frightened** [... 'fraɪnd] — слегка напуганный

**to find out** [,faɪnd 'aʊt] — выяснять, узнавать

**to get involved in conversation** [...ɪn'vɒlvd ɪn ,kɒnvə'seɪʃn] —  
включаться в беседу

**in one's turn** [... tɜ:n] — в свою очередь

**an intelligent question** [ɪn'telɪdʒənt ,kwɛstʃən] — зд. вопрос  
по существу

**beforehand** [bɪ'fɔ:hænd] — заранее

### Answer the questions:

1. If a job seeker has found a suitable vacancy, what should he (she) do first? What applicants does the employer invite for an interview? Have you ever applied for any job position? When was it? Were you invited for a job interview?
2. What recommendations are given to overcome your nervousness and stimulate your confidence? Do the interviewers take into account only an applicant's qualifications and skills? What other factors influence their opinion of the applicant?
3. What advice is given in the way of an applicant's general appearance, clothes in particular? Why do you think the interviewers pay much attention to the candidates' appearance? Can the applicant's posture and facial expression tell much about him (her)?
4. What questions do you expect to be asked by your potential employer (2–3 questions)? What questions could you ask them? Why is it

necessary to find out some information about the company before the interview?

5. How does the applicant learn that he (she) has been given the job position applied for? Has your application ever been rejected? If so, did you feel disappointed?

**Pay attention to the topical words of the same root, their formation and use in the sentence:**

**to apply for a job to some place** — обращаться по поводу трудоустройства в какое-л. место

**a job vacancy applied for** — рабочая вакансия, на которую вы претендуете

**an applicant** — претендент, кандидат, соискатель

**an application** — заявление, прошение

**an application form** — анкета поступающего на работу

**Translate the following sentences:**

1. The company advertised three jobs and over fifty people **applied for the vacancies** within a week.
2. To compensate for their tuition fees a lot of students have **to apply for** part-time jobs during their summer holidays.
3. With relevant qualifications and good references a person has a better chance to take the position **applied for**.
4. Only half the vacancies **applied for** were advertised either in the newspaper or announced on TV.
5. Successful **applicants** will be notified about the employer's decision by telephone.

6. Not only skills and qualifications but the **applicant's image and behaviour** influence the positive result of the job interview.
7. After advertising three new vacancies the company received many **applications** for the jobs from experienced specialists.
8. The foreign company welcomes **applications** from young people having language and computer skills.
9. Before a job interview people have to fill in **an application form** with detailed information indicated in each item.
10. **An application form** is a formal document which every **applicant** should fill in if they want to be members of staff.

## UNEMPLOYMENT

Unemployment is one of the most serious problems of the world economy. It is a situation when many people are out of work and the economic and social factors make it difficult for the unemployed to find a job. In general, unemployment is caused by instability of market economy which leads to some social and psychological negative consequences such as inflation, reducing the living standard of people, crime, diseases and so on. Every country needs to reach full employment to get the maximum out of the available production capacity.

The general reason for the high level of unemployment is technological progress. Also, overpopulation may affect it. But in many cases people become unemployed because of some particular causes. For instance, nowadays downsizing is one of the main reasons why so many people have lost their jobs. The downsizing process consists in making a company or organisation smaller by reducing the number of employees. When this occurs,

a lot of people are laid off all at the same time. According to economists, this is mostly done to increase the company's profits.

Another reason that results in unemployment is redundancy. This is also a termination of employment which is followed by employees' dismissal. But unlike downsizing, redundancy does not lead to closing the company or organisation. A worker is made redundant when the employer requires fewer people to do the type of work the person was employed to do. At present redundancy is closely connected with computerisation of the working process because computers work faster and more efficiently than people. However, there are some situations when redundancy is considered unfair by law. These include the cases when a woman is made redundant for maternity-related reasons or employees are made redundant for reasons connected with race, sex or disability. Then, selecting employees for redundancy on the basis of their age is not justifiable either.

Besides, employees may be dismissed at their own will in which case the reasons may be quite individual: a low salary, unfavourable working conditions, a long journey for the place of employment, some family problems, and the like.

The consequences of unemployment badly result in economy of the country. They cause the lower real GDP, reduced national income and lower living standards. Economic and social hardships are suffered by the families of the unemployed. Besides, the longer the person is unemployed, the harder it will be for him (her) to ever set foot in the productive world again. Other social costs include rising the crime rate, family breakdowns, drug use, and alcoholism. Moreover, job losses at a young age inflict considerable psychological traumas and reduce the chances of the young specialists to find a well-deserved job in the future.

For those who are out of work, a job centre and some employment agencies have been set up in every city and town.

They help people looking for a job find a full-time or a part-time job. People who are temporarily unemployed get a dole which is paid by the government. It is the local authorities' responsibility to work out and take special measures for reducing the unemployment level.

### Words and Expressions

**to be caused by instability** [... 'kɔ:zd 'baɪ ,ɪnstə'biləti] — вызываться нестабильностью

**reducing the living standard** [rɪ'dju:sm̩ ðə'li:vɪŋ ,stændəd] — снижение жизненного уровня

**crime** [kraɪm] — преступность

**available** [ə'veɪləbl̩] — имеющийся в наличии

**production capacity** [prə'dʌkʃn kə'ræsəti] — производительная мощность

**overpopulation** [ˌəʊvə,ppɔ:jʊ'leɪʃn] — перенаселение

**to affect smth.** [ə'fekt] — воздействовать на что-л.

**a particular cause** [rə'tɪkjʊlə ,kɔ:z] — частная причина

**downsizing** ['daʊn,saɪzɪŋ] — разукрупнение (*предприятия*)

**to lose (lost)** [lu:z] — терять

**to consist in smth.** [kən'sɪst] — состоять (*закключаться*) в чем-л.

**to lay off (laid)** [ˌleɪ 'ɒf; leɪd] — увольнять

**a profit** ['prɒfɪt] — прибыль

**redundancy** [rɪ'dʌndənsi] — увольнение по сокращению штата

**termination** [ˌtɜ:mɪ'neɪʃn] — прекращение

**to be followed by smth.** [... 'fɒləʊd...] — сопровождаться чем-л.

**dismissal** [dɪs'mɪsəl] — увольнение

**unlike** [ʌn'laɪk] — в отличие

**to be made redundant** [... rɪ'dʌndənt] — увольняться по сокращению штата

**fewer** ['fju:ə] — меньшее количество

**faster and more efficiently** ['fɑ:stə... rɪ'fɪʃntli] — быстрее и более эффективно

**unfair** [ʌn'feə] — несправедливый

**by law** [baɪ'lɔ:] — по закону

**a maternity-related reason** [mə'tɜ:nəti rɪ'leɪtɪd ,rɪzn] — по причине того, что женщина имеет маленького ребенка

**disability** [ˌdɪsə'biləti] — ограниченная физическая возможность человека

**not to be justifiable** [... 'dʒʌstɪ ,faɪəbl] — быть неоправданным

**to be dismissed at one's own will** [... dɪs'mɪst ət ,wʌnz 'əʊn ,wɪl] — увольняться по собственному желанию

**the GDP (the Gross Domestic Product)** [ˌdʒɪ: di: 'pi:; 'grɒs də'mestɪk ,prɒdʌkt] — ВВП (*валовой внутренний продукт*)

**an income** ['ɪnkʌm] — доход

**to suffer hardships** ['sʌfə 'hɑ:dʃɪps] — испытывать лишения, трудности

**to set foot in the productive world again** [... prɒ'dʌktɪv ,wɜ:ld...] — возвращаться к трудовой деятельности

**rising the crime rate** [ˈraɪsɪŋ ðə ˈkraɪm ˌreɪt] — повышение уровня преступности

**a family breakdown** [... ˈbreɪkˌdaʊn] — распад семьи

**drug** [drʌɡ] — наркотик

**a job loss** [... lɒs] — потеря работы

**to inflict traumas** [ɪnˈflɪkt ˌtrɔːməz] — причинять травмы, травмировать

**well-deserved** [ˈwel dɪˈzɜːvd] — вполне заслуженный

**a full-time job** [ˈfʊl ˌtaɪm...] — работа с полной занятостью

**a part-time job** [ˈpɑːt ˌtaɪm...] — работа с неполной (*частичной*) занятостью

**temporarily** [ˈtempərərəli] — временно

**a dole** [dəʊl] — пособие по безработице

### Answer the questions:

1. What can such a phenomenon as unemployment be caused by in general? What are its negative consequences? Does unemployment result from economic or political factors or from both? Is it possible to reach full employment in a certain period of the countries development?
2. How can the technological process influence a high level of unemployment? Does it mean that any technological development should be restrained? What way could you recommend for an employee not to be out of work when the production process is updated by computerisation or by any other technological achievements?
3. How does downsizing inflict unemployment? What is redundancy? What is the main reason for making employees redundant? In what cases is redundancy considered to be unfair by law?



4. In what case can employees be dismissed at their own will? Have you ever been dismissed by one or another reason? If so, when and why did it happen?
5. Why is unemployment considered to be a negative factor for economy of the country? How does it influence the social sphere of life? Why is such a phenomenon unwilling from a psychological point of view?

**Pay attention to the topical words of the same root, their formation and use in the sentence:**

**redundancy** — чрезмерность, избыток; увольнение по сокращению штата

**redundant** — чрезмерный, лишний; уволенный по сокращению штата

**to make redundant** — уволить по сокращению штата

**to downsize** — разукрупнять предприятие

**downsizing** — разукрупнение предприятия

**to be dismissed** — быть уволенным

**dismissal** — увольнение

**jobless** — безработный; **the jobless** — безработные

**to be out of a job** — быть безработным

**Translate the following sentences:**

1. Over 500 workers will face redundancy if the factory closes.
2. Staff were offered a choice between moving or taking redundancy.
3. Many of the companies that they had invested in were bankrupt. As a result more than 1000 employees were made redundant.

4. Employers are supposed to contact employees on an individual basis before making them redundant to consider other options available such as redeploying them elsewhere in the organisation.
5. When market economy is unstable, many industrial enterprises are downsized; this results in a high unemployment rate.
6. Downsizing of the leading coal enterprises was caused by reducing the price of the raw material.
7. He was dismissed from his job for gross misconduct.
8. She is bringing a case of unfair dismissal against the company.
9. Many of the rural jobless moved into the towns where it was easier to find a job vacancy.
10. If things don't improve, a lot of employees will be out of a job.

## FREELANCING

Freelancing has become one of the most frequently used notions describing an employee's status nowadays. But the word is not new. Morphologically it is a compound noun formed of two roots: free and lance. It was borrowed from the knight's lexicon in which it denoted "a knight whose lances were free to hire and who was not pledged to one master". At present a freelancer or a freelance worker is a term commonly used for a person who is self-employed and is not necessarily committed to a particular employer long-term. Freelancers are free to choose their projects and companies they would like to be associated with. They

work independently and on temporary contracts rather than for a long-term employer.

In the recent past, this kind of employment was typical for writers, artists and representatives of other creative professions who usually worked from home or from their studio and did not have to spend their working hours in the office or somewhere else. Thus writers for example could submit their “product” — a story, a novel, or a poem — to many different publishing houses without being tied to any particular one.

For the last two decades when great changes in economic and social life have taken place in our country, freelancing gave a chance to many people to avoid crisis in the life and raise their self-esteem. The sphere of applying freelancer’s labour has considerably widened. Common professions and occupations where freelancing predominates include, along with writing books or composing music, translating and interpreting, journalism, teaching, acting, computer programming, web designing and other activities. Many people nowadays are considering a situation which will allow them to work from home. This is especially true for those who have lost their job and cannot find any new position. Besides, homebound people with disabilities or children to take care of prefer working from home. There are also cases when long and tiring commutes to and from work every day make someone take up working from home.

Before making a decision to become a freelancer, it is better to consider all aspects of the situation carefully, to weigh all pros and cons. Though benefits of freelancing differ by gender, lifestyle, and industry, the main advantage is flexible working hours. You need not start your work at 9 a.m. and finish at 6 p.m. with a one-hour break for dinner in the afternoon. You can work whenever you want. By this you avoid a lot of troubles connected with com-

muting to and from your workplace, namely overcrowded buses, delay in arriving and leaving caused by traffic jams, etc. The fact that you can actually work during your most productive hours is a real plus. Freelancing is also a way out for those who have been laid off and cannot find a full-time employment, or for students who mainly search for a part-time job.

As freelancing like all other forms of casual labour is not quite reliable, its disadvantages may outweigh advantages. Due to lack of security there is a strong possibility for a freelancer of being without work for long periods. Besides, they are not paid regularly and on time and, unlike full-time employees, freelancers do not enjoy employment benefits such as paid holidays, perks, a sick leave, a pension, and health insurance. There is also certain discrimination in salaries between employees who are on staff and freelancers who often earn less than the former do. Despite these restrictions, more and more people take up freelancing nowadays which helps them successfully regulate the work and life balance.

### Words and Expressions

**freelancing** [ˈfriːlɑːnsɪŋ] — характер деятельности, при которой исполнитель работает на несколько работодателей без заключения долгосрочного контракта

**frequently** [ˈfriːkwəntli] — часто

**to describe** [dɪˈskraɪb] — описывать

**morphologically** [ˌmɔːfəˈlɒdʒɪkəli] — морфологически, в морфологическом отношении

**a compound noun** [ˈkɒmpaʊnd ˌnaʊn] — сложное существительное

**a root** [ru:t] — корень (*лингв.*)

**a lance** [la:ns] — копье

**a knight's lexicon** [ˌnaɪts ˈleksɪkən] — рыцарский лексикон

**to be pledged to one master** [... ˈpledʒd... ˈma:stə] — быть связанным обещанием служить одному хозяину

**a freelancer** [ˈfri:lɑ:nsə] — работник, не связанный контрактом с одним нанимателем и работающий одновременно на несколько работодателей

**commonly** [ˈkɒmənli] — обычно

**self-employed** [ˌself ɪmˈplɔɪd] — работающий на себя

**to be committed to smb.** [... kəˈmɪtɪd...] — иметь обязательство перед кем-л.

**to submit** [səbˈmɪt] — представлять на рассмотрение

**a publishing house** [ˌpʌblɪʃɪŋ ˈhaʊs] — издательство

**to be tied to smth.** [... taɪd...] — быть связанным с чем-л.

**to raise** [reɪz] — повышать

**to widen** [ˈwaɪdn] — расширяться

**to predominate** [prɪˈdɒmɪˌneɪt] — доминировать, преобладать

**homebound** [ˈhəʊmˌbaʊnd] — «привязанный» к дому

**tiring** [ˈtaɪrɪŋ] — утомительный

**to take up smth.** — заняться чем-л.

**gender** [ˈdʒendə] — гендерность, пол

**delay** [dɪˈleɪ] — задержка

**casual labour** [ˌkæʒuəl ˈleɪbə] — случайная работа

**lack of security** [... sɪ'kjʊərətɪ] — слабые гарантии, недостаточная надежность

**to enjoy benefits** [ɪn'dʒɔɪ 'benɪfɪts] — пользоваться привилегиями

**a sick leave** ['sɪk ,li:v] — больничный лист

**health insurance** ['helθ ɪn'ʃʊərəns] — медицинская страховка

**staff** [stɑ:f] — штат (*работников*)

**to earn** [z:n] — зарабатывать

### Answer the questions:

1. What kind of work is denoted by the term “freelancing”? What does it mean from the linguistic point of view? Is it a new phenomenon for our country? Have you ever considered a chance of working as a freelancer for yourself?
2. Why have many people taken up freelancing in our country lately? What professions and occupations where freelancing predominates are the most common? Did you ever have to work as a freelancer? If so, in what capacity? Was your experience successful?
3. What are the benefits of freelancing? Which of them attract you most of all? In what case would you sacrifice your long-term employment for freelancing? If you were dismissed on grounds of redundancy, what would you do: search for a new full-time job or take up freelancing?
4. What are the drawbacks of freelancing? Which of them are the most serious for you? Is it easy to raise children in the family if both parents are freelancers? Can a person combine work as a freelancer with a full-time job for a long-term employer? Who gains from freelancing more, the state or the freelancer?

**Here are some quotations about freelancing and some recommendations for those who are going to become a freelancer. Some of them are anonymous and the others belong to famous people:**

**Freelancers have allowed us to achieve things that would have been impossible otherwise. (Author unknown) —**

Свободный труд людей, работающих не по найму, позволил нам достигнуть того, что невозможно было бы достичь иначе. (*Неизвестный автор*)

**Self-employment has taught me that there is more financial security in creating my own livelihood than in relying on someone else to pay my salary. (Author unknown) —**

Работа на себя, как показал мой опыт, гарантирует более высокий уровень проживания и стабильность средств существования, чем условия работы, при которых ты в финансовом отношении полностью зависишь от работодателя. (*Неизвестный автор*)

**I am an entrepreneur because life is too short to work in a cubicle. (Author unknown) —**

Я предприниматель по той причине, что считаю, что жизнь слишком коротка, чтобы, работая, просиживать ее в замкнутом пространстве какого-нибудь офиса. (*Неизвестный автор*)

**You don't have to be great to start, but you have to start to be great. (Author unknown) —**

Не нужно быть великим, чтобы начинать свое дело. Нужно начать, чтобы стать великим. (*Неизвестный автор*)

**Start where you are. Use what you have. Do what you can. (Arthur Ashe) —**

Начинай там, где ты находишься. Используй то, что имеешь. Делай то, что можешь. (*Артур Эш*)

**There are two primary choices on life: to accept conditions as they exist or accept the responsibility for changing them.** (*Denis Waitly*) —

В жизни человек сталкивается с главным для себя выбором: либо принять условия, как они есть, либо взять на себя ответственность за их изменение. (*Денис Уэйтли*)

**Do the thing you think you cannot do.** (*Author unknown*) —

Делай то, что, как тебе кажется, ты не можешь сделать. (*Неизвестный автор*)

**If you cannot do great things, do small things in a great way.** (*Author unknown*) —

Если не можешь создать ничего великого, сделай небольшое, но так, чтобы это удивило всех. (*Неизвестный автор*)

**A job isn't just a job. It's what you are.** (*Author unknown*) —

Работа — это не просто работа, как она есть. Это то, что ты в нее вкладываешь. (*Неизвестный автор*)

**Never get so busy making a living that you forget to make a life.** (*Author unknown*) —

Не лезь из кожи, зарабатывая себе на жизнь, чтобы не забыть о самой жизни. (*Неизвестный автор*)

*What recommendations would you take into account if you made a decision to become a freelancer?*

*Which of the pieces of advice do you follow in your everyday practice?*



# HOLIDAYS AND FESTIVITIES



## NATIONAL HOLIDAYS IN RUSSIA

Every country has its own national holidays that are marked according to specific customs and traditions of a particular nation. Some of them have a long history, others appear as a result of new historical events caused by different circumstances. National holidays can be divided into official ones declared as a day off by the state authorities and unofficial. The latter present a special date which people enjoy during their weekday.

One of the most glorious national holidays for Russian citizens is the Victory Day which is celebrated on the 9<sup>th</sup> of May. This day was proclaimed a holiday in honour of the great victory of our country over Nazi Germany in the course of the Great Patriotic War of 1941–1945 years. This is a really sacred day for our nation, “a holiday with tears in the eyes”, that is why it is celebrated heartily and with enthusiasm. Festivities include a military parade on the Red Square in Moscow, laying wreaths on the Tomb of the Unknown Soldier, greeting war veterans and open-air concerts. Recently a new glorious action to commemorate those who defended our Motherland in the struggle against fascism has emerged on ordinary people’s initiative: “the Immortal Regiment” marches through the city centre with portraits of their relatives who were killed fighting for their Motherland or participated in the war battles. It looks really impressive. This remarkable event ends in a magnificent salute and fireworks in all hero-towns.

Enthusiastically and joyfully our people mark the Day of Independence of Russia that is celebrated on the 12<sup>th</sup> of June. In 1991 after the collapse of the USSR the Declaration of Sovereign of Russia was adopted by the Parliament and since that time the holiday has been regularly marked.

The 12<sup>th</sup> of December is the Constitution Day because on that day in 1993 the first Constitution of the Russian Federation, the main law of the state, was adopted.

Due to the new historical events that took place in our country some old holidays and traditions have disappeared and new ones appeared. Thus, the October Revolution date is not an official holiday anymore and people do not celebrate it any longer everywhere in Russia; it has become a particular day only for some individual groups of people. Instead, a new holiday was established on the 4<sup>th</sup> of November — the Day of the People's Unity whose national idea is to remind everybody that tolerance, respect and mutual understanding can successfully contribute to the unity and further development of our country.

Some holidays, though retained, have changed the idea and character of their celebrating. For instance, the Day of the 1<sup>st</sup> of May, the former international holiday of solidarity of all working people, has transformed into the holiday of Spring and Labour, and the day of the 23<sup>d</sup> of February, the former Day of the Soviet Army, has become the Day of the Defender of the Fatherland. The International Women's Day of the 8<sup>th</sup> of March has remained the Women's Day but has lost its political colouring.

The great holiday that falls on the 12<sup>th</sup> of April is the Cosmonaut's Day. It has been celebrated by our people since 1961 when the first Russian spaceship "Vostok — 1" with a cosmonaut on board was launched into space. The name of the spaceman Yuri Gagarin became a symbol of conquering Space and our country's

achievements in this field were recognised as an evident technological breakthrough by the whole world.

All the remarkable dates mentioned above are mainly coloured by a patriotic and partly by a political idea.

But there is an official holiday, probably the most favourite, which is loved by everybody irrespective of their age, profession, political preferences, and sex. It is the New Year holiday which is considered to be a family holiday in Russia. Preparation for the celebration begins long before the New Year. The symbol of the New Year — a holiday fir tree glittering with wonderful decorations and lights — is installed in every home. The family gathers at the table full of delicious foods and sparkling drinks to show their love and affection for each other. They listen to the Kremlin chimes beating at 12 o'clock in the night and then congratulate one another on the New Year which is connected for everybody with new expectations and happy events. The holiday is very dear to children who wait for the coming of Father the Frost and Snow Maiden with nice presents.

But there is a certain contradiction in celebrating the New Year holiday in our country, caused by changing in calendar after the revolution of 1917. This led to the situation when Russians celebrate approaching of the New Year twice: on the 31<sup>st</sup> of December and according to the old style on the 14<sup>th</sup> of January — the so-called old New Year. Christmas, another favourite holiday of Russians, is also marked twice: following the Gregorian and the Julian calendar. Perhaps because of this misleading tradition western people speak about “an enigmatic Russian soul” which is difficult to understand.

There are other popular holidays in Russia that are marked only by specific groups of people. One of them is the Day of Knowledge which schoolchildren, students and teachers

celebrate on the 1<sup>st</sup> of September. Another students' holiday is Tatyana's Day marked on the 25<sup>th</sup> of January with jolly festivities, jokes, humorous presentations. It shows that along with studies young people can enjoy themselves. A great holiday for those who finish school is a school-leaving party when school leavers say good-bye to their adolescent period of life and make a fresh start.

In addition to secular holidays, some religious ones are celebrated in our country. One of them is Easter. It does not have any exact day and is marked on a Sunday in March or April. This is the time when Jesus Christ died, then resurrected, according to the Bible. The specific tradition of the day is painting eggs and making an Easter cake and a paskha, a rich mixture of sweetened curds, butter and raisins.

Shrovetide is a merry celebration symbolising the end of winter and coming of spring. Everywhere people make traditional Russian pancakes with different fillings which are the feature of the holiday. Another enjoyable tradition of Shrovetide is burning a dummy of winter in anticipating an arrival of spring.

These festive traditions show that Russians can both work hard and enjoy themselves enthusiastically.

### Words and Expressions

**particular** [pə'tɪkjʊlə] — определенный

**to be divided into smth.** [... dɪ'vaɪdɪd...] — быть разделенным  
на что-л.

**a day off** ['deɪ ,ɒf] — выходной день

**glorious** ['glɔ:riəs] — прославленный

- a citizen** [ˈsɪtɪzn] — гражданин
- to proclaim** [prəˈkleɪm] — провозглашать
- Nazi** [ˈnɑːtsi] — нацистский
- sacred** [ˈseɪkrɪd] — священный, святой
- tears** [tɪəz] — слезы
- heartily** [ˈhɑːtɪli] — искренне
- festivities** [fəˈstɪvətɪz] — празднества, торжества
- to lay wreaths** [ˈleɪ ˌriːθs] — возлагать венки
- a tomb** [tuːm] — могила
- to commemorate** [kəˈmeməreɪt] — увековечивать память
- the Immortal Regiment** [ɪˈmɔːtl ˈredʒɪmənt] — Бессмертный полк
- to fight** [faɪt] — сражаться, бороться
- impressive** [ɪmˈpresɪv] — впечатляющий
- magnificent** [mæɡˈnɪfɪsnt] — великолепный
- fireworks** [ˈfaɪəwɜːks] — фейерверк
- joyfully** [ˈdʒɔɪfəli] — радостно
- independence** [ˌɪndɪˈpendəns] — независимость
- collapse** [kəˈlæps] — распад
- sovereignty** [ˈsɒvrəntɪ] — суверенитет
- the main law** [... lɔː] — основной закон
- the People's Unity** [... ˈjuːnəti] — Народное единство
- further** [ˈfɜːðə] — дальнейший
- to retain** [rɪˈteɪn] — сохранять
- labour** [ˈleɪbə] — труд

- a defender** [dɪˈfendə] — защитник
- colouring** [ˈkʌləɪŋ] — окраска
- to fall on a date** [ˈfɔ:l ən əˌdeɪt] — падать, приходиться на какое-л. число
- to conquer** [ˈkɒŋkə] — завоевывать, покорять
- a preference** [ˈprefərəns] — предпочтение
- preparation** [ˌpreɪəˈreɪʃn] — подготовка
- a fir tree** [ˈfɜ: ˌtri:] — ель
- to glitter** [ˈglɪtə] — сиять, сверкать
- to install** [ɪnˈstɔ:l] — устанавливать
- a sparkling drink** [ˈspɑ:kliŋ ˌdrɪŋk] — шипучий напиток
- the Kremlin chimes beating** [ˈkremlɪn ˈtʃaɪmz ˌbi:tɪŋ] — бой Кремлевских курантов
- an expectation** [ˌekspekˈteɪʃn] — ожидание, надежда
- Snow Maiden** [ˌsnəʊ ˈmeɪdn] — Снегурочка
- a contradiction** [ˌkɒntrəˈdɪkʃn] — противоречие
- to approach** [əˈprəʊtʃ] — приближаться
- the Gregorian calendar** [grɪˈgɔ:riən ˈkælɪndə] — Григорианский календарь
- the Julian calendar** [ˈdʒu:liən ...] — Юлианский календарь
- an enigmatic soul** [ˌenɪɡ ˈmætɪk ˈsəʊl] — загадочная душа
- difficult** [ˈdɪfɪklt] — трудный
- jolly** [ˈdʒɒli] — веселый
- a joke** [dʒəʊk] — шутка
- a humorous presentation** [ˌhju:mərəs ˌpreznˈteɪʃn] — юмористическое представление

**adolescent** [ˌædəˈlesnt] — юношеский

**to make a fresh start** [..., freʃ ˈsta:t] — начинать новую жизнь

**secular** [ˈsekjʊlə] — светский

**Easter** [ˈi:stə] — Пасха

**to resurrect** [ˌrezəˈrekt] — воскресать

**to paint eggs** [ˌpeɪnt ˈegz] — красить яйца

**to make an Easter cake** [... i:stə ˈkeɪk] — печь пасхальный  
кулич

**sweetened curds** [ˌswi:tnd ˈkɜ:dz] — сладкий творог

**raisin** [ˈreɪzn] — изюм

**Shrovetide** [ˈʃrəʊv, taɪd] — Масленица

**merry** [ˈmerɪ] — веселый

**a pancake** [ˈpæŋ, keɪk] — блин

**a filling** [ˈfɪlɪŋ] — начинка

**to burn a dummy** [ˌbɜ:n ə ˈdʌmɪ] — сжигать чучело

**to anticipate** [æŋˈtɪsɪ, peɪt] — ожидать, предвкушать

### Answer the questions:

1. What main feature characterises official national holidays in Russia? What is the most sacred national holiday for our country? Why is the Victory Day considered a holiday with tears in the eyes? What actions do festivities of the day include? What do you know about the Immortal Regiment? Did you have to take part in its marching?
2. What other official national holidays are celebrated in Russia? What gifts do you usually present men (women) with on the occasion

of their holiday on the 23d of February (on the 8<sup>th</sup> of March)? What do you like better, to receive gifts or to present somebody with gifts? Can any changes in political or public life of a society contribute to introducing new dates for celebrating? If so, can you illustrate this with examples from the history of our country?

3. What is the most pleasant holiday for the majority of our people? What is the tradition of celebrating the New Year Day in our country? Why do many Russian people mark Christmas and the New Year date twice? Are you among them?
4. What holidays are marked only by special groups of people not by everybody? What professional holidays do you know? Do you mark one of them? What holidays connected with the Orthodox Church are very popular in Russia? Do people in our country celebrate any western holidays? If so, what and why?

### **Here are some proverbs and quotations about holidays:**

**Every day is a holiday with sluggards. —**

У бездельников праздник каждый день.

**When the boss is away, work becomes a holiday. —**

Когда начальника нет, работа превращается в праздник.

**Envy never has a holiday. —**

Зависть не знает праздника.

**Money is only good for a weekday, a holiday and a rainy day. —**

Деньги нужны только на будний день, на праздник и на «черный» день.



**Every day is not a holiday. —**

Праздник не может быть каждый день. / Не все коту масленица.

**I always believe holidays strengthen the family bond, away from our daily hectic schedules. (Chiranjeevi) —**

По моему глубокому убеждению, праздники способствуют укреплению семейных уз, о чем мы порой забываем в нашей повседневной суетливой жизни. (*Чирандживи*)

**Christmas and the holidays are the season of giving. It's a time when people are more kind and open-hearted. (Gisele Bündchen) —**

Рождество и другие праздники — это подходящий момент для воздаяния. Это время, когда люди становятся добрее и великодушнее. (*Жизель Бюндхен*)

**I love everything about the holidays: the decorations, the parties, and spending time with friends and family. What I love most is that feeling of giving back. Every bit counts. (Brad Goreski) —**

В празднике мне нравится всё: и украшения, и вечеринки, и то, что ты в кругу семьи и окружен друзьями. Но больше всего я ценю то чувство, которое наполняет каждого из нас при общении с близким человеком, когда каждая мелочь приобретает свой смысл. (*Бред Горески*)

**Don't join in the celebration or holiday if you are disgruntled. —**

Никогда не принимай участия в праздновании событий, если ты не в духе.

**I once wanted to become an atheist but I gave up — they have no holidays. (Henny Youngman) —**

Когда-то я хотел стать атеистом, но отказался от этой идеи — у них нет праздников. (*Хенни Янгмен*)

*What is a holiday for you, a family festivity or a chance for communicating with your friends?*

*Do you agree with all viewpoints on a holiday given above? Which of them do you like best of all?*

*How could you interpret the meaning of the proverbs “When the boss is away, work becomes a holiday” and “Envy never has a holiday”?*

## **PUBLIC HOLIDAYS IN THE UNITED KINGDOM**

Like all multinational state systems, the United Kingdom of Great Britain and Northern Ireland (UK) has numerous holidays that are celebrated either nationwide or by certain groups of people, citizens of the UK. It is the historical backgrounds that generally determine what event should be marked and in what way. As the UK consists of four main parts: England, Wales, Scotland, and Northern Ireland — there are the main holidays for the entire kingdom and those which are observed only by a particular nation, namely by English, Welsh, Scottish or Irish people.

The main public holidays in the UK are generally referred to as bank holidays which are so designated by the Bank Holiday Act of 1871. They are named in this way because banks, government offices and most business corporations are closed on this day although an increasing number of smaller shops and larger retail businesses remain open. Despite the fact that the two terms “bank holiday” and “pubic holiday” are mostly used

interchangeably, there is a certain difference between them. Bank holidays as it was already mentioned are holidays when banks and many other businesses are closed for the day whereas public holidays are those that have been observed through a general custom and practice. However, in everyday life this discrepancy is ignored.

All bank holidays are declared a day off. If a holiday falls on a weekend, then a substitute weekday, normally the next, becomes a bank holiday.

The following four bank holidays in England, Wales and Ireland were set out in the Bank Holiday act of 1871: 1) Easter Monday, 2) Whit Monday, 3) the first Monday in August, 4) Boxing Day (in England and Wales on the 26<sup>th</sup> of December) and St. Stephan's Day (in Ireland on the 26<sup>th</sup> of December). As Christmas day (on the 25<sup>th</sup> of December) and Good Friday were considered days of rest, they were not included in the Act, and they were believed public holidays rather than bank holidays. However in Scotland there are five bank holidays: 1) New Year's Day, 2) Good Friday, 3) the first Monday in May, 4) the first Monday in August 5) and Christmas. Thus, bank holidays and their dates may vary between England on the one hand and Wales, Scotland and Northern Ireland on the other.

In 1971 however, the Act was replaced by the Banking and Financial Dealing Act according to which now in the UK every year six permanent bank holidays and two public holidays were declared.

Most of the holidays are of religious origin but they have long lost their religious significance. Only three of the holidays fall on the exact day of the year — Christmas (the 25<sup>th</sup> of December), Boxing Day (the 26<sup>th</sup> of December) and the New Year's Day (the 1<sup>st</sup> of January). All the rest change their calendar date. People on these days relax, enjoy themselves, eat special foods and drink.

The most favourite holiday with all people irrespective of their age is Christmas Day. Everybody begins preparing for it long in advance. Traditionally, London receives a present from people of Norway — a big Christmas tree which is placed in Trafalgar Square. For British people Christmas is a special day which they celebrate at home with their families. Before Christmas Day they buy presents for their family and friends, decorate their homes and prepare Christmas dinner. The night before, children hang a Christmas stocking on their bed which they believe Santa Claus fills with sweets and toys while they sleep. There is a tradition to make roast turkey and fruit pudding for dessert on this day. After the Christmas dinner is over, everybody opens their presents.

The next day after Christmas is Boxing Day. On that day people heartily present their friends and other relatives with nice gifts. According to a legend, the holiday got its name after boxes that contained presents. Another interpretation is that the name is connected with the old custom of giving servants a gift of money called a “Christmas box”. Boxing day is also famous for its sales with huge discounts.

New Year’s Eve though it is not a bank holiday is celebrated everywhere in the UK on December 31<sup>st</sup>. Everything is decorated in a traditional way — streamers, tinsel, garlands, and bright balloons are hung outside and inside the buildings. The “Happy New Year” signs are placed in windows and shop windows. Some people attend parties, others prefer to go to a pub or disco. At midnight the sound of popping corks can be heard as champagne bottles are opened and the sparkling drink is served. In London many people spend the evening at Trafalgar Square where they wait for 12 o’clock when the chimes of the famous Big Ben ring out.

Good Friday and Easter Monday, the important dates in the Christian calendar, are celebrated in the UK nationwide except

Scotland where Easter Monday is not a holiday. The dates are not fixed and change every year as Easter Sunday must always fall on the next full moon after Spring Equinox. Good Friday which precedes Easter is also known as Holy Friday, Great Friday, Black Friday or Easter Friday. This day is commemorated because the date marks the crucifixion of Jesus Christ and his death at Calvary. Easter is the weekend when the most important event of the Christian calendar, the resurrection of Jesus Christ, is celebrated.

There are some other traditions to mark national events in the UK though these are not public holidays. One of them takes place annually on the second Saturday in June. This is the Queen's official Birthday (her actual birthday is on the 21<sup>st</sup> of April), celebration of which dates back to 1748 when the double birthday tradition was started by King George II. Since then the day has been marked with spectacular festivities. On this day the Queen makes appearance on the balcony of Buckingham Palace. Her Majesty watches an extremely impressive military parade known as Trooping the Colour, with other members of the Royal family being present.

Some celebrations that are regularly held in the UK look less solemn and people generally mark them showing their personal and affectionate attitude to the occasion rather than serious. For instance Mothering Sunday also known as Mother's Day is marked on the fourth Sunday of Lent which is exactly three weeks before Easter Sunday. On this day people honour their mothers, grandmothers, stepmothers, mothers-in-law and present them with special gifts: flowers, cakes, chocolate, jewellery and luxurious clothes.

When the third Sunday of June comes, the British people celebrate Father's Day. On this occasion they honour their fathers,

grandfathers, stepfathers and fathers-in-law giving them ties, socks, slippers, sweaters, and other items of clothing or tools for household maintenance and garden work as presents.

In addition, in the UK there are many other festive dates specific for either Irish, Scottish or Welsh people closely linked with their national customs and traditions.

### Words and Expressions

**nationwide** [ˌneɪʃnˌwaɪd] — повсюду в стране

**to be observed** [... əbˈzɜ:vɪd] — соблюдаться

**the Welsh people** [welʃˌ... ] — валлийцы

**retail** [ˈri:teɪl] — розничная продажа

**interchangeably** [ˌɪntəˈtʃeɪndʒəbli] — взаимозаменяемо

**discrepancy** [dɪˈskrepənsi] — расхождение, различие

**substitute** [ˈsʌbstɪˌtju:t] — зд. дополнительный

**Whit Monday** [ˈwɪt ˌmʌndeɪ] — Духов понедельник

**Boxing Day** [ˈbɒksɪŋ ˌdeɪ] — День подарков

**Good Friday** [ˈɡʊd ˌfraɪdeɪ] — Страстная (*Великая*) пятница

**significance** [sɪɡˈnɪfɪkəns] — значение

**a Christmas stocking** [ˈkrɪsməs ˌstɒkɪŋ] — рождественский чулок

**roast turkey** [ˈrəʊst ˌtɜ:ki] — жареная индейка

**fruit pudding** [ˈfru:t ˌpu:dɪŋ] — фруктовый пудинг

**a servant** [ˈsɜ:vənt] — слуга

**a streamer** [ˈstri:mə] — серпантин

**tinsel** [ˈtɪnzl] — блестки

**a garland** [ˈgɑ:lənd] — гирлянда

**a balloon** [bəˈlu:n] — воздушный шар

**a sound of popping corks** [ˈsaund əv ˈpɒpɪŋ ,kɔ:ks] — выхлопной звук пробок при открывании шампанского

**the chimes of Big Ben** [ˈtʃaɪmz əvˈbɪg ,ben] — колокольный звон Биг Бена

**full moon** [ˈfʊl ,mu:n] — полнолуние

**Spring Equinox** [ˈsprɪŋ ˈi:kwi,nɒks] — весеннее равноденствие

**to precede** [priˈsi:d] — предшествовать

**the crêcifixion** [ˌkru:siˈfɪkʃn] — распятие на кресте

**Calvary** [ˈkælvəri] — Голгофа

**resurrection** [ˌrezəˈrekʃn] — воскрешение

**annually** [ˈænjuəli] — ежегодно

**spectacular** [spekˈtækjʊlə] — зрелищный

**to make appearance** [... əˈpiərəns] — появляться

**Her Majesty** [... ˈmædʒəsti] — Ее Величество

**Trooping the Colour** [ˈtru:pɪŋ ðə,kʌlə] — торжественная встреча знамени

**solemn** [ˈsɒləm] — торжественный

**an affectionate attitude** [əˈfekʃnət ˈæti,tju:d] — отношение, в котором проявляются теплота и забота

**Lent** — Великий пост

**luxurious** [lʌgˈzjuəriəs] — дорогой, изысканный

**slippers** [ˈslɪpəz] — домашние тапочки

**tools for household maintenance** [ˈtu:lz fə ˈhaus,həʊld meɪntənəns] — инструменты для работы по дому

**Answer the questions:**

1. Why are the main national holidays in the UK called bank holidays? All bank holidays are days off, aren't they? What happens if a bank holiday coincides with Saturday or Sunday? Do we have the same tradition in Russia? What are the main British bank holidays?
2. What bank holidays fall on the exact day of the year? What Russian holidays are celebrated on the fixed calendar day? Are these days declared a day off? How do British people mark their favourite holiday Christmas Day? What food does their traditional Christmas dinner include?
3. Why is Boxing Day called so? When is it marked? What customs and traditions do British and Russian people have in common in celebrating the New Year's Day? What British holidays are of religious origin? Why are the dates of Good Friday and Easter Monday not fixed? What events took place on Good Friday and Easter Sunday according to the Bible?
4. Why is the British Queen's birthday celebrated twice? How is the Queen's Official Birthday marked in the UK? When was the tradition started? What other festivities which are not bank holidays are held in the UK? Do we celebrate Mother's or Father's Day in our country?

**Remember:**

The following words denoting synonymous notions *a festival*, *festivities (pl.)* and *a holiday* slightly differ in their meaning.

**A festival** is a day or period when there is a public holiday, often to celebrate a religious event, though the word can be also used in describing any secular event:



*For example:* Religious festivals are held throughout a year.

It was decided by the town council that a festival would be held to celebrate the town's four-hundredth birthday.

**Festivities** (the word is always used in the plural) are lively and enjoyable celebration:

*For example:* Festivities include a parade, fireworks, and an open-air concert.

The Chinese New Year festivities are held at the end of January or at the beginning of February for a period of one month.

**A holiday** is a day of celebrating something special, on which you do not have to work or go to school:

*For example:* A bank holiday is a public holiday in the UK when banks, shops, and businesses are closed.

The 1<sup>st</sup> of May is a holiday in many European countries.

## FEDERAL HOLIDAYS IN THE USA

Every year ten federal holidays designated by the United State Congress are celebrated in the USA. There are no national holidays there because Congress possesses constitutional authority to create holidays only for federal institutions. US federal holidays are often referred to as public or legal holidays due to their widely spread observance. These are as follows: 1) New Year's Day, 2) Martin Luther King Jr. Day, 3) George Washington's Birthday, 4) Memorial Day, 5) Independence Day, 6) Labour Day, 7) Columbus Day, 8) Veterans Day, 9) Thanksgiving Day, 10) Christmas Day. Only five of them (1, 3, 5, 8, 10) are celebrated on the definite day, others have a floating date. Each state, however, can choose their own variation of observ-

able holidays so some holidays can be observed in one state and not be marked in others.

A federal holiday is always a day off in the USA. When it falls on a Saturday, it is usually observed on the preceding Friday. When it falls on a Sunday, it is transferred to the following Monday. Banks, post offices, schools and major retail businesses are closed on these days. The events are marked with festivities ranging from fireworks, parades, and triumphal displays to more casual family reunions and barbecues.

The most important date for all Americans is Independence Day which is celebrated on the 4<sup>th</sup> of July. The holiday commemorates the adoption of the Declaration of Independence on that day in 1776 when the continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer part of the British Empire. The historical document was drafted by Thomas Jefferson, one of the future presidents of the USA. The first president, George Washington, was elected some years later in 1789.

This federal holiday is marked by festive displays. People across the USA enjoy this patriotic day and take great pride in the history of their country. Decorations (streamers, balloons, garlands and clothing) are generally coloured red, white, and blue — the colours of the American flag. Parades are held in the morning while fireworks occur in the evening when it grows dark. The displays are generally accompanied by patriotic songs such as the national anthem of the USA “The Star-Spangled Banner”, “God Bless America”, and “This Land is Your Land”.

Another federal holiday in the USA is George Washington’s Birthday also known as Presidents’ Day. It is held on the third Monday of February close to the real Washington’s birthday on the 15<sup>th</sup> of February. George Washington is often seen by Americans

as the father of the United States. However, the holiday honours all presidents of the USA.

Columbus Day, one more federal holiday, is marked on the second Monday of October. It honours the event when Christopher Columbus sailed to America on the 12<sup>th</sup> of October 1492 and discovered a new continent, the New World. Though the fact that he was the first to discover the land is disputable, Americans celebrate the holiday enthusiastically.

Thanksgiving is also considered one of the main federal holidays and a favourite one for Americans. It has a floating date for celebration and is marked on the fourth Thursday of November. Historically Thanksgiving celebration started when early settlers to Massachusetts (now the state of the same name) survived the harsh and severe winter in 1621 with the help of American Indians (native Americans) who helped them learn how to catch eel and grow corn, hence the name of the holiday. Nowadays, people generally reunite with their families during the holiday. On this day they sit down to a traditional turkey dinner and give thanks to God for the harvest. The day after Thanksgiving is known as Black Friday, during which the biggest sales of the year occur. It is also the official start of the Christmas shopping season when Americans attack shops purchasing a great number of presents with a big discount.

As the majority of the US population is Christian, Christmas is the biggest festival of the year which is celebrated on the 25<sup>th</sup> of December. Long before it people buy an evergreen tree (it may be a fir, a pine or an artificial tree) and decorate it with lights, garlands, balloons and tinsel. Children look forward to the moment when Santa Claus appears and leaves gifts for them under the Christmas tree.

Christmas Day is followed by one more festive event whose celebration is held on the 1<sup>st</sup> of January — New Year's Day. It is

the time for people to welcome the coming of the New Year. For most Americans it is a family holiday though some attend parties or go to a pub or disco. But no matter where the holiday is spent, the feeling is the same — people cheerfully celebrate this joyful occasion.

The federal holiday known as Veterans Day is marked every year on the 11<sup>th</sup> of November. It honours the veterans who fought for America in all wars. The 11<sup>th</sup> of November is an anniversary of signing the armistice which put an end to the World War I hostilities between the Allied nations and Germany in 1918. The event is marked by parades and church services. To commemorate those who sacrificed their life in the war battles the American flag is hung at half mast. At 11 a.m. a period of silence lasting two minutes is held reminding everybody that at 11 o'clock of the eleventh day of the eleventh month 1918 an armistice was signed.

Very close to this event is Memorial Day, though the holiday has deeper roots. It is marked annually on the last Monday of May. The holiday honours those who was killed during the American Civil War fought from 1861 to 1865 and later those who died while serving in the Armed Forces of the USA. It marks the unofficial start of the summer vacation season, while Labour Day symbolises its end.

Labour Day is celebrated on the first Monday of September and honours the American labour movement and the contribution that workers have made to the economy, prosperity, and independence of the country. It is a day of rest for those who work hard.

There is one specific federal holiday in the USA — Martin Luther King Jr. Day. This is the only holiday that marks the birthday of an African American. It is observed on the third Monday of January every year, which is around Martin Luther King's birthday on the 15<sup>th</sup> of January.

In addition to ten federal holidays designated by the United States Congress, Americans mark some other events that are not coloured by any patriotic or national idea. These are Mother's Day (on the second Sunday in May), Father's day (on the third Sunday in June), Valentine's Day (on the 14<sup>th</sup> of February), Halloween (on the 31<sup>st</sup> of October), Easter and many others, each with their own traditions of celebration.

### Words and Expressions

**authority** [ɔ:'θɒrəti] — полномочие

**observance** [əb'zɜ:vns] — соблюдение

**Memorial Day** [mə'mɔ:riəl...] — День памяти

**Thanksgiving Day** ['θæŋks,ɡɪvɪŋ...] — День благодарения

**definite** ['defənət] — определенный

**a floating date** ['flaʊtɪŋ ,deɪt] — нефиксированная дата

**observable** [əb'zɜ:vəbl] — наблюдаемый

**preceding** [pri'si:dɪŋ] — предшествующий

**ranging from smth... to...** ['reɪndʒɪŋ...] — начиная от чего-л.  
и заканчивая чем-л.

**a family reunion** [... ri:'ju:niən] — семейная встреча

**adoption** [ə'dɒpʃn] — принятие

**to regard oneself as** [ri'gɑ:d wʌn'self əz] — считать себя кем-л.

**The British Empire** ['brɪtɪ ,empraɪə] — Британская империя

**to be drafted** [... dra:ftɪd] — быть разработанным

**to take pride in smth** [... praɪd...] — гордиться чем-л.

- the national anthem** [ˌnæʃnəl ˈænthəm] — национальный гимн  
**“The Star-Spangled Banner”** [ˈstɑːspæŋɡld ˌbænə] — «Знамя, усыпанное звездами»
- to honour** [ˈɒnə] — чтить, почитать
- to sail to smth.** [seɪl...] — подплывать к чему-л.
- settlers** [ˈsetləz] — поселенцы
- to survive smth.** [sɜːvaɪv] — пережить что-л.
- harsh and severe** [ˈhɑːʃ ...sɪˈviə] — суровый и тяжелый
- to catch eel** [ˈkætʃ ˌiːl] — ловить угря
- to grow corn** [ˈgrəʊ ˌkɔːn] — выращивать маис (кукурузу)
- to reunite** [ˌriːjuːˈnaɪt] — собираться вместе
- harvest** [ˈhɑːvɪst] — урожай
- to purchase** [ˈpɜːtʃəs] — покупать, приобретать
- Christian** [ˈkrɪstʃən] — христиане
- evergreen** [ˈevəˌɡriːn] — вечнозеленый
- a fir** [fɜː] — ель
- a pine** [paɪn] — сосна
- to look forward to smth.** [...ˈf ɔːwəd...] — с нетерпением ждать чего-л.
- joyful** [ˈdʒɔɪfl] — радостный
- to sign an armistice** [ˌsaɪn ən ˈɑːmɪstɪs] — подписывать акт о перемирии
- hostilities** [hɒˈstɪlɪtɪz] — военные действия
- Allied Nations** [ˈælaɪd ˈneɪʃnz] — союзники
- war battles** [ˈwɔː ˌbætlz] — военные действия

**to be hung at half mast** [... 'hʌŋ ət 'hɑ:f ,mɑ:st] — быть приспущенным (*о флаге*)

**silence lasting two minutes** ['saɪləns 'lɑ:stɪŋ 'tu: ,mɪnɪts] — две минуты молчания

**to serve in the Armed Forces** ['sɜ:v... 'ɑ:md ,fɔ:sɪz] — служить в Вооруженных силах

### **Answer the questions:**

1. What federal holidays are celebrated annually in the USA? Which of them are Americans especially proud of? Why do you think they consider Independent Day their national holiday? What main festivities are held on this day? Why do you think the American national anthem is called “The Star-Spangled Banner”? Do you remember the words of the Russian national anthem?
2. What American federal holidays are marked at a fixed date? What is specific about the holiday “George Washington’s Birthday”? Is celebration of Columbus Day historically justified? Why is one of the federal holidays called Thanksgiving Day? Who is thankful to whom and for what on this day?
3. What federal holiday’s custom supposes a family reunion? Which of the Russian national holidays are connected with the tradition of family gatherings? What do the two holidays have in common: Memorial Day and Veterans Day? What is the difference between them? Why is Veterans Day held on the 11<sup>th</sup> of November? What is particular about celebrating Martin Luther King Jr. Day? Who was Martin Luther King?
4. What unofficial holidays are widely marked in the USA? Do we have the same ones in our country? Which of them do you mark and why?

What is the holiday Valentine's Day devoted to? Have you ever celebrated it? What present do you usually choose to congratulate somebody on Valentine's Day?

**Here are some quotations about American holidays:**

**The United States is the only country with a known birthday, all the rest began, they know not when, and grew into power, they know not how... There is no "Republican", no "Democrat", on the Fourth of July, — all are Americans. (*James Gillespie Blaine*) —**

Соединенные Штаты — единственная страна, которая знает дату своего рождения. Все остальные не имеют понятия, когда они образовались, а также как превратились в могущественное государство... Четвертого июля, в День независимости, у нас нет ни республиканцев, ни демократов — все мы — американцы. (*Джеймс Гиллеспи Блейн*)

**July is an intensely warm month in the States, and by some weather freak, the fourth, of all days, is the fiercest. (*Henry Howard Paul*) —**

Июль невероятно теплый месяц в Штатах, а из-за погодных причуд четвертый день из всех чисел самый жаркий. (*Генри Ховард Пол*)

**Labour Day is seen as a day of rest for many hardworking Americans. (*James P. Hoffa*) —**

День труда считается днем отдыха для многих трудолюбивых американцев. (*Джеймс Ф. Хоффа*)

**How important is for us to recognise and celebrate our heroes and sheroes. (*Maya Angelou*) —**

Как важно для нас признавать и прославлять наших героев и героинь. (*Майя Энджелу*)



**As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. (John Fitzgerald Kennedy) —**

Когда мы выражаем благодарность людям, мы должны помнить, что самая высокая оценка заключается не в словах, а в том, что стоит за этими словами. (*Джон Фитцджеральд Кеннеди*)

**Santa Claus has the right idea: visits people once a year. (Victor Borge) —**

Санта Клаус поступает правильно: наносит визит раз в году. (*Виктор Борге*)

**What I don't like about office Christmas parties is looking for a job the next day. (Phyllis Diller) —**

Что меня не устраивает в корпоративных рождественских вечеринках, так это то, что на следующий день приходится искать новую работу. (*Филлис Диллер*)

**True patriotism hates injustice in its own land more than anywhere else. (Clarence Darrow) —**

Истинный патриотизм — это умение быть нетерпимым к несправедливости прежде всего у себя дома. (*Кларенс Дэрроу*)

**Valentine's Day itself, like most holidays in the modern era, has been heavily influenced by commercialism that focuses on the appeal of romantic fantasies. (Aberjhani) —**

День Святого Валентина, как и многие другие праздники в современном мире, сильно испытывает на себе влияние коммерции, которая прикрывается игрой на романтических чувствах. (*Аберджани*)

**The two most joyous times of the year are Christmas morning and the end of school. (*Alice Cooper*) —**

Два самых счастливых времени года — это рождественское утро и конец учебного года. (*Элис Купер*)

*Which of the quotations do you think are the cleverest or the funniest or the most patriotic?*

*In what quotation does the author use wordplay? What effect does he achieve by this? Can you interpret the meaning of the phrase?*

*What does the author of the quotation about Valentine's Day mean when he speaks about commercialism of the holiday?*

*Why are Christmas morning and the end of school the most joyous times according to the author of the last quotation?*

# ENVIRONMENTAL PROTECTION



## OUR PLANET — OUR HOME

Our Planet is our home, and on us, people, it depends whether life on it will exist or disappear. So, environmental protection is one of the main issues of the present time. There are many phenomena that threaten our nature environment: global warming, acid rain, air and water pollution are among the most serious ones. These factors cause other problems, such as the greenhouse effect, damage to the ozone layer, deforestation, and extinction of some animal and plant species.

It should be noted that the most essential environmental problems are connected with technological progress. For example, the number of private cars has greatly increased, which affects air and water pollution. People have also become too dependent on their cars; they should try to cycle or walk for shorter journeys. To reduce pollution motor cars that consume petrol and pollute atmosphere should be banned. Instead, solar energy or electric cars could be used. Pollution is also increasing due to factories pumping out enormous amount of smoke in order to supply the growing demand for electricity. It would help if people cut down on electricity by switching off the light when it is not necessary. If everybody can make a small contribution, it will make a big difference in the end. Emissions from industrial plants, such as sulphur, can also enter the atmosphere, where they can cause damage to the ozone layer around the planet. They may also fall back to earth as acid rain and destroy plants and trees.

Industrial or chemical waste products known as toxic wastes are harmful to the environment. If these are buried in underground storage sites, there is the danger that they may leach into rivers and lakes with serious effects on living organism. So the city authorities should take steps to reduce the harmful effect.

Rubbish, a product of people's everyday activity, presents another problem. Regularly, people buy a lot of consumer goods and foodstuffs. As a result they have to throw away many plastic bags, bottles, boxes, shampoo containers, etc. These large amounts of waste are taken to the dumps, usually outside a town. Not only do these useless things litter the place, but also pollute the atmosphere. According to research, the average household produces literally tons of waste per month, a lot of which consists of plastic packaging, which is not biodegradable. All these things as well as the old cars and newspapers could be recycled, which would change the situation for the better. Recycling is good because it means that fewer supplies are wasted, especially paper, whose production destroys trees. Besides, making plastic in factories produces harmful gases, so by recycling plastic bags and containers we help to keep pollution level low. Pollution from factories in turn will lead to acid rain which will mean less oxygen being produced by trees.

It is also important to clean up the rubbish from water basins — lakes, rivers, seas, and oceans. The problem is caused by a human factor as well as by the obsolete equipment of industrial enterprises. The dangerous oil spills from big ships are killing so much wildlife.

Nowadays environmental issues can be solved globally, by a joint effort of all nations of the world because changes in the environment have a direct impact on the whole planet. Though it is the government's responsibility to take measures for protecting environment, everybody should be aware of the problem itself. Only then will our home and the whole planet be cleaner and safer for future generation.

## Words and Expressions

- to disappear** [ˌdɪsəˈpiə] — исчезать
- environmental protection** [ɪnˌvaɪrənˈmentl prəˈtektʃn] — защита окружающей среды
- an issue** [ˈɪʃuː; ˈɪsjuː] — проблема
- a phenomenon (мн. ч. phenomena)** [fəˈnɒmɪnən] — явление
- to threaten** [ˈθreɪn] — угрожать
- global warming** [ˈgləʊbl ˌwɔːmɪŋ] — глобальное потепление
- acid rain** [ˈæsɪd ˌreɪn] — кислотный дождь
- pollution** [pəˈluːʃn] — загрязнение (*окружающей среды*)
- a greenhouse effect** [ˈɡriːnˌhaʊs ɪˈfekt] — парниковый эффект
- damage** [ˈdæmɪdʒ] — повреждение
- the ozone layer** [ˈəʊˌzəʊn ˌleɪə] — озоновый слой
- deforestation** [diːˌfɒrɪˈsteɪʃn] — обезлесивание, исчезновение лесов
- extinction** [ɪkˈstɪŋkʃn] — вымирание рода, живых организмов
- a plant** [plɑːnt] — растение
- a species** [ˈspiːʃiːz] — вид, род (*биол.*)
- to badly affect smth.** [ˌbædli əˈfekt... ] — сильно способствовать чему-л.
- to become dependent on smth.** [... dɪˈpendənt... ] — становиться зависимым от чего-л.
- for a shorter journey** [... ˈʃɔːtə ˌdʒɜːni] — на близкое расстояние
- to reduce** [ɪˈdjuːs] — снижать, сокращать
- to consume petrol** [kənˌsjuːm ˈpetrəl] — потреблять (*использовать*) бензин

**to ban** — запрещать

**solar energy** [ˌsəʊlə ˈenədʒi] — солнечная энергия

**to pump out** [ˈrʌmp ˌaʊt] — испускать, выбрасывать

**enormous amount** [ɪˈnɔ:məs əˈmaʊnt] — огромное количество

**in order to supply the growing demand** [... səˈplai ðə ˌgrəʊɪŋ dɪˈmɑ:nd] — для того чтобы удовлетворить растущий спрос

**to cut down on smth.** — сокращать потребление чего-л.

**to switch off** [ˌswɪtʃ ˈɒf] — выключать (*ток, электронприбор*)

**to make a contribution** [... ˌkɒntriˈbjʊ:ʃn] — вносить вклад

**to make a big difference** [... ˈdɪfrəns] — сильно изменять к лучшему

**emission** [ɪˈmɪʃn] — выделение, испускание

**an industrial plant** [ɪnˈdʌstriəl ˌplɑ:nt] — завод

**sulphur** [ˈsʌlfə] — сера

**to fall back to earth** [ˈfɔ:l ˌbæk tə ˌz:θ] — возвращаться на землю

**to destroy** [dɪˈstrɔɪ] — разрушать

**waste products** [ˌweɪst ˈprɒdʌkts] — продукты отходов

**harmful** [ˈhɑ:mfl] — вредный

**to bury** [beri] — хоронить, закапывать

**a storage site** [ˈstrɔ:ɪdʒ ˌsaɪt] — хранилище

**danger** [ˈdeɪndʒə] — опасность

**to leach into smth.** [li: tʃ... ] — вымываться через почву и попадать во что-л.

**rubbish** [ˈrʌbɪʃ] — мусор

- to present** [prɪˈzɛnt] — представлять собой
- consumer goods** [kənˈsju:mə ,gʊdz] — потребительские товары
- a foodstuff** [ˈfu:d,stʌf] — продукт питания
- to throw away** [ˈθrəʊ ə ,weɪ] — выбрасывать
- a dump** [dʌmp] — свалка
- to litter** [ˈlɪtə] — загрязнять, засорять
- an average household** [ ,ævərɪdʒ ˈhəʊs ,həʊld] — средняя семья
- literally** [ˈlɪtərəli] — буквально
- to consist of smth.** [kənˈsɪst...] — состоять из чего-л.
- packaging** [ˈpækɪdʒɪŋ] — упаковка
- biodegradable** [ ,baɪəʊdɪˈgreɪdəbl] — биологически разлагающийся
- to recycle** [ri:ˈsaɪkl] — подвергать вторичной переработке
- in one's turn** [... , wʌnz ˈtʜ:n] — в свою очередь
- oxygen** [ˈɒksɪdʒən] — кислород
- to clean up** [ ,kli:n ˈʌp] — очищать
- a water basin** [ˈwɔ:tə ,beɪsn] — водный бассейн
- a human factor** [ˈhju:mən ,fæktə] — человеческий фактор
- obsolete equipment** [ˈɒbsə ,li:t ɪ ,kwɪpmənt] — устаревшее (*изношенное*) оборудование
- an enterprise** [ˈentə ,praɪz] — предприятие
- oil spills** [ˈɔɪl ,spɪlz] — разлив нефти (*в водных бассейнах*)
- wildlife** [ˈwaɪld ,laɪf] — живые организмы, обитающие в водных бассейнах
- to solve** [sɒlv] — решать

**a joint effort** [ˌdʒɔɪnt ˈefət] — совместное усилие

**to protect** [prəˈtekt] — защищать

**to be aware of smth.** [...əˈweə...] — осознавать что-л.

**safer** [ˈseɪfə] — более безопасный

### Answer the questions:

1. What natural phenomena are caused by environmental changes? What problem connected with worsening the environment is the most typical for big cities? What is air pollution resulted from? What contribution can people make to reduction of the air pollution level? What cars are in your opinion environmentally friendly?
2. What does the negative role of technological progress in relation to the environment consist in? How can air and water pollution threaten to extinction of some animal and plant species? What is the fate of the species registered in the Red List?
3. Why is the toxic wastes storage harmful to the environment? Why are glass and plastic containers thrown away so dangerous? How can the problem of rubbish be solved? What are the positive consequences of recycling?
4. What causes water basins pollution? Which reasons are resulted from the technological progress and which are the consequences of the human factor? What is the most serious environmental problem for the region where you live? Why can these problems be solved only globally but not just by one separate country?
5. How environmentally aware are you? When you eat a chocolate bar in the street, what do you do with the wrapper: drop it on the pavement or put it in a litter bin? When you clean your teeth, do you turn the tap on only when you need water or do you leave the tap running until you have finished cleaning?



**Here are some quotations about conservation of nature:**

**Sooner or later, we will have to recognise that the Earth has rights, too, to live without pollution. What mankind must know is that human beings cannot live without Mother Earth, but the planet can live without humans. (*Evo Morales*) —**

Рано или поздно нам придется признать, что наша планета Земля не может существовать в условиях загрязнения. Люди должны осознать, что человечество не сможет прожить без Матери-Земли, в то время как она без нас вполне обойдется. (*Эво Моралес*)

**The future will either be green or not at all. (*Robert James Brown (Bob Brown)*) —**

Будущее нашей планеты немыслимо без лесов и прочих зеленых насаждений. Если этого не будет, то не будет и никакого будущего. (*Роберт Джеймс Браун*)

**Environmental pollution is an incurable disease. It can only be prevented. (*Barry Commoner*) —**

Загрязнение окружающей среды сродни неизлечимой болезни, которую все же можно предотвратить. (*Барри Коммонер*)

**The only way forward, if we are going to improve the quality of the environment, is to get everybody involved. (*Richard Rogers*) —**

Единственный способ спасти окружающую среду заключается в том, чтобы каждый осознал проблему и внес свой посильный вклад в ее решение. (*Ричард Роджерс*)

**Riding a bicycle is the summit of human endeavour — an almost neutral environmental effect coupled with the ability to travel substantial distances without disturbing anybody.**

**The bike is the perfect marriage of technology and human energy. (*Jeremy Corbyn*) —**

Велосипед — это вершина человеческого изобретения: никакого вредного воздействия на окружающую среду в сочетании с возможностью поездок на большие расстояния. Этот вид транспорта представляет собой удачное соединение технических возможностей и энергии человека. (*Джереми Корбин*)

**We are running the most dangerous experiment in history right now, which is to see how much carbon dioxide the atmosphere... can handle before there is an environmental catastrophe. (*Elon Musk*) —**

Именно сейчас мы проводим самый опасный за всю историю человечества эксперимент, пытаюсь определить предел содержания углекислого газа в атмосфере, в результате чего неизбежен природный катаклизм. (*Илон Маск*)

**The environment is everything that isn't me. (*Albert Einstein*) —**

Окружающая среда — это всё, что вокруг меня. (*Альберт Эйнштейн*)

**The time is right for electric cars — in fact the time is critical. (*Carlos Ghosn*) —**

Наступило время для внедрения в эксплуатацию автомобилей, работающих на электричестве, хотя справедливее было бы сказать, что мы с этим опоздали. (*Карлос Гон*)

**Sadly, it's much easier to create a desert than a forest. (*James Lovelock*)—**

К сожалению, вырастить лес гораздо труднее, чем создать пустыню. (*Джеймс Лавлок*)

**Mankind has probably done more damage to the Earth in the 20<sup>th</sup> century than in all of the previous history. (Jacques-Yves Cousteau) —**

В XX веке человечество, со всей очевидностью, причинило гораздо больший ущерб планете Земля, чем за всю предыдущую историю существования. (*Жак-Ив Кусто*)

*Which of the quotations do you consider the most convincing?*

*How would you interpret the meaning of the quotation “Environmental pollution is an incurable disease. It can only be prevented”?*

*Do you agree with the opinion of all the authors of the quotations?*

## CONSERVATION OF NATURE

Air pollution and climate change lead to destruction of ecosystems. This endangers all life on the planet if not dealt with quickly and on the international level. So, protecting the environment is the most important problem which the world faces today. According to a recent report, one quarter of Europe's trees are showing signs of severe damage. Europe now has fewer forests than any other continent except Antarctica. Our forests are natural sinks of carbon dioxide and they produce fresh oxygen as well as help in regulating temperature and rainfall.

At present forests cover 30 per cent of land but every year a great number of trees are cut down to make that land available for residential, industrial, and commercial purposes. This mainly occurs because of urban sprawl caused by migration

of population from high density urban areas to low density rural areas, which results in spreading a city over more and more rural land destroying flora and fauna. Deforestation may cause a crisis in the fishing, tourist, and timber industries. Besides, it will result in reduction in water quality and threaten the ecological balance on the continent. Planting new trees is only one small step. We need to find some balance between progress and conservation of nature.

Freak weather conditions, fire and acid rain also cause destruction of vast areas of woodland. These areas are home to large numbers of animals with some species being in danger of extinction. Half of all creatures on the planet are about to become extinct. For example the bear has been wiped out in most European countries with the exception of France and Spain. To improve the situation, the national governments are setting up more nature reserves in the hope of saving the remnant populations of these animals. Not only the large animals like elephants and tigers, but the small birds and insects that make our planet so rich and diverse are dying out because of the environmental changes. Deforestation is threatening sixty per cent of bird species classified under the Red List.

The current environmental problems badly affect people's health. Dirty water and polluted air cause some respiratory diseases and cardiac-vascular problems, while high temperatures encourage the spread of infectious diseases.

There are so many aspects of the environment that should worry us that it is difficult to isolate one particular problem to be most concerned with. What needs to be done in this aspect? First of all people themselves should be aware of the consequences of this serious problem. In other words everybody should become civilised in their everyday life. We can all regulate the use of wa-

ter in our houses not to overuse it. A lot of us never even think of it when turning on the taps and leaving them running. Then there is the question of energy saving. It would be better for each household to reduce the energy use by turning off lights when unnecessary and limiting the use of hot water heaters and electric ovens. Then, the problem of rubbish is also very important. It is necessary to separate all household waste into different categories for recycling or disposal. But the main responsibility should be laid on the governments who should take stronger measures to protect people and the environment.

### Words and Expressions

**conservation of nature** [ˌkɒnsə'veɪʃn əv 'neɪtʃə] — сохранение природы

**destruction** [dɪ'strʌkʃn] — разрушение

**to endanger smth.** [ɪn'deɪndʒə...] — подвергать опасности

**to deal (dealt) with smth.** [di:l / delt...] — иметь дело с чем-л.;  
(зд. *решать проблему*)

**to face smth.** — сталкиваться (*лицом к лицу*) с чем-л.

**signs of severe damage** ['saɪnz əv sɪ,vɪə 'dæmɪdʒ] — признаки сильного повреждения

**sink** — впитыватель, поглотитель

**dioxide carbon** [daɪ'ɒksaɪd ,kɑ:bən] — углекислый газ

**rainfall** ['reɪn,fɔ:l] — осадки в виде дождя

**to cut down** — вырубать

**for residential purposes** [...,rezɪ'denʃl 'pɜ:pəsɪz] — для проживания

**urban sprawl** [ˈz:bən ,sprɔ:l] — расширение границ города за счет застройки незаселенных пространств

**high density urban areas** [ˈhaɪ ˈdensəti... ,eəriəz] — плотно (*густо*) населенные городские территории

**low density rural areas** [ˈləʊ... ˈruəɪl...] — малонаселенные сельские местности

**to spread (spread)** [sprɛd] — распространять, продвигать границы

**flora and fauna** [ˈflɔ:rə ənd ,fə:nə] — флора и фауна

**a timber industry** [ˈtɪmbə ,ɪndəstri] — лесная промышленность

**reduction in smth.** [rɪˈdʌkʃn...] — снижение чего-л.

**to plant** [plɑ:nt] — сажать (*деревья, растения*)

**freak** [fri:k] — причудливый

**vast areas of woodland** [ˈvɑ:st ˈeəriəz əv ,wʊdlənd] — обширные лесные массивы

**a creature** [ˈkri:tʃə] — живое существо

**extinct** [ɪkˈstɪŋkt] — вымерший, исчезнувший

**a bear** [beə] — медведь

**to wipe out** [ˌwaɪp ˈaʊt] — уничтожать

**with the exception** [...ɪkˈsepʃn] — за исключением

**a nature reserve** [ˈneɪtʃə rɪˈzɜ:v] — заповедник

**remnant** [ˈremnənt] — оставшаяся часть

**an insect** [ˈɪnsekt] — насекомое

**diverse** [daɪˈvɜ:s] — разнообразный

**The Red List** — Красная Книга

**current** [ˈkʌrənt] — текущий, современный

**cardiac-vascular** — [ˈkɑːdi,æk ,væskjʊlə] — сердечно-сосудистый

**to be concerned with smth.** [... kənˈsɜːnd...] — быть озабоченным чем-л.

**to overuse** [ˌəʊvəˈjʊːz] — использовать чрезмерно

**to turn on the tap** [ˌtɜːn ˈɒn ðə ,tæp] — открывать кран

**to leave them running** [ˈliːv... ,ɪlɪŋ] — оставлять их (краны) открытыми

**energy saving** [ˈenədʒi ,seɪvɪŋ] — энергосбережение

**a heater** [ˈhiːtə] — нагревающий прибор

**an electric oven** [ɪˈlektrɪk ,ʌvən] — электрическая плита

**household waste** [ˈhaʊs ,həʊld ,weɪst] — хозяйственные отходы

**disposal** [dɪˈspəʊzl] — выбрасывание (отходов)

### Answer the questions:

1. What does the notion “ecosystem” mean? Why does deforestation endanger all the life? What are the main reasons for deforestation? Can this destruction result only from a human factor? What natural phenomena can cause it? What are the negative consequences of deforestation? What efficient measures could be proposed for conservation of woodlands?
2. How does the fact of animals, birds, plants and insects’ extinction depend on the environmental destruction? What animals are endangered in our country? What measures does the government take to protect them? Which of them are registered in the Red List?

3. Does the destruction of ecosystem influence badly people's health? What diseases may result from environmental problems?
4. What contribution can each person make to protection of the environment? How do you use water, gas, and electricity at home or your workplace? Are you accustomed to sparing them or do you sometimes overuse them? Do you use energy saving bulbs at home?

**Here are some more quotations about conservation of nature:**

**Conservation is a state of harmony between men and land. (Aldo Leopold) —**

Сохранность природы — это некая гармония между человеком и окружающей средой. (*Альдо Леопольд*)

**Water and air, the two essential fluids on which all life depends, have become garbage cans. (Jacques-Yves Cousteau) —**

Воздух и вода, две важнейших субстанции, на которых зиждется жизнь, в настоящее время превратились в мусорные свалки. (*Жак-Ив Кусто*)

**Birds are indicators of the environment. If they are in trouble, we know we'll soon be in trouble. (Roger Tory Peterson) —**

Птицы являются индикатором состояния окружающей среды. Если они чем-то обеспокоены, значит, тревога скоро настигнет и нас. (*Роджер Тори Питерсон*)

**Every creature is better alive than dead, men and moose and pine trees, and he who understands it aright will rather preserve its life than destroy it. (Henry David Thoreau) —**

Любые живые существа, будь то люди, североамериканские олени или сосны, пусть лучше живут и процветают, а не



исчезают. И тот, кто осознаёт это, уже одним своим пониманием оберегает их, что само по себе способствует сохранению видов. (*Генри Дейвид Торо*)

**There are two problems for our species' survival — nuclear war and environmental catastrophe — and we're hurtling towards them. Knowingly. (*Noam Chomsky*) —**

Существованию всего живого на планете угрожают две опасности: ядерная война и природный катаклизм — а мы несемся им навстречу. Сознательно. (*Ноам Хомский*)

**If all mankind were to disappear, the world would regenerate back to the rich state of equilibrium that existed ten thousand years ago. If insects were to vanish, the environment would collapse into chaos. (*Edward Osborne Wilson*) —**

Если бы человечество исчезло, жизнь на земле возродилась бы и вернулась к своему устойчивому состоянию равновесия, которое существовало десять тысяч лет назад. Если бы исчезли насекомые, это повергло бы мир в хаос. (*Эдвард Осборн Уилсон*)

**Destroying rainforest for economic gain is like burning a Renaissance painting to cook meal. (*Edward Osborne Wilson*) —**

Истребление тропических лесов ради экономической выгоды сравнимо с сжиганием художественных полотен эпохи Возрождения только для того, чтобы получить огонь для приготовления пищи. (*Эдвард Осборн Уилсон*)

**Nature is the mother and the habitat for man, even if sometimes a stepmother and an unfriendly home. (*John Dewey*) —**

Природа приходится матерью для человека и является его пристанищем, даже если иногда она превращается в мачеху, а дом становится не очень гостеприимным. (*Джон Дьюи*)

**Plans to protect air and water, wilderness and wildlife are in fact plans to protect man. (Stewart Udall) —**

Защита воздуха, воды, пустынных мест и живой природы фактически подразумевает защиту человека. (*Стюарт Юдалл*)

**It is horrifying that we have to fight our own government to save the environment. (Ansel Adams) —**

Это ужасно, что во имя спасения окружающей среды нам приходится вступать в борьбу с собственным правительством. (*Энсел Адамс*)

*What quotation would you choose as a slogan for a conference devoted to environmental issues?*

*How could you interpret the meaning of the quotation "Conservation is a state of harmony between men and land"?*

*Which quotation in your opinion is the most urgent for the present time?*

## RECYCLING

The process of treating waste materials known as recycling is connected with the necessity of protecting environment, first of all that of a certain community or society which leads to improvement of the global environment. By means of recycling waste materials which are no longer useful such as newspapers, packages, packets, bottles, different metal objects, etc. are converted into new materials or things that can be used again.

Why did the problem of recycling arise? The matter is that large amounts of waste are accumulated every day as a result

of human activity. Empty containers, bottles and jars broken or old metal objects are thrown away every day into rubbish bins or left in the dumping grounds usually outside a town. Numerous dumps that are not sanctioned pollute environment, badly influencing people's health and destroying the natural balance. And it is human beings themselves who are partly responsible for the destruction of the environment. In view of the above, rubbish has become a very essential problem for modern cities and towns.

Though the recycling process is time-consuming and rather expensive, the majority of people realise the importance of the problem. They save certain recyclable household waste and take it to recycling centres. At present this has become part of the daily routine in many homes. If you are aware of the problem, the next step is to know whether certain waste materials can be or cannot be recycled. In every family among household things, a lot of glass objects can be found: bottles, jars, bowls, etc. But as far as glass is concerned, only glass containers which are not broken or damaged are really suitable for recycling. Items such as light bulbs or mirrors aren't of any use. As to plastics, only those that are marked with a recycling symbol which is printed or embossed on the item can be processed. Any unmarked plastic objects should be thrown away.

Paper of various kinds, computer printouts, dry newspapers, and cornflakes boxes are also subject to recycling on condition that the paper is not sodden or mouldy. However, milk cartons and laminated paper cannot be recycled. A lot of metal objects that cannot be used any longer are also thrown away by householders as unnecessary things. Meanwhile scrap aluminium as well as soft-drink cans, lids and foil can be used again after going through a special process. But metal parts that may be magnetic or spray cans that contained paint or hazardous material are not recyclable.

Unnecessary things to be recycled are either brought to a collection centre or picked up from special bins; after that they are sorted, cleaned and reprocessed into new materials intended for manufacturing. At present, a tradition of sorting objects that went out of use irrespective of whether they can or cannot be recycled has come into being: recycling bins of different colours are set side by side with rubbish bin. Each colour is designed for a special kind of waste: for plastic bottles, for aluminium cans, for glass, for picnic rubbish. This encourages people to treat the community environment carefully.

It is quite evident that recycling can benefit your community and the environment on the whole. It can prevent the waste of potentially useful materials and reduce the consumption of raw materials which in turn reduces energy usage, air and water pollution. It also contributes to conservation of natural resources such as timber, minerals and water. And finally, it helps create jobs in the recycling and manufacturing industries.

Recycling has become extremely popular in the US where far more waste per person than in Europe is produced. America even exports its waste and Japan uses American scrap metal in production of new cars. Thus recycling has turned into a big business.

Summing up, recycling needs to be encouraged and special laws should be passed by governments.

### Words and Expressions

**recycling** [ri:'saɪklɪŋ] — утилизация, вторичная переработка

**to treat smth.** [tri:t...] — обращаться с чем-л.

**necessity** [nə'sesəti] — необходимость

**a community** [kə'mju:nəti] — территория или площадь, на которой живет определенная группа людей

**no longer** [... 'lɒŋgə] — больше не

**useful** ['ju:sfl] — полезный

**a package** ['pækɪdʒ] — картонная коробка

**a packet** ['pækɪt] — пакет

**a bottle** ['bɒtl] — бутылка

**different** ['dɪfrənt] — различный

**to be converted into smth.** [... kən'vɜ:tɪd...] — превращаться  
во что-л.

**a jar** [dʒɑ:] — банка

**a rubbish bin** ['rʌbɪʃ ,bɪn] — контейнер для мусора

**a dumping ground** ['dʌmpɪŋ ,graʊnd] — захламленная терри-  
тория

**numerous** ['nju:mərəs] — многочисленный

**a natural balance** ['nætʃərəl ,bæləns] — природный баланс

**partly** ['pɑ:tli] — отчасти

**in view of the above** [... ,vju: əv ðə ə'blʌv] — ввиду вышеска-  
занного

**time-consuming** ['taɪm kən,su:mɪŋ] — требующий больших  
временных затрат

**to save** [seɪv] — *зд.* не выбрасывать

**recyclable** [ri:'saɪkləbl] — пригодный для переработки

**a bowl** [bəʊl] — стеклянная миска

**as far as glass is concerned** [əz 'fɑ:rəz 'gla:s ɪz kən,sɜ:nd] — что  
касается стекла

**an item** ['aɪtəm] — предмет

**a light bulb** [,laɪt 'bʌlb] — электрическая лампочка

**a mirror** [ˈmɪrə] — зеркало

**to be of any use** — зд. быть подходящим для чего-л.

**to be marked with smth.** [mɑ:kt...] — быть маркированными

**to emboss** [ɪmˈbɒs] — выдавливать

**to process** [ˈprəʊses] — обрабатывать, перерабатывать

**unmarked** [ʌnˈmɑ:kt] — немаркированный

**a computer printout** [...ˈprɪnt,aʊt] — распечатка на принтере

**dry** [draɪ] — сухой, не влажный

**cornflakes** [ˈkɔ:n,fleɪks] — кукурузные хлопья

**to be subject to smth.** [...ˈsʌbdʒɪkt...] — подвергаться чему-л.

**on condition that** [...kənˈdɪʃn] — при условии, что

**sodden** [ˈsɒdn] — промокший

**mouldy** [ˈməʊldi] — заплесневелый

**a milk carton** [...ˈkɑ:tn] — картонная коробка из-под молока

**laminated paper** [ˈlæmɪneɪtɪd ˌpeɪpə] — ламинированная бумага

**scrap aluminium** [ˈskræp ˌæləˈmɪniəm] — алюминиевый металлолом

**a soft-drink can** — металлическая банка из-под безалкогольного напитка

**a lid** — крышка

**foil** [fɔɪl] — фольга

**a spray can** [ˈspreɪ ˌkæn] — пустой спрей-баллончик

**paint** [peɪnt] — краска

**hazardous** [ˈhæzədəs] — зд. огнеопасный

**to pick up** [ˌpɪk ʻʌp] — подбирать

**to come into being** [... ʻbi:ɪŋ] — зд. появляться

**to be designed for smth.** [... dɪ ʻzaɪnd...] — быть предназначенным для чего-л.

**consumption** [kən ʻsʌmpʃn] — потребление

**a raw material** [ ʻrɔ: mə ʻtɪəriəl] — сырьё

**natural resources** [ ʻnætʃərəl rɪ ʻzɔ:sɪz] — природные ресурсы

**timber** [ ʻtɪmbə] — лесоматериалы

### Answer the questions:

1. What is recycling? Why has it become so urgent to recycle waste materials at present? Is this an urgent problem for our country? How can a large amount of rubbish affect negatively the environment? Can it destroy the natural balance? What is your attitude to numerous dumps and dumping grounds outside towns? Does this state of affairs irritate you or are you indifferent to it?
2. Can all waste materials be subject to recycling? What kinds of glass and paper are recyclable? Which of them cannot be recycled? What metal objects are not recyclable? Did you ever have to collect any waste and take it to the collection centre? What does your family do with empty bottles and jars? Do you throw them in the rubbish bin or do you put them into a recycling bin?
3. Are people in general aware of the seriousness of the problem? How is rubbish collected in your community, separately or in the common container? What measures do your authorities take to encourage collecting and recycling waste in your city? What would you introduce if you were the Mayor or the Governor?

4. How does recycling benefit the environment? Is it beneficial economically? In what way? How does recycling paper influence conservation of natural resources? What contribution does it take to employment?

**Here are some quotations about recycling:**

**Consuming less means throwing away less, while reusing things actually helps to save the planet as well as the pennies. (Sheherazade Goldsmith) —**

Меньше потреблять — это значит меньше выбрасывать. А если утилизировать вещи и приспособить их к последующему применению, это поможет нам сэкономить не только деньги, но и сохранить нашу планету. (*Шехеразада Голдсмит*)

**There is no such thing as “away”. When we throw anything away, it must go somewhere. (Annie Leonard) —**

Нет таких слов «прочь» или «долой». Когда мы что-то выбрасываем, это «что-то» не исчезает, а перемещается в пространстве. (*Анни Леонард*)

**We live in a disposable society. It is easier to throw things out than to fix them. We even give it a name — we call it recycling. (Neil LaBute) —**

Мы живем в обществе, в котором используется масса одноразовой продукции. Конечно, легче избавиться от чего-либо, чем подвергнуть обработке и использовать вторично. Мы дали этому даже особое название — утилизация. (*Нил Лабут*)

**I’m mad keen on recycling because I’m worried about the next generation and where all this waste we’re producing**



**is going. It has to stop. I wash out my plastic containers and recycle envelopes, everything I possibly can. (Cherie Lunghi) —**

Я всячески поддерживаю утилизацию отходов, потому что меня беспокоит судьба молодого поколения и то, куда всё, что мы производим, потом девается. Количество отходов должно сокращаться. Поэтому я мою одноразовую пластиковую посуду и заново использую конверты — это всё, что я, вероятно, могу сделать в данном случае. (*Шери Лунги*)

**If you want grown-ups to recycle, just tell their kids the importance of recycling, and they will be all over it. (Bill Nye) —**

Если вы хотите, чтобы взрослые занимались утилизацией отходов, расскажите их детям о важности самого процесса, и они подхватят эту идею. (*Билл Най*)

**If it can't be reduced, reused, repaired, rebuilt, refurbished, refinished, resold or recycled, then it should be restricted, redesigned or removed from production. (Pete Seeger) —**

Если что-либо нельзя свести к минимуму, использовать вторично, отремонтировать, перестроить, окончательно доработать заново, перепродать или утилизировать, тогда производство этого должно быть ограничено, либо проект должен быть изменен, или вообще его нужно изъять из производства. (*Пит Сигер*)

**What's more important than recycling? Producing something to recycle. (Gordon Osmond) —**

Что важнее утилизации отходов? Производство чего-либо, что впоследствии должно быть утилизировано. (*Гордон Осмонд*)

**It's like recycling: selling old clothes to help make new ones. (Erin O'Connor) —**

Секонд-хенд — это сродни утилизации. (*Эрин О'Коннор*)

**You have to keep recycling yourself. (Chuck Palahniuk) —**

Каждому из нас нужно постоянно утилизировать самого себя. (Чак Паланик)

**The greatest threat to our planet is the belief that someone else will save it. (Robert Swan) —**

Полагаться на то, что кто-то кроме нас сохранит жизнь на нашей планете, будет самой большой угрозой для ее существования. (Роберт Суон)

*Do you agree with the idea of all the quotations about recycling?*

*Which of them would you put at the top of the list?*

*How could you interpret the meaning of the quotation “You have to keep recycling yourself”?*

# ENJOY YOURSELF VISITING NEW PLACES!



## TOURISM

Nowadays people travel throughout the world more than before. They can choose any kind of travelling depending on their taste, wish and possibility. Visiting other countries, as well as other cities of a certain country, may be connected with a business trip, with going somewhere for educational purposes or you may visit any place as a tourist. In the latter case you will become part of the whole modern industry, which is called tourism. In our country tourism has become a big business over the last 20–25 years and the improved communications ensure that it will continue to grow.

But have you ever thought about the effect tourism can have on the region? It may seem at first that tourism brings only benefits, however further consideration shows that it also has negative consequences. On the positive side, tourism provides employment. Many local people find jobs in hotels and restaurants, in the international airlines and travel agencies; shopkeepers, hairdressing salons, cafés and bars have more customers. In many rural areas tourism is essential to the economy. However, jobs are often seasonal and some summer resorts are nearly deserted in winter time. The extra income means that local councils get more money to spend on developing and improving their facilities, thus making them better for both visitors and residents. So, the economic advantage of tourism is evident.

In addition, tourism contributes to cultural interaction of different nations. Many people enjoy visiting foreign cities, museums and galleries. Travelling is an excellent way of gaining knowledge of other countries' history and culture and therefore tourism plays an important role in breaking down negative national stereotypes. Knowing local customs and traditions as well as communicating with local people contributes to mutual understanding. Besides, mutual relationships with other nations encourage people to learn foreign languages; this is by itself a direct benefit for both sides.

On the other hand, tourism can do a lot of harm. For example, some tourists prefer to travel in their own cars increasing the number of vehicles on the roads. Cars cause terrific damage to both the environment and people's health. There are other environmental problems that can arise from tourism, for example a great amount of rubbish and litter that visitors leave behind. Tourists can pollute beaches and make noise in quiet regions. Very often this leads to discontent and dissatisfaction of residents with those who come to their places as visitors. Moreover, tourism is responsible for the fact that local traditions and lifestyles are replaced by new customs and habits. This creates confusion among the local people and causes conflicts between generations.

In conclusion, in many countries tourism is the most important and the largest source of income. The tourist industry provides jobs and brings foreign currencies to the country. Many groups profit from this: travel agencies, store owners, airports and airlines, hotel and restaurant services, etc. However, mass tourism can also lead to environmental problems and has other negative consequences. All these pros and cons should be thoroughly weighed before launching the programme of developing tourism in a certain region.

## Words and Expressions

**for educational purposes** [... ,edju'keɪʃnəl 'prɜ:pəsɪz] — с целью получить образование

**to ensure** [ɪn'ʃʊə] — обеспечивать

**a region** ['ri:dʒən] — регион, область

**further consideration shows** ['fɜ:ðə kən,sɪdə'reɪʃn...] — при дальнейшем рассмотрении вопроса становится ясным

**local people** ['ləʊkl ,pi:pl] — местные жители

**a shopkeeper** ['ʃɒp ,ki:pə] — владелец магазина

**a hairdressing salon** ['heə,dresɪŋ ,sælɒn] — парикмахерская

**a rural area** ['rʊərəl ,eəriə] — отдаленный район

**a summer resort** ['sʌmə rɪ'zɔ:t] — летний курорт

**to be deserted** [... dɪ'zɜ:tɪd] — опустошаться

**an extra income** [,ekstrə 'ɪnkʌm] — дополнительный доход

**a local council** ['ləʊkl ,kaʊnsɪl] — городской совет

**facilities** [fə'sɪlətɪz] — оборудование

**a resident** ['rezɪdənt] — местный житель

**to contribute to smth.** [kən'trɪbjʊ:t] — способствовать чему-л.

**to gain knowledge** ['geɪn ,nɒlɪdʒ] — приобретать знания

**to break down** [,breɪk 'daʊn] — разрушать

**a custom** ['kʌstəm] — обычай

**besides** [bɪ'saɪdɪz] — кроме того

**harm** [hɑ:m] — вред

**to cause damage** ['kɔ:z ,dæmɪdʒ] — наносить вред

**terrific** [tə'rfɪk] — страшный, ужасный

**to arise from smth.** [ə'raɪz...] — происходить, быть результатом чего-л.

**a great amount** [ˈgreɪt əˌmaʊnt] — большое количество

**litter** [ˈlɪtə] — сор, мусор

**a beach** [bi:tʃ] — пляж

**to make a noise** [... nɔɪz] — создавать шум

**discontent** [ˌdɪskənˈtɛnt] — недовольство

**to be responsible for smth.** [rɪˈspɒnsəbl... ] — отвечать за что-л.

**to create** [kriˈeɪt] — создавать

**confusion** [kənˈfju:ʒn] — путаница, неразбериха

**a source** [sɔ:s] — источник

**a foreign currency** [ˈfɔrɪn ˌkʌrənsi] — иностранная валюта

**to profit** [ˈprɒfɪt] — извлекать выгоду

**pros and cons** [ˌprɔʊz ənd ˈkɒnz] — доводы за и против

**to be weighed** [... weɪd] — быть взвешенным

**to launch** [lɔ:ntʃ] — начинать, запускать

### Answer the questions:

1. Do you often have to visit other cities or countries? When did you make a trip as a tourist last? What place did you visit? Which of the trips do you consider to be the most interesting? Why? What does your visiting programme usually include? What do you like better, going sightseeing or visiting museums and theatres in a new place? Do you try to learn customs and traditions of the country before visiting it? What language do you use when you come to a foreign country?
2. Is your town popular with tourists? Do foreigners often visit your place? What are the main tourists' attractions in your town? If some

tourists came to your town, what would you recommend them to see first? Would you tell them about your local traditions and customs? What specific souvenir or gift would you present them with?

3. Why do we say that tourism has become a modern industry nowadays? What are the economic benefits from tourism? Does the economic life of your town strongly depend on tourism? How does tourism influence the cultural relationships between nations? Did you have to notice any difference in manners and behaviour of non-residents visiting your place and the local people? Are you tolerant to the difference?
4. What is the negative side of tourism? Which of the factors do you think to be the most serious? Why can sometimes conflicts occur between local people and visitors? What measures would you propose to eliminate the reasons for misunderstanding and possible conflicts between tourists and residents?

### **Here are some quotations and proverbs about tourism and tourists:**

**A man travels the world over in search of what he needs, and returns home to find it. (*Th. Moore*) —**

Человек может объездить весь свет в поисках того, что ему нужно, и найти это, вернувшись домой. (*Т. Мур*)

**The world is a book, and those who do not travel, read only a page. (*Augustine St.*) —**

Мир — это книга, и тот, кто не путешествует, прочитывает лишь одну из ее страниц. (*Августин Блаженный*)

**A traveller without observation is a bird without wings. —**

Ненаблюдательный путешественник подобен птице без крыльев.

**So many countries, so many customs. —**

Сколько стран, столько и обычаев.

**When at Rome, do as Romans do. —**

Когда приезжаешь в Рим, поступай, как римляне. / В чужой монастырь со своим уставом не ходят.

**Travel broadens the minds. —**

Путешествие расширяет кругозор.

**The best journeys are not always in straight lines. —**

Прямой маршрут далеко не всегда означает самое интересное путешествие.

**Who will go far must go slow. —**

Тот, кто идет далеко, должен проходить медленно. / Поспешишь — людей насмешишь.

**Untravelled youth have ever homely wits. —**

Молодые люди, не имевшие опыта путешествий, отличаются обыденным сознанием.

**A rolling stone gathers no moss, but a sitting hen loses feathers. —**

Катящийся камень не зарастает мхом, а курица, которая все время сидит, теряет перья. / Голь перекатная добра не наживет, а от сидячей жизни голова лысеет.

*Does your viewpoint of tourism and tourists fully coincide with the above mentioned statements?*

*Comparing traveling with a book, can you say how many pages you have read?*

*Has it ever happened to you that you travelled the world over in search of something and found it when returned home?*



## TRAVELLING

Travelling is a very popular activity nowadays and there is no doubt that everybody enjoys it. Visiting other places has become one of the most favourite ways of having an active rest because changing the place contributes to relaxation and emotional recovery after hard work and daily routine. While travelling people get new impressions, meet new friends, enjoy tourist attractions and enrich their knowledge in the history and culture of other nations.

In most cases travelling is motivated by the wish to escape from the place where someone lives into more beautiful and comfortable surroundings. For instance, for city residents it is pleasant to appear in some wide open spaces, breathe fresh air and stay far from everyday city hustle. You may go there for a weekend or spend your summer vacation there. It is better to go by car because you may stop when and where you like and stay there as long as you wish. Besides, you don't depend on anybody or anything but the weather. What is more, you needn't book tickets in advance. All you need to enjoy your rest is to reserve a room in a suitable hotel beforehand.

If you got tired of routine, boring work, the best way to relax and change the situation for the better is to go for a hike through the country for some days. The pleasant environment and wonderful landscape in the company of friends let everybody forget all troubles and disappointments of the life. The nicest way to spend a summer afternoon is to have a picnic in the lap of nature. There is something special in it. The site must be carefully chosen and the weather has to be sunny. Then a barbecue will be a fun. The perfect picnic spot is next to a river. When the meal is finished, you can just relax in the sunshine or go for a swim.

Unlike city residents, those who live in the country or in some rural areas prefer to escape from the boredom and quiet of the village life into the lively atmosphere of a big city with crowds of people, a great number of cars and noisy entertainments. They enjoy sightseeing, visiting museums, theatres and concert halls, walking in the city parks and gardens.

Lots of people dream about travelling around the world, visiting as many countries as possible. This encourages them to learn foreign languages which can help understand the culture and traditions of the country. The trip is rather expensive and some travellers have to save money for years to be able to afford it. While visiting foreign countries, tourists can stay in hotels, motels and guest houses. Through the country they travel by taxi, by car, by bus, by bicycle and in some exotic places by rickshaw. Not only do they go sightseeing enjoying the main tourist attractions, but also they try different foreign cuisine and get acquainted with local people's customs and habits.

Travelling abroad is getting easier and easier for young people nowadays. Most young travellers stay on campsites or in youth hostels as they are quite cheap. To be on the safe side, there are some handy tips for those who are planning to visit a foreign country. It is advisable to carry traveller's cheques rather than cash and keep them in a money belt round your waist. Look after your passport and tickets carefully. If your valuables have been stolen, contact your nearest embassy. They will help you with all the paperwork and make sure you get home safely.

Travelling is a good way to broaden your outlook and form your own opinion about the world you live in, that seems much smaller because of that. Nevertheless, after some time travellers begin feeling homesick and are eager to return home. "East or West, home is the best" — a popular English proverb says, because there is no place more delightful than home.

## Words and Expressions

**no doubt** [ˌnəʊ ˈdaʊt] — нет сомнения

**to enjoy smth.** [ɪn ˈdʒɔɪ... ] — получать удовольствие от чего-л., наслаждаться чем-л.

**a rest** — отдых

**relaxation** [ˌri:læks ˈseɪʃn] — отдых от работы, передышка

**emotional recovery** [ɪ,məʊʃnəl rɪˈkʌvəri] — восстановление эмоциональных сил

**daily routine** [ˌdeɪli ru:ˈti:n] — неизменный распорядок дня

**to get new impressions** [...ɪmˈpreʃn] — получать новые впечатления

**to enrich** [ɪn ˈrɪtʃ] — обогащать

**to escape** [ɪˈskeɪp] — вырываться

**a comfortable surrounding** [ˌkʌmfɔ:bl sɜ:ˈraʊndɪŋ] — комфортное окружение

**a wide space** [ˌwaɪd ˈspeɪs] — широкий простор

**to breathe** [bri:ð] — вдыхать

**hustle** [ˈhʌsl] — толкотня, суета

**to book a ticket** [... ˈtɪkɪt] — бронировать билет

**in advance** [ədˈvɑ:ns] — заранее, заблаговременно

**to reserve a room** [rɪˈzɜ:v ə,ru:m] — бронировать номер (*в отеле*)

**to get tired** [... taɪəd] — устать

**boring** [ˈbɔ:ɪŋ] — скучный

**to go for a hike** [... haɪk] — отправляться в поход

- the pleasant environment** [ˌpleznt ɪnˈvaɪrənmənt] — приятное окружение
- a wonderful landscape** [ˈwʌndəfl ˈlændskeɪp] — чудесный пейзаж
- all troubles and disappointments** [ˈɔ:l ˈtrʌblz... ˌdɪsəˈpɔɪntmənts] — все невзгоды и разочарования
- in the lap of nature** [..., læp əv ˈneɪtʃə] — на лоне природы
- a site** — место
- to be carefully chosen** [...,keəfli ˈtʃəʊzn] — быть выбранным с учетом всех возможностей
- a barbecue** [ˈbɑ:bɪ,kju:] — барбекю
- to be a fun** — быть большим развлечением
- a spot** — место
- boredom** — [ˈbɔ:dəm] — скука
- a crowd** [kraʊd] — толпа
- a noisy entertainment** [ˌnɔɪzi ˌentəˈteɪnmənt] — шумное развлечение
- sightseeing** [ˈsaɪtˌsi:ɪŋ] — осмотр достопримечательностей
- a trip** — поездка
- to save** — экономить
- to afford** [əˈfɔ:d] — осиливать (*в материальном отношении*)
- a guest house** [ˌgest ˈhaʊs] — гостевой дом для приезжих
- a rickshaw** [ˈrɪkʃəʊ] — рикша
- a foreign cuisine** [ˌfɔrɪn kwɪˈzi:n] — иностранная кухня

**a campsite** [ˈkæmp,saɪt] — кемпинг

**a youth hostel** [ˈju:θ ˌhɒstl] — дешевая гостиница для молодежи с остановкой на короткое время

**to be on the safe side** [...,seɪf ˈsaɪd] — на всякий случай

**it is advisable** [... ədˈvaɪzəbl] — рекомендуется

**traveller's cheques** [ˈtrævələz ˌtʃeks] — дорожные чеки

**rather than** [ˌrɑ:ðə ˈðæn] — а не

**cash** [kæʃ] — наличные

**a money belt round one's waist** [ˈmʌni ˌbelt ˈraʊnd ˌwʌnz ˈweɪst] — внутренний пояс с прикрепленным кошельком

**valuables** [ˈvæljʊəblz] — ценные бумаги и документы

**to steal (stole, stolen)** [sti:l / stəʊl / stəʊlən] — красть

**to contact one's nearest embassy** [kənˈtækt ˌwʌnz ˌniərəst ˈem-bəsi] — связаться с ближайшим посольством

**paperwork** [ˈpeɪpə,wɜ:k] — необходимые документы

**safely** [ˈseɪfli] — благополучно, без проблем

**to broaden one's outlook** [ˈbrɔ:dn ˌwʌnz ˈaʊt,lʊk] — расширять кругозор

**to feel homesick** [... ˈhəʊm,sɪk] — чувствовать тоску по дому

**to be eager** [... ˈi:gə] — испытывать сильное желание

### Answer the questions:

1. Why do many people enjoy travelling? Does traveling look attractive to you? Does it make any difference for you where to travel, abroad or through your country? What trip did you have to make last? Were your impressions of visiting the place favourable?

2. How is travelling in your opinion connected with the wish of escaping from a routine place into a different world? Did you ever have to escape into another surrounding? Why? What was the place? Did it help you to recover and feel relaxed? How did you prefer to travel, alone or in the company of your friends?
3. What places do you like to explore more, widely visited exotic or less popular distant ones? Have you ever visited any exotic country? What was your impression of it? What language do you have to use when travelling abroad? Did any visit to a new foreign country stimulate you to learn the language of the country?
4. Is the place where you live often visited by tourists, native or foreign? What accommodations for them are available there? What are the main tourist attractions in your town? Did you ever have to work as a guide?

**Here are some proverbs, sayings and quotations about travelling:**

**To travel hopefully is better than to arrive. —**

Приятнее путешествовать, имея надежды на лучшее, чем сразу прибыть на место назначения.

**It is better to turn back than to go astray. —**

Лучше повернуть назад, чем сбиться с пути.

**Who goes softly goes safely, and he that goes safely goes far. —**

Тому, кто идет осторожно, не грозит опасность, а тот, кто движется безопасно, проходит большие расстояния. / Поспешешь — людей насмешешь.

**It is a long lane that has no turning. —**

Дорога без поворотов длинна.

**Follow the river and you'll get to the sea. —**

Иди вдоль реки и выйдешь к морю. / По нитке до клубка дойдешь.

**We wander for distraction, but we travel for fulfillment.  
(Hilaire Belloc) —**

Мы странствуем, чтобы отвлечься, а путешествуем, чтобы почерпнуть что-то новое. (*Хилэр Беллок*)

**The man who goes out alone can start today; but he who travels with another must wait till that other is ready. (Henry David Thoreau) —**

Тот, кто путешествует в одиночестве, может отправиться в путь хоть сегодня; тот, кто путешествует в компании, вынужден ждать остальных. (*Генри Дейвид Торо*)

**I travel a lot; I hate having life disrupted by routine. (Caskie Stinnett) —**

Я стараюсь много путешествовать, чтобы обычная жизнь чередовалась с приятным времяпровождением. (*Каски Стинет*)

**Travel makes one modest. You see what a tiny place you occupy in the world. (Gustave Flaubert) —**

Путешествие развивает в человеке скромность, поскольку дает ему возможность понять, какое ничтожно малое место занимает он в этом мире. (*Густав Флобер*)

**Travel is the only thing you buy that makes you richer. (Author unknown) —**

Путешествие — это единственное, что вы можете купить, став при этом богаче. (*Неизвестный автор*)

*Which of the above given statements corresponds best to your idea of travelling?*

*How could you interpret G. Flaubert's words about travel which makes the traveller modest?*

*When you spend money on travelling, do you think that the expenses will make you poorer or richer?*

## WELCOME TO LONDON!

Among the European cities London seems to be one of the most visited places. Being about two thousand years old, it offers tourists a captivating journey through centuries of history. Nowadays it has become the leading tourist destination in the world and in 2015 was ranked as the most visited city with over 65 million visits. No wonder tourism is one of London's prime industries.

In London there are four World Heritage Sites which are under the auspices of UNESCO. These are 1) the Tower of London, 2) Kew Gardens, 3) the site comprising the Palace of Westminster, Westminster Abbey, and St. Margaret's Church, 4) and the historic settlement of Greenwich in which the Royal Observatory, Greenwich, defines the Prime Meridian, 0° longitude, and GMT.

The Tower of London, one of the main landmarks of the city, is the first of many Norman castles in England. It was founded on the North bank of the River Thames in central London at the end of 1066 as part of the Norman conquest of England. The White Tower, which gives the entire castle its name, was built by William the Conqueror in 1078 and was a resented symbol of oppression. The castle was used as a prison from 1100 until 1952, although that was not its primary purpose. As a whole, the Tower



is a complex of several buildings set with two concentric rings of defensive walls and a moat.

Later in the Tower of London the Jewel House was especially built for keeping the Crown Jewels. The tradition of housing there the royal regalia, including jewels, plates, and symbols of royalty such as the crown, the scepter, and the sword dates back from the reign of Henry III (1216 — 1272). When money needed to be raised, the treasure could be pawned by the monarch.

Nowadays the Tower of London has become one of the most popular tourist attractions in the country, and partly responsible for the interest is the modern tradition of keeping ravens there. For sixty years the Tower was kept as a menagerie of wild and exotic animals — gifts that the King or Queen were donated by their visitors and admirers. Among them the famous ravens can be found, each of them is named. According to the legend, if the six ravens ever leave the Tower, the Court and the Tower will fall. That is why they are carefully looked after. Currently the Tower has seven ravens in case one goes missing.

Another World Heritage Site is the Royal Botanic Gardens, Kew gardens, located within 30 minutes from Central London. There is so much to see and do at Kew Gardens. With over 8.5 million items, Kew houses the largest and the most diverse botanical and mycological collections in the world. They represent over 95 % of known flowering plants genera and more than 60 % of known fungal genera. When the plants are in bloom, the view is magnificent, and visitors are impressed with bright colours and diversity of forms.

Other famous landmarks of London include Buckingham Palace, Piccadilly Circus, St. Paul's Cathedral, Trafalgar Square, Tower Bridge, London Eye, etc. London Eye as a new tourist attraction is worth mentioning. It was built to mark the new millennium and was opened on the 31st of December 1999. It is a great

Ferris Wheel erected on the south bank of the River Thames. The structure is 443 feet (135 m) tall and the wheel has a diameter of 394 feet (120 m). It is the highest viewing point in London from which tourists can have a bird's-eye view of the whole city. The Ferris Wheel is the most popular paid tourist attraction in the UK with over 3.75 million visitors annually.

Besides, London is home to numerous museums, galleries, libraries, sporting events and other cultural institutions including the British Museum, National Gallery, natural History museum, Tate Modern, British library, and West End theatre. So, everybody can find any places of interest to their own taste.

If you are going to visit London, remember that there are hundreds of different hotels, which range from luxury ones to cheap hotels, hostels, and bed and breakfast places. London hotels offer numerous high quality accommodation for tourists and business travellers, although this can be quite expensive. Remember, London is a very large city, so when you book a hotel, make sure that public transportation is within walking distance of it. Moreover, book your hotel as early as you can, as hotels can be almost booked out at busy times, especially for Christmas or major events like the London Marathon or the Chelsea Flower Show. Then your visit to London may become the most enjoyable and unforgettable event. So, welcome to London!

### Words and expressions

**a captivating journey** [ˈkæptɪˌveɪtɪŋ ˈdʒɜːni] — захватывающая поездка

**a tourist destination** [ˈtʊərɪst ˌdestrɪˈneɪʃn] — цель поездки

**to be ranked** [... ræŋkt] — занимать ведущее место

**no wonder** [ˌnəʊ ˈwʌndə] — неудивительно

**a World Heritage Site** [ˈwɜːld ˈherɪtɪdʒ ˌsaɪt] — памятник всемирного наследия

**under the auspices** [... ˈɔːspɪsɪz] — под покровительством

**to comprise** [kəmˈpraɪz] — включать

**the Prime Meridian** [ˈpraɪm məˈrɪdiən] — нулевой меридиан

**longitude** [ˈlɒndʒɪˌtjuːd] — долгота (*геогр.*)

**GMT (Greenwich Mean Time)** [ˌdʒiː emˈtiː /ˌɡrenɪtʃ ˈmiːn ˌtaɪm] — время по Гринвичу, которое используется как международный стандарт

**a landmark** [ˈlændˌmɑːk] — зд. достопримечательность

**a castle** [ˈkɑːsl] — замок

**the Norman conquest** [ˈnɔːmən ˌkɒŋkwɛst] — норманнское завоевание

**entire** [ɪnˈtaɪə] — весь, целый

**a resented symbol** [rɪˈzɛntɪd ˌsɪmbəl] — зд. мрачный символ

**oppression** [əˈpreʃn] — притеснение, подавление

**a prison** [ˈprɪzn] — тюрьма

**a primary purpose** [ˈpraɪməri ˌpɜːpəs] — основное назначение

**as a whole** [... həʊl] — в целом

**concentric rings** [kənˈsentrɪk ˈrɪŋz] — концентрические круги

**a defensive wall** [dɪˈfensɪv ˌwɔːl] — защитный вал (*защитное укрепление*)

**moat** [məʊt] — ров

**the Jewel House** [ˈdʒuːəl ˌhaʊs] — сокровищница британской короны

**the Crown Jewels** [ˈkraʊn ˌdʒuːəlz] — драгоценные камни, украшающие корону

**to house** [haʊz] — вмещать

**the royal regalia** [ˌrɔɪəl rɪˈgeɪliə] — королевские регалии

**plates** [pleɪts] — столовое серебро

**royalty** [ˈrɔɪəlti] — королевская власть

**a scepter** [ˈseptə] — скипетр

**a sword** [sɔːd] — меч

**reign** [reɪn] — правление

**to raise money** [ˈreɪz ˌmʌni] — собирать деньги

**treasure** [ˈtreʒə] — сокровище

**to pawn** [pɔːn] — закладывать, отдавать в залог

**to be partly responsible for the interest** [... ˈpaːtli rɪˈspɒnsəbl...] —  
отчасти этот интерес обусловлен

**a raven** [ˈreɪvən] — ворон

**a menagerie** [mənˈnædʒəri] — зверинец, питомник

**to donate** [dəʊˈneɪt] — дарить, жертвовать

**the Court** [kɔːt] — Двор (*королевский*)

**currently** [ˈkʌrəntli] — в настоящее время

**to go missing** [... ˈmɪsɪŋ] — исчезать, пропадать

**diverse** [daɪˈvɜːs] — разнообразный

**a genus** (мн. ч. **genera**) [ˈdʒiːnəs; ˈdʒenəs / ˈdʒenərə] — сорт, вид

**to be in bloom** [... bluːm] — цвести

**magnificent** [mæɡˈnɪfɪsnt] — величественный, великолепный

**diversity** [daɪˈvɜːsəti] — разнообразие

**London Eye** [ˈlʌndən ˌaɪ] — аттракцион «Око Лондона»  
(«Лондонский глаз»)

**to be worth mentioning** [ˈwɜːθ ˌmenʃnɪŋ] — стоить того, чтобы упомянуть

**a Ferris Wheel** [ˈferɪs ˌwiːl] — аттракцион «Ярмарочное колесо»

**a viewing point** [ˈvjuːɪŋ ˌpɔɪnt] — точка обзора

**a bird's eye view** [ˈbɜːdz ˈaɪ ˌvjuː] — вид с высоты птичьего полета

**accommodation** [əˌkɒməˈdeɪʃn] — удобство

**to book a hotel** [ˈbʊk ə hɒl ˈtel] — забронировать номер в отеле

**enjoyable** [ɪnˈdʒɔɪəbl] — доставляющий удовольствие, приятный

**unforgettable** [ˌʌnfəˈgetəbl] — незабываемый

### Answer the questions:

1. How old is London? What are the oldest historical landmarks of the city? What places of interest in London are under the auspices of UNESCO? Are there any World Heritage Sites in your town? Have you ever been to London? If so, what is your impression of the visit?
2. When was the Tower of London founded? In the course of what conquest did it happen? What was the first designation of the Tower? Why was the Jewel House built in the Tower later? Why do Londoners follow the tradition of keeping ravens in the Tower nowadays? Does any tradition like that exist in your town?
3. Why are Kew gardens under the auspices of UNESCO? Is there any Botanic garden in your town? What is it famous for?
4. What new landmark appeared in London to mark the new millennium? Why is London Eye so popular with tourists? What is the highest viewing point in your town?

5. What accommodation does London offer the tourists? What recommendations concerning booking a hotel in London can be given to those who are going to visit London? Is it difficult to book a hotel during the tourist season in your town?

**Here are some topical expressions for you to learn and examples of their use in the sentence:**

**to travel light** — путешествовать налегке

**a travel agency** — туристическое агентство

**a travel agent** — организатор туристической поездки

**a package tour** — поездка по туристической путевке

**to go on a trip / to take a trip** — отправляться в поездку

**to wander around** — бродить по разным местам без какой-либо особой цели

**to walk in a relaxed way** — бродить бесцельно, просто наслаждаясь ходьбой

**a sightseer** — турист, осматривающий достопримечательности

**to go sightseeing** — путешествовать по местам, осматривая достопримечательности

**a sightseeing tour of the city** — поездка по городу с осмотром достопримечательностей

**Translate the following sentences:**

1. Last month we went for a hike through the countryside. As it was a two-day trip, we travelled light.
2. When you plan your holidays, you should better apply to a travel agency; they will help you make all travel

arrangements. Besides, the travel agent can discuss all possible accommodation, discounts and other services available with you.

3. One of the most advantageous ways of travelling abroad is a package tour. It is a holiday that is arranged by a travel agency for a fixed price which includes the cost of a hotel and transport, and sometimes meals and entertainments.
4. The family decided to go on a trip to some exotic country and India was chosen.
5. When my friend arrives at some new places, he likes wandering around the streets and parks enjoying the surrounding.
6. When I am on holiday, I love walking in a relaxed way through the countryside.
7. A lot of sightseers gathered around this ancient castle, a symbol of the end of the fourteenth century.
8. I am never tired of going sightseeing when I arrive at a new town — all places of interest represent the main features of it.
9. We took a sighting tour of the city which lasted the whole day.

# THE SYSTEM OF EDUCATION IN RUSSIA

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## PRE-SCHOOL AND SCHOOL EDUCATION IN RUSSIA

The system of education in Russia has slightly changed for the last decade. Now it is presented by four main stages: pre-school education, school education, specialised secondary education, and higher education. Small children between three and six years old can attend kindergartens, if their parents who have to work are busy during the first half of the day. This helps them in socialising and preparing for school life. Kids who attend a kindergarten learn social skills when they play with other children and this helps to shape their personality. There are other advantages, too. These children are prepared for a primary school because along with being involved in different games and activities, they are taught basic literacy and numeracy.

Pre-school education also includes crèches, intended for children up to the age of three. But they are not so popular nowadays as parents prefer to bring up their babies and little children themselves.

School education is the next stage of the whole system, which comprises three steps of the learning process: primary school, basic school and secondary school. Children in Russia begin attending primary school when they reach the age of six and a half or seven and the learning process lasts for four years.

Each academic year starts on the first of September in all cities, towns, and settlements of the country. This has become a great national holiday that is celebrated as the Knowledge Day. On this



day, all streets and squares are crowded by cheerful, nicely dressed schoolchildren carrying bright bouquets of flowers. Practically, on the first of September there are no classes at school, instead pupils have special meetings, take part in festive concerts or go on interesting excursions. This makes the event unforgettable, especially for those who become first-form pupils.

In the primary school schoolchildren learn how to read and to write and are taught fundamentals of general subjects such as mathematics, Russian, literature; besides, they have physical education classes and learn drawing and music. Second-form pupils begin learning a foreign language.

After four years of studying the schoolchildren are admitted to the next step — basic school where they are taught for five years including the ninth form. During this period they acquire basic knowledge in different sciences: exact, natural and the humanities. After finishing the ninth form the students take examinations in two obligatory subjects (mathematics and Russian) and two other ones chosen by the student. When the schoolchildren pass the examinations, they are given a certificate, stating that they successfully completed the basic secondary school.

Attending classes from the first to the ninth form in Russian schools is compulsory. All school education in our country is free of charge.

After finishing the ninth form students may leave school and begin their working career or they may continue their education in some specialised secondary educational establishments acquiring different professional skills. Those who stay on at school move to the last step — secondary school and become tenth- and eleventh-form students. The curriculum of the final school years provides for deeper learning the subjects of the previous course and some new disciplines. The learning process is completed with

the common state examination in mathematics and Russian and some other subjects at the choice of the student. As a rule, school-children choose those sciences which are necessary for admitting to the University.

After passing the Unified State Examination (USE) the teachers and students arrange a traditional school-leaving ceremony. It is a special occasion that takes place at the end of June. Then every student is given a school-leaving certificate which provides them a chance of applying to the University. The ceremony looks festive, but informal. It is a great day for the school-leavers, when their teachers congratulate them and wish them luck and a successful career in future. The students, in turn, express their gratitude to the teachers presenting them with flowers.

### Words and expressions

**pre-school education** [ˌpri: 'sku:l ,edju'keɪʃn] — дошкольное образование

**slightly** ['slaitli] — слегка, немного

**secondary education** ['sekəndəri ...] — среднее образование

**higher education** ['haɪə...] — высшее образование

**to attend a kindergarten** [ə'tend ə 'kɪndə,gɑ:tn] — посещать детский сад

**socialising** ['səʊʃə,laɪzɪŋ] — социализация, обучение детей нормам коллективной жизни

**a kid** — ребенок

**social skills** ['səʊʃəl ,skɪlz] — навыки социального общения

**to shape a personality** [ 'ʃeɪp ə ,pɜ: sə 'næləti] — формировать характер

**basic literacy** [ˌbeɪsɪk ˈlɪtərəsi] — основы грамотности

**basic numeracy** [ˌbeɪsɪk ˈnjuːməɪsi] — счет, основы математики, арифметика

**a crèche** [kreʃ] — ясли

**intended for smth.** [ɪnˈtendɪd...] — предназначенный для чего-л.

**to bring up** [ˌbrɪŋ ˈʌp] — воспитывать

**the learning process** [ˌlɜːnɪŋ ˈprəʊses] — процесс обучения

**a secondary school** [ˈsekəndəri ˌsku:l] — средняя школа

**an academic year** [ˌækəˈdemɪk ˌjɪə] — учебный год

**a settlement** [ˈsetlmənt] — поселок

**to be crowded** [ˌbeɪ ˈkraʊdɪd] — заполняться

**a bouquet** [buːˈkeɪ; bəʊˈkeɪ] — букет

**to go on excursions** [ˌgəʊ ɒn ˈɛkskɜːʃnz] — ходить на экскурсии

**a first-form pupil** [ˈfɜːst, fɔːm ˌpjuːpl] — первоклассник

**fundamentals** [ˌfʌndəˈmentlz] — основы

**a general subject** [ˈdʒenərəl ˌsʌbdʒɪkt] — общеобразовательный предмет

**a physical education class** [ˈfɪzɪkl ˌedʒʊˈkeɪʃn ˌklaːs] — урок физкультуры

**drawing** [ˈdrɔːɪŋ] — рисование

**a second-form pupil** [ˈsekənd, fɔːm...] — второклассник

**to be admitted to the next step** [ˌbeɪ ədˈmɪtɪd tə ðə ˈnekst ˌstep] — быть переведенным на следующую ступень обучения

**a form** — класс (*ступень обучения*)

**exact sciences** [ɪgˈzækt ˌsaɪənsɪz] — точные науки

- natural sciences** [ˈnætʃrəl ...] — естественные науки
- the humanities** [hju:ˈmænətɪz] — гуманитарные науки
- to take an examination** [...ɪg,zæmɪˈneɪʃn] — сдавать экзамен
- obligatory** [əˈblɪgətəri] — обязательный
- to pass an examination** [pɑ:s...] — сдать экзамен
- a certificate** [səˈtɪfɪkət] — аттестат
- to state** [steɪt] — удостоверить, подтверждать
- to complete** [kəmˈpli:t] — завершать
- compulsory** [kəmˈpʌlsəri] — обязательный
- free of charge** [ˌfri: əv ˈtʃɑ:dʒ] — бесплатный
- an educational establishment** [ˌedʒʊˈkeɪʃnəl ɪˈstæblɪʃmənt] — образовательное учреждение
- a curriculum (pl. curricular)** [kəˈrɪkjʊləm / kəˈrɪkjələ] — курс обучения, программа
- to provide for smth.** [prəˈvaɪd] — предусматривать что-л.
- previous** [ˈpri:viəs] — предыдущий
- a discipline** [ˈdɪsəˌplɪn] — предмет, изучаемый в школе
- the Unified State Examination (USE)** [ˈju:niˌfaɪd ˈsteɪt ɪg,zæmɪˈneɪʃn] — единый государственный экзамен (ЕГЭ)
- as a rule** [... ru:l] — как правило
- a school-leaving ceremony** [ˈsku:l ˌli:vɪŋ ˈserəməni] — выпускной вечер
- a special occasion** [ˌspeʃl əˈkeɪʒn] — особое мероприятие
- a school-leaving certificate** [... səˈtɪfɪkət] — аттестат зрелости
- a school-leaver** [ˈsku:l ˌli:və] — выпускник

**to congratulate** [kən'grætʃʊ,leɪt] — поздравлять

**in turn** [.. tɜ:n] — в свою очередь

**to express gratitude** [ɪk'spres 'græti,tʃu:d] — выразить благодарность

**to present smb. with smth.** [prɪ'zent...] — преподносить кому-л. что-л.

### **Answer the questions:**

1. What is the main function of crèches in our country? Why do parents in general prefer bringing up their babies and little children at home? Why is it necessary for children up to the age of six to attend a kindergarten? What knowledge and skills do they acquire there? Did you have to attend a kindergarten when you were a child? What is your impression of those days?
2. Is school education in our country compulsory? Is it free of charge? Up to what age can our schoolchildren stay at school? Did you leave school after the ninth form or did you stay at school for two more years? What is your opinion of introducing a tuition fee at our schools?
3. Do you remember your first day at the primary school and your first teacher? What was your favourite subject then? When did you begin learning English? What subjects were more interesting for you, exact ones or the humanities? Did you like physical education classes?
4. Was it easy for you to get along with your classmates? Did you have a close friend at school? What was your hobby at school? Did you have to take part in any extracurricular activity? How did you usually spend your holidays? Did you miss your school friends when you were on holiday?

5. Who helped you to revise for the common state examinations? What were the subjects that you had to choose for the exams? Did you have any classes with private teachers? If so, what subjects did they help you in?
6. Was any school-leaving party arranged after the final examinations at your school? Do you remember it? Was it a special occasion for you? Why? Did you intend to apply to the University after finishing a secondary school? What University and what department? Are you still a student or did you graduate from the University?

**Here are some proverbs, sayings and quotations about learning and education:**

**It is never late to learn. —**

Учиться никогда не поздно.

**If you are not willing to learn, no one can help you; if you are determined to learn, no one can stop you. —**

Если ты не желаешь учиться, никто тебе не поможет. Но если ты решил учиться, никто тебя не остановит.

**Learn to creep before you leap. —**

Чтобы научиться скакать, нужно сначала научиться ползать. / Всему свое время.

**Live and learn. —**

Век живи — век учись.

**Like teachers, like pupils. —**

Каков учитель, таков и ученик. / Каков поп, таков и приход.

**It is Greek to me. —**

Это для меня китайская грамота.

**To know everything is to know nothing. —**

Знать всё — это значит, ничего не знать.

**A child without education is like a bird without wings. —**

Ребенок без образования — это все равно что птица без крыльев.

**People are beginning to be overeducated; at least everybody who is incapable of learning has taken to teaching. (Oscar Wilde) —**

Люди недооценивают образование. Нередко всякий, кто неспособен к обучению, берется за преподавание. (*Оскар Уайльд*)

**Educating the mind without educating the heart is no education at all. (Aristotle) —**

Образование, совершенствующее ум, но не развивающее душу, не есть образование. (*Аристотель*)

*What proverb or quotation would you choose as a motto of your life?*

*How could you interpret the meaning of the proverb “To know everything is to know nothing”?*

## **A SCHOOL UNIFORM: PROS AND CONS**

There is no strict tradition relating to wearing a school uniform in our country. In some schools uniforms are compulsory, in others — facultative or desirable. For instance, in military colleges cadets have to wear a uniform without any exception. However, lately in mass media, teachers and parents' opinions on in-

roducing a school uniform into all educational establishments are expressed louder and more persistently.

Though sometimes schoolchildren dressed in a uniform (mainly those who attend a primary school) can be seen, these uniforms are not universal. Each school introduces their own pattern in the way of style, colour and fashion. In most cases it is a two-piece suit with a skirt for girls and trousers and a white shirt for boys. The preferable colour of the suit is black or deep blue.

In our society there is no unanimous opinion on wearing a school uniform. Some find many advantages of it, others do not support the idea. The arguments in favour of introduction of a uniform are as follows. This gives the schoolchildren the feeling of being equal because those whose parents cannot afford to buy nice, fashionable clothes look the same as everyone else and so do not feel confused and inferior. It means that the pupils have a common identity. Besides, if everybody wears the same type of clothes in matching colours and styles, then they tend to look smart when they are all together. The positive attitude to wearing a school uniform is typical mainly for adults.

On the contrary, schoolchildren do not like uniforms for a number of reasons. First of all because of the fact that you have to wear the clothes even if the things do not suit you. Then, the uniforms often have such horrible colours and styles, and you do not get any choice. Moreover, when you have to wear the same clothes as anyone else, you do not have a chance to develop personal taste in the way you dress. However, there are some adults who do not agree with school uniforms either, because they cost a lot, especially for the families with many children.

It is quite evident that some serious problems should be solved in the society before the concept of wearing a school uniform could be accepted by the majority of people.



### Words and expressions

**a school uniform** [... 'ju:nɪfɔ:m] — школьная форма

**strict** [strict] — строгий, жесткий

**relating to smth.** [rɪ'leɪtɪŋ...] — относительно чего-л.

**facultative** ['fækəltətɪv] — факультативный, необязательный

**desirable** [dɪ'zaɪərəbl] — желательный

**a cadet** [kə,det] — кадет, курсант военного училища

**without any exception** [wɪð,aʊt 'æni ɪk'sepʃn] — без всякого  
исключения

**to introduce** [ ,ɪntrə'dju:s] — вводить, внедрять

**persistently** [pə'sɪstəntli] — настойчиво

**a pattern** ['pætən] — образец, модель

**in the way of smth.** [... 'wei əv...] — по части (*в отношении*)  
чего-л.

**a two-piece suit** ['tu: ,pi:s ,su:t] — костюм

**a skirt** [skɜ:t] — юбка

**trousers** ['traʊzəz] — брюки

**a shirt** [ʃɜ:t] — рубашка

**preferable** ['prefərəbl] — предпочтительный

**unanimous** [ju:'nænɪməs] — единодушный

**to support** [sə'pɔ:t] — поддерживать

**in favour of smth.** [... feɪvə...] — в пользу чего-л.

**as follows** [əz 'fɒləʊz] — следующий

**equal** ['i:kwəl] — равный

**to afford** [ə'fɔ:d] — позволить себе, быть в состоянии

**inferior** [ɪn'fɪəriə] — униженный

**to have a common identity** [... 'kɒmən aɪ,dentɪti] — зд. находиться в одинаковом положении

**matching colours and styles** ['mætʃɪŋ 'kɒləz ənd ,stɑɪlz] — соответствующего цвета и фасона

**to tend to look smart** ['tend tə 'lʊk ,smɑ:t] — зд. обычно выглядеть нарядными

**an adult** ['ædʌlt; ə'dʌlt] — взрослый

**for a number of reasons** [... 'nʌmbə əv 'ri:zənz] — по ряду причин

**to suit smb.** [su:t...] — устраивать кого-л., быть подходящим

**horrible** ['hɒrəbl] — ужасный, отвратительный

**to develop a personal taste** [dɪ'veləp ə 'pɜ:snəl ,teɪst] — развивать собственный вкус

**to agree with smth.** [ə'grɪ:...] — зд. одобрять что-л.

**either** ['aɪðə] — тоже не

**to solve a problem** ['sɒlv ə ,prɒbləm] — решать проблему

**to be accepted** [... ək'septɪd] — быть принятым

**the majority** [mə'dʒɔrəti] — большинство

### Answer the questions:

1. Is wearing a school uniform in our country compulsory in general? In what educational establishments do students have to wear a uniform? Did you have to wear it when you went to school? What did your school uniform look like (the style, fashion and colour)? Did you like it?
2. Is our society unanimous with regard to introducing a uniform into schools? Who is mostly for introduction of it? Who is against in gene-

- ral? Are you for wearing a uniform in schools or against it? What are your arguments?
3. What are the advantages of wearing a school uniform for pupils and their parents? What advantages do teachers find in it? What are the most disadvantages for every participant of the situation?
  4. If a school uniform became compulsory, what style, fashion and colour would you suggest? If some families for instance those with many children cannot afford to buy a uniform, what measures will you propose for making the price acceptable?

**Here are some collocations with the verbs to wear and to dress which will help you differentiate between their meanings:**

A. 1) **to wear (wore, worn)** — носить

**to wear clothes (a coat, a suit, a jacket, a shirt, a blouse, jeans etc.)** — носить одежду (*пальто, костюм, жакет / пиджак, рубашку, блузку, джинсы и т.д.*)

**to wear one's hair short (long)** — иметь короткую стрижку (*иметь длинные волосы*)

**to wear glasses** — носить очки

**to wear perfume (toilet water)** — использовать духи / душиться, использовать туалетную воду

**to wear make-up** — наносить макияж

**to wear an expression** — иметь определенное выражение лица

**to wear a hole or mark in smth.** — иметь дырку или пятно на чем-л.

2) **smth. wears** — какая-л. вещь изнашивается

**smth. wears well** — вещь в хорошем состоянии, несмотря на то, что носится долго

**smb. wears well** — человек выглядит хорошо, хотя и немолод

B. **to dress** — надевать одежду на себя (*одеваться*)

**to dress smb.** — надевать одежду на кого-л. другого (*одевать кого-л.*)

**to dress in smth.** / *as* — одеваться по-особенному

**to dress for smth.** — одеваться во что-л., подходящее для особого случая

### Translate the following sentences:

1. Usually she wears jeans and T-shirt but today she dresses in a long dark skirt and a fashionable blouse.
2. She looks upset: she doesn't have anything to wear to her job interview.
3. Though she was not wearing any make-up, she looked wonderful.
4. He has to wear glasses now and he looks respectable.
5. Some years ago it was fashionable for men to wear their hair long but now they tend to wear it short.
6. After this awkward scene everybody present wore a puzzled facial expression.
7. His shoes were wearing at the heel.
8. The celebrity was at least fifty but she had worn well.

9. She was in a hurry so it took her only ten minutes to take a shower and dress.
10. The family hired a new nanny whose duty was to wash the children and dress them for school.
11. My sister tends to dress in clothes of sport style and light colours.
12. The children decided to dress as clowns for the carnival.
13. This is a tradition in their family to dress for dinner every night.

## **THE MODERN SYSTEM OF HIGHER EDUCATION IN RUSSIA: THREE LEVELS**

The system of higher education in Russia has changed greatly for the last decade. This was caused by the necessity to unify the whole education system within the European area, which in turn was motivated by the extension of international relationships and cooperation. More and more students nowadays go abroad to continue their education or to acquire practical skills and qualifications in different professional spheres. Many of them have to apply to employment agencies for a job. On the other hand, a lot of foreign students and professional workers come to our country for further education. So, all the circumstances make the unified system of education and degrees necessary to facilitate this international exchange.

In view of the above, the Bologna Declaration “The Joint Declaration of the European Ministers of Education” was adopted in Bologna, Italy, on the 19<sup>th</sup> of June 1999. It was the main guiding document of the Bologna process that was signed by 29 countries. Four years later, in 2003, Russia joined the countries which

had adopted the declaration. The new system was introduced into our higher education in 2012.

The present system of higher education in Russia consists of three levels. The first level comprises Bachelor's programmes. It presupposes the basic higher education without any specialisation. The students are admitted to the university (or institute) on the basis of their Unified State Exams results at the secondary school. The Bachelor's Degree course lasts for four years and provides general fundamental training. The learning process of this level ends in passing state exams and writing a graduate thesis or project after which the students are awarded a Bachelor's degree certificate (a first university degree) and the qualification of a Bachelor. The certificate grants the students the right to work according to the profession chosen or to continue their studies on a Master's Degree course.

The second level includes two branches: a Specialist Degree course and a Master's Degree course. Unlike the Bachelor's Degree programmes, the Specialist degree ones are more focused on practical work in industry according to the profession chosen. The course lasts for one year and ends in the examination and writing a thesis. Graduates of Specialist Degree may work in industry or further their education on a Master's Degree course or a postgraduate course.

The second branch of the level deals with Master's programmes which provide in-depth (thorough and detailed) specialisation in the professional sphere chosen by the student. Bachelor's and Specialist Degree holders can enrol in a Master's Degree course. The educational process lasts for two more years and involves training students for research work. It ends in writing a master's thesis after which the graduates, if successful, are awarded a Master's degree certificate and the qualification of a Master. Graduates

of Master's Degree may work in industry or further their studies on a postgraduate course.

The third educational level is referred to as the Highest Professional Training which is conducted on a postgraduate course. The curriculum is heavily orientated towards training for academics. The postgraduate course admits only graduates who are awarded a Master's or Specialist Degree. The educational process includes study, teaching, hands-on experience, and research. Postgraduate students select a research field and a subject of research for writing a dissertation. Full-time learning lasts three years, while part-time study requires one extra year. A third-level graduate is awarded a postgraduate certificate with the corresponding qualification. The first degree to confirm the status of scientist is that of a Candidate of sciences which is given on the basis of successful defending the dissertation. The second degree is a Doctoral Degree, which is awarded after defending the doctoral dissertation.

To sum up, since 2003 when Russia joined the Bologna Declaration it has become possible to establish close contacts with European educational institutions and exchange students and professors on the basis of short- and long-term agreements. These international relations seem to be mutually beneficial. Moreover, they stimulate learning foreign languages.

### Words and expressions

**to unify** [ˈjuːni,faɪ] — унифицировать

**within all European area** [wɪ,ðɪn ˈɔːl ˌjɜərəˈpiən ˌeəriə] —  
на всем европейском пространстве

**extension** [ɪkˈstɛnʃn] — расширение

**a circumstance** [ˈsɜːkəmstəns] — обстоятельство

**a degree** [di'gri:] — ученая степень

**to facilitate** [fə'si'ləteɪt] — облегчать

**the Bologna Declaration** [bə'ləʊnjə ,deklə'reɪʃn] — Болонская декларация

**joint** [dʒɔɪnt] — совместный

**the main guiding document** ['meɪn 'gaɪdɪŋ 'dɒkjʊmənt] — основной документ, которым все должны руководствоваться

**to join smth.** [dʒɔɪn] — присоединяться к чему-л.

**to be admitted to a university** [... əd'mɪtɪd tə ə ju:nɪ'vɜ:səti] — быть принятым в университет

**a Bachelor's Degree** ['bætʃələz di'gri:] — степень бакалавра

**training** ['treɪnɪŋ] — обучение

**graduation** [ˌgrædʒu'eɪʃn] — окончание высшего учебного заведения

**a graduate thesis** ['grædʒuət ,θi:sɪs] — выпускная работа

**to award a certificate** [ə'wɔ:d ə sə'tɪfɪkət] — вручать удостоверение, диплом

**to grant** [grɑ:nt] — зд. гарантировать

**a Master's Degree** ['mɑ:stəz ...] — степень магистра

**a branch** [brɑ:ntʃ] — зд. направление

**a Specialist Degree** ['speʃəlɪst...] — степень специалиста

**to write a thesis** ['raɪt ə,θi:sɪs] — писать диссертацию

**a graduate** ['grædʒuət] — выпускник

**a postgraduate course** [pəʊst'grædʒuət 'kɔ:s] — аспирантура

**in-depth** [ɪn'deɪpθ] — глубокий, подробный



**a holder** [ˈhəʊldə] — обладатель

**to enrol** [ɪnˈrəʊ] — вносить в список, регистрировать

**to further** [ˈfɜːðə] — продолжать

**to be heavily orientated to smth.** [... ˈhevɪli ˈɔːriənˌteɪtɪd...] —  
быть главным образом нацеленным на что-л.

**an academic** [ˌækəˈdemɪk] — ученый

**hands-on experience** [ˌhændzˈɒn ɪkˈspɪəriəns] — практический  
(самостоятельный) опыт

**full-time learning** [ˌfʊl ˈtaɪm ˌlɜːnɪŋ] — очное (дневное) обучение

**part-time study** [ˌpɑːt ˈtaɪm ˌstʌdi] — вечернее обучение

**extra** [ˈɛkstrə] — лишний, еще один

**to defend** [dɪˈfend] — защищать

**to exchange** [ɪksˈtʃeɪndʒ] — обмениваться

**an agreement** [əˈɡriːmənt] — соглашение

**mutually beneficial** [ˌmjuːtʃuəli ˌbenɪˈfɪʃl] — взаимовыгодный

### Answer the questions:

1. What general factor has caused significant changes in the system of higher education in Russia lately? Did these changes facilitate an exchange of students and professors within European countries? Have you ever had a chance to study or work abroad? If so, in what country and what capacity?
2. When was the Bologna Declaration adopted? How many countries signed the Declaration immediately after its adoption? When did Russia sign it? In what year were the main principles of the Declaration introduced into the system of higher education in our country? Do you

- approve of the transition of our former education system to the Bologna model? Why?
3. What levels does the whole system of higher education in our country comprise after signing the Bologna Declaration? For how many years do students and postgraduates have to learn at each level? What is the specific feature of curricula of the first two levels? What degrees are graduates awarded after graduating from these courses? Are you a holder of any? Is higher education compulsory in our country?
  4. What is the main curriculum of the third level oriented to? Who are admitted to this course? How long does the learning process last? What certificates are postgraduates awarded? Why is the number of those who aim at the third level curricula decreasing nowadays? Would you like to become a postgraduate in the scientific field you are specialising in? What scientific problem would you choose for your research?

**Pay attention to the topical expressions and try to use them in your stories:**

**to do a degree** — готовиться к защите диплома (*дипломного проекта*), к получению степени

**to sit an examination** — сдавать экзамен

**continuous assessment** — текущая оценка успеваемости

**to pass exams with flying colours** — сдать экзамены блестяще

**to learn smth. by heart** — учить что-л. наизусть

**rote learning** — зубрежка

**a coeducation establishment** — учебное заведение для совместного обучения юношей и девушек

**a single-sex education establishment** — учебное заведение для  
раздельного обучения юношей и девушек

**to know smth. like the back of one's hand** — знать что-л. как  
свои пять пальцев

**accelerated learning** — ускоренное обучение

**Translate the following sentences:**

1. Margaret is a student of law and now she is doing a degree at Oxford University.
2. Students will sit a two-hour examination writing an essay at the end of the year.
3. A process of continuous assessment is implemented in highly innovative educational institutions to determine grades of students.
4. He had worked hard during the whole term so he passed his final exams with flying colours.
5. Along with other methods of learning, foreign language students have to learn long extracts from stories and novels in the original by heart.
6. Rote learning does not really give people any insight into the subject as it is based on mechanical memorising rather than understanding the concept; however sometimes it can be successfully used in the learning process: children are still learning the multiplication table by rote.
7. The coeducation system of educating students of both sexes is justified by the mere nature of any society where men and women exist together.

8. Single-sex education establishments can be found only for a restricted number of professions, for example military, naval, nursing though there may be an exception to this.
9. In any case we can rely on him: he knows the problem like the back of his hand.
10. Gifted students are allowed to take an accelerated learning course so that they could pass all exams and graduate from the university earlier.

## **STATE, NON-STATE AND PRIVATE INSTITUTIONS OF HIGHER EDUCATION IN RUSSIA**

There are three kinds of educational establishments of higher education in Russia: a university, an academy, and an institute. They differ in the number of scientific and applied specialities they train students for and partly in the levels of educational curricula. At the universities students are taught at all three levels; they are awarded a bachelor's degree, a specialist degree, a master's degree and postgraduates get a candidate of sciences' degree and later a doctoral degree. Besides, it is the function of universities to conduct fundamental and applied research within a wide spectrum of scientific spheres. So, at each university a large number of faculties and departments can be found: those of mathematics, physics, astronomy, foreign languages, literature, economy, law, medicine, and the others.

Unlike a university, an academy deals with the same aspects of educational curricula at the three levels, but the sphere of scientific and applied research is narrower. Virtually, students and postgraduates of academies get theoretical and practical knowledge in a particular field.

Institutes have the right to train students for all degrees though postgraduate courses are not compulsory. The learning process is carried out within a specific field of science or discipline.

Most institutions of higher education in Russia are state ones. It means that they get a financial support from the state either on the federal or municipal level. That is why students do not have to pay tuition fees. Moreover, some of them get a scholarship. Besides, a system of grants is introduced to encourage successful students. Free higher education is guaranteed by the Constitution of the Russian Federation on the competitive basis in state or municipal educational institutions.

Along with the state educational establishments there exist non-state and private ones in which education is not free. But both educational institutions must possess a licence for their academic activity and a national accreditation certificate which give them the right to issue state-recognised degrees.

Nowadays students become more ambitious and curious than before. They are striving to acquire knowledge in still more and more disciplines and scientific spheres. So a lot of them get the second and even the third higher education. However additional higher education is not free; it is available only on the commercial basis — students have to pay tuition fees. But this does not seem to stop them. They are very enthusiastic about prospects in their future career. Very often they have to work to be able to pay for their education. As a rule, they find a part-time or seasonal job in cafes, restaurants or shops or they may work as couriers, guides and secretaries.

The mode of study at these educational establishments can be different depending on the way, time, and frequency of the learning process. It may be a full-time, part-time, distance or mixed education. The full-time study usually lasts six or eight

hours a day in the morning and day-time periods every week excluding a weekend and students are not supposed to work. The part-time study generally takes place in the evening three or four days a week. Part-time students usually combine their study with work. The distance learning is a system in which students work at home with the help of television or radio broadcasts or most increasingly nowadays using the Internet.

At present Russian students have a chance to continue their education abroad or to attend there a refresher course for improving knowledge about a subject that was studied before. Foreign students are also ready to come to Russia in order to get education in our country. This became possible after the adoption of the Bologna Declaration by Russia.

### Words and Expressions

**non-state** [ˌnɒn ˈsteɪt] — негосударственный

**private** [ˈpraɪvət] — частный

**an establishment** [ɪˈstæblɪʃmənt] — учреждение, учебное заведение

**applied** [əˈplaɪd] — прикладной

**to train** [treɪn] — обучать

**a wide spectrum** [ˌwaɪd ˈspektrəm] — широкий спектр

**a faculty (department) of law** [ˈfæklti / dɪˈpɑːtmənt əv lɔː] — юридический факультет (*отделение*)

**narrower** [ˈnærəʊə] — более узкий

**virtually** [ˈvɜːtʃʊəli] — фактически

**to be carried out** [...kæɪd ˈaʊt] — осуществляться, проводиться

**a financial support** [faɪ'nænʃl sə'pɔ:t] — финансовая поддержка

**a tuition fee** [tju:'ɪn ,fi:] — плата за обучение

**a scholarship** ['skɒləʃɪp] — стипендия

**to encourage** [ɪn'kʌrɪdʒ] — поощрять

**free** — бесплатный

**on the competitive basis** [... kəm'petətɪv ,beɪsɪs] — на конкурсной основе

**to issue a state-recognised degree** ['ɪʃu:/'ɪsju:ə'steɪt'rekəg,naɪzd dɪ'grɪ:] — выдавать диплом государственного образца

**curious** ['kjʊəriəs] — любознательный

**additional** [ə'dɪʃnəl] — дополнительный

**a prospect** ['prɒspekt] — перспектива

**a courier** ['kʊriə] — курьер

**a guide** [gaɪd] — гид

**a mode** [məʊd] — режим

**frequency** ['fri:kwənsɪ] — частотность

**a distance education** ['dɪstəns ,edʒu'keɪʃn] — заочное обучение

**excluding** [ɪk'sklu:dm̩] — за исключением

**students are not supposed** [... sə'pəʊzd] — студенты не должны

**a television or radio broadcast** ['telɪ,vɪʒn ə:'reɪdiəʊ'brɔ:d,kɑ:st] — теле- или радиопередача

**most increasingly** [... ɪn'kri:sɪŋli] — всё чаще и чаще

**a refresher course** [rɪ'freʃə ,kɔ:s] — курсы переподготовки (*повышения квалификации*)

**adoption** [ə'dɒpʃn] — принятие

**Answer the questions:**

1. What educational establishments are intended for getting a higher education in our country? What do they differ in? Which of them did you have to graduate from or are you studying at? What faculties and departments can be found there? What degree were you awarded (or are you going to be awarded)?
2. Is higher education compulsory in our country? What higher education is guaranteed to everybody by the Constitution, free or commercial? Do students of the state or municipal universities get a scholarship? Is it enough for a living?
3. On what basis can someone get the second higher education in Russia? Are you ready to pay for your second education? Do you have a personal bank account?
4. What other institutions of higher education exist in our country besides state ones? Is this way of getting education popular with young people? What is the main source of money for those who have to pay a tuition fee?
5. What higher education do you think is more efficient, full-time or part-time? Why? Which system would you choose for your education? What is the advantage of distance learning? Did you have to study any subject in this way?

**Memorise the meaning of the words which are sometimes confused because they denote something alike:****a grade / a degree**

**a grade** — оценка устной или письменной работы учащегося или студента, отметка

**a degree** — степень, которая присуждается выпускнику по окончании университета



**a grade / an assessment**

**a grade** — оценка, отметка

**an assessment** — общая оценка (*аттестация*) работы учащегося за определенный период по результатам разных видов деятельности, т. е. общее мнение, суждение о его работе

**a pupil / a student**

**a pupil** — ученик школы

**a student** — учащийся высшего учебного заведения или колледжа

**an undergraduate / a graduate / a postgraduate**

**an undergraduate** — студент любого курса университета, еще не получивший степень бакалавра

**a graduate** — выпускник университета, получивший степень бакалавра

**a postgraduate** — студент, обучающийся в магистратуре или специалитете; выпускник магистратуры или специалитета, получивший степень магистра или специалиста; аспирант

**a class / a form**

**a class** — класс как группа учащихся; урок

**a form** — класс как ступень обучения: первый класс, второй класс и т. д.

**a teacher / a lecturer**

**a teacher** — преподаватель начальной и средней школы

**a lecturer** — преподаватель колледжа и университета или другого высшего учебного заведения

**a programme / a curriculum**

**a programme** — программа в широком смысле какой-либо общественной или профессиональной деятельности, например **a training programme** (*программа обучения*), **a development programme** (*программа развития*), **a research programme** (*программа исследования*)

**a curriculum** (мн. ч. **curricula**) — учебная программа по какому-либо предмету или специальности, например **a foreign language curriculum** (*программа по иностранному языку*), **a mathematics curriculum** (*программа по математике*), **a curriculum of Ancient Greece history** (*программа по истории Древней Греции*)

**a fee / a scholarship**

**a fee** — плата за обучение

**a scholarship** — стипендия

**a uniform / a dress code**

**a uniform** — форма, которую обязаны носить учащиеся школ или колледжей и некоторых высших учебных заведений, а также некоторых организаций, например **a school uniform** (*школьная форма*), **a Mining University student's uniform** (*форма студента Горного университета*), **a police uniform** (*форма полицейского*), **a military uniform** (*военная форма*)

**a dress code** — дресс-код, определенные правила относительно того, какая одежда по стилю, цвету и т. д. допустима для ношения в определенной организации или для участия в каком-либо мероприятии

**a faculty / a department**

**a faculty** — факультет, состоящий обычно из нескольких отделений, например **a Foreign Languages faculty** (*факультет иностранных языков*)

**a department** — отделение, связанное с конкретной специальностью данного факультета, например **a Spanish Language department of the Foreign Languages faculty** (*отделение испанского языка факультета иностранных языков*), или соответствующая кафедра

**Translate the following sentences:**

1. A lot of school-leavers who got good grades in their school exams were able to go to university to do a degree.
2. Besides giving grades to students for their particular work lecturers and professors do a continuous assessment of the students' knowledge and skills throughout the course.
3. In most primary and secondary schools the number of pupils does not exceed 300 whereas at a University there may be a thousand or more students.
4. All graduates who successfully passed their final exams were awarded a Bachelor's Degree. The undergraduates enjoy their free time doing some extracurricular activity. The postgraduates were enthusiastic about the results of their research work for which they were awarded a Master's Degree.
5. At the University we have three classes a day, each lasting an hour and a half. The twins attended the same class at the coeducation school. When Jack was an eleventh-form schoolboy, he decided to apply to the University to do a degree in Maths because he was very good at this subject.
6. I work as a secondary school teacher now but I intend to continue my education to become a university lecturer.
7. The retraining programme of the course was intended for those who wanted to improve and update their methods

- of research. I would like to learn Latin but it is no longer on the curriculum since this academic year.
8. In order to pay tuition fees for their education many students have to work either as part-time or full-time employees. If students work successfully and get good results in all exams, they are given a monthly scholarship.
  9. I did not like wearing a uniform when I was at school as it was of a bad style and some strange colour. In many modern companies a certain dress code for men and women has been introduced, and in my opinion it is a good idea.
  10. Our University is famous for its Foreign Languages faculty and is proud of its graduates who are successfully working throughout the world. The most popular departments are those of English and Spanish.

## **THE TEACHING METHODS AND DIFFERENT APPROACHES TO THE LEARNING PROCESS**

Everything flows, everything changes — these words are ascribed to the ancient Greek philosopher Heraclitus. Only the sphere of education with its teaching methods in all levels seems to remain unchangeable. The traditional way appeared to be rigid, inflexible, and undefeated. Some generations of pupils and students witness the same teaching methods and ways of learning. So, there has been a lot of criticism aimed at the teacher's profession lately.

However, at the end of the XX century it became evident that the old education system did not meet the needs of the society any more. To make it more efficient, it was necessary

to improve it and adjust to the modern technological level and concepts of the society.

Thus, since the political and economic situation in our country changed, the educational system has also undergone great changes. In the near past the concept that students were empty containers, which a teacher filled with knowledge, prevailed in the system of education. Nowadays this approach cannot work any longer because modern technologies and developments opened new perspectives in different fields of life. It became clear that the teacher's role could not be reduced to simply feeding information to students as all necessary information is also available not only in the libraries but on the Internet, the main source of getting facts.

The relationships between teachers, on the one hand, and pupils and students, on the other, have also become different. The teacher stopped being the master of the class whose will students were obliged to obey. Most teachers are aware of their role as helpers to students encouraging their activity and initiative. This novelty has called new teaching methods into being. It was necessary to develop skills that would help pupils and students work together. Thus, the concept of cooperative learning has appeared. Students work in pairs, in threes or in a team finding answers to questions or discussing some interesting problems. They are taught to express their own opinion, to understand someone's other viewpoint without criticising it severely. However, some of them have problems working in a team because their previous education encouraged competitiveness rather than cooperation. Teachers state that cooperative, learning encourages responsibility, tolerance, and helpfulness to one another.

According to psychologists, good relationships are the key to effective learning. Most pupils and students learn best when

they feel relaxed and confident. So it is essential that the teacher establishes friendly relations with everybody in the class, gives them a lot of praise and support. That will help to understand students' individual needs and encourage them to be creative.

The new concept and approach to education lay a certain responsibility on teachers themselves. One of the most important parts of a teacher's job is keeping up with new ideas and developments. Not to lag behind, most good teachers attend refresher courses regularly. Moreover, all successful teachers spend a lot of time preparing their lesson thoroughly and constantly updating their material. There is always something new to learn both for students and teachers. People may have to retrain significantly several times in their career, so flexibility and willingness to continue learning are very important.

### Words and Expressions

**a teaching method** [ˈti:tʃɪŋ ,meθəd] — методика обучения  
(преподавания)

**an approach** [əˈprəʊtʃ] — подход

**to flow** [ˈfləʊ] — течь

**to be ascribed to smb.** [... əˈskraɪbd...] — быть приписываемым кому-л.

**to remain** [rɪˈmeɪn] — оставаться

**unchangeable** [ˌʌnˈtʃeɪndʒəbl̩] — неизменный

**to appear** [əˈpiə] — оказываться

**rigid** [ˈrɪdʒɪd] — жесткий, устойчивый

**inflexible** [ɪnˈfleksəbl̩] — негибкий

**undefeated** [ˌʌndrɪˈfi:tɪd] — непобедимый

**to meet the needs** [ˈmi:t ðə,ni:dz] — удовлетворять требованиям

**to adjust to smth.** [əˈdʒʌst... ] — приспособлять к чему-л.

**to undergo smth. (underwent, undergone)** [ˌʌndəˈgəʊ... ] — подвергаться чему-л., претерпевать что-л.

**an empty container** [ˌempty kənˈteɪnə] — пустой сосуд

**to fill with smth.** — наполнять чем-л.

**to be reduced to smth.** [... rɪˈdʒu:st... ] — сводиться к чему-л.

**to feed information** [ˈfi:d ˌɪnfəmeɪʃn] — предоставлять информацию

**a master** [ˈmɑ:stə] — хозяин

**a will** — воля

**to be obliged to obey** [... əˈblaɪdʒd tə əˈbeɪ] — быть обязанным повиноваться

**a novelty** [ˈnɒvlti] — новшество

**to call smth. into being** [ˈkɔ:l... ˌɪntə ˈbi:ɪŋ] — вызывать что-л. к жизни

**cooperative learning** [kəʊˈɒpərətɪvˈlɜ:nɪŋ] — групповое обучение

**in pairs** [ɪn ˈpeəz] — парами

**to express one's own opinion** [ɪkˈspres... ˌəʊn əˈpɪnjən] — выражать собственное мнение

**severely** [sɪˈviəli] — строго, сурово

**competitiveness** [kəmˈpetətɪvnəs] — конкурентность, соперничество

**tolerance** [ˈtɔ:lərəns] — толерантность, терпимость

**helpfulness** [ˈhelpfʌlnəs] — взаимопомощь

**praise** [preɪz] — похвала

**to lay responsibility on smb.** [ˈleɪ ɪn,spɒnsəˈbɪləti] — возлагать ответственность на кого-л.

**to keep up with smth.** — идти в ногу с чем-л.

**to lag behind** [ˈlæɡ ,biˈhaɪnd] — отставать

**to update** [ʌpˈdeɪt] — модернизировать, совершенствовать

**to retrain significantly** [riˈtreɪn sigˈnɪfɪkəntli] — проходить существенную переподготовку

**flexibility** [ˌfleksəˈbɪləti] — гибкость

**willingness** [ˈwɪlɪŋnəs] — готовность

### Answer the question:

1. Has the technology helped to improve the educational system in our country? What changes has our system of education undergone lately? What do you think was the main factor that encouraged radical changes in the old system of education? Did you feel the drawbacks of the traditional teaching methods when you were a pupil or a student?
2. What were the roles of the teacher on the one hand and the pupil or student on the other in the educational process in the past? Why did the teacher stop being the only source of information? Where do you usually find information you need? Do you still use books, encyclopaedias, dictionaries and other publications as a source of information?
3. Have the relationships between the teacher and the pupil (or student) also changed? In what way did they become different? What is your attitude to the problem of a teacher's pet? Have you ever been one? What relationships help pupils and



students to work more efficiently? What difficulties might each of the students face with their studies? What might be the things that give them enjoyment?

4. Did you have a favourite teacher at school or university? What subject did she or he teach? Were you good at this subject? What qualities and skills in your opinion must a good teacher possess? Is it a difficult profession? Would you like to be a teacher?

**Here are some more topical words and expressions and some idioms that might be used in speech:**

- 1) **a truant** — прогульщик  
**to play truant** — прогуливать занятия  
**truancy** — непосещение занятий без уважительной причины
- 2) **a tutor** — преподаватель или консультант в британском колледже и университете; репетитор  
**a tutorial** — урок в британском колледже и университете, на котором небольшая группа студентов обсуждает с преподавателем какую-либо тему
- 3) **a first-class university degree** — диплом с отличием  
**a second-class university degree** — диплом с хорошими оценками  
**a third-class university degree** — диплом преимущественно с удовлетворительными оценками
- 4) **a mixed ability class** — класс, в котором собраны учащиеся с разными способностями
- 5) **to teach smb. a lesson** — преподавать кому-либо урок

- 6) **to be common knowledge** — быть общеизвестным фактом
- 7) **to ground someone in smth.** (*часто употребляется в пассивном залоге*) — обучать основам чего-либо
- 8) **to rack one's brains** — ломать себе голову над чем-либо
- 9) **to pick smb's brains** — использовать чужие мысли, присваивать чужие идеи
- 10) **to keep your wits about you** — сохранять способность к пониманию, что к чему; не утрачивать сообразительность

### Translate the following sentences:

1. Truancy has really become a serious problem at some secondary schools. Parents often do not know that their children are playing truant. Some schoolchildren become truants because by their knowledge they lag behind their classmates, others — because it is boring for them to attend one or another lesson. In any case the problem of truancy could be solved by increasing students' motivation and interest.
2. In the British system of education a tutor is responsible for preparing students for discussion on serious issues of a subject, so the University authorities recommend that all tutorials be attended.
3. Graduates can be awarded a first-class, second-class or third-class university degree depending on the results of their examinations and research work.
4. Mixed ability classes include students with different levels of educational ability that makes teachers develop efficient teaching methods and a new approach to education.

5. Susan is always late; she needs teaching her a lesson otherwise she will never give up this bad habit.
6. It is common knowledge that students' performance greatly depends on their attendance.
7. Trainees are grounded in the basic skills of their jobs and professions.
8. John racked his brains trying to find the right way of solving the problem.
9. He has achieved his position through his remarkable capacity for picking other people's brains.
10. He could concentrate on necessary points in difficult situations and kept his wits about him all the times.

# THE SYSTEM OF EDUCATION IN THE UNITED KINGDOM (UK)



## PRIMARY AND SECONDARY SCHOOL EDUCATION IN THE UNITED KINGDOM

Virtually, there are two systems of education in the UK: one which is used in England, Wales and Northern Ireland and one covering Scotland. The two education systems are very close in their structure but they have different emphasis. Traditionally the English, Welsh and Northern Irish systems have laid special stress on depth of education whereas the Scottish one has emphasised breadth of knowledge.

Generally, the education system in the UK is divided into four main parts: primary education, secondary education, further education, and higher education. The first two periods of education (primary and secondary) which run from about five years of age until the student is sixteen are compulsory and free for all children. Primary education begins with a nursery period for kids under five. In nursery schools they do not have real classes; they learn some elementary things such as numbers, letters and colours. Besides, they play different games, have lunch and sleep there.

In addition to nursery schools, primary education includes infant (for kids from five to seven) and junior schools (for kids between seven and eleven). The main goals of primary education are achieving basic literacy and numeracy as well as learning fundamentals of geography, history, biology and other social sciences.

The division between primary and secondary education generally occurs at about twelve years of age which is referred to as adolescence. Secondary education which is also compulsory starts when children achieve the age of eleven or twelve years old. It lasts for five years — one form to each year. Pupils begin learning a range of subjects stipulated under the National Curriculum. Until the age of sixteen all boys and girls must have full-time education. Each school organises its timetable differently so lessons might last 35, 40, 45 or 60 minutes.

There are several types of school in the British secondary education system, a grammar school being the oldest and the most popular one. Originally it was a school that taught Latin, hence its name. Later the curriculum included Ancient Greek and the two classical languages became the main subjects for learning. In the course of time, a grammar school turned into an academically oriented secondary school which was differentiated from less academic secondary modern schools in recent years. Now the curriculum in these schools has been broadened enough and besides Latin and Ancient Greek students are taught English and other European languages, natural sciences, mathematics, history, geography, and other subjects. A grammar school is intended for pupils aged from eleven to eighteen to which entry is controlled by a special written examination.

The large majority of schools in the UK are coeducational but grammar schools, which give state secondary education of a very high standard, teach boys and girls separately. British schools are either state ones funded by the government and free for all pupils or they are independent and charge fees to the parents of pupils. Independent schools have an excellent reputation for high level of teaching and learning and almost all pupils go onto prestigious universities after leaving school.

At the age of sixteen all pupils take a series of exams called the General Certificate of Secondary Education (GCSE) usually

in about eight to ten subjects which must include English and mathematics and science. If pupils are successful, they can make their choice: they may go to a further education college or a polytechnic or they may continue their education in the next form at a secondary school. The period of education in the latter case is sometimes referred to as a high school (as distinct from a higher one). In a high school pupils study for two more years and at the end pass A level examinations in two or three subjects. It is necessary to be submitted to one of the universities of the UK.

### Words and Expressions

**emphasis** [ˈemfəsis] — акцент, упор

**to lay special stress** [ˈleɪ ,speɪl ˈstres] — придавать особое значение

**depth** [depθ] — глубина

**to emphasise** [ˈemfə ,saɪz] — делать упор на что-л.

**breadth** [bredθ] — широта

**to run** — зд. охватывать период

**a nursery period** [ˈnɜːsəri] — дошкольный период

**an infant** [ˈɪnfənt] — ребенок 5–7 лет

**a junior** [ˈdʒuːniə] — младший школьник

**a goal** [gəʊl] — цель

**division** [dɪˈvɪʒn] — деление, граница

**adolescence** [ˈædə ,lesns] — юность

**a range of subjects** [ˈreɪndʒ əv ,sʌbdʒɪkts] — ряд предметов

**to stipulate** [ˈstɪpjʊ ,leɪt] — обуславливать, оговаривать

**a timetable** [ˈtaɪm ,teɪbl] — расписание

**to be differentiated from smth.** [...,dɪfə'reɪnʃi,eɪtɪd...] — различивать с чем-л.

**to be broadened** [... 'brɔ:dənd] — расширяться

**a natural science** ['nætʃərəl ,saɪəns] — естественная наука

**to be intended for smb.** [ɪn'tendɪd...] — предназначаться для кого-л.

**entry** ['entri] — поступление (*в школу*)

**of a very high standard** [... 'haɪ ,stændəd] — очень высокого уровня

**separately** ['sepərətli] — отдельно

**to be funded by smb.** [... 'fʌndɪd] — спонсироваться кем-л.

**to charge fees to smb.** ['tʃɑ:dʒ ,fi:z] — возлагать расходы за обучение на кого-л.

**to make a choice** [... tʃɔɪs] — делать выбор

**in the latter case** [... 'lætə ,keɪs] — в последнем случае (*из перечисленных*)

**A level (Advanced level) examinations** ['eɪ ,levl / əd'vɑ:nst... ɪg,zæmɪ'neɪʃn] — экзамены для учащихся средней школы продвинутого уровня, необходимые для поступления в университет

**to be submitted to a university** [... sləb'mɪtɪd tə ə ju:nɪ'vɜ:səti] — быть принятым в университет

### Answer the questions:

1. Do all countries of the United Kingdom have the same education system? Is the difference very distinctive? Do we have a common education system in all regions of Russia? What are the main stages of the whole system of education in the UK? What age group is each

of them intended for? Is pre-school education included in primary education in Russia? Is secondary education compulsory and free for all pupils in the UK? What features are independent schools characterised by?

2. What activities are kids in nursery schools engaged in? What subjects are children in a primary school taught? At what age do schoolchildren enter a secondary school? How long does this stage of learning last? What exams do they take at the age of sixteen? Do our schoolchildren have exams at this age?
3. What way can schoolchildren in the UK choose after passing the GCSE exams? Is studying at a high school compulsory? What chance is given to schoolchildren who have passed A level examinations?
4. What kind of school is traditional and the oldest one in the system of education in the UK? Why are these schools called grammar? How did the curriculum of grammar schools change in the course of time? Do girls and boys study together in all schools in the UK? Do we have single-sex school in Russia?

**Here are some topical words whose meanings are very close. To differentiate them study the situations in which they can be used:**

**to learn — to study**

**We study in order to learn.** — Мы учимся для того, чтобы знать что-либо (*приобретать знания*).

1.

- a) **to learn** — учить (*что-л.*), изучать, учиться

**Schoolchildren begin to learn fractions in maths in the sixth form.** — Школьники начинают изучать дроби на уроках математики в шестом классе.



**There is a group of kids in the swimming-pool; they are learning how to swim.** — В бассейне группа маленьких детей. Они учатся плавать.

**For the next classes in grammar we have to learn all structural types of sentences.** — К следующему уроку по грамматике нам нужно выучить все структурные типы предложений.

**Where is Ann? — She is learning a poem by heart in the next room.** — Где Анна? — Она в соседней комнате учит стихотворение наизусть.

**You have to learn (how) to be more careful and patient.** — Тебе следует научиться быть более внимательным и терпеливым.

b) **to learn** — знать, узнавать

**We did not learn anything about the situation and could not help them in due time.** — Мы ничего не знали об этой ситуации и не смогли им помочь своевременно.

**She will do her best to keep you from learning her secret.** — Она сделает все возможное, чтобы ты не узнал ее секрета.

2. **to study** — изучать, заниматься, учиться (*обычно посещая занятия в школе, институте, университете и т. д.*)

**When you study, you make an effort to learn a particular subject, usually by going to classes or reading and doing research.** — Когда вы учитесь где-либо, вы прилагаете усилия к тому, чтобы изучить определенный предмет, и для этого вы посещаете занятия либо читаете или проводите научное исследование.

**He has been studying foreign languages for seven years and succeeded in this.** — Он изучает иностранные языки в течение семи лет и достаточно преуспел в этом.

**Michael was studying to be a lawyer at Cambridge University.** — Майкл учился на адвоката в университете Кембриджа.

**Harry is studying for a first degree in history.** — Гарри учится в университете и по окончании получит степень бакалавра по истории.

**We will study the effect of technological development on the problem of employment.** — Мы будем изучать воздействие технологического прогресса на проблему занятости населения.

Таким образом, значения глаголов **to learn** и **to study** могут совмещаться только частично. Эти случаи охватывают значения глагола **to learn**, перечисленные в пункте 1а. Самым надежным способом различения этих значений и правильного выбора глагола является наличие или отсутствие имплицитированного (*предполагаемого*) смыслового компонента «в классе, в университете и т. д.». В первом случае употребляется глагол **to study**, во втором — **to learn**.

**A baby, an infant, a toddler, a teenager, a child, a kid, an adolescent, a youth**

Основным принципом дифференцирования значений данных слов является возрастной признак. **A baby** или **an infant** — ребенок от рождения до полутора лет; **a toddler** — ребенок, который учится ходить (примерно от года до двух лет); **a teenager** — подросток в возрасте от 13 до 19 лет; **a child** — ребенок младшего и среднего возраста от рождения до 14 лет.

Таким образом, предыдущие значения слов **a baby, an infant, toddler** и частично **a teenager** могут совпадать со значением **child**. **A kid** — неформальное слово для значения **child**; **an adolescent** — юноша, девушка, подросток (от 13 до 19 лет это значение совпадает со значением **teenager**); **a youth** — юноша (особенно тот, который является членом подростковой преступной группировки), в собирательном значении **youth** — молодежь.

**Pay attention to the use of the words with the common meaning “child” and translate the sentences into Russian:**

1. There was a famous baby boom in the US and Europe between about 1945 and 1964.
2. Infants and elderly people are particularly at risk when an economic crisis occurs.
3. A toddler is a very young child who is learning how to walk.
4. She became a tennis champion when she was a teenager.
5. She decided to devote her life to educating little children.
6. They took their kids to the zoo at weekends.
7. He looked like an adolescent though he was in his early thirties.
8. Sport provides a way for the nation's youth to express themselves.
9. The gang of youths was suspected in stealing cars.

## **PUBLIC SCHOOLS IN THE UK**

Along with state schools that are funded by the government and free for all pupils, in the UK there exist independent schools that charge fees to the parents of pupils. About five per cent of schoolchildren attend these schools. A public school is one

of the examples. The term “public” seems misleading and confusing for Russian students because in the Russian language public means social and available for everybody which by itself presupposes free admission and learning. However virtually, British public schools are elite ones, prestigious, and of high standard. They are financed by some organisations mainly by those dealing with the charitable activity. Most of them are boarding schools where children live as well as study.

A public school is actually a private school. To understand why these schools are called so, it is necessary to refer to the history of British education. The matter is that in the early times when children were educated at home, “public” in combination with “school” was first opposed to “private” rather than “individual”. It was used in contrast to private education at home, the tradition which was a general practice for very wealthy families that could afford tutors for their children. Public schools were organised for many, not for one person and were located out of home. Moreover, this school was opposed to a religious school which only members of a certain church could attend. From this viewpoint public schools were open to many children, hence they got the name “public”.

First the term “public” was adopted by Eton College and denoted the fact that it was opened to the people who were able to pay for their children’s learning. The prestige and privilege are based on the historical backgrounds of the schools. They played an important role in the development of the Victorian social elite. These schools were intended for children of gentlemanly elite of Victorian politics, armed forces and colonial government. Very often successful businessmen sent their sons to public schools to emphasise their belonging to the elite.

The curriculum of the leading public schools comprised mainly classics and physical activity for boys and young men of the upper and upper middle classes. Though it was a privileged

school, corporal punishment was applied to pupils who broke the rules and order adopted in the school. Later the classic-based curriculum was criticised for not providing skills in science and engineering and some changes were introduced. However, corporal punishment remained until the end of the XX century; it was abolished only in 1984.

Today public schools have kept their status. They practice a single-sex education. Only boys are admitted to the educational establishments and what is more, the potential pupils must belong to the British elite. The main goal of the teaching process is to develop positive emotions, independent thinking, tolerance and respect to other people. Most of the school leavers continue their education at Cambridge or Oxford University.

Here are some most famous public schools in the UK: Eton College, Clifton College, Wellington College, Bedford School, Harrow School, Rugby School, Westminster School and the others. Among their school-leavers a lot of famous and popular people can be found. For instance, nineteen British prime ministers graduated from Eton College in different times: Robert Walpole, Duke of Wellington, David Cameron — to name just a few. The future writers and poets studied at Eton College: Henry Fielding, Aldous Huxley, Percy Bysshe Shelley, George Orwell, and Ian Fleming. Besides, the future British monarch prince William and his younger brother prince Harry were among the schoolboys of Eton College.

### Words and Expressions

**a public school** [ˈpʌblɪk ˌsku:l] — привилегированная частная школа для мальчиков

**misleading** [mɪsˈli:dɪŋ] — вводящий в заблуждение

**confusing** [kənˈfju:zɪŋ] — вызывающий недоразумение

**free admission** [ˈfri: əd,mɪʃn] — поступление в учебное заведение на бюджетной основе

**elite** [ɪˈli:t] — элитный

**a boarding school** [ˈbɔ:dn̩ ,sku:l] — школа-интернат

**private** [ˈpraɪvət] — частный

**to refer to smth.** [rɪˈfɜ:z] — ссылаться на что-л., обращаться к чему-л.

**to be opposed to smth.** [... əˈpəʊzd...] — противопоставлять-ся чему-л.

**wealthy** [ˈwelθi] — состоятельный, богатый

**a tutor** [ˈtju:tə] — репетитор

**a church** [tʃɜ:tʃ] — церковь

**to be adopted** [... əˈdɒptɪd] — быть принятым к употреблению

**gentlemanly** [ˈdʒentlmənli] — зд. потомственный

**belonging** [bɪˈlɒnɪŋ] — принадлежность

**an upper class** [ˈʌpə ,kla:s] — высшее общество

**corporal punishment** [ˈkɔ:pərəl ,plɪʃmənt] — телесное наказание

**to be applied to smb.** [... əˈplaɪd...] — применяться к кому-л.

**to break rules and order** [ˈbreɪk ,ru:lz ənd ˈɔ:də] — нарушать правила и распорядок

**to abolish** [əˈbɒlɪʃ] — отменять

### Answer the questions:

1. Who are state schools in the UK financed by? Who are tuition fees laid on mostly in independent schools? What traditions distinguish public schools from state and some independent ones? What organisations take part in funding public schools?

2. The name “public” seems misleading and confusing, doesn’t it? Why? Why were these schools in the UK called public? Would you like to study in one of them? Why (not)? What was the most famous school that got this name first? Whose children were admitted to these schools at that time? Do we have prestigious and privileged schools in Russia?
3. What subject and activities did the pupils in public schools learn in the past? What changes were introduced in the curriculum later? In what way were pupils disciplined there? Do you think this measure of punishment would be effective in our schools now?
4. What traditions of public schools have remained until now? What personality traits are they trying to develop in their pupils? Where do the public schools leavers continue their education? What are the most famous public schools? What famous people graduated from Eton College in different times?

**Check yourself if you use properly the terms referring to the topic “Education in the UK”:**

1. The school where boys and girls study together is called a... school (coeducational / single-sex).
2. A public school is... (available for everybody / a private and privileged one for boys).
3. A boarding school is an educational establishment where children... (study and have meals / study and live).
4. A grammar school is a school where children specialise in learning ... (grammatical aspects of different modern languages / ancient Greek and Latin along with other subjects).
5. An amount of money that students have to pay for their education is called... (tuition fees / a loan).

6. A famous person, especially in entertainment or sport, is called... (a person prodigy / a celebrity).
7. An amount of money that an organisation gives to someone so that they could study at a particular school or university is a... (grant / scholarship).
8. A person who gives private lessons in a particular subject is a... (tutor / a private teacher).
9. In independent universities students... (have to pay tuition fees / are awarded scholarship).
10. Attendance of classes and lectures at the university is... (compulsory / optional).

## HIGHER EDUCATION IN THE UK

The system of higher education in the United Kingdom includes universities, colleges of higher education and a number of small specialised colleges in the direction of the Fine Arts, music, agriculture or technology which tend to provide more work-oriented courses than universities. To be submitted to a university or another higher education establishment, schoolchildren of the last form of a secondary school (the stage of high school) have to take A level examinations in two or three subjects. Usually they come to a decision to get higher education at the age of eighteen. But good examination results are not sufficient for an applicant to become a student — to have an idea about their knowledge, interests, and inclination to research work all candidates are invited for an interview.

There are over one hundred universities that offer various degree programmes for students from the UK and around the world. The most famous and time-honoured are the Universi-



ties of Oxford and Cambridge that were founded in the XII and XIII centuries respectively. They still retain their old traditions. London University is also well-known throughout the world. British universities are self-governing and academic independence is guaranteed to them. Education and scientific research are financed by different funding councils set up by the Parliament.

Higher education in the UK is not free and tuition fees system varies greatly depending on many factors. For example, a resident has to pay £2000 for an academic year whereas for a foreign student it costs much more to be taught at the university during the same period — £16000. However, about ninety per cent of students get state grants to cover tuition fees and everyday expenses: accommodation, food, books, etc. Besides, each of them can apply for a student loan.

Universities are structured identically throughout the UK. Each of them usually consists of colleges that in turn comprise some departments. A group of related departments form a faculty. An academic year is divided into three terms: the autumn term, the spring term, and the summer term with a period of holidays in between — Christmas, Easter or summer. The head of the University is the Chancellor who is elected for life.

The University provides some stages of education. Virtually, the first degree course continues for three years. However, lately the “sandwich course” is increasing in popularity in spite of the fact that it lasts for four years. It is called so because it involves one year’s practice in the workplace in the third year and is followed by the final academic year. Some professional degrees like medicine, veterinary, law etc. have longer programmes that can be as much as five years. After completing the degree courses graduates are awarded a Bachelor’s degree in Arts, Science, Engineering,

Medicine etc. Later they can apply to take a further degree course and study for one or two years more to get a Master's degree and finally after three or five years — a higher degree of Doctor of Philosophy (PhD). Thus, scientific research is an important part of the university's curriculum.

Degree programmes of the British universities have won popularity throughout the world. More and more students including Russian go to the UK to get higher education that guarantees acquiring high qualifications and useful skills.

### Words and Expressions

**the Fine Arts** [ˈfaɪn ,ɑ:ts] — изобразительные искусства

**agriculture** [ˈægrɪ ,kʌltʃə] — сельское хозяйство

**to tend** — иметь тенденцию, зд. обычно

**high school** [ˈhaɪ ,sku:l] — последние классы средней школы

**a decision** [dɪˈsɪʒn] — решение

**sufficient** [səˈfɪʃnt] — достаточный

**inclination** [ˌɪnklɪˈneɪʃn] — склонность

**time-honoured** [ˈtaɪm ,ɒnəd] — освященный временем

**to be founded** [... ˈfaʊndɪd] — быть основанным

**respectively** [rɪˈspektɪvli] — соответственно

**self-governing** [ˌself ˈgʌvənɪŋ] — самоуправляющийся

**a funding council** [ˈfʌndɪŋ ,kaʊnsəl] — совет, обладающий финансовыми средствами

**to cover** [ˈkʌvə] — зд. компенсировать

**expenses** [ɪkˈspensɪz] — расходы

**a loan** [ləʊn] — заем, ссуда

**related** [rɪˈleɪtɪd] — зд. смежный

**a term** [tɜ:m] — семестр

**the Chancellor** [ˈtʃɑ:nsələ] — канцлер

**to be elected for life** [... ɪˈlektɪd ...] — избираться пожизненно

**in spite of** [ɪn ˈspaɪt əv] — несмотря на

### **Answer the questions:**

1. After what stage of the secondary education can school-leavers in the UK apply to a university? On what basis can they be submitted to a higher education establishment? Are good results of A level examinations enough to get into a university? Is the procedure of becoming a student different in Russia? Did you have to get an interview when you were an applicant?
2. What are the most famous old universities in the UK? Do they still retain their former traditions? What does it mean that British universities are independent and self-governing? Do British students have to pay tuition fees? What policy in relation to students helps compensate for their expenses? Is higher education in Russia free? Can our students apply to a bank for a loan?
3. Who is the head of the university in the UK? What parts does an academic year consist of? What holidays do British students have during a year? How is an academic year structured in the Russian universities? What holidays do you think British students enjoy most of all — Christmas, Easter or summer? What holidays do you usually look forward to?
4. What degree are British students awarded after the first stage of higher education? What is a “sandwich course”? How long does the first stage last? What is necessary to get a Master’s degree and then a PhD? Is the

present system of higher education in Russia similar to that in the UK? Would you like to continue your education in Great Britain or in some other country? What results do you expect?

**Here are some quotations about education and learning:**

**Education makes a people easy to lead but difficult to drive; easy to govern but impossible to enslave. (Henry Peter) —**

Образованный народ легко вести вперед, но им трудно управлять. Им легко руководить, но невозможно поработить. (*Генри Петер*)

**Education is a progressive discovery of our own ignorance. (Will Durant) —**

Образование постепенно (шаг за шагом) открывает нам наше собственное невежество. (*Уильям Дюран*)

**Education's purpose is to replace an empty mind with an open one. (Malcolm Forbes) —**

Цель образования — открыть разум навстречу знаниям, а не заполнить пустоту в голове. (*Малькольм Форбс*)

**Education is the key to unlocking the world, a passport to freedom. (Oprah Winfrey) —**

Образование — это ключ, открывающий врата во Вселенную, паспорт, обеспечивающий путь к свободе. (*Опра Уинфрей*)

**Education is not preparation to life; education is life itself. (John Dewey) —**

Образование — это не подготовка к жизни; это сама жизнь. (*Джон Дьюи*)

**Imagination is more important than knowledge. (Albert Einstein) —**

Способность к творческому воображению важнее знаний. (Альберт Эйнштейн)

**If one could only teach the English how to talk and the Irish how to listen, society would be quite civilised. (Oscar Wilde) —**

Если бы только можно было англичан научить разговаривать должным образом, а ирландцев — слушать, общество было бы вполне цивилизованным. (Оскар Уайльд)

**The best teachers are those who show you where to look, but don't tell you what to see. (Alexandra K. Trenfer) —**

Лучший учитель тот, который показывает, в каком направлении смотреть, но не говорит, что нужно видеть. (Александра К. Тренфер)

**I have never let my schooling to interfere with my education. (Mark Twain) —**

Я никогда не допускал, чтобы мое школьное обучение мешало моему самообразованию. (Марк Твен)

**Do something instead of killing time. Because time is killing you. (Paulo Coelho) —**

Делай что-нибудь, чтобы не убивать время, а то время убьет тебя. (Пауло Коэльо)

*Do you agree with all the quotations? Which of them would you take as a motto for your life?*

*How could you interpret the idea of the quotation “Education is a progressive discovery of our own ignorance”?*

## THE UK ACADEMIC DRESS

In the United Kingdom as well as in other European countries and in the United States and Canada, there is a time-honoured university tradition to provide graduates with a cap and gown which can be regarded as a symbol of entering the academic world and belonging to the learned society. This traditional form of clothing is also known as academic dress or academics. Nowadays it can be commonly seen at graduation ceremonies though not only graduates but sometimes undergraduate students of certain universities (mainly the old ones) have to wear academic dress and formerly they wore it daily.

Academic dress is somewhat different at each university but generally it consists of a gown (also known as a robe) with a separate hood and a square academic cap. Universities are free to design their own clothing using a wide range of available gown, hood, and cap patterns as well as colours and cloth. The modern gown for graduates awarded both a Bachelor's and a Master's degree is traditionally made of black cloth although occasionally it can be dyed in one of the university's colours. There is a slight difference in the fashion: the BA gown has bell-shaped sleeves while the MA gown has long sleeves closed at the end, with the arm passing through a slit above the elbow.

The hood as part of clothing performed originally a functional role: it was worn to protect the head from wind, rain, and snow. Now it has become a decorative element, so it is worn on special occasions. The colour and lining of hoods represent the rank and faculty of the wearer.

The academic cap is a flat square hat with a tassel suspended from a button in the top centre of the board. To be properly worn, the cap can be parallel to the ground though some people especially women wear it angled back.

Besides academic dress which is intended for graduates, there is a special kind of clothing for university officials, for instance Chancellor and Vice-chancellor.

Graduation day, a degree ceremony, is a special occasion in a student's life. Days before the event graduates are given their caps and gowns and they are proud to wear the academics during the ceremony. The occasion is kept formal and traditional and many officials make a speech in order to properly honour the achievements of the graduates.

### Words and Expressions

**the academic dress** [ˌækə'demɪk ˌdres] — университетская академическая одежда

**a cap and gown** ['kæp ənd ˌgaʊn] — шапочка и мантия / берет и плащ

**to be regarded** [rɪ'gɑ:dɪd] — считаться, рассматриваться

**a learned society** ['lɜ:nɪd sə'saɪəti] — научное общество

**formerly** ['fɔ:məli] — в прежние времена

**a separate hood** ['sepəreɪt ˌhu:d] — съёмный капюшон

**a square cap** [ˌskweə 'kæp] — квадратная академическая шапочка

**cloth** [klɒθ] — материя, ткань

**to dye** [daɪ] — окрашивать

**bell-shaped sleeves** [ˌbel 'ʃeɪpt ˌsli:vz] — рукава в форме колокола

**a slit** — прорезь

**an elbow** [ˈelbəʊ] — локоть

**on special occasions** [... ˈspeʃl ə ,keɪʒnz] — по особым случаям

**a lining** [ˈlaɪnɪŋ] — подкладка

**a rank** [ræŋk] — звание, высокое положение

**a wearer** [ˈweəɪə] — тот, кто носит данную одежду

**flat** — плоский

**a tassel** [ˈtæsl] — кисточка

**to suspend** [səˈspend] — подвешивать

**a button** [ˈbʌtn] — кнопка

**a board (of a cap)** [bɔːd] — квадратная горизонтальная доска, закрепленная на ермолке

**properly** [ˈprɒpəli] — должным образом

**angled back** [ˈæŋɡəld ,bæk] — с наклоном назад

**to honour the achievements** [ˈɒnə ðə əˈtʃiːvmənts] — зд. отметить достижения

### Answer the questions:

1. What tradition to honour their graduates are universities in the UK famous for? Are university graduates the only persons who can wear academic dress? What are the components of British academics? Is it unified in the way of cloth, colour and fashion for all British universities?
2. What distinguishes Bachelor's academics from Master's? The hood has become a decorative element now, hasn't it? What was its functional role in the former times? What do its colour and lining present? What does the academic cap look like? What way of wearing it is considered to be right?



3. Would you like any academic dress to be introduced for our graduates? What fashion and style could you suggest? What Russian symbols would you like to be embodied in the academic dress? What Russian designers do you think could take part in designing the Russian version of academics?
4. How is the graduation day arranged in the British universities? Why is it so important for British graduates? Do you remember your graduation ceremony? What were you wearing on this occasion? Whose speech and wishes impressed you most of all? Did any wishes come true?

**Here are some proverbs referring to the role of education:**

**Education is a gift that none can take away. —**

Образование — это дар, который никто не в силах отнять у человека, им обладающего.

**If you think education is expensive, try ignorance. —**

Если кто-то считает, что образование требует больших затрат, пусть попробует с этой точки зрения оценить результаты невежества.

**Seek education from the cradle to the grave. —**

Учитесь от самой колыбели до последних дней.

**If your plan is for one year, plant rice. If your plan for ten years, plant trees. If your plan is for one hundred years, educate children. —**

Если ваш план рассчитан на год, культивируйте рис, на десять лет — посадите деревья. Но если вы планируете на десять лет вперед, дайте образование детям.

**Your teacher can open the door, but you must enter through it by yourself. —**

Учитель может открыть перед вами дверь, но сделать шаг, чтобы войти в нее, вам придется самостоятельно.

**The love of money and the love of learning rarely meet. —**

Любовь к деньгам и любовь к учению редко пересекаются.

**Learning makes a good man better and a bad man worse. —**

Образование делает хорошего человека лучше, а плохого хуже.

**He that questions nothing learns nothing. —**

Тот, кто не задает вопросов, ничего и не знает.

**You will never know how far you can fly until you spread your wings. —**

Никогда не узнаешь, как далеко ты способен лететь, пока не расправишь крылья.

**An illiterate person doesn't see even if he (she) has eyes. —**

Необразованный человек, даже имея глаза, не способен видеть что к чему.

*Which of the proverbs could you choose as a slogan for your life?*

*How could you interpret the meaning of the proverb "An illiterate person doesn't see even if he (she) has eyes"?*

# MEDICINE, HEALTH AND CHARITABLE ASSISTANCE



## CONVENTIONAL MEDICINE

Health is a blessing that money cannot buy. These words belong to Izaak Walton, an English writer of the XVII century. However, everyone gets ill from time to time and needs a doctor. Conventional medicine is the best option for the majority of people in this case.

It is undisputed that medical science has made enormous advances lately. Most of the great “killer” diseases have been eradicated, and almost every day a new drug appears on the market. Key discoveries that were made both in our country and abroad in the previous centuries contributed to the medical science’s success. Some of them became a real medical breakthrough. Suffice it to mention creation of the smallpox vaccine or discovery of penicillin. Smallpox was the most dangerous infectious disease up the end of the XVIII century. It was the most feared and greatest killer of that time — more than ten per cent of the population died from it. Then quite unexpectedly in 1796 Edward Jenner discovered a vaccine that could defeat smallpox. Nowadays vaccination is an ordinary preventive procedure which is widely used in conventional medicine.

Another breakthrough was discovery of penicillin which was made by the British scientist Alexander Fleming in 1928. New medical achievements were also connected with a surgical trans-

plant procedure that was successfully developed in the XX century. The first heart transplantation was performed by Christiaan Barnard, a South African cardiac surgeon, in 1967. Since that time transplantation has become an ordinary surgery. Moreover, eighty per cent of operations on heart nowadays are bloodless which is regarded as the greatest advance in medicine. Scientists also predict that all types of cancer will be curable within the next twenty years and an AIDS vaccine will be soon discovered. As a result, the average life expectancy will rise to a hundred years in the near future.

The progress in medical treatment could be impossible without hi-tech diagnostic equipment which is widely used to diagnose some diseases. But despite the fact that many of them have been eradicated, new unknown illnesses appear from time to time, for instance new strains of flu: avian flu and swine flu. This makes scientists create new drugs and invent new technologies for treatment.

However at present, conventional medicine is experiencing a crisis of public credit. According to the surveys, less than forty per cent of people really trust doctors. Patients are turning away from conventional medicine to look for alternative (or natural) forms of treatment. The main reason is that conventional medicine has stopped to meet the needs of the majority of people. In spite of the apparent progress made by medical science, we are actually less healthy than our parents and grandparents.

Another reason is that representatives of conventional medicine have a one-sided view on the origin of a disease. They believe that diseases can be caused by germs, viruses, and toxins. So treatment is aimed on attacking these things whereas the mind and emotions of patients are not taken into account in this process. But many doctors who practice conventional medicine nowadays do not agree with this principle. They suppose that personality

and lifestyle are important while considering a patient's general health, so they try to treat the whole person.

It should be noted that patients are better informed today than ever before. Therefore they rely on alternative medical forms more and more.

### Words and Expressions

**conventional medicine** [kən'venʃənəl ,medsn] — традиционная медицина

**a blessing** ['blesɪŋ] — благо

**undisputed** [ˌʌndɪ'spju:tɪd] — неоспоримый

**an enormous advance** [ɪ'nɔ:məs əd,vɑ:ns] — большой прогресс

**a killer disease** ['kɪlə dɪ'zi:z] — болезнь, уносящая много жизней

**to eradicate** [ɪ'rædɪkeɪt] — искоренять

**a drug** [drʌg] — лекарство

**a breakthrough** ['breɪkθru:] — прорыв

**suffice it to mention** [sə'faɪs ɪt tə ,menʃn] — достаточно упомянуть

**a smallpox vaccine** [ˈsmɔ:l,pɒks ,væksɪ:n] — вакцина от оспы

**feared** [fiəd] — опасный

**to defeat** [dɪ'fi:t] — наносить поражение, побеждать

**preventive** [prɪ'ventɪv] — превентивный, профилактический

**surgical** ['sɜ:dʒɪkl] — хирургический

- a cardiac surgeon** [ˈkɑːdi.æk ˈsɜːdʒən] — кардиохирург
- an ordinary surgery** [ˈɔːdnəri ,sɜːdʒəri] — обычная хирургическая операция
- bloodless** [ˈblʌdləs] — бескровный
- cancer** [ˈkænsə] — онкология, рак
- curable** [ˈkjʊərəbl] — излечимый
- AIDS (Acquired Immune Deficiency Syndrome)** [eɪdz / əˈkwaɪəd ɪˈmjuːn dɪˈfɪʃnsi ˈsɪn,dreʊm] — синдром приобретенного иммунодефицита
- an average life expectancy** [ˈævərɪdʒ ˈlaɪf ɪkˈspektənsɪ] — средняя продолжительность жизни
- treatment** [ˈtriːtmənt] — лечение
- equipment** [ɪˈkwɪpmənt] — оборудование
- illness** [ˈɪlnəs] — болезнь
- a strain** [streɪn] — штамм
- avian flu** [ˈeɪviən ,fluː] — птичий грипп
- swine flu** [swaɪn...] — свиной грипп
- public credit** [ˌpʌblɪk ˈkredɪt] — общественное доверие
- a survey** [ˈsɜːveɪ] — обзор
- to trust** [trʌst] — доверять
- a patient** [ˈpeɪʃnt] — пациент, больной
- alternative forms** [ɔːlˈtɜːnətɪv ,fɔːmz] — нетрадиционные формы медицины
- apparent** [əˈpærənt] — очевидный
- healthy** [ˈhelθi] — здоровый
- a representative** [ˌreprəˈzentətɪv] — представитель

**a one-sided view** [ˌwʌnˈsaɪdɪd ˌvjuː] — односторонний взгляд

**an origin** [ˈɒrɪdʒɪn] — происхождение

**a germ** [dʒɜːm] — микроб

**to take into account** [... əˈkaʊnt] — принимать в расчет

**personality** [ˌpɜːsəˈnæləti] — личные свойства

**to rely on smth.** [rɪˈlaɪ...] — полагаться на что-л.

### Answer the questions:

1. What is the most popular medication which is used by conventional doctors? What medical achievements are considered real breakthroughs within the period of two centuries? Why could such diseases as smallpox and tuberculosis be defeated? What was the most outstanding surgical procedure used at the end of the XX century?
2. What diseases are known as dangerous and hardly curable nowadays? What new diseases have appeared recently? Why could doctors and scientists of all the countries joint their efforts in searching for new ways of treatment? What makes scientists be optimistic about the future prospects in treatment of patients?
3. What does the average life expectancy depend on in your opinion? How long do people in our country live on average? What do conventional doctors recommend to those who would like to live longer? Would you like to live until you are a hundred years old?
4. How does hi-tech equipment contribute to successful medical treatment? Which of the technological achievements could you name? Why are people trying to apply for treatment to alternative medicine in spite of the apparent conventional medicine's achievements? Do all conventional doctors recognise usefulness of alternative medicine?

**Here are some proverbs about health and medicine:**

**Good health is above wealth. / Health is better than wealth.  
/ Wealth is nothing without health. —**

Здоровье превышает богатства.

**Sleep is better than medicine. —**

Сон лечит лучше любого лекарства.

**Laughter is the best medicine. —**

Смех — лучшее лекарство.

**An apple a day keeps the doctor away. —**

Кто яблоко в день съедает, у того доктор не бывает.

**He who lives by medical prescriptions lives miserably  
(horribly). —**

Тот, кто живет на лекарствах, проживает ужасную жизнь.

**Prevention is better than cure. —**

Легче предупредить, чем вылечить.

**Time, not medicine, cures the sick. —**

Время лечит больных, не лекарство.

**There is no medicine to cure hatred. —**

Ненависть не излечить никакими лекарствами.

**The rich have medicines, the poor have health. —**

Богатым — лекарства, а бедным — здоровье.

**Death is the grand leveler. —**

Все равны перед лицом смерти.



*Do you agree that sleep and laughter are the best doctors?*

*Which proverb would you choose as a motto for your life?*

*How could you interpret the meaning of the proverb “Time, not medicine, cures the sick”?*

## ALTERNATIVE MEDICINE

Alternative medicine is sometimes called natural and this name emphasises the main difference between the two branches of medicine — conventional and alternative. The former uses drugs prepared on the chemical basis while the latter practises remedies made of herbs and plants or organic products. Besides, their methods of diagnosing diseases as well as medical examination are different. However both agree that a patient’s personality and lifestyle affect their physical and emotional health. They also recognise that diet and exercise go hand in hand in keeping healthy. Nevertheless for the time being conventional doctors have won the competition. But some of them are beginning to recognise that there is a lot of truth in the alternative ideas and believe that natural medicine can be a valuable aid. Others still regard it as a dangerous threat to their profession; moreover most doctors ignore any results of alternative medicine.

In spite of the apparent achievements of conventional medicine, there are still illnesses that are incurable — doctors can treat but cannot cure them. This makes patients resort to the help of alternative medicine. The use of natural medical techniques is not a new phenomenon. They have very deep roots. Some of the methods were practised many centuries ago. Throughout recorded history people used herbs and plants as medical remedies and coped with a lot of diseases.

Acupuncture is an ancient Chinese method. The origins of this therapy have been traced back over five thousand years, but it only began to be used in the West in the 1970s. Using this technique illnesses are treated by inserting needles into particular parts of the body. This procedure restores the natural balance of energy which is disturbed when a person is ill. Acupuncture is still a very popular and successful form of therapy.

Another alternative method is homeopathy. The popularity of the method can be proved by the fact that there exist special homeopathic chemist's shops and clinics. Homeopathy is a way of treating diseases by giving patients small amounts of natural substances that in large amounts will cause the illness.

In treating some psychiatric disorders hypnosis has been successfully used since early times. With this method people are put into a very relaxed state in which they seem to be sleeping but can still react to someone else's suggestions.

Along with the patient's body alternative medicine tries to influence his emotional state. This approach is known as a holistic treatment which is called so because it heals someone's mind, body, and spirit at the same time. For that, other kinds of treatment are practised, for example music therapy and aromatherapy. However there is an undisputed rule in medicine: you must not apply one and the same method to all patients. Every person requires individual care and there is no single approach that can meet every patient's health needs.

Alternative medicine has a lot of advantages. Firstly, its medication is safer than many drugs prescribed by conventional doctors since alternative doctors use natural substances. Secondly, some methods are more effective than those of conventional medicine. For example, hypnotherapy helps many people who suffer from insomnia or drug addiction, and homeopathy is capable to cure some functional disturbances. Thirdly, the alternative remedies have fewer

side effects. The skeptical attitude to alternative medicine is motivated by the fact that the methods are not scientifically grounded.

It is worth mentioning one more kind of medicine. Some approaches like meditation, yoga, and massage therapy are known as complementary medicine because they complement conventional medical treatment. Both alternative and complementary branches of medicine use the same remedies for treatment. The difference is that the former is often used instead of conventional medical techniques whereas the latter does not replace conventional methods but it is used in addition to them.

### Words and Expressions

**a remedy** [ˈremədi] — средство от болезни, лекарство

**an examination** [ɪg,zæmɪˈneɪʃn] — осмотр, обследование

**exercise** [ˈeksə,saɪz] — физические нагрузки, подвижный образ жизни

**to win a competition** [ˈwɪn ə ˈkɒmpə,tɪʃn] — выигрывать соревнование

**a valuable aid** [ˈvæljʊəbəl ,eɪd] — ценная (*полезная*) помощь

**a dangerous threat** [ˈdeɪndʒərəs ,θret] — опасная угроза

**incurable** [ɪnˈkjʊərəbəl] — неизлечимый

**to treat** [tri:t] — лечить

**to cure** [kjʊə] — вылечивать, исцелять

**to resort to smth.** [rɪˈzɔ:t...] — прибегать (*обращаться за помощью*) к чему-л.

**a phenomenon** [fəˈnɒmɪnən] — феномен, явление

**deep roots** [ˈdi:p ,ru:ts] — глубокие корни

- throughout recorded history** [θruːˌaʊt rɪˈkɔːdɪd ˌhɪstəri] — по свидетельствам истории
- a herb** [hɜːb] — трава, растение (*особ. лекарственные*)
- to cope with smth.** [kəʊp... ] — справляться с чем-л.
- acupuncture** [ˌækjʊˈpʌŋktʃə] — акупунктура, иглоукалывание, иглотерапия
- to trace** [treɪs] — отслеживать
- to insert needles** [ɪnˈsɜːt ˌniːdlz] — вставлять иголки
- to be disturbed** [... dɪˈstɜːbd] — нарушаться
- homeopathy** [həʊmiˈɒpəθi] — гомеопатия
- to prove** [pruːv] — доказывать
- a chemist's shop** [ˈkemɪsts ˌʃɒp] — аптека
- an amount** [əˈmaʊnt] — количество
- a natural substance** [ˈnætʃərəl ˌsʌbstəns] — природное вещество
- a psychiatric disorder** [ˌsaɪkiˈætrɪk dɪsˈɔːdə] — психическое расстройство
- hypnosis** [hɪpˈnəʊsɪs] — гипноз
- a suggestion** [səˈdʒestʃən] — внушение
- holistic** [həʊˈlɪstɪk] — холистский, целостный
- to heal** [hiːl] — излечивать, исцелять
- aromatherapy** [əˌrəʊməˈθerəpi] — ароматерапия
- medication** [ˌmedɪˈkeɪʃn] — медикаменты, лекарство
- to prescribe** [prɪˈskraɪb] — прописывать (*лекарство*)
- insomnia** [ɪnˈsɒmniə] — бессонница
- drug addiction** [ˈdrʌg əˈdɪkʃn] — наркозависимость
- a functional disturbance** [ˌfʌŋkʃənəl dɪˈstɜːbəns] — функциональное расстройство

**a side effect** [ˈsaɪd ɪˈfekt] — побочный эффект

**an attitude** [ˈætɪ,tju:d] — отношение (к чему-л.)

**to be grounded** [... ˈgraʊndɪd] — быть обоснованным

**it is worth mentioning** [... ˈwɜ:θ ˌmenʃnɪŋ] — стоит упомянуть

**a massage therapy** [ˈmæsɑ:ʒ ˌθerəpi] — массаж в лечебных целях

**complementary medicine** [ˌkɒmplɪˈmentəri ˌmedsn] — комплементарная (дополняющая) медицина

**to complement** [ˈkɒmplɪˌment] — дополнять

### Answer the questions:

1. Why is alternative medicine referred to as natural? Does it have a long history or is it a comparatively new phenomenon? Why do alternative doctors think that there is no use to treat only illnesses ignoring a patient's emotions and lifestyle? What reasons cause people to resort to the help of alternative medicine?
2. What forms of alternative medicine do you know? Have you tried one of them? What was the result of this treatment? What is acupuncture? What method of treatment is used in homeopathy? Have you ever bought any drugs in a homeopathic chemist's shop? What alternative form is successfully used in treatment of some psychiatric disorders?
3. Why is the alternative approach to treating patients called a holistic treatment? What kind of medicine, conventional or alternative, stands for an individual approach to a patient's health? What are the advantages of alternative medicine? Do you believe that alternative medicine can be successful? What is the reason for ignoring this form of medicine by some conventional doctors?

4. What kind of medicine is complementary medicine? Why is it called so? What do alternative medicine and complementary medicine have in common? What is the difference between them?

**Here are some quotations about physicians, patients and treatment:**

**The desire to take medicine is perhaps the greatest feature which distinguishes man from animals. (*Sir William Osler*) —**

Стремление принимать лекарство — это, по всей вероятности, первое, что отличает человека от животного. (*Сэр Уильям Ослер*)

**One of the first duties of the physician is to educate the masses not to take medicine. (*Sir William Osler*) —**

Одна из важнейших обязанностей врача — убеждать простых людей не увлекаться лекарствами. (*Сэр Уильям Ослер*)

**The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated. (*Plato*) —**

Самое большое заблуждение при лечении заболеваний заключается в том, что одни доктора лечат тело, а другие — душу, то есть то, что неделимо. (*Платон*)

**Walking is a man's best medicine. (*Hippocrates*) —**

Движение — лучшее лекарство. / В движении — жизнь. (*Гиппократ*)

**Drugs are not always necessary. Belief in recovery is. (*Norman Cousins*) —**

Лекарства не всегда необходимы, а вера в выздоровление — всегда. (*Норманн Кузенс*)

**Diagnosis is not the end, but the beginning of practice.**  
(*Martin H. Fischer*) —

Диагноз это не конец, а только начало лечения. (*Мартин Г. Фишер*)

**The patient does not care about your science; what he wants to know is can you cure him?** (*Martin H. Fischer*) —

Пациенту нет дела до вашей науки. Всё, что он хочет знать, это сможете ли вы его вылечить. (*Мартин Х. Фишер*)

**The best cure for the body is a quiet mind.** (*Napoleon Bonaparte*) —

Лучшим средством для лечения тела является спокойный рассудок. (*Наполеон Бонапарт*)

**As it takes two to make a quarrel, so it takes two to make a disease, the microbe and its host.** (*Charles V. Chapin*) —

Как и для ссоры, где как минимум необходимы два участника, так и для того, чтобы вызвать заболевание, нужны двое — микроб и его носитель. (*Чарльз В. Чапин*)

**The doctor of future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.** (*Thomas Edison*) —

В будущем врач не будет лечить пациента медикаментами. Он будет нацеливать его на заботу о собственном теле и диете, а также на профилактику заболевания. (*Томас Эдисон*)

*Which of the quotations do you think is the most topical for our time?*

*How could you interpret the quotation from Napoleon Bonaparte's speech "The best cure for the body is quiet mind"?*

## CHARITY IN RUSSIA

The living standard of people in every society is determined not only by its technological and cultural achievements, by the GDP or life expectancy but also by the philanthropic attitude towards those who are socially and economically disadvantaged. The more civilised the society is the greater protection is provided for the poor, the disabled or the unemployed. Though the main responsibility for providing the assistance lies with the government, a lot of non-governmental organisations are involved in the activity. These are mainly charitable societies and funds that offer financial or other support for those who need it.

Charity dates back to the medieval period. Until the XVIII century it was generally distributed through churches, almshouses or bequeathed from the rich. In the XIX century in Russia this philanthropic activity got the name of *metsenatstvo* that means patronage. A *metsenat* (a patron) is a person who helps develop sciences and arts donating his own money and possessions without any compensation. The term originates from the name of the ancient Roman state figure and writer, the patron of arts Gaius Cilnius Maecenas. Donation was carried out by the best representatives of the Russian society, mainly noblemen and entrepreneurs who really worried about the fate of their Fatherland. They donated their money and property to local charities. Their names are well-known in Russia as well as in the whole world. Pavel Tretyakov, Savva Mamontov, Savva Morozov donated generously to charities and patronised arts. Sometimes the whole dynasties participated in charitable deeds: the Stroganovs, the Golytsins, the Demidovs, and so on.

The XIX century was marked with so many philanthropists in Russia that it got the name “the gold age of charity”. Here are just a few facts. In 1802 the Golytsins opened a hospital for the



poor in Moscow for the money bequeathed by the prince Dmitry Golytsin. Savva Morozov contributed to the foundation of the Moscow Art Theatre; whereas Savva Mamontov took part in the foundation of the Moscow private Russian Opera that got his name. The Tretyakovs brothers were the founders of the picture gallery, now the world famous Tretyakov gallery whose first exhibits were taken from the private collection of paintings that belonged to the Tretyakovs.

At the present time the character of charity has greatly changed. We do not speak about philanthropic individuals any more — the whole charitable organisations and funds have emerged in our country. They raise money or other donations from volunteers to help people who are poor, ill, or need support. Nowadays charities cover a broad range of missions and can be grouped according to special directions: the health charity, the education charity, the animal charity, the environmental charity, the arts and culture charity, and some others.

The activity of various health charities is connected with supporting and treating the sick and disabled, working on cures for diseases, and promoting public awareness of specific health risks. Education charities serve schoolchildren and students from every age group from pre-school to high school education and beyond. Their volunteers take an active part in introducing experimental education and modern reforms; they also provide a financial aid for students and teachers.

Animal charities are carried out by some distinct organisations such as Wildlife Conservation Organisations, Pet and Animal Welfare Organisations, Hunting and Fishing Conservation Groups, and some others. The aim of environmental charities is to promote preservation and sustainable development for the environment. And finally, arts and cultural charities focus on preserving national artistic and cultural heritage.

Charitable organisations often largely depend on donations from businesses. These donations represent a major form of corporative philanthropy which is encouraged by our state. Some well-known entrepreneurs of modern Russia have created charitable funds for sponsoring social and cultural initiatives. So, in 1999 a charitable fund was organised by Vladimir Potanin with the aim of distributing scholarships and grants among students and professors of the leading state universities in Russia. The budget of the fund is formed by assignment of the company “Interros” owned by V. Potanin and his own finance. Another fund was set up in 1998 by Oleg Deripaska to carry out the programme on supporting sciences and young specialists as well as reconstruction of monasteries and temples. One more famous businessman Michael Prokhorov established in 2004 his “Charitable Fund of Cultural Initiatives” for supporting modern projects in sciences, education and sports.

Thus, these noble actions clearly indicate that such personal qualities as generosity, sympathy, and honesty have not disappeared in our society, which gives hope for a better future.

### Words and Expressions

**charity** [ˈtʃærəti] — благотворительность

**philanthropic** [ˌfɪlənˈθɜːrɪk] — филантропический

**disadvantaged** [ˌdɪsədˈvɑːntɪdʒd] — не имеющий каких-л. привилегий

**protection** [prəˈtektʃn] — защита

**the poor** [ruə] — бедные (*люди*)

**the disabled** [dɪsˈeɪbld] — люди с ограниченными физическими возможностями

**to lie with smb.** [laɪ...] — быть возложенным на кого-л.

**non-governmental** [ˌnɒnˌɡʌvnməntl] — неправительственный

**a fund** [fʌnd] — фонд

**to date back to smth.** [ˈdeɪt ˌbæk] — хронологически относиться к какому-либо периоду

**medieval** [ˌmediˈi:vɪl] — средневековый

**to be distributed** [... dɪˈstrɪbjʊ:tɪd] — распределяться

**an almshouse** [ˈɑ:mzˌhaʊs] — богадельня

**to be bequeathed** [... bɪˈkwɪ:ðd] — передаваться по завещанию

**patronage** [ˈpætrənɪdʒ] — покровительство, попечительство

**a patron** [ˈpeɪtrən] — покровитель, попечитель

**to donate** [dəʊˈneɪt] — жертвовать, дарить

**possessions** [pəˈzeʃnz] — собственность, имущество

**without any compensation** [wɪðˈaʊt ˈæni ˌkɒmpənˈseɪʃn] — безвозмездно

**to originate** [əˈrɪdʒəˌneɪt] — брать начало, происходить

**ancient** [ˈeɪnʃənt] — античный, древний

**donation** [dəʊˈneɪʃn] — пожертвование

**a nobleman** [ˈnəʊblmən] — дворянин

**an entrepreneur** [ˌɒntrəprəˈnɜ:] — предприниматель

**a fate** — судьба

**generously** [ˈdʒenərəsli] — щедро, великодушно

**to patronise** [ˈpætrənaɪz] — покровительствовать

**a dynasty** [ˈdɪnəsti] — династия

**a charitable deed** [ˈtʃærɪtəbl] — благотворительное дело

- a philanthropist** [fi'lænθrəpɪst] — филантроп
- the gold age** [ˌgəʊld 'eɪdʒ] — золотой век
- a prince** [prɪns] — князь
- a founder** ['faʊndə] — основатель
- an exhibit** [ɪg'zɪbɪt] — экспонат
- a painting** ['peɪntɪŋ] — картина, живопись
- to emerge** [ɪ'mɜ:dʒ] — появляться
- to raise money** ['reɪz ,mʌni] — собирать деньги
- a volunteer** ['vɒlən,tɪə] — волонтер
- to cover** ['kʌvə] — охватывать
- a broad range** ['brɔ:d ,reɪndʒ] — широкий диапазон
- various** ['veəriəs] — разный
- the sick** [sɪk] — больные
- a cure** [kjʊə] — курс лечения
- to promote** [prə'məʊt] — способствовать, содействовать
- awareness** [ə'weənəs] — осознание
- and beyond** [... bi'jɒnd] — и за ее пределами
- an aid** [eɪd] — помощь
- distinct** [dɪ'stɪŋkt] — отдельный, определенный
- wildlife** ['waɪld ,laɪf] — животный и растительный мир, флора  
и фауна
- a pet** — домашний питомец
- hunting and fishing** ['hʌntɪŋ ənd ,fɪʃɪŋ] — охота и рыболовство
- an aim** [eɪm] — цель
- preservation** [ˌprezə'veɪʃn] — сохранение
- sustainable** [sə'steɪnəbl] — постоянное, не прекращающееся

**artistic** [ɑ:ˈtɪstɪk] — художественный

**heritage** [ˈherɪtɪdʒ] — наследие

**to represent** [ˌreprɪˈzent] — представлять

**corporative philanthropy** [ˈk ɔ:pɹətɪv fɪ,læŋθrəpi] — корпоративная филантропия

**a scholarship** [ˈskɒləʃɪp] — стипендия

**assignment** [əˈsainmənt] — отчисления

**to own** [əʊn] — владеть

**finance** [ˈfaɪnæns; faɪˈnæns] — финансы

**a monastery** [ˈmɒnəstəri] — монастырь

**a temple** [ˈtempl] — храм

**to establish** [əˈstæblɪʃ] — учреждать

**noble** [ˈnəʊbl] — благородный, прекрасный

**generosity** [ˌdʒenəˈrɒsəti] — великодушие, щедрость

**sympathy** [ˈsɪmpəθi] — сочувствие

**honesty** [ˈɒnɪsti] — честность

### Answer the questions:

1. Can any society cope with its social and economic problems without charitable organisations' assistance? How can volunteers help raise money for supporting those who are disadvantaged? Do you always give money to beggars? Why? / Why not?
2. Charity is not a new phenomenon in our country. How were charitable deeds carried out in Russia before the XVIII century? What do you know about the Russian "metsenatstvo"? What were the most famous Russian representatives who donated their money and private property to charitable deeds? What charitable activities are they famous for?

3. What people in your opinion need a charitable support? In what other directions can charitable activity be carried out? Which of them do you think is the most important? Has individual philanthropic activity retained in modern Russia? What names of entrepreneurs or state figures are familiar to you? Why do you think these people get involved in charitable activity? How does the state encourage it?
4. Did you ever have to participate in raising money or other donations for any charitable deed? If so, who did you try to help? What do you know about charitable activity of the peace and human rights non-governmental organisation in our country? If there were a disaster in another city / town or country, how could you help the people in need? What can volunteers do to help solve the problem of homeless people in your city / town?

**Here are some proverbs about charity:**

**Charity begins at home, but shouldn't end there. —**

Благотворительность начинается дома, но там не заканчивается.

**Charity is the matter of the heart not of the pocket. —**

Путь к благотворительности лежит через сердце, а не через карман.

**Where there is no love there is no charity. —**

Без любви не может речь идти о благотворительности.

**Charity never made poor. Stealing never made rich, and wealth never made wise. —**

Благотворительность никогда не обедняла дающего. Воровство никогда не обогащало крадущего, а богатство никого не делало мудрым.

**Hands that give also receive. —**

Да не оскудеет рука дающего.

**What you give you get, ten times over. —**

Что отдаётся, восполняется вдесятеро.

**Gifts break rocks and melt hearts. —**

Дары разрушают скалы и растапливают сердца.

**Charity is not a bone you throw to a dog, but a bone you share with a dog. —**

Когда бросаешь собаке кость, — это не благотворительность. Благотворительность — это когда ты делишься костью с собакой.

**Go to friends for advice, to strangers for charity and to relatives for nothing. —**

Обращайся к друзьям за советом, к незнакомым — за милосердием, а к родным приходи просто так.

**Charity sees the need, not the cause. —**

Милосердие нацелено на необходимость помочь нуждающемуся, а не на искоренение причины этой необходимости.

*Do you accept all statements of the proverbs mentioned above?*

*Which of them would you choose as a motto for your own charity?*

*How could you interpret the meaning of the proverb “Charity is the matter of the heart not of the pocket”?*

# EATING HABITS

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## HEALTHY FOOD

Nowadays life expectancy in our country is considerably higher than before. It is quite evident that many people have a strong motivation to live a happier and longer life. The cases when four generations live in one family have not become rare. It goes without saying that the progress and achievements of medicine contribute to increasing life expectancy. However, there are some other factors which can lead to a longer life. Drinking, smoking or leading a stressful life can shorten our lives dramatically. On the other hand, eating habits and a balanced diet could be a help if not a cure in avoiding some diseases and health disorders.

Healthy food is rich in nutrients and good nutrition in turn keeps muscles, bones, internal vital organs, and other body parts strong for a longer period of time. Nutritious food is that which contains a lot of vitamins and minerals, something that many people are lacking in nowadays. By consuming it you will keep your immunity system in good condition and your organism will be able to fight against many diseases.

Healthy food contains useful substances like protein, potassium, fibre, and calcium which are necessary for a person to grow and be healthy. These substances are constituents of different products. For instance, protein can be found in meat, poultry, fish, and eggs; bananas, strawberries, avocado, and cucumbers are rich in potassium; whole grains, some vegetables and fruit, pulses, and



nuts provide fibre; low-fat dairy products and green leafy vegetables contain calcium, a chemical element that is an important part of bones and teeth. So, eating a healthy diet can help you get all the essential nutrients you need and limit your risk for a number of health conditions.

Those who want to be fit and healthy should also remember some restrictions in relation to sugar and salt consumption. Eating too much sugar can result in gaining weight as sugar contains nothing but calories and being overweight means a higher risk of getting heart disease. To cut down on sugar you should drink tea and coffee without it. Try to use unsweetened fruit juice rather than ordinary drinks which contain a lot of sugar; if possible, use less sugar in your cooking.

Consuming much salt can also cause some health problems. Everyone needs salt but not as much as many people actually use. So, cut down on salt whenever you can. It is also advisable to avoid cooking meals using large amounts of fat; choose lean meat or low-fat products instead. A good way of reducing fat in your diet is removing the skin from chickens, when cooking, and using fat-free milk. Remember that biscuits and cakes are also high in fat content. Large amounts of fat, sugar and salt will contribute to your unhealthy weight which in turn will increase a risk of cancer and other serious diseases. So, it is very important to create long-term healthy habits including eating healthy foods and regular exercise. If we improve our eating habits, we will be better equipped to deal with our stressful lifestyle.

People are too ready to be influenced by food advertising and try to eat the processed food which they see on the TV screen and magazines. What is advertised is often less healthy and more expensive than other simpler foods people always used to eat. So, ignore advertisements, listen to doctors and dieticians, and enjoy your meal!

## Words and Expressions

**healthy food** [ˈhelθi ,fu:d] — здоровая пища

**life expectancy** [ˌlaɪf ɪkˈspektənsɪ] — продолжительность жизни

**rare** [reə] — редкий

**dramatically** [drəˈmætɪkəli] — значительно, сильно

**an eating habit** [ˈi:tɪŋ ,hæbɪt] — зд. предпочтение в еде

**rich** [rɪtʃ] — богатый, насыщенный

**a nutrient** [ˈnju:triənt] — питательное вещество

**nutrition** [nju:ˈtriʃn] — питание, пища

**a muscle** [ˈmʌsl] — мускул

**a bone** [ˈbəʊn] — кость

**internal vital organs** [ɪnˈtɜ:nl ˈvaɪtl ˌɔ:gənz] — внутренние  
жизненноважные органы

**nutritious** [nju:ˈtriʃəs] — питательный

**to contain** [kənˈteɪn] — содержать, включать в себя

**to be lacking in smth.** [...ˈlækɪŋ...] — недоставать чего-л.

**to consume** [kənˈsju:m] — потреблять

**an immunity system** [ɪˈmjʊ:nəti ,sɪstəm] — иммунная система

**protein** [ˈprəʊti:n] — белок

**potassium** [pəˈtæsiəm] — калий

**fibre** [ˈfaɪbə] — клетчатка, пищевые волокна

**calcium** [ˈkælsiəm] — кальций

**a constituent** [kənˈstɪtjʊənt] — составная часть

**poultry** [ˈpəʊltri] — домашняя птица

**strawberry** [ˈstrɔ:bəri] — клубника

- a cucumber** [ˈkjuː,kʌmbə] — огурец
- whole grains** [ˈhəʊl ,greɪn] — цельные (*необработанные*) зерна
- a vegetable** [ˈvedʒtəbl] — овощ
- pulses** [ˈpʌlsɪz] — бобовые
- a nut** [nʌt] — орех
- a low-fat dairy product** [ˈləʊ ,fæt ˈdeəri ,prɒdʌkt] — молочный продукт с низким содержанием жира
- green leafy vegetables** [ˈɡriːn ,liːfi ,vedʒtəblz] — зеленые листовые овощи
- a health condition** [ˈhelθ kən,dɪʃn] — зд. заболевание
- a restriction** [rɪˈstrɪkʃn] — ограничение
- in relation to smth.** [... rɪˈleɪʃn...] — в отношении чего-л.
- sugar and salt consumption** [ˈʃʊɡə ənd ˈsɔːlt kən,sʌmpʃn] — потребление сахара и соли
- to gain weight** [ˈgeɪn ,weɪt] — набирать вес
- a calorie** [ˈkæləri] — калория
- to be overweight** [... əʊvəweɪt] — иметь избыточный вес
- unsweetened** [ʌnˈswiːtənd] — без добавления сахара
- fat** — жир
- lean meat** [ˈliːn ,miːt] — постное (*нежирное*) мясо
- to remove the skin** [rɪˈmuːv ðə ,skɪn] — снимать кожу
- a biscuit and cake** [ˈbɪskɪt ənd ,keɪk] — печенье и кекс (*или пирожное*)
- regular exercise** [ˈregjʊlə ˈeksə,sɪz] — регулярная физическая нагрузка
- to be better equipped** [... ɪˈkwɪpt] — быть лучше приспособленным

**food advertising** [ˈfu:d ˈædvə,tɑɪzɪŋ] — рекламирование продуктов питания

**processed food** [ˈprəʊsest...] — продукты, подвергшиеся обработке

**an advertisement** [ədˈvɜ:tɪsmənt] — реклама

**a dietician** [ˌdaɪəˈtʃɪn] — диетолог

### Answer the questions:

1. What factors contribute to a higher life expectancy? Which of them do you consider to be the most important? Have your eating habits changed lately? If so, in what way? What is in your opinion a balanced diet?
2. What is healthy food? What substances are vital necessary for everybody's life? What products contain the most useful substances? What products in large amounts are harmful for our health?
3. Do you use much sugar and salt when you have a meal? Is it difficult for you to cut down on sugar and salt? What diseases can excessive consumption of sugar lead to? Are you a sweet tooth?
4. Do you rely on food advertising when you choose eating habits? What diet is appropriate to you? Do you sometimes consult a dietician for choosing healthy food? How can you interpret the meaning of the Latin proverb "Edimus ut vivamus sed non vivimus ut edamus"?

### Here are some quotations about eating habits:

**You don't have to eat less, you just have to eat right.**  
(*Author unknown*) —

Вам нет необходимости есть меньше, вам просто нужно правильно питаться. (*Автор неизвестен*)

**People who love to eat are always the best people. (*Julia Child*) —**

Тот, кто любит хорошо поесть, всегда оказывается хорошим человеком. (*Джулия Чайлд*)

**The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. (*Mark Twain*) —**

Единственный способ сохранить здоровье — есть то, чего не хочется, пить — что не нравится, и делать не то, к чему душа лежит. (*Марк Твен*)

**It is easier to change a man's religion than to change his diet. (*Margaret Mead*) —**

Легче изменить вероисповедание человека, чем его вкусовые предпочтения. (*Маргарет Мид*)

**There is no sincerer love than the love of food. (*George Bernard Shaw*) —**

Нет более искренней любви, чем любовь к еде. (*Джордж Бернард Шоу*)

**Let food be thy medicine and medicine be thy food. (*Hippocrates*) —**

Пусть пища будет вашим лекарством, а лекарство — пищей. (*Гиппократ*)

**Life expectancy would go by leaps and bounds if green vegetables smelled as good as bacon. (*Doug Larson*) —**

Продолжительность жизни пошла бы в гору, если бы овощи пахли мясом. (*Дуг Ларсон*)

**Today more than ninety-five per cent of all chronic diseases are caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercises. (*Mike Adams*) —**

Сегодня более 90% всех хронических заболеваний вызвано продуктами, которые мы потребляем, их токсическими ингредиентами, дефицитом питательных веществ, а также недостатком физической нагрузки. (*Майк Адамс*)

**Vegetables are a must on a diet. I suggest a carrot cake, zucchini bread, and pumpkin pie.** (*Jim Davis*) —

Овощи должны входить в любую диету. Я бы пошел еще дальше и предложил морковный кекс, хлеб из кабачков и тыквенный пирог. (*Джим Дэвис*)

**Food is symbolic of love when words are inadequate.** (*Alan D. Wolfelt*) —

Еда может олицетворять собой любовь в ситуации, когда не подобрать нужных слов. (*Алан Д. Вольфэлт*)

*Which of the quotations do you agree with?*

*What recommendations would you choose for yourself if you wanted to change your eating habits?*

*How could you interpret the meaning of the words “People who love to eat are always the best people” and “Food is symbolic of love when words are inadequate”?*

## UNHEALTHY FOOD

For the last two decades a new kind of food has appeared in the cafés and restaurants of our country and at once gained in popularity, especially with the young and middle-aged generations. This is the so-called fast or junk food. Virtually, these two names denote the same thing emphasising different sides of it. “Fast food” implies that it is made and served very quickly and

you can take it away with you. Here the time component is very essential. The name “junk food” stresses the quality of contents of the food which is heavily refined and processed. That is why it is not rich in vitamins and minerals and, though high in calories, contains many harmful ingredients such as fat and a lot of sugar and salt. But whatever this food is called, it is unhealthy if consumed regularly and in great amounts.

Why has the food become so popular? First of all, because it is cheap and it is convenient to have it. This is what people want today. Then, in our fast-moving world we have less and less time to spend eating, to say nothing about cooking. This is probably another reason why many people prefer eating junk food to cooking a meal at home. As a result, our eating habits have changed due to lack of time. Moreover, TV advertising plays a very important role in forming our traditions and habits. Advertisers impose their own taste and choice on TV viewers by showing attractive and colourful pictures of foods persuading people to buy them. Besides, they emphasise the idea that fast food is appropriate and convenient for businessmen who can appreciate their own and somebody else’s time. A good example for those who are eager to imitate a businesslike activity!

What exactly is junk food? First and foremost, it is anything that is high in calories but lacking in nutrients. Hamburgers, hot dogs, crisps, and chocolate bars fall into this category. Pizzas, although they can have vegetable and cheese toppings, can be listed there too. As this food is rich in saturated fat, it is unhealthy because this type of fat is associated with a greater risk of cancer. Besides, those who consume the food regularly are prone to gain weight. This is a direct cause of many major illnesses, especially heart disease. Diabetics should be careful with foods which contain a lot of sugar.

However, even eating healthy food may have a harmful effect if it is consumed in large quantities. For instance, protein being a very useful substance, in large amounts can be really dangerous to our health. Moreover, the protein that comes from consuming animal related foods such as eggs, meat, and poultry contains saturated fat which can raise cholesterol in the blood. When this cholesterol accumulates, it forms plaque in the arteries that hinders the normal blood flow resulting in heart disease. So, it is recommended to cut down on consuming these foods.

Summing up, junk food is not bad in itself, it depends on how much you eat of this and whether you eat other things. If your diet is varied enough, then there is no problem. Make sure that you have a balanced diet.

### Words and Expressions

**to gain in popularity** [ˈgeɪn ɪn ˈpɒpjʊ,lærɪti] — завоевать популярность

**middle-aged** [ˈmɪdl ˌeɪdʒd] — среднего возраста

**fast food** [ˈfɑːst ˌfuːd] — фастфуд

**junk food** [ˈdʒʌŋk...] — еда всухомятку

**contents** [ˈkɒntents] — содержимое

**to be heavily refined and processed** [...ˈhevɪli rɪˈfaɪnd ənd ˈprəʊesɪt] — быть в значительной степени переработанным и очищенным от некоторых веществ

**an ingredient** [ɪnˈɡriːdiənt] — ингредиент, составная часть

**convenient** [kənˈviːniənt] — удобный (для употребления)



**a fast-moving world** [ˈfɑːst ˌmuːvɪŋ ˈwɜːld] — быстроразвивающийся мир

**an advertiser** [ˈædvəˌtaɪzə] — рекламодатель

**to impose smth. on smb.** [ɪmˈpəʊz...] — навязывать что-л. кому-л.

**a taste** [teɪst] — вкус (*к чему-л.*)

**a TV viewer** [ˌti ˈvi ˈvjuːə] — телезритель

**to persuade** [prəˈsweɪd] — убеждать

**exactly** [ɪɡˈzæktli] — точно, как раз

**first and foremost** [ˈfɜːst ənd ˈfɔːmɔːst] — прежде всего, в первую очередь

**high in calories** [ˈhaɪ ɪn ˈkælərɪz] — высококалорийный

**a hot dog** — сосиска в тесте

**crisps** [krɪspz] — чипсы

**a chocolate bar** [ˈtʃɒklət ˌbɑː] — плитка шоколада

**a topping** [ˈtɒpɪŋ] — начинка

**to list** — перечислять

**saturated fat** [ˈsætʃəˌreɪtɪd ˌfæt] — насыщенный жир

**to be prone** [... prəʊn] — быть склонным (*к чему-л.*)

**a direct cause** [dɪˈrekt; daɪˈrekt ˌkɔːz] — непосредственная причина

**a diabetic** [ˌdaɪəˈbetɪk] — диабетик

**in a large quantity** [... ˈlɑːdʒ ˌkwɒntəti] — в большом количестве

**animal related foods** [ˈænɪməl rɪˈleɪtɪd ˌfuːd] — продукты питания на животной основе

**to raise cholesterol** [ˈreɪz kəˈlestərdl] — повышать уровень холестерина

**to accumulate** [əˈkju:mʊ,leɪt] — накапливаться

**a plaque** [plæk; plɑ:k] — бляшка (*мед.*)

**an artery** [ˈɑ:təri] — артерия

**to hinder** [ˈhɪndə] — мешать, препятствовать

**a blood flow** [ˈblʌd ,fləʊ] — поток крови

### Answer the questions:

1. Why has fast food gained in popularity with many people in our country lately? What exactly is fast (or junk) food? What kinds of fast food are especially in great demand? Why is it considered unhealthy? What vital substances is it lacking in? Do you have to eat at a fast-food restaurant sometimes?
2. Have your eating habits changed lately? Would you rather eat out instead of having meals at home? What do you prefer to eat with your meals - vegetables and fruit and some unsweetened juice or hamburgers, pizzas with fizzy beverages? Do you always add salt to your food at the table? Do you prefer butter to olive oil?
3. How does food advertising influence your choice? Why are many people ready to follow recommendations of food advertisers? Do you think advertising is a very successful business?
4. What diseases can eating junk food cause if consumed in a large amount? What other unfavourable results can be expected in this case? What is in your opinion a balanced diet? Is your diet varied and balanced? Can you make up a recipe for your favourite vegetable dish?

**Give “yes” or “no” answer concerning your eating habits. Then, check your score given below for finding out what kind of diet you have:**

1. Do you eat at a fast-food restaurant more than once a week?
2. Do you often eat fresh fruit?
3. Do you eat red meat more than twice a week?
4. Do you usually eat large meal before you go to bed?
5. Do you eat salted snacks (crisps, nuts, etc.) at least once a day?
6. Do you have fresh vegetables with your meals less than three times a week?
7. Do you drink fizzy beverages more than once a day?
8. Would you rather eat out instead of at home?
9. Do you always add salt to your food at the table?
10. Do you prefer butter to olive oil?

Score

- 8 — 10 “yes” — a very unhealthy diet. Be careful!
- 5 — 7 “yes” — a fairly healthy diet
- 3 — 4 “yes” — a quite healthy diet
- 1 — 2 “yes” — a very healthy diet

## **VEGETARIANISM**

There are people who are known for their special eating habits. They do not eat meat, fish or poultry and products made of them. These people are referred to as vegetarians and their eating practice is called vegetarianism. According to the surveys,

nearly five million Americans (more than two per cent of the population) follow some form of a vegetarian diet. Basically, there are two kinds of this sort of people: relative vegetarians and absolute ones, or vegans. The former do not eat the body parts (or the meat) of any animal. This includes cows, pigs, chickens, sea animals, and any other animal; but they may still consume different products made of them, such as eggs and dairy foods (cheese, sour cream, etc.). Vegans unlike vegetarians refuse to eat both the body parts of the animals and eggs and dairy foods.

Despite the restriction of the diet, the benefits of vegetarianism outweigh the disadvantages. A vegetarian diet mostly contains potassium and fiber which can be found in such food as vegetables and fruit, pulses, and whole grains. Consuming these products which are not calorific provides a low risk of cardiovascular disease, lower blood pressure and as a result a longer life expectancy. Besides, vegetarianism provides a better weight control. People who follow the eating habits are less likely to become obese in comparison with those who are not vegetarians. Obesity can cause heart disease, some types of cancer and type 2 diabetes. So, in general we have strong arguments in favour of vegetarianism.

Moreover, a well-planned vegetarian diet can be adequate in protein and other essential nutrients. However vitamin B-12 which is of vital importance for people can be found only in animal-based foods such as meat, poultry, fish, eggs and dairy products, so those who follow vegan diets excluding dairy products and eggs need to obtain vitamin B-12 from supplements.

In addition to all advantages of vegetarianism, there is one more benefit that consists in the following: in many parts of the world living as a vegetarian is cheaper than living as a meat eater.

Not only does striving for a healthy life encourage vegetarians to follow their eating habits. By their lifestyle they protest against cruel treatment with animals. They think killing animals for the

sake of food causes huge suffering to them on a massive scale. Vegans also refuse to support companies that experiment on animals, exploit them for entertainment or kill them to use their skin for fur coats, footwear, and gloves.

But what should people who cannot live without delicious and nutritious meat do in the face of all these problems?

### Words and Expressions

**vegetarianism** [ˌvedʒə'teəriəˌnɪzəm] — вегетарианство

**a vegetarian** [ˌvedʒə'teəriən] — вегетарианец

**relative** ['relatɪv] — относительный

**a vegan** ['vi:gən] — веган

**an animal** ['ænɪml] — животное

**an egg** — яйцо

**cheese** [tʃi:z] — сыр

**sour cream** ['sauə,kri:m] — сметана

**calorific** [ˌkælə'rɪfɪk] — калорийный

**cardiovascular disease** [ˌkɑ:diəʊ'væskjʊlə dɪ'zi:z] — сердечно-сосудистое заболевание

**blood pressure** ['blʌd ˌpreʃə] — кровяное давление

**less likely** ['lesˌlaɪkli] — менее вероятно

**obese** [əʊ'bi:s] — тучный, полный

**obesity** [əʊ'bi:səti] — тучность, полнота

**in comparison with smb.** [... kəm'pærɪsn...] — в сравнении с кем-л.

**adequate** ['ædɪkwət] — зд. достаточный

**of vital importance** [... 'vaɪtl̩ ɪm'pɔ:tns] — первостепенной  
важности

**supplements** ['sʌplɪmənt] — биологически активные добавки  
(БАД*ы*)

**to obtain** [əb'teɪn] — получать

**cruel treatment** ['kru:əl,tri:tmənt] — жестокое обращение

**for the sake of smth.** [... seɪk...] — ради чего-л.

**huge** [hju: dʒ] — огромный

**on a massive scale** [...' mæsvɪ,skel] — в огромном масштабе

**a fur coat** ['fɜ: ,kəʊt] — шуба

**footwear** ['fʊtweə] — обувь

**gloves** [glʌvz] — перчатки

**delicious** [dɪ'lɪʃəs] — вкусный

### Answer the questions:

1. What is vegetarianism? What is the difference between a vegetarian and a vegan? Are you one of them? Do you know anyone who is keeping to these eating habits? What principles underlie vegetarianism? Which of them do you think are the most justified reasons: good health, protection of animals or a chance of a cheaper life?
2. What food is especially appropriate both for vegetarians and vegans? What nutrients does it contain? What are the benefits of vegetarianism? What medical problems can be solved by these eating habits? Can you find any disadvantages of vegetarianism for people who are keeping to the lifestyle?
3. How can those who have vegetarian eating habits compensate for the lack of vitamin-12 which is of vital importance? What do the people

protest against by their lifestyle? Why do you think they don't struggle against using for food some small sea animals (crabs, shrimps, etc.) and some land animals such as snails, frogs, etc.? Can you find any reasons for yourself to become a vegetarian?

### **Here are some quotations about vegetarianism:**

**Animals are my friends... and I don't eat my friends.**  
*(George Bernard Shaw) —*

Животные — мои друзья,... а друзей я не ем. (*Джордж Бернард Шоу*)

**It is my view that the vegetarian manner of living, by its pure physical effect on the human temperament, would most beneficially influence the lot of mankind.** (*Albert Einstein*) —

Я считаю, что вегетарианский образ жизни своим чисто физическим воздействием на темперамент человека смог бы самым благоприятным образом повлиять на судьбу всего человечества. (*Альберт Эйнштейн*)

**Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.** (*Thomas A. Edison*) —

Отказ от насилия — те высочайшие этические нормы, что являются целью любой эволюции. До тех пор, пока мы не перестанем наносить вред всем живым существам, мы остаемся дикарями. (*Томас А. Эдисон*)

**If slaughterhouses had glass walls, the whole world would be vegetarian.** (*Linda McCartney*) —

Если бы у скотобойни были прозрачные стены, весь мир стал бы вегетарианским. (*Линда Маккартни*)

**I did not become a vegetarian for my health, I did it for the health of the chickens. (Isaac Bashevis-Singer) —**

Я стал вегетарианцем не ради своего здоровья, а ради жизни цыплят. (Исаак Башевис-Зингер)

**People often say that humans have always eaten animals, as if this is a justification for continuing the practice. According to this logic, we should not try to prevent people from murdering other people since this has also been done since the earliest of times. (Isaac Bashevis Singer) —**

Часто приходится слышать, что люди употребляли в пищу животных испокон веку, как будто это может служить оправданием для продолжения такой практики. Если следовать этой логике, то не нужно мешать людям убивать друг друга, так как это тоже делается с незапамятных времен. (Исаак Башевис-Зингер)

**The thought that two thousand people are crunching celery at the same time horrified me. (George Bernard Shaw) —**

Мысль о том, что две тысячи человек одновременно жуют сельдерей, ужаснула меня. (Джордж Бернард Шоу)

**The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of “real food for real people”, you’ve better live real close to a real good hospital. (Neal D. Barnard) —**

Мясная индустрия способствовала гораздо большему количеству гибели американцев, чем войны, природные катаклизмы и автомобильные катастрофы вместе взятые, которые произошли в этом веке. Если с мясом связано ваше представление о «настоящей пище для настоящих людей», то вам лучше жить реально близко к реально хорошей больнице. (Нил Д. Барнард)



**We are quite literally gambling with the future of our planet — for the sake of hamburgers. (Peter Singer) —**

Мы буквально играем с огнем с будущим нашей планеты — ради потребления гамбургеров. (Питер Сингер)

**A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral. (Leo Tolstoy) —**

Человек вполне может жить и быть здоровым, не убивая животных для того, чтобы приготовить себе пищу. Поэтому, если он ест мясо, он отбирает у животного жизнь ради своего аппетита. (Лев Толстой)

*What quotation in your opinion justifies the vegetarian manner of life unconditionally?*

*Comment on George Bernard Shaw's words "The thought that two thousand people are crunching celery at the same time horrified me".*

## FITNESS AND SPORTS



## HEALTH AND FITNESS

One of the most typical features of people's lifestyle in the modern world is hypodynamia, the term that designates reduction of man's activity. The way of life has greatly changed as a result of technological progress and achievements. Automation replaced manual labour, increasing its productivity, introduction of computers made people less mobile, allowing them sitting in one place to solve distant problems, and the developed transport system provided a chance to comfortably travel to any part of the world. So, we do not need to make great efforts for doing something. Besides, quite a number of employees are accustomed to a sedentary life as they have to spend the whole working day sitting in the office or at home if they work from home.

It has become clear that modern people are suffering from lack of physical activity. This way of life leads to functional disorders of vital life organs of man and causes many diseases. There even appeared a term denoting this type of inactive people — a couch potato. It refers to someone who likes to stay at home lying comfortably on the sofa, watching TV, and eating junk food at the same time. There is no need for them to move — they have everything at hand: the bed, the meals, and the entertainments. Doctors are worried by the situation and call everybody to a healthy lifestyle.

Regular physical activity is necessary for everyone irrespective of their age, sex, and personality. People taking regular

exercise have a healthy immune system; besides they are fit and strong, much more productive at work and can easily manage stressful situations. Exercise can help prevent excess weight gain as well as increasing weight loss. What is more, when you are involved in a physical activity, a great amount of calories are burnt. Moreover, regular exercise contributes to keeping you emotionally strong and feeling positive; so, you will be better able to cope with unexpected and difficult problems. Thus, benefits of fitness are evident.

No wonder that the desire to look and to be successful encouraged many young and middle-aged people to get interested in their own physical and emotional state. So, fitness has become their goal along with a career and prosperity. Everybody can choose the best and the most appropriate way for them to keep fit. It really depends on your personality. If you are a competitive kind of person, you will probably play some kind of sport. A sociable type will prefer team sports such as football, hockey, basketball whereas a “loner” will rather choose individual sports like tennis, badminton or squash. For those who do not want to compete, there are a lot of other alternatives. Walking, jogging, running, cycling are also enjoyable forms of exercise.

Fitness centres have gained in popularity with people from all walks of life. There are also many gyms and health clubs to join, which provide weight training facilities and sometimes offer training to suit one's individual needs.

Thus, fitness presupposing the state of being physically and emotionally strong is a very important factor of life in the modern society. Everybody understands its importance. However, there are many people who avoid taking exercise. The reasons for it are, firstly, time, secondly, lack of confidence in physical ability and then a mix of embarrassment about the body size, lack of results

and boredom. But these have nothing to do with exercise itself. The matter is that any fitness programme should be adapted to a participant's lifestyle, his body type, personality or even fitness goal. Only this may guarantee successful results.

### Words and Expressions

**hypodynamia** [ˌhaɪprə daɪˈnæmiə] — гиподинамия, малоподвижность

**to designate** [ˈdeziɡˌneɪt] — обозначать

**manual labour** [ˈmænjʊəl ˌleɪbə] — ручной труд

**productivity** [ˌprɒdʌkˈtɪvəti] — производительность

**to allow** [əˈlaʊ] — позволять

**to be accustomed to smth.** [... əˈkʌstəmd...] — привыкать к чему-л.

**vital** [ˈvaɪtəl] — жизненно важный

**a couch potato** [ˈkaʊtʃ ˌpəˌteɪtəʊ] — лежебока

**to refer to smb.** [rɪˈfɜː...] — относиться к кому-л., называть кого-л.

**at hand** — под рукой, в пределах досягаемости

**to call** [k ɔːl] — призывать

**to manage stressful situations** [ˈmænɪdʒ ˈstresfl ˌsɪtʃuˈeɪʃnz] — справляться со стрессовой ситуацией

**to prevent excess weight gain** [prɪˈvent ˈekses ˈweɪt ˌgeɪn] — препятствовать появлению излишнего веса

**weight loss** [ˈweɪt ˌlɒs] — потеря веса

**to burn (burnt)** [bɜːn] — сжигать

**no wonder** [... wʌndə] — не удивительно

**desire** [di'zaiə] — желание

**prosperity** [prɒ'sperəti] — процветание, благосостояние

**competitive** [kəm'petətɪv] — состязательный, соревновательный

**a loner** ['ləʊnə] — одиночка, индивидуалист

**squash** [skwɒʃ] — игра в мяч с двумя партнерами с использованием ракеток

**jogging** ['dʒɒɡɪŋ] — бег трусцой

**enjoyable** [ɪn'dʒɔɪəbl̩] — приятный, доставляющий удовольствие

**all walks of life** ['ɔ:l 'wɔ:ks əv, laɪf] — все сферы жизни

**to join a health club** ['dʒɔɪn ə'helθ ,klʌb] — вступать в клуб «Здоровье»

**training facilities** ['treɪnɪŋ fə'sɪlətɪz] — тренажеры

**a mix of embarrassment** ['mɪks əv ɪm'bærəsmənt] — всякого рода смущающие обстоятельства, «комплексы»

**a participant** [pɑ:'tɪsɪpənt] — участник

### Answer the questions:

1. What is hypodynamia? What objective conditions contributed to development of the social phenomenon? What type of people is called a couch potato? Is there anyone among your friends or colleagues? What advice would you give them to change their lifestyle?
2. Why is lack of physical activity very harmful for one's health? What diseases can it cause? What exercise can develop physical activity? What do you have to do to keep you fit?

3. Why is fitness so important for one's career? Is it important for you? Are you a member of any fitness centre or health club? What does your fitness programme include? If you wanted to boost any fitness programme, what benefits would you emphasise?

**Here are some quotations about benefits of fitness:**

**Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. (John F. Kennedy) —**

Прекрасная физическая форма обеспечивает базу не только здоровому телу, но также способствует интеллектуальному и творческому развитию, ибо в здоровом теле — здоровый дух. (Джон Ф. Кеннеди)

**Fitness is not about being better than someone else... It's about being better than you used to be. (Khloe Kardashian) —**

Добиваться хорошей физической формы нужно не для того, чтобы «переплюнуть» кого-то другого... Это нужно для того, чтобы стать самому лучше. (Хлои Кардашьян)

**Personally, I need a high level of physical fitness in order to feel at ease. (Jurgen Klinsman) —**

Лично мне необходима отличная физическая форма, чтобы чувствовать себя спокойно и уверенно. (Юрген Клинсман)

**In fitness there are no short cuts. It involves immense discipline and hard work. (Mahesh Babu) —**

Чтобы добиться желаемых результатов в бодибилдинге, нужна постоянная работа, которая требует самодисциплины, организованности и упорства. (Махеш Бабу)

**Take care of your body. It's the only place you have to live.**  
(*Jim Rohn*) —

Проявляй заботу о своем теле. Ведь это форма твоего существования. (*Джим Рон*)

**The human body is the best picture of the human soul.**  
(*Ludwig Wittgenstein*) —

В физическом теле человека самым наглядным образом отражается его душа. (*Людвиг Витгенштейн*)

**Walking is the best possible exercise. Habituate yourself walk very far.** (*Thomas Jefferson*) —

Прогулка — это лучшая из возможных физических нагрузок. Приучайте себя к прогулкам на дальние расстояния. (*Томас Джефферсон*)

**True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.** (*Wilhelm von Humboldt*) —

Активная деятельность ума и физические нагрузки для тела доставляют человеку истинное наслаждение. Эти два процесса всегда взаимосвязаны. (*Вильгельм фон Гумбольдт*)

**A muscle is like a car. If you want it to work well early in the morning, you have to warm it up.** (*Florence Griffith Joyner*) —

Мышцы в чем-то напоминают двигатель автомобиля. Если вы хотите, чтобы они утром хорошо работали, их нужно разогреть. (*Флоренс Гриффит-Джойнер*)

**Reading is to the mind what exercise is to the body.** (*Joseph Addison*) —

Чтение для ума — все равно, что физические нагрузки для тела. (*Джозеф Аддисон*)

*What quotation would you choose as a motto for your life?*

*What do you do to warm your muscles up in the morning?*

*How could you interpret the meaning of the quotation “The human body is the best picture of the human soul”?*

## EXTREME SPORTS

Sport is an integral part of modern people's life. It is a sort of relaxation, a kind of escapism from everyday routine reality into the atmosphere of enjoyment and freedom. Besides, any physical activity helps you keep fit and enjoy your achievements. Extreme kinds of sport give participants even more. Adventurous people are prepared to sacrifice their safety in search of adrenaline rush.

The popularity of extreme sports has grown for the last decade. No wonder these activities are also called adventure sports as they are undertaken at high speed, high altitude, high degree of physical exertion, and under very severe conditions. Moreover, they are linked with a high level of danger and risk. So, participants should combine their athletic skills with some personal features such as bravery, courage, and determination. People engaged in extreme sports have to compete not only with one another but what is more, they have to struggle with weather conditions and overcome natural obstacles.

Extreme sports can take place in the land, in the water or in the air. Some examples of these sports are: skateboarding, snowboarding, mountaineering, BMX (bicycle motocross), ski jumping, bungee jumping, surfing, windsurfing, waterskiing, white-water rafting, hang-gliding, base jumping, sky diving, to name



just a few. These sports require participants to be in peak physical condition to guarantee not only performing them well, but also performing them safely.

The adventure sports help in development of self-confidence, self-reliance, and independence. Participants learn how to overcome fears and apprehensions and develop a feeling of accomplishment. The experience gained from facing the difficulties and risks of these extreme sports is very valuable in everyday life. Moreover, achieving the goal in unpredictable situations results in improving overall personality of the participant. Besides, people acquire a feeling of working as a team, a skill which is very important for their social and professional life. No doubt, these are the benefits that make extreme sports so attractive. Another advantage is that these activities bring physical and emotional health to people who are engaged in them.

Speaking about cons of the sports we should first mention that these are extremely dangerous. The athletes are at a high risk of serious injuries. Sports like sky diving, base jumping or bungee jumping can have deadly consequences if even the smallest thing goes wrong. Then, it goes without saying that in comparison with popular sports such as football, soccer, hockey, basketball, extreme sports are very difficult to excel at. Reaching top levels of performance in these activities requires strict discipline, self-control, and many hours of practice. So, it is recommended that these sports should be trained and practised under proper guidance and supervision of a coach. However, the feeling of achievement at the happy end of the performance is directly proportional to the risks involved.

In spite of the danger and difficulty of performance, more and more people become involved in extreme sports and the popularity of them grows from year to year.

## Words and Expressions

**escapism** [ɪ'skeɪpɪzəm] — стремление уйти от действительности

**enjoyment** [ɪn'dʒɔɪmənt] — удовольствие, наслаждение

**adventurous** [əd'ventʃərəs] — безрассудно смелый, авантюрный

**to be prepared to do smth.** [... pɪ'preəd...] — быть готовым что-л. делать

**safety** ['seɪfti] — безопасность

**in search of smth.** [... sɜ: tʃ...] — в поисках чего-л.

**adrenaline rush** [ə'drenəlɪn ,rʌʃ] — приток адреналина

**an adventure sport** [əd'ventʃə spɔ:t] — рискованный, авантюрный спорт

**to undertake (undertook, undertaken)** [ˌʌndə'teɪk] — предпринимать

**altitude** ['æltɪ,tju:d] — высота

**a degree of smth.** [di'ɡri:] — степень чего-л.

**exertion** [ɪg'zɜ:ʃn] — напряжение, усилие

**to be linked with smth.** [... lɪŋkt...] — быть связанным с чем-л.

**to combine** [kəm'baɪn] — сочетать

**bravery** ['breɪvəri] — храбрость

**courage** ['kʌrɪdʒ] — смелость

**engaged in smth.** [ɪn'geɪdʒd...] — зд. занимающийся чем-л.

**to compete** [kəm'pi:t] — соревноваться

**to struggle** ['strʌɡl] — бороться

**to overcome natural obstacles** [ˌəʊvə'kʌm 'nætʃərəl ,ɒbstəklz] — преодолевать естественные препятствия

**land** — земля

**mountaineering** [ˌmaʊntiˈniəriŋ] — альпинизм

**ski jumping** [ˈski ˌdʒʌmpɪŋ] — прыжки на лыжах с трамплина

**bungee jumping** [ˈbʌndʒiː ˌdʒʌmpɪŋ] — тарзанка

**surfing** [ˈsɜːfɪŋ] — серфинг

**windsurfing** [ˈwɪnd... ] — виндсерфинг

**whitewater rafting** [ˌwaɪtˌwɔːtə ˈrɑːftɪŋ] — плавание на плоту по реке с быстрым течением и порогами

**hang gliding** [ˈhæŋ ˌɡlaɪdɪŋ] — дельтапланирование

**base jumping** [ˈbeɪs ˌdʒʌmpɪŋ] — прыжок с парашютом с высокого здания или вершины горы

**skydiving** [ˈskaɪˌdaɪvɪŋ] — прыжок с парашютом с самолета с максимально долго нераскрытым парашютом

**safely** [ˈseɪfli] — безопасно

**self-reliance** [ˌself rɪˈlaɪəns] — уверенность в своих силах

**fear** [fiə] — страх, боязнь

**apprehensions** [ˌæprɪˈhenʃn] — опасение

**a feeling of accomplishment** [ˈfiːlɪŋ əv əˈkʌmplɪʃmənt] — ощущение достигнутой цели

**an experience** [ɪkˈspɪəriəns] — опыт (*жизненный*)

**to gain** [geɪn] — приобретать

**valuable** [ˈvæljuəbl] — ценный

**unpredictabl** [ˌʌnpɪrɪˈdɪktəbl] — непредсказуемый

**overall** [ˌəʊvərˈɔːl] — весь, целый

**an injury** [ˈɪndʒəri] — травма

**to have a deadly consequence** [... 'dedli 'kɒnsɪkwɛns] — иметь летальный исход

**soccer** ['sɒkə] — вид футбола

**to excel** [ɪk'sel] — превосходить кого-л., показывать лучший результат

**performance** [pə'fɔ:məns] — исполнение

**to train** [treɪn] — тренировать

**under proper guidance and supervision** [ˌʌndə 'prɒpə ,ɡaɪdnɪs ənd ,su:pə'vɪʒn] — под надлежащим руководством и наблюдением

**a coach** [kəʊtʃ] — инструктор, тренер

### Answer the questions:

1. What distinguishes extreme sports from popular kinds of sports such as football, swimming, figure skating, etc.? Why do some people prefer the former kinds of sports? What do you do if you want to escape from everyday boring reality? If you wanted to go in for any kind of extreme sports, what would you choose? Why would you make the choice?
2. Why are these kinds of sports sometimes called adventure sports? What personality must participants possess if they are engaged in extreme sports? What water and air kinds of extreme sports do you know? What land extreme sports are popular? What individual features and skills can people develop if they go in for extreme sports?
3. What are the disadvantages of extreme sports? Which of them do you think is the most serious? What in your opinion outweighs, benefits or drawbacks of extreme sports? If you wanted to go in for

scuba diving or hang gliding, could you afford to buy the necessary equipment and special protective clothing? Why does extreme sports training and performing require proper professional guidance and supervision?

**Match the names of the extreme sports with their definitions:**

- |                            |  |
|----------------------------|--|
| <b>1) windsurfing</b>      | a) the activity of floating in a raft along rivers where the current is very fast and rough  |
| <b>2) base jumping</b>     | b) the sport of jumping from a very high place while attached to a long piece of rubber that is just short enough to prevent you from hitting the ground |
| <b>3) scuba diving</b>     | c) the sport of jumping with a parachute from high places such as buildings or mountains   |
| <b>4) powerboat racing</b> | d) a race between long and very powerful cars over a short distance  |
| <b>5) hang-gliding</b>     | e) a race between all-terrain vehicles   |
| <b>6) bungee jumping</b>   | f) the activity of swimming under water with a container of air on your back and a tube for breathing through  |

- 7) surfing** g) a sport in which you move across water standing on a flat board with a sail that you can move
- 8) whitewater rafting** h) a sport in which people ride over waves on surfboards
- 9) drag racing** i) a race between boats with a powerful motor that can go very fast
- 10) ATV-ing** j) the sport of flying in a simple aircraft with no engine that you hang under and control by moving your body

# PEOPLE AND MASS MEDIA IN THE MODERN WORLD



## ADVERTISING

Advertising plays a big part in our life. It is all around us, an unavoidable thing that can appear everywhere. For Russia, it is quite a new phenomenon with not a very long history. Advertising became an integral part of our life when economy of our country radically changed and began to develop according to the laws of market economy. Promotion of goods and services which is provided by advertisements is a powerful stimulus for economic development.

Advertising is a very direct method to attract people's attention to a certain product, service, forthcoming event, new technology, etc. and to make companies or producers famous. Most adverts can be found in newspapers and magazines. Besides, there are a lot of them in the streets and transport: hoardings, billboards, neon signs, posters, fliers and newsletters. We cannot avoid them even when we surf the Internet. And of course, one of the most aggressive ways of advertising is television and radio because these means of communication gather millions of potential buyers, customers, and clients who are ready to pay for something.

Television adverts seem to be much more successful, though the most expensive, due to a much wider audience they appeal to. They are made appealing by the use of colour, sound, and action. The authors of the adverts often resort to a method known

as a celebrity's endorsement, an occasion when someone famous, mostly an actor or actress, says that he (she) likes the product advertised. The reason is that celebrities' participation in advertisements because of their popularity increases responsibility of the company for the product. Besides, it will be more likely to positively affect consumers' attitude to the brand and their purchase intention. Virtually, celebrities' endorsement is only a device, some advertising tool which is used for one purpose — to sell more and increase profitability of the company.

Magazine adverts contain specific information about travelling, hotels, celebrating some events and so on and invite people to take part in the activities. To attract as many participants as possible, advertisers use their own devices relating to the colour, size, and wording in their presentation. They also publish nice photos of the places accompanied by detailed descriptions or they give enthusiastic impressions of those who have already used the chance.

Advertising in newspapers aims at a specific audience. They are usually sorted out thematically depending what is advertised. Newspaper adverts can be found under the following headings: Jobs wanted, Car hire, Language lessons, Teacher wanted, Visas and so on. These are classified adverts or the classifieds.

What can be advertised? In fact, everything beginning with foodstuffs or consumer goods and ending with real estate. Moreover, any service dealing with redecorating flats, travelling, teaching languages, and the like can be offered in ads. In this way advertising is extremely important to success of a business and, what is more, for the company's profit as it is a very effective approach to persuade consumers to buy the product. According to Sir Richard Livingstone, a British businessman, "the aim of commerce is not to sell what is best for people, or even what they really need; its final standard is a successful sale".



There are two main viewpoints on advertising — positive and negative, though some people are indifferent to it at all. The fact that advertising introduces new brands of products and services available or other commercial information which help people orientate themselves in the market is a positive side. In addition, potential customers get a chance to compare the quality and price of identical products and choose what they want.

But as to the minuses they outweigh the pluses. Many people object to a great number of advertisements hung in the streets as they do not improve the city's sight and its environment. They protested against hoardings being erected in the centre of the city. They also find it irritating to have so many fliers scattered all over the pavement. At home when viewers sit in front of the TV screen, it is difficult to stand endless interruptions of films and other programmes by TV commercials.

On balance, a good advert is the one that is honest, witty, and attractive. What is more it should benefit both the company and the customer. According to advertisers, a good advert is the one which sells products successfully.

### Words and Expressions

**unavoidable** [ˌʌnəˈvɔɪdəbl] — неизбежный

**forthcoming** [f ɔ:θˈkʌmɪŋ] — предстоящий, приближающийся

**a hoarding** [ˈhɔ:dm] — рекламный щит

**a billboard** [ˈbɪl,bɔ:d] — рекламная доска

**a neon sign** [ˈni:dn ,sain] — неоновая реклама

**a poster** [ˈpəʊstə] — афиша, плакат

- a flier (flyer)** [ˈflaɪə] — реклама предстоящего события, напечатанная на одном листке
- a newsletter** [ˈnju:z,letə] — информация о предстоящем событии, регулярно отправляемая членам какой-либо организации
- to surf the Internet** [ˈsɜ:f ðɪ ˈɪntə,net] — искать информацию в Интернете
- a means of communication** [ˈmi:nz əv kə,mju:nɪˈkeɪʃn] — средство коммуникации
- to gather** [ˈgæðə] — собираться
- an audience** [ˈɔ:diəns] — аудитория (*слушатели*)
- to appeal to smb.** [əˈpi:l... ] — апеллировать к кому-л.
- appealing** [əˈpi:lɪŋ] — привлекательный
- a celebrity's endorsement** [səˈlebrətɪz ɪnˈdɔ:smənt] — подтверждение какой-либо знаменитостью надежности рекламируемого продукта, исходя из личного опыта
- participation** [pɑ:ˌtɪsɪˈpeɪʃn] — участие
- a brand** [brænd] — бренд, сорт, вид
- purchase intention** [ˈpɜ:tʃəs ɪnˈtenʃn] — намерение приобрести что-л.
- a device** [dɪˈvaɪs] — средство
- an advertising tool** [ˈædvə,taɪzɪŋ ,tu:l] — рекламный инструмент
- profitability** [ˌprɒfɪtəˈbɪləti] — способность получать прибыль
- to attract** [əˈtrækt] — привлекать
- a size** [saɪz] — размер

**wording** [ˈwɜːdɪŋ] — текст рекламы продукта

**description** [dɪˈskrɪpʃn] — описание

**a heading** [ˈhedɪŋ] — заголовок

**a car hire** [ˈkɑː ,haɪə] — прокат автомобилей

**a foodstuff** [ˈfuːd ,stʌf] — продукт питания

**real estate** [ˈriːl ɪ ,steɪt] — недвижимость

**to redecorate a flat** [riːˈdekə ,reɪt ə ,flæt] — отремонтировать квартиру

**a final standard** [ˈfaɪnəl ,stændəd] — конечный результат

**to irritate** [ˈɪrɪ ,teɪt] — раздражать

**scattered all over the pavement** [ˈskætəd ˈɔːl ˈəʊvə ðə ,peɪv-  
mənt] — разбросанные по тротуару

**a viewer** [ˈvjuːə] — телезритель

**endless interruptions** [ˌendləs ˌɪntəˈrʌpʃnz] — бесконечные прерывания

**witty** [ˈwɪti] — остроумный

### Answer the questions:

1. What is the main goal of advertising? Why has advertising become an integral part of the life in the society with market economy? Can you give examples of political advertising? Is it as efficient as economic advertising? Do you think that advertising is a good thing?
2. Where can people find adverts? What are classified ads? What can be advertised in newspapers? What kinds of adverts can be found in the streets and transport? Why do some pressure groups as well as ordinary people protest against adverts in the centre of the city?

3. Television advertisements are the most specific way of advertising. What makes it specific? What devices are used in TV advertising? What is a celebrity's endorsement? Have you ever followed TV recommendations to buy any product or to use any service? If so, what did you buy? Have you ever been persuaded to buy anything which you later regretted? Are there any kinds of advertisements that irritate you? If so, why?
4. What is your opinion of adverts on the Internet? Have you ever bought anything by the Internet? What are the advantages of the purchase? Are there any disadvantages? What makes a good advert? What in your opinion should be changed in advertising? Should advertising be controlled?

**Here are some quotations about advertising:**

**Advertising is the art of convincing people to spend money they don't have for something they don't need. (Will Rogers) —**

Реклама — это искусство убеждать людей в необходимости тратить деньги, которых у них нет, на то, что им не нужно. (*Уилл Роджерс*)

**Advertising is legalized lying. (Herbert G. Wells) —**

Реклама — это легализованный обман. (*Герберт Дж. Уэллс*)

**Good advertising does not just circulate information. It penetrates the public mind with desires and belief. (Leo Burnett) —**

Хорошая реклама не просто распространяет информацию. Она пронизывает сознание людей желанием и доверием. (*Лео Бернетт*)

**What really decides consumers to buy or not to buy is the content of your advertising, not its form. (*David Ogilvy*) —**

Реальная причина, по которой потребитель решает приобрести или не приобретать рекламируемый продукт, проистекает из содержания рекламы, а не ее формы. (*Дэвид Огилви*)

**Many a small thing has been made large by the right kind of advertising. (*Mark Twain*) —**

Многое незаметное в жизни становится привлекательным благодаря искусству рекламирования. (*Марк Твен*)

**The future of advertising is the Internet. (*Bill Gates*) —**

Будущее рекламы за Интернетом. (*Бил Гейтс*)

**You really want to get a headache? Try to understand Internet advertising. (*Barry Diller*) —**

Если вы действительно хотите заработать себе головную боль, то попытайтесь разобраться в рекламе, которой наводнен Интернет. (*Барри Диллер*)

**Advertising is totally unnecessary. Unless you hope to make money. (*Jef Richards*) —**

Рекламное дело нужно только тем, кто надеется заработать деньги. Во всем остальном реклама бесполезна. (*Джеф Ричардс*)

**Advertising is the greatest art form of the XX century. (*Marshall McLuhan*) —**

Реклама — это одна из гениальнейших форм искусства XX века. (*Маршалл Маклюэн*)

**Creative without strategy is called “art”. Creative with strategy is called “advertising”. (*Jeff Richards*) —**

Искусство — это то, что лишено стратегии, а если что-то имеет стратегию, то это уже реклама. (*Джеф Ричардс*)

*Do you agree with all definitions of advertising?*

*Which of them impressed you greatly?*

*How could you interpret H.G. Wells' words that advertising is legalized lying?*

## MASS MEDIA. TELEVISION

The notion mass media refers to different sources of information which are available to a large number of people. These are newspapers, radio, television, the Internet and other forms that communicate current news about political, economic, and cultural events which happen somewhere in the world. At present, television that unlike radio broadcasts video and audio information simultaneously is recognised as one of the most popular kinds of mass media.

The role of television changed in the course of time. It has invaded our life since its invention in 1926 and has become almost indispensable. When television appeared, both professionals and laymen thought that it would never be a serious competitor for radio. The matter is that viewers had to sit in front of the TV set and keep their eyes fixed to the screen not being able to do any work about the house, whereas listening to the radio allowed them to perform any chore as the sound of the radio could not prevent them from being busy with something else.

Now it is quite evident that television being a unique means of communication has won the competition with radio. It changed our perception of the world. The possibilities of television are much greater than those of radio. It aims to cover a diverse range of issues. It broadcasts information programmes such as news, current affairs programmes, documentaries, sport events, etc.

TV viewers can watch interviews with outstanding politicians and other famous people and witness important events that take place in the farthest corners of the planet. Many of them are transmitted live that is at the moment they are happening. TV has become a rich source of information. More than fifty years ago Herbert Marshall McLuhan, a Canadian philosopher who made a study of a media theory, predicted that television would bring people inhabiting different parts of the world together into a “global village”. Today, with satellites and new technologies making it easier for television to cross borders, our world has turned into a single information society. This certainly contributes to mutual understanding between nations and cultures.

TV viewers can also enjoy concerts, films, theatre performances or sitcoms; the latter gained in popularity with people of different walks of life. In addition to the recreation television provides for the young and the old, it is an important medium of advertisement. Advertising on TV especially during prime time is very profitable because the advertiser’s message reaches a wider audience. The educational value of television is also undoubted. TV can educate people both adults and children helping them to accumulate knowledge about the world. Lately, the role of interactive television has grown immensely. So, the fact that television is a medium for transmitting information is certainly positive. Much was said and can be said in favour of this.

On the other hand, television is responsible for a number of society’s problems such as an increase in violence and using bad language which can be attributed to the widespread influence of some TV programmes. Moreover, spending long hours in front of the television screen may have negative effect on the person’s health and fitness which can result in the phenomenon called a couch potato. However, the benefits of television outweigh any potential disadvantages.

With the advent of computers that can provide an access to the Internet, television got a very smart competitor and, whether we want this or not, some specialists predict that television will give in to the competition in the near future.

### Words and Expressions

**mass media** [ˈmæs ˌmi:diə] — средства массовой информации

**to communicate** [k əˈmju:niˌkeɪt] — передавать, сообщать

**current news** [ˌkʌrənt ˈnju:z] — текущие новости, новости дня

**to broadcast (broadcast)** [ˈbr ɔ:dˌkɑ:st] — транслировать, передавать

**simultaneously** [ˌsɪmlˈteɪniəsli] — одновременно

**to invade smth.** [ɪnˈveɪd] — вторгаться во что-л.

**invention** [ɪnˈvenʃn] — изобретение

**indispensable** [ˌɪndɪˈspensəbl] — необходимый

**a layman** [ˈleɪmən] — обычный человек, непрофессионал

**a competitor** [kəmˈpetɪtə] — соперник, конкурент

**to keep one's eyes fixed to smth.** [ˈki:p ˈwaɪnz ˌaɪz ˌfɪkst...] — не отрывать глаз от чего-л.

**a screen** [skri:n] — экран

**to perform any chore** [pəˈf ɔ:m ˈeni ˌtʃɔ:] — делать любую работу по дому

**to prevent from smth.** [prɪˈvent...] — препятствовать чему-л., мешать что-л. делать

**perception** [pəˈsepʃn] — восприятие



**to cover a diverse range** [ˈkʌvə ə daɪˈvɜːs ˌreɪndʒ] — охватывать широкий круг

**current affairs** [ˌkʌrənt əˈfeəz] — текущие события

**a documentary** [ˌdɒkjʊˈmentəri] — документальный фильм

**an outstanding politician** [aʊtˈstændɪŋ ˌpɒlɪˈtɪʃn] — выдающийся политик

**the farthest corner** [ˌfɑːðɪst ˈkɔːnə] — самый отдаленный уголок

**to be transmitted live** [... trænzmɪtɪd ˌlaɪv] — передаваться в прямом эфире

**to inhabit** [ɪnˈhæbɪt] — населять

**to cross a border** [ˈkrɒs ə ˈbɔːdə] — пересекать границу

**single** [ˈsɪŋɡl] — единый

**a sitcom** [ˈsɪtˌkɒm] — телесериал о повседневной жизни определенной группы людей, попадающих в смешные ситуации

**recreation** [ˌrekriˈeɪʃn] — развлечение

**a medium (мн. ч. media)** [ˈmiːdiəm] — медийное пространство

**prime time** [ˈpraɪm ˌtaɪm] — время ТВ передач, которые собирают наибольшее количество зрителей; обычно после шести вечера

**profitable** [ˈprɒfɪtəbl] — выгодный

**a value** [ˈvæljuː] — значение

**undoubted** [ʌnˈdaʊtɪd] — несомненный

**immensely** [ɪˈmensli] — значительно

**to transmit** [trænz'mɪt] — передавать по ТВ

**violence** ['vaɪələns] — насилие

**widespread** ['waɪd,spreɪd] — широко распространенный

**an advent** ['ædvənt] — появление

**an access to smth.** ['ækses...] — доступ к чему-л.

**smart** [smɑ:t] — умный

**to give in** [,gɪv 'ɪn] — уступать

### Answer the questions:

1. What communication spheres does the term “mass media” include? Which of them do you consider the most important and efficient? What source of mass media do you usually apply to if you want to find necessary information?
2. When was television invented? Do you know the name of the inventor? Do you think that TV as a means of communication is more popular than radio? If so, why? What technologies contributed to the fact that television had won the competition with radio? What does Herbert Marshall McLuhan’s prediction about television which will bring people together into a “global village” mean?
3. What are your favourite TV channels? What TV programmes are the most interesting for you? Are you interested in politics? If so, what is your attitude to numerous political talk shows that are so often broadcast?
4. What negative consequences of some TV programmes are often discussed in mass media? Which of them do you think are the most serious? What measures could you propose to restrict this negative influence? Do you think TV can successfully compete with the Internet? How do you see the future of television?

**Here are some quotations about mass media and television:**

**Whoever controls the media controls the mind. (*Jim Morrison*) —**

Тот, кто контролирует средства массовой информации, сохраняет контроль над нашим образом мыслей. (*Джим Моррисон*)

**The media is the right arm of anarchy. (*Dan Brown*) —**

Средства массовой информации — это правая рука анархии. (*Дэн Браун*)

**What the mass media offers is not popular art, but entertainment which is intended to be consumed like food, forgotten, and replaced by a new dish. (*W. H. Auden*) —**

То, что предлагают средства массовой информации, предназначено для того, чтобы проглатывать, как еду, тут же забывать об этом и заменять новым блюдом. (*У. Х. Оден*)

**It is advertising and the logic of consumerism that govern the depiction of reality in the mass media. (*Christopher Lasch*) —**

Именно реклама и коммерческие соображения диктуют способ изображения реальности в средствах массовой информации. (*Кристофер Лэш*)

**People are sheep. TV is the shepherd. (*Jess Scott*) —**

Если людей можно сравнить с овцами, то телевидение — с пастухом. (*Джесс Скотт*)

**Television is a chewing gum for the eyes. (*Frank Lloyd Wright*) —**

Телевидение — это жевательная резинка для глаз. (*Фрэнк Ллойд Райт*)

**I hate television. I hate it as much as peanuts. But I can't stop eating peanuts. (Orson Welles) —**

Я ненавижу телевидение. Столь же я ненавижу и арахис. Но я не могу не есть его. (Орсон Уэллс)

**I must say that I find television very educational. The minute somebody turns it on, I go to the other room and read a good book. (Groucho Marx) —**

Должен сказать, что телевидение во многом способствует образованию. В тот момент, как кто-либо включает телевизор, я ухожу в другую комнату и читаю хорошую книгу. (Гручо Маркс)

**We owe a lot to Thomas Edison — if it wasn't for him, we'd be watching television by candlelight. (Milton Berle) —**

Мы многим обязаны Томасу Эдисону — если бы не он, мы бы смотрели телевизор при свечах. (Милтон Берл)

**And I believe that good journalism, as well as good television can make our world a better place. (Christiane Amanpour) —**

И я верю, что хорошая журналистика, как и добротное телевидение, могут сделать наш мир лучше. (Кристиан Аманпур)

*Do you agree with all negative characteristics ascribed to mass media and television? Which of them do you think fair?*

*Do you find television educational by the same reason as Groucho Marx?*

*How could you interpret the meaning of the quotation "We owe a lot to Thomas Edison etc."?*

# THE MAIN TECHNOLOGICAL ADVANCES OF THE CENTURY



## THE COMPUTER IS A REAL TECHNOLOGICAL BREAKTHROUGH

In the course of time some changes happen from time to time in any society. But they take place gradually, sometimes even unnoticed, and could be called evolutionary rather than revolutionary. This character of changes allows people to easily adapt to the novelty in all spheres of life though it takes them some time to adjust to new technological advances.

But at the very end of the XX century we witnessed an immense breakthrough in science and technology that radically changed our life. The introduction of computers, mobile phones and other useful gadgets was so swift that many people lagged behind the progress. This caused an inconvenient situation when a certain group of people (mostly the elderly) turned out to be incapable to use new technologies and they experience some social and psychological discomfort in everyday life.

As to the younger and middle-aged generations who are adaptable to any technological change, they enjoy every new high tech communication system. Nowadays it is impossible to imagine our life without computers. They have become indispensable everywhere. That is why computer skills are necessary in every profession, be that a worker, a doctor, a teacher, a driver or an

economist. For example, in medicine computers are successfully used in surgery, in ultrasonic investigation, and for diagnosing some diseases. Market economy cannot do without them when it is necessary to forecast new economic trends of development. Computers are of great help for those who are involved in a distant learning. It is absolutely impossible how books could be printed without them now. What is more, scientists cannot imagine space research without using computers.

Despite the fact that computerisation has caused some employment problems, it has a positive effect in general. Many new occupations and professions have appeared due to computers: computer engineering, programming, a video game industry, computer and information systems management — these are to name but a few. Computer hardware engineers and software developers, computer operators and computer systems analysts are in great demand in every scientific and industrial sphere, and these work positions are prestigious and well-paid. Nowadays, computer technology is evolving faster than ever before, so the demand for computer professionals with the right qualifications is high.

It is the computer that affected our life tremendously. Almost every office, shop, school, and home is equipped with computers these days. The time that can be saved using a computer is one of its main advantages. Stored information on computer disks can be found at the touch of a button, whereas searching for it manually takes much longer. In addition to this, our everyday life is made easier — from going to the bank to doing the shopping. It is especially beneficial in the workplace, where the employees can do their work much faster than they could do in the past. Computers can be used by adults and children, by people of different professions and

interests. They are a reliable tool for fun and communication, for learning, teaching and work. As each computer has an access to the Internet, its possibilities become much wider. With the help of the Internet people from the farthest corners of the world can communicate easily by writing e-mails or using the Skype. The Internet can instantly connect you to other computers allowing you to “chat” with people all over the world. Besides, people can read books online. Some specialists even predict that in future traditional books will become obsolete and will be replaced by their electronic version. Films, concerts, operas and other performances are also available on the Internet. Besides, the Internet users can enjoy online media. Does it mean that television will soon disappear losing the competition with the Internet?

A wonderful invention is a laptop computer! It enables us to perform our work wherever we go. We can work on a plane or train, in a bus station, even in the park over lunch. We can remain in contact with our workplace and colleagues at all times and access the net whenever we need to.

Thus we can see that computarisation has tremendously improved our life. All points enumerated above are indisputable benefits. However, there are some negative aspects — the results of using computers. Economically, many jobs have been lost due to the fact that computers can do a lot of tasks faster and more efficiently than people. This has led to high unemployment rate in some countries. What is more, there is too much violence online, too many aggressive pictures and a lot of irrelevant information which can add problems to the existing issues of the society. Another serious problem is hackers. Then, computers can actually cause health problems. Endless hours in front of the monitor can lead to eye strain, headaches, and some side effects.

Children's addiction to the Internet has also turned into a big problem nowadays.

Summing up, the computer is a great benefit, a useful tool for wise and balanced persons who have a sensible and reasonable attitude towards life.

### Words and Expressions

**an advance** [əd'vɑ:ns] — прогресс

**immense** [ɪ'mens] — огромный, значительный

**a gadget** ['gædʒɪt] — небольшое электронное устройство, являющееся носителем информации

**swift** — стремительный

**the elderly** ['eldəli] — пожилые

**incapable** [ɪn'keɪəbl] — неспособный

**adaptable** — [əd'æptəbl] — легко приспособляющийся

**to enjoy a high tech communication system** [ɪn'dʒɔɪ ə'haɪ ,tek kə,mju:nɪ'keɪʃn ,sɪstəm] — пользоваться высокотехнологичными системами коммуникации

**ultrasonic investigation** [ ,ʌltrə'sɒnɪk ɪn ,vestɪ'geɪʃn] — ультразвуковое исследование

**to forecast (forecast)** ['f ɔ:kɑ:st] — прогнозировать, предвидеть

**to print** — печатать

**computer engineering** [kəm'pjʊ:tə ,endʒɪ'nɪəɪŋ] — компьютерная технология

**programming** ['prəʊ ,græmɪŋ] — программирование



**a video game industry** [ˈvɪdiəʊ ,geɪm ,ɪndəstri] — индустрия  
видеоигр

**management** [ˈmænidʒmənt] — управление

**hardware** [ˈhɑ:d,weə] — аппаратное обеспечение

**software** [ˈsɒft,weə] — программное обеспечение

**an analyst** [ˈænəlist] — аналитик

**to evolve** [ɪˈvɒlv] — эволюционировать, развиваться

**demand** [dɪˈmɑ:nd] — спрос

**tremendously** [trəˈmendəsli] — значительно

**to be equipped with smth.** [...ɪˈkwɪpt...] — быть оснащённым  
чем-л.

**stored information** [ˈstɔ:d ,ɪnfəˈmeɪʃn] — сохраняемая информация

**at the touch of a button** [...ˈtʌtʃ əv əˌbʌtn] — одним прикосновением к кнопке

**manually** [ˈmænuəli] — вручную

**to do the shopping** [...ˈʃɒpɪŋ] — делать покупки

**beneficial** [ˌbenɪˈfiʃl] — выгодный

**a workplace** [ˈwɜ:kˌpleɪs] — рабочее место

**a tool** [tu:l] — инструмент

**an e-mail** [ˈi:meɪl] — электронное сообщение

**obsolete** [ˈɒbsəˌli:t] — устаревший

**a performance** [prəˈfɔ:məns] — представление (*сценическое*)

**to enjoy online media** [ɪnˈdʒɔɪ ˈɒnlaɪn ,mi:diə] — иметь доступ  
к средствам массовой информации онлайн

**to lose a competition** [ˈlu:z ə ,kɒmpəˈtɪʃn] — проигрывать соревнование

**a laptop (computer)** [ˈlæp,tɒp] — ноутбук

**to enable** [ɪnˈeɪbl] — давать возможность

**in the park over lunch** [...ˈpɑ:k ˈəʊvə,lʌntʃ] — перекусывая в парке

**a point** [pɔɪnt] — зд. функция компьютера

**to enumerate** [ɪˈnju:məreɪt] — перечислять

**an unemployment rate** [ˌʌnɪmˈplɔɪmənt ˌreɪt] — уровень безработицы

**irrelevant information** [ɪˈreləvənt ˌɪnfəˈmeɪʃn] — не имеющая отношения к делу информация

**an existing issue** [ɪgˈzɪstɪŋ ˌɪʃuː; ˌɪʃjuː] — существующая проблема

**endless** [ˈendləs] — бесконечный

**an eye strain** [ˈaɪ ˌstreɪn] — напряжение глаза

**a headache** [ˈhedɪk] — головная боль

**addiction** [əˈdɪkʃn] — пристрастие, зависимость

**wise** [waɪz] — мудрый

**balanced** [ˌbælənst] — уравновешенный

**a sensible and reasonable attitude** [ˈsensəbl əndˈriːznəbl ˈætɪ,tjuːd] — разумное отношение

### Answer the questions:

1. Why were introduction of computers and other means of communication at the end of the 20th century considered to be a great breakthrough in technology? Did you have any difficulties in adapting to the new technological advance? If so, what problems? Where did you learn basic computer skills? Are you a regular computer user?

2. What is the role of computers in medicine? In what other fundamental spheres can computers be indispensable? How can they be used in a distant learning? Do you prefer to read “paper” books or to read books online? Does a wide use of computers mean that in the course of time other means of mass media such as television and radio will become unnecessary?
3. How can computers be helpful in our everyday life? What services are available by computer? What part in the educational process is given to the Internet? What sites do you have to visit regularly? In what case do you have to write or receive e-mails? Do you have your own blog on a website? On what occasions do you have to contact other bloggers?
4. Is computer a curse or a blessing? What are the negative sides of computers? What can you recommend to avoid computer addiction? What advice should be given for avoiding a negative influence on users’ health? What should be done in the way of teaching the elderly the basic computer skills?

**Here are some quotations about computers:**

**The digital revolution is far more significant than the invention of writing or even printing. (*Douglas Engelbart*) —**

Цифровая революция намного значительнее, чем изобретение письменности и даже книгопечатания. (*Дуглас Энгельбарт*)

**Software comes from heaven when you have good hardware. (*Ken Olsen*) —**

Программное обеспечение снисходит с небес, когда есть подходящее техническое устройство. (*Кен Олсен*)

**Computers themselves and software, yet to be developed, will revolutionize the way we learn. (Steve Jobs) —**

Сам по себе компьютер и программное обеспечение, которое, однако, нуждается в усовершенствовании, во многом преобразуют способ нашего познания. (*Стив Джобс*)

**Computer science is no more about computers than astronomy about telescopes. (Edsger Dijkstra) —**

Компьютерная наука имеет отношение к компьютеру не более, чем астрономия к телескопу. (*Эдсгер Дейкстра*)

**Computers make it easier to do a lot of things, but most of the things they make it easier to do don't need to be done. (Andy Rooney) —**

С помощью компьютера мы легче и быстрее делаем многое, однако многое из того, что мы так делаем, вообще не нужно было бы делать. (*Энди Руни*)

**Computers are useless. They can only give you answers. (Pablo Picasso) —**

Полезьа от компьютеров небольшая. Все, что они могут, — это отвечать на вопросы. (*Пабло Пикассо*)

**People think computers will keep them from making mistakes. They are wrong. With computers they make mistakes faster. (Adam Osborne) —**

Многие полагают, что компьютеры избавят нас от ошибок. Это не так. С компьютерами мы будем тоже ошибаться, но быстрее. (*Адам Осборн*)

**The real danger is not that computers will begin to think like men, but that men will begin to think like computers. (Sydney J. Harris) —**

Настоящей угрозой является не то, что компьютер научится думать, как человек, а то, что человек станет думать, как компьютер. (*Сидни Дж. Харрис*)

**I am thankful the most important key in history was invented. It's not the key to your house, your car, your boat, your safety deposit box, your bike lock or your private community. It's the key to order, sanity, and peace of mind. The key is "Delete".** (*Elayne Boosler*) —

Я благодарен за то, что был изобретен самый важный ключ в истории. Это не ключ от вашего дома, машины, катера, сейфа, велосипедного замка или ключ, обеспечивающий доступ в ваше личное общество. Это ключ к упорядочению, здравомыслию и умиротворению. Ключ этот называется "Delete". (*Элейн Буслер*)

**Man is still the most extraordinary computer of all.** (*John F. Kennedy*) —

Человек все же неизмеримо выше любого компьютера. (*Джон Ф. Кеннеди*)

*Can you share the famous people's opinion on computers?*

*Which of the quotations do you think the most interesting?*

*How could you interpret the meaning of the last quotation "Man is still the most extraordinary computer of all"?*

## ARTIFICIAL INTELLIGENCE

With the current technological development, computers become more and more powerful and multifaceted, with their functions being practically unlimited. They can monitor manufacturing processes, run machinery and databases, and perform

increasingly complex calculations. As computers continue to develop, they take over our lives more and more. But are they really able to mimic human intelligence?

The matter is that people are different from machines because they can think and feel independently and learn from their experience. Besides, the language as a means of communication used by people is very specific and possesses some characteristics that are very difficult to imitate. For example, how can such linguistic phenomena as implications, presuppositions, thoughts “between the lines”, and numerous allegories be understood and realised by a machine? Is it possible that such human qualities as feelings and emotions, intelligence, creativity, and a moral sense be programmed in a computer?

Now, scientists are developing a computer that could become conscious of its surroundings and itself and could think and behave in the way that human beings can. This has become known as “Artificial Intelligence (AI)”.

This is one of the definitions of AI: a theory and development of computer systems able to perform tasks normally requiring human intelligence such as visual perception, speech recognition, decision-making, and translation between languages. In other words, AI is inventing machines that can think. It was in 1956 that John McCarthy, an American computer scientist, first coined the term AI. Since the middle of the XX century computer scientists have been working towards creating machines like that.

The father of AI research was Alan Turing, a British mathematician. In 1945 Turing predicted that computers would one day be able to play chess with a grandmaster, and fifty years later, in 1997, Deep Blue, a chess computer built by International Business Machine Corporation (IBM), beat the then world champion Garry Kasparov in a six-game match. Yet, the famous American linguist Noam Chomsky reacted to this scientific advance ironically:

“A computer beating a grandmaster at chess is about as interesting as a bulldozer winning an Olympic weightlifting competition.”

In 1951 in the course of his scientific research, Alan Turing published a prediction that by the end of the century computers would be able to hold a five-minute conversation with humans and fool thirty per cent of them into believing they were dealing with another human being. Yet no computer that would be remotely close to the concept has been created, though the technological achievements in this sphere are evident. At present, the software that allows computers to grade essays has been developed but skeptics wonder how AI can accurately assess creativity and expressiveness of the language. Besides, AI can be successfully used in healthcare, in business, in education, in finance, in law, in manufacturing and in many other fields.

But can scientists really make a computer that could be able to think as humans do? One thing is absolutely clear. Creating AI system with generalised human cognitive abilities may result from joint efforts of a number of specialists: mathematicians, physicists, computer programmers, even linguists, sociologists, psychologists, and neurologists — to name but a few.

In conclusion one question arises. Is it possible that the most intelligent beings in the technological world of the future could be the machines themselves?

### Words and Expressions

**artificial intelligence** [ˌɑːtɪˈfiʃl̩ inˈtelɪdʒəns] — искусственный интеллект

**powerful** [ˈpaʊəfl̩] — мощный

**multifaceted** [ˌmʌltiˈfæsətɪd] — многофункциональный

**unlimited** [ʌn'li:mɪtɪd] — безграничный

**to monitor** ['mɒnɪtə] — отслеживать

**to run machinery and databases** [... mə'ʃi:nəri ænd 'deɪtə,beɪsɪz] — управлять оборудованием и базой данных

**increasingly complex** [ɪn'kri:sɪŋli ,kɒmpleks] — все более усложняющийся

**to take over** [ ,teɪk 'əʊvə] — зд. внедряться, занимать место

**to mimic smth.** ['mɪmɪk...] — подражать чему-л., копировать что-л.

**independently** [ ,ɪndɪ'pendəntli] — самостоятельно

**to learn from one's experience** ['lɜ:n frəm 'wʌnz ɪk'spiəriəns] — учиться на собственном опыте

**an implication** [ ,ɪmplɪ'keɪʃn] — импликация; нечто, не выраженное словами

**a presupposition** [ ,pri:sʌpə'ziʃn] — пресуппозиция; то, что подразумевается

**numerous allegories** ['nju:mərəs ,æləgərɪz] — многочисленные аллегории

**creativity** [ ,kri:ei'tɪvəti] — креативность, творческие способности

**a moral sense** ['mɒrəl ,sens] — нравственное чувство

**to become conscious** [... 'kɒnʃəs] — осознавать

**a surrounding** [sə'raʊndɪŋ] — окружение, обстановка

**a human being** ['hju:mən ,bi:ɪŋ] — человек

**a definition** [ ,defə'nɪʃn] — определение



**visual perception** [ˈvɪʒʊəl pəˈsepʃn] — визуальное восприятие

**speech recognition** [ˈspi:tʃ, rekəgˈniʃn] — распознавание речи

**decision-making** [diˈsɪʒn ,meɪkɪŋ] — принятие решения

**to coin a term** [ˈkɔɪn ə ,tɜ:m] — вводить термин в употребление

**a mathematician** [ ,mæθəməˈtɪʃn] — математик

**a grandmaster** [ ,grændˈmɑ:stə] — гроссмейстер

**to beat (beat, beaten)** [bi:t / bi:tn] — наносить поражение

**then** — тогдашний

**a six-game match** [ˈsɪks ,geɪm ,mætʃ] — матч из шести партий

**a weightlifting competition** [ˈweɪt,lɪftɪŋ ,kɒmpəˈtɪʃn] — соревнование штангистов

**a prediction** [prɪˈdɪkʃn] — предсказание

**to hold a conversation** [ˈhəʊld ə ,kɒnvəˈseɪʃn] — поддерживать беседу

**to fool smb. into believing** [ˈfu:l... bli:viŋ] — обманывать кого-л., заставляя поверить

**to remotely close** [rɪˈməʊtli ,kləʊs] — хотя бы отдаленно приблизиться

**to grade an essay** [ˈgreɪd ən ,eseɪ] — оценивать сочинение

**to assess** [əˈses] — оценивать

**expressiveness** [ɪkˈspresɪvɪnəs] — выразительность

**healthcare** [ˈhelθ ,keə] — здравоохранение

**finance** [ˈfaɪnəns; faɪˈnæns] — финансовая сфера

**law** [lɔ:] — юриспруденция

**cognitive abilities** [ˈkɒgnətɪv əˌbɪlətɪz] — когнитивные способности

**to result from smth.** [rɪˈzʌlt... ] — быть результатом чего-л.

**a physicist** [ˈfɪzɪsɪst] — физик

**conclusion** [kənˈkluːʒn] — заключение

**to arise a question** [əˈraɪz ə ˌkwɛstʃən] — поднимать вопрос

### Answer the questions:

1. Can you name two or three processes or operations that in the past were performed by people and now are successfully done by computers? Are these actions mechanical or do they require some cognitive abilities of a human being? A man and a computer are two absolutely different entities. What do you think is the main difference between them?
2. What is artificial intelligence? What period does the first research of AI date back to? What scientists contributed to the scientific theory? Did the first Alan Turing's prediction relating to the computer's ability of playing chess come true? Was it a great advance in creating AI machine?
3. What was the next step in Turing's research in the direction of inventing AI? Was it successful? Why does creation of a thinking machine require joint efforts of many specialists, particularly linguists and psychologists?
4. In what spheres of life can AI be successfully used? Can scientists really create a computer in the near future that will think like humans or does it mean that people will learn to think like machines?

**Here are some quotations about artificial intelligence:**

**AI is likely to be either the best or the worst thing to happen to humanity.** (*Stephen William Hawking*) —

Искусственный интеллект, похоже, предвещает что-то очень хорошее или очень плохое, что может случиться с человечеством. (*Стивен Уильям Хокинг*)

**With artificial intelligence we are summoning the demon.** (*Elon Musk*) —

Разрабатывая искусственный интеллект, мы вызываем демона (*играем с огнем*). (*Илон Маск*)

**A year spent in artificial intelligence is enough to make one believe in God.** (*Alan Jay Perlis*) —

Проведите год с искусственным интеллектom, и этого будет достаточно, чтобы поверить в Бога. (*Алан Джей Перлис*)

**Before we work on artificial intelligence, why don't we do something about natural stupidity?** (*Stephen J. Polyak*) —

Перед тем как разрабатывать искусственный интеллект, почему бы нам не предпринять что-нибудь относительно естественной глупости. (*Стивен Дж. Поляк*)

**People worry that computers will get too smart and take over the world, but the real problem is that they're too stupid and they've already taken over the world.** (*Pedro Domingos*) —

Человечество обеспокоено тем, что компьютеры станут слишком умными и завладеют миром. Но в реальности дело обстоит так, что машины слишком глупы и уже овладели миром. (*Педро Домингос*)

**By far, the greatest danger of Artificial Intelligence is that people conclude too early that they understand it. (*Eliezer Yudkowsky*) —**

И сейчас самая большая опасность, связанная с искусственным интеллектом, состоит в том, что люди решили слишком рано, что он им понятен. (*Элиезер Юдковский*)

**The beauty of compassionate artificial intelligence is that it is not associated with any religion, prophet, cult, organization or narrow things. It is fully dedicated for the service of the humanity. (*Amit Ray*) —**

Ценность искусственного интеллекта состоит в том, что он не связан ни с какой религией, пророчеством, культом, организацией или любыми узко специфическими областями. Он всецело поставлен на службу всему человечеству. (*Амит Рей*)

**I believe this artificial intelligence is going to be our partner. If we misuse it, it will be a risk. If we use it right, it can be our partner. (*Masayoshi Son*) —**

Я верю, что искусственный интеллект станет нашим партнером. Конечно, если мы не научимся правильно его использовать, это может оказаться рискованным. Но если мы будем обращаться с ним должным образом, он сможет быть нашим партнером. (*Масаёси Сон*)

**Some people call this artificial intelligence, but the reality is this technology will enhance us. So instead of artificial intelligence, I think we will augment our intelligence. (*Ginni Rometty*) —**

Его называют искусственным интеллектом, но реальность такова, что этот технологический процесс будет нас самих двигать вперед. Поэтому, я думаю, мы разовьем не искусственный интеллект, а свой собственный. (*Джинни Рометти*)

**The idea of a piece of literature as a vessel that could contain your life and lived after you had died and been forgotten struck me as akin to artificial intelligence. (Louisa Hall) —**

Сравнение литературного произведения с сосудом, который содержит вашу жизнь, когда вас уже давно нет и вы забыты, поразило меня сходством с искусственным интеллектом. (Луиза Холл)

*Can you share the opinion of the authors of the quotations on artificial intelligence?*

*Which of them do you think describes most exactly the nature of artificial intelligence?*

*How could you interpret Elon Musk's words that with artificial intelligence we are summoning the demon?*

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