

**МИНИСТЕРСТВО ОБРАЗОВАНИЯ РЕСПУБЛИКИ БЕЛАРУСЬ**

**УЧРЕЖДЕНИЕ ОБРАЗОВАНИЯ  
БРЕСТСКИЙ ГОСУДАРСТВЕННЫЙ ТЕХНИЧЕСКИЙ УНИВЕРСИТЕТ**

**КАФЕДРА ИНОСТРАННЫХ ЯЗЫКОВ**

# **PRACTICE MAKES PERFECT**

## **English Listening Practice**

Методические указания

по развитию навыков восприятия английской речи на слух

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Методические указания составлены в соответствии с Учебными программами для студентов экономического факультета и факультета электронно-информационных систем дневной формы получения образования и направлены на развитие навыков восприятия английской речи на слух.

Основная цель методических указаний – подготовить студентов к использованию английского языка в их будущей профессиональной деятельности.

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## Unit 1. The Room-Mates

### **Activity A. Reading**

*Read the text. Do you share the author's opinion on the student's life?*

### **Student life**

It's great to be a student. Many colleges and universities offer great opportunities for studying and for social life. There are several reasons why student life is exciting. First of all, students learn what they need for their future profession. It's even better if the student really enjoys the direction he or she chose. Secondly, being a student doesn't mean to work and study all the time. They get plenty of free time for their hobbies and favourite pastimes. Thirdly, students' social life is very interesting. When students decide to study in foreign colleges, it's also rather exciting. They get to meet lots of new people from other countries. They can practice and improve their language skills.

For many people student years are the best in life. While you study, lots of things start changing: your thoughts, your ideas, people who surround you. You stop being a child. You realize that you've grown. You start earning your first money. Lots of students nowadays work and study at the same time. Eventually you understand that it's great to have the job you like. High education may help a lot in getting your dream job in future. It's great to be a student. Many colleges and universities offer great opportunities for studying and for social life. Some students even choose to study abroad. College life is amazing in many ways. First of all, there are many interesting lectures and training sessions. Secondly, students find all sorts of entertainment there. For example, the ones who like sport join the local sports teams.

Almost everyone has good memories of student life. It is even more interesting to be a student if you live in a dormitory. After the sessions they can play the guitar and sing songs. The ones, who like dancing, go to local discos. Others get together simply to chat and discuss the topics they've learned. Student life is never boring. It is always full of excitement and interesting experiences. A student has certain duties to perform. It goes without saying that the primary student duty is studying hard and acquiring proper knowledge for the future career. He must attend all the classes at college, do all the work at the right time, be punctual and disciplined. It can help the student achieve his goals and become diligent and perseverant. If he doesn't neglect his studies he will receive rich dividends in his future work.

Examination time at the end of each semester is quite tough for students. They spend endless days and nights on studying and cramming. Although some of them use cheating, copying someone's essays or course works. And you are lucky if you are not caught by the teacher because he can punish you by a poor mark or even by excluding from the college.

Most of the student's time is devoted to reading and learning. It's unbelievable but some students manage to deal with part-time jobs because they need a lot of money to study at college or university. Tuition fees and books are very costly nowadays, and if you rent an apartment it's even more expensive. So students have busy schedules including studies, work and going out to socialize.

A good student never wastes his spare time uselessly. He should also go in for sports to stay in good health and mood. They say: "A sound mind lives in a sound

body.” Students love participating in both academic and extra-curricular activities at college: different festivals, intellectual quizzes and summer camps. This social life broadens the mind, develops your talents and communication skills. And this is a wonderful time when you find real friends among your classmates at college.

Students are the future of every country. They are young citizens of our society, full of infinite energy and progressive ideas, fantastic plans and noble ambitions, hopes and dreams. Student life is the brightest period of our life. It is a mixture of studies and great fun. And those who once were students miss those old good days of their student life.

**Activity B. Listening**

*Task 1.* Match the words with their definitions.

<b>A</b>	<b>B</b>
1) complain (v)	a) to express feelings of pain, dissatisfaction, or resentment
2) cause (v)	b) to set off an event or action; to actively produce as a result by means of force or authority
3) remote control	c) a device used to operate an appliance (such as television), vehicle or mechanical toy from a short distance away
4) leave (v)	d) to cause or allow (something) to remain as available; to refrain from taking (something) away; to stop short of consuming or otherwise depleting (something) entirely
5) responsibility (n)	e) the state of being responsible, accountable, or answerable
6) shower (n)	f) a brief fall of precipitation
7) horrible	g) causing horror; terrible, shocking
8) tonight (adv)	h) during the night following the current day
9) volume (n)	i) a unit of three-dimensional measure of space that comprises a length, a width and a height. It is measured in units of cubic centimetres in metric, cubic inches or cubic feet in English measurement

*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

1. Sasha had a really hard day.
2. Jim was glad when he invited Sasha to his apartment.
3. Jim invited Sasha who had a problem with his girl.
4. The girl always complained of Sasha.
5. Sasha switches TV channels using a remote control.
6. Sasha switches off the light.
7. Automatic system switches the light on and off.
8. The bathroom should be cleaned three times a week.
9. The bathroom should be cleaned with shower cleaner.
10. The shower cleaner that Sasha uses leaves a horrible mark on the floor of the shower.
11. Any loud music shouldn’t be played after 10 pm.
12. The old woman across the street complains of loud music.
13. Even if music is listened to in the evening, the windows should be closed.
14. It’s Sasha’s turn to cook tonight.

Task 3. Make collocations with the words given in columns A & B

A	B
1) to have a chat	a) on and off
2) to take the lead out	b) get another shower cleaner
3) not to want to leave	c) somebody's responsibility
4) to go to the store to	d) music after eleven o'clock
5) to have a few	e) with somebody
6) to turn the lights	f) of the power point
7) to remember about	g) complaints about the volume
8) not to play any loud	h) marks in the shower

Task 4. Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## Unit 2. The Weekend

### Activity A. Reading

*Read the text. Do you share the author's opinion on the importance of leisure time?*

### The Importance of Making Time for Leisure

For lots of people, leisure is like a mirage: you can see it, far far away, but you can't reach it. Nowadays, we are extremely busy: job, kids, house chores, late meetings, overtime. Time doesn't stretch long enough to do everything, which leads to neglect of leisure.

What you might have already realized is that, at one point of your fast-paced life, your body will manifest its tiredness. You will be told, by yourself, that you need a break. Either is through physical exhaustion, stress, mood swings, anger, or apathy, your body will talk to you, it will alert you that you need to make some changes in your lifestyle. Most times, small changes will be enough to see improvements. As a wise person you are – after all, you've been living with yourself all your life – you know how to interpret the signs your body is sending to you. It's time to listen to your body: take a break from your oh-so-busy-life and include quality leisure time. Oxford dictionary defines leisure as "Time when one is not working or occupied; free time" and "use of free time for enjoyment". Leisure activities include all the things you do that give you pleasure and are not work-related: it's any type of recreational activity. Leisure purpose is to be an escape from work and personal worries, it's a time you take for yourself, to disconnect. It's a shot of positivity, to take your mind away from problems and quotidian issues.

There is no rule for how much leisure time you should have. We are all different, with specific needs. Even your own needs will fluctuate: sometimes you'll need more leisure time, others less. The duration of it will be determined by your needs. One day, five or ten minutes of reading a good book will be enough to charge your energies, others you'll need one full hour of a fitness class to take it all out of your system. The quality of your leisure time isn't measured by the longevity of your activity, but by the meaning you give to it. Despite your busy professional and

familiar schedule, it is possible to find a balance between them and you. What you need to internalize is that work-life balance has to be a priority.

You have to take your leisure time seriously. As we saw before, the time you dedicate to leisure varies: it must consider your free time and your personal needs. But to not overcomplicate it (giving space for you to find excuses not to do it), include leisure time in your life, either in small blocks (10 to 30 minutes each) and one or two bigger ones (at least one hour). For example, you can make the compromise to use your lunchtime to go for a walk, to the gym or to sit in the park reading a book. Also, you can choose one day of the week for a bigger leisure session, like a Saturday morning hiking. Your leisure time doesn't have to be a lonely one. There are several emotional and social benefits in engaging in group activities, either being with friends or family. Being realistic, make a weekly plan for your leisure time. How many days you'll do it (at least once a week, but ideally not less than three times a week), and what time of the day you'll do it: weekends, after work, or lunchtimes.

Leisure benefits a person in many ways: it reduces stress and prevents depression; it improves your physical and mental health; it improves your mood; it increases your productivity; it promotes self-knowledge. Leisure time is all about you – to connect to your needs, wants, thought and emotions. Knowing yourself makes you respond and react assertively to situations and prevent you to fall in a negative, stressful and depressive spiral. Your leisure time will enrich you. Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation – what are they? They are the happiest people in the world.

### ***Activity B. Listening***

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) steep	a) the activity of jumping from a great height with an elasticated cord attached to the ankles
2) canyoning	b) the sport of guiding a raft while descending a river, especially through rapids known as white water rafting
3) band	c) a trip of material used for strengthening or coupling
4) track	d) a pulley system attached to cable or wire, in turn attached to two sturdy objects on an incline, used for transportation or leisure
5) rough	e) 1 of near-vertical gradient; of a slope, surface, curve, etc. that proceeds upward at an angle near vertical
6) rope	f) thick strings, yarn, monofilaments, metal wires, or strands of other cordage that are twisted together to form a stronger line
7) rafting	g) a road or other similar beaten path
8) bungee jumping	h) a hybrid sport in which participants travel along a canyon using a variety of techniques that may include walking, climbing, jumping, abseiling or swimming
9) zip-wire	i) 1 having a texture that has much friction; not smooth; uneven

*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

1. The boy and his friends are going to the activity centre in the mountains.
2. The centre is not a new one.
3. They are going dirt-boarding.
4. Dirt-boarding is going down rough mountain tracks on a board with wheels.
5. The girl has done something that resembles dirt-boarding before.
6. Zip-wiring is when you jump and swim down the river canyon.
7. Bungee jumping is jumping off the bridge on a long elastic band.
8. The girl is going away for the coming weekend.
9. The girl is going to Paris.
10. The girl is going to visit the sights and art galleries.
11. The girl is going to visit the Eiffel Tower because she likes art very much.
12. Famous paintings can be seen in the Louvre and the Musée d’Orsay.
13. The girl plans to visit shops in Paris.
14. The girl is going to stay in Paris for three days.
15. The girl is going to Paris together with her mother.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to have some plans	a) along the River Seine
2) to do all	b) and see all the famous paintings
3) to use ropes	c) a mountain on a wire
4) to go white	d) for the weekend
5) to go down	e) kinds of things
6) to take a boat	f) and special equipment
7) to go around the Louvre	g) water rafting

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

### **Unit 3. Sports Centres**

#### **Activity A. Reading**

*Read the text. Do you share the author’s opinion on the benefits of sports for students?*

#### **Benefits of Sports for Students**

For long sports have been viewed as a way to stay healthy and keep fit. Its benefits have gone further beyond this. It has got both physical and physiological benefits. Among the physiological benefits is mental health. Academics is related to the ability of the brain to capture, store and process information. Sports impacts on education are limitless. Students are encouraged to participate in sports while in school. Many of them especially college students don’t actively participate. They end



up in situations they could have evaded. I have compiled a list of ten benefits of sports for students. After reading this to the end, you will have a better understanding of how sports benefit the student.

**Health.** Sports and health are heavily connected. The stress caused by exercise on the bones, muscles, ligaments, and tendons makes them strong and healthy. Exercise helps to burn calories in the body reducing chances of obesity. Heart muscles performance and endurance improve, increasing its efficiency and reducing the risk of heart diseases. Exercise triggers the use of sugar in the blood. Glucose is converted into energy hence balancing the blood sugars. Sports also help in the fight against cancer and other lifestyle diseases.

Self-confidence and self-esteem. That handshake after winning develops self-esteem. A word of encouragement and praise from parents, friends, and coaches make a student feel accepted. A motivated student is more likely to do well in class than a student who views everything to be against him or her.

**Teamwork.** Teamwork is key to success. In sports, you have to collaborate with other team members to win. To succeed in education, a student needs to work hand in hand with teachers and fellow students. After school when working on a project, those with teamwork skills achieve their objectives. Employers are interested in hiring employees who can work together with other employees to achieve a common goal. Teamwork skills are among other requirements to secure a good job.

Leadership. In sports, there is leadership. Becoming a captain gives a student skills on how to become a good leader. On later life, he or she might develop an interest in politics and end up being a top leader. Being a leader at school help a student gain interest and leadership skills. Many leaders have at one point in their education participated in school leadership. Many top positions in companies require someone with leadership skills.

**Social Skills.** Sports brings people together. Sports students have many friends. When playing in other schools, they get a chance to interact with new people. Sports give students a chance to go to foreign countries. When in a foreign country one can learn foreign languages. It helps build a sense of belonging. These social and communication skills later help a student in future career and relationships. One gets to know the importance of people around him at a younger age. Sports students are not victims of tribalism and other discrimination. They appreciate the presence of everyone in their life. This ability to live with anyone makes it easy for a person to survive in foreign countries.

**Discipline.** Discipline is key to success in sports. In sports, a student has to follow the rules set and obey his or her coach. While other students are idle thinking of drugs, a sports student is busy training, he or she has no time for drugs. Coaches also educate them on the negative impacts of drugs in their sports life. With discipline, a student can reach his or her goals. Time management skills are learned in sports. When you are on tight schedules and have no time for assignments due to sporting activities, you can check college essay writing service for assignment help.

Brainpower. Sports is the best in fighting stress. Sports help improve the cognitive and memory function of the brain. After spending several hours in class, a student

needs some time to refresh the mind. Sports active students are top scholars in academics. Sports builds their ability to concentrate and focus in class.

**Career and passion.** Some students are good at sporting. There is nothing as sweet as doing what you are talented. As a footballer in school, you can have a passion of becoming a top athlete after which you can later become a coach and train other people. One can also decide to venture into sports to become a referee or a coach. Sports have many careers that need professionals.

Improved energy levels. Regular body exercise improves our energy levels. Sports students can be active throughout the day without getting tired. Regular body exercise boosts the performance of the lungs. They are able to absorb more oxygen into the body which is used in the generation of energy. Sports students can perform tasks with fewer struggles. Athletes can walk for long distances as compared to non-athletes.

**Managing emotions.** Emotions run high on sports. Sporting students can control their emotions. Coaches train students how various negative emotions can affect their performance. Emotion management skills learned at a young age help one handle critical life challenges later on in life.

### **Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) welcome	a) a device for bathing by which water is made to fall on the body from a height, either from a tank or by the action of a pump
2) advanced	b) a room or a house designed for heat sessions
3) shower	c) extremely large, greatly exceeding the common size, extent, etc.
4) towel	d) running shoes or sneakers
5) sauna	e) something added, especially to make up for a deficiency
6) lifestyle	f) to affirm or greet the arrival of someone
7) enormous	g) a booklet of printed matter, like a pamphlet, often for promotional purposes
8) trainers	h) at or close to the highest level of development at a particular time; cutting-edge
9) lifeguard	i) a cloth used for wiping, especially one used for drying anything wet, as a person after a bath
10) supplement	j) an attendant, usually an expert swimmer, employed to save swimmers in trouble or near drowning at the body of water
11) brochure	k) a style of leaving that reflects the attitudes and values of a person or group

*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

#### **Part A**

1. Maya works at Grange Park Swimming Centre.
2. She is taking the guests round the centre.

3. The rooms in the Centre are light, airy, and there is a very good air-conditioning system there too.
4. The Sports Centre also offers dance classes.
5. All their teachers are former sportsmen.
6. They offer only advanced classes.
7. Their students have a chance to visit classes for six years only.
8. The prices for massage are very high.
9. Students can attend a gym with exercise machines.
10. It is not necessary to bring a towel if one wants a shower.
11. If one wants to yoga or Pilates classes, they must take a mat with them

### **Part B**

1. Bill is showing a gym to the visitors.
2. Bill works as a repair man in the gym
3. He works with other six specialists.
4. These specialists can help visitors with exercise programmes and give advice about lifestyle and diet.
5. It is absolutely necessary to talk to any member of the specialist team before signing up and setting up a personalized training programme.
6. In the main gym one can do running, cycling, rowing, weights.
7. In spite of a large number of clients, they normally don't wait for a machine to exercise.
8. In the area for weight-training outdoor shoes are not allowed.
9. The swimming-pool most of the time can be used without booking.
10. Informal swimming tips can be offered by a life-guard.
11. The shop is also available to visitors.
12. This gym is a little more expensive than other nearby gyms.
13. The gym also offers extra classes.
14. The secretaries at the reception can help visitors with the advice about the combinations of activities in the gym.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to offer a lot	a) without any problems
2) to have a very good	b) with exercise machines
3) to have the gym	c) swimming tips
4) to move around	d) most of the time without booking
5) to be very popular	e) of different activities
6) to be always around	f) air-conditioning system
7) to use a swimming pool	g) to help with exercise programmes
8) to offer informal	h) with clients

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## Unit 4. Joining a Gym

### Activity A. Reading

*Read the text. Do you share the author's opinion about the reasons why people take up sports?*

### Why do People Go in for Different Kinds of Sports?

In my opinion, people can't do without sport. They go in for sports for different reasons. First, sport helps us to stay in a good shape, to keep fit and to be healthy. It makes people strong, fast and agile. What is more, sport builds our character; it teaches us to win and to lose as well as to overcome difficulties. It goes without saying sport makes us more organized and better disciplined in our daily activities. Besides, it's a good way to spend your free time and to make new friends.

The majority of people live in towns and cities, where space for team sports is limited. To keep fit, most people take part in individual sports. They usually go walking, swimming, cycling, or do aerobics. Taking part in all of these sports is informal and casual. Most people just want to relax. If they do aerobics or go swimming, they usually go to the sports centre; but not many people join a sport club.

Some people argue that sports are not very useful. It takes a lot of energy and time. As a result of going in for sports, people have broken legs and arms and other injuries. Besides, it makes you unhappy when you lose. A lot of people prefer to watch sports competitions rather than take part in sports. Thousands of people go to the stadiums to support their favourite teams and sportsmen. The most popular spectator sports are football, hockey and figure skating. Most of the important competitions are televised, and people enjoy watching sports programmes on TV. They needn't buy tickets and go to a stadium, especially in cold and rainy weather. But certainly watching sports events and going in for sports are two different things.

In my opinion, people can't do without sports. Sports play an important part in our lives. I think sports help us in different ways. First of all, it helps us to stay in good shape, to keep fit and to be healthy. It makes people strong, fast and agile. What is more, sport builds character; it teaches us to compete and practice sportsmanship. It makes us more organised and better disciplined in our daily activities. Besides, it is a good way to meet people and to make new friends.

Sports are an essential part of our everyday life. To have a healthy mind, you must have a healthy body. But to be healthy, it is not necessary to become a professional sportsman. You may go in for sports just for pleasure, when you have free time. Some people jog every morning; some follow fitness classes shown on TV. Young people usually put on their roller-skates and skate in the streets and parks. A lot of young people spend their holidays hiking; it doesn't cost much, and it is a really good way of getting away from crowds.

Physical education is an important subject at school. It helps pupils to relax and to keep fit after a hard working day. Each school has sports facilities. A lot of different competitions are usually held at school and a great number of pupils take part in them. That's why I think sports are so popular in our country.

The most popular sports in Russia are football and hockey, skating and skiing, track and field and swimming, tennis and basketball. It is not always easy to decide which sport to take up. The aim of all sports training is to improve fitness and skills, and to develop training programmes that are both safe and effective. The important thing, however, is that anyone who is not used to exercising should not do too much at the beginning. Moreover, it is better to do a little regularly than a lot once every two months. Among the benefits of regular exercise are a healthier heart, stronger bones, quicker reaction times, and less susceptibility to various illnesses. Scientists believe that if you go in for sport on a regular basis, it could even help you to live longer.

I enjoy many sports; but best of all I love swimming. I started to learn when I was about seven years old. When I was younger I used to go swimming three or four times a week. Now I have less free time, but a week never goes by without my visiting the pool at least once. Sports help me to work off my extra energy. Swimming is an inexpensive and simple sport. You do not need any complicated equipment. You just need a swimming costume or trunks and perhaps a cap. You can swim in the sea or a river, or you can go to a special swimming pool. I love swimming because it is a very good exercise for the whole body. I would recommend it because....

**Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) mean (v.)	a) to agree, to be equal, to correspond to
2) sign (n)	b) a document granting permission to pass or to go and come; a passport; a ticket permitting free transit or admission
3) membership	c) training shoes or sneakers
4) fee	d) the state of being a member of a group or organization
5) match (v.)	e) the organic process by which an organism assimilates food and uses it for growth and maintenance
6) charge (v.)	f) a booklet of printed informational matter, like a pamphlet, often for promotional purposes
7) trainers	g) to intend
8) brochure	h) to visit informally
9) assign	i) to require payment (of) (a price or fee for goods, services, etc.)
10) nutrition	j) beyond what is due, usual, expected, or necessary; extraneous; additional; supplementary
11) extra	k) a visible indication
12) pass (n.)	l) to designate or set apart something for some purpose
13) drop by	m) a monetary payment charged for professional services

*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

1. The receptionist works at ‘Shave It Off Fitness’.
2. The customer visited the centre in order to find out about the place.

3. The sign outside the centre attracted the customer's attention.
4. The centre offered the best budget membership in the city.
5. The centre charges fees for signing up and cancellation.
6. Cancellation fees is the money that a customer has to pay if he stops his membership before a specified time.
7. The centre opens at 4 am and closes at midnight.
8. The centre tried to work 24 hours before.
9. The centre couldn't keep 24-hour schedule because there were few people who wanted to do exercise at 2 am.
10. The centre cannot offer a personalized evaluation of its customers.
11. The information about customer's personalized evaluation is presented in the brochure.
12. During the visits to the centre a customer is assigned an expert personal trainer.
13. The services of a personal trainer are not included into the price.
14. The continuation of work with a personalized trainer after the first few classes involves extra payment.
15. Except for competitive rates and personalized attention the centre offers a free day pass.
16. Before joining a gym any customer may visit the centre, see the facilities and talk to other members and staff.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to have the best	a) a personal trainer before
2) to find some	b) rates and personalized attention
3) to leave before	c) information about here
4) to do a personalized	d) of any other gym in the city
5) to work with	e) with one's trainer
6) to design an	f) budget membership in the city
7) to want to continue	g) evaluation of somebody
8) apart from competitive	h) exercise plan
9) to choose here instead	i) a minimum number of months

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 5. Getting Advice**

### **Activity A. Reading**

*Read the text. What are the ways in which people may ask for advice?*

### **How to Ask for Advice and Get It**

We all need advice, but many of us don't seek it. When we do, we stumble over ourselves with shyness and often ask the wrong person. Learning how to ask for

and receive not just advice, but good advice, is a skill that many of us should work on. When it's advice about your career, it probably should not come from mom or your high school buddy.

First, let's define what "good advice" is. In my experience, good advice is true, solid, and actionable. It comes from a place of experience and wisdom. Also, it is given by someone in a position to actually help. Very likely that person has lived what you are going through and learned a few lessons from their own experience.

Advice proliferates; it's everywhere from the TV show *Good Morning America* to thousands of self-help books, but *good* advice is something you have to seek with intent.

If good advice is valuable, why is it so hard to obtain? Sometimes, people are too ashamed to ask for help, especially if they think the person is important. Also, people tend to be too busy to stop and ask, often questioning whether taking the time to ask will be worthwhile. And unfortunately, good advice is hard to obtain because when we do ask for it, we ask the wrong person in the wrong way.

There are a number of ways to seek advice. In a business context, oftentimes it's not a casual request. Therefore, giving some thought to your request beforehand will help you be prepared to ask for appropriate advice as well as to receive it in a way that allows you to act on what you learn. It is important to know how to ask for good advice. And it's even more important to recognize a trusted advisor when you see one. So, how do you do that? I suggest three ways that have worked for me on both the requesting and receiving end:

**Clearly define your problem.** Before seeking advice, ask yourself what problem you seek to solve. Define its parameters. Make it as specific as possible. And if you can not easily define it in a sentence, you definitely are not going to get a meaningful answer. Force yourself to write the problem down.

**Ask the right person.** Give some thought to who might be able to help. The person to ask for advice is someone who has relevant experience or knowledge pertinent to the question you have. Remember: you're not seeking opinions; you're seeking a *trusted advisor*. Approach the problem and the advisor with that distinction in mind. And don't worry if you do not know the right person, use your network to make the right connection.

**Ask one question.** Describe your question when you find the right person in a clear and concise way. Limit background noise and concentrate on the end-goal of receiving actionable, valuable help. One straightforward question is most likely to yield a sound, meaningful reply. And when you get a helpful response, share a heartfelt thank-you if you expect to be assisted again.

Most people are happy to help others; because it validates one's own worth. I personally enjoy helping ambitious people who are acting with purpose whenever I can.

Oftentimes, though, I cannot help because the question I am being asked is not clear or because I do not have the right expertise. The three steps I suggest above will help both seeker and advisor attain results. Learning how to ask for and receive good advice can help advance your career. Clearly identifying the question you have and the people who can help answer it is a great start. Then, help that person to help you by being direct with what you seek, and you both will benefit.

## Activity B. Listening

Task 1. Match the words with their definitions

A	B
1) dread	a) to breathe quickly and deeply, especially at an abnormally rapid rate
2) sound	b) to be important
3) breathe	c) to overcome; to recover (from)
4) speed up	d) to draw air into (inhale), and expel air from (exhale) the lungs in order to extract oxygen and excrete waste gases
5) hyperventilate	e) to rotate, revolve, gyrate (usually quickly)
6) scare	f) to fear greatly; to anticipate with fear
7) distract	g) to divert the attention of
8) matter	h) to listen to someone until that person has finished speaking
9) appreciate	i) to accelerate; to increase speed
10) get over	j) to be grateful or thankful for
11) hear out	k) to become accustomed to something; to acclimate; to adjust
12) spin around	l) to produce a sound; to be conveyed in sound
13) get used (to)	m) to frighten, terrify, startle, especially in a minor way

Task 2. Listen to the conversation 'The Room-Mates' and decide if the following sentences are True (T) or False (F).

1. Clara didn't see Ben for a long time.
2. Ben replies that he feels good.
3. Clara's mood worsens when she remembers about a chess tournament in which she will participate.
4. Ben has been sleeping well these last days.
5. Ben doesn't only sleep well, but he is afraid of going outside the house.
6. Ben worries he may forget his way home
7. Ben thinks he can never mix the week-days in his mind.
8. Sometimes Ben pronounces out loud these stupid worries that come into his head.
9. This morning Ben couldn't leave the house for three hours.
10. Clara was in the same state of mind last year.
11. Clara now looks so together.
12. Clara doesn't feel good so far because she still has bad days.
13. Ben could hardly breathe when he was trying to leave the house that day.
14. Clara thinks panic attacks are very common these days.
15. Clara advises Ben to see a doctor.
16. Clara learnt some practical skills how to cope with panic attacks.
17. when one feels safe, it is advisable to make your heart start racing faster and breathing speed up.
18. Getting used to the symptoms can make people not so scary.
19. Doing things that make a person feel panic may also help.
20. If a panic attack comes, Clara has a distraction plan.
21. To get over panic attacks Clara walks instead of taking a bus, counts objects.



Task 3. Make collocations with the words given in columns A & B

A	B
1) not to see somebody	a) in somebody's head
2) things going around	b) of anxiety and panic attacks
3) to start to dread	c) else to focus on
4) to be in the wrong	d) in class for a while
5) to learn some practical	e) dizzy, hyperventilating or short of breath
6) to sound like a panic	f) start racing faster
7) to try to reduce the power	g) things as well
8) to make one's heart	h) place at the wrong time
9) until someone is	i) going outside
10) to have something	j) attack to somebody

Task 4. Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## Unit 6. Sizing Up Students

### Activity A. Reading

Read the text. How do students evaluate their teachers?

### Perfect Teacher through Students' Eyes

Ask any student, what teachers train them and you will hear many complaints: lectures are boring, low marks are put; their explanations are incomprehensible, etc. But among all the other teachers the student will play favorites to the one teacher who in his eyes is the perfect, because he was able to win the respect and confidence. But the problem is that such teachers are rare samples. What features should have a perfect teacher through the student's eyes? Let's see, what is prized above all else.

*Age, sex, and appearance.* Ironically, many teachers believe that these are important factors for students. In fact, they do not play any role. Even a very nice teacher, a young man or woman, cannot hold the attention of students on a more than one lecture, if he/she is not able to interest in subject.

*Sociability.* Sociability is important for the student. A good teacher is a good psychologist. It is usual when teachers, former students, better find a common language with the students than graduates. If a person loves people: family, relatives, friends and acquaintances, it will be no problems for him to treat others with kindness, warmth and understanding. The main thing is to learn to communicate and understand students.

*Polymath.* Today it is considered that the students do not pay attention to polymath. Erudition and comprehensive knowledge of teachers should strike while inspiring students to receive more information in general and a specific subject in particular. If the teacher is able to present his subject, tell interesting facts and not just teach dry lecture, he will be able to hold and control the audience, as well as the interest of students. It is very interesting to listen to teachers who give great variety of examples, describe the different situations that occur in connection with events or people in question in class.

*Kind of presentation.* This holds a crucial part in understanding and remembering. Every teacher should be a great orator. You can say again that eloquence – it is a talent, and someone has it, and some do not, but let’s remember Demosthenes. He wanted to speak well and worked a lot on him, as a result – the memory about him as a great speaker stays till today. Diction and quiet loud voice are particularly important for the lecturer. In order to have in the auditory during lessons more trusting and relaxed atmosphere, there must be necessary connection between the student and the teacher that is most often achieved with a small pause during a lecture when a student takes a break from constant writing, and lecturer says something interesting or amusing, so we can conclude about the sense of humor of the teacher.

*What the teacher wants to teach students.* It is impossible to remember all lectures all your life. The student must be taught not only to gain ready knowledge, but be able by himself to extract the most relevant information and sift the unnecessary one. So it may be what the student knows does not always matter, but what system of knowledge he has, and whether he will gain the knowledge and interpret them correctly – does matter.

Famous American lector and writer Dale Breckenridge Carnegey has developed psychological courses on self-improvement, effective communication skills, presentations and more. His books remain popular to this day and his principle was that there are no bad people. He was talented lector and orator because was able to mix teaching process with people behavior and psychology.

It can be said that the teacher must first be an interesting person. Thus, teachers’ main qualities are sociability, polymath, professionalism in the business, eloquence (fluency in language, logic, diction, humor, etc.) and ongoing work on him. When a teacher is an interesting person, then there will be an interesting subject of science, not routine lectures.

### **Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) size up	a) to take action with respect to someone or something
2) participant	b) hearty; sincere; warm; affectionate
3) prisoner	c) flat and level; without great variation
4) deal with	d) one who participates
5) empathy	e) to spend time doing nothing in particular
6) feedback	f) critical assessment of a process or activity or of their results
7) cordial	g) to influence or alter
8) escape	h) to evaluate, to estimate or anticipate the magnitude, difficulty, or strength of something
9) affect	i) to surpass someone or something, to be better or do better than someone or something
10) aversion	j) identification with or understanding the thoughts, feelings, or emotional state of another person
11) excel	k) opposition or repugnance of mind; fixed dislike
12) hang out	l) to get free; to free oneself; to avoid any unpleasant person or thing; to elude, get away from
13) even	m) a person incarcerated in a prison, while on trial or serving a sentence; any person held against their will

*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

1. Todd differentiated four categories of students.
2. Students of these categories are unevenly distributed in Todd’s class.
3. In a class of twenty students the largest part is represented by participants.
4. Suchlike singling out of students in a class helps to teach.
5. A student of a prisoner type needs a lot of entertaining activities on the part of a teacher.
6. With a participant type student teaching should really be interactive.
7. When teaching a pupil type student you should give them additional feedback and encouragement.
8. Students of a player type need more cordial talk to them, personal interaction.
9. A teacher’s duty is to adjust to and teach each student of the group.
10. Such a division of students into groups may be useful for a teacher of any subject.
11. A student may be referred to a different group depending on the subject.
12. Julia was a player in a foreign language class.
13. Julia changed too a prisoner type of a student in music class.
14. At classes of history, which Julia didn’t like, she was a participant.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to come	a) in humanities subjects
2) to give	b) the categories
3) to apply to	c) really highly interactive
4) to have aversion to	d) definitions
5) to be particularly interested	e) the extra feedback
6) to give them	f) about the class
7) to have a lot	g) to mind
8) to have a great aptitude	h) any subject
9) to adjust	i) to each other
10) to make it	j) out with friends
11) to be hang	k. of personal interaction
12) to fit into	l. history and geography

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 7. Computers in Class**

### **ActivityA. Reading**

*Read the text. Do you share the author’s opinion on the use of computers in the teaching process?*

## **The role of Information Technology in Education**

Broadly, Information Technology is defined as the use of computers to study, send, retrieve, store and manipulate information used widely in business organizations and now in the field of education as well. Many of the Schooling Systems are now using Information Technology to provide better understanding of difficult concepts to students in classroom and at home.

*Information technology has made both teaching and learning easier.* The use of Information Technology in classroom has left behind the traditional methods of giving long boring lectures. Using IT the teachers can create interesting audio and visual presentations which will keep the students engaged and will give them a greater understanding of all the concepts. Beside this, such methodology can give rise to interactive sessions between students and teachers. Everyone likes watching animated videos. Using Information Technology the whole classroom can be digitalised thus making both teaching and process of learning much easier.

*Information Technology helps the teachers and administration to keep track of all students in classroom.* Information Technology has given rise to various tools and application which can be used by School administration and teachers to track the progress of individual students and the parents can also be kept up to date about the achievement of their child. This technology can also be useful for the teachers to help the students in their weak subjects and provide them some extra time and notes. Thus IT has saved the teachers from old methods of maintaining student records on books and registers.

*Education using Digital Books.* Many schools have now digitalised their classroom, by encouraging the students to use information technology to submit their tests, homework and assignments. The teachers also promote the use of electronic books to read the lectures. These digital books can be read anywhere in a café, on the train and at home according to convenience. This advancement has played an important role in protecting our environment as less books means less cutting down of the trees.

*Information Technology has made education fun and entertaining.* In the modern world of today every student knows how to use computer, tablet and mobile phones. Even though, the Mobile App Development with IT has made education fun and exciting. The information technology can be used to direct this addiction in a positive manner by introducing tablets and PCs in class room for the purpose of interactive sessions, to see the relevant videos, share knowledge, to solve queries and concepts by using Facebook or What Sapp private classroom groups. The use of this technology will make education more fun and entertaining for both the teachers and the students.

*Information Technology has made Education Accessible for all the students.* Introduction of virtual classroom has completely displaced the traditional classroom methodologies. Thanks to this advancement now a student can attend lectures from any part of the world, all he needs is a good internet connection and his personal computer. This technology allows the student to study in their own comfort zone at any part of the day they like. There are many sites which are providing free online education services like the Khan's Academy which allows the student to acquire education on any topic they like, irrespective of their age and school curriculum. Plus now the students can acquire their academic papers using Electronic learning from areas which were once isolated from the rest of the world.

*Information Technology has made Access to Research and information much easier.* Few years back the students had to spend hours in library to search for information or data they need for their dissertation or assignment. Thanks to information technology they can now access any information they want using their computers or mobile phones. They can search Google and YouTube for any sort of article they are looking for thus making their writing much more comprehensive and understandable.

*Information Technology has made group studies and Assignments much easier.* In a traditional classroom when a teacher asks the student to conduct group study or do an assignment, it used to create confusion because every student has got their own opinion and group discussions would create a total mess. Thanks to information technology now the discussions can be conducted on social media forums or using tools and applications where they can upload their task and collaborate with one another in a perfect manner.

Information technology is playing a major role for both, the students, to achieve a better understanding, learning and education while teachers keep themselves up to date and improve their teaching skills.

### **Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) opinion (n)	a) a portable wireless telephone
2) distract (v)	b) apart from (the rest); not connected to or attached to (anything else)
3) ghost (n)	c) a lightweight container; generally round, open at the top and tapering toward the bottom
4) specific	d) trouble, bother, unwanted annoyances or problems
5) look up (n)	e) to be troubled, to give way to metal anxiety
6) cell phone (n)	f) the disembodied soul; the soul or a spirit of a deceased person; a spirit appearing after death
7) Facebook (n)	g) to divert the attention of
8) come and go (n)	h) to be in the habit of choosing something rather than something else; to favour; to like better
9) handle (n)	i) to obtain information about something from a text source
10) separate (adj)	j) repeatedly appear and disappear (said especially of a feeling or pain)
11) prefer (n)	k) a belief that a person has formed about a topic or issue
12) basket (n)	l) a social networking, website where users can find acquaintances or 'friends', exchange messages, and post updates
13) worry (n)	m) special, distinctive or unique
14) hassle (n)	n) to touch, to feel or hold with the hand(s)

*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

1. Sarah is currently employed as a teacher.
2. Sarah believes that computers can be used each time if classroom activities are related to using computers.
3. Students are often distracted by doing something else on the Internet.
4. Peter doesn’t agree with Sarah’s opinion on using computers in the classroom.
5. Peter doesn’t think computers can be used in the classroom when students must do some specific activities.
6. Students may use computers to find information or do listening activities.
7. Peter believes that cell phones cannot be used in the classroom.
8. Students can do a quick online search with the help of a tablet computer.
9. Peter always keeps a watchful eye to see what the students are up to in class.
10. Peter is not always sure exactly how to handle the issue of using a smartphone in class.
11. Sarah lets her students use phones because of a dictionary downloaded on them.
12. Sarah never takes cell phones away in class from students.
13. Sarah decided to start collecting students’ cell phones in the basket at the beginning of each class.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) activities are related	a) how to handle it
2) to get your	b) individual listening
3) to listen to	c) their phones back
4) to do a quick	d) at the beginning of class
5) to sit writing	e) to using computers
6) to be sure exactly	f) forget their phones
7) to collect cell phones	g) notes to their friends
8) students would	h) students’ attention
9) to try to get students	i) online search

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original

## **Unit 8. Local Accents**

### **ActivityA. Reading**

*Read the text. Do you share the author’s opinion on the prejudices against various English accents and the effects they can have on one’s sense of self-worth*

### **What Does Your Accent Say about You?**

An accent is a colouring or flavouring to your speech that influences the sounds and shapes of words and sentences. These flavours attach to vowels (in Birmingham you might hear ‘lake’ sounding close to ‘like’ as in ‘Where’s the like?’) and consonants (in

Ireland you might here ‘this’ sounding close to ‘diss’ as in ‘Diss is the way’) and word stress (in the USA you might hear ‘MOMenTArY’ instead of ‘MOmentary’).

Accents are associated with social groups: regional such as Birmingham, or social such as upper-class. Everyone has an accent, no-one is accent-free. And for every accent there exists, there's somewhere a group – or groups of people – who react badly to it. These reactions are the result of prejudice – an unreasoned jumping to judgement. No accent is immune from such prejudices, even those we use as reference models for pronunciation such as Received Pronunciation (RP) and General American.

*Some examples of prejudiced reactions to accents.* People may say one of the following (or more likely think it quietly to themselves) upon hearing a particular accent: You sound posh. You're a racist. You hate Catholics. You sound so sexy. I don't trust you. You're uneducated/stupid/slovenly. You're no good at your job.

*Everybody has prejudices about accents.* Over the course of my lifetime (60-plus years) I have held and expressed prejudices about other people's accents. Many of these prejudices were firmly in place at the end of my formal education (boarding school and Oxford). They included prejudices about Northern Irish accents (my family background is from the South of Ireland), white South African (in my early/middle adulthood, there were many protests against apartheid) and American accents of any type (sorry, no excuse). I like to think that, over the decades, my studies and my experience of working with people from a wide range of backgrounds have led me to abandon these prejudices. However, I still have prejudices that I find difficult to control in relation to one particular accent. I will come back to this later.

Prejudices about accents are undesirable, but powerful, and very easily learned. They persist despite the protestations and efforts of experts and academics. Academics tell us that no accent is linguistically superior to any other. Compilers of pronunciation dictionaries often explain that the pronunciations that they suggest are not the only ones possible.

*The appeal of labelling accents 'right' and 'wrong'.* But the reality is that the wider world, including the teaching profession, likes the idea of simple rules which tell us what is right and wrong. As teachers, we like to be able judge our students (and sometimes our colleagues, and newcomers to the profession) on the basis of these rules. We thus treat these dictionaries not just as useful reference tools for teaching, but as a source of ‘right answers’ and ‘the truth’. If you deviate from these rules, you are somehow to blame.

These dictionaries, and the pronunciation keys derived from them, provide reference models of the spoken language. These models are useful for teaching intelligible speech, but they do not represent ‘the truth’, they do not represent ‘the right way’.

*Inner-city accents and broadcast media.* Within the UK, people have prejudices about the inner-city accents of Birmingham, Glasgow and Liverpool, which place these accents at the bottom of a league table of approvals. But this situation is changing (slowly) as more and more sporting heroes and heroines with these accents appear in the broadcast media. And some individuals modify their accents to sound more 'refined' when talking to people outside their immediate circle of family and friends. They become bi-accented.

This option is not so easily attainable for non-native teachers of English, who are often made to feel bad about their accents. I'll come back to this point in a moment, with some appeals at the end. But next, confession time.

*Hostility to RP.* The accent which excites prejudiced reactions in me is the one that has been recently named Conspicuous General British (CGB) – referred to in the past as Refined Received Pronunciation. It is the accent that has been held up as ‘the one to learn’ since the early decades of the twentieth century. Very few people speak it. And those who are said to do so (senior members of the royal family, officers in the Royal Navy) are unlikely to wield influence over my employment prospects.

*Accents and social groups.* Sky News ran a report recently in which an 18-year-old woman was trying to sound less posh, because she didn’t like ‘random people’ telling her that she must be rich and from a privileged background.

The trouble for me is that one of the social groups I have the strongest family and emotional ties to are my cousins in the West of Ireland. And to them, my accent sounds ‘posh’, that is, RP-like. Yes, some people would say that my accent is the very one that I have these prejudices about. Hey ho!

*Accents in the classroom.* Let me end by making some final pleas to teachers of English: Don’t judge yourself by your accent. Don’t judge your fellow teachers by their accents. Recognise a reference model such as RP or General American for what it is: a useful example for teaching and learning intelligible pronunciation. A reference model is not ‘the truth’ or ‘the right way’ but a reference point around which many flavourings are possible. Do not use reference models as an attainment target or attainment model. Control your own prejudices about accents used in reference models. Lastly, it’s worth being reminded that people can be accented – even highly accented – and still be intelligible and comprehensible.

### **Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) accent	a) rigid, hard to bend, inflexible
2) the other day	b) to collide with; to encounter or meet unexpectedly
3) dialect	c) to identify or locate precisely or with great accuracy
4) blend	d) to get hold of, to grab, to obtain, to keep
5) pinpoint	e) flashy or showy; lacking focus; jittery or jangly
6) run into	f) a mixture of two or more things
7) mimic	g) a distinctive manner of producing a sign language, such as someone who does not normally use a certain sign language might have when using it
8) hang on to	h) to imitate, especially in order to ridicule
9) vowel	i) having a sound imparted by means of the nose
10) stiff	j) a variety of a language that is characteristic of a particular area, community, or group, often differing from other varieties of the same language in minor ways as regards vocabulary, style, spelling and pronunciation
11) jazzy	k) a sound produced by the vocal cords with relatively little restriction of the of the oral cavity, forming the prominent sound of a syllable
12) nasal	l) recently; lately; a few days ago



*Task 2.* Listen to the conversation ‘The Room-Mates’ and decide if the following sentences are True (T) or False (F).

1. It is not difficult to define Spencer’s accent.
2. In fact, Curtis comes from North Dakota.
3. His accent resembles the accent which is typical of a person living outside the US.
4. A person whom Curtis met the other day at Starbucks couldn’t believe he was from North Carolina.
5. Curtis can easily imitate different people.
6. One of his best friends is an Irishman.
7. People whom Curtis meet tend to think he sounds Australian or Kiwi or even British.
8. Because of numerous America accents people have an idea that people living in the south have a very strong dialect.
9. The people do not use extra vowels.
10. Spencer has been living out of his country for a few years.
11. People couldn’t say for sure what part of the country he comes from judging by his accent.
12. In America people use the word ‘rubbish’ instead of ‘trash’.
13. In Canadian accent they use the word ‘hey’ very often
14. Canadian accent very much resembles the way Americans speak.
15. Spencer likes the northern accents.
16. The dwellers in Stockholm speak indistinctly, as if they are eating and talking at the same time.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to run into some	a) country for a couple of years
2) to tend to sound	b) out words
3) to have a very	c) either Australian or New Zealandish
4) to live out of the	d) through their nose
5) to sound very	e) and speaking at the same time
6) to be a big fan	f) friends at Starbucks
7) to seem to talk	g) good to the ears
8) as if to be eating soup	h) people from all over the world
9) to live with different	i) strong dialect
10) to draw	j) of the Canadian accent

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 9. Living on the Cheap**

### **ActivityA. Reading**

*Read the text. Why do people enjoy travelling?*

## **Tourism and Travelling**

Twenty years ago not many people travelled overseas for their holidays. The majority of people stayed to have holidays in their country. Today the situation is different and the world seems much smaller. It is possible to book a holiday to a seaside resort on the other side of the world. Staying at home, you can book it through the Internet or by phone. The plane takes you straight there and within some hours of leaving your country, you can be on a tropical beach, breathing a super clean air and swimming in crystal warm water of tropical sea. We can travel by car, by train or plane, if we have got a long distance tour. Some young people prefer walking or hitch-hike travelling, when you travel, paying nearly nothing. You get new friends, lots of fun and have no idea where you will be tomorrow. It has great advantages for the tourists, who want to get the most out of exploring the world and give more back to the people and places visited. If you like mountains, you could climb any mountains around the globe and there is only one restriction. It is money. If you like travelling, you have got to have some money, because it is not a cheap hobby indeed. The economy of some countries is mainly based on tourism industry. Modern tourism has become a highly developed industry, because any human being is curious and inquisitive, we like leisure, visit other places. That is why tourism prospers. People travel from the very beginning of their civilization. Thousands years ago all people were nomads and collectors. They roamed all their lives looking for food and better life. This way human beings populated the whole planet Earth. So, travelling and visiting other places are the part of our consciousness. That is why tourism and travelling are so popular. Nowadays tourism has become a highly developed business. There are trains, cars and air jet liners, buses, ships that provide us with comfortable and secure travelling.

If we travel for pleasure, by all means one would like to enjoy picturesque places they are passing through; one would like seeing the places of interest, enjoying the sightseeing of the cities, towns and countries. Nowadays people travel not only for pleasure but also on business. People have to go to other countries for taking part in different negotiations, for signing some very important documents, for participating in different exhibitions, in order to exhibit the goods of own firm or company. Travelling on business helps people to get more information about achievements of other companies, which will help making own business more successful. There are a lot of means of travelling: travelling by ship, by plane, by car, walking. It depends on a person to decide which means of travelling one would prefer

Tourism simply refers to travelling for leisure, business or recreational purposes. From this point of view it is clear that tourism and travelling go hand in hand. One cannot talk of tourism without travel, and also cannot talk of travel without tourism. Tourists usually travel and stay away from their normal areas or rather environment for some time with an aim of getting involved in business, leisure or other purposes. Those tourists who travel for leisure tend to target the wildlife and also other natural sites. The tourists who travel for business tend to target conferences. The tourists normally help in uplifting the economies of those countries they visit. Apart from that tourism tend to make the world to be more interactive and a better place for everyone. Tourism is known to be the world's largest industry, where a lot of money is made. It is very crucial area. Many countries around the world spend a lot of money, billions and billions of dollars in tourism in order to ensure that it continues. As a major player

in economies of many countries, tourism provides employment especially in the service industry in areas involving transportation, accommodation and entertainment. Tourism knows no borders .It involves even the locals in what is called local tourism. So apart from tourists coming from other parts of the world, the local tourists also find time to tour their own native country. These locals also find time to tour other countries, and in the process tourists from other countries also tend to find time to tour other countries as well, apart from the country of their own. This is just in a broad way how tourism operates.

Countries like the United States, Russia, Germany, China and Brazil are known to spend heavily on tourism. This is just an indication that tourism is not an area that can easily come to an end. In addition, even some modified or rather artificial areas tend also to attract tourists a lot. Tourists can go to any length to ensure that they are comfortable where they visit.

Tourists spend as much money as possible just to achieve their intended targets. So they give a better reason for tourism to thrive and continue. This confirms the better level of tourism.

### **Activity B. Listening**

*Task 1. Match the words with their definitions*

<b>A</b>	<b>B</b>
1) experience (v)	a) a field, stadium or park where ball, especially baseball, is played
2) quit (v)	b) insurance against incurring medical expenses among individuals
3) simplify (v)	c) any alcoholic beverage
4) backpack (n)	d) events of which one is cognizant
5) luxurious (adj)	e) a shallow deformation in the surface of an object, produced by an impact
6) move around(v)	f) a knapsack, sometimes mounted on a light frame, but always supported by straps, worn on a person's back for the purpose carrying things
7) health insurance (n)	g) very large
8) huge (adj)	h) a small container, sometimes in the form of a pig, to store small saved coins in
9) wallet (n)	i) very fine and comfortable
10) ballpark (n)	j) to shorten or abridge the duration of something; to truncate
11) curtail (v)	k) to leave a place
12) dent (n)	l) to move from place to place
13) impact (n)	m) a small case, often flat and often made of leather for keeping paper money, credit cards
14) booze (n)	n) to give in trust; to put into charge or keeping; to entrust; to consign
15) commit (v)	o) a significant or strong influence; an effect
16) piggy bank (n)	p) to make simpler or making easier to understand

*Task 2.* Listen to the conversation ‘Living on the Cheap’ and decide if the following sentences are True (T) or False (F).

1. Dan is currently living in Indonesia.
2. Dan is presenting his idea of living in a foreign country that may help to experience its culture and lifestyle.
3. Dan still continues to work at his former place.
4. Initially Dan’s idea of a happy life was a thousand dollars income a month.
5. In South-East Asia, with 1,500 – 2,000 dollars a month one can move around every 2 – 3 months.
6. It is possible to live for 750 dollars a month in Vietnam.
7. Real costs come when a person decides to travel internationally.
8. A furnished apartment for a single traveler can be rented for average 500 dollars a month.
9. In Bangkok even a better apartment can be found for the same sum of money.
10. Better conditions are offered if an apartment is rented for a few months.
11. For 1200 dollars a person may rent a great apartment, pay internet and have health insurance in Bangkok.
12. Travelling is the most dangerous habit for a wallet.
13. In the Philippines one can go out and attend parties every night without any dent in the wallet.
14. In Bali going to a club can be very expensive for a visitor.
15. On average, drinks are relatively cheap in South-East Asia.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to experience the	a) for Christmas or Thanksgiving
2) to take away all the	b) when you want to explore internationally
3) to move around	c) night won’t make a dent in the wallet
4) you can live for	d) overhead cost of a car payment, mortgage, etc.
5) the real cost comes	e) has to curtail or keep down
6) to break	f) 750 dollars a month there
7) to go home	g) culture and the lifestyle
8) there are certain habits one	h) every two or three months
9) going for a party every	i) down the cost

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 10. A Business Interview**

### ***Activity A. Reading***

*Read the text. Think about how you rate on each item that the author considers important while undergoing an interview. How you could improve on them?*

## Job Interview

A job interview is a 'conversation with an objective'. The objective for the interviewer is to find out if you are a suitable candidate for the vacancy. The process of interviewing constitutes an important part of the recruitment procedure.

Interviews are often stressful but you have to deal with this hiring process. Once you have been selected for a job interview, it's important to prepare properly. That means practicing interview questions and answers before appearing for any interview. It is good practice to research the company background.

Do not leave preparation for the interview for the last stage, or hope to say anything that comes to your mind at the moment. There is the phrase "failing to prepare is preparing to fail. Prepare well and you will improve your chances for success.

Interview etiquette is a very important part of getting a job. A candidate's ability to communicate is a very important point. It is necessary to have a logical flow of thoughts, an ability to listen and the art of taking correct decisions. For any job interview, it's important to impress the interviewer from the moment you arrive. Here are some tips on how you can make the right impression.

*Dress formally.* The first rule of thumb is always dress to impress. The clothes tell a lot about you to an interviewer. Plan to dress professionally in conservative clothing with appropriate shoes, minimal jewelry, and perfume. Even if the office is casual, you should dress in business clothes. Boys should make sure they are shaved, while girls can apply a light make-up. High heels and open toes are to be avoided.

*Be on time.* Arrive early for your interview; it's always better to be a few minutes early than late. If you're not sure where you're going get directions ahead of time and do a trial run, so you know where you're going. Make sure you turn your phone off before going into the interview room. Remember to bring an extra copy of your resume and a list of references.

*When you enter.* Greet the interviewer. Do not be over-friendly. Do not sit down until asked. Sit straight and do not fold your arms. Look in the interviewer's eye while answering questions. Don't use slang words or jargon, speak clearly and concisely. Keep your answers short and to the point. Always think about your answers but do not take too long in figuring them out. Do not discuss money, if the interviewer brings it up it is ok but don't broach the subject yourself. During the interview stay calm and focused. Don't allow yourself to be rattled.

*Stay calm.* During the interview try to remain as calm as possible. If you don't understand a question, ask for it to be repeated or rephrased. Pause before answering a question to gather your thoughts. Maintain a natural amount of eye contact but don't stare. Emphasize what you can do to benefit the company rather than just what you are interested in.

*Be pleasant.* Keep a cheerful disposition, do not contradict the interviewer even if he is wrong, keep a pleasant outlook. Do show enthusiasm and a genuine interest in the company and your interviewers. Keep your body language polite. Do not lean forward aggressively or sit with your arms folded across your chest. You should have good posture, but keep it relaxed and friendly. Do not be critical of your institute or past employer.

*Tricky situations.* Stay calm, even if provoked. Of course, one cannot anticipate all questions so be ready for some surprises, too. Be well prepared not to be trapped in the cross-questioning. If you can't do so, simply back out and say you are not sure rather than saying something which you cannot defend. If you do not know how to answer a particular question, say, "I don't know, sir."

*Ask questions about the job.* Prepare a list of questions you want to ask the interviewer, because you will probably be asked if you have any at the end of the interview. Having questions will show that you've done your homework and are truly interested in the position. Knowing as much as possible about the company's past performance and future plans can make your interview more interactive. Remember, you aren't simply trying to get the job – you are also interviewing the employer to assess whether this company and the position are a good for you.

*Follow Up.* It's important to thank the interviewer for their time and to let them know that you look forward to hearing from them. Follow up by sending a thank-you note.

Remember, the job interview is a strategic conversation with a purpose. Don't forget that the interviewer is just trying to solve a problem – they need someone in that job. The interviewer is NOT trying to test you or to find fault. They want the vacancy filled as much as you want the job! Thus your goal is to persuade the employer that YOU have skills, background and ability to do the job and that you can comfortably fit into the organization.

### **Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) challenge	a) at a distance; disconnected
2) content (n)	b) to increase the extent, number, volume or scope of something
3) tutor	c) an ordered list of people waiting to obtain a good or service
4) remote	d) that which is contained
5) enable	e) to make safe; to relieve from apprehensions of, or exposure to, danger; to guard; to protect; to put beyond hazard of losing or of not receiving; to make certain; to assure
6) waiting list	f) to give strength or ability to; to make firm and strong
7) expensive	g) a confrontation; a dare; a bid to overcome something
8) predicament	h) having a high price or cost
9) expand	i) such as one may avail oneself of; capable of being used for the accomplishment of a purpose
10) available	j) an unfortunate or trying position or condition; a tight spot
11) secure (v)	k) one who teaches another in a one-to-one or small-group interaction

*Task 2.* Listen to the conversation 'A Business Interview' and decide if the following sentences are True (T) or False (F).

1. Anna Oliveira founded the Homework application to help teenagers.
2. The app is designed for teenagers.
3. Mostly teenagers, not parents, have numerous challenges.
4. In many families only one parent works.
5. Parents are not always able to help their kids with their homework.
6. Parents cannot support their children because of lack of time and knowledge.
7. Tutors are expensive and there may be long waiting lists for specialist tutors.
8. HomeworkX app is a means to bring together students and tutors online.
9. A student may find the right tutor using a database of pre-approved tutors.
10. This application allows to reduce tutors' prices.
11. Ann's family lives in the area where there aren't many tutors.
12. The app is very useful and popular with parents and teenagers.
13. Anna hopes to expand the range of services that the application offers.
14. The app can be downloaded on Apple and Android devices.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to help teenagers	a) support to their kids
2) not to have much available	b) access to more students
3) to be able to offer	c) live online support
4) to support children with	d) the range of services
5) to bring students and	e) with their homework
6) students can sign up for	f) meets a need
7) to offer the tutoring	g) tutors together online
8) tutors are happy to get	h) time to help kids
9) this very useful app clearly	i) services of lower prices
10) to hope to expand	j) their homework

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 11. Dallas Buyers Club**

### ***ActivityA. Reading***

*Read the text. Does the text contain any new information for you about the development of cinema?*

### **Cinema**

Films are nothing more than a series of still pictures passing before our eyes so rapidly that we think they are moving. It is an optical trick. That illusion of movement was first noted in 1824 by an English physician Peter Mark Roget but the invention of the motion picture doesn't belong only to one person. There were representatives of different nations and countries. Thomas Alva Edison was among them, and in 1896 he demonstrated a projecting kinoscope. The cinematograph

based on it was invented by the brothers Lumiere, and they became the first producers of very short films. The first films lasted a minute and showed the realities of life such as workers leaving a factory.

At first the commercial potential of film was not realized and only in 1906 the first picture palaces appeared in Britain; the USA followed in its steps but there were no special buildings. They were converted stores. People paid a nickel (a five cent coin) to see about an hour's worth of film. There were a lot of technical problems and they often resulted in public rage.

Step by step the film industry was developing, and making films turned into a blend of art and technique. The USA became the pioneer in this sphere and in 1912 the first feature film was released. It lasted 90 minutes and told a story. At the same time the theatre owners became aware that the public would be attracted by better equipped and more comfortable theatres. There was one more serious drawback of the films – they were silent. The actors had to play unnaturally.

Mary Pickford was the first address who showed that a simple and natural style was more effective on the screen than dramatic arm-waving. Charlie Chaplin with his clumsy ways and baggy pants became the most famous actor due to his comedies. Hollywood, on the west coast of the USA, became the centre of the film industry because the climate and the surroundings suited to the business. In the mid-twenties the first sound pictures and animated cartoons appeared. But the most famous cartoons were made by Walt Disney and his studio.

The Russian films *The Battleship Potemkin* /1925/ and *October* /1928/ became the landmarks of the new art and are still considered masterpieces of the cinema. The producer of both was Sergei Eisenstein.

In 1927 the sound track was developed and since 1930 most films were made with sound. They got the name of “talkies”. The first colour film was *The Wizard of Oz* /1939/.

After World War II the film industry continued to develop successfully, and every year we witness more and more elaborate tricks, effects and new styles of acting. Special effects have an important place in films. Now many of them can be electronically produced and controlled: among the names that make every film fan give out a cry of joy are Steven Spielberg and Federico Fellini, Anjey Waida and Nikita Mikhalkov.

Every film begins with a script that includes instructions for the production team and the script for the actors. The producer is responsible for the whole administration of the film, which means control of the finances and hiring the cast and the technical crew. But there is too much work and the producer has several assistants. There is one more detail – films are not shot in the order of the script but in the convenient and economical order. The director is the person who controls the actual making of the film. The assistant director takes care of the daily shooting arrangements. No film can be shot without the camera crew that includes camera operators and lightning technicians. After the film has been shot, sound technicians record the sound and add sound effects such as gunshots, music, etc. Then the film is developed and printed. There comes the moment when the editor begins his work. Only edited film can be recorded and printed. That is why the world famous awards at the festivals in Cannes, Berlin, Moscow or New York are given not only to the actors.



## Activity B. Listening

Task 1. Match the words with their definitions

A	B
1) movie	a) an abnormal condition of a human, animal or plant that causes discomfort or dysfunction
2) drug	b) a recorded sequence of images displayed on a screen at a rate sufficiently fast to create the appearance of motion
3) diagnose (v)	c) to receive, especially with a consent, with favour, or with approval
4) accept	d) the act of performing; carrying into execution or action
5) performance	e) a person or animal who receives treatment from a doctor or other medically educated person
6) award (n)	f) to render a representation of something, using words, images, or other means
7) disease	g) a substance used to treat an illness, relieve a symptom, or modify a chemical process in the body for a specific purpose
8) placebo	h) something that denotes an accomplishment, especially in a competition; a prize or honour based on merit
9) patient (n)	i) a preview of a film, video game or TV show
10) ethics	j) a dummy medicine containing no active ingredients; an inert treatment
11) trailer	k) to determine which disease is causing a sick person's signs and symptoms
12) depict (v)	l) the standards that govern the conduct of a person, especially a member of a profession

Task 2. Listen to the conversation 'The Room-Mates' and decide if the following sentences are True (T) or False (F).

1. Michael enjoys going to the movies.
2. Micheal prefers thrillers.
3. Michael doesn't go to the movies much as he is busy with work.
4. He watches movies when he travels on the train.
5. The last movie Michael watched is called 'Dallas Seller's Club'.
6. The film is about the first year of drug treatment of AIDS patients.
7. The movie is about an American girl in Dallas (Texas).
8. Michael is a native of Texas too.
9. In the film the main character begins undergoing experimental treatment for disease.
10. Ana watched a trailer to the movie.
11. According to Michael the movie deals with some difficult topics.
12. Mathew McCaughey performed the main role in the film.
13. M. McCaughey received lately several awards for his performance.
14. According to Michael, the difficult topics that the movie talks about include AIDS and how society dealt with it before it was a widely known disease.

15. The film focuses on the treatment of AIDS.
16. At the time when the film was produced, they began doing trial runs in hospitals.
17. All the patients were given the real drug.
18. Some patients were given placebo drugs or sugar pills.
19. The question of ethics in medicine is another important issue that the movie raises.
20. Michael recommends the movie for Ana to watch.

*Task 3. Make collocations with the words given in columns A & B*

<b>A</b>	<b>B</b>
1) to enjoy going	a) award for acting
2) to come to	b) to the movies
3) to deal with	c) drugs or sugar pills
4) to win the Academy	d) this sort of issues
5) to focus on the	e) movies in one night
6) to start doing trial	f) how to deal with that sort of issues
7) to raise people's awareness of	g) terms with HIV
8) to still face today	h) treatment of AIDS
9) to watch many	i) some difficult topics
10) to be given a real drug, placebo	j) runs in hospitals

*Task 4. Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.*

## **Unit 12. Talking about Rumours**

### **Activity A. Reading**

*Read the text. Do you share the author's opinion on how we can improve our ability to deal even with "difficult" people?*

### **How to Get Along with People**

We all need to learn and understand the very effective skill involved in getting along with people. If you are not very familiar with it, don't shift the responsibility for conducting a conversation to others and don't blame events for your less than optimum ability.

Maybe it's time to learn more about human knowledge regarding how to understand and deal with people. Maybe one day your life might be totally different just because you improved your approach to other people.

First, start your conversation with a thorough preparation of your thoughts. Put a smile on your face and stay positive. A smile is so powerful I can't stress its significance enough. It is a messenger of your good will and costs nothing. The expression on your face is more important than anything else.

Even when talking on the phone you need to smile; your smile comes through your voice! This is a simple way of saying you are a friendly person who is ready to accept the presence and communication of the other person.

Getting along with people and knowing how to influence is knowledge. These days we talk about the time it takes to gain knowledge; there is much technical stuff we have to learn each day, but even more important is our education in the art of influencing people. If you want to improve your skills and knowledge of how to get along with people around you, it is necessary to understand human nature.

If you want to get along with others and be a good conversationalist, learn first to be a good listener and give the other person a chance to say what he/she wants to say. Naturally, the tendency is to talk mostly about ourselves, about subjects that interest us, always from our point of view on any given topic.

If you are ready to listen to the person who is talking to you with exclusive attention, you are on your way to creating a good friendship with almost anyone. Respect and encourage others to talk about themselves and accept them as they are, rather than as you wish them to be. Acceptance of others will bring you tranquility and an inner peace instead of anger and resentment.

You cannot force everyone to be polite, but you can do your best.

People always think of themselves and like themselves much more than they like anyone in the world. Therefore, talk to people about them and they will listen to you for hours, complimenting you on your conversation even if you didn't say a word! Just listening to the other person, you will give them a feeling of importance.

Never forget, people are struggling for a feeling of importance. Become interested in other people's lives; do not try to get other people interested in you. In conversation, frequently use the pronoun "you," rather than "I." Use frequently the personal pronoun "you", not "I". When dealing with people, we should always remember we are dealing with creatures of emotions and prejudices rather than with creatures of logic.

Speaking of human nature, our understanding is greater when we deal with what we want as opposed to what others want. Every act we have performed was performed because we wanted to do it. Sounds very egotistical-but it's true. So the only way to influence others is to talk about what they want. Next time when you go for a job interview, remember to ask yourself what the company wants from you, not what you want from the company. Use that skill for everything and you will be the beneficiary of everything in the world.

Yes, you have to be interested in people-the company, or whatever-if you want to be successful in getting what you want. I am not writing fiction; this is reality. We are in charge of our relationships with people and we are responsible for our ability to accept others.

If you are really interested in talking with others and interested in making good friendships, do not begin any conversation with subjects on which you differ. Start with things on which you agree. If in the first 5 minutes of conversation you say "no" more than twice, I can predict with good confidence that your conversation will end up in Nowhere City.

The difference between a good conversation and bad one depends on two words: "yes" and "no," both having a huge impact on the future of your relationship with that person. "No" is much more potent than you think. The "no" response is a more difficult handicap to surmount than you might imagine. Saying "no" to the other person means, "you are not right," "you don't know," "you don't understand," "you are not knowledgeable," and sometimes even, "I don't like you!"

"No" creates a reaction in one's entire body, throughout the nervous, muscular, and glandular systems. The body is under stress, ready for fight. And next time when you see the same person, your body will remember these physiological reactions. On the other hand, with "yes," none of the above activities takes place.

If your question is how it's possible always to agree with someone, which is an impossible task, remember to express your criticism as advice, always respecting a person's right to see the situation in another way. Never tell anyone they are wrong.

They will want to strike back, they will not change their minds, and in the end you will have an enemy instead of a friend. If you want to prove something, do it in such a manner so that no one thinks you are doing it. If you start your disagreement with the feeling you need to teach someone, or with the intention of proving you are right, it doesn't work—simply because you cannot teach anyone anything. The only thing you can do is help them find the truth within themselves. Do not be aggressive or act superior.

I am not trying to say leave people with their (to your thinking) false opinions and wrong statements, not at all. What I am trying to say is speak politely, saying something like: "from my understanding," or "maybe you are right and I am wrong, but I think." or just simply "I see this situation," or "I am not an expert in that particular field, but ....." .

For me, the most important thing is: if you are wrong, admit it; do not pretend to know everything. You are, just as everyone else, a human being who makes mistakes. There are thousands of ways to leave the other person with dignity and let him/her feel worthy and clever but, before you try to teach or correct someone, try to understand him/her and make a decision to understand, instead of correcting. I know it is much easier to criticize than understand the other person's point of view. In one word, criticism is useless, it's a very dangerous weapon, and criticizing will not correct the situation we condemn.

What should we do? I do not have a proscription for every situation; simply try different approaches; for example, try to explain in a pleasant tone of voice, why it is beneficial for them, not for you, to do a certain thing in the manner you suggest. The only way of changing something in the other person is by inspiring enthusiasm and a desire in them to change, while maintaining the feeling of respect for their own beliefs. Whenever you are in dilemma regarding how to react, ask yourself how you would feel or react if you were in the other person's shoes. Your degree of successful conversation is proportional to the amount of control you have over your thoughts and feelings.

## Activity B. Listening

Task 1. Match the words with their definitions

A	B
1) shout (v)	a) to be positioned high or elevated
2) threaten (v)	b) to mention
3) scream (v)	c) to take illegally or without the owner's permission
4) report (v)	d) a trophy or medal; something that denotes an accomplishment, especially in a competition; a prize or honour based on merit
5) be high up (v)	e) the act of investigating; the process of inquiring into or following up research
6) steal (v)	f) to utter a sudden and loud cry, as in joy, triumph, or to attract attention, to animate others
7) investigation (n)	g) something given or offered that adds to a large whole
8) contribution (n)	h) to make a formal statement, especially of complaint about someone
9) award (n)	i) to menace, or be dangerous
10) bring up (v)	k) to cry out with shrill voice; to utter a sudden, sharp outcry or shrill, loud cry as in fright or extreme pain

Task 2. Listen to the conversation 'Talking About Rumours' and decide if the following sentences are True (T) or False (F).

1. According to Kiera, John was away for personal reasons.
2. Kiera doesn't think John will be fired.
3. Will worked together with John for some time.
4. Kiera worked with John a long time ago.
5. According to Will, people who worked with John, found him a kind and polite manager.
6. Suzanne brought up her idea of a new project at the monthly creative workshop.
7. In the final notes of the meeting Suzanne's name was not even mentioned.
8. From the notes one might get an idea that all the things concerning this project belonged to John.
9. The project won an award.
10. Suzanne didn't want to keep her job.
11. The employees who worked with John were genuinely afraid of him.
12. John stole other employee's ideas openly.
13. It was not easy to reproach John of stealing ideas as a whole team of people were working for him.
14. It was rumoured that both men and women suffered from working with John.
15. Now the steps are about to begin to investigate John's activities.
16. Kiera hopes that John will soon come back.

Task 3. Make collocations with the words given in columns A & B

A	B
1) to be away	a) one's mouth shut
2) they might	b) are going to come to light
3) never to work	c) were all somebody else's ideas
4) to bring up a project	d) to report people who are high up
5) it looked like they	e) contact with somebody
6) it is impossible	f) somebody's good books
7) to learn to keep	g) time working with somebody
8) to be in	h) even fire him
9) to have a hard	i) at the monthly creative shop
10) to have much	j) for personal reasons
11) many of these stories	k) with somebody directly

Task 4. Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

### Unit 13. Reading Digitally

#### Activity A. Reading

Read the text. Do you share the author's attitude to reading?

#### My Reading Habits

Since posting my 2014 books read list, several people have asked “how I manage to read so many books in the year.” I don't have handy advice at the ready when they ask, but it's gotten me thinking a bit about it, along with my larger reading habits. Here are some tidbits of insight into my reading habits, both for books and other things. So here you go. Eight minutes of reading about reading. These are the tricks that work for me.

*ABR (Always Be Reading).* This is huge. People assume I'm some master speed reader — I'm not. The single biggest way to read a lot of books is to always be reading: on your commute, before bed, at lunch. I still do my civic duty watching the requisite TV shows (*Mad Men*, *Game of Thrones*, etc) and seeing the important movies to be seen. It's not about reading at the cost of doing something else, it's about reading when you aren't doing *anything*. You'd be amazed at how often you can sneak in a few pages. Baby napping? Read a page. Also, drunk subway reading is *the best*.

*Set a goal.* If you were to go back and look at my 2009 reading list, it has almost nothing on it. Maybe 2, maybe 3 books. I had, previously, set myself a goal of reading the entire issue of *The Economist* every week. That literally took up all of my time. While it was wonderful to be the scintillating life of a party talking about the

wacky antics of Alberto Fujimori (that guy gave me endless talking points), I found something was missing. So I set a new goal: to read, on average, a book a week, or 52 a year. It doesn't work out to exactly a book a week, but the goal keeps me on track.

*Don't try and read what you, or others, think you should read.* This one is huge. Reading is a curious pastime. If you think about it, the relationship between the consumption of various entertainment mediums and your friends is kind of interesting. I believe each medium lands in a different place along a personal-social scale. That is, some of types media consumption are profoundly personal, while other types are more social. With the socialization of the web, we don't often think about this. There's always been some effort at socializing reading (think book clubs), but the web, Twitter and, especially, Goodreads, have furthered this. Yet at the core, I believe reading is a more personal activity than, say, listening to music, watching TV or going to movies. If each of my friends put out a top ten list of their favorite movies or albums of the year, for example, I believe that with most friends I'd share several albums or movies. But when even very close friends post their year end reading lists, I find there's often very little overlap. My good friend Rachel and I only share a couple books, while my friend Diana and I, for example, share only one, that she recommended to me. That's okay. I still added several books from each of their lists to my reading list. My point is this: if I were to spend my time trying to read the books my friends, or the press, or the public, or Twitter wanted me to read, I'd not enjoy reading as much. Some types of books just don't do it for me, no matter how much I *should* like them. If something is hugely important to me to read, I'll slog through, but I'll bookend it on either side with something I want to read.

It follows, then, that *Guilty pleasures are totally okay*. Fantasy, sci-fi, romance, whatever floats your boat, read away! Some of the works of great literature, today, were guilty pleasures in their day, and some of today's guilty pleasures will become timeless classics. I believe, too, it's better to be reading *something* rather than reading nothing.

However, *Don't be afraid to branch out*. This is especially important if you're still trying to get your reading habit going. It's a lot like finding a career. We don't always settle into what we think we should be, or wanted to be when we were young, because we have since been exposed to new experiences. Exposing yourself to new types of books increases the likelihood you'll find something that captures your attention.

*Don't be afraid to quit a book, but do so sparingly*. If some book isn't doing it for you, it's okay to quit reading it. But I've found that persevering often reaps rewards. A good rule of thumb is to only quit a book after you've gotten a third of the way, or even half of the way through. Also, I try to only quit 2–3 books a year, tops. More importantly, after I've finished a book, if I don't think it was worth my time, I adjust my reading list and opinions to avoid reading books I think might be similarly displeasing in the future.

### Activity B. Listening

Task 1. Match the words with their definitions

A	B
1) access (v)	a) to contain or store
2) keepsake (n)	b) to annoy; to disturb; to irritate; to feel care or anxiety; to make or take trouble; to be troublesome
3) hold (v)	c) to take an oath; to use offensive language
4) whole (adj)	d) an intense, blinding light
5) bother (v)	e) some object given by a person and retained in memory of something or someone; something kept for sentimental or nostalgic reasons
6) eyesight (n)	f) very amusing; that entertains; to amuse someone; to engage the attention of agreeably
7) swear (v)	g) entire, taken together
8) audio (n)	h) tablet computer; a portable computer that uses an integral combination flat panel display screen or touch screen for primary input and primary display, the size of a notebook computer
9) glare (n)	i) to gain, obtain access to
10) tablet (n)	j) vision or the faculty of sight
11) entertain (v)	k) focused on audible sound as opposed to sight

Task 2. Listen to the conversation 'Reading Digitally' and decide if the following sentences are True (T) or False (F).

1. There are so many changes in technology to be able to read things.
2. Peter stopped buying magazines and newspapers.
3. Peter seldom accesses magazines and newspapers online.
4. Using search engines ensures easy and convenient access to newspapers from different countries.
5. Peter totally stopped buying books too.
6. Sometimes Peter buys a book if he really likes it and wants to have it as a keepsake.
7. Peter's reading habits haven't changed recently.
8. Peter uses his phone, iPad or personal computer to access most newspapers and magazines.
9. Sarah's reading habits haven't changed irrespective of the changes in technology/
10. Sarah's reading habits changed because she travels much internationally.
11. Peter, like Sarah, also likes to use iTouch.
12. One of the advantages of iTouch is that it is small.
13. On iTouch it is possible to change the text size.
14. Peter doesn't care about text size as his eyesight is good.
15. Sarah stopped using the Kindle because its screen is black and white.



16. Sarah likes to use iTouch in her apartment.
17. Sarah mostly prefers to listen to audio books.
18. Sarah listens to audio when she tries to learn a language.
19. Peter likes to listen to audio books when he is travelling on the train or airplane.
20. The latest audio book that Peter listened to is a linguistic book he was interested in.

*Task 3. Make collocations with the words given in columns A & B*

<b>A</b>	<b>B</b>
1) to read things the	a) with changes in technology
2) to access things online	b) eyes really tired
3) to keep a book	c) library with you
4) to use phone and iPad to access	d) size on iPhone
5) to change one's reading habits	e) to bring all your books with you
6) internationally, it is not practical	f) awake while driving
7) to be portable and	g) is easy and convenient
8) to take your whole	h) as a keepsake
9) to change the text	i) most of the newspapers and magazines
10) to make one's	j) old fashion way
11) to keep somebody	k) hold many books

*Task 4. Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.*

## **Unit 14. Office Party Planning**

### ***Activity A. Reading***

*Read the text. Share your opinion about the etiquette for hosts and guests while having a potluck party.*

### **Potluck Etiquette**

Potluck parties are a great way for friends to get together for a party without putting a lot of stress or expense on the one person hosting the event. Yes, the host will need to make their home comfortable and clean enough for guests, but the responsibility for food and beverages are shared. As with any activity that involves a group of people, it's important to take into consideration the other members of the group. Whether you're the host or simply a contributing guest, think about these etiquette rules to help to make it a happy experience for everyone attending.

*Potluck Etiquette for Hosts.* As you begin to organize the potluck, break down the meal into different categories of contributions. These will include appetizers, main dishes, salads, desserts, beverages, and party goods. Often the host will make the main course for the group, but that's not a hard and fast rule.

Keep track of what each guest commits to bringing so you can see which categories need additional contributions. When guests ask what to bring, give them a choice of two categories so they can choose something that fits their time and budget. It's also helpful to provide an estimate of how many guests will be attending so your guests can make the right-sized portions.

Don't tell someone to bring a particularly expensive item. For example, a fruit salad for 20 or steaks to feed a crowd would put a large financial burden on any one individual. On the other hand, if they volunteer without your asking, it's fine to accept. A potluck is not a substitute for a party you should be responsible for hosting on your own. If you are hosting a party, it's your responsibility to entertain and feed your guests, at whatever level you can afford.

*Potluck Etiquette for Guests.* When deciding what to bring, think about its appeal to the majority of other guests. If you've agreed to bring a main dish, don't show up with a dessert instead. You should always bring what you've committed to since the balance of the meal has been organized by your host. If you've agreed to bring an appetizer, paper plates, or utensils, you, more than other guests, must be on time.

A bag of potato chips is not an adequate contribution to a potluck dinner unless your host specifically told you to bring that. A potluck assumes everyone is going to bring a dish into which they've put some time and effort. If you've been invited to a potluck, you shouldn't attend and eat unless you've contributed to a meal. For example, offices will sometimes organize potluck lunches as an opportunity for staff to socialize. Don't show up in the conference room and eat unless you've brought something to share.

*Serving Etiquette.* Your food should be ready to serve when you arrive at the party. If it's an item that needs last-minute attention, such as a salad that needs the ingredients tossed together when you arrive, be sure to bring tongs or serving spoons for tossing it. It's also best to bring the food on a platter or a nice looking bowl. Do not expect your host to provide any serving plates or utensils.

Unless it's already been approved by the host, don't bring a dish that still needs to be cooked at the party. It's a nice touch to bring a small tent card to place by your dish to indicate what's in your dish. It will help friends with allergies or food aversions to easily identify the ingredients.

*Group Etiquette.* Some groups decide to plan potlucks where the expense of the meal is divided among all participants. If that's the case, avoid an expensive item that is beyond the price range of the rest of the menu unless everyone agreed to it in advance. When serving yourself, try not to take too much of any one thing. Remember the line of people behind you want to take a little sample of everything too.

If food remains after everyone has eaten, it's acceptable to go back for seconds. Ask your host about the leftover policy for the potluck party. Some groups may prefer that each member leaves with their leftovers while others divvy up the leftovers between the group. It's always nice to offer any leftovers to your host first and then decide how the food will be split amongst the group.

## Activity B. Listening

Task 1. Match the words with their definitions

A	B
1) issue	a) to take apart, to take to pieces
2) logistics	b) creative or skillful at inventing
3) grand piano	c) a legal document outlining a particular insurance case for an insured entity for a given risk
4) option	d) any question or situation to be resolved
5) dismantle	e) vertical; erect; greater in height than breadth
6) assemble	f) one of the set of choices that can be made; the freedom or right to choose; to reverse the process of disassembly
7) inventive	g) the act of extending, stretching out
8) hoist	h) a large piano....
9) extension	i) a mechanical lifting machine or device, often used....
10) vintage	j) to assemble again; to put back together
11) upright	k) the process of planning, implementing, and controlling the efficient, effective flow and storage of goods, services and related information from their point of origin to point of consumption for the purpose of satisfying customer requirements
12) crane	l) having an enduring appeal; high-quality
13) insurance policy	m) to raise, to lift to a desired elevation, by means of tackle or pulley

Task 2. Listen to the conversation 'Office Party Planning' and decide if the following sentences are True (T) or False (F).

1. Ayako is employed at 'Event-4-U' company.
2. Sam works at sales department.
3. Sam is calling about the issue of presents for the Christmas party.
4. Ayako wants to make a surprise for their boss.
5. The boss's wife can play the piano at the party.
6. Bringing a piano involves the issues of the logistics and budget.
7. A baby grand piano is available for the negotiated date.
8. The baby grand piano is too wide for the entrance doorway into the building.
9. The baby grand piano can be dismantled outside and reassembled inside.
10. It is possible to move the piano into the building through the door on the first-floor balcony.
11. Getting the piano through the first-floor balcony door will not involve the increase in the cost.
12. Ayako is willing to increase the payment by 20 per cent.
13. If they exceed the budget by more than ten per cent, other areas of party budget will have to be reduced.

14. Sam offers to use an upright piano as it will cause fewer problems with getting it inside.
15. Sam can't send any photos of the upright piano.
16. Ayako promises to call Sam later in the day.

*Task 3.* Make collocations with the words given in columns A & B

A	B
1) to be a great	a) by ten per cent
2) a door large enough	b) piano being a baby grand
3) to increase the	c) up to the first- floor balcony
4) to manage getting the piano	d) later in the day
5) to stretch the budget	e) addition for the party
6) to send somebody	f) cost considerably
7) to call somebody back	g) to fit the piano through
8) to hoist the piano	h) over some photos
9) to be fixed on the	i) successfully into the building

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## Unit 15. Nice Café

### *ActivityA. Reading*

*Read the text. Share your opinion about eating at home and eating out.*

### **Eating at home vs. eating out**

While many restaurants and fast food outlets offer us convincing marketing statements that they offer healthy and nutritional food, studies frequently find that this isn't the case. The sugar and sodium content of most processed foods cause them to be serious threats to our health. These are also the same qualities which allow these foods to become addictive. It's not just fast food, either. The restaurant industry encourages overconsumption and indulgence in foods that we know to be unhealthy for our bodies. Nor is restaurant food as healthy for us as what we would make at home. At the same time, the cost of eating out puts a large strain on many of our food budgets. Cooking at home is the best choice for having a consistently healthy, budget-friendly diet. Many find it to be a rewarding exercise, whether you're cooking alone or with your loved ones.

### **Health Benefits of Eating at Home**

**Healthier Ingredients and Methods.** Restaurants and prepared food often incorporate more fats, sugars, and sodium than we would normally use when cooking for ourselves. Cooking at home allows you to add only as much as you think you should, while also allowing you to use healthier sugar and fat alternatives.

**It's Easier to Avoid Food Allergies.** Food allergies can cause unpleasant and even dangerous experiences, including hives and rashes, swelling, and possible asphyxiation. Common food allergies include shellfish, tree nuts, lactose intolerance,

and gluten intolerance. For those with allergies, you may not be able to tell if your food is likely to come into contact with something that you're allergic to in a restaurant. Even when you do ask, many restaurant kitchens aren't equipped to properly substitute for or isolate your food from every allergen.

**Portion Control.** Restaurant portions are often more than our bodies need to be satisfied. Sometimes when we're enjoying our meals, it can be tempting to finish a large portion, even when that means over-eating. Eating at home means serving yourself only the portions that you know you need.

**Enjoying a More Balanced Diet.** Planning your own meals gives you the opportunity to have a more nutritionally balanced diet. Many prepared meals, such as fast foods chains, restaurants, and freezer meals, rely on filling you up and appeasing your taste buds with carbs, sugars, and sodium. Additionally, restaurants price side salads and vegetables at a premium. Fortunately, when you're cooking at home, salads and vegetable sides can be very inexpensive and quick additions to balance out your meal.

**Reduced Germ Exposure.** Keeping your kitchen clean means protecting yourself from germs and contagions. You never know how clean a restaurant's kitchen really is. This also means that you have complete control to cook your food thoroughly to prevent potential issues.

**It Helps Cultivate Healthy Eating Habits.** Healthy eating habits come from controlling when and how often you eat as well as what you eat and how much you eat. Practicing home cooking means you can follow healthy recipes. You can even make your own healthy snacks such as trail mixes and salads.

**You Can Take Your Time.** Sometimes eating in a restaurant can make us feel rushed or watched while we eat. We might be conscious of servers wanting to turn a table or we might find the atmosphere to be uncomfortable. Eating at home allows you to take your time with your food, which can, in turn, discourage overeating since it gives your stomach time to signal fullness to your brain. Furthermore, taking the time to chew your food allows for better digestion and greater absorption of nutrients.

**How to Tackle Your Cooking Hang-Ups.** Sometimes we feel uninspired, fatigued, think of it as a waste of time, or just have a lot of self-doubts. Cooking your own food can easily become a habit and a skill. The more often you do it, the less taxing it will eventually start to feel.

**"It's Time-Consuming".** While it may sound counter-intuitive, cooking at home can actually save you a lot of time. You don't have to deal with transportation or waiting times. In addition, time that you're not actively cooking at home can be put toward other tasks. While you should be around the kitchen, you don't need to watch water start to boil like a hawk. Elaborate, adventurous multi-course meals can be very time-consuming. However, there are plenty of recipes that take just 12-20 minutes to put together, allowing you to keep it simple or make a single skillet or single-pan dish. Frequently, when we say we don't have the time to cook, we are often talking about effort or motivation as well. Think of cooking as a healthy exercise. You can stand on your feet and move quickly throughout your cooking process. If it still feels like wasted time, try it listening to an audiobook or podcast.

**“I’m Not a Good Chef.”** Learning to properly cook, balance ingredients and spices, and create delicious textures takes practice. Fortunately, if you’re cooking for yourself almost every day, you can work your way through this learning curve quickly. You will be surprised at how easy cooking starts to feel. Start with beginner recipes, and remember to set timers so that your food doesn’t burn. Then, as you learn from your cooking endeavors, take note of what comes out over dry or unpleasantly soggy. Also, note your favorite spice blends and cooking times, and troubleshoot your dishes to appease your own preferences.

**“I Don’t Have the Amenities for Proper Cooking”** If you’re working in a kitchenette, you may find yourself having to be creative with how you cook your meals. A hot plate can become a stove, while a toaster oven can bake some of the baked goods that you want to make. You can add versatility to your home cooking through no-cook foods, which allow you to tastily and healthily enjoy grains, smoothies, yogurt cups, salads, and side dishes without an oven or stove.

**Health Risks of Eating Out.** Eating out is an enabler that makes us more likely to indulge in things that we might know are bad for us while simultaneously blindfolding us about other harmful ingredients that may be used in our foods.

Ordering food can make us subject to peer pressure, allowing us to overeat, desire unhealthy foods, and explain away our concerns. Additionally, we are more likely to order a sugary beverage in a restaurant, claiming it a special occasion. This goes double for what we are likely to consume in cocktails and alcoholic beverages. If you drink while eating out you then have to carefully consider how to get home. At least these days you can purchase a personal breathalyzer, and leave it in the car, to check your alcohol content to ensure you are within the legal limit to drive home.

### **Problem Ingredients Often Used In Fast Food and Restaurants**

**Sodium.** Too much sodium can cause headaches. More alarmingly, it can contribute to high blood pressure, which elevates existing heart disorders such as congestive heart failure. It also affects water retention, causing bloating and puffiness.

**Added Sugar.** Our bodies don’t actually need added sugars. They get all the sugars they need for our daily energy by breaking down other foods. Sugar is a highly addictive ingredient that causes insulin resistance, leading to Type 2 diabetes. Additionally, sugar packs on extra calories to your meal and causes dental cavities. To put it in perspective, a 12-ounce soda contains about eight teaspoons of sugar (39 grams). The AHA recommends that a person limit their added sugar consumption to 6-9 teaspoons a day, including sugar added into bread, muffins, their morning coffee, and the honey glaze on a salmon entree.

**Carbohydrates.** Many fast foods use empty carbohydrates as a primary ingredient. Carbohydrates are the problem behind food-related acne and eczema. When they are broken down, they release sugars and acids that wear down dental enamel, making teeth more vulnerable to cavities. What makes a carbohydrate “empty”? It is so refined that it contains little to no fiber, and it is very quickly released into the bloodstream as glucose-increasing blood sugar. This can lead to frequent insulin spikes and as a result, insulin resistance.

**How These Ingredients Hurt Your Body.** The long-term effects of processed foods on your body normally come in the form of illnesses that are difficult to reverse or control. Overeating leads to weight gain and obesity. Having too much sugar frequently spiking your bloodstream can lead to Type 2 diabetes. Sodium's effect on high blood pressure can lead to heart disease and stroke. Not only do these illnesses potentially harm someone's general health, quality of life, and ability to do the things they find valuable in life, but they are expensive diseases that often require costly long-term medications.

**What is Insulin? And Why Does it Matter?** Insulin's job is to distribute the sugar in your blood to the cells that need it for energy. Your pancreas releases insulin when it notices a spike in your blood sugar. Your cells use the sugars for energy, and excess sugars are stored. Once the insulin has transported the sugars, your blood sugar levels return to normal levels. Eating lots of carbohydrates causes your blood sugar to spike frequently, forcing your pancreas to send out insulin repeatedly. Continuous spikes like these can cause your normal insulin response to falter, leading to insulin resistance, Type-2 diabetes, and weight gain.

**Body Mass and Weight.** Eating out is extremely conducive to overeating. Studies have shown that even when individuals eat at restaurants they perceive as "healthy," they underestimate the caloric value of their meal by 20 percent. It's also more likely in a restaurant setting to ignore the warning signs of being full and overindulge to finish unnecessarily large portions. Overeating causes weight gain and obesity, which leads to stress on the body as a whole (especially the respiratory system). Obesity can cause reduced bone density as well as shortness in breath and asthma.

**Mental Health.** This study shows that processed foods, such as fast foods and processed pastry and bakery items, can cause depression. There is a similar link between obesity and depressions. Removing processed foods from one's diet could be a way of improving your mental health and battling depressive symptoms.

**The Reproductive System.** Many processed foods contain phthalates, which are hormone disruptors that can cause infertility or birth defects. Phthalates don't just come from processed foods. Many of the main sources of phthalates are food wrappers, takeaway boxes, plastic containers, gloves, and kitchen equipment.

**How Are Restaurant Foods and Fast Foods Different from What I Make at Home?** Restaurant food wants to keep our taste buds excited. This means that, while it may contain fewer preservatives and chemicals than fast food, it is still higher in sodium, fat, and sugar than we would normally allow ourselves to eat. Fast foods are produced and chemically altered in a factory setting. In the factory, these foods are pumped with artificial and natural flavors, which keeps the food standardized and tasting exactly the same, every time. They are frozen, shipped, stored, and reheated when ready. Within the speedy kitchen of the fast food restaurant, all the cooking processes and times are exactly the same.

In general, fast foods are higher in fats, sugar, and salt than their fresh equivalents, making them altogether higher in calories. They are also lower in fiber due to the production process, meaning that they make us feel less full than they should.

## Activity B. Listening

Task 1. Match the words with their definitions

A	B
1) amicable	a) 5to stop paying attention and think about something else, or to think about nothing
2) involved	b) 10to spend time doing nothing in particular
3) community	c) 2associated with others , be a participant or make someone be a participant
4) boost	d) 8to delay taking action; to wait until later
5) zone out	e) 11the shore of a body of water, especially when sandy or pebbly
6) blend	f) 4to lift or push from behind; to push up
7) distract	g) 1showing friendliness or goodwill
8) procrastinate	h) 9to wear fancy dress; to wear a costume; to put on a costume
9) dress up	i) 3a group sharing a common understanding , and often the same language, law, manners and/or a tradition
10) hang out	j) 6to mingle; to mix; to unite intimately; to pass or shade insensibly into each other
11) beach	k) 7to divert the attention of
12) posh (adj)	l) 13elegant, highly stylish or fashionable
13) classy	m) 12stylish, elegant, exclusive (expensive)

Task 2. Listen to the conversation 'Business News' and decide if the following sentences are True (T) or False (F).

1. Employees is the most important factor that makes a good café or a good coffee shop.
2. The owners of a café are usually amicable people.
3. The settings of a café also contribute to making a good café or a good coffee shop.
4. Some of Spencer's favourite cafés are usually visited by local managers.
5. Spencer likes to visit cafés with music and show.
6. Like Spencer, Curtis thinks that the atmosphere is a very important aspect of a café or a coffee shop
7. Spencer goes to a café for something else and happens to by coffee there.
8. Curtis goes to a café/coffee shop to get a coffee as much as do some work, read a book, study a language.
9. Spencer likes to plat board games in the café.
10. Spencer likes to study in the library because it is so quiet there.
11. In the coffee shop Spencer can zone out.
12. Spencer thinks that studying in a café you may so often get distracted by somebody you meet.
13. Curtis likes visiting pubs.
14. Curtis likes to go bars alone.
15. Spencer likes bars which have a big lawn.
16. Karaoke is done on Saturday nights.
17. Curtis likes to visit the place because of drinks they offer.
18. Spencer's another favourite bar in his homeplace is situated in the woods.



Task 3. Make collocations with the words given in columns A & B

A	B
1) to happen to buy	a) where there's energy and people
2) to be getting involved	b) chair overlooking the ocean
3) to get lost	c) all of your different belongings
4) the ability of	d) buying a cup of coffee
5) to become more	e) in a book
6) to sit in a rocking	f) a coffee in a café
7) to really like pub	g) running into somebody
8) to go somewhere	h) and more relaxed
9) you can sprawl out with	i) style settings
10) to end up	j) with the community

Task 4. Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## Unit 16. A Lecture about an Experiment

### Activity A. Reading

Read the text. Share the information about staging an experiment.

### Experiment

A method of cognition by means of which the phenomena of reality are investigated under controlled and regulated conditions. The difference between an experiment and an observation is that, in the former, certain operations are performed on the object under study. An experiment is based on a theory that determines the experimental procedure and interpretation of the results. The chief goal of many experiments (known as crucial experiments) is to test hypotheses and theoretical predictions that are of fundamental significance. As a form of praxis, an experiment thus functions as a criterion of the truth of scientific knowledge in general.

The experimental method of research was first used in modern times in the natural sciences (for example, by W. Gilbert and Galileo). It was first given a philosophical interpretation in the works of F. Bacon, who also worked out the earliest classification of types of experiments. The development of experimental scientific activity was accompanied by the epistemological struggle between rationalism and empiricism, which differed in their interpretation of the relationship between empirical and theoretical knowledge. The attempt to overcome the one-sidedness of these two schools of thought was first made by classical German philosophy; it culminated in dialectical materialism, in which the thesis of the unity of theory and experimental praxis expresses in concrete terms the general proposition about the unity of the sensory and the rational, or of the empirical and theoretical levels, in the process of cognition.

Various types of experiments are used in modern science. In the realm of basic research, the simplest type of experiment is the qualitative experiment, which aims at establishing the presence or absence of a theoretically postulated phenomenon. In a measurement experiment, which is more complex, some property of the object is

defined in quantitative terms. Still another type of experiment that is commonly used in basic research is called the hypothetical, or mental, experiment. Such an experiment, which belongs to the realm of theoretical knowledge, consists of a set of mental procedures that are unrealizable in practice and are applied to ideal objects. As theoretical models of actual experimental situations, hypothetical experiments seek to determine whether the basic principles of a theory are in agreement.

Applied research makes use of all these different types of experiments, which are designed to test specific theoretical models. Simulation experiments are characteristic of the applied sciences; such experiments use material models that reproduce the essential features of the natural situation or technical system under study. This type of experiment is closely related to the production experiment. Mathematical statistical methods are applied in processing experimental results; a special branch of mathematical statistics investigates the principles underlying the analysis and design of experiments.

Social experimentation, which began in the 1920's, facilitates the adoption of new forms of social organization and optimal management. Social experiments thus perform a cognitive function and fall within the sphere of social management. A social experiment must take into account the interests of the particular group of people who are the object of the experiment, this object being one of the participants in the experiment, and the investigator himself being part of the situation he is investigating. The content and procedures of social experimentation are also conditioned by society's legal and ethical norms.

**Activity B. Listening**

*Task 1. Match the words with their definitions*

<b>A</b>	<b>B</b>
1) pitch (n)	a) a temporary suspension of operation, especially of electrical power supply
2) drop (n)	b) a sticky, gummy substance secreted by trees
3) solid (adj)	c) a part or snippet of something taken or presented for inspection, or shown as evidence of the quality of the whole; a specimen
4) viscous (adj)	d) to proliferate; to become more widely present, to be disseminated
5) sample (n)	e) to place in(to) a fixed or permanent condition or position or on(to) a permanent basis
6) funnel (n)	f) of an item that can be grabbed, having a texture, and usually firm, unlike a liquid or a gas
7) responsible (adj)	g) spread by word of mouth, with minimal intervention in order to create buzz and interest
8) outage (n)	h) to lose heat, to get cooler
9) viral (adj)	i) a small mass of liquid just large enough to hold its own weight via surface tension, especially one that falls from a surface of liquid
10) spread (v)	j) having a thick, sticky consistency between solid and liquid

11) pour (v)	k) answerable for an act performed or for its consequences; accountable
12) cool (v)	l) to cause to flow in a stream, as a liquid or anything flowing like a liquid
13) settle (v)	m) a utensil of the shape of an inverted hollow cone, terminating below in a pipe, and used for conveying liquids etc. into a close vessel

*Task 2.* Listen to the conversation ‘A Lecture About an Experiment’ and decide if the following sentences are True (**T**) or False (**F**).

1. The lecture is devoted to talking about experience.
2. The world oldest laboratory experiment still continues nowadays.
3. The experiment started in 1957.
4. The name of the experiment is ‘hitch drop’.
5. The experiment was created at University of Queensland.
6. Professor Th. Parnel wanted to demonstrate that common materials can have quite unusual properties.
7. At a room temperature pitch is solid and can be broken with the help of a hammer.
8. Pitch is also viscous at room temperature.
9. At the beginning of the experiment a sample of pitch was heated and poured into a funnel and was allowed to cool for two years.
10. Then the funnel was turned upside down and cut at the top.
11. It took seven years for the first drop
12. It took forty years for another five drops to fall.
13. The last drop of pitch fell in April 2015.
14. Professor Th. Parnel didn’t see the last pitch drop.
15. From 1962 Professor John Main was responsible for the experiment.
16. The pitch drop fall was not seen due to power outage.
17. At present we have a possibility to participate in the experiment thanks to a live web camera.
18. A similar experiment was staged in Dublin.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to run	a) upside down
2) to have quite	b) responsible
3) to take a	c) news so quickly
4) to turn	d) the fateful moment
5) to fall	e) sample of pitch
6) to become	f) in an experiment
7) to suffer	g) an experiment
8) to participate	h) from the funnel
9) to wait for	i) surprising qualities
10) to spread	j) a power outage

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 17. Life Without Cars**

### ***Activity A. Reading***

*Read the text. Speak about the role of a city transport in the life of their inhabitants.*

### **City Transport for People**

The problem of urban transportation has become very important. A large number of new transport systems are known to have been proposed in the past decade or so. But before describing the new systems and their applications it is necessary to look back briefly to see how cities got their present layout, and what are the factors that have caused the *present problems of city transport*.

The first factor is the growth of population. The cities developed as a rule because of the need for people to gather for mutual protection, for commerce and for education. In England since 1801 the rural population remained almost constant, while the urban population has grown by more than twenty times. The population growth of the last two decades has greatly enlarged the movement of passengers in big cities.

The second factor is the changing distribution of population within cities. There has been a steady drift of population from the high density centre to the lower density suburbs. The increase and improvements of transport are believed to be the main reasons for this drift.

One should remember that walking was the major transport mode both in and out of cities until the end of the eighteenth century. The cost of a horse in terms of a labourer's wages was about three times that of a mass produced motor car today (the fare for a coach from Paddington to the City of a London was about two shillings or 1% of a labourer's annual income).

This lack of cheap transport led to the development of very high density building within the city centre. The situation was changed by the introduction of horse buses and urban railways in the middle of the nineteenth century, followed by horse trams and electric trams towards the end of that century. These allowed cities to grow beyond the radius set by a walking distance.

The introduction of the motor car and motor bus in the 1920s allowed the residential areas along the railway lines to broaden and the increase of car ownership since about 1950 has led to both residential and industrial development in open areas around cities. This growth leads to longer journeys to work, school, or shopping, and more travel per day, even without population growth.

The third factor is the growth of private cars. To own a car has become not only pleasant, but in many cases simply necessary. However, car ownership leads to road congestion. The congestion is partly the result of the peaks in demand for travel to and from work and school, and at present it is usual for 25% of the whole day's travel to occur in a two hour period.

Of course, transport is only a service industry, and must be coordinated with developments in communications and with planning. The first thing to do is to develop transport systems which are cheaper to install, cheaper to operate and aesthetically more acceptable than some of the existing ones.

The examples of such are the use of buses in a demand-activated mode (dial-a-bus), made possible by better communication computers and organization. The use of electronics for the presentation of information to car drivers and the automatic control of cars on motorways, and the design of improved vehicles, such as monorail or automatically controlled trams.

Any automatic vehicle that operates at much above walking speed will need a reserved track, and to avoid creating a barrier to the movements of pedestrians and vehicles this must be above or below ground. In each case the vehicle systems are known to be under development in a number of countries.

The vehicles would be propelled by electric motors to reduce pollution and noise, and would be supported by rubber tyres, air cushion or magnets.

At present much thought is given to the development of minitrans for application as distribution systems in central city areas, for links between car parks and high activity areas, and for circulation systems at airports.

Apart from these systems other new forms of urban transport may involve low speed moving pavements, never-stop railways and buses on specially constructed reserved tracks. These do not involve significant quantities of new technology. Moving pavements are already in use at some airports, transit stations and shopping centres. Their disadvantage is that human limitations at getting on and off restrict their speed to 2,5–3,5 kmh, as compared to a normal walking speed of 5 kmh. Improved transport will not solve, of course, all the problems facing cities today, but it will no doubt lead to changes, which will make city life more pleasant.

### **Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) afford (v)	a) violent uncontrolled anger
2) justify	b) to come to a stop, and turn off the road
3) miss	c) to provide an acceptable explanation for
4) envy	d) the boundary line of a surface
5) take off	e) to fail to hit
6) rage	f) thorough, careful, or vigilant in one's task performance
7) honk	g) to incur, stand or bear without serious detriment
8) versus	h) against, in opposition to
9) edge	i) to feel displeasure or hatred towards (someone) for their good fortune or possessions
10) pull over	j) to use a car horn; to make a loud, harsh sound like a car horn
11) conscientious	k) to remove; to depart

*Task 2.* Listen to the conversation ‘Life Without Cars’ and decide if the following sentences are True (T) or False (F).

1. Jeremy didn’t have a car when he was younger, but now he has one.
2. The lack of money is the reason why he has no car now.
3. Jeremy is now used to taking public transport.
4. Jeremy has a good reason to explain his not having a car.
5. On the other hand, there are cases in Jeremy’s life when he really regrets not having a car.
6. Jeremy’s best times in his life were driving around with his friends.
7. Jeremy doesn’t really miss not having a car now.
8. For the longest time Abidemi didn’t have a car.
9. Abidemi envies his\her friends.
10. Now Abidemi has a bike.
11. Abidemi would very much prefer to have a car on some days when it’s really cold.
12. Having a scooter one must find a special place for parking.
13. Even after buying a car Abidemi would like to have a scooter or a motorbike.
14. Abidemi tries to drive close to the edge.
15. Sometimes Abidemi has to pull over and lets cars pass because he doesn’t want to be hit.
16. The issue of safety is the most important one which determines Abidemi’s behavior on the road.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to get really used	a) a scooter or a motobike
2) to take	b) to taking public transport
3) to pick up something from	c) as the other drivers
4) to leave a scooter	d) the supermarket on a rainy day
5) it is exciting to have	e) to the edge as possible
6) to feel intimidated	f) on the side of the road somewhere
7) to go as fast	g) by the cars on the road
8) to drive as close	h) a road trip

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 18. A Digital Detox Podcast**

### **ActivityA. Reading**

*Read the text. Do you share the author’s opinion on gadget addiction?*

### **Gadget Addiction**

Technology and gadgets are now indispensable in our daily lives. In the past few years carrying a miniature computer (a smart phone) in a pocket has become commonplace. Technology helps advance the human race forward and makes doing

mundane things more efficient and repeatable. Technology has helped create the information revolution.

With technological advances, devices have evolved to be so powerful and smart that it feels like having a super-computer on one's hands. Humans now have an insatiable appetite for information at their fingertips. When technology makes this happen, the natural tendency is for this to become an expectation. When was the last time you printed a map or wrote a snail mail letter? If you did, then you belong to the elite endangered cadre of humans who are vanishing rapidly. Welcome to the information age! Before we frame our problem, we would like to ponder briefly over how our lives have changed with gadgets, compared to pre-digital era.

People born before the 1980's would very well relate to life before the information age, when people had no access to internet or personal gadgets. Let's briefly walk down the memory lane to relive those moments – a life without gadgets. Children played together outdoor – they had a lot of physical activity. People talked to each other more often, and verbal communication face-face was at its peak. Chat jargon did not exist and people knew their spellings well, as they read more books. People enjoyed spending more time outdoors with family and friends. It was commonplace to get the news from newspaper or radio. Entertainment came from playing board games, playing sports, going to the movies, watching VHS tapes, etc. Writers often used either a typewriter or a word processor on their computer. Computers were expensive and bulky. Doing research was hard; frequent visits to the library or scouring through plethora of papers, books, etc. were necessary. Communication was slow.

Gadgets equipped with Internet have transformed our lives in several ways and brought about a paradigm shift in our dependence on technology to perform key tasks in our everyday routine. To highlight a few: Enormous amount of information at our fingertips. Use Google Maps to get directions, watch YouTube videos to learn to cook, sing, draw, learn science, etc. Health monitoring apps on the cell phone that would remind people to walk, run, bike, check BP periodically, etc. Capability to share daily life or special events instantly with thousands of people and see reaction in a matter of minutes, if not seconds. Expedited research with access to information galore. Ability to watch videos on demand from anywhere (Netflix, Amazon, etc.). Ability to read e-books online on demand – no more visits to library needed. Use of mobile phones, tablets as pacifiers for kids. Improved speed of communication by orders of magnitude leading to faster decision-making. Existence of mobile apps for entertainment, social interaction through digital media, paying bills, accessing bank accounts, etc. (virtually for any purpose).

While there have been advantages to this information age and gadget revolution, it has created an insatiable appetite for information. It's now an expectation that information be readily available on demand from anywhere. This is the age of instant gratification. While technology has fostered the human race, does our current consumption pattern adversely impact our analytical and creative abilities, lead to loss of focus in communication and make us just indexers of data rather than bearers of knowledge? Are we addicted to our gadgets? You've temporarily misplaced your cell phone and anxiously retrace your steps to try to find it. Or perhaps you never let go of your phone – it's always in your hand, your pocket, or your bag, ready to be answered or consulted at a moment's notice.

While the business model of the top few app companies hinges on people spending more time with their gadgets every day, we need to recognize that the most important fallout of this induced behavior would be the rising epidemic of gadget addiction. A sense of urge to use the phone or any other gadget when bored or idle equates to addiction. Gadget addiction doesn't discriminate who is affected, it affects all age groups and people of all races. The effects range from mental, physical, emotional to even threatening our democracy.

**Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) wonder (v)	a) to move something from one place to another
2) access (n)	b) to result; to end up; to become apparent or known
3) detox (n)	c) a continuous , humming noise, as of bees; a confused murmur, as of general conversation in low tones
4) influencer (n)	d) to follow; to assume as true for the purposes of making a decision, taking an action
5) passion (n)	e) detoxification , especially of the body from alcohol or illegal , addictive drugs
6) make (v)	f) a hold or way of holding , particularly with the hand
7) turn off (v)	g) any great, strong , powerful emotion, especially romantic love or hate
8) remove (v)	h) causing or able to cause fright
9) avoid (v)	i) to power down; to stop a device by switching it off
10) confess (v)	j) having a strong or far-reaching effect; extreme, severe
11) go by (v)	k) a way or means of approaching or entering
12) drastic (adj)	l) giving reward or satisfaction
13) grip (n)	m) to admit to the truth, particularly in the context of sins or crimes committed; to disclose or reveal
14) scary (adj)	n) a person who or a thing which influences
15) turn out (v)	o) to try not to meet or communicate with (a person); to shun
16) rewarding (adj)	p) to create; to effect or produce by means of some action
17) buzz	q) to ponder; to feel doubt and curiosity; to wait with uncertain expectation; to query in the mind

*Task 2.* Listen to the conversation ‘A Digital Detox Podcast’ and decide if the following sentences are True (**T**) or False (**F**).

1. Nowadays people spend a lot of time in front of screens of electric devices.
2. Digital detox may have those who choose not to have access to the Internet.
3. The idea of making use of a digital detox is becoming more and more popular with middle-aged people.
4. Amanda Vince tried a number of digital detox activities.



5. Amanda works for a fashion magazine in Paris.
6. Amanda's work involves to sometimes have a necessity of being online.
7. Amanda get a great number of emails every day.
8. Amanda is very active on Twitter and Instagram.
9. Amanda keeps in touch with friends and family through online services.
10. Amanda spends about eight hours online a day.
11. Amanda got the idea for a digital detox from a radio programme.
12. Removing distraction, according to Amanda, means turning off alerts, buzzes, alarms or notifications.
13. Amanda removed all notifications except for important contacts.
14. When left alone, Amanda didn't check her phone to kill time.
15. After realizing what influence the devices have on people, in Amanda's words, people can take the next step.
16. Amanda and her partner spent a weekend without using electronic devices.
17. Anyone who wants to follow Amanda's example must do this at their own pace.
18. The listeners of the programme can call directly to the studio or send a message.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to disconnect	a) active online
2) to have	b) of digital habits
3) to work for	c) access to the Internet
4) to browse	d) online sometimes
5) to be very	e) really good point
6) to keep	f) completely
7) to get messy	g) take the next step
8) to change some	h) a fashion magazine
9) to make a	i) in touch
10) to be ready to	j) fashion web sites

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 19. Dialed In vs Unplugged**

### **Activity A. Reading**

*Read the text. Do you share the author's opinion on the role of gadgets in our life?*

### **Role of Gadgets in our Life**

In today's life we try to maximize our tasks within an allotted time. Without the use of modern gadgets it is not possible to accomplish our daily tasks and we are also not able to do our work with efficiency. We cannot even dare to imagine our life without laptop, smart phones, cell phones, notebooks, microwaves and so on. Obviously many questions will peer into the mind like how will I keep in touch with my friends

and colleagues? How will I text my relatives and friends? Today's gadgets are the only way we can make our life comfortable and easier.

*Gadgets for our daily communication.* Communication gadgets are a category of gadget which control almost the most of our life but it is not the only gadgets that can increase the efficiency. Just think of the morning when you start using the gadgets. From the very first in the morning you need to use the alarm clock to wake you up until you want to gate late. Then you make your coffee using a coffee maker followed by watching of television to catch the latest news and stock market. Similarly throughout the day you are using many more gadgets that we cannot even remember. Today we are not controlling gadgets instead the gadgets are controlling our life. It has influenced our lives to such an extent that we cannot think a day without them. Starting from the early morning till the time we reach the bed we are making use of some of other gadgets in various ways.

*Life helper and optimizer.* Again gadgets not only increased the flexibility and efficiency in our daily life but it also helps us to increase our life expectancy. With the advancement in the technology new sophisticated machines is coming up that enable in surgeries and diagnostic thus preventing people from frequent deaths. In earlier times due to lack of medical development usually people die before the time but recently medical science has developed so much that people can now get medicines for every disease and illness. Even for minor things like measuring blood pressure, sugar level and other there are various kinds of machines. You no longer have to wait for monthly check up or rolled down to the hospital and wait for hours to measure your blood sugar. Today you can get everything at the tip of your finger

*Memory Tools.* Using the sophisticated devices crime investigation has also become very easy. With GPS tracking, CCTV camera, surveillance devices lives have become much safer and secured. Gadgets have also helped to bring joy and entertainment to our lives. It brings joy to the family and now no one has to stay apart from each other and feel the pain of separation. With the advent of gadgets like computer, mobile phone, camera you can now contact with everyone whenever you want and that too at the most reasonable prices. It also enable in our small works because many gadgets come in compact form like knife, spoon, tweezers, bottle opener and fork in a single gadget.

*Benefits of gadgets.* Gadgets have made our life pleasurable like the use of AC during the summer season followed by a room heater during the cold chilly winter seasons. Fans, dryers, washers, sewing machine, air purifiers are all gadgets. Wherever you look you will able to see a gadget. Even for taking care of our hair we need gadgets like hair dryer, hair straightener and so on. Gadgets are also beneficial for disabled people. Take electronic eyes for the blinds. It can help them to detect the zebra crossing and thus ensure safety to cross the roads. Similarly there are many other gadgets like Braille PDA`s, electronic arm etc.

Gadgets can also help in saving a lot of space. Earlier while using a telephone you need to sit at a single place to talk with the other person but now you can travel anywhere with your Smartphone and talk sitting wherever you want. Nowadays Develop Android Apps have come to bring a revolution in the world of gadget. Again the facility of internet, camera eliminates the need of purchasing a desktop or a camera separately. Gadgets are also meant for fun, for example iPod, MP3, video system, DVD and not the least our favorite "idiot box" – TV. All these are possible

only because of the advent in technology. These gadgets can bring the family together and also a smile on your face. These gadgets have become very essential in life and they also help to remove boredom and loneliness in our daily life.

Gadgets make our life comfortable and also saves our time and money. Just think when you can get everything stuffed in a single item then what is the need to spend separately. If you can get internet, email, songs, video, camera, and every feature like that of a computer into a mobile phone then why will you go for purchasing, a notebook, video recorder, music system separately?

**Activity B. Listening**

*Task 1.* Match the words with their definitions

A	B
1) embarrassing	a) to direct or be in charge of; to handle or control (a situation, a job)
2) pull	b) something that supports
3) manage	c) walking in the countryside for pleasure or sports
4) momentary	d) either of two species of bird in the genus Meleagris with fan-shaped tails and wattled necks
5) hook up	e) causing wonder and amazement; very surprising
6) support	f) causing embarrassment; leading to a feeling of uncomfortable shame or self-consciousness
7) amazing	g) performed through a concert of effort; done by agreement or in combination
8) exaggerate	h) lasting for only a moment
9) hiking	i) to overstate; to describe more than a fact
10) concerted	j) to apply a force to (an object) so that it comes toward the person or thing applying a force
11) turkey	k) to from an association with someone
12) dial in	l) to inspect; to examine
13) unplug	n) join or participate in a conference call
14) check	o) to disconnect from a supply, especially an electrical socket; to stop using electronic devices, especially for relaxation or to reduce stress

*Task 2.* Listen to the conversation ‘Dialed versus Unplugged’ and decide if the following sentences are True (T) or False (F).

1. Paul can long do without using a phone.
2. Paul checks his phone a lot.
3. Paul uses his phone to look for the latest news.
4. Paul never looks at the football news online.
5. Paul is quite proud that he like many of his friends can’t go without checking on his phone.
6. Telephone is really quite a big part of Paul’s life.
7. When Paul sometimes leaves his phone at home it doesn’t worry him a lot.
8. The other day Paul had to use his iPad as he left his phone.
9. Paul uses his iPad a lot.

10. Paul can manage without a phone for a few days.
11. Aimee checks her phone innumerable number of times a day.
12. If Aimee left a phone at home, she wouldn't even notice it.
13. Without a phone Aimee would feel she is really missing something.
14. Aimee reads a lot and checks many things in the Internet.
15. Aimee thinks she needs to learn how to reduce on using her phone.
16. Many people try to do without a phone at least for a week.
17. Paul thinks he could unplug for some time.
18. Paul doesn't like hiking and being outdoors.
19. One of the good things about hiking is that nobody can contact Paul.
20. Paul really enjoys the moments when he is not available on the phone.
21. Aimee tries to cut down on the time she uses a phone and uses the Internet.
22. Aimee wants to get back to her habit of reading real books.
23. Aimee can't go cold turkey for a couple of days a week.
24. Paul and Aimee want to try to reduce their user time.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to go without	a) part of one's life
2) to look at the	b) to get back for it
3) to be quite a big	c) being outdoors
4) to feel something	d) to a life support system
5) to have a strong pull	e) using the Internet
6) to be hooked up	f) really missing
7) to really like	g) going cold turkey
8) to cut down before	h) football news online

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

## **Unit 20. On-line Trouble**

### ***Activity A. Reading***

*Read the text. Do you share the author's opinion on the peculiarities of online shopping.*

### **Online Shopping vs. Traditional Shopping**

Shopping always has been associated with long, dragging lines, parking issues, and the hassle of driving around from store to store until we finally find what we need; but not anymore. Online shopping has given people the freedom to shop at home wearing only their pajamas and still get what they want. Although this might seem like the answer to prayers of many people, online shopping has its flaws as does traditional shopping. To facilitate this decision we have to see if online shopping can measure up to the purchasing power of traditional shopping. To do this we need to weigh both methods to see how they compare to one another. Online and traditional shopping offer choices to shoppers; knowing the risks and benefits of both alternatives is necessary for them to make a smart decision.

**Online Shopping.** When it comes to online shopping the idea of shopping in the comfort of your own home is very appealing to most people. You also have the choice of browsing different sites to find what you need instead of wasting gas and time driving around different stores. Also, many people dread standing in long lines especially during the holiday season. Online shopping offers a retreat from these situations. Another good thing about online shopping is that things are easy to find online. You just type whatever it is you are looking for on a search engine and you will get many suggestions of sites on the item. And perhaps the best feature of all is the price reduction offered by the online option. The reason for this is because taxes seem to be lower or nonexistent on some products in some states when shopping online. Online shopping also prevents consumers from walking around with a big wad of money that can be easily lost or stolen.

The flaws of online shopping usually come between the reliability of the websites, the risk of identity theft, and the risk of credit card fraud committed by computer hackers. There is also a risk of running into a website that can infect your computer with various kinds of viruses. Reading online reviews about certain websites can sometimes help in this matter. Quality is sometimes an issue with online shopping because you don't physically see or try out the product before you make the purchase. That is a huge turn off for most people because research has shown that motor skills are very important when it comes to activities such as shopping and people just plain and simple want to see and test out what they are purchasing. For example, ladies want to test out the new perfumes but cannot do that through the computer.

Sometimes there are certain items people like to try out and physically see what it looks like on them, but obviously they can't do that online. Another disadvantage to online shopping is the fact that you have to wait to receive your item. So, if you are in a rush then you are out of luck. This probably means that grocery shopping online is not a good idea. Method of payment is another risk by itself. Usually credit cards are the preferred method but sometime you can use PayPal. But, it is risky to use credit cards online because you don't know who is looking at your information. With that being said, it is probably a good idea to make sure you are using a good anti-virus program before going on a shopping spree online.

**Traditional Shopping.** In traditional shopping you simply get in your car, drive to your favorite store (possibly with a friend with you) and buy what you want. It is an opportunity to socialize as well as having the excitement of being in a store with millions of products which you can see and try before you purchase. This method allows you to get the item right now without having to worry about the product being lost in the mail. Also, if you don't like something or if something doesn't fit you can just simply take it back to the store and get a refund or your money back instantly rather than waiting for the postal service. Conventional shopping has a certain vibe or electricity to it which is hard to experience from a computer. Traditional shopping sounds great; however it does have its issues.

Some of the problems with traditional shopping include gas money spent driving around to different stores looking for what you want. Sometimes what we are looking for might be available in a store in a different state. And that makes it pretty impractical to obtain that item which leaves us to basically wait until it comes to our favorite store. Also, trying to find parking at big department stores and malls can be very troublesome. Some people simply forget where they parked. Some people

accidentally lock the car keys in the car, or sometimes we have to deal with traffic jams that cause unnecessary stress. It is just the overall consumption of time and energy that most people find difficult. You will also experience a phenomenon known as shopping rage which is more common during the holidays. People get tired and frustrated during the holidays and let their frustration out on other people when shopping. It is very uncomfortable in those situations especially if you have your kids with you at the store while shopping. This is something you won't have to deal with when you are safe at home on your computer.

The online shopping industry is growing more and more and there is good reason to believe that this growth will continue. One major factor to this prediction is that people are in fact saving money online because of the vast availability of items and because of the competition this creates among online stores. Despite its advantages, online shopping is still a relatively new concept for most people and because of this online shopping will fall behind the traditional shopping market, at least for now. It is a personal preference when it comes to choosing the two different shopping methods. Just like anything else they have their pros and they have their cons. Just remember to shop the way you feel comfortable and you will automatically become a smart and knowledgeable shopper. Happy shopping!!!

**Activity B. Listening**

*Task 1.* Match the words with their definitions

<b>A</b>	<b>B</b>
1) memo	a) beautiful, of a pleasing appearance, with a pure and fresh quality
2) server	b) a defect; something that detracts from perfection; a mistake or error
3) software	c) a short note, a memorandum
4) retail	d) a computer installation, particularly one associated with an intranet or internet service or telecommunications; a website
5) available	e) the sale of goods directly to the consumer
6) fair	f) an act of dealing or sharing; a transaction offered which is financially beneficial; a bargain
7) discount	g) encoded computer instructions, usually modifiable
8) fault	h) readily obtainable
9) delivery	i) one who purchases or receives a product or service from a business or merchant, or intends to do so
10) deal	j) the act of conveying something
11) site	k) to strengthen; to make firm or resolute; to assure the accuracy of previous statements
12) customer	l) a reduction in price
13) confirm	m) a computer dedicated to running programmes which provide services to other programmes or devices, either in the same computer or over a computer network

*Task 2.* Listen to the conversation ‘On-Line Trouble’ and decide if the following sentences are True (T) or False (F).

1. Jackie works for Power Net Software.
2. David wants to order some hardware from their website.
3. David’s order didn’t go through.
4. Technical department of Power Net Software tried to explain the problem with one of the computers to customers.
5. David wants to place an order again as soon as possible.
6. The following day David was going to meet customers.
7. Power Net Software was offered a 25 % discount.
8. The discount is available to those customers who sent their order through telephone.
9. David was promised a discount.
10. Viva Voce was the best selling product two weeks ago.
11. Viva Voce Professional Edition is also 25 % discounted.
12. Mac version of the software is available too as it arrived the day before.
13. A microphone is included with the software but its quality isn’t the best.
14. Free mikes that go with the software are usually of low quality.
15. David’s customer number is 795791.
16. David’s surname is Topson.
17. The delivery will be made by Thursday.
18. David wants one Window edition and one Mac edition.
19. David wants to receive one Windows Professional edition.

*Task 3.* Make collocations with the words given in columns A & B

<b>A</b>	<b>B</b>
1) to order software	a) in stock at the moment
2) to place the order	b) on something called Viva Voce
3) to order	c) from the website
4) to have the Mac version	d) software
5) to find out	e) through Power Net Software
6) speech recognition	f) to pay too much more
7) to have a great offer	g) from a website
8) not to want to have	h) through a site

*Task 4.* Listen to the text and take notes of the key points. Reproduce the text that is close in meaning to the original.

Учебное издание

*Составитель:*  
*Рахуба Валерий Иванович*

# **PRACTICE MAKES PERFECT**

## English Listening Practice

Методические указания  
по развитию навыков восприятия английской речи на слух

Ответственный за выпуск: Рахуба В.И.  
Редактор: Боровикова Е.А.  
Корректор: Рахуба В.И.  
Компьютерная вёрстка: Романюк И.Н.

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