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«Комсомольский-на-Амуре государственный технический университет»

Л. В. Воробец

**THE WAY TO PROFICIENCY.
Self-study Student's Book**

Утверждено в качестве учебного пособия

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государственный университет»,
зав. кафедрой кандидат филологических наук, доцент Ю. В. Краснопёрова;
О. В. Дудченко, кандидат филологических наук, доцент кафедры
иностраных языков Института психологии и педагогики
ФГБОУ ВПО «Амурский гуманитарно-педагогический
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Пособие включает в себя комплекс упражнений, направленных на формирование коммуникативной и социокультурной компетенций у студентов языковых специальностей; состоит из шести разделов, построенных по единой схеме и содержащих упражнения на развитие навыков чтения, говорения, аудирования и письма. Материал может быть использован как для аудиторной, так и для самостоятельной работы студентов.

Пособие предназначено для проведения занятий в рамках дисциплины «Практикум по культуре речевого общения (английский язык)» со студентами, обучающимися по основной образовательной программе подготовки магистров по направлению 035700 – «Лингвистика».

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PREFACE

The book is aimed to help students to master their linguistic skills in all the aspects of the language learning: reading, listening, speaking and writing. The main goal of the book is to teach students to be competent in the process of communication – that is, to be able to communicate in English according to the situation and purpose. All the exercises presented in the book are based on the principle of a communicative approach in English learning.

The book is designed for English language students of upper-intermediate and advanced levels. It may also be of interest to all readers, whose command of English is sufficient to enable them to read texts of the mentioned levels.

The book covers such learners' skills as grammatical, lexical, listening, speaking and writing, giving them the opportunity to enlarge their vocabulary, develop their grammar and consolidate their English speech by means of using stimulating and challenging activities.

The book consists of preface, six units and conclusion.

The six units of the book cover the following up-to-date topics:

- 1) It's a different world;
- 2) All in a day's work;
- 3) Money makes the world go round;
- 4) In sickness and in health;
- 5) The ties that bind;
- 6) Back to nature.

The book is supplied with the necessary authentic material for listening, so that the students could use it themselves while preparing for the classes.

UNIT 1. IT'S A DIFFERENT WORLD

1.1. Lead-in

Ex. 1. Discuss these questions:

- 1) Would you like to visit this place? Why / Why not?
- 2) Which five places in the world would you like to visit one day? Why?
- 3) Which five places have you no desire to visit ever? Why?



Ex. 2. Fill in the description of the illustration, using the words from the box.

bay, beaches, cliffs, climate, coast, cove, harbour, headland, inland, island, peaks, plateau, rainforest, reef, resort, seafood, setting, streams, valley, view, volcanoes

Soufriere is a small fishing on the west of the of St Lucia in the Caribbean. It lies at the centre of a sheltered which forms a natural The town is dominated by the Pitons: two mountain which were once, covered in tropical rainforest. If you travel up the river you come to a where there are plantations growing coconuts and tropical fruits, watered by little flowing down from the hills. To the north there are impressive plunging in to the sea and around a is a secluded hotel above a little, from where you can swim out to watch the fish around the coral The from the hotel is breathtaking.

Despite its wonderful, warm, friendly people and delicious local, Soufriere isn't a popular tourist destination, perhaps because it lacks the sandy tourists expect in a Caribbean

Ex. 3. Choose THREE words or phrases that make sense in each of the gaps:

1) Not liking crowds, I prefer going on holiday to somewhere that's

.....
abandoned backward derelict deserted dull godforsaken off the beaten track out of the way secluded spoiled strange

2) I enjoy visiting places abroad where the people are

churlish courteous easygoing hospitable morose sulky sullen

3) The Vatican in Rome is visited every year by millions of

commuters holidaymakers passengers pilgrims vagrants travelers

4) The takes up to four hours on motorway, but its quicker by train.

crossing drive flight journey passage track travel trip voyage way

5) I'm going overseas next week and I'll be for the rest of the month.

abroad absent-minded away from home missing offshore on the run out in the country out of the country

Ex. 4. Note down six countries that you have visited – or might visit one day. Add SIX MORE countries from which visitors to your country come. Then discuss these questions:

1) What do you call a citizen of each country? What language do they all speak?

2) What are the attractions of your country to the foreigners?

1.2. Reading

Ex. 1. Work in pairs. Read the text quickly and discuss these questions.

1) What do you understand by the title of the article?

2) Which of the places are mentioned?

3) What is said about them?

4) Is the writer optimistic or pessimistic about the future of tourism?

DEATH BY TOURISM

Does tourism ruin everything it touches?

by Arnold Baker

At the entrance to one of the ruined temples of Petra in Jordan, there is an inscription chiselled into the soft red rock. It looks as if it has been there for centuries. It could have been carved by one of King Herod's soldiers, when they were imprisoned in the town in 40 BC. But closer inspection reveals that it is not

so ancient after all. It reads: Shane and Wendy from Sydney were here. April 16th 1996.

The ruins of Petra were discovered in 1810 by a Swiss explorer, and a recent report has just concluded that they are in grave danger of being destroyed by the unstoppable march of tourism'. More than 4,000 tourists a day tramp through Petra's rocky tombs. They wear away the soft red sandstone to powder and (occasionally!) scratch their names into the rock.

It is not just Petra that is under threat of destruction. More than 600 million tourists a year now travel the globe, and vast numbers of them want to visit the world's most treasured sites: the Parthenon, the Taj Mahal, Stonehenge, the national parks of Kenya. The tourist industry will soon be the largest industry in the world, and it has barely reached its 50th birthday. Many places that once were remote are now part of package tours. Will nothing put a stop to the growth of tourism?

A brief history of tourism

The Romans probably started it with their holiday villas in the Bay of Naples.

In the 19th century, the education of the rich and privileged few was not complete without a Grand Tour of Europe's cultural sites.

Things started to change for ordinary people in 1845 when Thomas Cook, of Leicester, England, organized the first package tour.

By 1939, an estimated one million people were travelling abroad for holidays each year. It is in the last three decades of the 20th century that tourism has really taken off. Tourism has been industrialized: landscapes, cultures, cuisines, and religions are consumer goods displayed in travel brochures.

Tourism today

The effects of tourism since the 1960s have been incredible. To take just a few examples:

The Mediterranean shores have a resident population of 130 million, but this swells to 230 million each summer because of the tourists. This is nothing. The United Nations projects that visitors to the region could number 760 million by the year 2025. In Spain, France, Italy, and most of Greece, there is no undeveloped coastline left, and the Mediterranean is the dirtiest sea in the whole world.

In the Alps, the cable cars have climbed ever higher. More and more peaks have been conquered. It is now an old Swiss joke that the government will have to build new mountains because they have wired up all the old ones. There are 15,000 cable car systems and 40,000 kilometres of ski-runs.

American national parks have been so operating permit systems for years. But even this is not enough for the most popular sites. By 1981, there was an eight-year waiting list to go rafting down the Grand Canyon's Colorado River, so now there is a lottery once a year to select the lucky travellers.

In Notre Dame in Paris, 108 visitors enter each minute during opening hours. Thirty-five buses, having put down their passengers, wait outside, their fumes eating away at the stonework of the cathedral.

Poor Venice with its unique, exquisite beauty. On one hot, historic day in 1987, the crowds were so great that the city had to be closed to all visitors.

In Barbados and Hawaii, each tourist uses ten times as much water and electricity as a local inhabitant. Whilst feeling that this is unfair, the locals acknowledge the importance of tourism to their economy overall.

The prehistoric cave paintings at Lascaux in France were being slowly ruined by the breath and bacteria from 200,000 visitors a year. The caves have now been closed to the public and a replica has been built. This is much praised for its likeness to the original.

The future of tourism

Will there be more replicas like in Lascaux? There already are. Heritage theme parks (mini-Disneylands!) are springing up everywhere. Many of the great cities of Europe, such as Prague, Rome, and Warsaw, are finding that their historic centres are fast becoming theme parks - tourist ghettos, filled with clicking cameras and whirring camcorders, abandoned by all local residents except for the souvenir sellers.

Until recently, we all believed that travel broadened the mind, but now many believe the exact opposite: 'Modern travel narrows the mind'. [5]

Ex. 2. Are the following statements true or false? Correct the false ones with the right information and discuss your answers with a partner.

- 1) An ancient inscription has been discovered at the entrance of a ruined temple in Petra.
- 2) Nearly 1.5 million tourists a year visit Petra.
- 3) The stone in Petra is so soft that the tourists' feet are destroying it.
- 4) Tourism has been the world's largest industry since the 1960s.
- 5) It is now possible to go everywhere in the world on a package holiday.
- 6) In the 19th century, Thomas Cook organized tours of Europe's cultural sites for rich people.
- 7) The number of foreign tourists has been growing gradually since 1939.
- 8) There will be a huge increase in the numbers of tourists to the Mediterranean.
- 9) The Swiss are considering ways of creating new mountains for skiers.
- 10) Nowadays, you can only go rafting down the Colorado River if you win a lottery.
- 11) The caves of Lascaux are going to be closed to the public and a replica is going to be built in Disneyland.
- 12) Local people are moving away from many historic city centres.

Ex. 3. What do the following numbers refer to?

40 bc; 600 million; 1939; eight-year; 1987;
1810; 1845; 230 million; 108; ten times.

Ex. 4. Work in groups of three. Discuss the following questions.

1) What are the favourite tourist spots in your country? Do you live near to any of them? Do they have any problems?

2) List as many advantages and disadvantages of tourism as you can think of. Compare your list with the other groups.

3) There is an organization called "Green Tourism". Which in the following pairs do you think they will be in favour of? Which will not they approve of? Why?

- Package tourists or backpacking travelers?
- Using public transport or traveling by special tourist coach?
- Trekking in the Himalayas or wildlife safaris?
- Staying in five-star hotels or youth hostels?

1.3. English in use

Answer the following questions.

Ex. 1. Look at these two sentences. Which is the defining and which is the non-defining clause? What is the difference in meaning?

1) The golfer who attended the annual club dinner had won two previous championships.

2) The golfer, who attended the annual club dinner, had won two previous championships.

Ex. 2. In which of these sentences could the relative pronoun be omitted? Why is this possible?

1) Ballet and classical dance techniques can be applied to other sports which are also pleasing to the eye.

2) Ballet and classical dance techniques can be applied to other sports which spectators find pleasing to the eye.

*Ex. 3. In which sentence could you not use **that**?*

1) The money ... was collected at the entrance to the stadium on Saturday was stolen.

2) The money, ... was collected at the entrance to the stadium on Saturday, was stolen.

Ex. 4. Why can we not use **that** in this relative clause?

Sports such as gymnastics and skiing, both of ... demand high standards of coordination, would benefit from dance training.

Ex. 5. What does the relative pronoun refer to in this sentence and what does it mean?

That famous boxer, whose name I've forgotten, is supposed to have been involved in a financial scandal.

Ex. 6. What does the relative pronoun refer to in this sentence?

He resigned as manager of the club, which shocked everybody.

Ex. 7. Use a relative clause to join each pair of sentences to form one new sentence. Start your new sentence with the phrase given.

Could you omit the relative pronoun in any of the sentences you have rewritten?

1) An American journalist interviewed the tennis champion. The journalist reminded me of my brother.

The American journalist _____.

2) The liver is about 30 centimeters long. It helps in the digestion of food.

The liver _____.

3) We decided to engage the two young dancers. We had seen them perform on television.

We decided _____.

4) The new concert hall was opened yesterday. It holds two thousand people.

The new concert hall _____.

5) The manager of the band ICE has just resigned. The group is currently touring the USA.

The band ICE _____.

6) I was amazed to learn that he had never had any formal education.

He had _____.

7) Skiing and snowboarding can now be practised all year round on dry-ski slopes. They are both exciting sports.

Skiing and snowboarding, _____.

8) The new stadium won't be finished for another two years. In two years' time it will be out of date.

The new stadium won't _____.

Ex. 8. Sentences using defining relative clauses can often be expressed more concisely using clauses with only the **-ed** or **-ing** form of the verb. Rewrite the following sentences to make them shorter. The first one is done for you as an example.

Example:

The cyclist who was found guilty of cheating was banned for life.

The cyclist found guilty of cheating was banned for life.

1) Athletes who use these techniques show a marked improvement in performance.

2) Competitors who are selected when they are young stand a greater chance of being successful.

3) Trainers who work with up-and-coming athletes say that more money needs to be spent on facilities.

4) The stadium which is being built for the event is already an architectural talking point.

Ex. 9. Clauses with the **-ed** and **-ing** forms of the verb can also be used to express non-defining information. Rewrite the following using relative clauses.

Example:

Stumbling as he kicked the ball, the striker still managed to equalise in the final minute.

The striker, who stumbled as he kicked the ball, still managed to equalise in the final minute.

1) Humiliated by their defeat, the losing team trudged towards the dressing rooms.

2) Beaming with joy, the champion received her gold medal.

3) Founded in 1871, the English F.A. Cup is the oldest football cup competition.

Ex. 10. Reduced clauses can cause confusion. Rewrite these sentences so that their meaning is clear.

Example:

Driven to desperation by hunger, a frog will make a passable meal.

Driven to desperation by hunger, you could eat a frog.

1) Thinking of how their lives would be together, the vicar pronounced them man and wife.

2) Looking through the binoculars, the distant eagle seemed to be preparing to swoop on its prey.

3) Dressed in her new school uniform, I began to realise she was no longer my baby girl.

1.4. Vocabulary

Ex. 1. Phrasal verbs present some difficulty for those learning the language. Find synonyms for the phrases in bold and explain their meaning.

- 1) She was very upset at first, but she **came to terms with** it eventually.
- 2) I expected my arrangements to **go off** without a hitch, but they **came to nothing**.
- 3) His early success **went to his head** and he did no more work the rest of the year.
- 4) “How is your work **coming along**?” “If you **come along with** me I’ll show it to you.”
- 5) It’s no good, I’ve **gone off** the idea. I can’t **go through with** it.
- 6) Let’s **go through** this point again, in case it **comes up** in the exam.
- 7) **Go ahead**, you can take my Swiss army knife with you – it may **come in useful**.
- 8) She kept teasing the dog, so it wasn’t surprising that it went for her.
- 9) “She’s decided to **go it alone** and start her own business.” “I only hope it **comes to something** and doesn’t turn out to be a disaster.” “Don’t worry, she’s **gone into** all financial forecasts very thoroughly.”
- 10) Her presentation at the conference **went down** very well.

Ex. 2. Fill the gaps in these sentences with suitable phrases from the box below. You may need to change the form of the verb.

come across, come apart, come out, come round, come up, come up with, go down, go down with, go in for, go off, go on at, go up.

- 1) They the brilliant idea of taking in overnight guests.
- 2) When is her new book
- 3) “I see that bus fares have again.” “Well, they never, do they?”
- 4) I’ve just been reading that fascinating old guidebook. Where did you it?
- 5) She him until he gave in and agreed to the competition.
- 6) The day before their holiday, they both flu.
- 7) He stays on the beach, while she water-skiing and skin-diving.
- 8) She took a lot of persuading but eventually she to our point of view.
- 9) I’ll wait till the matter naturally in the course of the conversation.
- 10) My suitcase is practically brand new but it on the luggage carousel.

Ex. 3. Match these idiomatic expressions with the component 'travel' with their explanations. Use them in your own sentences.

| | |
|------------------------------------|--|
| 1) travel across something | a) to go from place to place selling for someone or a company. |
| 2) travel by something | b) to make a journey through some kind of weather condition. |
| 3) travel on something | c) very fast. |
| 4) travel over something | d) approach the end of something. |
| 5) travel through something | e) to travel having certain bodily states, such as on an empty stomach, on a full stomach. |
| 6) travel mile a minute | f) to make a journey under particular conditions. |
| 7) travel light | g) bring very few things with you when go on a trip. |
| 8) travel highways and byways | h) take large and small roads to visit every part of the country. |
| 9) travel for someone or something | i) to make a journey across something or some place. |
| 10) to be on the home stretch | j) to go over something as part of a journey. |

Ex. 4. Explain what the following proverbs mean and make up mini-dialogues illustrating their meaning.

- 1) It is better to travel hopefully than to arrive.
- 2) There's never a road without a turning.
- 3) A traveller without observation is a bird without wings.
- 4) He who travels a lot becomes wise; he who is wise stays home.
- 5) Try to get on the right track and avoid getting run over!

Ex. 5. Complete these sentences with the most appropriate word or expression in **bold**. In some cases, more than one answer is possible.

1) (At the airport. A check-in assistant is talking to a passenger) I'm afraid your flight has been **canceled** / **delayed** / **crashed** / **bumped**. It won't be leaving for another two hours.

2) (At the airport. An angry passenger is talking to her colleague) I don't believe it. The airline has **diverted** / **overbooked** / **rerouted** / **postponed** our flight and have told me there are no more seats available for us. We'll have to wait for the next one.

3) (A business executive is explaining why he prefers to fly business class) Flying business class is much more expensive than flying **tourist** / **coach** / **economy** / **club** class, but it's much more comfortable and the food is better.

4) (*An announcement is being made at the port*) The ship will soon be ready for **embarkation / disembarkation / boarding / climbing**. Would passengers please ensure they have their tickets ready and proceed to the gate.

5) (*At the airport, an announcement is being made to passengers arriving on a flight*) Welcome to Heathrow Airport. Could we remind **transition / transitive / transitory / transit** passengers to wait in the lounge until their next flight is ready.

6) (*At the airport, an assistant is helping a passenger to find the right terminal for her flight from New York to Boston*) Terminal 1 is the terminal for international flights. You need terminal 2 for **domesticated / domestic / domesticity / domicile** flights.

7) (*At the station, a clerk is explaining ticket prices to a passenger who wants to visit a town and return on the same day*). A one-way ticket to Harrington costs \$27.50. A **triangle-trip / round-trip / circle-trip / square-trip** ticket will cost you \$42.

8) (*At the bank, a clerk is telling a customer why he can't take out any more money with his American Express card*). I'm really sorry, sir, but you have already exceeded your **profit margin / loyalty points / credit limit / commission rates**.

9) (*On an aircraft, the captain is talking to his passengers*) If you need anything during the flight, please do not hesitate to ask one of our cabin **staff / gang / team / crew**.

10) (*A radio announcement is being made for people traveling to a city for their job*) Bad news for **expatriates / commuters / immigrants / migrants**, I'm afraid. Traffic on the freeway is locked solid for 12 miles.

11) (*An article in a magazine is talking about air travel*) In a recent survey, Albion International Air Ltd was voted the world's favorite **carrier / airline / airliner / airways** for its punctuality, comfort, quality of in-flight catering and, of course, its standards of safety.

12) (*A travel agent is explaining insurance policies to a customer*) We advise you to take out our **comprehensive / adhesive / apprehensive / defensive** insurance policy which will cover you against all risks that are likely to happen.

13) (*A tour operator is announcing its new range of environment-friendly holidays*) **Eco-tourism / Environmental tourism / Responsible tourism / Green tourism** has become so popular recently that we have added this to our range of holidays.

14) (*A car hire clerk is helping a customer choose a vehicle*) The roads here are so bad and so full of holes that we very much recommend you hire a / an **MPV / sedan / SUV / station wagon**.

Ex. 6. Complete the gaps with the right definitions of the words.

- 1) A traveler who makes his / her own travel arrangements without needing help or advice from a travel agency is known as an _____ traveler.
- 2) A ticket for a journey that is stored on a computer and not given to the passenger is called an _____.
- 3) The money you pay for a flight is called an _____.
- 4) _____ is a word that means 'in another country'.
- 5) When large numbers of tourists visit a popular destination, this is called _____ tourism.
- 6) _____ is money that you pay a bank or exchange bureau for changing your currency into another currency.
- 7) The rate at which one currency can be exchanged for another currency is called the _____ rate.
- 8) A _____ is an injection or other form of medical treatment which protects you from dangerous or unpleasant illnesses and diseases.
- 9) A _____ is a building at an airport where planes arrive or depart.
- 10) A _____ vacation is a vacation where you pay for your flight, hotels, etc., in one go and before you leave.
- 11) When you _____, you show you are ready to get on a flight by giving your ticket to someone at the airport.

1.5. Listening

Ex. 1. You will hear an interview about tourism in the Maldives. Answer the questions or complete the gaps given.

- 1) How many inhabited islands are there in the Maldives?
- 2) How many resort islands are there in the Maldives?
- 3) Resort islands are to ordinary Maldivians.
- 4) Most of the tourists who go to the Maldives are from
- 5) According to the Tourism Master Plan, what are the two major attractions of the Maldives?
- 6) Most of what the tourists need has to be
- 7) The regulation of tourism on the Maldives has been
- 8) It is hard for many staff on a tourist island to
- 9) One result of EL Nino is to make the coral less
- 10) The long-term problem facing the Maldives is

Ex. 2. Discuss these questions.

- 1) What are your views on the way tourism is managed in the Maldives?
- 2) What harm can tourism cause? What are the benefits of tourism?

- 3) Should poorer countries segregate tourists in hotel zones to 'protect' the local people from them? Or should they discourage tourism altogether?
- 4) What are the problems that face the tourist industry in your country?
- 5) What are the most popular destinations for tourists from your country?
- 6) How are foreign tourists treated in your country? How do they behave there?
- 7) What has been the impact of tourism on your region, or elsewhere in your country?

Ex. 3. *You are going to listen to a radio programme about “eco-tourism”. What is this? Exchange your ideas within the group.*

- 1) Listen to the first part of the programme and answer the questions:
 - What are most people looking for in a holiday according to the introduction?
 - Which negative aspects of a holiday are mentioned?
 - How does Gavin Allan define “eco-tourism”? Is his definition similar to yours?
 - What does he see as ‘the way forward’?

2) *In the second part of the programme you will hear two holidays described. Complete the grid.*

| | Holiday 1 | Holiday 2 |
|------------------------|-----------|-----------|
| Location | | |
| Reasons to go there | | |
| Typical activities | | |
| Other unusual features | | |

3) *Look at the list of alternative holidays. Would they appeal to you? Why / Why not?*

- A yoga retreat in the Sri-Lanka jungle.
- A four-day water-colour painting course in rural England.
- Staying with Bushmen in the Kalahari Desert.
- A bird-watching holiday in remote Eastern Hungary.
- A horse-riding holiday in the olive groves of Northern Portugal.
- An archaeology trip searching for dinosaur bones in the Argentine desert.
- An Italian cookery course in a farmhouse in rural Tuscany.
- Surfing course in a remote beach resort in Mexico.
- A survival course in the Rocky Mountains of North America.
- A camel trekking in the Sinai.

Ex. 4. Write a leaflet to advertise the holiday for your partner. Make it look attractive for the partner to choose one.

1.6. Reading and speaking

Ex. 1. While traveling different mishaps can happen. Read the magazine articles and match the titles with the correct ones. Use the headings below the texts too.

Mishaps while traveling

Package ordeals

Friday, I arrived back from India. Saturday, I thought I had jet lag. Sunday, I told the symptoms to a doctor, who sent me straight to the hospital for Tropical Medicine. They took a blood test, put me straight into isolation, told me I had cerebral malaria - which is rare in India and must have been brought there from Africa.

After four days of quinine and four nights of such „violent sweats the nurses had to change the bedding half a dozen times, I was home. The good news, they said, is that it's the only kind of malaria that doesn't return. And the bad news? It's the only one that kills you.

Running short of time

Every traveler has a tale to tell about bad driving. These are usually exaggerated accounts of life on the mean streets of cities where the motorists are crazy and traffic lights are treated as colourful decorations.

It all happened on a sunny April morning. I signalled my intention to turn left into a side road and paused as the oncoming traffic cleared. But as I drove across the road, an elderly man driving a battered Renault 12 chose to overtake me rather than pass on the inside. There was a fearful bang and my car was pushed sideways. I felt groggy and bruised and was taken to hospital in the back seat of a police car. There my spleen was removed. Fortunately, though, my recovery was steady and complete.

But that's not the end of the tale. Yes, I had taken out insurance and it covered my medical expenses, accommodation while I recovered and my flights home. However, as always, there was a catch to it. I had foolishly hired my car from a backstreet firm called Kavis that had been recommended by the hotel front desk. I was assured that I had full insurance cover, but Kavis charged my credit card £800 on the day of the accident. My solicitor took advice on the form I had signed. Being in a hurry at the time, I hadn't bothered to get it translated. 'Mr Balmer was stupid to sign this document,' it read. I paid up with a smile. After all, I am alive!

A close shave

That was some years ago now, my close friend and myself were in Yugoslavia and hungry. Finding a small cafe, we decided to order two boiled eggs as

our stomachs didn't feel up to any of the local dishes. The menu was entirely in Serbo-Croat and neither of us had any idea what it all meant. This was compounded by the fact that no one working there spoke any English. Unable to make ourselves understood, my friend, who was something of an artist, took out a pen and drew a pair of boiled eggs. He showed the drawing to the owner, who beamed widely, nodded vigorously and retreated to the kitchen. A few minutes later, he returned. Beaming widely. Nodding vigorously he brought his guests the two ice-creams they wanted. Not wishing to burst his bubble, we plucked up the courage to eat them anyway.

Eye-catching souvenirs

The Canary Islands sounded just the place, I thought: hot and exotic. Three days later I was in Lanzarote with my friend Rachel. Two girls out to have fun! But it was raining. Sunbathing was not an option; it was too cold to do anything but shiver under a towel. Lazing around in the apartment was out of the question too, since the newly-weds next door were doing something similar, accompanied by a tape of their marriage service, played very loud. So we rented a car which broke down after only half a mile, leaving us to walk back to the apartment. The newly-weds were very kind and asked us out to dinner with them but I felt too gloomy to go, so I went to bed.

After some time I heard a noise in the bathroom. Then again.

I got up, grabbed a large knife from the kitchen and pushed open the bathroom door. There was a man halfway through the window. He must have been more frightened than me when he saw the gleam of the knife and heard my scream because he disappeared smartly. I stuffed the knife in my handbag and ran out in front of the 'Benny Hill Pub' in my pyjamas. People stared. I didn't care. I ran from one restaurant to the next, searching for Rachel and the newly-weds. An hour later, almost hysterical, I found them on their way home. We all found a bar and I recovered with a large gin. I thought the holiday had been utterly ruined but the newly-weds seemed to take pity on us and looked after us during the remaining five days of our stay. Thanks to them, I suppose it all worked out fine in the end.

Looking on the bright side

Two years as a travel rep in Greece for a package holiday firm convinced me of one thing: that the biggest danger people face abroad is themselves. They behave so stupidly that they must have left their brains at home. Their attitude is that they've paid their money and that therefore you should do everything for them. One honeymooner - a Mrs Jolly - got so drunk on the flight out that she punched me when I welcomed her to Crete. As a rep it is your job to pick up the pieces of their little mishaps. It can get on your nerves, but I always tried not to yell.

It's not always their fault, though. A man had to fly home after hitting a pothole on his bike and smashing his collarbone. One elderly woman was so affected by a heat wave, that she never left her room and just lay there beneath a

fan. And one man crashed his jeep just two days into his holiday, crushing his chest and severing his little finger.

But mostly it is people's own fault. For instance, no matter how much you warn them about the sun, they won't listen. Most of them get brown by the end of the two weeks but they all go red first. The worst case I ever saw was a guy who fell asleep in the sun and just got completely burnt. It was absolutely disgusting. [2, p. 52]

- ***Looking down on the locals***
- ***Never look a gift horse in the mouth***
- ***Caught red-handed***

*What hazards to going abroad are mentioned in the texts?
What other potential hazards may you face?*

Ex. 2. Pairwork.

Student A: You have just had one of the terrible experiences described in the article. Tell student B about it. Use your imagination to add more detail.

Student B: Listen to Student A and ask questions to get more information.

Begin like this:

Student A: I've just had a terrible journey!

Student B: Why? What happened?

Student A: Well, I was going ...

Ex. 3. Make up a brief story about a trip that went wrong using one of the titles above that did not match the articles.

Ex. 4. Travelling can have different forms. Some of them are rather extreme. You'll hear an expert giving some advice. Before you listen to the recording, try to guess or deduce what information seems to be missing here:

WALKING IN THE MOUNTAINS

Take the right precautions:

- 1) DO have at least people in your party. DON'T go alone.
- 2) DO be DON'T do anything you're not to do.
- 3) DO expect the weather to Don't rely on.....
- 4) DO allow yourself plenty of DON'T let catch up with you.
- 5) DO walk at the of the member of the group. DON'T leave anyone
- 6) DO if fog or low clouds come down.
- 7) DO find where you can sit and wait for DON'T in case you walk over a

Take the right equipment:

- 1) – You must your before setting off.
- 2) A in case there are no or the sun is obscured, and make sure you know - DON'T just follow And rely on your
- 3) A rucksack, containing and clothing.
- 4) Footwear:, not or
- 5) Emergency in your rucksack:,,
- 6) A in case you get caught in the dark.
- 7) A or a in case you have to spend the night in the open.

And....

Before setting out, DO and, and DON'T forget to when you get back.

After listening to the recording, discuss these questions:

- 1) What important precautions and equipment did the speaker NOT mention?
- 2) Which of his advice do you disagree with?

Make a list of your own safety rules for TWO of these activities:

| | |
|---------------------------|---------------------------|
| sailing; | windsurfing; |
| swimming in the sea; | skiing; |
| driving in remote areas; | going out at night alone; |
| cycling in heavy traffic; | climbing a ladder. |

Write a letter to a friend, telling the story of a walk in the mountains where you ignored the advice given in the recording but where, despite a number of close shaves, you arrived home safely (300-350 words).

Make notes before you start writing.

Ex. 5. *Have you heard of any arguments put forward against travel and tourism? Think in terms of culture and society, economics and the environment.*

You are going to read an article by the father of a family that never goes away on holiday. Read and find out why. As you read, also decide which of the words in bold means:

- 1) a huge argument;
- 2) achievements;
- 3) a feeling of being unable to think clearly;
- 4) angry and silent because you didn't get your own way;
- 5) make me annoyed;
- 6) ripped off;

- 7) occasional;
- 8) required for a particular purpose;
- 9) do unimportant things in a leisurely way;
- 10) look for customers;
- 11) push and knock against people in a crowd;
- 12) spend lots of money on something extravagant.

When you have finished reading, cover the text and discuss the reasons the father gives for not going on holiday.

Can you remember all the words in red and in which context they were used?

Have a break from holidays

While many of our friends are on holiday in exotic farflung places this summer, our family will be staying at home to get away from it all, as we have done for the last five years. We generally just **potter about** at home; catch up with some reading; do a spot of gardening - nothing too strenuous - just mow the lawn or do a bit of pruning - that kind of thing. The kids are old enough to go off on their own and often go to the local park or open-air pool. We often have visitors and this year we've got some friends coming over from the States, so we might go on the **odd day trip** somewhere - visit a stately home or something like that. On the whole, though, we don't bother going much beyond our local area. It's a pattern we're going to stick to for the foreseeable future for a number of reasons.

First and foremost it's just much more relaxing. You don't have any of the inconveniences and annoyances which are so often associated with travelling: endless queuing at airports; getting **fleeced** by taxi drivers and souvenir sellers; getting an upset stomach from dodgy food and the local tap water. And that's not to mention the kids whinging "Are we there yet?" every two minutes; "Do we HAVE to go to the museum?"; endless choruses of "BORING!" Honestly, there's nothing like dragging a couple of **sulky** teenagers round some Roman remains to put you off that kind of thing for life. All this whining would inevitably **wind me up**, which in turn would lead to a **blazing row** where I would rant and rave about how ungrateful they were, and how anyone else would leap at the chance to see the places we were taking them, and then I'd threaten them that next time we'd just stay at home! Well, finally I carried out the threat - and everyone's far, far happier, not to say better off! By saving money on travel, we can afford to **splash out** on a slap-up meal in a decent restaurant and get the best seats in the house if we go to the theatre, which, by the way, is of greater benefit to our own economy.

If the truth be told, I can't say I ever *really* enjoyed going sightseeing anyway. I think we were going on holiday simply out of habit and going sightseeing out of some weird sense of duty, I felt it was what you ought to do

when you go abroad and that it would be educational for the kids. Most of the time, though, these places actually just left me cold. I wandered through them in a **slight daze**, took the **requisite** photos, made the required comments about how fascinating it was, but essentially felt nothing! Even the really big monuments, which are genuinely impressive, didn't move me in the way I expected. Take the Pyramids. I'd always wanted to go and see them. I'd imagined myself trekking through the desert on a camel to reach them, the sun bearing down on my back. The reality, when I finally went there, was that I only had to trek through the streets of Cairo in a taxi to reach them. Far from being in the middle of the desert, they are surrounded by the slightly run-down suburb of Giza. While they are hugely impressive **feats** of engineering, you have to **jostle with** hoards of tourists to get anywhere near them, fighting off the crowds of locals as they **tout** for business, hassling you to change money or to take a camel ride. I don't blame these people - they're just trying to earn a living - but frankly, I could've done without it and, for me at least, it meant the Pyramids didn't live up to my expectations. And that's it. I've come to realise that famous places are just so much more enjoyable in anticipation than in reality, so it's best not to shatter your dreams and simply never visit them!

Ex. 6. Which of these statements about the text do you agree with?

- 1) The writer is just tight-fisted.
- 2) The writer is basically just a bit of a lazy slob.
- 3) The writer is too soft on his children.
- 4) I feel the same way about sightseeing as he does.
- 5) I think the writer's a bit xenophobic.
- 6) He must've just been unlucky with problems on holiday.
- 7) None of those things have ever happened to me.

*Ex. 7. You are going to debate the idea that we should all travel less and restrict the growth of tourism. **Student A** should agree with this statement and **Student B** should disagree.*

Spend two or three minutes thinking about what you are going to say and then have the debate with your partner. Make sure you have at least five points to support your argument.

Ex. 8. Write a newspaper article describing the impact of tourism on a place in your country, or in another country you know (300-350 words). Make notes first.

1.7. Listening and speaking

To travel the world one should know the global language to make the process of communication easier. According to many scientists and linguists English appears to become this global language.

Ex. 1. Read the sentences below and express your point of view. You may agree, disagree or stay uncertain, but give reasons for your point of view.

1) I am more likely to use English to speak to native speakers (e.g. British and American people) than I am to speak to other non-native speakers.

2) All learners of English should try to pronounce the language as closely as possible to the way native speakers do.

3) It is important for learners of English to have a good command of British and American idioms.

4) People can't understand you when you speak a foreign language unless you use the grammar correctly.

5) English doesn't just 'belong to' British or American people. It belongs to everyone in the world who uses it.

6) When I speak English I don't want to imitate a British or American person. I want to keep my own identity.

Ex. 2. Listen to Dr Jennifer Jenkins talking about 'English as an International Language'. Which statements above does she agree/disagree with? Why?

Ex. 3. Dr Jennifer Jenkins mentions the following language areas as examples. Have you had problems with any of them?

- 1) the pronunciation of *th*;
- 2) British and American idioms;
- 3) uncountable nouns like *information*;
- 4) the third person 's' in the Present Simple.

What does Jennifer Jenkins think may happen to these things as English as an International Language develops? How does she think dictionaries in the future will be different? Listen again if necessary.

Ex. 4. Do you agree with Dr Jenkins? Has she made you change your mind about any of your answers to Exercise 1 above?

Interview your teacher and find out what he/she thinks. Think of at least three questions to ask him/her.

UNIT 2. ALL IN A DAY'S WORK

2.1. Lead-in

Ex. 1. You hear a doctor, butler and a photographer describing their jobs. Make notes on which aspects of their work each one enjoys most and which aspects they don't enjoy.

Ex. 2. Discuss these questions:

- 1) What are the pros and cons of each person's job?
- 2) Which of the jobs would you prefer to have? Give your reasons.
- 3) What would be the ideal job for you- and why?

Ex. 3. Match the idioms with their meanings and use them in your own sentences.

| | |
|-------------------------------------|--|
| 1) to have a lot on one's plate | a) to show sb what to do and how everything works |
| 2) to be a real slave driver | b) to get used to things |
| 3) to find one's feet | c) to force people to change the way they do things |
| 4) to throw sb in at the deep end | d) to be busy with things |
| 5) to be totally out of one's depth | e) to be not able to cope with things. The work is too demanding |
| 6) not to pull one's weight | f) to be very demanding and bossy |
| 7) to rock the boat | g) not to give any support when sb first started |
| 8) to show sb the ropes | h) not to do one's fair of the work |

Ex. 4. Comment on the following quotations. Which do you agree / disagree with and why?

«Work is the refuge of people who have nothing better to do».

Oscar Wilde

«Pray as though everything depended on God. Work as though everything depended on you».

Saint Augustine

«Find something you love to do and you'll never have to work a day in your life».

Harvey MacKay

2.2. Reading

Ex. 1. Read the article and answer the questions afterwards.

WORK, WORK, WORK

Stress, sleeplessness, depression, heart disease, shortness of temper, memory loss, anxiety, marital breakdown, **child delinquency**, the decline of local neighbourhoods, RSI, rudeness, suicide, - a mere shortlist of some of the symptoms of the postmodern malaise. The cause of all our **woes**? Enter stage

right, the prime suspect – work. Wicked, wicked work. An **avalanche** of surveys, polls and expert commentaries show that we all work too long, too hard; that our bosses are beastly; that we are insecure and afraid. You know all this stuff. We seem to be workers on the verge of a nervous breakdown. So far, so bad. But there's plenty of good news about work, too – even if it is not always shared with the same enthusiasm as the 'Work is Terrible' stories. Four out of ten UK workers declare themselves 'very satisfied' with their jobs, more than in France, Germany, Italy or Spain.

Work has become our national obsession. Whether we are **damning** the impact of work on our health, our families, our time or celebrating its new-found flexibility, reward and opportunities, we are talking, writing and thinking about work like never before. As with so many obsessive relationships, the one with work is a love-hate one. Confusion **reigns**. Mixed messages are everywhere - on the one hand, the government **bangs on and on** about the importance of paid work, and then **cautions** about the impact of too much paid work on families. Women celebrate the economic independence work brings, then are made to feel guilty about their children. Salaries go up, but few of us feel richer. We get to a point where we feel OK about our work; and then along comes Martha Lane Fox and we think we've missed the dotcom boat. We find a job we love and so work long hours at it, and then feel that we are failing to get our 'work/life' balance right.

Why is work under the microscope? Why all the **angst**? Perhaps because our work simply occupies a more important place in our lives than it did. Maybe we care, and worry, more about work for the same reason we care and worry so much about our children or our health – because it is important to us. Men and (for the first time in centuries) women are placing work closer to the centre of their lives. And maybe that's no bad thing. The 'leisure society' – remember that? – would probably have been a boring place in any case.

Our work fixation springs from a series of profound changes in the nature of employment, all of which push work more deeply into our individual lives, our families and our communities. Work has become a more important element of our personal identity: we have greater control and choice over the shape of our working lives: women have entered and transformed the workplace; the **nine-to-five** has become more sociable; more of us want or need the financial independence that a wage offers; and the economic rewards of working have increased - work pays.

Work has become a more important personal identity tag, supplanting the three traditional indicators of our uniqueness - place, faith and blood. As geographical roots have weakened, religious **affiliations** have diminished and the extended family has **dispersed**, how we spend our labouring hours has become a more important **window into our souls**. This trend reflects and reinforces a desire for work which brings personal fulfillment, for work we are proud of. If work means not just income but identity, then the choice of job

becomes critical This is why tobacco companies find it so hard to hire people - to work for them would be to taint your own identity.

But the new **salience** of work has come with a price; fewer people are able to feel secure; the need to keep pace with change is tiring and stressful; white-collar workers are putting in longer hours to try and keep a toehold – with potentially damaging consequences for the children; and the **deification** of work threatens to push those who are outside the paid workforce further towards the **margins** of society. This would not matter so much if work did not matter so much. Not just in terms of **income**, but in terms of identity. When work becomes more than simply a passport to pay a cheque, when it opens the door to friends, purpose, satisfaction and place in the world, its absence is more **keenly** felt. Once we admit THE CENTRALITY of work to our lives, it might be harder to kid ourselves that we are doing older employees a favour by ‘letting them go’.

But we dare not admit work’s importance to us. We like to moan about it, preferably with our colleagues just after work. One publisher says: “I love my job, but I feel embarrassed even saying that. My parents think it is sad that the only friends I’ve got are through work – but I don’t see the problem. Funnily enough, we’ve got lots in common!” The love of your job is now the only one that dare not speak its name. The idea of work as **intrinsically** bad has poisoned us for too long. The poet and mystic Kahlil Gibran said work was “love made visible”. Wouldn’t it be great if could capture a bit of that spirit, even if just for a while? [1, p. 193]

- 1) In the first paragraph the writer implies that ...
 - a) workers suffer from mental problems.
 - b) modern lifestyles can sometimes make us ill.
 - c) working people are generally insecure people.
 - d) we exaggerate the negative effects of work.
- 2) In the second paragraph, the writer gives the impression that ...
 - a) people have ambivalent attitudes to work.
 - b) women should not continue to work.
 - c) people need a more balanced approach to life.
 - d) work has made us feel better about ourselves.
- 3) How does the writer answer the question "Why is work under the microscope" in the third paragraph?
 - a) Because we worry about it all the time.
 - b) Because it is as important as our children.
 - c) Because it is a large part of our lives.
 - d) Because it can affect our health.

- 4) The function of the fourth paragraph is to ...
 - a) explain the constant need of people to work.
 - b) examine the changes in the nature of employment.
 - c) show how work has become a focal point in our lives.
 - d) summarise the changes in the workplace.

- 5) In talking about the jobs we choose, the writer says that ...
 - a) our families have become less important to us.
 - b) social change has made work more significant.
 - c) the type of job is becoming less relevant.
 - d) money has become a more important factor.

- 6) According to the article, people who lose their jobs ...
 - a) generally welcome the change.
 - b) may have fewer social relationships.
 - c) identify strongly with each other.
 - d) have higher stress levels.

- 7) From the article as a whole, we understand that the writer believes ...
 - a) we should rethink our attitudes to work.
 - b) we should admit that work is a necessary evil.
 - c) home life should play a more important role.
 - d) we should widen our social circles.

Ex. 2. Look at the words in bold, try to explain and find synonyms for them.

Ex. 3. What purpose do you think the writer hoped to achieve when writing this article? Has he/she succeeded?

Ex. 4. Do you agree with the point of view the author is expressing? Why / why not? Give your reasons.

2.3. English in use

Ex. 1. Working in pairs, explain the difference in meaning (or emphasis) between these pairs of sentences:

1) **Standing** at the top of the hill, I could see my friends in the distance. I could see my friends in the distance **standing** at the top of the hill.

2) While **preparing** the meal, he listened to the radio. While listening to the radio, he **prepared** the meal.

3) **Finding** the window broken, we realised someone had broken into the flat. We realised someone had broken into the flat, **finding** the window broken.

4) Before preparing the meal he **consulted** a recipe book. After **consulting** a recipe book he prepared the meal.

5) **Crawling** across the road, I saw a large green snake. I saw a large green snake **crawling** across the road.

Study these examples before doing the following exercises:

1) *There are two forms of **active participles**:*

You find yourself **thinking** about what you are going to have for dinner or **singing** to yourself.

Having thus **established** that no good at all can come of any sort of endeavour.

And three forms of **passive participles**:

Being warned about the approaching storm, they made for the coast.

Warned about the imminent storm, they prepared for the worst.

Having been warned about the impending storm, they foolishly pressed on.

2) *Participles are used to describe **simultaneous or consecutive actions**:*

We sat on the beach **watching** the windsurfers **falling** into the water. When **writing** new words in your notebook, write an example in a sentence. **Dressed** in his smartest clothes, he arrived early for the interview. **Getting** to the beach, we looked for an uncrowded spot. [BUT NOT: We looked for an uncrowded spot, getting to the beach.] **Having got** to the beach, we found some sunbeds to lie on. **Having** recently **interviewed** Mark McCormack...

And to explain **reasons** or causes:

Not being an expert, I can't teach you how to windsurf. **Being** a poor swimmer, I don't go out beyond my depth.

3) *Participles can also be used after these words: **after, as, before, if, on**.*

After losing the match, she was heart-broken. All musical instruments, **if played** properly, hurt. **Once opened**, this product should be consumed within 24 hours. **When using** a dictionary, remember that the examples given are often more helpful than the definitions.

4) *Normally the **subject** of a participle is the same as the subject of the main verb:*

Waiting for the bus, **I** saw him in his new car.

(= I was waiting for the bus when I saw him in his new car.)

But in some cases the context makes the meaning clear:

Being difficult to play means that learning **the piano** could make you vulnerable to a syndrome known as Lipchitz's Dilemma.

Ex. 2. Using participles of these verbs, complete the sentences below:

arrange arrive complete finish lift reach require shake

- 1) As, we'll meet outside the cinema at 8 o'clock.
- 2) He has been feeling terribly homesick ever since in this country.
- 3) On home, I went straight to my room.
- 4) by her indifference, he burst into tears.
- 5) Having the game, they shook hands.
- 6) Unless later, the key should be returned to the reception desk.
- 7) Remember to use block capitals when the application form.
- 8) Remember to bend your knees, not your back, whenever something heavy.

Ex. 3. Finish these sentences, with each one still meaning the same as the one before.

- 1) I haven't got a car, which is why I usually travel by bus.
- 2) The demonstrators chanted loudly as they marched into the square.
- 3) They turned back when they found their way blocked by the police.
- 4) I heard that he collects butterflies and asked him to tell me about it.
- 5) None of her friends turned up outside the cinema, so she went home.
- 6) As I don't know much about art, I can't comment on your painting.
- 7) If you drink coffee too quickly, it can give you hiccups.
- 8) I went to bed early because I felt a bit under the weather.

Ex. 4. Having spotted the mistakes in these sentences, rewrite them correctly:

- 1) Looking out of my window, there was a. crowd, of people in the street.
- 2) Wearing bright yellow trousers, we thought he Looked ridiculous.
- 3) Being rather tall for his age, his father treats him Like an adult.
- 4) Having been giving such a. warm welcome he felt very pleased.
- 5) Sitting together I saw three old men playing cards.
- 6) If washing in hot water this garment will shrink.

Ex. 5. Using your own ideas, add suitable participles to this story:

On 1..... my eyes, I knew that I was in a strange, dark room. 2..... that I might still be dreaming, I pinched myself to see if I was still asleep, but, 3..... that I really was awake I began to feel afraid. I felt my way to the door, but it was locked. I tried to call for help but, after 4..... for several minutes, I knew no one could hear me. 5..... to the window, and cautiously 6..... the shutters, I discovered that the window was barred and, 7..... outside, all I could see was darkness. My heart sank 8..... with an apparently hopeless situation, I sat down 9..... what to do. I remained

there 10..... on the bed in silent desperation for several minutes. Suddenly, 11..... a key being turned in the lock, I ...

Add THREE more sentences, continuing the story with your own ideas...

2.4. Vocabulary

Ex. 1. Explain the words given and use them to complete the sentences:

| | | | |
|------------|------------|---------------|---------------|
| promotion; | incentive; | redundant; | productivity; |
| vacancy; | overtime; | white-collar; | temporary; |
| workforce; | freelance; | full-time; | bonus. |

1) We have an important deadline to meet, so I'll have to work this week.

2) Nearly half the staff are going to be made as part of the firm's downsizing policy.

3) This job is not suitable for the ambitious, as there are few prospects of

4) I have young children, so I'd prefer to work part-time now and go when they are older.

5) Many employees on contracts would like the security of a permanent job.

6) I have heard that there may be a(n) for a salesperson in the new department store.

7) In the not-too-distant future, over 25% of the in Europe may be unemployed.

8) In order to be competitive, the company must increase

9) Jenny works as a(n) journalist and enjoys not being tied to one specific paper.

10) Mark was given a £1,000 when he beat his deadline by a month.

11) The union representative claimed a pay increase would serve as a(n) for employees to work harder.

12) Office sobs are often referred to as work.

Ex. 2. Match words from columns A and B; C and D to form collocations, then use them to complete the sentences below.

| A | B | C | D |
|------------|-----------|--------------|----------|
| assembly | benefits | cheap | pension |
| civil | relations | state | labour |
| retail | line | minimum | benefit |
| fringe | servant | unemployment | package |
| industrial | trade | remuneration | wage |

- 1) She is a - that is, she is employed by the state.
- 2) Managers often enjoy many, including a company car and an expense account.
- 3) Working on a(n) in a factory was the most monotonous job I've ever had.
- 4) Having worked in the for ten years, I have extensive safes experience.
- 5) In an attempt to improve, the management have agreed to compromise in their negotiations with the union.
- 6) Most people nowadays supplement their with a private one.
- 7) Workers under 18 used to earn very little, but now all workers are entitled to the of £3,70 per hour.
- 8) In some countries, you don't qualify for if you own your house.
- 9) The post comes with an attractive, as well as a company car.
- 10) Attracted by the promises of large companies are moving their factories to other countries.

Ex. 3. Match the parts of these sentences to form sayings and proverbs about work. Give the Russian equivalents. Think of as many arguments as you can for and against each idea.

| | |
|------------------------------------|---|
| 1) Hard work means prosperity; | a) or you may never know what happiness is. |
| 2) All work and no play | b) the more beautiful it becomes. |
| 3) Get happiness out of your work | c) will not lay eggs in the morning. |
| 4) The day without work, | d) is heavy to the earth. |
| 5) The more you strike the steel, | e) not by clothes. |
| 6) When jobless, | f) only a fool idles away his time. |
| 7) The chicken that cries at night | g) empty stomach. |
| 8) Who doesn't work, | h) keep rattling the door. |
| 9) You tell by work, | i) the night without sleep. |
| 10) Clean hand, | j) makes Jack a dull boy. |

Ex. 4. Tell your partner which of these jobs you would like to do and why /why not. Do you know anyone who does any of these jobs? What do they think of their job?

Which expressions in the box could you use to describe the jobs. Use each expression as many times as you want. Explain your choice giving the reasons.

a care assistant, a football manager, a GP, a history academic, a househusband, a journalist, a labourer, a management consultant, a marketing manager, a plumber, a psychiatrist, a refuse collector, a social worker,

a stockbroker, a street cleaner, a teacher, a specialist on intercultural communication, an interpreter.

Challenging, emotionally demanding, financially rewarding, highly stressful, high-powered, immensely rewarding, incredibly competitive, incredibly tedious, not very fulfilling, physically demanding, slightly demeaning, very varied, dependable, ambitious, patient, indifferent, frank, strong-willed, persistent, decisive, accurate, enthusiastic, reserved, conscientious, diligent, critical, quick-minded, responsible, sociable, creative, flexible, generous.

Ex. 5. Fill in the blanks with prepositions if necessary.

1) I'm sorry _____ Tom. He has worked as a used car dealer _____ Brown and Company _____ ten years and now the firm has been taken _____ by Jones Ltd, and they are going to dismiss him.

2) I see _____ today's paper that you need a secretary _____ a knowledge of French, I would like to apply _____ the post.

3) I was _____ the impression that I had paid you _____ the work you did _____ me.

4) I thought he would offer Ann the job, but he offered it _____ to me.

5) He advised the strikers to go back _____ work.

6) I'm certainly not married _____ my job.

7) The key _____ my success is determination, motivation, hard work and luck. It's luck to be _____ the right place at the right time.

8) I'm thinking _____ changing my job because there are few prospects _____.

9) Ruth is looking _____ a new appointment _____ moment.

10) I'm well-qualified and have completed a course _____ graphic design.

Ex. 6. Complete the sentences with the given words. Use them to talk about people you know.

inflexible, moody, insensitive, reliable, accessible, dictatorial, ambitious, direct, conscientious, even-handed

1) My boss is really domineering and he never listens to a word anyone else ever says. He's so

2) I'll say one thing for her. She's very She doesn't mince her words. She always tells you exactly what's on her mind.

3) He probably doesn't mean to be, but he can be really sometimes. Some of the things he says are very hurtful.

4) She's a great boss – very She treats all of us exactly the same, she doesn't have any favourites or anything.

5) He's quite He loses his temper really easily!

6) He seems frighteningly I don't think I've ever met anybody quite so keen to climb the career ladder.

7) She's a very worker. She always pays a lot of attention to detail and makes sure everything is done properly.

8) He's a very worker. If he says he'll do something, he does it.

9) She can be a bit at times. She's kind of stuck in her own way of doing things.

10) She's a great boss, very Her door's always open to everyone and she's really easy to talk to.

Ex. 7. Role play. Choose two of the idioms in exercise 3. Imagine you have these problems at work. Spend two minutes thinking about the circumstances.

Now work with a partner and role-play a conversation between two friends about work. One of you should explain your problems. The other should sympathise. Begin like this:

- So how're things at work?

2.5. Listening

Ex. 1. You will hear part of a seminar for job-seekers. As you listen, tick only the advice and information that the speakers actually give. Write (A) for a view expressed by Anne, (K) for a view expressed by Kerry, (B) for a view expressed by both of them and (N) for a view expressed by neither of them.

THE APPLICATION FORM

- 1) Photocopy it and practise filling in the copy first.
- 2) Write your final version neatly and clearly.
- 3) Use a separate sheet for any extra information you want to give.
- 4) Personnel officers read application forms very carefully.
- 5) Use words that show you want to be successful.
- 6) Mention any unusual hobbies or jobs.

THE INTERVIEW

- 1) Be confident.
- 2) Avoid answering questions about your leisure activities.
- 3) Do some research into the company's competitors.
- 4) Ask the interviewer to explain what his or her company does.
- 5) Expect to be surprised.
- 6) You may have to have lunch with the interviewer.
- 7) The interviewer may insult you.
- 8) Remain calm whatever happens.

- 9) Arrange to participate in some mock interviews beforehand.
- 10) Tell the interviewer that you are sensitive and clever.

CREATIVE JOB SEARCHING

- 1) This technique is better than applying in the conventional way.
- 2) Get in touch with employees in companies in your chosen field.
- 3) You will get a job if you are persistent enough.
- 4) If you are personally known to a company you stand a better chance.

Ex. 2. Discuss these questions.

- 1) Which of the advice do you disagree with? What other advice would you give to job-seekers?
- 2) If you were looking for an employee, what qualities would you be looking for?
- 3) What do you find most difficult about EXAM interviews? What aspects of your performance would you most like to improve?

Ex. 3. Read the six newspaper headlines. Then discuss with a partner what you think happened in each case.

- 1) Woman wins £22,000 in sexual harassment case.
- 2) Mother wins posthumous racial discrimination claim.
- 3) New legislation outlaws age discrimination in the workplace.
- 4) Tribunal upholds mother's right to work part-time.
- 5) Government crackdown on bullying in the workplace.
- 6) Unfair dismissal verdict upheld in landmark case for the disabled.

Listen to a short extract from a news programme. Which of the stories above do the two reports talk about? What happened in each case? How did the company respond?

Ex. 4. Listen and complete the first report.

The family of a black man who committed suicide after being subjected to (1) bullying have agreed an (2) settlement from his employers. Julian Smith hanged himself at his family home two years ago and his mother (3) the company for racial discrimination on behalf of her son.

The company conducted a (4) investigation, which revealed that white colleagues had (5) Julian in his work and ostracized him following an (6) he had made to management about abuse and name-calling.

In a statement the company expressed (7) at its handling of the affair and stated that it was instigating (8) to ensure that all discrimination is stamped out.

Ex. 5. Discuss these questions with a partner.

- 1) Have you heard of any cases of unfair dismissal or discrimination in the workplace? What happened?
- 2) Have you heard of anyone ever suing a company? Why? Did they win?
- 3) Do you think workers have too many rights or too few?

2.6. Reading and speaking

Ex. 1. You are going to read an article about a woman who made a change in her work life. Read the article and answer the questions.

- 1) What *change* did she make? Why?
- 2) Do you think she made the right decision? Why / why not?

RECLAIMING MY LIFE

It's 10.30 and I'M JUST settling down to my mid-morning coffee break. I open the paper and two articles leap out at me. The first - *Overworked Britons feel ill and too tired for love* – reports the findings of a survey which found that over half the working population are so tired by the time they get home that their sex lives are suffering. The other article - *Unpaid overtime tops £23bn mark* – reports that research conducted by a trade union reveals that businesses increasingly rely on staff putting in extra hours without extra pay, and that the average person would base each earned £4,650 for their efforts if they had received a wage.

I love reading the newspaper, because it is always full of articles like these, which just confirm to me that I have made the right choice: I am a stay-at-home mum.

I was not the most obvious candidate for being a stay-at-home mum. My own mother always worked – she was a teacher – and when I became pregnant, my intention was always to continue my successful career in marketing after my first child, Naomi, was born. In fact, I did go back to work after my six months of maternity leave, I left Naomi at a childminder's at eight o'clock in the morning and collected her at six o'clock in the evening. This worked for a while, but as she grew and started to walk and talk, she got increasingly upset when I left her in the mornings. I had incredible pangs of guilt. I still enjoyed my *job*, but whereas before it had been everything to me, now it seemed somehow more trivial. What was more important - promoting toiletries or raising a happy child? However, the pressures of work hadn't changed – there were still sales targets to meet, new products to be pushed – and I was frequently home late. There were some days when my husband Alan picked Naomi up when I wouldn't see Naomi awake all day and, yes, I was too knackered to speak to my husband, let alone make love.

The crunch came one day when I was on my way home from work. The rush hour was just beginning and the underground train was particularly packed. I just about squeezed on and found myself pressed up against the sweaty armpit of a guy holding up *Computer Weekly* to his face to read. I got off at Victoria to catch my train out of the city, only to find the place was in chaos. The main station had been evacuated because of a security alert, Nobody knew when it would reopen. There were hundreds of people getting increasingly agitated.

I rang my childminder to warn her I'd be late. We had a rather terse conversation – it wasn't the first time, but as it turned out, it was the last. I told her I'd see if I could get Alan, to pick up Naomi. I rang him, but as soon as he picked up the phone, I knew I shouldn't have. I could hear the stress and anxiety in his voice. He'd told me he had to work late - a tight deadline to meet. "How the hell am I going to get it done with you phoning me all the time?" he snapped. When I pointed out that phoning him once is hardly 'all the time', he just slammed down the phone on me.

I understood his situation, but it didn't stop me from feeling angry and resentful, until I really thought about who or rather what was to blame – work. There and then I took out my laptop and typed my letter of resignation.

That was seven years ago now and I've hardly looked back. Of course, when people ask me 'what do you do?', there are some who look on me as some of lesser being when I say I'm a homemaker, but that's their problem, not mine. I see it as working with children and that can be as rewarding, fulfilling and challenging as any other job.

From a personal point of view, I think it's probably saved our marriage. Of course, the lack of money places a bit of a strain on things every once in a while, but sacrificing a new car or a second holiday for a better home life seems the sensible option. And of course, I no longer feel too tired, which is perhaps why I'm expecting my third child. [3, p. 17]

Ex. 2. Which of these statements about the article do you agree with?

- 1) I don't like her. She's a bit smug.
- 2) I like her. She knows her own mind.
- 3) She's just kidding herself she's happy.
- 4) Her husband is just taking her for granted.
- 5) Her mother created unrealistic expectations for her.
- 6) She had no reason to feel guilty about being a working mum.
- 7) Not everyone can afford to make the decision she's made.
- 8) Companies aren't interested in their employees as people.

Ex. 3. Complete the sentences with words from the article.

- 1) I'm hoping to publish the of my research next year.
- 2) Recent research has blamed the increase in divorce on the mounting of work.

3) The government has set some tough for reducing crime. The question is, can they meet them?

4) She's a nice person, but if it came to the, I just don't think I could rely on her to pull her weight.

5) The shop had to be because of a security

6) We're working to a very deadline for this project and we'll be penalised if we miss it.

7) I'm sorry I at you. I shouldn't have spoken to you like that.

8) When I got sacked, it put an enormous on our marriage.

Ex. 4. Role-play. Imagine yourself in the same situation. Try to find the other way out of this problem with your partner.

2.7. Speaking

Ex. 1. Discussion. According to the latest statistics 65% of college-educated women in America prefer to have more free time in their lives than make more money at their jobs. In fact, 40 percent would even take a pay cut for more flexibility. What do you think of this? Is the situation the same in Russia?

Ex. 2. How would you respond to the question expressed by a woman: "Do kids kill women's careers?" [10].

Ex. 3. What do you think of the argument that taking time off to have kids isn't what derails women's careers but sexism in general? What do you think of part-time work versus full-time work for mothers?

Ex. 4. Make a 5-minute speech concerning the following issues.

- 1) A university education does not guarantee professional success.
- 2) Job satisfaction is more important than making a lot of money.
- 3) The ideal job is one where you constantly develop as a person.
- 4) The ideal job is one in a relaxed environment where you can be creative.
- 5) It is important to be your own boss.
- 6) It is important to feel that you are achieving things in your job.
- 7) It is better to have a German boss than a Russian one. [7, p. 54]

Ex. 5. Read the following discussion on the target question "Does money bring happiness in life?" and express your point of view on this issue.

A: My point of view money can bring happiness in life as we have money so we can buy anything of our interest which can provide some kind of happiness what say?

B: I wouldn't say money can buy you true happiness, but it can buy your way out of a lot of problems. If money was truly the basis of happiness, then you wouldn't see celebrity suicides and wealthy people in the mess they are in from

time to time. Given the choice, I would rather be rich than poor, but I don't think money alone is the answer.

C: I agree with the previous post. I would add to it that my wife and I were happy enough when we had no money, but the most excited and relieved we've ever been was when she got the call offering her the job she still holds now. It meant that we would be financially secure enough to not have to worry about so many things. So money cannot make you happy, but it can protect you from many worries that can really make you unhappy.

D: Indubitably, money cannot buy an abstract such as happiness. However, it is most painfully true that one cannot be happy if destitute. When there is not enough money for a person to eat and have the necessities of life, it is absolutely impossible to be content with life. Just as money cannot buy health, but does, however, aid in the maintenance and support of good health, so, too, does having enough money to pay bills, have a good roof over one's head, etc. contribute to the potential for happiness. With enough money to live a decent life, a person can focus upon the things that make for happiness such as fulfillment of one's potential, love and family, and good health. Beyond these essentials, money is merely superfluous.

E: To an extent, I believe money can definitely bring happiness. I mean, how can buying a one million dollar home, a boat and a private jet not make one smile? Even for a millisecond? But it's questionable whether the happiness money can give is permanent. Usually in order to stay happy if you're rich, you need to frequently purchase more items to keep yourself content.

True happiness is normally found through relationships, friendships and love, but money is definitely a major factor.

F: Post №5 makes an excellent point-our society definitely has created a link between materialism and happiness, with the problem being 'can you ever have enough stuff?' Money as a way to happiness seems more like a band-aid solution or a temporary fix. It will make you happy in the moment but not in the long run.

G: Money can really make us happy. Who's on earth doesn't want to have money? But the underlying question how long can money make you happy? The argument was right that money can make you happy for a moment but not for a lifetime. There are things money cannot buy.

But all of us want to get rich right? And in that manner we should take a really careful understanding. If desiring for money is too much, it may lead to greed and selfishness. This is not the real purpose of money in the first place. So after all we can say that money is a limited source of happiness.

H: I would tend to lean towards the idea that money can make life easier. It is not necessarily the money which brings happiness, but the satisfaction that people are able to pay the bills. That said, many people do wish for wealth, thinking that it will make life easier. Many stories have been told about those

who have won lotteries and are poorer now than before. In this sense, money did not bring happiness.

I: Although things like professional success and loving relationships are much more important than financial rewards, money can certainly make life easier when it can all coexist together. Having to worry about financial problems is something most people are forced to deal with, and few people would live with them if there was an alternative.

Ex. 6. Read the following text and discuss the questions afterwards.

Do kids kill women's careers?

My friend created an uproar on her Facebook page two nights ago about whether having kids kills your career.

She is a very successful medical oncologist who works for a government agency and a highly prestigious hospital in the Northeast. She is also a mother of three young children and has chosen to work part-time to be home with her kids.

A woman asked her an odd question the other day about her choice. Here's what my friend posted:

“An acquaintance today: ‘So, do you feel like a failure for scaling back your career when you had kids?’. Me: ‘Um, no, not really. But thanks for asking!’

I told my friend I would have punched the lady. She said she was so shocked by the question she could barely respond.

Men and women friends responded to her posting mostly saying that by working part time she was able to have it all – she could use her education and feel fulfilled at work but also be at home to enjoy her kids.

Coincidentally, I ran across a report last night on The Huffington Post about a similar topic and I am wondering if the lady that quizzed my friend had read these stories.

From The Huffington Post:

“Last week, *The New York Times*' David Leonhardt claimed that women who didn't have children and never took time off had careers that “resembled” those of men. The next day, *The Atlantic*'s Daniel Indiviglio argued “women without children are holding their own against men.”

“Both articles were misleading – and ignored the latest Catalyst research on inequity.”

“Gender, not kids, charts career success. Our report, *Pipeline's Broken Promise*, found that women and men jump off traditional career paths at equal rates – but only women are penalized for it when they try to get back on track. What's more, women fresh from M.B.A. programs lag behind similarly qualified men in pay and promotions – and never catch up – whether or not they have children.”

The author concludes further down:

“Study after study has shown that ingrained biases and sexist stereotypes harm the career paths of women. We must eliminate these if we want to move closer to parity. Placing blame on the decision to have children distracts us from the core issue: that sexism is alive and well.” [10]

What do you think of the question her friend was asked – is she a failure in some way for working part-time as a doctor to be home with her kids?

How would you have responded to such a rude question?

What do you think of the study that 60 percent of working moms would rather work part-time if they could make enough doing it?

2.8. Writing

Write a letter of application for a job. Find an advertisement for a job you find attractive, or which is suitable for someone with your talents, experience and qualifications. Describe yourself and explain why you are the ideal person for the job (300-350 words).

UNIT 3. MONEY MAKES THE WORLD GO ROUND

3.1. Lead-in

Ex. 1. Listen to the song and complete the gaps with the words you hear.

I work all night, I work all day, to pay I have to pay
Ain't it sad
And still there never seems to be for me
That's too bad
In my dreams I have a plan
If I got me
I wouldn't have to work at all, I'd and have a ball...
A man like that is but I can't get him off my mind
Ain't it sad
And if he happens to be free I bet he wouldn't fancy me
That's too bad
So I must leave, I'll have to go
To Las Vegas or Monaco
And in a game, my life will never be the same...

Ex. 2. What is your attitude towards money? Does it play an important role in your life or it is a thing that is needed to survive?

Ex. 3. Match the parts of these sentences to form sayings about money. Think of as many arguments as you can for and against each idea.

| | |
|--------------------|--------------------------|
| 1) It takes money | a) and lose your friend |
| 2) Lend your money | b) where your mouth is! |
| 3) Money burns | c) a hole in pocket |
| 4) Put your money | d) to make money |
| 5) In for a penny, | e) the world go round |
| 6) Money makes | f) for a rainy day |
| 7) Save your money | g) a run for their money |
| 8) Give somebody | h) in for a pound |

Ex. 4. Comment on the following quotations. Which do you agree / disagree with and why?

«Money is like the sixth feeling without which you cannot make a complete use of the other five».

W. S. Maugham

«When I was young I thought that money was the most important thing in life; now that I am old I know that it is».

Oscar Wilde

3.2. Reading

Ex. 1. Quickly read the text and identify the problem the author is concerned with.

Society of consumers

Let's talk about the real economy, the one we live in every day. There's a big difference. The official economy is in a record expansion. How many times have we heard about the great abundance? And yes, a lot of money is sloshing around. Some of it might even slosh towards us. But when you look a little closer you start to see a different picture. People feel drained and stressed. They say they have no time and that the kids are always nagging them for things. The traffic keeps getting worse, the beaches close because the water is so bad and the visual space is full of ads.

Prosperity is supposed to mean well-being. It is supposed to mean more time for life and thought, not less. If times are truly good then you'd think we'd all feel good about the future. Yet a majority are deeply worried. Grasping the problem the term 'economic expansion' suggests a horn of plenty that grows fuller by the minute. Yet strip away the gauzy abstraction and 'expansion' means simply spending more money. It makes no difference where that money goes or why. However, more spending doesn't always mean that life is getting better.

It often means the opposite - medical bills, addiction, family difficulties, crime. It can mean a toxic spill in the neighborhood, or kids with asthma because the air is so bad. But the experts never seem to think about that and the media doesn't either. Let's go further.

As John McKnight of Northwestern University has put it, America is a society 'in need of need'. We don't need the things the economy produces as much as it needs our sense of need for those things. In economics there is no concept of enough: just a chronic yearning for more, a hunger that cannot be filled. This requires that all life must be converted into a commodity for sale. The result is a relentless process of enclosure.

Think about the growth of industries today. We buy looks from plastic surgeons, mental outlooks from pharmaceutical companies, the activity of our bodies from 'health' clubs, interaction with friends from telecommunications firms, and on and on. Security comes from police departments, insurance companies and privatized prisons. Transport comes from oil and automobile companies. Virtually every life function and process is turning into something we have to buy.

Either way, what the economists call growth becomes a process of cannibalization. The formal economy, private and public sectors alike, takes us apart piece by piece and then sells us back to ourselves. We must become less so that the economy can become more. Little wonder we feel drained and stressed. Meanwhile, millions don't have enough to begin with.

An economy based upon the creation of need is going to have consequences that are not entirely benign. One of these might be called iatrogenic growth. This is the way a supposed solution ends up being a problem that can only be solved by more spending. There are so many examples. Push a fat-heavy diet upon people and watch coronary problems and hence the need for medical treatment grows. Raise kids in a hyper-kinetic media environment and then push pills at them so that they can pay attention in school.

How do we break the cycle?

There is no shortage of proposals. Most of us could make a long list. Alternative currencies are to revive the non-market economy of neighborhood and community. A tax system that taxes waste instead of work. A materials economy based on carbohydrates rather than petrochemicals and so on and so forth. The main problem is not knowing what to do, it is mustering the desire to do it. The evil genius of the consumption culture is the way it envelops us in a cognitive cocoon. Old people go into homes, young people to schools, the sick to hospitals, the mentally infirm to asylums, offenders to jail, trash to the dump, bodily wastes into the sewer. We become oblivious to the impacts of our own behavior and to the unpleasantness of life itself: life imitates television or a mall; nothing is permitted to enter that might disrupt the buying mood. We even shift the production of our food and products to far-away lands so we don't have to see the toil and toxics that are implicated in our own consumption.

This may be the central evil of the global economy and a main reason that its supporters covet it so much. There won't be an urgency for change until we crack open the cocoon and expose ourselves to some psychological discomfort of a healthful kind. We don't know where it's all going to lead and we don't have to. We make decisions and life starts taking shape around them. If we know exactly where we are going there's not much point. We can take comfort in this. There's nothing to lose except the problems we are creating for ourselves. [5, p. 28]

Ex. 2. Read the text in more detail to answer the following questions.

- 1) What is the difference between the official economy and the real economy we live in?
- 2) What does the term 'economic expansion' suggest?
- 3) Why do people feel drained and stressed?
- 4) What does the concept of enough in economics mean?
- 5) Why do we need to consume so much?
- 6) What do you understand by the term “a process of cannibalization”?
- 7) Where does the evil genius of the consumption culture lie?

Ex. 3. Work together with a partner and swap your ideas on the issue of consumerism. Do we really live in the world of consumerism or this phenomenon is made up by economists?

3.3. English in use

Wishes and regrets

Ex. 1. Which of these sentences is more emphatic in expressing a wish or regret?

- 1) I wish I hadn't gone on the expedition.
- 2) If only I hadn't gone on the expedition.

Ex. 2. Read the example sentences and complete the grammar rules with the correct option a, b or c below.

Examples:

If only I hadn't come on the expedition.

I wish it wasn't so cold.

I wish it would stop snowing.

a) would (do)

b) the past simple

c) the past perfect

1) We use *wish / I if only* and _____ to express a regret about a situation in the past.

2) We use *wish / if only* and _____ to express a wish for something which is not the case at the moment.

3) We use wish / *if only* and _____ if we want someone to change their habits or intentions, or when we want something beyond our control to change.

Ex. 3. *What form of the verb in brackets is needed in 1-6?*

- 1) I can play the guitar quite well - if only I _____ (can) sing better.
- 2) Using public transport is so inconvenient. I wish I _____ (have) a car.
- 3) We hate city life. If only we _____ (not/leave) the countryside.
- 4) I wish he _____ (not smoke) cigars in the house. The smell is appalling.
- 5) If only they _____ (tell) me what's worrying them. They won't talk to me at all.
- 6) I wish we _____ (not tell) him the news. He was very upset.

Ex. 4. *Rewrite the following sentences beginning with the words **I wish** or **If only**.*

- 1) I have to admit I'm a chain smoker.
- 2) It's a pity you aren't teaching our class next year.
- 3) I hope it rains soon, everything's so dry.
- 4) Pat's always phoning me at work when I'm busy.
- 5) Our neighbours should have let us know they were moving house.
- 6) Dave and Sue are sorry they did not buy a new car.
- 7) I can't stand the way David eats with his mouth open.
- 8) Why didn't I take up his offer of a job?

Conditionals

Ex. 5. *Which of the conditional sentences 1-5 refer to:*

- a) an impossible situation?
 - b) a hypothetical past situation?
 - c) a plain fact?
 - d) a hypothetical situation?
 - e) a possibility?
- 1) If you need a world atlas, you will find one on the top bookshelf.
 - 2) If the price of aviation fuel rose, airlines would agree to raise ticket prices collectively.
 - 3) If I were James Bond, I would have the opportunity to travel anywhere in the world.
 - 4) If we had booked our tickets earlier, they would have been cheaper.
 - 5) If perishable cargoes are kept in unsuitable conditions, they deteriorate.

Ex. 6. Some sentences contain a mixture of conditional forms. Which sentence in 1-4 below refers to:

- a) a hypothetical past action and a hypothetical situation now?
- b) a hypothetical situation now and a hypothetical past action?
- c) a possibility and a hypothetical situation now?
- d) a possible recent action and an instruction?

1) If your daughter wants to travel round the world, she would be better off taking a year off to do it.

2) If I were rich, I wouldn't have had to ask my parents for money to go on holiday.

3) If I had travelled more when I was younger, I'm sure I would know a lot more about the world than I do.

4) If you have bought a super-advance ticket, you should travel in Coach B.

*Ex. 7. Sometimes **if** can be used with, or replaced by, other structures. Read the following example sentences and answer the questions which follow.*

1) *Should you require* any further information, do not hesitate to contact me immediately.

2) If, by chance, *you should see* Fred, give him my regards.

3) If I *were to go* missing, what would you do?

4) *Had I known* what hard work it was going to be, I wouldn't have offered to pack all the suitcases.

5) *If it hadn't been for* the traffic, I wouldn't have been late.

6) *But for* Sue's valuable help, we would never have caught the plane.

7) *Were it not for* the reasonable price, I would certainly have complained about the service in that restaurant.

8) *Provided* you plan your trip in advance, backpacking can be a rewarding way of seeing a country.

9) *Unless* you speak the local language, surviving in a foreign country can be fraught with difficulties.

- a) Which sentences suggest the situation is possible but not likely?
- b) Which sentences refer to past situations?
- c) What phrases mean approximately "Without..."?
- d) Which sentences invert the verb and the subject as an alternative to using **if**? Why would you do this?
- e) In which of the other sentences can inversion be used?
- f) Which word means "On condition that..."?
- g) Which phrase has a meaning similar to "If not"?

Ex. 8. Rewrite each sentence using the words given.

1) It's a pity the weather was so bad last week. We could have gone camping.

If it hadn't _____

2) Why didn't you tell me about the party? I was free on Saturday night.

Had _____

3) What a shame we didn't go by air! Think of the saving in time!

If only _____.

4) You probably don't need any help, but you can always call me.

Should _____.

5) A successful interview means that you will be offered a job.

Provided _____.

Unless _____.

6) He can't be a policeman. I've never seen him wearing a uniform.

If he _____

Key word transformations

Ex. 9. For 1-8, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and eight words including the word given.

Example:

Uncle August did not suffer from his experience.

worse

He was his experience.

Hint You will need an idiom *be none the worse*. What preposition do you need after the idiom?

Answer He was *none the worse for* his experience.

1) There was very little food left in Uncle August's igloo.

out

Uncle August had food in his igloo.

Hint You need a phrasal verb in the past perfect and a word which means 'not quite completely'.

2) Besides mapping the mountain ranges, there were many other reasons for the expedition.

more

There simply mapping the mountain ranges.

Hint You need to use the verb *to be*, a preposition, and a word which is often used with *more*.

3) After such an experience nowadays, somebody would have insisted on counselling Uncle August.

subjected

After such an experience nowadays, Uncle August counselling.

Hint You need to change the form of the verb and omit some words in the original sentence.

4) He was looking forward to being with his fiancée again.

wait

He his fiancée again.

Hint Wait is part of an expression meaning 'eager to do something'. You will also need to check the form of the verb after the idiom.

5) A year later, they got married.

place

Their a year later.

Hint You need a noun related to *get married*, and a verb which means *happen*.

6) The reporter asked him to express his feelings about his experience.

affected

The reporter asked him his experience.

Hint You need the word *how* and a different form of the verb.

7) Uncle August's primus stove ceased to function on the last day.

gasp

Uncle August's primus stove on the last day.

Hint You need the verb *give* and a possessive adjective.

8) The incarceration was never an ordeal for Uncle August.

regarded

Uncle August.....an ordeal.

Hint You need to change the order of words and a two-letter word meaning 'like'.

3.4. Vocabulary

Ex. 1. Complete sentences 1-10 with the appropriate particle and explain its meaning.

- 1) Selling my bike should bring some cash, but less than I need.
- 2) Petrol prices have really shot since oil exports were reduced.
- 3) We couldn't pay the bill so they cut our electricity.
- 4) We'd better drink because the bar is closing.
- 5) The grocer's shop on the corner will have to close unless sales improve.
- 6) We need to cut our spending on luxuries if we are to afford a holiday.

- 7) I hear Cindy's getting quite well in her new job.
- 8) My parents used every last penny of their savings on repairs to their house.
- 9) An angry farmer told the boys on his land to clear, and not to come back.
- 10) The moment he put the lights, everyone sang "Happy Birthday".

Ex. 2. Match the ten idioms in italics with these meanings. There is one you don't need.

- 1) When we got to the restaurant my friends told me they had no money on them, so I had to *foot the bill*.
- 2) We don't expect to make a profit in our first year; we'll be happy just to *break even*.
- 3) It's very generous of you to offer to pay, but I think we should *go halves*.
- 4) Although things are going well now, it's never a bad idea to *save some money for a rainy day*.
- 5) I might have to *dip into my savings* to buy myself that coat.
- 6) I used to be able to afford to go out every night, but now I've bought a house I'm *feeling the pinch*.
- 7) He *paid through the nose* for that thing he got at the flea-market.
- 8) She *had her fingers in the till* so she soon lost her job.
- 9) This is his wife who *holds the purse strings* at home, so he can't decide anything.

- a) to pay 50% each;
- b) to not have much money;
- c) to pay for everyone;
- d) to return stolen money to its owner;
- e) to neither gain nor lose money;
- f) to set aside cash for future needs;
- g) to use some money already saved;
- h) to pay too much money for something;
- i) to control the spending of a family's or organization's money;
- j) to steal money from the place where you work.

Make up your own sentences with the expressions mentioned above.

Ex. 3. *When did you last...*

- a) have to tighten your belt?
- b) have to dip into your savings?
- c) feel glad you've saved for a rainy day?
- d) find yourself in the red?

- e) get ripped off?
- f) have to foot the bill?
- g) throw money down the drain?
- h) go halves with someone?
- i) feel you were rolling in it?

Ex. 4. Put these idioms into categories 1-4.

| | |
|---------------------------------|-------------------------------------|
| 1) to be rich | To throw money down the drain. |
| 2) to waste money | He's living on the breadline. |
| 3) to have money problems | The company's in the red. |
| 4) to be charged a lot/too much | He's worth a fortune. |
| | That cost us an arm and a leg. |
| | They're rolling in it. |
| | To spend money like water. |
| | She paid through the nose for that. |
| | I was ripped off. |
| | A light purse is a heavy curse. |

Ex. 5. Complete the sentences with the correct form of these idioms.

To feel the pinch, to pour money down the drain, to spend money like water, to make ends meet, to be rolling in money, to cost an arm and a leg, to break even, to pay over the odds.

- 1) I sold the painting for as much as I'd paid for it, so in the end I
- 2) With low incomes and high outgoings, lone parents often find it hard to
- 3) The diamond in Sonia's ring is huge; it must have
- 4) If you buy things in the tourist areas like that, don't be surprised if you
- 5) Rock stars like Madonna and Sting, who've been around for years, must be
- 6) Mick had lots of money to spend when he had a job, but now he's
- 7) Buying such useless rubbish as that is like
- 8) Since Jane won the pools she's been out shopping every day; she's

3.5. Reading and speaking

Ex. 1. Have you done any of these things?

- 1) got a mortgage?
- 2) used a credit card?

- 3) borrowed money from your friend or family?
- 4) taken out a student loan?
- 5) taken out a loan from a bank to start a small business?
- 6) never borrowed any money?

Ex. 2. What problems are associated with these things? Read the article and find out if any of the problems you thought of are mentioned in it.

LENDERS AND BORROWERS – ALL ARE WE!

As the UK personal debt breaks the one trillion pound mark, six people talked to Channel 9 News Online about debt.

Jake

It may seem strange to say I wish I'd never gone to university, but sometimes I really regret I ever did. Studying media communications for three years has left me saddled with a \$15,000 student loan to pay off and the employment situation is pretty dismal at the moment, which doesn't make the future look too bright. I would've been better off just getting straight into the job market when I was 18.

Brian

I see the government says it wants to encourage small businesses. What a joke! The whole financial system is skewed in favour of the big boys and they always just lobby to protect their interests. My garden-ornament business had cash-flow problems last year, which meant I needed a temporary loan to pay my staff. My bank just refused point blank to extend my credit. I even occupied the bank manager's office one day! My business ended up going to the wall. Now I open the paper today and I see some cable company is negotiating with the banks to restructure \$12 billion of debt. There's no justice.

Lizzie

My parents had problems with debt, which meant I couldn't get a credit card before I left home and I swore blind I wouldn't get one when I did leave home. But then you get out into the big bad world and you're just surrounded by temptation. We're bombarded with adverts for this and that and then you're offered easy credit. A few years ago, I was persuaded to celebrate New Year in Egypt. I took out a loan to pay for the holiday and cover my expenses and then I got a credit card 'just for emergencies'. The next thing I knew I'd spent \$3000 on the card. I tried to juggle the debt by transferring the money onto another credit card, but then I'd got into the habit of spending and I ran up a debt on that card too. Over the next two or three years, things just got completely out of hand, and now I'm \$38000 in debt and at the point of declaring myself bankrupt.

Joseph

This whole sorry debt-ridden country is going to come crashing down and it's going to be a hard, hard landing. You mark my words, this whole economy is built on borrowing and credit, and it's just unsustainable. I have a small place

with a bit of land, which I bought when I was made redundant. I rear chickens and goats, and grow a lot of my own food. I reckon I'm almost self-sufficient now, so I know that on that day when the shit finally hits the fan, I'll be prepared.

Malcolm

All that 'never a borrower nor a lender be' stuff is all just rubbish, if you ask me. There isn't a successful businessman in the world who hasn't had to borrow money to either get started or to expand. If you worry about what you owe, if you let it play on your mind, you'll never take the risks you need to take in order to be successful.

Angela

We borrowed a few thousand pounds off my parents-in-law to buy our house and now I just wish we hadn't. It's just something they constantly hold over us and it's caused a lot of friction – like last year when we said we weren't going to stay at Christmas. My mother-in-law got all upset and then my father-in-law started saying 'You're so ungrateful. All the things we've done for you and you just throw it back in our faces'. [3, p. 70]

Ex. 3. Complete each sentence with the name of one of the people in the article. If you don't think any of the names fit a sentence, then leave it blank.

- 1) 's just a whinger. I don't know why s/he's complaining.
- 2) I really feel sorry for
- 3) There's a lot of truth in what 's saying.
- 4) 's obviously brought the situation upon her/himself.
- 5) 's not thinking about the long term enough.
- 6) 's talking rubbish.
- 7) hit the nail on the head when s/he said that.
- 8) 's quite blase about things.
- 9) I would hate to be in the situation 's in.
- 10) 's obviously a bit of a crackpot.

Discuss what you have written with a partner. Explain why you agree or disagree with your partner's choices.

3.6. Listening and speaking

Ex. 1. Answer the following questions before listening.

- 1) When you're shopping, what do you expect in terms of choice, quality and price of goods?
- 2) How important is customer service?
- 3) What kind of shopping do you detest / enjoy?
- 4) What do you understand by the phrase *good value for money*? Can you give any examples of this?

You will hear four different extracts. For questions 1-8, choose the answer (A, B, C,) which fits best according to what you hear.

Extract 1

You will hear a woman training a new salesperson.

- 1) What is the woman's view of the '10-point plan' approach to selling?
 - a) It helps to identify potential customers.
 - b) It comes complete with all the necessary paperwork.
 - c) It is likely to succeed within a specific time period.
- 2) What does she emphasize as a particularly important factor in door-to-door selling?
 - a) being extremely well-dressed.
 - b) interacting pleasantly with potential customers.
 - c) dealing with objections at the door.

Extract 2

You will hear a fashion designer talking about shoes called trainers.

- 3) In the speaker's opinion, shoe fashions are now becoming...
 - a) more sport-oriented.
 - b) less formal.
 - c) more versatile.
- 4) He feels that the top sports shoe manufacturers should...
 - a) be wary of competition.
 - b) employ more adventurous designers.
 - c) take advice from traditional specialists.

Extract 3

You will hear a woman talking about shopping for books on the Internet.

- 5) What does she find surprising?
 - a) how quick it is to purchase books.
 - b) how little the Internet service is used.
 - c) how efficiently out-of-print books are traced.
- 6) She feels that when it comes to book-buying, the main difference between the Internet and the retailers is that buying on the Net...
 - a) is more tempting.
 - b) is less enjoyable.
 - c) ensures a faster delivery.

Extract 4

You will hear a pop star talking about his rise to fame.

- 7) What does the man put his initial success down to?
 - a) experience gained touring with a group.
 - b) setting up in business alone.
 - c) writing songs for film soundtracks .

- 8) What is his attitude towards his potential wealth?
 a) He thinks he'll find it hard to cope with.
 b) He's afraid it will be short-lived.
 c) He won't let it change him.

Business expressions

Complete the expressions with the correct words from the list.

around bankrupt bulk even stock good credit

- 1) Something worth buying – **a**
- 2) Compare goods or services before buying – **to shop**
- 3) Make neither a profit nor a loss – **to break**
- 4) Buy large quantities at a cheap price – **to buy in**
- 5) Not available at the moment – **out of**
- 6) When a business fails – **it goes**
- 7) To delay payment of goods by agreement – **to buy on**

Fill in the gapped sentences with the words and expressions from the box.

to fall under the spell of something, scruffy, envisage, to shop around, luxurious, prosperous, to be out of stock, to break even, at random, in bulk, brand new, immense, to be wary of something, versatile, on credit.

- 1) As soon as they met, he immediately, and proposed to her after two months of dating.
- 2) I can't stand when he puts on this coat! I understand that it was a gift from his mom and he finds it comfortable, but the damn thing is too old!
- 3) People say that if you want to get something, you should It every day, and eventually your thoughts will be materialized.
- 4) It's been two months since I tried to find this pillow for the first time, and it seems impossible to me: they are constantly
- 5) Buying things without doesn't seem a good idea to me: my friend once bought a pair of very expensive shoes in the boutique only to find the same ones for much cheaper price at a local market.
- 6) - Look, I know you want your honeymoon to be perfect, but you can't afford a trip – it's too expensive and you need to plan your budget carefully.
- 7) Only a year ago this shop was but now the competition is too hard and I've heard that last month they didn't have much profit and barely managed to
- 8) Even if you don't know the answer to the test, you shouldn't leave a gap blank; better to choose the answer, at least it has some chance to be correct.

9) When she saw that dress in the Gucci shop, she immediately of it and decided to buy it

10) The detective was really tracing the suspect to his dwelling.

11) He is a actor who has played a wide variety of parts that couldn't leave the audience stay indifferent.

12) What level of profit do you

Make up your own dialogues /stories based on the expressions mentioned above.

Ex. 2. *You are going to listen to a radio programme about the country that topped **The Economist's** survey. Which country do you expect it to be and why?*

Listen to the programme and take notes on the following:

- 1) What led to the mass emigration from the country.
- 2) The factors that contributed to the economic turnaround.
- 3) The results of the economic miracle of the 1990s.

Compare what you heard with the partner.

Discuss together with the partner:

- 1) Were you surprised that this country came in at number 1?
- 2) How much do you know about the country?
- 3) Was there anything that surprised you in the introduction?
- 4) Do many people emigrate from your country? Where to and why?
- 5) Have you heard any other stories regarding national economies and the World Bank / IMF (International Monetary Fund).

Now listen to the three Irish people who moved back home after living abroad – Ian, Jackie and Mary. As you listen, decide which person...

- 1) has found moving back a bit of a let-down.
- 2) is concerned about the growing wealth gap.
- 3) feels their privacy is sometimes invaded.
- 4) thinks the new Ireland is over-rated.
- 5) left Ireland because of limited employment opportunities.
- 6) got fed up with some of the Irish people they met abroad.
- 7) found it really easy to find work on their return.
- 8) enjoys the irony of the new employment situation in Ireland.
- 9) expresses serious reservations about the changes.

*How do you personally feel about the following? Use the expressions from the box to voice your opinions about each. You might also use the expression to explain how you feel – **I couldn't care less about it!***

A nice idea in theory, it works in reality, to be in favour of, to have a few slight reservations, to be a big fan of something, to be fundamentally opposed to, to stand on something, to be in two minds about something.

- 1) a cut in welfare spending;
- 2) unregulated business activity;
- 3) the European Union;
- 4) a maximum 40-hour working week;
- 5) free dental care for all;
- 6) globalization;
- 7) a 5-per-cent cap on wage increases for the next five years.

Ex. 3. Anyone thinking about starting a small business should consider many important things. Listen to the interview with Tom and Sue Higgins, an English couple who opened an English restaurant in Lyon, France, over ten years ago. Answer the questions.

- 1) Why might it not be wise to open an English restaurant in Lyon?
- 2) What do the French think of English food?
- 3) Why did they decide to do it in Lyon?
- 4) Where did they get the money from?
- 5) What difficulties did they face while opening the restaurant?
- 6) Are they doing well?

What sort of business might succeed in your town? Do any of you want to start a business and why / why not?

3.7. Speaking

Ex. 1. Would you be happy or miserable if you...

- 1) fell on hard times?
- 2) lived on a shoestring?
- 3) lived in the lap of luxury?
- 4) were living rough?
- 5) couldn't make ends meet?
- 6) were rolling in money?
- 7) had to penny-pinch?
- 8) were made of money?
- 9) were down and out?
- 10) had to tighten your belt?
- 11) had a business that was doing a roaring trade?
- 12) lost a quid and found a fiver?

Ex. 2. Listen to the song by Lennon 'Money can't buy me love!' and answer the questions.

- 1) What do you think the song was about?
- 2) How far do you agree with the sentiments of the song title?
- 3) What kind of things in life do you think bring true happiness?

Ex. 3. Read the two texts about attitudes towards work and money. As you read, find the answers to these questions.

- 1) What appears to be the reality of work for the majority of the population?
- 2) What does the way we spend our money show about us?
- 3) What effect did winning the lottery have on Elaine Thompson?
- 4) What did decorator Tim Logan realize?

Text 1

Research by Andrew Oswald, Professor of Economics at Warwick University, shows that our reported levels of happiness are remarkably unaffected by our affluence. So, how much do we need to earn to feel comfortably off? And why are we knocking ourselves with the longest working week in Europe if the money it makes us doesn't even cheer us up?

Part of the problem is that most of this new affluence is increasingly weighted towards a very small proportion of the population – the already rich. While fat cats and dot.com squillionaires are apparently multiplying, they form only tiny elite. My own professional income puts me in the top 20% of wage earners in the country but the simple fact is that many people don't feel richer because they aren't.

The top 20%, however, don't fit into that category. We know that we're living lives of unprecedented affluence. I have more money than my dad ever did, but nowhere near as much as my sister, and that's the problem. The generational benchmark no longer applies. Instead, according to Oswald, we look over our shoulders at our neighbours, friends and colleagues. How are we doing compared to them?

New ways of working, living and thinking have created new economic models and attitudes. The way we spend our money reveals not just our lifestyles, but our natures, our values, our fears, and our national identity. No wonder we feel as if we've never got enough of it! [2, p. 128]

Answer the comprehension questions with a word or short phrase:

- 1) In paragraph 1, what image of the British workforce does the writer create?
- 2) What exactly does the phrase "generational benchmark" describe?

Text 2

Just over half the respondents to a nation-wide survey agreed with the statement: “If I had enough money to live as comfortable as I would like, I would still work”. The desire to keep on working increases to 70% among those with salaries over £70.000.

Elaine Thompson from Lyme Regis won £2.7 million on the National Lottery in December 2005. Yet, she and her husband returned to work after six months, opening a holiday complex. “We do all the cleaning and gardening and painting ourselves,” she says, “and we’re busy 52 weeks a year. I couldn’t sit back and do nothing. If I didn’t work, I’d be bored silly”. A Lottery operator spokesperson said: “The research matches our own survey – 51% of all Lottery winners who won £50.000 or more have returned to work in spite of their win”.

Five years ago, 46-year-old decorator Tim Logan also inherited a “reasonably large” sum when his aunt died. “It was enough for me not to have to work again, particularly as I never had very high outgoings. However, when I’d taken a fortnight holiday and thought things through, I realized quite simply that I missed the social interaction. But more than that, I needed to work. I couldn’t go and play golf all week, I’d be bored out of my mind. It’s the stimulus that you really need”. [2, p. 128]

Answer the comprehension questions with a word or short phrase:

- 1) What impression of the British attitude to work does the writer create in paragraph 1?
- 2) Which phrase in paragraph 3 echoes how Elaine Thompson said she would feel about not working?

Write your answer to this exam question. Make it between 50 and 70 words.

Ex. 4. *Which people do these words describe? Why?*

Thrifty, skinflint, well off, hard up, privileged, underprivileged

Ex. 5. *Discuss how money or the lack of it affects your life.*

Ex. 6. *Can you think of any activity ‘more virtuous’ than making money? If so, what is it, and why is it more virtuous?*

Ex. 7. *Does having money generally have a positive or negative effect on people’s character? Justify your answer. [7, p. 54].*

Ex. 8. *Imagine you’ve been given \$100,000 to spend in a week. Work in groups and decide how you’re going to use it. What are you going to buy? Are you going to make any investments? Will you give any to family / friends / charity? Come to a group decision. What do you think your plans say about your character?*

Ex. 9. Choose one of the topics and make a speech for five-seven minutes.

- 1) What is your attitude to credit cards and other kinds of debt?
- 2) What is your attitude to lending money to friends?
- 3) Do poor and rich people have equal opportunities in your country?
- 4) How much are the problems of the world due to the influence of money?
- 5) How much money do you think you personally need to be happy? Can you think of any disadvantages about coming into a lot of money?
- 6) It's not spiritual to have money; it's better to give than receive.
- 7) Everything depends on money.

3.8. Writing

Ex. 1. Choose one of the topics and write an essay 300-350 words.

- 1) How a million changed my life!
- 2) Good and bad effects of money in our life.
- 3) Is money the worst evil of life or the best sweetener of it?
- 4) Money can't buy me love!

UNIT 4. IN SICKNESS AND IN HEALTH

4.1. Lead-in

Ex. 1. Together with the partner, decide how you would rate the following suggestions as ways of ensuring physical fitness. Rank them starting with those you consider to be most effective. Be prepared to justify your choice by explaining how the suggestions may or may not help you.

grow your own vegetables;
 avoid 'junk' food;
 sell your TV;
 walk to work;

buy an exercise bike;
 move to the countryside;
 refuse to use lifts;
 stop smoking.

Ex. 2. Match the parts of these sentences to form sayings about health. Think of as many arguments as you can for and against each idea.

| | |
|--|---|
| 1) Fond of doctors, little health, | a) a mechanic too busy to take care of his tool |
| 2) Eight glass of water a day, | b) than one time dead |
| 3) He who has health has hope; | c) heal yourself |
| 4) A man too busy to take care of his health is like | d) can make your symptoms go away. |

| | |
|-----------------------------------|---|
| 5) Better ten times ill | e) and sleep sound, in these three good health abound |
| 6) Before healing others, | f) are the best cures in the doctor's book |
| 7) Eat well, drink in moderation, | g) and he who has hope has everything |
| 8) A good laugh and a long sleep | h) Fond of lawyers, little health. |

Ex. 3. What kinds of cures do you find most effective if you are feeling ill? Can alternative medicine ever be a more effective cure than conventional medicine?

Ex. 4. Comment on the following quotations. Which do you agree / disagree with and why?

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not”.

Mark Twain

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.”

B. J. Reb Materi

“Be careful about reading health books. You may die of a misprint”.

Mark Twain

4.2. Reading

Ex. 1. What do you consider to be a healthy life style? Is it possible to have it nowadays? Read this article and then answer the questions that follow.

A HEALTHY LIFE

Programme for Natural Healing

Everyone worries about their health. For some it's about losing a bit of weight others that they'll inherit diseases which afflicted their parents. But what if someone told you in just two short months you could be feeling on top of the world? That's exactly what Andrew Weil has to say in his latest book, *8 Weeks to Optimum Health*. Weil - a doctor and bestselling author of *Spontaneous Healing* - believes we can all optimize the functioning of the body's natural healing system, not just on a day-to-day basis but also in responding to everyday illnesses and more serious medical conditions. He has drawn up a programme which makes simple changes to our lifestyle in terms of diet, exercise, supplements and mental and spiritual development, in turn prompting "long-lasting and dramatically beneficial effects for our health". Of course, everyone is different so Weil also provides specific guidance for men and women, pregnant

women, people under 20, over 50 and over 70, those who are overweight, people at risk from cardiovascular disease and cancer and those who have young children. There are even sections devoted to the health of those who live in big cities and who travel frequently.

So how does it work? Weil says it has much to do with the body's own healing system. "Health is wholeness and balance, an inner resilience that allows you to meet the demands of living without being overwhelmed. If you have that kind of resilience, you can experience the inevitable interactions with germs and not get infections, you can be in contact with allergens and not suffer allergies and you can sustain exposure to carcinogens and not get cancer"

Week one begins with a general cupboard clearance - out must go all unhealthy foods like oils and artificial sweeteners - and an introduction to vitamin C, walking and eating more broccoli - a nutrient and fibre-rich vegetable. Breath observation - pay attention to your breathing patterns - also starts now.

As the weeks progress, so Weil steps up the demands. Week two calls for an increase in your consumption of whole grains and an end to drinking chlorinated water. He also suggests attempting a one-day "news-fast". With each week comes the adoption of new supplements and fresh dietary habits. Exercise is increased and more mental and spiritual tasks are set. Alongside each chapter he includes true stories of those 'healed' by the plan, plus various healthy recipes. But he warns: "Perfect health is not possible - beware of persons and products that promise it. Health is not static: it is normal to lose it periodically in order to come back to it in a better way."

Weil says the eight-week programme gives users the information needed to keep their healing system in working order. "It shows you how to build a lifestyle that will protect you from premature disability and death and it teaches practices and skills that will enable you to prepare body, mind and spirit for any eventual health crisis you may face. Start it now and reap the benefits for the rest of your life." [4, p. 168]

- 1) People are concerned about...
 - a) receiving conflicting advice from medical experts.
 - b) suffering from the same illnesses as their parents.
 - c) their parents falling ill.
 - d) gaining too much weight.

- 2) Dr Weil believes that everyone should...
 - a) be sceptical about his methods.
 - b) use different methods.
 - c) follow the same programme.
 - d) eat less and exercise more.

- 3) Dr Weil believes that everyone...
 - a) can develop immunity to germs.
 - b) can cope with potential sources of illness.
 - c) should avoid contact with germs.
 - d) is at risk from infections.
- 4) Following Dr Weil's methods over the weeks....
 - a) you have to put more and more effort into it.
 - b) you must expect to be ill occasionally.
 - c) you should not watch the news on TV.
 - d) you will never suffer from illness.
- 5) Dr Weil's programme will be effective if you....
 - a) don't expect results for at least two months.
 - b) have faith in it.
 - c) begin at once.
 - d) follow every step rigorously.

Ex. 2. Discuss these questions:

- 1) What do you think about Dr Weil's programme? Would it work for you?
- 2) How do YOU stay healthy and fit? What kind of exercise do you take?
- 3) Do you worry about your health? What special precautions do you take against falling ill?

4.3. English in use

Modal verbs

Ex. 1. Which of these modal verbs can be used to express the meaning in 1 – 6?

may might can can't could couldn't must should ought to need

- | | |
|----------------------|---------------------|
| 1) necessity _____ | 4) ability _____ |
| 2) obligation _____ | 5) permission _____ |
| 3) possibility _____ | 6) deduction _____ |

Possibility and speculation

*Ex. 2. Read these comments about the Sydney Harbour Bridge and fill in the gaps with an appropriate phrase using **could**, **might** or **may**.*

- 1) Perhaps it was the most famous bridge in the world when it was built. It _____ the most famous bridge in the world when it was built.

2) Perhaps the man in the photo was standing right at the top of the bridge.

The man in the photograph _____ right at the top of the bridge.

3) Maybe someone took the photo with a telescopic lens.

Someone _____ the photo with a telescopic lens.

4) Perhaps the man in the picture was repairing something on the bridge.

The man in the picture _____ something on the bridge.

5) Maybe this photograph of the bridge was taken from an aeroplane.

This photograph of the bridge _____ from an aeroplane.

Ex. 3. Choose the two appropriate endings for sentences 1-4 from the list of possible endings a-h. Discuss how the meaning of the modal verb depends upon the ending.

Example:

1c They could have sold their house if they had been more flexible about the price. This was possible but it didn't happen.

If They could have sold their house but if they did, they didn't tell us. We don't know if this happened or not.

- 1) They could have sold their house ...
- 2) They might have written to us ...
- 3) He could have caught an early train ...
- 4) Ted might have phoned me ...
- a) but he decided to spend the night in London instead.
- b) after all the trouble we went to preparing for their visit.
- c) if they had been more flexible about the price.
- d) but our filing system is in a mess, so I have no record of it.
- e) but he didn't get up in time, f) but if they did, they didn't tell us.
- f) because I really wanted to come, but I've been away for a few days.

Making deductions

Ex. 4. Match 1-6 with the correct sentence endings in a-f, then complete the spaces in 1—6 with **must have been** or **can't/couldn't have been**.

- 1) Paul _____ in the bathroom when I arrived ...
- 2) The back door _____ locked.....
- 3) The hotel _____ luxurious
- 4) The climber _____ wearing a safety harness ...
- 5) I _____ in a deep sleep.
- 6) Sally _____ confiding in Jim...
- a) because it looked incredibly expensive on the postcard you sent me.
- b) because I heard someone moving around in the flat next door.

- c) because I could hear the shower.
- d) because the burglars were able to walk in.
- e) because he didn't know anything about what had happened.
- f) because he wasn't injured in the fall.

Ex. 5. Use *must have been* or *can't /couldn't have been* to make deductions about the situations in 1-6.

- 1) The bill for the meal in the restaurant was astronomical.
- 2) I'm sure the man I saw wasn't Patrick. He's in America at the moment.
- 3) Look! The pavements are soaking wet!
- 4) I told you about the phone call half an hour ago while you were watching TV.
- 5) Isn't there any coffee in the cupboard? I bought some a few days ago.
- 6) I'm afraid you only got 5 out of 10 for this homework.

Necessity and obligation

Ex. 6. Match the modals in sentences 1-7 with their corresponding meanings in a-e.

- 1) They said we *needed to* have a vaccination, so we did.
 - 2) They said we *needed to* have a vaccination, but we never got round to it.
 - 3) They said we *didn't need to* have any vaccinations, but we did anyway.
 - 4) They said we *didn't need to* have any vaccinations, so we didn't.
 - 5) They said we *needn't have* had any vaccinations, but by then we'd already had them.
 - 6) They said we *ought to have* had vaccinations, so they didn't let us into the country.
 - 7) They said we *shouldn't have* had vaccinations because they were now thought to be unsafe.
- a) action was not necessary, but has already been taken anyway.
 - b) action was necessary or obligatory, and it was wrong not to have taken it.
 - c) action was not necessary, or was prohibited, and it was wrong to have taken it
 - d) action was not necessary, and may or may not have been taken subsequently.
 - e) action was necessary and may or may not have been taken subsequently.

Ex. 7. Fill in the blanks below using these phrases and a suitable verb. The first one has been done as an example.

needed to should/ought to have didn't need to shouldn't/oughtn't to have needn't have

1) I didn't need to take the parcel to the Post Office because Sonia very kindly took it for me.

2) We discovered when we arrived on the island that we _____ in advance because there were lots of villas for rent.

3) We only realised when we got to the island that we _____ in advance as there was nowhere to stay.

4) Although we _____ comprehensive insurance, we got it anyway just to be on the safe side.

5) I think you deserve to be punished – you _____ the car without asking your father first.

6) He told the taxi driver he _____ to the airport as quickly as possible, as the plane was due to leave soon.

7) I _____ so much time worrying about the test, because in the end it was really easy and I passed first time.

8) The police officer was furious with me and said that I _____ so fast in a residential area.

Ex. 8. Choose the correct form of the modal verb and the infinitive. Several variants are possible.

1) The parents who send their children to this modern school (должно быть являются) prosperous people.

2) I (не следовало бы просить) you to come here.

3) A young woman and two men (по плану должны были оставаться) shut in an isolated hut.

4) And the victims of that accident (наверное были) innocent children.

5) She (было необходимо) put her feelings in focus, maybe get a referral for her mother.

6) He (не может быть, чтобы он сказал) such a stupid thing, he is too smart for that.

7) There was a wood-burning stove that (предполагалось, что держит) us warm in winter. When I (нужна была) a bath, my father would heat a kettle of water and pour it into a basin.

8) The alcohol (наверное, придал) him a certain air of assurance.

9) I (следовало бы заклеить) as heavy going, even unpleasant or dangerous.

10) I (следовало бы положить) that money on the table.

11) We (не было необходимости) much worrying about women's club.

12) I (могу стерпеть) anything I've got to stand.

4.4. Vocabulary

Ex. 1. Choose the THREE best answers to fill the gap in each sentence.

- 1) He will have to go on a diet because he is getting
dense flabby buxom robust plump stout
- 2) If he still feels ill after taking this treatment, he should see
a consultant a midwife a specialist his GP a quack
- 3) She needs to put on some weight after her illness because she is too
fragile lean light skinny slim thin slender
- 4) Many illnesses today are related to
grief stress tension worry sadness suffering
- 5) What treatment should be given to someone who has?
fainted lost consciousness passed away passed out passed through
- 6) I'm a bit worried about the I've been having in my back.
agony twinges ache pain suffering wound
- 7) Illness can be stopped before it happens by means of.....
after care vaccines preventive medicine therapy healthy living
- 8) The nurse made her take to help her sleep better.
a lotion a sedative a pain-killer an ointment a tranquilliser
- 9) Take two of these three times a day after meals.
drugs capsules sweets tablets pills placebos
- 10) Everyone hoped that he would after the operation.
pull out pull through get better pull over get well get up
- 11) You really must see a doctor about that
pimple rash blister scratch swelling inflammation
- 12) Keep away from other people if you have a disease that is
catching contagious antiseptic catchy infectious
- 13) Once a year it's a good idea to go to the doctor for
an examination a check-up an operation a post-mortem a medical
- 14) She had to go to hospital when she
had a break broke up pulled a muscle sprained her ankle fractured her wrist
- 15) Medical experts take the claims of medicine more seriously nowadays.
alternative complementary conventional fringe mainstream orthodox

Ex. 2. In these sentences only ONE of the four alternatives given is correct. Choose the correct one.

- 1) An illness that is caused by the mind is known as a illness.
pschyosamatic pschyosomatic psychosamatic psychosomatic

- 2) Before the operation the patient was given a general
anaesthetic aneस्थाetic anesthetic anesthetic
- 3) The examined the patient and came to the conclusion that he was
a loony off his rocker silly unbalanced
- 4) Malaria is by the female anopheles mosquito.
broadcast sent transmitted transported
- 5) Realising that she was probably pregnant she consulted a
chiropracist gynecologist osteopath pediatrician
- 6) We realized he must be ill when he
threw down threw out threw in threw up
- 7) Hayfever is a very common type of
allergy antagonism symptom therapy
- 8) The consultant operated on the patient when he complained of pains
 in his
insides paunch tummy stomach
- 9) Smallpox, once responsible for millions of deaths, has been completely
abolished erased eradicated exterminated
- 10) He has a morbid fear of going outside his home, known to doctors as
agoraphobia arachnophobia claustrophobia xenophobia

Ex. 3. Match these idiomatic expressions with their explanations. Use them in your own sentences.

| | |
|---------------------------------------|---|
| 1) to give smb a clean bill of health | a) to feel you have recovered from an illness |
| 2) to go down with smth | b) to care for a sick person until good health returns. |
| 3) to be at death's door | c) to say smb isn't ill |
| 4) to feel a bit under the weather | d) to say about someone who is active, lively, healthy and has a lot of energy and enthusiasm |
| 5) to feel as right as rain | e) to feel an absolute rack |
| 6) to nurse someone back to health | f) to feel not very well |
| 7) to be full of beans | g) to be falling ill |
| 8) to feel very run down | h) to be extremely ill |
| 9) to be alive and kicking | i) to catch illness |
| 10) there is a bug going round | j) to continue to be well, healthy or successful |

Ex. 4. Complete the sentences with the necessary expression given in the box.

bag of bones, full of beans, black out, look like death warmed up, look blue around the gills, cast iron stomach, die with one's boots on, look off colour

- 1) When he came home from the war he was
- 2) He may be getting old but he's still
- 3) When Tony saw the needle, he
- 4) You should sit down. You look
- 5) He says he'll never retire. He'd rather
- 6) My boss told me to go home. He said I looked
- 7) I don't know how you can eat that spicy food. You must have
- 8) What's the matter with Tom? He looks today.

Ex. 5. Look at the sentences. Check you understand the words in italic. Then discuss these questions with a partner.

Do you know anyone who's ever had any of the problems in 1-12?

- a) Do you know what causes any of these medical problems?
- b) What kind of problems does each condition result in?

- 1) I get *chronic migraines* sometimes.
- 2) He *had a minor stroke* about a year ago.
- 3) She's *going through the menopause* at the moment.
- 4) I get terrible *hay fever* at this time of year.
- 5) She gets terrible *arthritis* in her hands and knees.
- 6) She's got pretty bad *eczema*.
- 7) He's *clinically obese*.
- 8) The specialists said they think he *suffers from Attention Deficit Disorder*. (**Attention Deficit Disorder** affects certain young children. Its common medical acronym is ADD, which is pronounced A-D-D. Its main symptoms are hyperactivity, impulsive behaviour and inability to concentrate.)

- 9) I've got *asthma*.
- 10) I *suffer from terrible insomnia* sometimes.
- 11) I think he's *suffering from post-traumatic stress*.
- 12) My son came home from school the other day *totally infested with head lice*.

Ex. 6. Which of these problems are described in more detail below?

- a) It itches like mad and she scratches it like crazy, I think it's exacerbated by wheat and dairy products.
- b) He's been really down since then and he's on anti-depressants. Still, it could've been worse. He could've been paralysed.

- c) She's having problems sleeping. She gets hot flushes and she's prone to mood swings as well.
- d) My nose runs like mad and I can't stop sneezing and my eyes water and everything. It's horrible!
- e) I get really short of breath sometimes and have to carry an inhaler with me all the time.
- f) He can't sit still for more than two minutes and he's got a really short attention span.

Acronyms

Ex. 7. Discuss these questions with a partner.

- a) How many of these other common acronyms do you know?
- b) Which two are pronounced as whole words - not letter by letter?
- c) Do you know what any of them stand for?

| | | | | | |
|-------------|------------|------------|-------------|-------------|------------|
| AIDS | CJD | IVF | MS | PMT | STD |
| BSE | HIV | ME | MRSA | SARS | TB |

Now complete these sentences with the acronyms.

- 1) They seem to have the AIDS problem more or less under control, but there's been a worrying rise in other kinds ofs.
- 2) She's in a really bad mood at the moment. I think it's She always gets like this before her period.
- 3) It was awful! During the height of the mad cow outbreak, she ate some beef infected with and then contracted
- 4) She had treatment a few years ago and ended up having twins.
- 5) Our offices In China had to dose down during the outbreak of 2003.
- 6) For ages, the government buried its head in the sand and tried to pretend the problem didn't exist. Then suddenly, people started testing positive and they had to face up to it!
- 7) My aunt's got It's horrible. She's basically wasting away. She's almost paralysed now and needs constant care.
- 8) It was awful! He didn't bother to get vaccinated before he went to the Congo and then he contracted while he was there. He came back literally coughing blood!
- 9) To begin with, the doctors just thought he was so tired because of depression, but eventually they diagnosed him as having
- 10) My granddad's really reluctant to go into hospital. He's convinced he'll contract that killer superbug thing

4.5. Listening

Ex. 1. You are going to listen to four short conversations in which people talk about health and medicine. Listen and match two of the sentences with each conversation.

Explain your choices to a partner.

- 1) and 3)and.....
2)and..... 4).....and.....

- 1) Someone thinks they should've done something earlier.
- 2) Someone is overweight.
- 3) Someone thinks their friend got the wrong end of the stick.
- 4) Someone has been getting withdrawal symptoms.
- 5) Someone gets recommended quite a lot.
- 6) Someone is cautious about expressing too much optimism.
- 7) Someone practises complementary therapies.
- 8) Someone completely hit the roof.

*Ex. 2. Give the definitions of the following words: **compensation, stroke, diagnosis, migraine, consultation.***

Listen to the recording and explain its connection with the given words.

Ex. 3. Listen again and complete the sentences.

- 1) Some American doctors do not want to because they cannot
- 2) The British government is putting aside nearly in order to
- 3) Adrian Bowe will receive compensation which could be
- 4) Critics say that more Are inevitable.
- 5) It is for doctors to make accurate diagnosis all the time.
- 6) Online databases of symptoms and diseases can cause healthy people to start nothing.

Ex. 4. Work in pairs and discuss these questions.

Do you think that doctors should be punished if they make mistakes?
Why / why not?

4.6. Reading and listening

Ex. 1. Read and discuss the following text.

HURRY SICKNESS

According to statistics, it is becoming increasingly rare in many Western countries for families to eat together. It seems that people no longer have time to enjoy a meal, let alone buy and prepare the ingredients. Meanwhile, fast food outlets are proliferating. Further evidence of the effects of the increasing pace of life can be seen on all sides. Motorists drum their fingers impatiently at stop lights. Tempers flare in supermarket queues. Saddest of all is the success of an American series of books called "One Minute Bedtime Stories". What, one has to ask, do parents do with the time thus saved?

According to Barton Sparagon, M.D., medical director of the Meyer Friedman Institute in San Francisco, and an expert on stress-related illness, the above are all symptoms of a modern epidemic called "hurry sickness". The term was coined nearly 40 years ago by a prominent cardiologist, who noticed that all of his heart disease patients had common behavioural characteristics, the most obvious being that they were in a chronic rush. Hurry sickness has been an issue in our culture ever since, but the problem is escalating in degree and intensity, leading to rudeness, short-tempered behaviour and even violence, alongside a range of physical ills.

The primary culprit, according to Sparagon, is the increasing prevalence of technology – like e-mail, cell phones, pages and laptop computers. We can bring work home, into our bedrooms and on our vacations. Time has sped up for so many people, and there is increased pressure to do more in the same number of hours, says Sparagon.

Jill Stein, a sociologist at the University of California at Los Angeles, agrees that time is being more compressed than ever. "In the past, an overnight letter used to be a big deal. Now if you can't send an e-mail attachment, there's something wrong. Because the technology is available to us, there is an irresistible urge to use it."

What about those annoying people who shout into their cell phones, oblivious to those around them? Stein says that self-centred behaviour is related to larger social trends as well as technology. "There is a breakdown of the nuclear family, of community, of belonging; and an increased alienation and sense that we're all disconnected from one another. This breakdown came before the technology, but the technology has exacerbated it." Now we connect through this technology, says Stein, and we don't have face-to-face interaction.

Ironically, as people pull their cell phones out in the most unlikely venues, our personal lives are available on a public level as never before.

People are having work meetings and conversations about their spouses and their therapy sessions with complete impunity. Ordinarily we'd never be exposed to this information, says Stein.

Sparagon claims that there is more a sense of entitlement now than ever ("Why should anyone slow me down?"). But he warns that there is more than civility at stake. "This chronic impatience is damaging not only to our social environment, but to our physical health. It builds, and then it doesn't take much to explode. And for those who repress it, it's equally damaging."

The high-tech revolution and the lifestyle it has spawned have brought with them a rash of serious health problems, including heart attacks, palpitations, depression, anxiety, immune disorders, digestive ills, insomnia and migraines. Sparagon says that human beings are not designed for prolonged, high-speed activity. "When you look at our heart rates, brain-wave patterns - our basic physiology has not evolved to keep pace with the technology - we are hard-wired to be able to handle a 'fight-flight' response where the stress ends within five to ten minutes. In our current culture, though, we struggle for hours on end."

Even children are not spared the ills of modern-day overload. There's a hidden epidemic of symptoms like hypertension, migraines and digestive problems among children as young as ten - disorders never before seen in children, says Sparagon. Whether these problems result from being swept into the maelstrom of their parents' lives, or from full loads of extracurricular activities and unprecedented homework requirements - up to five hours a night for some - children are experiencing the same sense of overload, time pressure and demands that their parents experience, says Sparagon, "and they don't have coping mechanisms to deal with it."

Recovery is possible, but Sparagon emphasizes that there is no quick fix. Many of these stress-related behaviours have become deeply ingrained to the point where people are hardly aware of them. The greatest paradox, he says, is that even when people are ready to change their behaviour, they are in a hurry to do so.

Sparagon works with people to become aware of their stress and the impact it's having on their lives. They examine their belief systems (What is really important? What can they let go of?) and they learn to challenge their behaviours. One popular exercise is to assign a chronically impatient person to stand in the longest line in the grocery store.

The only answer is to take it one day at a time. The irony is that all the techniques and technology designed to streamline our lives may ultimately be counterproductive. As Sparagon says, "People are finding that all of this multi-tasking, rushing and worrying is not only making life intolerable, but actually making them less efficient than they could otherwise be." [9]

Ex. 2. Choose the correct letter a-d.

One result of technology and the increased pace of life is that people...

- a) frequently meet work colleagues in public places.
- b) have personal telephone conversations in public.
- c) need to visit therapists on a regular basis.
- d) no longer have offices to work from.

Ex. 3. Choose four letters A-H. Which factors contribute to “hurry sickness”?

- a) Jobs are less secure and people must work harder to keep them.
- b) Our bodies are not designed to cope with stress for long periods.
- c) People are becoming more short-tempered and violent.
- d) People are expected to try and achieve more in the time available.
- e) New types of communication have affected working patterns.
- f) Too much stress can lead to physical disease.
- g) Globalisation has led to 24-hour trading.
- h) People want to use the new technology which is available.

Ex. 4. Read the summary and complete the gaps with the necessary words.

Hurry sickness is not a new condition but it has increased both in _____ in recent years, mainly as a result of the rapid development of _____. Typical symptoms include chronic impatience, which experts believe can have potentially serious effects not only on those around us but also on our _____. The fact that children are also beginning to suffer from a variety of problems suggests that they are as vulnerable to the pressures of modern life as their parents. Curing the condition is a slow process, which requires the sufferer to _____ the stress in their lives, and to change their behaviour patterns.

Ex. 5. Make up your own summary and discuss the other problems that “hurry sickness” can bring. What are the ways to slow down our lives?

Ex. 6. Listen to an expert being interviewed about stress. Match the terms (1-6) to the explanations (a-f), then discuss examples of each [1, p. 95].

- 1) 'survival stress' is caused by ...
- 2) 'internally generated stress' is caused by ...
- 3) 'environmental/job stress' is caused by ...
- 4) 'fatigue-induced stress' is caused by ...
- 5) 'type A personalities' are ...
- 6) 'type B personalities' are ...
- a) .. tiredness from long periods of overwork.

- b) ... people who find stress exciting/stimulating.
- c) ... a dangerous/challenging situation.
- d) ... people who prefer to relax and avoid stress.
- e) ... a tense, hurried approach to life.
- f) ... tension in one's living/working environment.

Answer the questions (1-5).

- 1) Timothy Fry tells us that stress ...
 - a) should be controlled rather than eradicated.
 - b) makes for an interesting life.
 - c) is little understood by ordinary people.
 - d) is an inevitable fact of life.

- 2) According to Timothy, what produces stress?
 - a) Losing control of a situation.
 - b) Excessive physical exercise.
 - c) A person's own attitudes and actions.
 - d) Tiredness after a short burst of activity.

- 3) The disadvantage of 'deadline euphoria' is that you ...
 - a) may become overconfident of your abilities.
 - b) could unconsciously ruin the work environment.
 - c) might fail to accomplish your objective.
 - d) might put things off indefinitely.

- 4) 'Self-fulfilling prophecies' come true because ...
 - a) we have unrealistic expectations of the future.
 - b) our attitudes affect what happens.
 - c) some people are genuinely unlucky.
 - d) negative events get progressively worse with time.

- 5) According to Timothy, people have a tendency to ...
 - a) want to control the actions of others.
 - b) alter the course of history.
 - c) overestimate what others can do.
 - d) make too many mistakes.

Using phrases from the box below, talk about what situations you find stressful.

I tend to..., Whenever I'm just about to, Perhaps what really gets me is ...,
Every now and then I get...

4.7. Speaking

| | |
|--------------------|-----------------------|
| a) an anti-smoker | b) a chain smoker |
| c) a fitness freak | d) a couch potato |
| e) a vegan | f) a junk food addict |

Ex. 1. Imagine a discussion between each pair in the above box. What would they say to defend their positions?

1) Make a list of the arguments that the people a, c and e could use in order to persuade the people b, d and f to change their lifestyle.

2) Make a list of the counter-arguments that the people b, d and f could use.

3) Decide what you think is an acceptable happy medium for each pair of positions. Compare your answers with the rest of the group.

Ex. 2. How much AIDS awareness and education is there in your country? What is a typical view of religious organizations to AIDS?

Ex. 3. How much of a danger do you think AIDS is to society? Why?

Ex. 4. How are HIV/AIDS sufferers viewed by your society? How can we improve that image? Do you think a cure will ever be found for AIDS?

Ex. 5. Role-play. Imagine you are a group of publicity consultants. The government has asked you to come up with a publicity campaign to make people more aware of AIDS. Think of the following:

1) Your target audience.

2) How you will present your message. Will it shock or frighten people?

3) Will you use the latest research figures?

4) Will you focus on safe-sex issues?

Ex. 6. How worried do you feel about things like SARS and Avian Bird Flu? Would you go on holiday to a country that had had an outbreak of one of these kinds of diseases.

Ex. 7. Have there ever been any outbreaks of BSE in your country? Did mad cow disease make you think twice about eating meat?

Ex. 8. Have you ever heard of MRSA before? Do you have similar problems in your hospitals?

4.8. Writing

Ex. 1. Write an essay on the following topic:

We are constantly bombarded with advice from experts on ways of staying healthy and surviving to a ripe old age. Which aspects of their advice do you think it is practicable to follow? Read this leaflet and then write an essay giving your views on this topic (300-350 words).

Look after yourself

DO...

- Eat a well-balanced diet and control your weight.
- Eat less salt and lower your blood pressure.
- Eat less fat and make your heart healthier.
- Eat less sugar and lose weight.
- Eat a high fibre diet to improve your digestion.
- Get plenty of regular exercise.
- Find ways to relax – avoid getting stressed.

DON'T

- Smoke cigarettes – they give you cancer and lung disease.
- Drink alcohol – it can be addictive and give you liver disease.
- Eat too much.
- Drive somewhere when you can walk or cycle.
- Get stressed – stress can lead to migraines, mental illness and depression.

UNIT 5. THE TIES THAT BIND

5.1. Lead-in

Ex. 1. Listen to the song and complete the gaps with the necessary words and phrases. Define its main topic.

At first I was afraid I
Kept thinkin' I could never live without you by my side
But then I spent
Thinkin' how you did me
And I grew strong and I learned
And now you're back from
I just walked in to find you here with that your face
I should have changed that
I should have made you key
If I'd've known for just one second you'd be back to

Do you think I'd
 Did you think I'd and die?

Ex. 2. *Read the poems and explain what idea on people's relationship the authors wanted to present.*

While journeying east and west
 The only folks we really wound
 Are those we love the best.
 We flatter those we scarcely know,
 We please the fleeting guest,
 And deal full many a thoughtless blow
 To those who love us best. (Ella Wheeler Wilcox)

Sticks and stones are hard on bones
 Aimed with angry art,
 Words can sting like anything
 But silence breaks the heart.
 (Phyllis McGinley, "Ballade of Lost Objects," 1954)

Ex. 3. *Match the parts of these sentences to form sayings connected with people's relationships.*

| | |
|---|--|
| 1) The one who loves you | a) it cannot even be carried by an elephant. |
| 2) One who loves the vase | b) but rather by your friends. |
| 3) For news of the heart | c) there is no darkness. |
| 4) Giving happiness to another person gives such a great merit; | d) loves also what is inside. |
| 5) Do not protect yourself by a fence, | e) from your friend's forehead. |
| 6) Do not use a hatchet to remove a fly | f) will also make you weep. |
| 7) Where there is love | g) ask the face. |

Ex. 4. *Comment on the following quotations. Which do you agree/disagree with and why?*

“In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other”.

Linda Ellerbee

“To know when to go away and when to come closer is the key to any lasting relationship’.

Doménico Estrada

“Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough”.

Dinah Shore

5.2. Reading

Work with a partner. Imagine you are the parents of a teenager who has become involved with a group of young people who use hard drugs. Your son or daughter frequently stays out all night, disappears for the whole weekend, and refuses to agree to any conditions set by you. What steps could you take to prevent your child from getting any further into a dangerous and potentially violent situation?

Ex. 1. Read the article through quickly, ignoring the gaps, and answer these questions:

- 1) What crime were Mr and Mrs Marrero arrested for?
- 2) What kind of girl does their daughter seem to be?
- 3) What is the writer's attitude to the crime her parents committed?

AT THE END OF THEIR TETHER

A Bronx couple win sympathy for trying to beat the mean streets

In New York City, parents are usually arrested for trying to kill their children, not for trying to save them. So when police were tipped off that a couple in the Bronx were keeping their daughter chained to a radiator, they moved in, figuring that they would be rescuing the girl and preventing a tragedy.

1

None of this would be especially remarkable, except that by the end of the week, fewer people were praising the courts for saving the child than were defending the natural rights of parents to lash their children to radiators.

2

In spite of these good intentions, they wound up in a court-room that has seen parents who threw their children out windows, dipped them in boiling water, beat them with electrical cords. The Marreros, who had never had any trouble with the law, were accused of unlawful imprisonment and endangering the welfare of a child.

3

As the story of their response to this danger unfolded in the tabloids, it forced other parents to wonder whether, given the same choices, they might not have done the same thing. Friends and neighbors were accustomed to seeing Linda in chains - including, the girl claims, the police themselves.

4

To hear her story, they may not have been far wrong. She dropped out of school in sixth grade, after throwing a teacher down the stairs, and started selling crack at 13. She was placed in a home for troubled girls but fled after the first day. So her parents sent her to live with her grandfather in Puerto Rico.

5

Maria and Eliezer say they never wanted their daughter to be mixed up in a scene where violence and intimidation were seen as the norm. They had petitioned the city for help, had called the welfare agencies and urged the courts to intervene, but, as the spokeswoman for the Child Welfare Administration said, nothing was done.

6

This lack of support from the authorities left the parents to their own meager resources. 'They said what I did was cruelty,' said Maria. 'But when I begged them for help, they denied it to me. How can they say I was cruel?'

7

After two nights in jail, Maria and Eliezer returned home as heroes. Linda, meanwhile, had left the foster-care center and turned up in a local crack house. She said she had not been doing drugs - she just went to see her friends, dance, listen to music, as though this were a natural place for a teenage girl's pajama party. 'I'm desperate now,' her father told the Daily News after he tracked her down. 'I'm going to the hardware store to buy another chain.' [2, p. 108]

Ex. 2. Now choose from the paragraphs A-H the one which fits each gap. There is one extra paragraph which you don't need to use.

A

Last week, Linda seemed to have reached the same conclusion. 'My mother preferred seeing me here, chained, than dead in an alley,' she said, lending a whole new meaning to the notion that parents need to set limits for their children. She even said she would be willing to be chained again. 'As long as I'm with them, I wouldn't mind,'

B

Maria and Eliezer Marrero were hauled off in handcuffs; bail was set at \$100,000, a sum fit for a murderer; and their daughter Linda, 15, landed in a foster-care center in the nearby borough of Queens,

C

Linda and her brother told reporters that she had called them in the summer and that when officers came to investigate, they found her locked up. Their response was to tell her mother, 'Good job. Just keep her away from the phones'. 'They told me I was a lost cause' Linda recalls.

D

'Children like Linda do sometimes fail through the cracks' she admitted. 'We really haven't faced this before, and I'd be hard-pressed to name a specific program that specializes in the children. To do the job properly would take a huge increase in funds.'

E

In her statement to the police, Linda claimed that she had tried to kick her drug habit, but that, as all her friends were involved, she couldn't just walk away from it. Her parents, she insisted, were more concerned for her to return to education than support her intention to keep off drugs.

F

There was an irony in that charge, since it was being leveled at parents driven to despair as they watched their daughter seduced by the ghetto's most beguiling drug. 'We are not criminals,' said Maria. 'There was nothing else to do.'

G

Her exile, however, was short-lived, and, when she returned to New York, she began staying out all night with a dangerous crowd. One time she disappeared for three weeks and was returned, bruised and beaten, by two gun-toting drug dealers demanding money that they said she owed them.

H

The Marreros' parenting skills had been stretched to the limit. They had tried everything to keep Linda in school, off drugs and out of the local crack house. When all else failed, Eliezer, a building superintendent, went down to the local hardware store and bought a 4.5 meter chain. If the Marreros could not drive drugs from their door, they could at least lock their daughter behind it. [2, p. 109]

Ex. 3. Answer these questions as fully as possible in your own words.

- 1) What principally were the Marreros trying to protect their daughter from?
- 2) Why is the charge of endangering the welfare of a child' described as ironical?
- 3) What did Linda do while her parents were in jail?
- 4) What do you think will happen to Linda in the future?

Ex. 4. Find expressions in the text which mean the following.

Main text

- 1) given information about something in a confidential way;
- 2) arrived in a specified state, situation or place;
- 3) charged with an offence or crime;
- 4) abandoned a course of study;
- 5) involved in something dubious or dishonest;
- 6) found someone/something after a thorough search.

Missing paragraphs

- 1) someone demanded a sum of money to ensure that someone appeared in court;
- 2) be missed by a system organised to deal with something;
- 3) find something very difficult to do;
- 4) casually or irresponsibly abandon something you're involved in.

5.3. English in use

Word formation

Ex. 1. Match words 1-10 with their definitions a-j.

- | | |
|-------------------|---------------------------|
| 1) implausible | a) not credible |
| 2) incoherent | b) not appreciative |
| 3) ungrateful | c) not correctly reported |
| 4) disagreeable | d) cannot be understood |
| 5) illogical | e) never stopping |
| 6) non-violent | f) not logical |
| 7) irreverent | g) showing no respect |
| 8) misrepresented | h) not pleasant |
| 9) relentless | i) never dying |
| 10) immortal | j) peaceful |

Ex. 2. Answer these questions.

- 1) What do you notice about the words that come after the negative prefixes *il-* and *ir-*?
- 2) What do you notice about the words that come after the negative prefix *im-*?
- 3) Say which affix would be appropriate to make the negative version of each of these adjectives.

Auspicious, understood, modest, honest, enthusiastic, proportionate, biased, connected, alcoholic, literate, careful, worthy

Ex. 3. Using the vocabulary in 1 and 2 above, complete these sentences with a suitable word, making any changes that are necessary.

- 1) Craig was worn down by the _____ pressure of work and the constant demands of his boss.
- 2) It is a complete coincidence that we both travelled to London on the same day - my visit was entirely _____ with Jane's.
- 3) The solicitor complained that the long sentence was _____ to the seriousness of the crime, and announced that she would launch an immediate appeal.

4) Mary never even bothered to thank me for the present - I am surprised that she was so _____.

5) I don't believe in fate, but even I felt that the fire at the theatre on the first night was a rather _____ start.

6) Adam never learned to read or write at school, and he remained _____ for the rest of his life.

7) I couldn't understand a word of what he was trying to say - because of the fever, he had become totally _____.

8) Your composition could have been OK, but it was spoiled by a number of _____ mistakes.

9) I did think her excuse about having to work all weekend on a secret project sounded a bit _____; I think she just probably didn't want to come to the party

10) As I'm driving, I'd rather have something _____ to drink like tea or coffee.

Ex. 4. For questions 1-10, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the space in the same line. All of the answers require negative prefixes.

DICKENS AND HIS WORLD

| | |
|--|----------------------------------|
| <p>With the circulation of <i>Pickwick Papers</i> in 1836, young Dickens enjoyed an unprecedented ascent into the favour of the British reading public. He magnificently (1)..... a theory that his fame would (2).....just as quickly as it had come. He remained until his death 34 years later (3).....the most popular novelist the English speaking world had ever known.</p> | <p>PROVE APPEAR DENY</p> |
| <p>The public displayed an insatiable appetite for his works, and there was also a great diffusion of them through (4)..... dramatic adaptations (nearly all completely (5)....., the copyright laws being much weaker).</p> | <p>NUMBER AUTHOUR</p> |
| <p>His immense popularity was based on the widespread perception of him as a great champion of the poor and (6).....against all forms of justice and abuse of power. In his personal life, however, he was (7).....of achieving the level of fulfilment that he enjoyed with the public, and all his close emotional relationships with women</p> | <p>POSSES CAPACITY</p> |
| <p>(8)..... ended in failure. Yet out of his needs and fears, his disappointments and his longings, Dickens created an extraordinary range and variety of female characters. They live on in our minds and our culture in all their strangeness and distinctiveness, (9)..... any other female characters created by Victorian novelists, no matter how well they may have understood women.</p> | <p>VARY LIKE</p> |

Ex. 5. For questions 1-10, complete the second sentence so that it has a similar meaning to the first sentence using the word given. Do not change the word given. You must use between three and eight words, including the word given [2, p. 37].

1) Many school leavers cannot speak English adequately.

command

Many school leavers English.

2) The two stories are very similar in some ways.

striking

There are the two stories.

3) He says that he is fascinated most by Shakespeare's extraordinary use of language.

fascinates

He says that is Shakespeare's extraordinary use of language.

4) I am angry because you do nothing but complain.

ever

I am angry because complain.

5) Studying 16th century literature helps you to understand the culture of the period.

insight

Studying 16th century literature the culture of the period.

6) It was such a popular cause that there were plenty of people who volunteered.

shortage

It was such a popular cause that there volunteers.

7) Unfortunately he wasn't able to complete the project on time.

incapable

Unfortunately he was the project on time.

8) I think you can safely assume that we will support you all the way.

read

I think you can that we will support you all the way.

9) People think of violence as perfectly normal in this part of the city.

norm

Violence in this part of the city.

10) His long absence from the game badly affected his performance when he returned.

detrimental

His long absence from the game his performance when he returned.

5.4. Language Focus

Although most British and American words have the same spelling, there are some differences. Find examples in the text of the following differences:

- 1) *-tre or -ter noun endings: GB theatre, metre, US theater, meter;*
- 2) *a single or double final -l in an unstressed syllable: example GB travel-travelled, unravel- unravelled; US travel- traveled, unravel- unraveled;*
- 3) *-our or -or noun endings: GB colour, favour; US color, favor;*
- 4) *-ise or -ize verb endings: GB categorise, realise, US categorize, realize.*

Ex. 1. *Give the English definitions and the Russian equivalents of the following expressions:*

| | | |
|------------------|---------------|------------------|
| fall short (of); | fall for; | fall into place; |
| fall apart; | fall on; | fall in with; |
| fall victim to; | fall through; | fall through the |
| fall behind; | fall back on; | cracks. |

Ex. 2. *Complete these sentences with the correct expression from the previous exercise.*

- 1) My parents are worried about my sister: she seems to _____ a bad crowd.
- 2) It was after Jake changed jobs and worked even longer hours every day that their marriage _____.
- 3) The children played in the park all morning, got home exhausted and _____ the sandwiches as if they hadn't been fed for days.
- 4) It states very clearly in the small print that if you _____ with the payments the house might be repossessed.
- 5) You should always pursue your ideas, but if they don't work, have something to _____.
- 6) The sales team worked very hard, but their results still _____ the target.
- 7) It's great - after all this time planning and preparing, everything's finally _____.
- 8) 'I've been such a fool,' Kim sighed. 'I really _____ his hard-luck story, and now I've lost £100.'
- 9) The directors were close to signing the deal when the scandal broke and it all _____.
- 10) Most of the livestock on the farms in this area _____ the outbreak of a dangerous disease.

Ex. 3. *Choose one of these words to complete the expressions below, then discuss with a partner what they mean and what context they might be used in.*

miss take have sense chest message say teeth humble fall

- | | |
|----------------------------|----------------------------------|
| 1) what you mean _____ | 6) get something off one's _____ |
| 2) eat _____ pie | 7) _____ something amiss |
| 3) get your _____ across | 8) _____ a heart to heart |
| 4) lie through your _____ | 9) _____ out with someone |
| 5) talk _____ into someone | 10) _____ the point |

Ex. 4. *Think about a famous couple or a couple you know well:*

- 1) Who have had a successful relationship for several years? What do you think has made it work so well?
- 2) Whose relationship has not been a success? Why do you think it went wrong?

Ex. 5. *Read the quotations below about men, women and relationships. Which do you like best? Compare opinions with a partner. [8, p. 85]*

‘I married beneath me – all women do.’ (Mae West, film star, 1940s)

‘A man is incomplete until he is married. Then he is finished’ (Zsa Zsa Gabor, Hungarian actor)

‘My wife and I were blissfully happy for twenty-five years. Then we met.’ (Radney Dangerfield, US comedian)

‘All women become like- their mothers. That is their tragedy. No man does, that is his.’ (Oscar Wilde, Irish playwright)

‘Men - we can't live with them, and we can't live without them.’ (Anonymous woman)

‘A wife is a woman who sticks with her husband through all the troubles he wouldn't have had if he hadn't married her.’ (Antony Mason, author of *A Bluffer's Guide to Women*)

Ex. 6. *Look at the words and phrases in the box. Which characteristics do you associate:*

- *more with women?*
- *more with men?*
- *equally with both or do you think it's impossible to generalise?*

| |
|--|
| Being competitive, good social skills, intuition, being supportive, a tendency, to feel guilty, exchanging confidences, a fear of failure, a desire for approval, a love of gadgets, showing off, nagging, being thick-skinned, gossiping, a fear of commitment. |
|--|

Ex. 7. Match the idiom with its definition and complete the sentences with a suitable one.

| | |
|-------------------------------------|---|
| 1) bright and breezy | a) sad and discouraged |
| 2) hen-pecked husband | b) to know how somebody feels about you |
| 3) keep yourself to yourself | c) to like something so much that you cannot refuse it |
| 4) know where you stand with smb | d) a man who is always being told what to do by his wife and is afraid to disagree with her |
| 5) (be a) sucker for sth (informal) | e) to not be easily offended by other people's criticism or insults: |
| 6) (be) thick-skinned | f) to live a very quiet and private life and not involve yourself with other people |
| 7) (be really) down | g) cheerful and confident |

- 1) If you tell Jonathan how clever he is, he's bound to help you; he's a _____ flattery!
- 2) Just because I always do what my wife says, that doesn't mean to say that I'm a _____ husband!
- 3) Lisa is always very slow in the mornings and finds it hard to wake up: unlike Edward, who is always _____.
- 4) Marco has just failed all his exams, so he's a bit _____ at the moment.
- 5) I don't think Susan is being completely honest with me: I need to _____ with her if we're going to be friends.
- 6) To survive in telephone sales, you need to be fairly _____ and not be offended when people hang up on you!
- 7) People tend to _____ in this neighbourhood, so we haven't made many friends here.

Ex. 8. The following phrasal verbs deal with human relationships. Explain their meaning, give the Russian equivalents and choose the correct one in each sentence.

Chat up, creep round, lounge around, push around, put up with, run round after, show off, stick with.

- 1) If we are to win, it's essential that the manager holds *up* / stays *up* / shows *off* / sticks *with* the same group of players.
- 2) The other people don't like the way Marlena just *lounges around* / sits *up* / stands *down* and never helps with the housework.
- 3) Frank lacked confidence. He was always too shy to *chat up* / *shut up* / *speak up* / *talk up* girls.

4) Like many elder brothers, Robert tried to *lounge around / make me up / push me around / show me off* when I was little.

5) I wish people wouldn't *crawl round / creep round / lounge around / push around* George just because he's a famous pop star.

6) Ray was driving a brand-new sports car. Clearly he intended to *make off / show off / show up / turn up* as much as possible!

7) I hate my job. I spend most of my time *getting on with / looking after / messing around / running round* after people who never do any real work.

8) If you live in a city as big as this, you just have to *come up with / get away with / miss out on / put up with* huge traffic jams at rush hour.

Ex. 9. Make up your own stories using the topical vocabulary.

5.5. Listening

Ex. 1. What qualities are you looking for in a partner? Choose from the list below.

Fidelity, honesty, loving nature, practicality, reliability, tidiness, status, hard-working character, intelligence, physical attractiveness, punctuality, sensitivity, sense of humor, wealth, romantic feelings.

A recent survey, men and women were asked what qualities they considered most important in partners with whom they intended to spend the rest of their lives. Choose the five most important qualities for you from this questionnaire, and put them in order of importance. When you have finished, compare your list with a partner.

Ex. 2. You will hear Derek, a marriage guidance counsellor, and Susan, the manager of an introductions agency, talking about factors which affect the success of marriages and relationships. For questions 1-6, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree. Write D for Derek, S for Susan, or B for both, where they agree.

1) Continuing romantic love is an important element in a long term relationship.

2) People who get married later in life have more realistic expectations of marriage.

3) Compatibility of background and education is not necessarily an advantage.

4) Sharing long-held values is fundamental to a stable relationship.

5) Demonstrating consideration for your partner is vital early in a relationship.

6) Interaction on all levels prevents communication problems developing.

Ex. 3. What is a perfect partner for you? Discuss it with your group mates [8, p. 87].

*Ex. 4. Have the marriages of any rich and famous people been in the news recently? Who? Many celebrities now have **prenuptial agreements**. What are these? Why do people have them?*

Ex. 5. You'll hear Ruth, William and Sarah talking about friendship. Indicate which of the speakers expresses each of the opinions listed by writing the appropriate letter next to the sentence. Write R for Ruth, or W for William, or S for Sarah. Write more than one letter next to the sentence if a view is expressed by more than one person.

- 1) A good friend can support you when you're feeling sad.
- 2) A good friend can tell you if you're behaving stupidly.
- 3) I don't like the partners my best friend chooses.
- 4) I have known my best friend since we were children.
- 5) I still spend a lot of time with my best friend.
- 6) It's hard for an adult to make new friends.
- 7) It's hard to break into an established circle of friends.
- 8) My best friend likes to do different things from me now.

Ex. 6. Discuss these questions:

- 1) Which of the experiences you heard about in the talk struck a chord with you?
- 2) Describe the person who was your own best friend as a child – how has your relationship changed since you first got to know each other?
- 3) What do you appreciate about the friends you have now? Explain why you get on well.
- 4) Is it better to have just one or two close friends, or friends you don't know so well?

5.6. Reading and Speaking

Ex. 1. Do you know how your parents met? Tell the class.

Ex. 2. Read about two couples who met in very unexpected circumstances. Work in two groups. Group A read about Tina and Andrew. Group B read about Emma and Ross. In your groups, answer the questions:

- 1) How did their relationship start?
- 2) What stages were there in its development?
- 3) Did physical attraction play any part in their romance?
- 4) Do they believe in fate? Why/Why not?

FATEFUL ATTRACTION

“I sent a random text message and he replied!”

Tina Baldwin, 28, sent a random text message. Andrew, 21, instantly sent one back. A year later they were married.

TINA It was like any other day. I was chatting to my best friend in the kitchen. We were bored so I decided to send a text message to a random as number and see what happened. Don't ask me why – it was a real spur-of-the-moment thing. I typed in 'Feel like talking?' and waited to see if anyone would reply.

To my amazement, someone did – a guy. He just typed 'Yes'. From then on, we had a great hour or two, messaging back and forth. When he asked me to phone him, I didn't hesitate. We both had the same sense of humour and, although it was odd at first, we talked just as easily as when we'd been texting.

I'd just come out of a relationship, so I wasn't looking for a boyfriend. But over the next few months Andrew and I kept in touch every day.

Although I wasn't overly impressed by the photograph he sent of himself, when we spoke on the phone I found myself becoming more and more attracted to him. It seems bizarre but I'm sure I fell in love with him before I ever saw him. We had so much in common: we loved the same music, the same films, we laughed at the same jokes.

We met for the first time in a pub local to me in Somerset; he came down from Hertfordshire. I was very nervous, and had a quick drink before I went to meet him. He was much better looking in the flesh and we hugged for ages. Holding him for the first time is something I'll never forget. From then on we saw each other constantly, meeting up on dates and getting together at weekends.

Ten months later we were; married. It was a great day - a proper big white wedding. Now I can't imagine life without Andrew and can't quite believe how we met. I guess he was just out there waiting for me.

ANDREW I've never believed in fate but when something like this happens, you realize that the odds are billions to one. At first, Tina and I were just having a bit of fun but, as time passed, I saw that we had so much in common – we'd say the same thing at the same time, or I'd phone her and it would be engaged because she was trying to get through to me.

The thing I loved about Tina was her personality, and when, finally, I met her I thought she was stunning. That evening I drove back to Hertfordshire on my motorbike, knowing the relationship wasn't going to end there.

During the following months, I'd make the four-hour journey to Somerset every weekend. It got to a point where it just wasn't practical any more and I said to Tina, 'What we do is either make a serious commitment or knock it on the head.' I moved in a few weeks later.

I've left my family and friends in Hertfordshire but I've never regretted the move for a second. On our wedding day I was ecstatic. There was nothing I wanted more. [5, p. 48]

“He knocked me off my bike!”

Emma Allen, 31, cycled into Ross, 39, during a bike ride in south-west London. Two years later they were married.

EMMA Whenever anyone asks us how we met, we burst out laughing - it's such a ridiculous story. I had gone out on my bike to meet a friend, I always ride too fast and what happened this time was, as I rounded a corner, an arm appeared out of nowhere. The next minute, I was flying through the air into someone's garden.

Not only was I confused - I didn't know where I was for a moment and I could hear people saying ‘What have you done. Ross? Do you think she's all right?’ I was incredibly embarrassed. After all, I was lying in a flowerbed with a bicycle on top of me.

I just wanted to crawl away and, being a redhead with fair skin who blushes really easily, I could feel this heat rising up over my face. So I scrambled to my feet, saying crossly, ‘I'm fine, I'm fine,’ got on my bike and tore off along the path, hoping never, ever to see the guy I'd hit and his pals again.

I did though. In a weird stroke of double fate, on my way back, I passed them again. And, hideously my baseball cap flew off my head right in front of them. It took all my courage to go back, bashfully, and retrieve it.

I'd seen Ross around before but I'd never spoken to him. So when, the next day, a bunch of flowers arrived on my doorstep with a note saying, ‘Have a happening day;’ I knew who they were from. The florist confirmed it: yes, he was tall and blonde, and he worked as a landscape gardener.

It took a lot of guts but I knew I had to go and thank him in person. And I was glad I did – although my knees turned to jelly. I was blown away. We chatted for ages and a few weeks later he invited me for dinner. That was it. We've now been married 11 years.

I'm a total believer in fate but, what I think is that you have to build your own destiny. If Ross hadn't sent me flowers and if I hadn't gone to thank him, none of this would have happened.

ROSS I had just come back from, travelling, surfing and hitching round South America when I met Emma. I was feeling quite low having been mugged at gunpoint in Panama.

What I remember is seeing this very striking girl with a wonderful mane of red hair. I'd seen her around before but we'd never spoken. One day I was with two mates, walking down this little alleyway and recalling some travelling tale. I must have gesticulated too wildly because, the next time I knew, this girl was coming for me on a bike and was suddenly catapulted into a garden. On the one hand I felt dreadful but on the other I couldn't believe how gorgeous she was - this gorgeous red hair lying underneath a bicycle. I couldn't take my eyes off her.

For me the meeting was pure romance. What I did was go straight to the local florist and, because she was so identifiable, they knew who she was and delivered flowers to her the next day.

Giving flowers was easy but when she came to thank me, I was dumbstruck. I had never felt like this before – I knew she was the one.

Finally, I did find the courage to ask her out – and the rest, as they say, is history. [5, p. 50]

Ex. 3. Work with a partner from the other group. Compare the two stories using your answers from exercise 2. Which meeting do you think was most dependent on fate.

Ex. 4. Find these phrases in your article and try to work out their meaning from the context. Use a dictionary if necessary.

Group A

spur-of-the-moment
messaging back and forth
not overly impressed
in the flesh
make a serious commitment
knock sth on the head

Group B

burst out laughing
scrambled to my feet
tore off along the path
blown away
mane of red hair
catapulted into a garden

Ex. 5. Match the synonyms which appeared in both texts.

A bizarre, random, stunning, guts, bashfully, dumbstuck, blush, mates, alleyway, retrieve.

B lost for words, weird, striking, narrow path between building, fetch, pals, go red, shyly, courage, haphazard.

Ex. 6. Listen to another couple. Marline and Jaap, who met in Provence in the South of France. Tell their story in your own words.

What do you think?

1) Which of the three couples had the most romantic meeting? Whose was most dependent on fate? Why?

2) Do you believe in fate? Looking back on your life are there any events where you believe fate played a part?

3) Do you believe fate is the best way to meet the love of your life? What alternatives can you think of?

5.7. Writing

Ex. 1. Read this extract from a magazine article and the essay which follows. Put the paragraphs of the essay in the correct order.

Up to the early twentieth century, marriage was, considered a necessity. People chose partners who provided them with economic support and stability. Since then attitudes have changed and fewer people are tying the knot. Marriage is no longer necessary in modern society.

*Do you agree with this view of marriage? What are the arguments for and against marriage today? **PBS Student** magazine invites readers to write in with their opinions.*

A Secondly it has been suggested that marriage provides more stability for children. Certain surveys of children in single-parent families claim they are more likely to commit a serious crime than children from two-parent, married households. **But in spite of this**, having married parents isn't necessarily the best thing. It's obvious that a stable single-parent environment is a lot healthier for children than an unhappy marriage.

B First of all, it could be argued that marriage brings emotional and financial security to a relationship. This is partly true as married people are still legally bound to support their spouses. **On the other hand**, getting married and divorced is becoming increasingly easy. As a result, fewer people are prepared to work at their relationship, marriage vows are broken, and many couples are left emotionally scarred.

C Finally, some people claim that marriage is becoming more flexible, with personalised vows and contracts enabling couples to define their relationship themselves. **Nevertheless**, precisely because the ceremony is flexible and easy to adapt, many people are abusing it. In America there have been televised game shows, where people can win and marry spouses, and in Australia one man actually married his television set.

D To conclude, it's clear that marriage is no longer necessary to a successful, modern relationship. Nowadays a growing number of people simply prefer to live together. This continuing decline in marriage means there is greater freedom for individuals to choose their own partners and decide how they wish to live, which is ultimately a good thing.

E Marriage used to be considered a necessity for anyone wanting to live together and start a family. **But** over the past two decades fewer and fewer couples have felt the need to tie the knot. What then are the advantages and disadvantages of marriage? [2, p. 33]

Ex. 2. Read the essay again and look at the highlighted words. How does the writer introduce:

- arguments he agrees with?
- arguments he disagrees with?

*What examples does the writer use to illustrate different arguments?
Which arguments do you agree with?*

Ex. 3. *Find phrases in the essay which introduce ...*

- a contrasting point of view;
- a reason;
- a result.

Ex. 4. *Rewrite these sentences, using the words in brackets.*

- 1) It's common for young adults to live at home in some countries, but not in others. (whereas)
- 2) Many young adults live at home because of the money they save. (on account of)
- 3) Some people prefer to leave home, even if they don't have much money. (despite)
- 4) Some people stay at home because of economic circumstances. (due to)
- 5) Many young adults save money for their own flat by living at home. (so that)
- 6) Some people want more independence so they move out as soon as they can. (in order to)
- 7) One mother evicted her sons because of their selfish behaviour. (owing to)

Ex. 5. *Choose the subject 1-3 and write a 300-350-word essay.*

- 1) What are the arguments for and against young adults living at home?
- 2) What are the arguments for and against dating agencies?
- 3) What are the arguments for and against living alone?

First, brainstorm arguments for and against. Then organize your arguments into a plan:

- introduction;
- first argument;
- second argument;
- third argument;
- conclusion.

Make sure you write a general introduction to the issue and paraphrase the essay question. Use phrases you found in exercise 3 to introduce arguments, and the linking words in exercise 4. Try to illustrate your arguments with examples. State the arguments you agree with last. Make sure you summarize the main ideas and give a clear opinion in your conclusion.

UNIT 6. BACK TO NATURE

6.1. Lead-in

Ex. 1. Look at the following pictures and match the words with the correct ones.



poaching
landfill sites
deforestation

recyclable
medicine
nature reserves

disposable
biodiversity
endangered

Ex. 2. What issues are represented in the pictures and how important are they for our future?

Ex. 3. Work with a partner and rank the environmental problems listed from 1 – 10 according to how important you feel they are. Then compare with another pair of students.

- 1) urban smog;
- 2) dumping of hazardous waste;
- 3) overuse of fertilizers and pesticides;
- 4) ozone layer depletion;
- 5) acid rain;
- 6) shortage of natural resources;
- 7) overpopulation;
- 8) destruction of the rainforests;
- 9) species in danger of extinction;
- 10) global warming.

Now match the problems to the possible solutions below, and talk about them in the group.

- a) improving public transport;
- b) stricter legislation regarding waste disposal;
- c) organic farming;
- d) encourage people not to use aerosols or other products containing CFC gases;

- e) obligatory use of alternative energy sources;
- f) awareness of animals' rights;
- g) biodegradable packaging;
- h) organize clean-up campaigns.

Ex. 4. What kind of environmental protection schemes are taking place in your country / town? Have you been involved in any of them? What was the problem? What exactly did you do? What was the result of your action(s)?

Ex. 5. Discuss the following quotations. Paraphrase them and say if you agree with them or not.

“What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another.”

Mahatma Gandhi

“We do not inherit the earth from our ancestors; we borrow it from our children.”

Chief Seattle

“My world, my Earth is a ruin. A planet spoiled by the human species. We multiplied and fought and gobbled until there was nothing left, and then we died. We controlled neither appetite nor violence; we did not adapt. We destroyed ourselves. But we destroyed the world first.”

Ursula K. Le Guin, The Dispossessed

6.2. Reading

Ex. 1. What are some endangered animals you can think of? What are some threats to their survival?

Ex. 2. Read the article. Do you agree with the point of view expressed?

PROTECTING OUR NATURAL INHERITANCE

The earth is rich in biodiversity with millions of different species of plants and animals. However, many species are disappearing at an alarming rate. Biodiversity is reduced when ecosystems are modified and habitats of plants and animals are destroyed. The one species that is causing this phenomenon is the same one that can stop it – humans.

Many scientists view the current wave of species extinctions as unrivaled since the disappearance of the dinosaurs, more than 65 million years ago. Currently, around 11.000 species of plants and animals are at risk of disappearing forever – this includes over 180 mammals. Many species cling to survival. Found only in China, the giant panda's habitat has been decimated – the old-growth bamboo forests where the pandas make their home are being destroyed

rapidly. It is estimated that as few as 1,600 giant pandas remain in the wild today. In the Arctic, the polar bear's icy habitat is disappearing as a result of global warming, and its survival is at risk. And in Central and East Africa, which have endured decades of civil war, the mountain gorilla population now totals just over 700 individuals.

If present trends continue, humanity stands to lose a large portion of its natural inheritance. Extinction is one environmental problem that is truly irreversible – once gone, these species cannot be brought back. What can be done? World Wildlife Fund (WWF), the global conservation organization, has been working since 1961 to conserve the diversity of life on earth. In recent years, WWF has advanced giant panda than 300 panda reserve staff and local government officials, working with the community to help save habitat and guard against illegal hunting. By conservation by training more spreading awareness of the danger of carbon dioxide emissions, and by promoting the use of renewable energy resources such as wind and solar power, WWF is trying to head off the effects of global warming, giving the polar bear a chance to survive. With the help of other organizations in Africa, WWF has established a system to monitor the status of mountain gorillas in order to be able to address potential threats.

Why care about endangered animals? There are many reasons for protecting endangered species, including our own survival. Many of our foods and medicines come from wild species, and each wild species depends on a particular habitat for its food and shelter, and ultimately its survival. If one species in an ecosystem disappears, other species are affected. And when one ecosystem is altered or destroyed, a ripple effect occurs, and the interdependency of all living things becomes clear. Animals not only need protection to ensure their own species' survival, but they also serve as umbrella species; helping them helps numerous other species that live in the same habitat.

Beyond economics and human well-being, however, the rapid extinction of so many creatures on our planet raises profound ethical and moral questions. What sort of world will our children inherit? Do we want the future to be a place where pandas and gorillas only exist in captivity in zoos? If we are unable – or unwilling – to protect the animals we share our planet with, what does that say about humankind's future on earth? [3, p. 78]

Ex. 3. Discuss and debate the following questions.

- 1) According to the article, what are some reasons animals become extinct? Can you think of any other reasons?
- 2) What arguments are given in the article to support animal conservation?
- 3) Look again at the last paragraph in the article. How would *you* answer the questions it raises?

Ex. 4. Debate the value of animal conservation.

1) **Pair Work.** Read and discuss the arguments for and against animal conservation. Which arguments are the strongest for each side of the animal conservation debate? Which are the weakest?

Pros

- Human beings have a responsibility to protect all living things.
- Species should be preserved for future generations.
- Natural parks and wildlife are big tourist attractions – they generate jobs and income for local economies.
- Species extinction at the current rate could lead to an ecological disaster.
- We miss the chance for new discoveries, such as medicines, with every species we lose.
- Your own ideas:

Cons

- Extinctions are simply part of the natural process – it's the principle of “survival of the fittest.”
- Environmental protection costs a lot of money. It's “a luxury” for countries that have more serious problems.
- Millions of species have already become extinct with no significant impact on the environment – it's no big deal.
- Conservation limits land available to farmers, who really need it for their livelihood.
- Do we really need 2,000 species of mice?
- Your own ideas:

2) Is it important to spend money on animal conservation? Form two groups – one for and one against. Take turns presenting your views.

3) Why do you think some animals become endangered? What are some threats to the survival of animals in the wild?

In your opinion, are species worth saving even if they aren't “popular” or of any known value to people? Why or why not?

6.3. English in use

Ex. 1. For questions 1-15, read the text below and think of the word which best fits each space. Use only one word in each space.

Can the earth keep up with human consumption?

The long-term consequences of rising consumption have already been demonstrated empirically. As part of an experiment (1) sustainability, four intrepid “bioneers” were sealed (2) Biosphere 2, a massive airtight structure of glass, steel, and cement domes covering 1.25 hectares of the Arizona desert. After two years, the occupants quit (3) to the inability of the ecosystems contained (4) the biosphere to sustain human life, and returned to Biosphere 1: the Earth.

The experiment clearly showed that 1.25 hectares were (5) from enough for four people. In (6), the average Briton requires close to 5 hectares to support his lifestyle. A North American currently requires almost twice that, whereas the average Mexican gets (7) on less than half the UK level.

We only have so (8) land. As Mark Twain once said: “The problem with land is that they stopped making it some time ago.” The planet’s 10 billion hectares sounds a lot, (9) one considers that the population is 6 billion and likely to rise, and (10) forgetting that further space will need to be set aside for (11) species. By 2050, space per global citizen will have reduced to one hectare, if population projections of 9 billion are realized.

More nations will be approaching US consumption levels in years to come, but this won’t be a viable way (12) At least four additional earths would be needed to sustain (13) a level. (14) the inhabitants of Biosphere 2, when Biosphere 1 fails, we will have (15) else to go. [2, p. 56]

Ex. 2. Future time. Discuss which verb form is the most appropriate in each of the following sentence!

1) Excuse me. Could you tell me what time the wildlife centre *opens* / *shall open*?

2) Nuclear waste *will continue* / *is continuing to* damage the environment for years to come.

3) We'd better cancel our country walk. They say it *rains* / *is going to rain* tomorrow.

4) I'm afraid I'm busy this afternoon - I *will play* / *am playing tennis* with Graham.

5) I've sold my car because I *am going to start / will start cycling* to work from now on.

6) There are so many bottles left over from yesterday's party. I think I'll *take / am taking them* to be recycled.

Ex. 3. Match your answers for 1-6 above with the correct explanation below.

1) The present simple can be used for a definite future action, such as an event in a timetable _____

2) The present continuous can be used for arrangements _____

3) *Going to* can be used for

a) intentions and plans _____

b) definite predictions based on firm evidence _____

4) *Will* can be used as an auxiliary

a) to make predictions or state facts about the future _____

b) to make spontaneous decisions _____

Ex. 4. Look at examples 1-5 of other ways of referring to the future. Based on these examples, discuss in pairs when we use.

be + infinitive

the past continuous

the future continuous

the future perfect

the future perfect continuous

1) A hundred years from now, *we'll be trying to* fix the damage to our environment that we're causing today.

2) I *was thinking* of buying a fur coat, but I've changed my mind.

3) The Prime Minister has announced that the nuclear power plants *are to close*.

4) By 2050, the amount of space per global citizen *will have reduced* to one hectare.

5) By the time we realise the damage we are causing, we *will already have been polluting* our world for too long.

Ex. 5. A student wrote this paragraph about what the world will be like in 2100. How far do you agree?

By 2100, people will have solved all the environmental difficulties and the world will be a clean and peaceful place. Crime and violence will have been eradicated, and everyone will live to be over 100 years of age. Technology will be progressing faster than ever, especially in the field of computer

Work in groups to write your own vision of life in 2100.

Tenses in future time clauses

Ex. 6. After words like when, as soon as, after, etc. in reference to future time, present tenses are used.

- 1) Which form of the present tense is used in sentences a-c?
 - a) Once Biosphere 1 *fails*, we won't have anywhere to go.
 - b) When you *have read* the report, please tell me what you think.
 - c) We will only recognise the problems when resources *are* already *running out*.
- 2) Explain the effect of each form.

Ex. 7. Put the verb in brackets into an appropriate present tense.

- 1) I'll put some sun-tan oil on when I _____ (be) on the beach.
- 2) I'll let you know when he _____ (leave) so you can come and give him your present.
- 3) You'll feel more confident after you _____ (swim) for a few weeks.
- 4) From now on, I'm going to tear my newspapers up and use them to light the fire when I _____ (read) them.
- 5) I'll give you a lift when you _____ (want) to go home.
- 6) We'll be able to get to the duty-free while we _____ (wait) for the plane to leave.

Ex. 8. Read the extract from a newspaper article.

- 1) Which phrases are used to indicate what *will* happen?
- 2) Which phrase indicates that it will happen soon?

The Prime Minister is about to arrive in Zurich, where he is due to address the conference on Environmental Protection next week. He is expected to deliver a warning that much more needs to be done.

Ex. 9. Which of the options below are used to suggest that something will, may or probably won't happen?

He is **sure**
 set to succeed.
 certain
 bound
 likely
 unlikely

Ex. 10. Write a short paragraph like the newspaper article above about something you expect will happen in your country.

6.4. Language Focus

Ex. 1. Choose one word that best completes each of the sentences. Explain why the rest can't be used [4, p. 106].

- 1) Many species of animals and plants today are
dangerous endangered precarious risked risky
- 2) Modern farm animals and crops are the result of centuries of selective
.....
breeding cultivation education mating reproduction
- 3) It took a long time for the theory of evolution to be
absorbed accepted acknowledged tolerated
- 4) My friend is a keen amateur
natural historian naturalist naturalist nationalist
- 5) He gets very about experiments being carried out on live
animals.
worked down worked out worked over worked up
- 6) One of the effects of acid rain is that it causes plants to
contract flourish shrink thrive wither
- 7) Waste paper can be Instead of being burnt.
decomposed incinerated recycled revamped
- 8) There are over 850,000 named of insects on this planet.
colonies families species styles varieties
- 9) Rabbits and mice are
amphibians carnivores marsupials rodents
- 10) Crocodiles and alligators are
crustaceans herbivores mammals reptiles
- 11) Your cat has scratched me with its
Claws fangs hoofs nails paws pincers whiskers
- 12) Many insects, such as wasps and ants, use their to touch
objects.
aerials antlers feelers horns whiskers
- 13) We saw a huge of birds through our binoculars.
Crowd flock herd pack shoal swarm
- 14) Rats, mice and cockroaches are usually considered to be
pets cuddly mischievous vermin weeds
- 15) Squirrels and rabbits are little creatures.
*Amiable courteous elegant endearing extravagant fierce
tasty*

Ex. 2. Look at words that are often used in collocations. Learn them and use in your speech and writing.

Threats and potential threats to the environment

Shrinking habitats¹⁾ are a threat to both plants and animals, and **endangered species**²⁾ need legal protection if they are to survive. Meanwhile, **global warming**³⁾ will produce rising sea levels and **climatic changes**⁴⁾, and **carbon dioxide emissions**⁵⁾ from the burning of **fossil fuels**⁶⁾ are contributing to the **greenhouse effect**⁷⁾. In addition, population growth **exerts severe pressure on**⁸⁾ **finite resources**⁹⁾, and the **ecological balance**¹⁰⁾ may be upset by uncontrolled **deforestation**¹¹⁾. **Demographic projections**¹²⁾ suggest the world population will grow before it begins to stabilise. One of the **worst case scenarios**¹³⁾ is that there will be no tropical forests left by the year 2050. Our only hope is that **pristine environments**¹⁴⁾ such as Antarctica can be protected from development and damage.

- 1) places where animals live and breed which are decreasing in size
- 2) types of animals/plants which are in danger of no longer existing
- 3) steady rise in average world temperatures
- 4) changes in the weather/climate
- 5) carbon dioxide gas from factories, cars, etc.
- 6) coal, oil, etc.
- 7) warming of the Earth's surface caused by pollution
- 8) formal: puts pressure on
- 9) limited resources
- 10) balance of natural relationships in the environment
- 11) destruction/clearing of forests
- 12) forecasts about the population
- 13) the worst possibilities for the future
- 14) perfectly clean/untouched/unspoilt areas

Responses to environmental issues and problems

Ex. 3. Look at these newspaper headlines and note the useful phrases.

GOVERNING PARTY
IN BID TO IMPROVE
GREEN CREDENTIALS'

* reputation for positive support of the environment

PROPHETS OF DOOM AND GLOOM*
SHOULD LISTEN TO SCIENTIFIC EVIDENCE,
SAYS PRIME MINISTER

* people who always make the most depressing or pessimistic forecasts for the future

SUSTAINABLE DEVELOPMENT*
THE ONLY ANSWER FOR EMERGING
COUNTRIES, SAYS UN COMMISSION
* development of industry, etc, which does
not threaten the environment or social and
economic stability

PIECEMEAL CONSERVATION*
INEFFECTIVE - NATIONAL POLICY NEEDED, SAYS
NEW REPORT
*carrying out conservation one bit at a time, with no overall
plan

Ex. 4. Make these sentences formal by using words and phrases from exercise 2 instead of the underlined words. Make any other necessary changes to produce a correct sentence.

- 1) AH that carbon-what's-it-called gas put out by cars and factories is a major problem.
- 2) These flowers here are a type there's not many left of, so it's illegal to pick them.
- 3) A lot of wild animals have to survive in smaller and smaller areas where they can live.
- 4) Most of Patagonia is a completely spotless area that's never been touched.
- 5) We have to look after the things we use on this planet because they won't last forever.
- 6) If the cutting down of trees continues, there will be no forest left ten years from now.
- 7) Burning coal and oil and stuff like that causes a lot of pollution.
- 8) The sea will get higher if this heating up of the world continues.
- 9) Increasing population puts really big pressure on economic resources.
- 10) The way things all balance one another in nature is very delicate.

Ex. 5. Correct the mistakes in this paragraph.

Pro-fits of boom and gloom are always saying that we are heading for an environmental catastrophe, and that unless we adopt a policy of attainable development we will cause irreparable damage to the planet. The worst place

scenery is of a world choked by overpopulation, the greenhouse affect and traffic gridlock. Much of what is claimed is exaggerated, but politicians are influenced by such voices and are always trying to improve their green potentials in the eyes of the voters.

Ex. 6. Find out the meaning of these words and use them to complete the sentences below.

deforestation, biodiversity, greenhouse effect, biodegradable, wetlands, dumping, emissions, toxic waste, renewable energy, ozone layer, global warming, desertification, smog, habitats, depletion, carbon dioxide, exhaust, sustainable, conservation, fossils fuels.

- 1) There are still scientists who dispute the existence of and say there has been no real change in temperature.
- 2) The draining of to build factories has enraged environmentalists.
- 3) On some days in summer the is so bad that people are advised to stay at home.
- 4) Carbon dioxide must be cut if we want to stop polluting the air.
- 5) of waste at sea is forbidden by international law.
- 6) Lack of rain means that large areas of previously fertile land in Africa are threatened with
- 7) We must develop sources and not depend on oil.
- 8) The problem with most plastics is that they are not and cannot be reabsorbed by the earth.
- 9) The build up of a layer of gases trapped in the earth's atmosphere which prevents heat escaping is known as the
- 10) Steady in the Himalayas has resulted in catastrophic floods in countries at sea level.
- 11) Scientists first became aware of the effects of certain gases on the environment when they found a hole in the over Antarctica.
- 12) As cities expand, many animals are being driven from their natural
- 13) Plant and animal species dying out means the loss of the of the planet.
- 14) Since continues to be hazardous for a long time it is difficult to dispose of it safely.
- 15) Despite attempts to persuade people to conserve water, the of water supplies continues.

Idioms

Ex. 7. Our behaviour can sometimes resemble to that of an animal. The following sentences use animal-related phrases. Underline the correct word to complete each sentence.

- 1) Joan's been **beavering** / **dogging** / **ratting away** at her computer all morning.
- 2) Jack has been trying to **snake** / **worm** / **fox** his way back into my favour all week, but it's no use.
- 3) No wonder she's so slim, she eats like a **bird** / **cat** / **worm**.
- 4) This crossword clue has completely **swanned** / **hared** / **foxed** me. You try!
- 5) Stop **badgering** / **hounding** / **monkeying** around with that equipment, you might break it.
- 6) He's been **clammed** / **beetled** / **dogged** by bad luck ever since he arrived.
- 7) Tommy rushed in, **aped** / **wolfed** / **ducked down** his food and ran back outside to play.
- 8) Mark can't have forgotten; he's got a memory like a(n) **elephant's** / **hawk's** / **mole's**.
- 9) The press have often been criticized for **waiving** / **hounding** / **ferreting** famous people until they get the story they want.
- 10) The children **badgered** / **crowed** / **rammed** their father until he agreed to take them fishing.
- 11) The journalist managed to **beetle** / **cow** / **ferret** out the information by going through all the old files.
- 12) It is not considered acceptable in any sport to **crow** / **ape** / **squirrel** over an opponent you've just beaten.
- 13) Ron **rammed** / **dogged** / **hared** up the steps and across the road and managed to catch the bus.

Ex. 8. Choose the correct word to complete the idioms in the sentences 1 – 10.

Crocodile dog fish frog horse snail whale wolf rhino pig

- 1) After forgetting his wife's birthday, Gerald was in the-house for weeks.
- 2) Our last holiday was great. We had a of time.
- 3) Betty could tell they were only tears, because a few minutes later he was laughing.
- 4) They were very poor, but Sarah's salary was enough to keep the from the door.
- 5) I'm so nervous before I give an important speech, that I often get a in my throat.

6) I quite enjoy walking in the hills, but rock-climbing is a whole different kettle of

7) Phil tried hard to promote his plan, but he was flogging a dead

8) Even after the repairs, the train continued to move at a’s pace.

9) He will never feel sorry for anyone as he has a hide like a

10) When she saw the way he was eating, she immediately changed her mind about marrying him as he was eating like a

Ex. 9. Use these idioms to make up your own sentences.

6.5. Listening and speaking

You’ll hear an interview with Ray Gamble, an expert on whales. Before you hear it, discuss with your partner what you already know about whales.

Ex. 1. In the first part of the interview you’ll hear about different people’s attitudes to “saving the whales”. Answer these multiple-choice questions.

1) The Inuit peoples (Eskimos) of the Arctic

- a) hunt whales together for enjoyment;
- b) would die out if they didn’t hunt whales;
- c) depend on whale meat and products for their survival;
- d) don’t actually like the taste of whale meat.

2) When Ray watched Eskimos hunting whales he found the experience

- a) sickening;
- b) fascinating;
- c) shocking;
- d) unsettling.

3) To Western people today the whale represents the idea of

- a) a beauty;
- b) freedom;
- c) pleasure;
- d) food.

4) For Western people, the whale is no longer thought of as a source of

- a) meat;
- b) oil;
- c) raw materials;
- d) wonder.

- 5) Nowadays Western people view commercial whale hunting as
- a) brutal;
 - b) primitive;
 - c) distasteful;
 - d) profitable.

Ex. 2. In the second part of the interview he talks about why he thinks whales are exciting animals. Put a tick beside the reasons he gives.

- 1) he feels an inexplicable affinity with them;
- 2) they have feelings like human beings;
- 3) they can move in spectacular ways;
- 4) they can communicate with each other;
- 5) some whales are impressively large;
- 6) their brains are large;
- 7) all whales are enormous;
- 8) they can perform tricks;
- 9) they may be on the verge of extinction;
- 10) they are perfectly suited to living in the sea.

Ex. 3. Discuss your reactions to the recording.

- 1) What other species do you know about which are endangered?
- 2) Why is it important that endangered animals and plants don't become extinct?
- 3) How can endangered species be protected?

Ex. 4. You will hear a talk given by a naturalist who is interested in a type of insect called the damselfly. For questions 1-9, complete the sentences with a word or short phrase.

There is a lack of information about both the number and (1) of damselfly across different locations in Britain. The damselfly has been badly affected by recent changes in the countryside, for example, (2) and the filling-in of ponds. An observer can identify a damselfly by the position of its (3) while it is resting. Because of their colours, some damselflies are described as resembling types of (4) The commonest species of damselfly in the speaker's area is called the (5) The most endangered species of damselfly in the speaker's area is called the (6) The best place to find damselflies is near water which is (7) , and which supports plant life. Damselflies are easiest to see in the hours immediately following (8) The Conservation Trust would like to make a (9) of places where damselflies can still be found.

Ex. 5. Match words 1-7 to words a-g to make collocations.

- 1) spectacular
- 2) permanent
- 3) tourist
- 4) below sea
- 5) active
- 6) ghost
- 7) inhospitable

- a) level
- b) town
- c) settlement
- d) landscape
- e) land
- f) volcano
- g) site

Describe the pictures using the collocations



Ex. 6. Complete the sentences with collocations from exercise 5.

- 1) The world's most popular _____ is the area around the Eiffel Tower, Paris.
- 2) Mount Etna in Sicily, Italy, Is the world's most _____.
- 3) Antarctica is the only continent on which there is no _____. It is too cold!
- 4) The Dead Sea is the lowest, point on Earth. It is 418 metres _____.

5) Walhalla, Australia, is a rare example of a _____ that came back to life. Originally a gold-mining town, it was abandoned when the gold ran out, but is now popular with tourists.

6) Some of the world's most _____ can be found in Cappadocia, Turkey.

7) The Atacama Desert, Chile, is an _____. Few people can survive its dry climate.

Ex. 7. Work in pairs and discuss the questions.

1) What's the hottest place you have been to?

2) What problems could you have visiting a very hot place? Think about animals, accommodation, health, etc.

Work in pairs. Imagine you are taking a trip in the desert for a month. What would you take with you? Decide on five things from the box below.

Candle and matches, mobile phone, sleeping bag, tent, mirror, laptop, compass, map, hat, gun, umbrella.

Ex. 8. Listen to the first part of David Hewson's story. Answer the questions.

1) What does David need from the bureaucrat's office?

2) What is the bureaucrat's attitude to David's trip? How do we know?

3) The bureaucrat has a sense of humour. What does he say that shows this?

Work in pairs and discuss the questions.

1) What will the journey be like?

2) What do you think the Danakil Depression, the world's hottest place, looks like?

3) How do you think David will feel when he arrives?

Listen to the second part of the story. Were your predictions correct? Work in pairs and discuss the questions.

1) Why do you think David wanted to make this journey? What was his motivation?

2) Why do explorers go to extreme places?

3) Why do you think David is disappointed with the Danakil Depression?

4) How would you feel if you were him? Would you like to go there?

Why/Why not?

5) "It is better to travel than to arrive." Do you agree with this proverb?

6.6. Reading and Speaking

Ex. 1. Work in pairs. Discuss which statements (1-6) you think are true.

- 1) It is illegal to sell wild animals such as gorillas and tigers.
- 2) You can buy a gorilla online for \$900.
- 3) You can't buy a giraffe online because it is too tall to ship anywhere.
- 4) The most popular wild animals sold online are snakes,
- 5) Some websites sell clothes and nappies for your pet monkey.
- 6) Wild animals are being sold online by criminal gangs.

Read the article to find out.

ANIMALS

They are marketed as the perfect birthday present for animal-loving children, or a classy addition to the image-conscious suburban home. But the products being sold over the Internet are not soft toys or unusual knick-knacks, but potentially dangerous live animals from the world's most endangered species.

Monkeys, tigers and chimps can be bought and sold for as little as a few hundred dollars, despite international bans on their sale. The illegal online trade in rare and exotic wildlife is now worth billions of dollars, according to a report by the IFAW (the International Fund for Animal Welfare). Indeed, IFAW researchers discovered well over 9,000 live animals and products made from endangered species for sale on Internet auction sites, in chat rooms and on the small-ads pages. The scale of the trade is astonishing.

So what exactly would it cost and what would you have to do to buy a wild animal? The researchers say you wouldn't have to do a great deal. Want a gorilla in your living room? It's yours for \$9,000. For those with a little more headroom, giraffes can also be bought. Got-PetsOnline.com offered a 'sweet natured' two-year-old giraffe for \$15,000. Or how about a pair of rare giant tortoises from Madagascar? These are a little pricier at \$24,000, plus airfare to Kuala Lumpur. This may be because there are only 200 mature specimens of these creatures alive in the wild. All the others appear to be in storage awaiting a buyer.

However, it is monkeys that make up the large majority of Internet sales, and experts are particularly concerned at the way they are marketed and traded on the net. A number of websites describe them as if they are little more than large hairy dolls. These websites offer 'accessories' such as nappies, feeding bottles and clothes to go with the monkey. The traders even have a 'cute' name for themselves: 'monkey moms'. They call the animals themselves 'monkids'. Virtually none of these websites explain how to look after the animals.

When the IFAW undercover investigators contacted some of the US traders, they were told it would be possible to export monkeys to the UK - a

blatant breach of EU law. There is also concern that demand for monkeys and chimps is fuelling the illegal trapping and trading of wild species. Where there were approximately two million chimpanzees in the wild a century ago, there are as few as 100,000 left, and some estimates suggest there may be a maximum of 70,000 by 2020.

Phyllis Campbell-McRae, director of IFAW UK, says, 'Trade on the internet is easy, cheap and anonymous. Criminal gangs are taking advantage of the opportunities provided by the Web. The result is a cyber black market where the future of the world's rarest animals is being traded away. Our message to online shoppers is simple - buying wildlife online is as damaging as killing it yourself.' [6, p. 93]

Ex. 2. Choose the best words in italics in the sentences (1-6).

1) The animals are marketed as if they are *useful around the home / dangerous / toys*.

2) The writer is concerned about *all animals / rare animals / the effects of animals on children*.

3) The IFAW was surprised *at the size of the illegal market for wild animals / to find endangered species for sale / at the way the traders treat the animals*.

4) After buying the animal, many people *abandon it / can't look after it / treat it like a doll*.

5) 'Monkey moms' are the people who *buy the animals on the Internet / sell the animals on the Internet / hunt the animals*.

6) The online animal trade is one cause of *economic problems in poor countries / violent crime / illegal hunting*.

Ex. 3. Work in pairs and discuss the questions.

1) Do any of the facts in the article surprise you?

2) Should people have wild animals as pets? Give reasons.

3) Why do you think monkeys seem to be so popular as pets?

4) What can the IFAW do to stop the illegal trade? Is it possible to stop illegal Internet sales in general?

Ex. 4. Discuss the following questions with a partner.

1) Have you noticed any changes in the weather in your country over the years? Do you know why this has happened? Do you worry about climate change?

2) Look at the photos. Do you have power stations like these near where you live? Have there been any protests about them? Why?

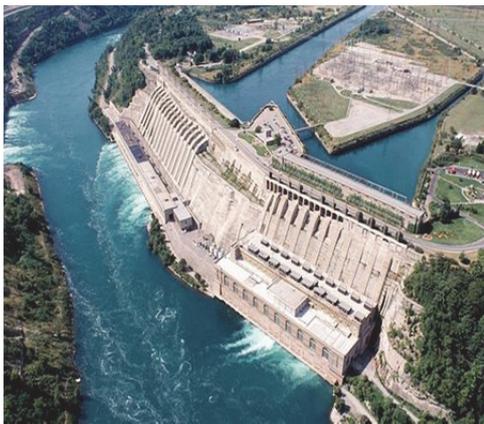
3) Can you think of any other ways of producing energy?



Electro – Power station



Wind farm



Hydroelectric plant



Nuclear power station

Ex. 5. Read this article about wind farms and make notes on what these people and groups think about climate change and energy production.

| | |
|---------------------------|--------------------------|
| Professor Bellamy | The Countryside Alliance |
| Professor James Lovelock | Left-wing groups |
| The people of Saddleworth | Oil companies |
| Environmentalists | The writer |

STORMS OF PROTEST

Saddleworth moor in the north of England is a desolate place. Though lying just a few miles from the sprawling city of Manchester, it feels remote. There is generally a howling gale blowing across the moor and when the sky above is not simply overcast, then it's bucketing down! Someone told me that the sun did actually come out once and it was beautiful, but my experience of the place in the past has only been grim and miserable. It seemed almost bizarre to me, then, that anyone should be against the erection of seven wind turbines to generate clean, renewable energy. Surely this was the perfect place to situate them - basically dull, unattractive to tourists and - above all - windy. Yet

Saddleworth is becoming another battleground in an increasingly confusing debate over wind farming and the future of the planet, a debate which is splitting the environmental movement and creating a number of unusual coalitions.

Typical of this confusion is hearing Professor David Bellamy leading the fight against wind farms. I had always thought of Professor Bellamy as an environmentalist and had made the false assumption that he would be a natural supporter of wind power. However, on reflection, Bellamy would be better described as a conservationist, whose main aim is to preserve natural habitats of plants and animals from destruction, rather than a campaigner on climate change. He has fought against other renewable energies, such as hydroelectric projects that threatened wildlife and wilderness, and has described the wind turbines as “weapons of mass destruction” chopping up birds and bats.

Bellamy, along with other opponents, has argued that the wind farms are in fact uneconomic, and are only commercially viable because they are so heavily subsidized. This argument has been put forward by several newspaper commentators recently, who have then gone on to extol the virtues of nuclear power. This is in the face of years of protests from Greens who claim that nuclear power is both expensive and dangerous. And yet nuclear energy has recently been advocated by a leading green scientist, Professor James Lovelock, who was one of the first to draw attention to the problems of climate change. He argues that renewable energy such as wind simply cannot provide sufficient electricity for our energy needs.

But of course, it is difficult to imagine that the good people of Saddleworth would prefer to see a nuclear power station on their doorstep rather than seven 350ft wind turbines. On average it takes six years to get planning permission for nuclear plants because of the inevitable protest, and Professor Bellamy would be one of the first among those protesting, being anti-nuclear. So what's the answer?

Bellamy suggests reducing consumption of fossil fuels if people want to control greenhouse gases. Certainly, he has much support for this from environmentalists. However, just a few years ago, the government was forced to end increases in taxes on petrol because of a huge public outcry and demonstrations which saw the country almost brought to a halt. And at the heart of those protests was a right-wing group - the Countryside Alliance - representing people in the country, who said they relied on their cars and were being unfairly punished by high fuel taxes. These same people reject wind farms because they see the turbines as eyesores which spoil the countryside.

In turn, there are left-wing groups who see the attack on consumption as a way of continuing the oppression of developing countries. They see the West as trying to restrict these countries' industrial and economic progress under the guise of being environmentally conscious. And of course, these left-wing

arguments get support from oil companies and the like, who claim that global warming doesn't even exist, albeit for rather more self-interested reasons.

And so it goes on. There are so many conflicting claims, each apparently fronted by some eminent scientist and backed up by a barrage of statistics. So who's actually right? What's the right solution? What worries me is that we will take so long in deciding that it will be too late. The damage will have been done. Yet what I also recognise is how convenient these conflicting arguments are. We can avoid making any changes to our personal lifestyles by passing the buck. Global warming isn't down to me jetting off to Barcelona for the weekend or having a dishwasher or driving everywhere; no, it's because those people in Saddleworth won't let us build our wind farms! [3, p. 97]

Ex. 6. Compare your notes with a partner. Which of the arguments mentioned have you heard before? In what context? Were there any you hadn't heard before?

Ex. 7. Which of the people / groups in the article do you agree with? Who do you disagree with? Why? Use your own ideas to speak about climate changes and the issues raised in the article – or any other issues that worry you.

6.7. Speaking and Writing

Ex. 1. Look at the statistics, quotations and photos and discuss your reactions.

According to the experts:

- Between 2000 and 2015 10% of the estimated 30 million species of plants and animals will be lost forever. By 2030 another 20% are likely to be lost. The extinction of one plant species can cause the loss of 30 dependent organisms.
- Half the world's rainforests have already been destroyed. Of the remaining half, 2/3 will disappear by 2030.
- Between 2000 and 2015 the average temperature will rise by 1 °C. By 2015 it will rise by 3 to 5 °C. This will have unpredictable effects on local weather patterns. By 2100 the sea level is likely to rise between 10 cm and 2m.
- There are 750 million motor vehicles in the world. By 2030 there may be 8.000 to 10.000 million mouths to feed and by 2015 11.000 to 14.000.
- Glaciers melting in Greenland are sending more and more icebergs into the North Atlantic and cooling the ocean. This may divert the Gulf Stream and bring much colder weather to Western Europe. [4, p. 116]

“This what you should do: love the Earth and the sun and the animals, despite riches, give alms to everyone that asks, stand up for the stupid and crazy, devote your income and labour to others, hate tyrants, argue not concerning God, have patience and indulgence towards the people, take off your hat to

nothing known or unknown or to any man or number of men re-examine all you have been told at school or church or in any book, dismiss what insults your own soul, and your very flesh shall be a great poem .”

Walt Whitman





Ex. 2. Write an article for a magazine explaining your views for and / or against ONE of the following points of view (300 – 350 words).

- 1) The future of the planet looks bleak, but there's nothing I can do about it.
- 2) There's no point in worrying about things that will only affect our grandchildren.
- 3) What happens in poor countries on the other side of the world doesn't concern me.
- 4) The world will be a better place for our children and grandchildren.

CONCLUSION

The book consists of six main units devoted to various problematic issues. All the exercises given in the book can be done in class or set as homework. The book extends the learners' grammatical, lexical, and functional skills, enabling them to consolidate and develop their English through the use of a wide variety of stimulating and challenging activities. The key features of *The Way to Proficiency* include:

- 1) exercises on phrasal verbs, idiomatic expressions and collocations;
- 2) thought-provoking and interesting texts from a wide variety of authentic sources, with exercises to encourage appreciation of style;
- 3) interviews with people from a range of different backgrounds;
- 4) grammar practice including review exercises and more advanced grammar points;
- 5) vocabulary development sections;
- 6) full coverage of speaking, listening, reading and writing skills.

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Воробец Лариса Викторовна

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Self-study Student's Book**

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Научный редактор – кандидат филологических наук,
доцент Т. Г. Ватолина

Редактор Е. В. Назаренко

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Федерального государственного бюджетного образовательного учреждения
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«Комсомольский-на-Амуре государственный технический университет»
681013, Комсомольск-на-Амуре, пр. Ленина, 27