

Міністерство освіти і науки України
Полтавський національний педагогічний університет
імені В. Г. Короленка

МИХАЙЛО РАХНО, РУСЛАНА ШРАМКО

**ПРАКТИКА УСНОГО
ТА ПИСЕМНОГО МОВЛЕННЯ
(АНГЛІЙСЬКА МОВА)**

Навчально-методичний посібник
для студентів
гуманітарних факультетів
напряму
014 Середня освіта (Українська мова і література)

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P27

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P27 Практика усного та писемного мовлення (англійська мова) : навч.-метод. посіб. для студ. напряму 014 Середня освіта (Українська мова і література / Михайло Рахно, Руслана Шрамко ; Полтав. нац. пед. ун-т імені В. Г. Короленка. – Полтава : ПНПУ імені В. Г. Короленка, 2019. – 186 с.

У навчально-методичному посібнику запропоновано курс практичного матеріалу, уміщено методичні зауваги до виконання практичних завдань, самостійної та творчої роботи, роботи з текстом, розроблено масив тестових завдань, подано довідкові матеріали, укладено перелік основної й додаткової літератури до навчальної дисципліни, інтернет-ресурси.

Для студентів, викладачів педагогічних навчальних закладів та всіх небайдужих до навчання й викладання іноземної (англійської) мови.

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ЗМІСТ

ПЕРЕДМОВА.....	4
ОСНОВНІ ПОНЯТТЯ КУРСУ.....	6
ІНФОРМАЦІЙНЕ ЗАБЕЗПЕЧЕННЯ КУРСУ.....	7
ПРАКТИЧНЕ ЗАБЕЗПЕЧЕННЯ КУРСУ.....	10
НАУКОВО-ДОСЛІДНИЦЬКА РОБОТА.....	179
ТЕСТИ.....	180
ПЕРЕЛІК ВИКОРИСТАНОЇ ЛІТЕРАТУРИ ТА ДЖЕРЕЛ.....	185

ПЕРЕДМОВА

У європейському освітньому просторі поч. ХХІ ст. англійській як мові міжнародного спілкування надано особливої ваги. Вона є одним із найзначущіших інструментів, що покликаний допомогти сучасному студентові інтегруватися в європейський, а отже, і світовий навчальний простір, знання англійської слугує міцною запорукою успішної студентської мобільності. На етапі сьогодення англійська функціонує як мова глобальної науки, культури, освіти, спорту, ІТ-технологій, підприємницької діяльності тощо. Оволодіння англійською забезпечує повноцінний доступ українському студентові до провідних трендів сучасного мультикультурного життя.

Пропонований навчально-методичний посібник покликаний допомогти здобувачам освітнього рівня *бакалавр* системно опанувати навчальний курс «Практика усного та писемного мовлення (англійська мова)». Посібник укладено відповідно до робочої навчальної програми зазначеної дисципліни, яку вивчають на II курсі українського відділення факультету філології та журналістики Полтавського національного педагогічного університету імені В. Г. Короленка. Мета курсу є такою: а) сформувати міцне підґрунтя для вільного користування англійською як іноземною мовою з професійною, науковою та іншою метою; б) сприяти оволодінню чотирма видами мовленнєвої діяльності на відповідному рівні, а також здійсненню іншомовної комунікації на базі фонетичних, семантичних та синтаксичних правил і закономірностей англійської мови, соціокультурних відомостей; в) плекати навички розуміння,

інтерпретування й компаративного аналізу вивченого матеріалу; удосконалити практику вживання лінгвальних одиниць у різних контекстах з урахуванням особливостей їхнього функціонування.

Прикметно, що навчальний курс виструктуровано за методом лексичних кейсів. Цей підхід, на думку укладачів, максимальною мірою охоплює увесь необхідний обсяг навчального матеріалу, ознайомлює здобувачів із лінгвокраїнознавчими відомостями, скеровує студентів щодо опанування граматичного матеріалу й водночас є передумовою комплексного засвоєння ними іноземної (англійської) мови на базі рідної.

Запропонована праця покликана допомогти студентові ефективно організувати вивчення тем курсу, продуктивно спланувати свій час з урахуванням тих питань, які не винесені на семінарські заняття. Вибір тем для самостійної роботи зумовлений переходом на комунікативно зорієнтоване студентоцентричне навчання, основна мета якого – допомогти здобувачеві розвинути навички критичного мислення, усебічного аналізу поставленої проблеми й добору потенційних шляхів її подальшого розв'язання. Саме тому до кожного семінарського заняття запропоновано перелік проблемних питань для спільної дискусії в аудиторії. Тексти для розвитку навичок читання дібрано з автентичних англомовних ресурсів, що вможливорює повноцінне занурення в англомовне середовище.

Матеріал, висвітлений у пропонованому посібнику, апробовано на заняттях зі студентами ПНПУ імені В. Г. Короленка впродовж 2018–2019 рр.

ОСНОВНІ ПОНЯТТЯ КУРСУ

Review
Outline
Critical thinking
Communication
Approach
Interaction
Dialogue
Monologue
Essay
Discussion
Team work
Opinion
Skill
Personal experience
Mind
Cognition
Understanding
Job (occupation)
Future prospects
Globalization
Multiculturalism
Tolerance
Cross-cultural communication
Technology
Artificial intelligence

ІНФОРМАЦІЙНЕ ЗАБЕЗПЕЧЕННЯ КУРСУ

SEMESTER III

№ / № п п	Назви тем	Кількість годин	
		Денна форма навчання	
		Семінарські заняття	Самостійна робота
Змістовий модуль № 1. Усе про мене / All about me			
1	Здоров'я і спортивна форма / Health and fit	2	3
2	Хвороби: лікування / Diseases: Medicine	2	5
3	Дієта / Diet	2	5
4	Звички в житті / Health habits	2	3
5	У лікаря / At the doctor's	2	5
6	Спосіб життя й здоров'я / Health and lifestyle	2	3
7	Спортивна діяльність / Sport activities	2	5
8	Відпочинок: хобі / Leisure time: hobbies	2	5
9	Події та заходи / Plans and events	2	3
10	Дозвіллевий досвід / Entertainment experience	2	5
11	Покупки: фрукти й овочі / Shopping: fruits and vegetables	2	5
12	Покупки: спеції, барвники, ароматизатори / Shopping: spices, flavours, flavour additives	2	5
13	Покупки: ГМО та здорова їжа / Shopping: GM products and healthy food	2	3
14	Покупки: мода й одяг / Shopping: fashion and clothes	2	5
15	Покупки: побутові прилади / Shopping: home appliances	2	3
Загалом за модуль		30	63
Змістовий модуль № 2. Світ довкола мене / The world I live in			
16	Світ довкола / World around us	2	4
17	Народи й національності / Peoples and nationalities	2	5
18	Національна кухня й рецепти / National cuisine and recipes	2	5
19	Їжа й напої: замовлення / Food and drinks: making an order	2	3
20	Культура споживання / Meals culture	2	3
Загалом за модуль		10	20
Змістовий модуль № 3. Робота й навчання / Work and study			
21	Професії / Jobs	2	3
22	Інтерв'ю з роботодавцем / Job interview	2	5
23	Професійні навички / Professional skills	2	4
24	Кар'єри XXI ст. / Careers of the 21st c.	2	4

25	Професія вчителя / Teacher's profession	2	3
26	Навички в навчанні / Study habits	2	3
27	Оксфордський університет / Oxford University	2	3
28	Кембриджський університет / Cambridge University	2	5
Загалом за модуль		16	30
Змістовий модуль № 4. Спілкування / Communication			
29	Монолог і діалог / Monologue and dialogue	2	2
30	Соціальні мережі / Social networks	2	5
Загалом за модуль		4	7
Усього годин		60	120

SEMESTER IV

№ / № п п	Назви тем	Кількість годин	
		Денна форма навчання	
		Семинарські заняття	Самостійна робота
Змістовий модуль № 1. Медіа / Media			
1	Інформаційна безпека / Digital security	2	2
2	Смартфони, повідомлення / Smartphones, messages	2	2
3	Пости й суспільна оцінка / Media posting vs morals, social judgement	2	2
4	Булінг у соцмережах / Social media bullying	2	2
5	Соціальні медіа в навчанні / Social media in classroom	2	2
6	Новини й мораль / News vs morals	2	2
7	Перевірка фактів / Fake news. Fact checking	2	2
8	Сатиричні новини / Satire and comedy news	2	2
Загалом за модуль		16	16
Змістовий модуль № 2. Розум / Mind and Mental Health			
9	Розум / Intelligence	2	4
10	Уплив наркотиків / Drugs and brain damage	2	5
11	Психічне здоров'я. Стрес / Mental health. Stress	2	5
12	Віртуальна реальність / Virtual reality	2	3
13	Залежність / Addictions	2	3
Загалом за модуль		10	20
Змістовий модуль № 3. Тіло / Body			

14	Імідж здорового тіла / Healthy body image	2	2
15	Тату й пірсинг / Tattoos and body piercing	2	2
16	Проблеми зі сприйманням тіла / Body image problems. Plastic surgery	2	2
17	Конкурси краси / Beauty pageants. Brands	2	3
Загалом за модуль		8	9
Змістовий модуль № 4. Їжа / Dishes			
18	Типи страв / Types of dishes. Cold, hot dishes	2	4
19	Гарніри. Десерти / Side dishes. Salads. Desserts	2	4
20	Сервірування столу / Table setting. Table manners	2	4
21	Страви / Courses	2	4
22	Органічна їжа / Organic food	2	4
23	Фаст-фуд / Junk food. Fast food	2	4
24	Моя улюблена їжа / My favourite meals	2	3
Загалом за модуль		14	30
Усього годин		48	72

ПРАКТИЧНЕ ЗАБЕЗПЕЧЕННЯ КУРСУ

SEMESTER III

Змістовий модуль № 1. Усе про мене / All about me

Seminar 1

Здоров'я і спортивна форма / Health and fit

1. Drilling

*How many berries could a bare berry carry,
if a bare berry could carry berries?
Well they can't carry berries
(which could make you very wary)
but a bare berry carried is more scary!*

2. Vocabulary list

<i>Hygiene</i>	<i>Teammate</i>	<i>Behavior</i>
<i>Immunity</i>	<i>Torso</i>	<i>Calorie</i>
<i>Injury / Trauma /</i>	<i>Tournament</i>	<i>Cardiac</i>
<i>Fracture</i>	<i>Training</i>	<i>Challenge</i>
<i>Kinesis</i>	<i>Tremor</i>	<i>Champion</i>
<i>Maneuver</i>	<i>Victory</i>	<i>Coach / Trainer</i>
<i>Mental health</i>	<i>Spare tire</i>	<i>Competition</i>
<i>Metabolic</i>	<i>Trying to get rid of my</i>	<i>Courage</i>
<i>Physiotherapy</i>	<i>spare tire</i>	<i>Cure / Treatment</i>
<i>Rehabilitation</i>	<i>Gear</i>	<i>Depression / Disease</i>
<i>Skill</i>	<i>Color Runs</i>	<i>Mud Runs</i>
<i>Spirit</i>	<i>Abnormal</i>	<i>Training routine</i>
<i>Good shape</i>	<i>Abstinence</i>	<i>Build up one's endurance</i>
<i>Bad shape</i>	<i>Achievement / Goal</i>	<i>Setting a pace</i>
<i>Getting back into shape</i>	<i>Activity</i>	<i>Clean Bill of Health</i>
<i>Belly area</i>	<i>Aerobics</i>	<i>Fit as a Fiddle</i>
<i>Six-pack abs</i>	<i>Allergy</i>	<i>New Lease on Life</i>
<i>Development / Growth</i>	<i>Hypersensitive</i>	<i>Prime of Life</i>
<i>Discipline</i>	<i>Athlete</i>	
<i>Gymnasium</i>	<i>Balance</i>	

3. Pre-reading questions:

What are your personal recommendations to follow healthy lifestyle?

4. Checking reading skills:

Running marathons could help you live longer – but how do you start?

Kate Carter

Running has long been linked with health benefits, from strengthening your bones (yes, even the knees) to improving mental health. Now, in another

boon for us smug pavement-pounders, scientists have found it can turn back time.

Researchers at University College London and Barts health NHS trust tracked a group of 138 marathoners and, using MRI and ultrasound, calculated the “biological age” of their aortas (the largest artery in the body) before and after their training. As we age, the aorta can stiffen, leading to an increased risk of heart disease, failure or stroke. According to the research, training for a marathon can not only reduce but even reverse this – in this study, by an impressive four years.

It is especially encouraging given that all participants were first-time marathon runners, with finishing times between 4.5 and 5.5 hours - very similar to the UK average. So for anyone feeling inspired to train for a marathon as a result of the research, here’s what you need to know.

Start slow

“Training for your first marathon can feel daunting but, with patience and a plan, it is an achievable challenge,” says England Athletics coach Tom Craggs. If you don’t run yet, then the NHS’s Couch to 5k plan is the perfect introduction – I did it myself in 2012 and have since run 13 marathons. “Make sure you give yourself enough time to build sustainably. If you are new to running, build up off a patient mix of running and walking,” says Craggs.

What gear do I need?

Running is – in theory, anyway – pretty cheap, but the one thing worth investing in is the right pair of trainers and, for women, a properly supportive sports bra. It is advisable to get your gait analysed, which involves jogging on a treadmill for a couple of minutes so that experts can suggest shoes that give the appropriate support.

How to structure training

Beginner marathon plans often last 16 weeks. The aim of the weekly long run is to build up “time on feet”, so don’t worry about pace, but stick to a set time. Don’t fret too much about this, though. “Your body likes routine and consistency,” says Craggs. “So four to five smaller runs a week will trump two big runs.”

Find running friends

Whether it’s your local running club or a friend who signs up with you, running buddies are brilliant for motivation and confidence. Don’t feel you need to be fast to join a club (many run programmes are specifically for beginners) or be put off by cost (annual fees can be as low as J20).

Do I need to change my lifestyle?

No, and you don’t need expensive protein shakes or supplements. “Just focus on a healthy varied diet and getting consistent, high-quality sleep,” says Craggs.

Do I need to do mental prep?

This will happen naturally as you train. Motivating yourself on a freezing winter morning is hard, but that mental toughness is what you will need to get around 26.2 miles, so those runs are training your brain as well as your legs (<https://www.theguardian.com/lifeandstyle/shortcuts/2020/jan/07/running-marathons-help-live-longer-how-do-you-start>)

5. Use of English

a) Open the brackets and explain your choice of the form:

“(Train) for your first marathon can (feel) daunting but, with patience and a plan, it (be) an achievable challenge,” (say) England Athletics coach Tom Craggs. If you (not/run) yet, then the NHS’s Couch to 5k plan (be) the perfect introduction – I (do) it myself in 2012 and (run) since 13 marathons. “(Make) sure you (give) yourself enough time (build) sustainably. If you (be) new to running, (build) up off a patient mix of running and walking,” (say) Craggs.

b) Fill in gaps:

Researchers (1)___ University College London and Barts health NHS trust tracked a group (2)___ 138 marathoners and, using MRI and ultrasound, calculated (3)___ “biological age” (4)___ their aortas (the largest artery (5)___ the body) before and after their training. As we age, (6)___ aorta can stiffen, leading (7)___ an increased risk (8)___ heart disease, failure or stroke. According (9)___ the research, training (10)___ a marathon can not only reduce but even reverse this – (11)___ this study, by an impressive four years.

6. Speaking and discussion

What are the most-spread trends in healthy lifestyle?

Do you consider it good reasoning to stay fit to live longer?

Seminar 2

Хвороби: лікування / Diseases: Medicine

1. Drilling

*I thought, I thought of thinking of thanking you
He threw three balls*

2. Vocabulary list

<i>Acne</i>	<i>Contagious disease</i>	<i>Hepatitis</i>
<i>Ailment</i>	<i>Contusion</i>	<i>Hereditary disorder</i>
<i>Anemia</i>	<i>Convulsions</i>	<i>Hernia</i>
<i>Ankle</i>	<i>Corn</i>	<i>Hormonal disorder</i>
<i>Anorexia</i>	<i>Coronary heart disease</i>	<i>Hypertension</i>
<i>Anthrax</i>	<i>Coronary thrombosis</i>	<i>Illness</i>
<i>Appendicitis</i>	<i>Cystitis</i>	<i>Indigestion</i>
<i>Arthritis</i>	<i>Dandruff</i>	<i>Infectious disease</i>
<i>Astigmatism</i>	<i>Dementia</i>	<i>Infestation</i>
<i>Asthma</i>	<i>Dermatitis</i>	<i>Injury</i>
<i>Atherosclerosis</i>	<i>Depression</i>	<i>Internal bleeding</i>
<i>Backache</i>	<i>Diabetes</i>	<i>Intestines</i>
<i>Baldness</i>	<i>Diarrhea</i>	<i>Itchy skin</i>
<i>Blindness</i>	<i>Diphtheria</i>	<i>Itching</i>
<i>Blister</i>	<i>Disease</i>	<i>Jaundice</i>
<i>Blood disorder</i>	<i>Disorder</i>	<i>Kidney</i>
<i>Blood pressure</i>	<i>Dizziness</i>	<i>Laryngitis</i>
<i>Boil</i>	<i>Dysentery</i>	<i>Leprosy</i>
<i>Bronchitis</i>	<i>Dyspepsia</i>	<i>Leukemia</i>
<i>Bruise</i>	<i>Dystrophy</i>	<i>Lice</i>
<i>Bulimia</i>	<i>Earache</i>	<i>Lung</i>
<i>Burn</i>	<i>Eczema</i>	<i>Malady</i>
<i>Callus</i>	<i>Epilepsy</i>	<i>Malaria</i>
<i>Cancer</i>	<i>Farsightedness</i>	<i>Measles</i>
<i>Cardiac arrest</i>	<i>Fever</i>	<i>Minor disorder</i>
<i>Cataract</i>	<i>Flea</i>	<i>Major disorder</i>
<i>Cerebral palsy</i>	<i>Flu (influenza)</i>	<i>Meningitis</i>
<i>Cirrhosis</i>	<i>Fracture</i>	<i>Mental disorder</i>
<i>Chicken pox</i>	<i>Gallstones</i>	<i>Migraine</i>
<i>Cholecystitis</i>	<i>Gastritis</i>	<i>Mineral deficiency</i>
<i>Cholera</i>	<i>Gastroenteritis</i>	<i>Mumps</i>
<i>Chronic disease</i>	<i>Giddiness</i>	<i>Muscle</i>
<i>Colitis</i>	<i>Glaucoma</i>	<i>Nausea</i>
<i>Color-blindness</i>	<i>Hay fever</i>	<i>Nearsightedness</i>
<i>Common disease</i>	<i>Headache</i>	<i>Neuralgia</i>
<i>Communicable disease</i>	<i>Heartburn</i>	<i>Noncommunicable diseases</i>
<i>Concussion</i>	<i>Heart attack</i>	<i>Nosebleed</i>
<i>Congenital disorder</i>	<i>Heart disease</i>	<i>Nutrition disorder</i>
<i>Congenital heart disease</i>	<i>Heart failure</i>	<i>Obesity</i>
<i>Conjunctivitis</i>	<i>Hemophilia</i>	<i>Osteoporosis</i>
<i>Constipation</i>	<i>Hemorrhage</i>	

<i>Otitis</i>	<i>Scabies</i>	<i>Tetanus</i>
<i>Paralysis</i>	<i>Scar</i>	<i>Thrombophlebitis</i>
<i>Parasites</i>	<i>Scarlet fever</i>	<i>Ticks</i>
<i>Pharyngitis</i>	<i>Schizophrenia</i>	<i>Tonsillitis</i>
<i>Pertussis</i>	<i>Scoliosis</i>	<i>Trauma</i>
<i>Phobia</i>	<i>Scratch</i>	<i>Tuberculosis</i>
<i>Pimple</i>	<i>Seizure</i>	<i>Tumor</i>
<i>Pneumonia</i>	<i>Sickness</i>	<i>Typhoid</i>
<i>Polio</i>	<i>Sinusitis</i>	<i>Ulcer</i>
<i>Psoriasis</i>	<i>Skin irritation</i>	<i>Varicose veins</i>
<i>Pyelonephritis</i>	<i>Skin inflammation</i>	<i>Vertigo</i>
<i>Rabies</i>	<i>Smallpox</i>	<i>Vitamin</i>
<i>Rash</i>	<i>Spasm</i>	<i>Vomiting</i>
<i>Redness</i>	<i>Sprain</i>	<i>Wart</i>
<i>Retinal detachment</i>	<i>Stroke</i>	<i>Wax blockage</i>
<i>Rhinitis</i>	<i>Stuffy nose</i>	<i>Weight loss</i>
<i>Rubella</i>	<i>Sty</i>	<i>Wound</i>
<i>Ruptured eardrum</i>	<i>Swelling</i>	

3. Pre-reading questions:

Does junk food / fast-food lead to disease?

4. Checking reading skills:

What will happen if tomorrow they ban all the junk food in your country?

South Pacific islands ban western junk food and go organic

Eleanor Ainge Roy

A group of south Pacific islands are banning foreign junk food imports in favour of an all-local, organic diet as a way to combat future health problems.

Torba province, part of Vanuatu, aims to impose restrictions on the import of western foodstuffs and instead take advantage of its productive agricultural land and rich natural resources.

Located in the northern part of Vanuatu, Toba is often described as the “forgotten province” and the majority of its 10,000 people are subsistence farmers.

Father Luc Dini, a community leader and head of the local tourism council, said a ban on foreign food imports would improve the health and wellbeing of islanders.

“At the moment we have an infiltration of junk food from overseas,” he said.

“It is easy to boil noodles or rice, but they have almost no nutritional value and there is no need to eat imported food when we have so much local food grown organically on our islands.”

Dini said his province had an abundance of locally grown or sourced food to sustain its population including fish, crabs, shellfish, taro, yams, paw paw and pineapple.

The most popular imported foods consumed in Torba were rice, sweets, tinned fish and biscuits, he said.

“We are Vanuatu’s most isolated province and so far our health has stayed pretty good because of that, but we want to continue to be healthy,” he said.

“In other provinces that have adopted western diets you see pretty young girls but when they smile they have rotten teeth, because the sugar has broken down their teeth. We don’t want that to happen here and we don’t want to develop the illnesses that come with a western junk food diet.”

Beginning this week and with the backing of local chiefs Dini has ordered tourism bungalows to serve guests only locally grown, organic food, with a plan to introduce legislation within the next two years banning the importation of all foreign food. Torba aims to be Vanuatu’s first organic province by the year 2020.

Dini said the central government in Port Vila was supportive of his plan and keen to observe how the ban would be tolerated by locals and visitors.

Whether to include alcohol imports was yet to be decided but there were a number of local *kava* bars that may be able to meet that demand.

“If you really want to live on a paradise of your own, then you should make do with what you have and try and live with nature,” he said (<https://www.theguardian.com/world/2017/feb/03/south-pacific-islands-vanuatu-torba-ban-western-junk-food-health-organic>)

5. Use of English

a) Fill in gaps:

A group (1)___ south Pacific islands are banning foreign junk food imports (2)___ favour (3)___ an all-local, organic diet (4)___ a way to combat future health problems. Torba province, part (5)___ Vanuatu, aims to impose restrictions (6)___ the import (7)___ western foodstuffs and instead take advantage (8)___ its productive agricultural land and rich natural resources. Located (9)___ the northern part (10)___ Vanuatu, Toba is often described (11)___ the “forgotten province” and the majority (12)___ its 10,000 people are subsistence farmers.

b) Open the brackets and explain your choice of the form:

The most popular imported foods (**consume**) in Torba (**be**) rice, sweets, tinned fish and biscuits, he (**say**).

“We (**be**) Vanuatu’s most (**isolate**) province and so far our health (**have**) (**stay**) pretty good because of that, but we (**want**) to continue (**be**) healthy,” he (**say**). “In other provinces that (**adopt**) western diets you (**see**) pretty young girls but when they smile they (**have**) rotten teeth, because the sugar (**brake**) down their teeth. We (**not/want**) that (**happen**) here and we (**not/want**) (**develop**) the illnesses that (**come**) with a western junk food diet”.

6. Speaking and discussion

What is your own way to keep yourself healthy?

Do you follow all the recommendations of your doctor to avoid disease?

Seminar 3

Dieta / Diet

1. Drilling

Roofs of mushrooms rarely mush too much (Matt Duchnowski)

2. Vocabulary list

Fail to balance

Overweight

Fat

Obesity

Eating Disorder

Bulimia

Anorexia

Nutrients

Diet

Overeating

Ingredients

Allergy

Additive

Prevent

Variety

Appetite

Fibre

Regular

Vitamins

Diabetes

Health

3. Pre-reading questions:

Do the junk food makes harm to your body?

Why it is so useful to be on diet for some purpose (medical, etc.)?

4. Checking reading skills:

Lose 220 kg, beat back pain, love yourself: personal trainers on lessons that changed their lives

Part 1

Emine Saner

‘Don’t go on a diet.’ That’s one tip from personal trainer Graham Waugh, 50, and may be surprising given that he once weighed three times as much as he does now. A few years ago, he was 330kg (52st) and stuck at home, feeling as if he was waiting to die. Exercise had never been a part of his life, but after bariatric surgery, he began visiting the gym. When his weight reached 111kg (17.5st), the gym owner suggested he become a personal trainer. ‘I said: ‘You’re joking, aren’t you? I’m too fat and old.’’ But then Waugh realised he could specialise in training people who had had similar problems with their weight and health. ‘I’d seen a lady in the waiting room at the obesity clinic and she looked plump, at worst. I thought to myself: ‘If she had a gym she felt comfortable in, maybe she wouldn’t need surgery.’’

Waugh isn’t the only personal trainer with a powerful life story. For many trainers, it is the enormous change to their health and happiness that they experience at the gym that leads them into their chosen field – whether they have lost weight, gained strength or tackled physical or mental health

issues. A prominent recent example is the former deputy Labour leader Tom Watson, 52. When he announced he was stepping down from politics in November, he also revealed he was retraining as a gym instructor. Watson has been on what he describes as a “health journey”, losing 51kg (8st), and reversing his type 2 diabetes diagnosis through diet and exercise.

What lessons can we take from the trainers who have transformed their lives? “Don’t look at how much you’ve got to lose,” says Waugh. “If someone had told me I had to lose 35 stone, what do you think that would have done for my morale? What I had to do was make each day the best I could, try to make the best choices.” A balanced diet is important, of course, but so is learning to forgive yourself. If you slip up in the morning with biscuits or cake, he says, don’t write off the rest of the day.

For Alma White, it was learning consistency and self-respect, and moving past the allure of fad diets, that changed everything. In the space of one year, she transformed the way she ate, discovered exercise, lost 70kg (11st) and left a “toxic” relationship. “My whole life did a huge about-turn,” she says. Then she changed careers. She had been a busy, successful makeup artist but decided to become a personal trainer instead. “I was so passionate about makeup, I never saw myself doing anything else. But my life had changed so much, I thought: ‘I can’t do this career because it’s not fulfilling me in the way I know training and coaching would.’ I decided that this is what I wanted to do for the rest of my life – I wanted to be able to give women the same feeling and confidence that I gained from my journey” (<https://www.theguardian.com/lifeandstyle/2020/jan/09/lose-220kg-beat-back-pain-love-yourself-personal-trainers-on-lessons-that-changed-their-lives>)

5. Use of English

a) Fill in gaps:

A few years (1)___, he was 330kg (52st) and stuck (2)___ home, feeling as (3)___ he was waiting to die. Exercise had never been a part (4)___ his life, but (5)___ bariatric surgery, he began visiting the gym. When his weight reached 111kg (17.5st), (6)___ gym owner suggested he become a personal trainer. “I said: ‘You’re joking, (7)___ you? I’m (8)___ fat and old.’” But then Waugh realised he could specialise (9)___ training people who had had similar problems (10)___ their weight and health. “I’d seen a lady in (11)___ waiting room (12)___ the obesity clinic and she looked plump, (13)___ worst. I thought (14)___ myself: ‘If she had a gym she felt comfortable in, maybe she wouldn’t need surgery.’”

b) Open the brackets and explain your choice of the form:

What lessons **(can/take)** we from the trainers who **(transform)** their lives? “**(not/look)** at how much you **(get) (lose),**” **(say)** Waugh. “If someone **(tell)** me I **(have)** to lose 35 stone, what you **(think)** that **(do)** for my morale?”

What I **(have) (do)** was make each day the best I **(can), (try) (make)** the best choices." A balanced diet **(be)** important, of course, but so **(be)** learning **(forgive)** yourself. If you **(slip)** up in the morning with biscuits or cake, he **(say), (not/write)** off the rest of the day.

6. Speaking and discussion

Speak about pros and cons of different types of diet?

What can be done by the government to improve the diet of the citizens?

Seminar 4

Звучки в жумти / Health habits

1. Drilling

*Rhys watched Ross switch his Irish wristwatch for a Swiss wristwatch
Scissors sizzle, thistles sizzle*

2. Vocabulary list

<i>Calorie</i>	<i>Diabetes</i>	<i>Vigorous</i>
<i>Healthy</i>	<i>Blood pressure</i>	<i>Joint</i>
<i>Nutritional</i>	<i>Exercise</i>	<i>Stroke</i>
<i>Obese</i>	<i>Muscles</i>	<i>Disease</i>
<i>Excessively fat</i>	<i>Flexibility</i>	<i>Skip physical exercises</i>
<i>Sedentary</i>	<i>Heart disease</i>	<i>National wage regulation</i>
<i>Longevity</i>	<i>Physical</i>	<i>Insurmountable</i>
<i>Cholesterol</i>	<i>Stress</i>	

3. Pre-reading questions:

Do you agree that healthy habits prolong life of people?

Have you made your own life habits you suppose will help you to feel better?

4. Checking reading skills:

Neil Rankin: 'If you keep your food and drink simple, the night is more sociable'

Chef, restaurateur and doyen of all things grilled, Neil Rankin explains why it's all about quality not quantity when it comes to putting together beautiful small plates and cocktails

Neil Rankin and Josh Lee

Any social occasion needs three things: abundant food, great conversation and even better drinks. It sounds simple, but when you want to impress, the temptation to overcomplicate food can leave you feeling overwhelmed and overworked. So how do you make food to remember, without breaking your back in the kitchen? The answer is to take inspiration from the French – not their haute cuisine, but their countryside cooking, which is just as tasty and a fraction of the effort. The secret is simply to use the best quality ingredients, which should be left to do the culinary talking for you. When the basics are really good, there's not much more you need to do other than throwing them together.

Chicken is a great example. If you buy a standard supermarket chicken, you have to cover it in herbs and spices or even marinate it overnight to get a decent flavour out of it. Get yourself a poulet de bresse, and it's a whole different story. These birds have been bred in the same French province for centuries, they have loads of space to run around, and they're encouraged to

eat a varied diet. Because of all that, you can put it straight in the oven on a low heat for an hour, then take it out, cover it in salt, and put it back in on high for 15 minutes, and you've got a meal for four that tastes out of this world.

If you've got really nice bull's heart tomatoes, cucumber and some olive oil, it's pretty easy to just mix it up into a great salad to go with it; crap vegetables make crap salads, and then you need to make it more complicated to make it taste better, which is a false economy. French culinary sensibilities make solo dining low effort too. I remember sitting out one night in Portugal with a tin of Ortiz tuna and crusty bread, and I just spent the whole evening on my balcony eating that with some drinks. It was perfect – no mayonnaise necessary.

Speaking of drinks, when it comes to cocktails the same rules apply. If you've got good quality Grey Goose Vodka, you don't need to mask the taste with syrupy mixers. Rather, you should let the inherent quality of Grey Goose Vodka do the talking, using it as the perfect base for botanical and classic citrus flavours such as elderflower, lemon juice or lime juice, as they complement the vodka without overpowering it – both Le Grand Fizz and Paris to Pampelonne are cocktails that add something new to the vodka without distracting from its taste. Grey Goose cocktails are wonderfully versatile too. If you're pairing with something sweet, an Espresso Martini with high-quality espresso will balance things out nicely.

Whether you're hosting a dinner party, or having a quiet night in with your partner, if you keep food and drink simple, the night's more sociable for you because you're not breaking your back in the kitchen. And finding the sort of ingredients you need to make great, simple food is easier than ever nowadays. You can track down great independent suppliers and butchers on Instagram, and apps such as Farmdrop do the searching on your behalf, bringing locally sourced, sustainable ingredients, grown by people who really care about quality, to you – and when you buy direct from the source, you're putting more money in the suppliers' hands.

This stuff isn't the food I serve at work. This is how I cook for myself. And whether you're making food for 15 people or just for you, when you're at home, you don't have to cook like a professional. For quite a few years, we've been saying to the public: "You should be making more things at home" – and yes you should, but there's no reason to make things more complex than they ought to be. So next time you're stocking up for a party, a romantic night in or a solo dinner, put your effort into finding the best ingredients and the highest-quality cocktails. Then, 75% of the job is done, leaving you to enjoy your company – even if it's just your own company. Win-win (<https://www.theguardian.com/live-victoriously/2019/sep/17/neil-rankin-if-you-keep-your-food-and-drink-simple-the-night-is-more-sociable>)

5. Use of English

a) Open the brackets and explain your choice of the form:

Chicken **(be)** a great example. If you **(buy)** a standard supermarket chicken, you have **(cover)** it in herbs and spices or even **(marinate)** it overnight **(get)** a decent flavour out of it. **(Get)** yourself a poulet de bresse, and it **(be)** a whole different story. These birds **(be)** bred in the same French province for centuries, they **(have)** loads of space to run around, and they **(be)** encouraged **(eat)** a varied diet. Because of all that, you can **(put)** it straight in the oven on a low heat for an hour, then **(take)** it out, **(cover)** it in salt, and **(put)** it back in on high for 15 minutes, and you **(get)** a meal for four that tastes out of this world.

b) Fill in gaps:

Speaking (1)___ drinks, when it comes (2)___ cocktails the same rules apply. If you've got good quality Grey Goose Vodka, you don't need (3)___ mask the taste (4)___ syrupy mixers. Rather, you should let the inherent quality (5)___ Grey Goose Vodka do the talking, using it (6)___ the perfect base for botanical and classic citrus flavours such (7)___ elderflower, lemon juice or lime juice, as they complement the vodka (8)___ overpowering it – both Le Grand Fizz and Paris to Pampelonne are cocktails (9)___ add something new (10)___ the vodka without distracting (11)___ its taste. Grey Goose cocktails are wonderfully versatile too. If you're pairing (13)___ something sweet, an Espresso Martini with high-quality espresso will balance things (14)___ nicely.

6. Speaking and discussion

Nowadays people in many countries have faced health problems because they choose to live unhealthy / sedentary lifestyle. Give your opinion on the problem.

Seminar 5

У лікаря / At the doctor's

1. Drilling

Near an ear, a nearer ear, a nearly eerie ear

Yellow butter, purple jelly, red jam, black bread.

Spread it thick, say it quick!

Yellow butter, purple jelly, red jam, black bread.

Spread it thicker, say it quicker!

Yellow butter, purple jelly, red jam, black bread.

Don't eat with your mouth full!

2. Vocabulary list

<i>Physician</i>	<i>Otolaryngologist</i>	<i>Take a pill</i>
<i>General practitioner</i>	<i>Gynecologist</i>	<i>Take aspirin (pill, tablet, capsule, powder, drops, syrup, tincture, lotion, spray, ointment, cream)</i>
<i>Family doctor</i>	<i>Obstetrician</i>	<i>Analgesic</i>
<i>Pediatrician</i>	<i>Anesthesiologist</i>	<i>Antacid</i>
<i>Surgeon</i>	<i>Radiologist</i>	<i>Antibiotic</i>
<i>Neurosurgeon</i>	<i>Pharmacist</i>	<i>Tranquillizer</i>
<i>Plastic surgeon</i>	<i>Veterinarian</i>	<i>Contraceptive</i>
<i>Orthopedic surgeon</i>	<i>Nurse</i>	<i>Laxative</i>
<i>Orthopedist</i>	<i>Paramedic</i>	<i>Decongestant</i>
<i>Neurologist</i>	<i>Medicine</i>	<i>Antiseptic</i>
<i>Dermatologist</i>	<i>Medication</i>	<i>Antibacterial spray</i>
<i>Gastroenterologist</i>	<i>Preparation</i>	<i>Iodine</i>
<i>Urologist</i>	<i>Medicament</i>	<i>Paint with iodine</i>
<i>Rheumatologist</i>	<i>Remedy</i>	<i>Medicine chest</i>
<i>Psychiatrist</i>	<i>Cold medicine</i>	<i>Medicine cabinet</i>
<i>Oncologist</i>	<i>Medicine for a cold</i>	<i>First-aid kit</i>
<i>Dentist</i>	<i>Cold remedies</i>	
<i>Dietician</i>	<i>Prescribe medication</i>	
<i>Cardiologist</i>	<i>Give a prescription</i>	
<i>Ophthalmologist</i>	<i>Take medicines</i>	

3. Pre-reading questions:

What makes the medical doctor's job hard?

4. Checking reading skills:

The harsh reality of underfunding at my hospital?

Swept away for Johnson visit

Doctor gives anonymous account of chronic understaffing and lack of resources at Whipps Cross, the hospital visited by the PM

Matthew Weaver

I was one of the doctors who met Boris Johnson today. This was a highly staged press event in a newly refurbished hospital ward at Whipps Cross

hospital where the prime minister met a few select members of staff and patients. This event completely brushed over the harsh realities of this chronically underfunded, understaffed and poorly resourced hospital.

The hospital is held together only by the hard work and dedication of its healthcare workers but it cannot be sustained for much longer under these pressures.

I'm so glad that Omar Salem [the man who confronted the prime minister on Wednesday about the hospital's care of his daughter] said the things he did. He was just telling the truth about what it is like to be on the receiving end of poor staffing levels and under-resourcing.

It was a shame some of the senior executives were trying to shut Salem up. But he got his point across effectively.

It just wasn't true that there were no press there. It was all being filmed. It was very staged.

We were told yesterday that there was a special guest coming and nobody knew until this morning that it was Johnson. All the staff were lined up in a row in front of a team of camera crew and photographers. When I saw it was him I wanted to say something, but I didn't want to lose my job.

I've been thinking about it all day and felt I had to say something because NHS hospitals today can be unsafe places. Whipps Cross [in Leytonstone, north-east London] is particularly understaffed and under-resourced so people don't get the care that they need as promptly as they need.

And this visit was not reflective of the realities of working at this hospital. Johnson was taken to the nicest ward in the hospital; there were flowers on display and classical music was playing in the background. I wish the prime minister could have seen some of the other wards, which are nothing like what he saw today. He should come on a night shift and see how everything doesn't function at two in the morning.

I'm disappointed with the care I can give patients. I work in acute adult medicine and I constantly feel that I am doing a disservice to patients and their families.

There aren't enough computers and the ones we have got are very slow. So if you have a sick patient in the night you can often spend 20 minutes logging on to a computer. And then it can take another 20 minutes trying to access the equipment and organise basic investigations.

Discharges and diagnosis are often delayed by people waiting for scans. Patients who are medically fit to discharge are waiting in the hospital for social services to kick in. They end up being there for weeks. And then they can get hospital-acquired pneumonia.

There are not enough staff on any level – nursing, physiotherapy, doctors. It is just chronically understaffed. The building is falling to pieces. It is either too cold or too hot. I could go on and on.

I love medicine, but you just can't do your job properly. You don't have time to talk to patients or families. Everybody is really demoralised. There's no point in complaining because you know nothing will be done.

This is just what the NHS is like now (<https://www.theguardian.com/society/2019/sep/18/the-harsh-reality-of-underfunding-at-my-hospital-swept-away-for-johnson-visit>)

5. Use of English

a) Open the brackets and explain your choice of the form:

We **(be/tell)** yesterday that there **(be)** a special guest **(come)** and nobody **(know)** until this morning that it **(be)** Johnson. All the staff **(be/line)** up in a row in front of a team of camera crew and photographers. When I **(see)** it **(be)** him I **(want)** **(say)** something, but I **(not/want)** **(lose)** my job.

I **(be/think)** about it all day and **(feel)** I **(have/say)** something because NHS hospitals today **(can/be)** unsafe places. Whipps Cross [in Leytonstone, north-east London] **(be)** particularly understaffed and under-resourced so people **(not/get)** the care that they **(need)** as promptly as they **(need)**.

b) Insert the missing part of the sentence. One part is an extra

I'm disappointed with the care (1)____. I work (2)____ and I constantly feel that I am (3)____ to patients and their families.

There aren't (4)____ and the ones we have (5)____. So if you have (6)____ in the night you can often spend 20 minutes (7)____ to a computer. And then it can take another 20 minutes (8)____ the equipment and organise basic investigations.

- A. trying to access
- B. logging on
- C. a sick patient
- D. in acute adult medicine
- E. doing a disservice
- F. got are very slow
- G. enough computers
- H. I can give patients
- I. a team of camera crew

6. Speaking and discussion

Do you find the problems that the British National Health System faces similar to ours?

Seminar 6

Спосіб життя й здоров'я / Health and lifestyle

1. Drilling

Four furious friends fought for the phone

2. Vocabulary list

Sweep – If you sweep things off something, you push them off with a quick smooth movement of your arm.

Exhilarated – If you are exhilarated by something, it makes you feel very happy and excited. [FORMAL]

Swivel – if you swivel in a particular direction, you turn suddenly in that direction

Vicarious – A vicarious pleasure or feeling is experienced by watching, listening to, or reading about other people doing something, rather than by doing it yourself.

Vying – If one person or thing is vying with another for something, the people or things are competing for it.

Murky – A murky place or time of day is dark and rather unpleasant because there is not enough light.

Recur – If something recurs, it happens more than once.

3. Pre-reading questions:

Why do people do sports?

Can a sporting activity help you with psychological problems?

4. Checking reading skills:

Muay thai didn't heal me - but it brought everything into focus

Elena Cresci

When people find out that I am an amateur muay thai fighter, the first thing they often ask is whether I am scared when I get in the ring. To a certain extent, yes: thai boxing is known as the art of eight limbs, where punches, knees, elbows and kicks all come into play. As an amateur, I'm not at the elbows stage just yet, but even so, fighting isn't exactly a risk-free activity.

The truth is, I am a fighter because I was looking to escape parts of my life I found more difficult than being punched in the face.

Outside the ring, I am the master of avoiding things I don't want to deal with. When I was 16, my grandfather died in a house fire the day before my GCSEs started. My reaction was to not tell any teachers or friends until later, pretending that it didn't happen. I thought I was being mature, but all I was doing was tucking away the grief and trauma to fester for another day. In the background, anxiety and depression became the fabric of my day-to-day life, but only in parts I could safely hide from others.

Denying the erosion of my mental health became a recurring theme throughout my 20s. I had wanted to be a journalist for years, with wide-eyed dreams of making a difference. But as a young member of the newsroom adept

at navigating the murkier parts of social media, I was often the person looking for the worst possible videos on the internet in the thick of terror attacks.

Those first few hours after a suspected terror incident are crucial to figuring out exactly what is going on, filled with misinformation from bad actors and people who are just vying for retweets. In among those are the witness accounts, pictures and videos that tell you what is really going on. I wrongly assumed my mental health would be safe when I switched off my screen.

When the panic attacks and flashbacks began, death and violence was on autoplay. Even when I was away from computers, I felt an overwhelming sense of shame – what journalist can't handle the realities of the world? It turns out I was dealing with the effects of vicarious trauma, where someone is affected by traumatic incidents they weren't directly exposed to.

A very bad day meant crying on the tube during rush hour, which became peak panic attack hour. I'm not proud of the person I became: irritable, miserable and not much fun to be around. I quit my job, got another one, only to quit that, too. Anger would swivel to hysteria most days and I couldn't figure out why – it is only recently that I have pieced together why my mental health crumbled in this way.

One day, I got an email about a local charity boxing event, where you trained for eight weeks and then fought at the end – and this particular event offered the option to do muay thai, a sport that I had always wanted to try. As a teenager, karate had been a big part of my life, although I was never much of a competitor. At 18, I did one tournament, got knocked down and hated every minute of it. I knew a muay thai fight would be much harder. Thailand's national sport is one of the toughest combat arts around. The thought of it terrified and exhilarated me in equal measure.

That first fight camp was probably more exhausting than terrifying and I realised exactly how unfit I was when I threw up after the first session. I got battered in every sparring session I attended, ending up with a gigantic bruise on my left leg. I cried in the showers, limped out of the gym and thought about not going back. But I strapped my leg up and ended up winning that first fight.

Two years and seven fights later, taking up muay thai was the best decision I ever made. I train six times a week, hitting pads, clocking up the rounds on the bag, sparring, clinching and topping it all off with strength conditioning and more running than I thought possible.

Last month, I fought, and won, at the Indigo in the O2, alongside some of British muay thai's best and brightest. If I could bottle up the feeling I get when I step in the ring, I would. The adrenaline when the bell chimes; looking at my opponent's chest and trying to figure her out, like a dangerous puzzle: is she a kicker or a puncher? Does she like to clinch and knee or is she going to try to **sweep** me to the ground? And how likely is she to knock me out? All of that is even sweeter if your hand gets raised at the end.

Muay thai didn't heal me, but it brought everything that was foggy into focus. And it means much more to me than just fight night: my fight team is my family. I have won fights, I have lost fights. But the real fight has always been within myself (<https://www.theguardian.com/lifeandstyle/2020/jan/06/fighting-helped-me-escape-parts-of-my-life-i-found-more-difficult-than-being-punched-in-the-face>)

5. Use of English

a) Fill in gaps:

One day, I got an email (1)___ a local charity boxing event, where you trained (2)___ eight weeks and then fought (3)___ the end - and this particular event offered the option to do muay thai, a sport that I had always wanted to try. As a teenager, karate had been a big part (4)___ my life, although I was never much of a competitor. At 18, I did one tournament, got knocked (5)___ and hated every minute of it. I knew a muay thai fight would be much harder. Thailand's national sport is one of the toughest combat arts around. The thought of it terrified and exhilarated me (6)___ equal measure.

That first fight camp was probably more exhausting (7)___ terrifying and I realised exactly how unfit I was when I threw (8)___ after the first session. I got battered in every sparring session I attended, ending (9)___ with a gigantic bruise on my left leg. I cried in the showers, limped out of the gym and thought (10)___ not going back. But I strapped my leg up and ended up winning that first fight.

b) Match the parts of the sentence:

And how likely is she	or is she going to try to sweep me to the ground?
If I could bottle up the feeling	if your hand gets raised at the end
Does she like to clinch and knee	at the Indigo in the O2
All of that is even sweeter	to knock me out?
Last month, I fought, and won,	I get when I step in the ring, I would.

6. Post-reading:

Write a story about an activity that has changed your life

Seminar 7

Спортивна діяльність / Sport activities

1. Drilling

Wow, race winners really want red wine right away

2. Vocabulary list

Seawater therapy (Thalassotherapy)

Arena

Stadium

Amateur

Athlete

Athletic

Athletics event

Olympic Games

Certificate

Medal

Trophy

Skill

Defeat

Opponent

Teammate

Player or team

Physique Tournament

Gymnast Beat

Captain is the team leader

Encouragement

Practice

Cheer on

Pass

Sportspeople

Coach

Trainer

Competition

Grass court

Record

Marathon

Whistle

Car racing

Spectator

Scoring point

Defence

Referee

Fan

Sportsmanship

Field

Rule

Gym

Tackle

Strategy

Championship

League

Swimmer

3. Pre-reading questions:

Do sport activities help us to live longer?

4. Checking reading skills:

Lose 220kg, beat back pain, love yourself: personal trainers on lessons that changed their lives

Part 2

Emine Saner

White, from London, studied for a year before becoming a full-time trainer. "Yes, it's about the weight loss and there is a huge aesthetic difference, but the mental difference is something you can't see in a picture and that's what I get the most fulfilment from." She has seen clients come off antidepressants, improve their relationships and change their lives in all sorts of ways.

At one point, she weighed 159kg (25st). She is now 80kg (12st 6lb). “I had a massive issue with emotional eating – that was how the weight piled on. I was in a really toxic relationship at the time, so that further fuelled my eating issues. I was a little bit overweight throughout my childhood but I put on a massive amount in that year, during that relationship.” She thinks she gained about 40kg (6st). “I had major confidence issues and anxiety. I suffered with depression.”

She moved in with her partner soon after they met, but the relationship turned sour. “It made a massive dent in my confidence. I was cut off from friends and family and because I’d put on so much weight I didn’t want to go out anyway. I felt trapped.”

She had seen some posts by a nutritionist on social media and decided to start tackling her diet. “There is so much misinformation and so many fads and you can get caught in a vicious circle of dieting. I dieted for as long as I can remember. I tried anything and everything.” The nutritionist encouraged her to take a “before” photograph of herself, wearing only her underwear. “I remember looking at it and thinking: ‘My God, how have I got here?’ I don’t think I was aware of how overweight I was. That was a big wake-up call and I decided enough was enough and to seek help because I wasn’t getting anywhere on my own.” With the nutritionist’s help, White lost quite a bit of weight over several months. “Then I got myself a personal trainer and did some sessions with them and that’s when I fell in love with weight training. It was the first time I felt a sense of achievement – that I could do this and that I really enjoy it.”

It was hard work, she says, but what surprised her was how simple it was. “All I needed to do was to be consistent in my habits – continually train and eat well – and the weight would fall off. I loved weight training because when you lift heavy weights, you put yourself in an uncomfortable position, but being able to push past it made such a big difference in my life outside of the gym.” She soon had the confidence to leave her relationship.

White advises working out why you want to become fitter, rather than having it as a vague goal. Then accountability can help you stick with the exercise – through either a personal trainer, or a friend you go for a walk or run with. You don’t need to go to the gym “but I think it can be easier because naturally our lifestyles don’t give us that activity, so we need to plan it. Once you’ve done it for a while, it becomes a habit, and the great thing with training is you’ll see immediate benefits to your life. And you’ll see there are no negatives.

“You also have to be consistent with your nutrition. For a lot of people, overeating is a way of suppressing emotions. I see it time and time again – people don’t know how to deal with their most powerful emotions so they use food as an outlet.” She still has treats: “That is how you stay sane. I’m not an advocate of cutting anything out of your diet; it’s about having everything in

moderation, and as much as your life needs. If you're sitting at a desk all day, you're going to need less" (<https://www.theguardian.com/lifeandstyle/2020/jan/09/lose-220kg-beat-back-pain-love-yourself-personal-trainers-on-lessons-that-changed-their-lives>)

5. Use of English

a) Fill in gaps:

She had seen some posts (1)___ a nutritionist (2)___ social media and decided to start tackling her diet. "There is (3)___ much misinformation and so many fads and you can get caught (4)___ a vicious circle (5)___ dieting. I dieted for as long (6)___ I can remember. I tried anything and everything." The nutritionist encouraged her to take (7)___ "before" photograph (8)___ herself, wearing only her underwear. "I remember looking (9)___ it and thinking: 'My God, how have I got here?' I don't think I was aware (10)___ how overweight I was. That was a big wake-up call and I decided enough was enough and (11)___ seek help because I wasn't getting anywhere (12)___ my own."

b) Open the brackets and explain your choice of the form:

White advises **(work)** out why you **(want)** **(become)** fitter, rather than **(have)** it as a vague goal. Then accountability can **(help)** you **(stick)** with the exercise – through either a personal trainer, or a friend you **(go)** for a walk or **(run)** with. You **(not/need)** **(go)** to the gym "but I **(think)** it can **(be)** easier because naturally our lifestyles **(not/give)** us that activity, so we **(need)** **(plan)** it. Once you **(do)** it for a while, it **(become)** a habit, and the great thing with training **(be)** you **(see)** immediate **(benefit)** to your life. And you **(see)** there **(be)** no negatives.

6. Speaking and discussion

Reveal your attitude to the extreme kinds of sports (zorbing, tubing, volcano sloping, skydiving, etc.).

Seminar 8

Відпочинок: хобі / Leisure time: hobbies

1. Drilling

Wayne went to Wales to watch walruses

2. Vocabulary list

<i>Go camping</i>	<i>Tennis</i>	<i>Embarrassing</i>
<i>Go fishing</i>	<i>Squash</i>	<i>Exciting</i>
<i>Go for a bike ride</i>	<i>Hockey</i>	<i>Frightening</i>
<i>Go for a walk</i>	<i>Baseball</i>	<i>Puzzling</i>
<i>Go out for a drink</i>	<i>Basketball</i>	<i>Fascinating</i>
<i>Go out for dinner</i>	<i>Volleyball Kickboxing</i>	<i>Interesting</i>
<i>Go shopping</i>	<i>Boxing Paragliding</i>	<i>Captivating</i>
<i>Go to a concert</i>	<i>Rock climbing</i>	<i>Extreme</i>
<i>Go to a party</i>	<i>Caving</i>	<i>Ordinary</i>
<i>Go to the beach</i>	<i>Jogging</i>	<i>Popular</i>
<i>Go to the cinema</i>	<i>Keeping fit</i>	<i>Dangerous</i>
<i>Go to the park</i>	<i>Horse-riding</i>	<i>Funny</i>
<i>Listen to music</i>	<i>Hiking</i>	<i>Enjoyable</i>
<i>Play computer games</i>	<i>Skateboarding</i>	<i>Challenging</i>
<i>Surf the Internet</i>	<i>Gymnastics</i>	<i>Tiring</i>
<i>Visit a museum</i>	<i>Athletics Mountaineering</i>	<i>Draining</i>
<i>Visit an art gallery</i>	<i>Swimming</i>	<i>Exhausting</i>
<i>Visit friends</i>	<i>Diving</i>	<i>Rousing</i>
<i>Watch a movie</i>	<i>Sailing</i>	<i>Expensive</i>
<i>Judo</i>	<i>Canoeing</i>	<i>Cheap</i>
<i>Karate</i>	<i>Windsurfing</i>	<i>Safe</i>
<i>Football</i>	<i>Amazing</i>	<i>Remarkable</i>
<i>Rugby</i>	<i>Boring</i>	<i>Slow</i>
<i>Cricket</i>	<i>Delighting</i>	<i>Unpleasant</i>

3. Pre-reading questions:

Do you have some national hobbies?

Is it important for person to have a hobby?

4. Checking reading skills:

Lose 220kg, beat back pain, love yourself: personal trainers on lessons that changed their lives

Part 3

Emine Saner

Waugh's issues with weight stretched back to his childhood. "I was always really big," he says. "When I was 17, I was 17st; when I was 18, I was 18st and it just went on." He lives in Luton, and when he was about 30, and weighing around 28st (178kg), he walked up a hill one day and started having heart palpitations. "I assumed I was having a heart attack and I became scared

to go out. Because I was stuck indoors I was getting depressed and because you associate happy times with food I would eat. I would be happy because I was eating something I really loved, then I'd get depressed afterwards because I was eating crap." He wouldn't eat much during the day but a typical evening meal, often from the takeaway, might consist of a doner kebab with extra meat, a couple of portions of chips and four burgers.

Waugh became a recluse for about 15 years. He rarely left his sofa, didn't go into the kitchen (his wife cared for him) and slept on a special medical bed. Did he want to get fitter? "My mental health wasn't allowing me to do that." He says he was largely left alone by the healthcare system, couldn't work and had no friends.

One day, he got a call from his sister, who told him that their brother, who was only 40, had died suddenly. "He had lived a healthy life and I felt cheated. I felt that death was meant for me." Then, he says, he told himself: "You're a selfish bastard just sitting waiting here for death to happen."

His GP referred him to an obesity clinic and eventually he was put on a waiting list for bariatric surgery – a gastric sleeve procedure to drastically reduce the size of the stomach. "I said: 'If you save my life, I'll pay it back.' I think I only had a 20% chance of survival and there was a huge team at my operation – two or three anaesthetists, four surgeons." Another operation – a duodenal switch, which reduces absorption of food by rerouting the small intestine – was scheduled, but first Waugh had to lose more weight. "I started going to the gym and my addiction changed from eating to being at the gym. I worked my backside off, lost a lot of weight really fast, and then a year later the surgeon did the switch."

His aim now is to train people to either prevent obesity surgery, or to lose weight in preparation for it, as well as people who have fibromyalgia or other illnesses. He says his own story gives him an understanding of their emotional challenges and physical capabilities. "That person is going to walk into an environment they're not going to be comfortable in, they're going to be nervous, they might have bad anxiety. What I have to do is say: 'Are you all right walking in to the gym on your own? Do you want to come in the back way? Do you want me to meet you in the car park? Can you manage the stairs?' These are all hurdles before they walk in the door."

Trevor Harrison-Phipps, from Croydon, was in his late 40s when he discovered exercise could cure the back pain he had endured for nearly 30 years. He had been a builder when he suffered a back injury while mixing concrete. He couldn't work for six months and was told he would need surgery, but refused even though he was in agony and his movement was restricted. Things improved to the point that he was able to work as a graphic designer but the pain remained. He remembers when his son was three, lying on the floor with him, trying to take a paracetamol and in tears.

He was on constant painkillers, plus antidepressants at one point, and he saw countless osteopaths who couldn't help. "Having that pain eating away at you day in, day out, destroys you. You can't see the light at the end of the tunnel." One friend, an ex-wrestler in his 70s, advised him to do a series of stretches but Harrison-Phipps ignored the advice for years. "When I was at my lowest ebb and overweight and depressed, I thought: 'Let's just do these four stretches in bed.'" Within days, his back pain had improved and he says it felt miraculous. "From that I got the confidence to go to the gym. The stretches were just the start of everything."

He had been going to the gym for a couple of years before looking around at the personal trainers there and thinking: "This is my calling – I've got to help people with back problems." He became a personal trainer four years ago at the age of 50, and now trains people who also have joint issues or arthritis.

What does he tell people? "Sleep well, exercise and eat well and the rest looks after itself. Try to always exercise, even if it is just for 10 or 15 minutes. It's not hard to make healthy food – you can have the bad stuff, but you've got to have a balance so the good stuff outweighs it. Sleep and rest periods, along with relaxation, put you in a better mindset."

And his own mindset? "This is the best job in the world," he says. "I love people and I'm with people all day long. Recently I got one lady who couldn't walk up the stairs – she had really bad arthritis. She's done 24 sessions with me now and she runs up and down stairs all day long." He says he has prevented at least two clients from needing shoulder surgery. He loves, he says, "the buzz of seeing people's lives change".

Waugh feels the same. It's one thing to help people lose a bit of weight to fit into a dress, he says, "but I'm talking about changing people's lives, if not saving their lives" (<https://www.theguardian.com/lifeandstyle/2020/jan/09/lose-220kg-beat-back-pain-love-yourself-personal-trainers-on-lessons-that-changed-their-lives>)

5. Use of English

a) Fill in gaps:

Waugh's issues with weight stretched (1)___ to his childhood. "I was always really big," he says. "When I was 17, I was 17st; when I was 18, I was 18st and it just went (2)___" He lives (3)___ Luton, and when he was (4)___ 30, and weighing (5)___ 28st (178kg), he walked (6)___ a hill one day and started having heart palpitations. "I assumed I was having (7)___ heart attack and I became scared to go (8)___ . Because I was stuck indoors I was getting depressed and because you associate happy times (9)___ food I would eat. I would (10)___ happy because I was eating something I really loved, then I'd get depressed afterwards because I was eating crap." He wouldn't eat much during (11)___ day but (12)___ typical evening meal, often from (13)___

takeaway, might consist (14)___ a doner kebab with extra meat, (15)___ couple of portions of chips and four burgers.

b) Insert the missing part of the sentence. One part is an extra

He had been going (1)___ for a couple of years before looking around at the personal trainers there and thinking: “This is (2)___ - I’ve got to help people (3)___” He became a personal trainer (4)___ at the age of 50, and now trains people who (5)___ joint issues or arthritis.

What does he tell people? “Sleep well, exercise and eat well and the rest looks (6)___ . Try to always exercise, even if it is just (7)___ . It’s not hard (8)___ - you can have the bad stuff, but you’ve got to have a balance so the good stuff outweighs it. Sleep and rest periods, (9)___, put you in a better mindset”.

- A. to make healthy food to the gym
- B. with back problems
- C. to be comfortable in
- D. after itself
- E. four years ago
- F. for 10 or 15 minutes
- G. my calling
- H. also have
- I. along with relaxation

6. Speaking and discussion

Give advantages and disadvantages of extreme kinds of sport. Do they help us to stay fit?

Seminar 9

Події та заходу / Plans and events

1. Drilling

Ann and Andy's anniversary is in April.

Mary Mac's mother's making Mary Mac marry me.

My mother's making me marry Mary Mac.

Will I always be so merry when Mary's taking care of me?

Will I always be so merry when I marry Mary Mac? (A song "Mari-Mac")

2. Vocabulary list

<i>Breakdown</i>	<i>Get-in</i>	<i>Pro Forma Invoice</i>
<i>Load Out</i>	<i>Honorarium</i>	<i>Proposal</i>
<i>Strike</i>	<i>Banquet setup</i>	<i>Request for Information</i>
<i>Banquet Event Order</i>	<i>Hybrid Event</i>	<i>Request for Proposal</i>
<i>Force Majeure Clause</i>	<i>Installation & Dismantle</i>	<i>Shell Scheme</i>
<i>Request for Proposal</i>	<i>(I&D)</i>	<i>Session</i>
<i>Aspect ratio</i>	<i>Itinerary</i>	<i>Space Only</i>
<i>Banquet round</i>	<i>Lounge zone</i>	<i>Specifications</i>
<i>Bleisure</i>	<i>Keynote</i>	<i>Talent</i>
<i>All-inclusive catering price</i>	<i>Master Account</i>	<i>Target Date</i>
<i>Concurrent Sessions</i>	<i>Modified Meeting Package</i>	<i>Trade Show</i>
<i>Conference Pack</i>	<i>No-show</i>	<i>Transcription</i>
<i>Consumer Show</i>	<i>Post Event Report</i>	<i>Traffic Flow</i>
<i>Day Delegate Rate</i>	<i>Post Event Feedback</i>	<i>Waitlist</i>
<i>Early Bird Registration</i>	<i>Pre Event Feedback</i>	<i>Wrap-up</i>
<i>Emcee</i>	<i>Pre-Registration</i>	

3. Pre-reading questions:

Do you celebrate important events and dates in your life at home or outdoors?

4. Checking reading skills:

Go loco: top autumn city breaks in Europe by train

Carolyn Boyd

With the crowds gone but the cultural scene buzzing, autumn is perfect for a European break. And our pick of destinations in five countries are reachable by train in less time than you might imagine

Biarritz, France

Fastest journey from London 7.5 hours via Paris (about an hour longer inbound)

Cheapest Nov fare with Eurostar J120 return

For fresh sea air, fabulous food and Basque culture, a short break in Biarritz fits the bill even in the cooler months. Though its glorious golden

beaches and surf culture may suggest it's a summer-only destination, there is plenty to draw you there in autumn.

Try to time your visit with the Fête de la Saint Martin (8-11 November) to see the town celebrate its Basque heritage through concerts, dance shows, workshops, food events and the Basque racket game, *pelota*.

Foodies will love Restaurant Week also in early November (4-10), when many of the town's restaurants showcase their best Basque dishes for €20 for lunch or €30 for dinner. Though you can embrace the French Basque country's piquant cuisine any time of year at Les Halles market – tuck into *pintxos* (Basque tapas) and sip local wine at the many stalls.

For goodies to take home, explore the town's many chocolateries, such as *Parijs* or *Maison Adam*, and *Rue Victor Hugo*, home to the ultimate cheese shop, *1001 Fromages*, and the *Maison Arosteguy épicerie*, which is rammed to the rafters with fantastic Basque and French products.

The other streets that surround the market are great for restaurants, as is *Rue Gambetta*, leading south from the market. Elsewhere, one of the best tables in town is *Le Pimpi Bistrot* on *Avenue de Verdun*, where chef *Manu Michel*'s dishes showcase the seafood, fish and charcuterie that the Basque country does so well, while nearby locals' favourite *Tantina de Burgos* on *Place Beau Rivage* serves excellent dishes flavoured with the local chilli pepper, *piment d'espelette*.

Autumn sees the mighty Atlantic waves roll ever more fiercely to shore, and if you dare take to the water there are several surf schools to hire you a board, wetsuit and the guidance of an instructor. A more indulgent way to enjoy the sea, though, is with a thalassotherapy session – seawater therapy – which will blast, drench or sprinkle you with seawater in a variety of treatments said to help circulation and skin tone. Try it at the *Sofitel* (treatments from €45).

Or to enjoy the ocean without getting wet, take a coastal walk from the lighthouse along the *Grande Plage*, through the cluster of fisherman's cabins at *Port des Pêcheurs*, and on to *Le Rocher de la Vierge* – a rock formation topped with a *Virgin Mary* statue, on the site of a miracle. Then follow the road around to the small *Plage de Port Vieux*, and finish at the incredible *Côte des Basques* beach. At this end of town, you can also explore the *Cité de l'Océan*, an interactive nautical museum, which includes a virtual reality surf experience – the cheat's way to hit the waves.

Example journey. It's quite a distance, but a relatively quick and very easy way to whizz down to the south of France, and the scenery is a treat in itself. Take the 11.31 from London to Paris Gare du Nord, then from Paris Gare Montparnasse the 15.52 gets you to Biarritz in time for dinner at 19.58. Returning, the 09.58 gets to Paris Montparnasse at 14.08, then the 16.13 from Paris Gare du Nord gets into London at 17.39.

Stay. Hotel de l'Océan (doubles from €69 B&B) is a friendly three-star hotel in the town centre, just above the Port des Pecheurs (<https://www.theguardian.com/travel/2019/oct/19/top-10-autumn-city-breaks-in-europe-by-train-rail-france-belgium-netherlands-germany-switzerland>).

5. Use of English

a) Open the brackets and explain your choice of the form:

Foodies **(love)** Restaurant Week also in early November (4-10), when many of the town's restaurants **(showcase)** their best Basque dishes for €20 for lunch or €30 for dinner. Though you **(can)** embrace the French Basque country's piquant cuisine any time of year at Les Halles market – tuck into *pintxos* (Basque tapas) and sip local wine at the many stalls.

For goodies **(take)** home, **(explore)** the town's many chocolateries, such as Paris or Maison Adam, and Rue Victor Hugo, home to the ultimate cheese shop, 1001 Fromages, and the Maison Arosteguy *épicerie*, which **(be)** rammed to the rafters with fantastic Basque and French products.

b) Fill in gaps:

Autumn sees (1)___ mighty Atlantic waves roll ever more fiercely (2)___ shore, and if you dare take (3)___ the water there are several surf schools (4)___ hire you a board, wetsuit and the guidance (5)___ an instructor. A more indulgent way to enjoy the sea, though, is (6)___ a thalassotherapy session – seawater therapy – which will blast, drench or sprinkle you (7)___ seawater in a variety (8)___ treatments said to help circulation and skin tone. Or to enjoy the ocean (9)___ getting wet, take a coastal walk from the lighthouse (10)___ the Grande Plage, through the cluster (11)___ fisherman's cabins at Port des Pecheurs, and on to Le Rocher de la Vierge – a rock formation topped (12)___ a Virgin Mary statue, on the site of a miracle. Then follow the road (13)___ to the small Plage de Port Vieux, and finish at the incredible Côte des Basques beach.

6. Speaking and discussion

Do you plan important event beforehand?

Do you like spontaneous events in your life?

Seminar 10

Дозвіллевий досвід / Entertainment experience

1. Drilling

Elizabeth's birthday is on the third Thursday of this month

2. Vocabulary list

<i>Corporate hospitality</i>	<i>Frolic</i>	<i>Merry-making</i>
<i>Hospitality</i>	<i>Giggle</i>	<i>Mischief</i>
<i>Son et lumiure</i>	<i>High jinks</i>	<i>Quality time</i>
<i>Spoof</i>	<i>Stay in and veg</i>	<i>Riot</i>
<i>Conduct</i>	<i>Couch potato</i>	<i>Romp</i>
<i>Crack</i>	<i>Go back to mine and chill</i>	<i>Rough-and-tumble</i>
<i>Distraction</i>	<i>Get a takeaway</i>	<i>Savour</i>
<i>Diversion</i>	<i>Amusement / Pleasure</i>	<i>Wheeze</i>
<i>Entertainment</i>	<i>A (real) hoot</i>	<i>When / while the cat's away (the mice will play)</i>
<i>Fling</i>	<i>Lark</i>	

Artistic Events (ballet, concert, art gallery exhibition, exhibition center, cinema, film, fun and games, play, opera, opera house, theatre, stadium, museum, concert hall)

Arts and Crafts (carving, drawing, knitting, painting, pottery, sculpture, sewing)

Audience (box office, bums on seats, captive audience, concertgoer, crowdsurfing, floor, full house, ladies and gentlemen, Mexican wave, mosh pit, pitch invasion, seat. someone's public, spectator, take in, target, theatregoer, turnout)

Show (showbiz, show business, air show, bullfight, horseplay, burlesque, cabaret, comedy, movieoke, karaoke, gaieties, light entertainment, light show, musical comedy, music hall, nightlife, pantomime, strip, strip show, striptease, tattoo, variety, vaudeville)

Popular culture / Outgoing (bar, cafu, circus, nightclub, pub, restaurant, zoo)

3. Pre-reading questions:

What places of cultural outgoing would you suggest to a foreigner in your city / town?

Does entertainment influence humans' life?

4. Checking reading skills:

Great winter holidays in Europe for non-skiers

Winter sports holidays... Mountain spas and dog-sledding, cosy cabins and roaring fires ... You don't need to hit the slopes to enjoy a snowy break

Joanne O'Connor

Snowshoeing in Austria

In winter, the hills around Salzburg are alive with the sound of snowshoes shushing across frozen slopes. Learn the technique on a small-group guided adventure in Salzkammergut, south-east of the city. Based in the village of Faistenau, the group will be given expert tuition before setting off to explore the snowy trails of Mount Zwülferhorn and the shores of Lake

Fuschlsee. On the last day, soak tired muscles in the heated pools, saunas and hot tubs of the St Wolfgangsee Wellness spa.

- *Five nights' half-board costs from J829pp with Walks Worldwide. Excludes flights/rail travel to Salzburg. Departs 9 February*

Trekking in Transylvania

Transylvania's landscape of forest-covered mountains and hilltop castles is transformed into a winter wonderland when the snow falls. Explore the region's traditional villages, quiet valleys and mountain pastures on a week's hiking and snowshoeing adventure with Exodus. No visit to Transylvania is complete without a visit to Bran Castle (the jury's out on whether Vlad the Impaler, on whom Bram Stoker loosely based Dracula, ever visited the castle, but it looks suitably gothic). Other highlights include the chance to search for wolf and bear tracks in the snow, and a walk through the impressive Prrprstiile Zrrneetilor canyon.

- *An eight-day guided group trip, including seven nights' accommodation at the Villa Hermani guesthouse, most meals, transfers and flights, costs from J1,049pp with Exodus*

Wellness in the Dolomites

Yes, of course you can hurtle downhill from the ski resorts of Renon/Ritten in the South Tyrol, but why would you want to when you could be soaking in the hot tub of the new Adler Lodge Ritten, gazing at the beauty of the surrounding Dolomites, or enjoying a herbal sauna in a frost-laced forest? High above the town of Bolzano and reached by a short ride on a cable car, this spa hotel is offering guests the perfect antidote to festive indulgence – crisp mountain air, gently bracing activities and luxury treatments. Yoga, meditation and guided hiking are offered by the hotel. Guests can also try their hand at sledding, snowshoeing, cross-country skiing and ice skating on outdoor rinks and frozen ponds (weather permitting).

- *A three-night Winter Magic all-inclusive stay at the Adler Ritten Lodge costs from €678pp. Includes use of the spa (not treatments), spa voucher, ski tours, hikes, yoga and access to forest sauna. The nearest airports are Verona and Innsbruck, or travel by train to Bozen*

Winter walking in the Spanish Pyrenees

The Ordesa National Park has some of the best hiking in the Pyrenees. Its landscape of towering mountains, tumbling waterfalls and deep limestone canyons is even more starkly beautiful in winter, when the lakes freeze over and Monte Perdido (Lost Mountain), the highest peak in the park, is capped with snow. Combining snowshoeing with hiking, a seven-day guided winter walking tour from Purely Pyrenees will take you deep into the park, returning each night to a traditional hotel in the mountain village of Linas de Broto.

- *A seven-night trip costs from €925pp with Purely Pyrenees, excluding flights or rail travel to Lourdes. Departures from 1 January to 28 March (<https://>*

5. Use of English

a) Insert the missing part of the sentence. One part is an extra

(1)___, the hills around Salzburg are alive with the sound (2)___shushing across frozen slopes. Learn the technique (3)___guided adventure in Salzkammergut,(4)___ . Based in the village of Faistenau, the group will be given (5)___before setting off to explore the snowy trails of Mount Zwölfhorn and the shores(6)___.(7)___, soak tired muscles in the heated pools, saunas and hot tubs (8)___.

- A. expert tuition
- B. on a small-group
- C. south-east of the city
- D. of Lake Fuschlsee
- E. of the new Adler Lodge Ritten
- F. of the St Wolfgangsee Wellness spa
- G. on the last day
- H. in winter
- I. of snowshoes

b) Open the brackets and explain your choice of the form:

Transylvania's landscape of forest-covered mountains and hilltop castles **(be)** transformed into a winter wonderland when the snow falls. **(Explore)** the region's traditional villages, quiet valleys and mountain pastures on a week's hiking and snowshoeing adventure with Exodus. No visit to Transylvania **(be)** complete without a visit to Bran Castle (the jury's out on whether Vlad the Impaler, on whom Bram Stoker loosely **(base)** Dracula, ever **(visit)** the castle, but it **(look)** suitably gothic). Other highlights **(include)** the chance **(search)** for wolf and bear tracks in the snow, and a walk through the impressive Prrprstiile Zrrneetilor canyon.

6. Speaking and discussion

Do modern teens need outgoing cultural entertainment compared to a virtual one? Explain your view.

Seminar 11

Покупки: плоди и овоци / Shopping: fruits and vegetables

1. Drilling

How many cans can a cannibal nibble if a cannibal can nibble cans? As many cans as a cannibal can nibble if a cannibal can nibble cans

2. Vocabulary list

Fruits

Apple
Watermelon
Orange
Pear
Cherry
Strawberry
Nectarine
Grape
Mango
Blueberry
Pomegranate
Carambola / starfruit
Plum
Banana
Raspberry
Mandarin
Jackfruit
Papaya
Kiwi
Pineapple

Lime

Lemon

Apricot

Grapefruit

Melon

Coconut

Avocado

Peach

Vegetables

Corn

Mushroom

Broccoli

Cucumber

Red pepper / red bell

pepper

Pineapple

Tomato

Swede / rutabaga

Carrot

Brussels sprout

Pumpkin

Cabbage

Potato

Eggplant

Sweet potato

Turnip

Courgette / zucchini

Green chilli

Onion

Lettuce

Radish

Pea

Asparagus

Celery

Green pepper

French beans

Spinach

Beetroot / beet

Red chillies / red chili

peppers

Bean

3. Pre-reading questions:

What dishes can you cook with carrots?

4. Checking reading skills:

Nigel Slater's carrots, spices and paneer

Nigel Slater

The recipe

Set the oven at 200C/gas mark 6. Trim and scrub 800g of carrots and put them in large roasting tin. Pour over 5 tbsp of groundnut oil and toss gently to coat. Roast for 40-45 minutes till tender, tossing them halfway through.

Warm 1 tsp each of coriander seeds, mustard seeds, cumin seeds and nigella in a dry pan for a couple of minutes. As soon as the spices smell toasted and are starting to pop, crush them coarsely using a pestle and mortar, or give them a brief ride in a spice mill. Scatter the spices over the carrots with a little sea salt and toss gently, then remove the carrots from their tin and transfer to a serving dish.

Place the tin over a moderate heat and add 250g of paneer, crumbling it into small pieces as you go. Let the paneer fry, with the occasional turn, until it is golden. Scatter the paneer over the carrots and serve. Enough for 2.

The trick

Carrots roast sweetly enough, but it is a good idea to baste them as they cook, adding a little more butter or oil as you think fit. The sugars that caramelize on the base of the roasting tin are an essential part of the dish. Stir the paneer as it fries, encouraging it to pick up some of the sweetness left in the roasting tin.

The twist

Feta cheese, crumbled into large pieces, is a deliciously piquant alternative to the paneer. Young parsnips will work in place of the carrots. Make a coriander dressing to toss the roasted carrots and paneer in by blitzing olive oil and lemon juice with mint and coriander leaves in the blender. A pinch of sugar won't go amiss (<https://www.theguardian.com/food/2019/may/28/nigel-slater-mid-week-meal-roast-carrot-spices-paneer>)

5. Use of English

a) Fill in gaps:

Carrots roast sweetly enough, but it is (1)___ good idea (2)___ baste them (3)___ they cook, adding a little more butter or oil (4)___ you think fit. The sugars that caramelize (5)___ the base of the roasting tin are (6)___ essential part (7)___ of the dish. Stir the paneer as it fries, encouraging it to pick (8)___ some (9)___ the sweetness left (10)___ the roasting tin.

b) Open the brackets and explain your choice of the form:

(Warm) 1 tsp each of coriander seeds, mustard seeds, cumin seeds and nigella in a dry pan for a couple of minutes. As soon as the spices **(smell)** toasted and **(be)** starting to pop, **(crush)** them coarsely **(use)** a pestle and mortar, or **(give)** them a brief ride in a spice mill. **(Scatter)** the spices over the carrots with a little sea salt and **(toss)** gently, then **(remove)** the carrots from their tin and **(transfer)** to a serving dish.

6. Speaking and discussion

What is your favourite way of cooking vegetables?

Seminar 12

Покупки: спеції, барвники, ароматизатори / Shopping: spices, flavours, flavour additives

1. Drilling

How much pot, could a pot roast roast, if a pot roast could roast pot

2. Vocabulary list

<i>Cilantro / coriander</i>	<i>Onion</i>		<i>Zeitgeist</i>
<i>Artichoke</i>	<i>Spring</i>	<i>onions/green</i>	<i>Ambrosia</i>
<i>Rosemary</i>	<i>onions</i>		<i>Dry food</i>
<i>Bay leaves</i>	<i>Lemongrass</i>		<i>Appetite (hunger, craving, desire, taste, ravenousness, sweet tooth, thirst, penchant passion)</i>
<i>Mint leaves</i>	<i>Chives</i>		<i>Appetizer (tidbit, snack, starter, hors d'oeuvre, finger food, dip, cold cuts, kickshaw)</i>
<i>Basil</i>	<i>Green chili</i>		
<i>Clove</i>	<i>Savoury condiment</i>		
<i>Olive</i>	<i>Sapidity</i>		
<i>Shallot</i>	<i>Gustatory perception</i>		
<i>Turmeric</i>	<i>Gustatory sensation</i>		
<i>Garlic</i>	<i>Taste perception</i>		
<i>Ginger</i>	<i>Taste sensation</i>		

Acerbic (sour / bitter / sharp) (cutting, caustic, acid, mordant, barbed, prickly, biting, pointed)

Acidic (sharp, tart, sour, bitter)

Acrid (pungent, bitter, choking, sharp, unpleasant, harsh)

Aftertaste (trace, hint, smack, relish, savour)

Ambrosial (delectable, mouthwatering, heavenly, savory, delicious, tasty, toothsome, divine)

Appealing (attractive, tempting, interesting, pleasing, alluring, likable, engaging, charming, fascinating, glamorous)

Appetizing (appealing, mouth-watering, delectable, savory, delicious, palatable, inviting, tantalizing, toothsome, luscious, tempting, tasty, enticing)

Astringent (biting, harsh, sharp, cutting, acerbic, severe, rough, acrid, mordant, caustic)

Balsamic (soothing, balmy, mild, gentle, temperate, tranquil, calm)

Biting (caustic, piercing, penetrating, stinging, sharp, severe, mordant)

Bitter (acrid, tart, sour, harsh, acidic, vinegary, acerbic)

Brackish, briny (salty, briny, saline)

Caustic (biting, acidic, sharp, astringent, stinging, scathing, excoriating)

Delectable (delicious, tasty, mouth-watering, appetizing, scrumptious, luscious, enjoyable, palatable, delightful, toothsome, pleasing, satisfying)

Delicious (tasty, appetizing, scrumptious, yummy, luscious, delectable, mouth-watering, fit for a king, delightful, lovely, wonderful, pleasant, enjoyable, appealing, enchanting, charming)

Divine (heavenly, godly, celestial, marvelous, delightful, lovely, blissful)

Dulcet (sweet, honeyed, pleasant, in a gentle way, something in harmony with your taste or likings)

Dulcified (sweeter, softer, in taste, edulcorated, sweetened)

Flavored (seasoned)

Flavorful (flavorsome, tasty, tangy, appetizing, palatable)

Flavorsome (delicious, tasty, appetizing, scrumptious, yummy, juicy, succulent, heavenly, inviting, luscious, mouthwatering, palatable, saporous, savory; may be divine, toothsome, and tempting)

Harsh (abrasive, coarse, acerbic, astringent, biting, bitter, caustic, cutting, dry, mordant, nasty, sharp, stinging, vitriolic)

Honey (sweet, sugar, sweetened, sugarcoated, syrupy, candied)

Hot (scorching, boiling, blistering, sizzling, searing, blazing, torrid / spicy, peppery, piquant, pungent)

Juicy (succulent, luscious, thirst quenching, moist, ripe, usually flavorful)

Luscious (delicious, delectable, scrumptious, succulent, super tasty, toothsome, more than palatable, mouthwatering)

Mellow (smooth, rich, full, soft, melodious)

Mouthwatering (savory, flavorful, succulent, gorgeous, delicious)

Nectarous (ambrosial, delicious, sweet)

Palatable (edible, pleasant, tasty, appetizing, toothsome)

Peppery / piquant (gingery, spicy, hot, fiery, sharp, stinging, pungent)

Piquant (salty, savory, spicy, tasty, zesty)

Pungent (spicy, hot, heady, overpowering, sharp, biting)

Rancid (stale, rotten)

Rank (smelly, foul, stale, rancid).

Saccharine (sugary, syrupy, maybe treacly)

Saline (salty)

Scrumptious (delicious, delectable, mouthwatering, tasty, delightful, gorgeous, lipsmacking, yummy)

Sharp (incisive, harsh, sour, tangy, pungent, tart, bitter, acerbic, astringent)

Sour (acid, lemon-like, vinegary, tart, bitter, acerbic)

Spicy (piquant, hot, fiery, burning)

Succulent (juicy, moist, tender, lush, luscious)

Sugary (sweet, syrupy, candied, sugar coated, honeyed, sweetened, sugared, saccharine)

Sweet-and-sour

Tang (tart spiciness)

Tart sharp (bitter, acid, acidic, harsh, sour)

Tasteful (sophisticated, stylish, classy)

Treacly (syrupy, saccharine)

Yummy (scrumptious, delicious, delectable, luscious)

Zesty (spicy, piquant, utterly savory, invigorating, stimulating, fresh and reviving)

3. Pre-reading questions:

What would you do with an old box of spices found in your kitchen drawer?

4. Checking reading skills:

Liven up your spice: just apply heat

Tom Hunt

Spices never really go off, but they do lose potency and flavour. Where possible, buy spices whole, because they last up to four years and will always be fresher than ready-ground. And store them in airtight jars, out of direct sunlight, to prolong their life.

If a spice does grow old, don't give up – it can be revived with heat. Dry roast whole spices until they smell aromatic and pop, then add to a dish or

grind. To bring ground spices back to life, heat them in a dry pan or some oil, with or without onions, but be careful they don't catch and burn.

If you do have a load of spices that are growing old and need using up, there are lots of spice-heavy recipes you can draw on. Make your own garam masala or ras el hanout, say, and apply liberally to traditional or your own recipes. Or try dukkah, an Egyptian dip made with toasted spices, nuts and seeds. The toasting revives their flavour and crunch, so it's a great way to use up ingredients that seem past their best. Make up your own variations using whatever nuts and spices you have to hand.

Dukkah

This scrumptious, spicy and crunchy dip is quick to make, and although it wouldn't last five minutes in my house, it will keep indefinitely if stored in an airtight jar. To eat it, dip bread first into extra-virgin oil and then into the dukkah, coating the bread with a crunchy outer layer. Makes about 1 x 150g jar.

50g nuts (hazelnuts, walnuts, etc)

3S tbsp warm spices – coriander seeds, cumin seeds, etc

40g sesame (or other) seeds

1 big pinch dried herbs (thyme, oregano, marjoram, herbes de Provence, za'atar)

1 tsp sea salt

Extra-virgin olive oil and flatbread or pitta, to serve

Put the nuts on an oven tray and roast at 210C (190C fan)/410F/gas 6S for three minutes. Add the spices and return to the oven for five minutes, alongside sesame (or other) seeds on a second tray. Remove and leave to cool, then crush everything except the seeds in a mortar, spice grinder or blender. Stir in a sprinkling of the herbs and a generous teaspoon of salt, and serve with oil and flatbread (<https://www.theguardian.com/food/2019/nov/02/liven-up-old-spices-jheat-dukkah-recipe-tom-hunt>)

5. Use of English

a) Insert the missing parts of the sentence. One part is an extra

This scrumptious, spicy and crunchy dip is (1)___, and although it wouldn't last (2)___ in my house, it will keep indefinitely if stored in(3)___. To eat it, dip bread first into extra-virgin oil and then into the dukkah, coating the bread with (4)___. Makes about 1 x 150g jar.

Spices never really (5)___, but they do lose (6)___. Where possible, buy spices whole, because they (7)___ and will always be fresher than ready-ground. And store them (8)___, out of direct sunlight, to prolong their life.

A. potency and flavour

B. in airtight jars

C. go off

- D. an airtight jar
- E. a crunchy outer layer
- F. in airtight jars
- G. quick to make
- H. five minutes
- I. last up to four years

b) Open the brackets and explain your choice of the form:

If a spice **(do)** grow old, **(not/do)** give up – it can **(be)** revived with heat. **(Dry)** roast whole spices until they **(smell)** aromatic and pop, then **(add)** to a dish or grind. **(bring)** ground spices back to life, **(heat)** them in a dry pan or some oil, with or without onions, but **(be)** careful they **(not/do)** catch and burn.

If you **(do)** have a load of spices that **(be)** growing old and **(need)** using up, there **(be)** lots of spice-heavy recipes you **(can)** draw on. **(Make)** your own garam masala or ras el hanout, say, and **(apply)** liberally to traditional or your own recipes. Or **(try)** dukkah, an Egyptian dip **(make)** with toasted spices, nuts and seeds.

6. Speaking and discussion

What is a 'zero-waste' cooking? What other ways of using old food stuffs do you know?

Seminar 13

Покупки: ГМО та здорова їжа / Shopping: GM products and healthy food

1. Drilling

Did Dick Pickens prick his pinkie pickling cheap cling peaches in an inch of Pinch or framing his famed French finch photos?

2. Vocabulary list

<i>Healthy diet</i>	<i>Unsweetened yogurt</i>	<i>Transplanting cell hybrids</i>
<i>Organic food</i>	<i>Poor diet</i>	<i>Biotechnology</i>
<i>Antibiotics</i>	<i>The intake of nutrients</i>	<i>Cell constituents</i>
<i>Growth hormones</i>	<i>Countryside cooking</i>	<i>Biological process</i>
<i>Conventional pesticides</i>	<i>Genetically modified food</i>	<i>Improving livestock</i>
<i>Petroleum-based fertilizers</i>	<i>Gene complement</i>	<i>Conventional breeding</i>
<i>Sewage sludge-based fertilizers</i>	<i>Genetic engineering</i>	<i>Herbicide resistant corn</i>
<i>Bioengineering</i>	<i>Germplasm</i>	<i>Disease resistant crops</i>
<i>Ionizing radiation</i>	<i>Hybrid Vigor</i>	<i>Amino acid</i>
<i>Federal regulation</i>	<i>Transgenic Organism</i>	<i>Antigenic</i>
<i>Scintillating</i>	<i>Altering the DNA</i>	<i>Cross-prime</i>
	<i>Transplanting whole nuclei</i>	

3. Pre-reading questions:

Is it necessary to eat healthy products?

Do GM products influence the development of our organs and future generations?

What would you prefer: simple-made food or haute cuisine?

What ingredient do you usually use in cooking: locally sourced or imported?

4. Checking reading skills:

We can beat Ebola but must prepare for what comes next,' says Wellcome Trust head

Robin McKie

Jeremy Farrar, head of the Wellcome Trust, has a straightforward view about the way doctors and scientists tackled the current Ebola epidemic in the Democratic Republic of the Congo. "In four or five years, we have taken a disease that was absolutely terrifying and which had an enormously high death rate – more than 80% – and we have turned it, potentially, into something that is preventable and treatable."

The fact this has been done in a nation in the middle of a civil war is "simply miraculous", added Farrar, a world expert on emerging diseases. "It is a truly phenomenal achievement. If you do not celebrate that, you cannot celebrate anything else."

However, there is a sting in the tail of Farrar's medical message. Yes, over the past four years science has developed diagnostics, drugs and vaccines that are helping to halt Ebola. But major problems still lie ahead for many nations, including DRC, which try to deploy these treatments without continued international help – because they have such fragile health services. And that is true not just for Ebola but for entire health care systems which face continued challenges from TB, HIV, malaria and emerging diseases such as Dengue or Nipah or Mers. All of these could soon become major epidemics thanks to ecological changes taking place across the planet.

Ebola was first identified in 1976 by researchers sent to investigate an ailment that was killing victims in a remote part of DRC. Blood taken from patients would not clot, and poured from wounds. Nurses treating patients were also dying. The team named the condition after the local Ebola river.

“We now know Ebola is triggered by a virus – probably picked up from an infected bat or non-human primate – that causes blood vessels to leak,” added Farrar. “It ends in organ failure and death” contained by quarantining affected villages. Then in December 2013, a young child was discovered to be infected in west Africa, in Guinea, and because of the extensive movement of people in that area, the disease quickly spread to Sierra Leone and Liberia. Ebola became a disease of dense populations, killing more than 11,000 people between 2013 and 2016. A new threat to world health had emerged.

“The transformation in the behaviour of Ebola came about because of alterations in the movements of humans, changes in human interactions with animals – which act as reservoirs of the virus – as well as changes in ecology and mass organisation,” said Farrar.

The west Africa outbreak was eventually contained but two years later Ebola appeared again in a major outbreak, this time back in central Africa in DRC in 2018. So far about 2,200 of the 3,500 infected have died. But although the epidemic is still not over, numbers of cases are stabilising .

“The world came together and over the past four years we have developed two vaccines to protect against the disease and two drugs that treat those already infected.” said Farrar.

“If you can get to people and treat them within four days of them becoming infected, mortality will only be about 10%. A few years ago, it was more like 80%. And of course, vaccines stop you getting the disease in the first place.”

Money for the development of these drugs and vaccines has come from the US, UK, Norway, WHO, the European Commission and charities such as the Wellcome Trust. Pharmaceutical firms including Merck, Johnson & Johnson, and Regeneron have all provided important help as well.

“In addition, all those who carried out Ebola studies in west Africa and in DRC have had to do so under the circumstances of extreme violence and fear,

with healthcare colleagues being killed. It is a staggering, astonishing story,” added Farrar.

The success he sees in DRC over Ebola is important not just for that disease, he added. There are a number of other illnesses – including Lassa, Mers, Nipah, Marburg and Dengue – which have the potential to become widespread epidemics as a result of climate change or other ecological shifts – and changes in society – in Africa or Asia or Europe.

“The lesson from Ebola is that for all these conditions we will need to create vaccines and treatments, where there are none today, over the next 10 years – and we are going to need them. Mers, Lassa and Dengue all have the potential to shift from relatively low infection rates to high ones just as Ebola did in response to ecological change, travel and urbanisation. The world is now very exposed.

“Ebola shows we can respond, scientifically, to these threats. The real issue is to ensure drugs and vaccines reach those who need them. To do that we need to set up effective healthcare systems across the world. That will not be easy – but it is critical. It is an issue on which we should be judged. We will succeed, I believe” (<https://www.theguardian.com/world/2019/dec/22/we-can-beat-ebola-prepare-for-health-battles-to-come-jeremy-farrar-welcome-trust>)

5. Use of English:

a) Open the brackets and explain your choice of the form:

However, there **(be)** a sting in the tail of Farrar’s medical message. Yes, over the past four years science **(develop)** diagnostics, drugs and vaccines that **(be)** helping to halt Ebola. But major problems still **(lie)** ahead for many nations, **(include)** DRC, which **(try)** **(deploy)** these treatments without **(continue)** international help – because they **(have)** such fragile health services. And that **(be)** true not just for Ebola but for entire health care systems which **(face)** **(continue)** challenges from TB, HIV, malaria and **(emerge)** diseases such as Dengue or Nipah or Mers. All of these **(can)** soon **(become)** major epidemics thanks to ecological changes **(take)** place across the planet.

b) Fill in gaps:

(1)___ west Africa outbreak was eventually contained but two years later Ebola appeared again (2)___ a major outbreak, this time back (3)___ central Africa in DRC (4)___ 2018. So (5)___ about 2,200 of (6)___ 3,500 infected have died. But although (7)___ epidemic is still not over, numbers (8)___ cases are stabilising.

“The world came together and over (9)___ past four years we have developed two vaccines (10)___ protect (11)___ the disease and two drugs that treat those already infected.” said Farrar.

6. Speaking and discussion

Today it is rather a usual practice for world food producers to use chemical substances for production and preserving foods. Give your pros and cons on the problem.

Sometimes these products are infected with different (even mortal) diseases. Give your view how to avoid the contamination in such cases.

Seminar 14

Покупки: мода й одяз / Shopping: fashion and clothes

1. Drilling

Roberta ran rings around the Roman ruins

2. Vocabulary list

<i>A slave to fashion</i>	<i>Take a lot of pride in appearance</i>	<i>Classy</i>
<i>Dressed to kill</i>	<i>Well dressed</i>	<i>Snappy dresser</i>
<i>Getting dressed up</i>	<i>Fashion houses</i>	<i>Style icon</i>
<i>Casual clothes</i>	<i>On the catwalk / runway</i>	<i>Scrub up well</i>
<i>Vintage clothes</i>	<i>Mix and match</i>	<i>Leisure wear</i>
<i>Classic style</i>	<i>Hand-me-downs</i>	<i>Rag trade</i>
<i>Smart clothes</i>	<i>Having an eye for</i>	<i>Glad rags</i>
<i>Old fashioned</i>	<i>Off the peg</i>	<i>Have an eye for fashion</i>
<i>Go out of fashion</i>	<i>Fashionable</i>	<i>Dress for the occasion</i>
<i>Be on trend</i>	<i>A la mode</i>	<i>Be well dressed</i>
<i>Designer labels</i>	<i>Trendy</i>	<i>Have a sense of style</i>
<i>Timeless</i>	<i>Fashion victim</i>	<i>Be old-fashioned</i>
<i>Sense of style</i>	<i>All the rage</i>	<i>Strike a pose</i>
		<i>Be dressed to kill</i>

3. Pre-reading questions:

What famous brands in the world of clothing have their boutiques in your city?

Do shopping in boutiques influence the self-estimation of the person?

4. Checking reading skills:

Conscious, ethical and cruelty-free: a guide to the language of sustainable fashion
Part 1

Aja Barber

Lately, shoppers have been faced with more decisions than ever when it comes to clothing and where to buy from, but one of the biggest dilemmas comes from confusion around the language of sustainability. Of course, the information on the label can sometimes be confusing and misleading, and there's a lot of new language to get your head around. So, here's a handy guide to help you figure out the difference between ethical and sustainable, and why you absolutely should ask for both from all your fashion purchases.

Ethical usually refers to the treatment of people. Are the workers paid a living wage? Are they given proper breaks? Is everyone of proper age? Does the company add positively to the communities in which it produces and help them to thrive? Some also use the term "ethical" to refer to cruelty-free products. Unfortunately, terms such as "ethical leather" and "faux fur" aren't

always ethical for the humans that produce them and often these products do not biodegrade easily either.

Can a product using PVC really be ethical if the workers who produce the PVC get sick? The best way to figure out how ethical a brand is to see how much information it puts out about the treatment of the workers who produce its garments. Elizabeth Suzann is an excellent example of an ethical brand. It has confirmed that its lowest wage is \$15 an hour (more than double the minimum wage in Nashville, Tennessee, where the business operates). If there is a brand you love and you're curious about worker treatment, I suggest you send a message or an email and ask what the lowest wage is in its manufacturing process.

Cruelty-free refers to animal welfare and whether any animals were hurt or harmed during the production of the garment. In fashion, it also means that the product contains no animal byproducts, but on beauty products it means the finished product wasn't tested on animals. If you want an item that is free of animal byproducts in regards to beauty, you need to look for a vegan product. But that doesn't necessarily mean the manufacturing process of the item is cruelty-free for humans (for example: faux leather and fur products). There are a number of cruelty-free leather options in development made from natural byproducts such as pineapple skin, but they aren't yet widely available.

Organic (in regards to materials) refers to natural fibres being grown and produced without the use of highly toxic materials such as chemical pesticides in the growing process. Cotton is probably the most common organic fibre you can buy, but it is also possible to find organic hemp, silk and jute, to name just a few. Organic cotton has come under criticism, however, because it requires a lot more water and irrigation than conventional cotton. However, pesticides that go into conventional cotton wreak havoc on the environment, as well as the health of humans who drink from water supplies nearby. The solution isn't to discount organic cotton, it's for all of us to consume less cotton in general (<https://www.theguardian.com/fashion/2019/dec/19/conscious-ethical-and-cruelty-free-a-guide-to-the-language-of-sustainable-fashion>)

5. Use of English

a) Open the brackets and explain your choice of the form:

Lately, shoppers **(be)** faced with more decisions than ever when it **(come)** to clothing and where **(buy)** from, but one of the biggest dilemmas **(come)** from confusion around the language of sustainability. Of course, the information on the label can sometimes **(be)** confusing and misleading, and there **(be)** a lot of new language **(get)** your head around. So, here **(be)** handy guide **(help)** you figure out the difference between ethical and sustainable, and why you absolutely **(ask)** for both from all your fashion purchases

b) Fill in gaps:

Can a product using PVC really be ethical if (1)___ workers who produce the PVC get sick? The best way to figure (2)___ how ethical a brand is to see how much information it puts (3)___ about the treatment (4)___ the workers who produce its garments. Elizabeth Suzann is (5)___ excellent example (6)___ an ethical brand. It has confirmed that its lowest wage is \$15 (7)___ hour (more than double (8)___ minimum wage (9)___ Nashville, Tennessee, where the business operates). If there is (10)___ brand you love and you're curious (11)___ worker treatment, I suggest you send (12)___ message or an email and ask what (13)___ lowest wage is in its manufacturing process.

6. Speaking and discussion

Speak about the life and achievements of certain fashion designer.

Compare men / women fashion styles of different decades, clear up some advantages / disadvantages.

Seminar 15

Покупки: побутові прилади / Shopping: home appliances

1. Drilling

The thirty-three thieves thought that they thrilled the throne throughout Thursday

2. Vocabulary list

<i>Coffee maker</i>	<i>Water cooker (U.K)/</i>	<i>Air conditioner:</i>
<i>Blender</i>	<i>Electric kettle/ Hot pot</i>	<i>Radiator</i>
<i>Mixer</i>	<i>(U.S)</i>	<i>Thermostat / heat pump</i>
<i>Toaster</i>	<i>Water purifier</i>	<i>control panel</i>
<i>Microwave</i>	<i>Kitchen hood</i>	<i>Electric fan</i>
<i>Crock pot</i>	<i>Electric guitar</i>	<i>Space heater</i>
<i>Rice cooker</i>	<i>Vacuum cleaner</i>	<i>Water heater</i>
<i>Pressure cooker</i>	<i>Electric fan</i>	<i>Desk lamp</i>
<i>Bachelor griller (U.K)</i>	<i>Evaporative cooler</i>	<i>Flat screen television</i>
<i>Stove</i>	<i>Air conditioner</i>	<i>Vacuum cleaner</i>
<i>Lamp</i>	<i>Oven</i>	<i>Iron</i>
<i>Light bulb</i>	<i>Dishwasher</i>	<i>Washing machine</i>
<i>Lantern</i>	<i>Television</i>	<i>Clothes dryer / dryer</i>
<i>Torch</i>	<i>Speaker</i>	<i>Dish washer</i>
<i>Clothes iron</i>	<i>Clothes dryer</i>	<i>Stove and oven</i>
<i>Electric drill</i>	<i>Washing machine</i>	<i>Refrigerator & freezer</i>
<i>Kettle</i>	<i>Refrigerator</i>	<i>Deep fryer</i>

3. Pre-reading questions:

What are Slow-fashion brands?

Do you use eco-friendly clothes?

4. Checking reading skills:

Conscious, ethical and cruelty-free: a guide to the language of sustainable fashion

Part 2

Aja Barber

Conscious fashion is often used synonymously by the fashion industry with “ethical”, “sustainable” or “eco” fashion. It’s a bit of a catchall phrase that ends up being popular with brands that greenwash (see below). However, there are brands with the word “conscious” in their name (such as Conscious Clothing) where the sustainability credentials do check out, so don’t be deterred. A brand that has nothing to hide will have its sustainability record clearly displayed, as Conscious Clothing does on its website.

Fair trade is a partnership that refers to marginalised producers getting a fair wage for their product when it is sold in more affluent countries. Prices for fair-trade materials must never fall below market price. Fair trade has

principles such as fair payment and ensuring good working conditions, which fair trade-certified clothing producers are encouraged to follow.

The problem with fair trade is that it's not a perfect solution for regulating the fashion industry. There are multiple fair-trade websites and getting a straight answer about fair-trade fashion often feels impossible. There are other regulations for clothes, such as Global Organic Textile Standard, Cradle to Cradle or the Better Cotton Initiative, that can be more helpful when looking at sustainability and ethics in fashion, but it can often be better to research a company and learn how it operates, rather than rely on a certification. Even if a brand is awarded every certificate under the sun, it will still be a significant polluter if it is making 500 garments a minute.

Sustainable refers to the effect that production of a garment has on the world around us. How is it taken from the earth and how will it return to the earth? How much waste is involved in the manufacturing process? If it never biodegrades, it's not truly sustainable. In the words of C line Semaan, founder of non-profit research team the Slow Factory, "everything you make returns to the earth as food or poison". Sustainable products should always return as food. Brands that make more sustainable products tend to use natural or recycled fibres in their creations. Some, such as Christy Dawn, use dead stock (fabric that would otherwise be wasted) or surplus stock, which maximises the lifecycle of existing fabric. Others, such as Levi's, try to manufacture with less water waste. It's all about producing in a way that harms the planet the least.

Slow fashion is the antithesis of fast fashion. It is high-quality garments that are designed with a long-term lifecycle in mind. In a perfect world, every item we bought would be slow fashion – but that would require us to no longer subscribe to a trend-driven market. Until the biggest fast-fashion producers in the world stop making so many garments so quickly (which, of course, means a smaller profit margin), they won't be slow or sustainable. Instead of buying into fast-fashion, research small labels and lend your support to those that are doing things the right way. Slow-fashion brands tend to avoid being trend-driven and instead focus on classic pieces that will stand the test of time.

Greenwashing is when a brand makes claims about something being ethical or sustainable that, upon further inspection, turn out to be false or exaggerated. An example of greenwashing is a brand claiming that a dress is eco-friendly because it's made of eco wool, when in fact it contains just 4% eco wool, along with other, less sustainable materials. Another example would be a brand loudly advertising a collection of 20 sustainable pieces while its inventory contains thousands of garments that aren't sustainable. Unfortunately, most big fast-fashion brands claiming sustainability credentials are guilty of greenwashing since they tend to produce too much product as a whole (some of which will remain unsold at the end of the season, when it becomes an additional environmental hazard) (<https://www.theguardian.com>

5. Use of English

a) Open the brackets and explain your choice of the form:

The problem with fair trade **(be)** that it **(be)** not a perfect solution for **(regulate)** the fashion industry. There **(be)** multiple fair-trade websites and getting a straight answer about fair-trade fashion often **(feel)** impossible. There **(be)** other regulations for clothes, such as Global Organic Textile Standard, Cradle to Cradle or the Better Cotton Initiative, that **(can)** be more helpful when **(look)** at sustainability and ethics in fashion, but it **(can)** often **(be)** better to research a company and **(learn)** how it **(operate)**, rather than **(rely)** on a certification. Even if a brand **(be)** awarded every certificate under the sun, it still **(be)** a significant polluter if it **(be)** making 500 garments a minute.

b) Insert missing sentence parts. One part is an extra:

Slow fashion is (1)___ of fast fashion. It is high-quality garments that are designed with (2)__. In a perfect world, every item we bought would be (3)___- but that would require us to no longer subscribe to (4)__. Until the biggest (5)___in the world stop making so many garments so quickly (which, of course, means a smaller (6)__), they won't be slow or sustainable. Instead of buying into fast-fashion, research (7)___ and lend your support to those that are doing things the right way. (8)___ tend to avoid being trend-driven and instead focus on classic pieces that will stand the test of time.

- A. slow fashion
- B. a long-term lifecycle in mind
- C. a trend-driven market
- D. the antithesis
- E. profit margin
- F. small labels
- G. the antithesis of
- H. slow-fashion brands
- I. fast-fashion producers

6. Speaking and discussion

Nowadays eco-brands become more and more popular. Have you ever experienced eco-clothes? Were they made by local fashion companies or abroad?

Змістовий модуль № 2. Світ довкола мене / The world I live in

Seminar 16

Світ довкола / World around us

1. Drilling

Six sleek swans swam swiftly southwards

2. Vocabulary list

Westminster Abbey

Houses of Parliament

Lyceum Theatre

Tombstone

Hungerford Bridge

Dining table

Feast

Hungerford Bridge

Roseberry Avenue

sanitised streets

3. Pre-reading questions:

Do you have your own walk habits?

What do you know about historical places in London?

4. Checking reading skills:

The best of strolls: walking Charles Dickens' London London holidays

Fagin's den, the blacking factory and the writer's house are among the sites visited on our expert's Charles Dickens walking tour of London.

Peter Fiennes

Start Poets' Corner, Westminster Abbey

Finish Jerusalem Tavern, Farringdon

Distance 4S miles

Time 3 hours (or considerably longer)

Let's start at the end. On 14 June 1870, the body of Charles Dickens was lowered into Poets' Corner in Westminster Abbey, watched by perhaps a dozen mourners. His friend, Wilkie Collins, was among them, but there was no place for Dickens' estranged wife, Catherine. Dickens had wanted to be buried near his home in Kent, with no fuss, but he'd lost control of his own story. He was 58 years old – and the brass lettering on his black tombstone still glows with unquenchable force.

Dickens loved to walk, at speed, often through the night. Follow him past the Houses of Parliament (where he made his name writing Sketches by Boz) and down to the foot of Hungerford Bridge and the grey Thames ("stretching

away to the great ocean, Death"). This is where the 12-year-old Dickens worked in Warren's Blacking Factory. You can kindle some Pickwickian cheer in Gordon's Wine Bar on Villiers Street. It dates from 1890 but is undeniably "Dickensian". The trains (which brought Dickens' coffin from Kent) clatter overhead in and out of Charing Cross.

Parallel Buckingham Street (where Dickens – and David Copperfield – once lodged) leads to the Strand. Nothing much survives other than its width and bustle, but the Lyceum Theatre (opened 1834) put on an adaptation of *A Tale of Two Cities* in 1860. And Dickens lived just behind at 16 Wellington Street (now gone) before moving to number 26, where he kept a bachelor flat and produced his magazine, *All Year Round*.

Walk across Covent Garden and past the grand, grubby Garrick Club, which Dickens loved and loathed. In Dickens' day, Seven Dials, just to the north, was a raddled slum of "dirty men, filthy women, squalid children ... reeking pipes ... depressed dogs". Thanking your lucky stars (or the author's campaigning work), head east along narrow, now-sanitised streets to 58-59 Lincoln's Inn Fields, the house of Dickens' friend and biographer, John Forster. In Bleak House, this is the home (and murder scene) of the ghastly lawyer, Mr Tulkinghorn.

One of Dickens' own homes lies to the north, best reached via Chancery Lane ("the one great principle of English law is to make business for itself") and Gray's Inn Walks Gardens. Dickens lived at 48 Doughty Street from 1837 to 1839, the period when his fame was at its height. It has been reconstructed as he knew it (sort of): his desk, the dining table set for a feast, and the bedroom where his sister-in-law, Mary, died.

Head across Gray's Inn Road and follow Elm Street and Mount Pleasant (where Smallweed skulked in Bleak House) to cross Rosebery Avenue into Coldbath Square. Then take Crawford Passage into Farringdon Road and the warm embrace of the Betsey Trotwood pub. Betsey was David Copperfield's aunt – and the pub, while not of Dickens' era, feels right. Just to the left is Pear Tree Court, where *Oliver Twist* watched the Artful Dodger picking pockets.

Next, dodge back along Clerkenwell Road to go down Hatton Garden (number 54 was Mr Fang's magistrates court in *Oliver Twist*), admiring the jewellers, and into Saffron Hill. The streets are dark, narrow and now gentrified: you wouldn't think that this was once Fagin's lair, nor that the One Tun pub was, reportedly, Bill Sikes' local, The Three Cripples.

Cross Farringdon Road again, which was in an uproar of new building in the 1860s (it still is) and finish in the tiny Jerusalem Tavern, opened in 1996 but looking ancient. There's a log fire, it's cold outside, so raise a glass and say, "God bless us, every one!" (<https://www.theguardian.com/travel/2019/dec/30/charles-dickens-london-walk-walking-tour>)

5. Use of English

a) Insert missing locations from the text

the body of Charles Dickens was lowered into ... in ...	Pear Tree Court
	Gray's Inn Road
Dickens had wanted to be buried near ...	Poets' Corner
Then take Crawford Passage into ... and the warm embrace of the Betsey Trotwood pub	Farringdon Road
Walk across ... and past the grand, grubby Garrick Club, which Dickens loved and loathed.	his home in Kent
Head across... and follow Elm Street and ...	Westminster Abbey
	Covent Garden
Just to the left is..., where Oliver Twist watched the Artful Dodger picking pockets	Mount Pleasant

b) Fill in gaps:

Dickens loved (1)___ walk, at speed, often through (2)___ night. Follow him past the Houses (3)___ Parliament (where he made his name writing Sketches (4)___ Boz) and down (5)___ the foot of Hungerford Bridge and the grey Thames ("stretching away to the great ocean, Death"). This is where the 12-year-old Dickens worked (6)___ Warren's Blacking Factory. You can kindle some Pickwickian cheer in Gordon's Wine Bar (7)___ Villiers Street. It dates (8)___ 1890 but is undeniably "Dickensian". The trains (which brought Dickens' coffin from Kent) clatter overhead in and (9)___ of Charing Cross.

6. Speaking and discussion

Do you know another author who "settled" the streets of his favourite city by heroes and heroines from his / her writings?

Describe your mostly liked novel by Ch. Dickens.

Seminar 17

Народи й національності / Peoples and nationalities

1. Drilling

If Pickford's packers packed a packet of crisps would the packet of crisps that Pickford's packers packed survive for two and a half years?

2. Vocabulary list

Resfeber (Swedish) – The nervous feeling you get before a journey

Eleutheromania (Greek) – An intense and irresistible desire for freedom

Fernweh (German) – Feeling homesick for a place you've never been

Trouvaille (French) – Something lovely discovered by chance

Hygge (Danish) – The cosy feeling of relaxing with friends while having a meal or drinks

Numinous (Latin) – The powerful, personal feeling of being overwhelmed and inspired

Dřrive (Latin) – A spontaneous journey where the traveller lets the spirit of the landscape and architecture move them.

Solivagant (Latin) – Wandering alone. A solitary adventurer who travels or wanders the globe

Sehnsucht (German) – A wistful longing and yearning in the heart for travels past and future

Cockaigne (French) – An imaginary land of luxury and idleness

Quaquaversal (Latin) – Moving or happening in every direction instantaneously.

Schwellenangst (German) – Fear of crossing a threshold to begin a new chapter.

Vagary (Latin) – A whimsical or roaming journey under unpredictable idea to travel without knowing the destination, and not caring.

Livsnjutare (Swedish) – A person who loves life deeply and lives it to the extreme.

Sturmfrei (German) – The freedom of being alone and being able to do what you want.

Saudade (Portuguese) – Emotional state of nostalgia and longing for someone or something distant

Chateau

Atmospheric gallery

Ornate ironwork

Monastery and historic chapel

3. Pre-reading questions:

What words and phrases do you use in your L1 to describe an overwhelming journey?

Do you know some specific or unusual lexemes to speak about your traveller's experience?

4. Checking reading skills:

Go loco: top autumn city breaks in Europe by train

Carolyn Boyd

With the crowds gone but the cultural scene buzzing, autumn is perfect for a European break. And our pick of destinations in five countries are reachable by train in less time than you might imagine

Angers, France

Fastest journey from London 5 hours via Lille

Cheapest Nov fare with Eurostar J95 return

Though it isn't as well-known as other cities of the Loire, Angers makes the most of its unique position on the River Maine, just before it joins the Loire, with riverside restaurants and enchanting cycle trails, as well as art deco architecture, distilleries and an imposing chateau at the heart of the city.

Château d'Angers is a good place to start. This mighty fortress is surrounded by 17 towers which punctuate its mighty 25-metre thick walls. For superb views of the city and river, walk around its ramparts, which enclose a tiny vineyard and gardens. Inside, the rooms and exhibits tell the story of the Dukes of Anjou who held court here in the 14th and 15th centuries and were great patrons of the arts. The main draw, however, is the 104-metre Tapestry of the Apocalypse illustrating the Book of Revelations. It took seven years to complete in the late 14th century and its six-metre-high panels, which depict 90 scenes, are beautifully lit in an atmospheric gallery. The chateau's own restaurant serves good hearty dishes with mains from around €10.

Outside the chateau, follow the blue line painted on the pavements to guide you around a loop of the best sights in the old town. Highlights include the beautiful medieval Cathedral Saint-Maurice with its wonderful stained-glass windows. Just behind it is the six-storey, half-timbered Maison d'Adam, built in 1491 and home to decorative carvings of bawdy figures. A chain department store wouldn't usually star in a city's list of must-sees, but the elegant facade and art deco glass roof of Galeries Lafayette will delight fans of fine design. For more art deco, keep following the blue line to La Maison Bleue, an apartment building built in 1929 and decorated with colourful mosaics and ornate ironwork.

Autumn is the ideal time to pedal along the Loire a Vřlo cycling track, which follows the famous river. Hire bikes at Vert Event Angers (from €15 a day) and cycle 8km down to the attractive village of Bouchemaine, where Le Noř is one of the region's many *guinguettes* – riverside cafe-bistros that offer a host of entertainment, music and activities.

Three kilometres to the east, just outside peaceful Sainte-Gemmes-sur-Loire village, is another hub of activity at Guinguette de Port-Thibaut, with superb views over the broad river. Further down the Loire, a 30-minute cycle away, is the Ile Břhuard – an island with monastery and historic chapel at the heart of the characterful village.

Angers is the home of Cointreau: the orange liqueur was created here in 1875 and visitors can tour the distillery. On the other side of town, Distillerie Giffard also has a visitor centre, with a range of liqueurs, including the Menthe-Pastille that made its name.

Example journey. Though most Eurostar journeys go via Paris, it is easier to go via Lille as there is a direct train from there to Angers. It also means you

only have to cross the platform to change, rather than crossing Paris from Gard du Nord to Gare Montparnasse, and only one change. Take the 15.04 from London St Pancras, then the 17.52 from Lille. Returning, take the 12.41 to Lille, then the 17.35 back to London.

Stay. Hotel 21 Foch (doubles from €89 room only) is a small, contemporary hotel in the city centre (<https://www.theguardian.com/travel/2019/oct/19/top-10-autumn-city-breaks-in-europe-by-train-rail-france-belgium-netherlands-germany-switzerland>).

5. Use of English

a) Open the brackets and explain your choice of the form:

Château d'Angers (**be**) a good place to start. This mighty fortress (**be**) surrounded by 17 towers which (**punctuate**) its mighty 25-metre thick walls. For superb views of the city and river, (**walk**) around its ramparts, which (**enclose**) a tiny vineyard and gardens. Inside, the rooms and exhibits (**tell**) the story of the Dukes of Anjou who (**hold**) court here in the 14th and 15th centuries and (**be**) great patrons of the arts. The main draw, however, (**be**) the 104-metre Tapestry of the Apocalypse illustrating the Book of Revelations. It (**take**) seven years to complete in the late 14th century and its six-metre-high panels, which (**depict**) 90 scenes, (**be**) beautifully lit in an atmospheric gallery. The château's own restaurant (**serve**) good hearty dishes with mains from around €10.

b) Fill in gaps:

Autumn is the ideal time (1)___ pedal along the Loire a Vïlo cycling track, which follows (2)___ famous river. Hire bikes at Vert Event Angers ((3)___ Ё15 a day) and cycle 8 km (4)___ to the attractive village (5)___ Bouchemaine, where Le Noï is one (6)___ the region's many *guinguettes* – riverside cafe-bistros that offer a host (7)___ entertainment, music and activities.

Three kilometres (8)___ the east, just outside peaceful Sainte-Gemmes-sur-Loire village, is another hub of activity (9)___ Guinguette de Port-Thibaut, with superb views (10)___ the broad river. Further down the Loire, a 30-minute cycle (11)___, is the Ole Bïhuard – an island (12)___ monastery and historic chapel at the heart (13)___ the characterful village.

6. Speaking and discussion

Speak about languages you want to master, describe the cultural heritage, customs and lifestyle of the country.

Seminar 18

Національна кухня й рецепти / National cuisine and recipes

1. Drilling

Picky people pick Peter Pan Peanut-Butter, 'tis the peanut-butter picky people pick

2. Vocabulary list

Food event

Restaurant

Piquant cuisine

Haute cuisine

Chocolatery

Seafood

Charcuterie

Food addiction

Food with short-term / long-term effect

Food shortage

Healthy obsession with food

Healthy diet

Five a day

Eat sensibly

Have a sweet tooth

Recipe

3. Pre-reading questions:

Do you have your favourite recipe?

What national cuisine seems the most exotic to you?

4. Checking reading skills:

Joe Trivelli's recipes for an Italian New Year's Eve feast

Lucky lentils, sausages, fried pastries and poached pears – give your family good fortune with these traditional recipes

Joe Trivelli

As Anglo-Italians, my family ate lentils for New Year's Eve. It was never mentioned to me that they are traditionally served to bring wealth and good fortune. On first impressions I cannot imagine anything less bling than a lentil; yet what they evoke in me is a great sense of comfort and wellbeing, which is just what I need now.

At New Year they are supposed to side up to cotechino, a fat sausage that is laced with pork skin and spices and quite delicious. Instead I've adapted a southern Italian dish of sausages and lentils. With careful cooking you will understand their status. There's also baked whole radicchio with grapes, an exercise in bitter-sweet, best served in its baking dish and eaten with bread at the table.

And for dessert, cartellate, one of the fried dough sweets common in Puglia at this time of year. They are my firm favourites. While they can keep,

my advice is to eat them quickly – I assure you they are so moreish you won't be able to do anything else.

Sausages, lentils and lemon

It's your basic soffritto-style start as much as the sausage that imparts the substantial flavour base needed to make this dish special. Tend to it carefully, adding the liquid in small amounts.

Serves 4

celery 2 sticks

carrot 1

fennel S bulb

olive oil

salt

unwaxed lemon 1

garlic 3 cloves, chopped finely

bay leaves 5

Italian sausages 800g (preferably 100% pork with no rusk)

brown lentils 300g (Puy at a push)

potatoes 2, medium, peeled and cut into eighths

cinnamon stick S

tomato passata 4 tbsp

To make a soffritto, dice the celery, carrots and fennel fairly small, almost lentil size. Begin to sweat them over a medium heat in 2 tbsp of olive oil with a pinch of salt

Wash the lemon, quarter and cut the segments into three pieces each. Rinse the lentils in a sieve.

Add garlic to the soffritto, followed by the bay leaves. Squeeze pieces of sausage meat from their skins straight into the pot. Add the lentils, potatoes, lemon, cinnamon and passata and then cover with an inch of cold water. Bring to the boil and then turn down to a simmer.

Cook adding cupfuls of water when needed. In this dish, the lentils should be completely soft, not al dente. This will take about 50 minutes.

Turn the heat off, check the seasoning and add a liberal glug of olive oil.

Whole roast radicchio, grapes and chestnuts

It's possible to make this look like a still life from the National Gallery.

Serves 4

chestnuts 100g, whole, raw or pre-cooked

radicchio 2 heads

black grapes 150g, small, cut into clusters

garlic 3 cloves, cut in half

sage S bunch

olive oil

fennel seeds 1 tsp

grappa 75ml, or brandy

butter a knob

Heat the oven to 190C/gas mark 5.

If preparing your own chestnuts, score with a sharp knife. Roast uncovered in the oven for 10-15 minutes until the shell and skin come away. Don't worry if they are not yet cooked through. Peel them.

Wash the radicchio, removing any shabby outer leaves and trimming the end of the stalk. Place in a baking dish surrounded by the chestnuts, grapes, garlic, sage and fennel seeds. Drizzle with oil, season well and drench with alcohol and an equal amount of water. Place a knob of butter on top, cover tightly with foil and bake for 45 minutes to 1 hour until tender under a knife.

Chard in cream

If you can, get hold of a proper good cream local to you.

Serves 4

Swiss chard 800g

salt and pepper

cream 200ml

garlic 5 clove, peeled and finely sliced

thyme 1 sprig, leaves picked

olive oil or butter

nutmeg

Wash and roughly chop the chard. Boil in plenty of rolling salted water. Drain after 5 minutes, or when tender. Once cool enough, squeeze the excess water out.

Over a medium-low heat, in a small pan, cook the cream with the garlic, thyme leaves and a pinch of salt. Allow it to reduce by at least half. After a few minutes it will be bubbling and thick. Turn the heat off and add 1 tbsp of olive oil or a knob of butter, and a scratch of nutmeg and pepper.

Stir the chard through the cream, returning briefly to the heat, if you think it needs it.

Cartellate with pears

These fried rosettes are a very traditional Italian sweet. I recommend watching online videos of people making these to fully get the gist in case my description of the shaping process and the photograph isn't enough. And remember, fried dough tastes good in any shape. Usually dipped in vincotto, here they're served with warmly spiced, winey pears.

Serves 4

For the pears:

pears 2

white wine 375ml

honey 80g

ginger 4cm piece, peeled and chopped in 4

orange 5, rind pared

dried figs 2, chopped

cider or wine vinegar 1 tsp

For the dough:

tipo 00 or pasta flour 200g, plus extra for dusting

olive oil 100ml

white wine 100ml

salt a pinch

sunflower oil for deep frying

Peel the pears and slice into segments. Set in a pot with the wine, honey, ginger, orange peel and figs. Bring to the boil and then lower to a simmer. Turn the pears from time to time and cook until their flesh looks translucent and the liquid is thickened and syrupy. Stir in the vinegar, turn off the heat and set aside.

Mix all the dough ingredients together in a stand mixer with the flat beater, or in a bowl with a spoon. Move to a work surface and knead for 5 minutes until more smooth. Set aside in a bowl and leave the dough to rest for 30 minutes.

Take a piece of dough and roll on a lightly floured surface, dusting with a little flour and turning as you go. Once you have a piece 2-3mm thick – like thick pasta – cut it into ribbons about 4cm wide. These could be cut with a ravioli cutter. (It is common, but unnecessary, to roll these out with a pasta machine, moving down the numbers.)

Take a piece of dough and firmly pinch the top to the bottom, along the long edge, to close one end. Place one thumb just after this closure and use the thumb and forefinger of your other hand to pinch the dough shut around your thumb, so you've created a little open cup in the ribbon. Place your thumb again after this pinch and repeat, and so on. Once the whole strip is formed with open cups. Curl it up to make a rose shape, pinching it together at intervals. Repeat with all the dough.

Heat the oil in a high sided pan for deep frying. When an offcut of dough sizzles and begins to colour, the oil is hot enough. Fry the cartellate in batches, open side down first, turning after a minute to check doneness. When they are golden and crisp, move to a plate lined with kitchen paper. Place them upside down to drain excess oil.

Gently reheat the syrup and pears, then lift out the pears. Place the cartellate in the syrup, cup-side down, and have them soak up as much as possible. Transfer to a serving plate and cover them with the pears and remaining syrup.

Joe Trivelli is co-head chef at the River Caf  (https://www.theguardian.com/food/2019/dec/29/joe-trivelli-new-year-eve-feast-italian-recipes-sausage-lentil-radicchio-fried-pastry)

5. Use of English

a) Open the brackets and explain your choice of the form:

At New Year they **(be)** supposed to side up to cotechino, a fat sausage that **(be)** laced with pork skin and spices and quite delicious. Instead I **(have)** adapted a southern Italian dish of sausages and lentils. With careful cooking you **(understand)** their status. There **(be)** also baked whole radicchio with grapes, an exercise in bitter-sweet, best **(serve)** in its baking dish and **(eat)** with bread at the table.

And for dessert, cartellate, one of the **(fry)** dough sweets common in Puglia at this time of year. They **(be)** my firm favourites. While they **(can)** keep, my advice **(be)** to eat them quickly – I **(assure)** you they **(be)** so moreish you **(be)** able **(do)** anything else.

b) Fill in gaps:

Take a piece (1)___ dough and firmly pinch the top (2)___ the bottom, along the long edge, to close one end. Place one thumb just (3)___ this closure and use the thumb and forefinger (4)___ your other hand to pinch the dough shut (5)___ your thumb, so you've created a little open cup (6)___ the ribbon. Place your thumb again (7)___ this pinch and repeat, and so on. Once the whole strip is formed (8)___ open cups. Curl it up (9)___ make a rose shape, pinching it together (10)___ intervals. Repeat (11)___ all the dough.

Heat the oil (12)___ a high sided pan for deep frying. When an offcut (13)___ dough sizzles and begins to colour, the oil is hot enough. Fry the cartellate (14)___ batches, open side down first, turning (15)___ a minute to check doneness. When they are golden and crisp, move (16)___ a plate lined with kitchen paper. Place them upside (17)___ to drain excess oil.

6. Speaking and discussion

Speak about food addiction nowadays and your view how to overcome it.

Describe the recipe of the most delicious dish you ever experienced.

Reveal the ultimate peculiarities of your national cuisine.

A balanced diet in eating is the most important factor for a healthy long life. Give your pros and cons.

Seminar 19

Їжа й напої: замовлення / Food and drinks: making an order

1. Drilling

I scream, you scream, we all scream for ice-cream!

2. Vocabulary list

Start you off with

Appetizer (first course)

Get an order of

Ready to order

Order off the appetizer menu

Average / amazing dining experience

Book a table on the phone

Waiter

Smoking / non-smoking section

Sit indoors or outdoors

Taste the wine

Introduce your order

Main course (second course)

Today's specials

Pay the bill

Service charge

Vegetarian food

Art nouveau townhouse

Food scene

Weekly vegetarian day

Vegan buffet

Craft brew

3. Pre-reading questions:

Have you ever experienced ordering the meals in the restaurant in some English-speaking country?

What would you recommend to try in authentic national-cuisine restaurant of your own country?

4. Checking reading skills:

Ghent, Belgium

Rachel Hall

Fastest journey from London – 3S hours via Brussels

Cheapest Nov fare with Eurostar J78 return

Ghent's cobbled streets, art nouveau townhouses and imposing gothic architecture initially give the feeling of having stepped back in time. But it doesn't take long to notice the city's other main appeal: a very modern eco-friendly shopping and food scene.

The vegetarian food is varied and high quality – the city became the first in the world to introduce a weekly vegetarian day a decade ago. For a taste of the veggie scene, head for Lokaal, which serves €12 homely vegan bakes and quiches made using in-season produce, or fill your plate up at a wholesome vegan buffet of colourful salads and pulses at cooperatively run Lekker GEC.

For something higher-end, Lof offers an elaborate five-course vegetarian dinner (€65) that can be paired with vegan wines, while Michelin-starred Vrijmoed has an award-winning seven-course vegetarian menu (€102) that ranges from Japanese-inspired glazed aubergine with kombu seaweed to more

typically Belgian fare such as a *pavů* of goat's cheese swirled with honey and nuts.

Among Ghent's other charms are its prettily decorated independent shops. Lots of these sell locally made homeware and decoration, with tea towels, crockery and stationery designed by local artists (a Made in Ghent badge scheme provides helpful signposting). There's also an emphasis on fairly-made clothing from around the world at shops such as Just Hazel, Visitrice, Mieke and A.puura.a. If you want to shop and relax in a low CO₂-environment, Broesse is a plant shop, which is part tropical jungle, part rattan-furnished cocktail bar, where a young crowd sip creative vermouth-based cocktails surrounded by palm fronds.

It wouldn't be a trip to Belgium without sampling craft brews. The country's signature Trappist beers are arguably the original green business model: brewed by monks in small batches that prioritise sustainability and quality, they're available in most bars. For something more modern, go for a tour and tasting of the home brews in the giant taproom at microbrewery Dok, which is reinventing Belgium's storied beer tradition with new recipes and flavours; or ascend to historical music venue Vooruit's relaxed roof terrace to catch the last afternoon rays before winter.

Ghent is also known for its thriving music scene, which keeps up the city's rootsy image through bands which play anything from punk to futuristic jazz in dimly lit bars like Trefpunt, Bar Mirwaar and Charlatan. The Vrijdag markt is a good place to start a bar-hopping evening – and thanks to the city's sizable student population, things are lively most nights of the week. Try nights run by the city's legendary Democrazy promoters.

Getting there. The Eurostar runs from London to Brussels eight times a day and an "all Belgian stations" ticket includes an onward journey within 24 hours of arrival in the capital for an extra J10. Trains to Ghent depart from Gare du Midi, where the Eurostar arrives, every 15 minutes and take 29 minutes.

Stay. Ghent's Eco Hostel Andromeda (doubles from €68) is a series of simple rooms and colourful shared spaces on a converted barge, and calls itself carbon-neutral. Water is purified on the roof, breakfasts are vegetarian, organic and fair trade, and mattresses are made from natural fibres. For a higher-end but still low-impact option, there's Studiomie's chic one-room hotel – the room features furnishings from local designers and Egyptian cotton sheets, all inside a shipping container (double from €130 room-only) (<https://www.theguardian.com/travel/2019/oct/19/top-10-autumn-city-breaks-in-europe-by-train-rail-france-belgium-netherlands-germany-switzerland>)

5. Use of English

a) Open the brackets and explain your choice of the form:

The vegetarian food **(be)** varied and high quality – the city **(become)** the first in the world **(introduce)** a weekly vegetarian day a decade ago. For a

taste of the veggie scene, head for Lokaal, which **(serve)** €12 homely vegan **(bake)** and **(quiche)** made using in-season produce, or **(fill)** your plate up at a wholesome vegan buffet of colourful salads and pulses at cooperatively run Lekker GEC.

For something higher-end, Lof **(offer)** an elaborate five-course vegetarian dinner (€65) that can **(be)** paired with vegan wines, while Michelin **(star)** Vrijmoed **(have)** an award-winning seven-course vegetarian menu (€102) that **(range)** from Japanese-inspired glazed aubergine with kombu seaweed to more typically Belgian fare such as a *pavů* of goat's cheese **(swirl)** with honey and nuts.

b) Fill in gaps:

Ghent (1)___ also known for (2)___ thriving music scene, which keeps (3)___ the city's rootsy image through bands which play anything from punk (4)___ futuristic jazz in dimly lit bars like Trefpunt, Bar Mirwaar and Charlatan. The Vrijdag markt (5)___ a good place (6)___ start a bar-hopping evening – and thanks (7)___ the city's sizable student population, things (8)___ lively most nights (9)___ the week. Try nights run (10)___ the city's legendary Democrazy promoters.

6. Speaking and discussion

Give your experience of making an order in some cafů-bistro. Speak on the menu checking.

Seminar 20

Культура споживання / Meals culture

1. Drilling

Send toast to ten tense stout saints' ten tall tents (Raymond Weisling)

I stood sadly on the silver steps of Burgess's fish sauce shop, mimicking him hiccuping, and wildly welcoming him within

2. Vocabulary list

Journey

Cultural scene

Destination

Amphitheatre

Artefacts

Interior

Fascinating collection

Sarcophagi

Exhibit

Boutique

Pillar

Distillery

Globetrotter

3. Pre-reading questions:

What European country would you prefer to go on the autumn tour?

Does travelling helps us in self-refreshing?

4. Checking reading skills:

Go loco: top autumn city breaks in Europe by train

Carolyn Boyd

With the crowds gone but the cultural scene buzzing, autumn is perfect for a European break. And our pick of destinations in five countries are reachable by train in less time than you might imagine

Nomes, France

Fastest journey from London 6S hours via Paris

Cheapest Nov fare with Eurostar J168 return

With its remarkably well-preserved Roman amphitheatre plus its new museum of artefacts, not to mention great shops and restaurants, Nomes makes a superb autumn destination. The crowds have gone and although the intense heat has rescinded, the surrounding hills trap the summer temperatures, making it warm enough to sit out on a cafe terrace and watch the world go by.

Make your first port of call the amphitheatre – Les Arènes (entrance Б13, including the other two Roman attractions mentioned below). Explore the interior corridors (*vomitories*), then climb to the top of the terraces to see the amphitheatre (133 metres long by 101 wide) in its full glory. The top tier also offers views of the surrounding hills (seven, just like Rome), including Mont

Cavalier, the highest point of the city, on which the Roman Tour Magne, built by Augustus, stands sentinel.

Opposite the amphitheatre, explore the Musée de la Romanité, which opened in 2018 and holds a fascinating collection of artefacts, from large and exquisite mosaics to statues and glassware that survived 2,000 years buried in sarcophagi. There are interactive exhibits, too, which help bring the history to life. The museum's own architecture is also impressive – from its glass mosaic-tiled facade that represents the ripples of a toga, to the different levels within the museum that allow you to view the exhibits from above.

Next stop should be Nîmes' old town: the warren of streets that runs north of the amphitheatre is punctuated with sunny squares, cafes and restaurants, along with independent boutiques for clothes, jewellery and homewares. Stop for lunch at Le Vintage, where you can devour bistro classics on its pavement terrace. Skip dessert though, because the best ice-cream and patisserie in town is a few steps away at Maison Villaret, which was established in 1775. Try its speciality, *croquants* – delicate almond biscuits flavoured with orange water. Nîmes is also famous for another kind of biscuit, *caladons*, with almonds and honey.

The old town opens out into a grand square where La Maison Carrée, the only surviving intact Roman temple in France, stands proud on a plinth with bright white pillars. Inside, there's a screening of the film *Nemausus, the Founding of Nîmes*.

Nearby, the Jardins de la Fontaine are the town's breathing space: these ornate baroque gardens feature terraces, statues and ornamental ponds, as well as the remains of the town's original water source, housed in the remains of the Temple de Diane. Up the hill behind it is the Tour Magne.

For dinner, L'Imprévu serves seafood and Italian-inspired dishes and has a terrace on one of the city's liveliest squares, Place d'Assas.

Example journey. Take the 09.24 from St Pancras, crossing Paris to Gare de Lyon for the 14.07 to Nîmes, arriving at 17.05. Returning, the 07.58 gets to Paris Gare de Lyon at 10.53, then across Paris to Gare du Nord for the 12.13 to London, arriving at 13.30.

Stay at cosy, beautifully decorated La Maison Rousseau B&B (doubles from €105pn). It's in a peaceful spot and an easy walk to the main sites (<https://www.theguardian.com/travel/2019/oct/19/top-10-autumn-city-breaks-in-europe-by-train-rail-france-belgium-netherlands-germany-switzerland>).

5. Use of English

a) Fill in gaps:

Make your first port (1)___ call the amphitheatre – Les Arènes (entrance T13, including the other two Roman attractions mentioned below). Explore the interior corridors (*vomitories*), then climb (2)___ the top (3)___ the terraces to

see the amphitheatre (133 metres long (4)___ 101 wide) in its full glory. The top tier also offers views (5)___ the surrounding hills (seven, just like Rome), including Mont Cavalier, the highest point (6)___ the city, on which the Roman Tour Magne, built (7)___ Augustus, stands sentinel.

Opposite the amphitheatre, explore the Musée de la Romanité, which opened (8)___ 2018 and holds a fascinating collection of artefacts, from large and exquisite mosaics to statues and glassware that survived 2,000 years buried in sarcophagi.

b) Open the brackets and explain your choice of the form:

With its remarkably well-preserved Roman amphitheatre plus its new museum of artefacts, **(not/mention)** great shops and restaurants, Nîmes **(make)** a superb autumn destination. The crowds **(go)** and although the intense heat **(rescind)**, the surrounding hills **(trap)** the summer temperatures, **(make)** it warm enough **(sit)** out on a cafe terrace and **(watch)** the world **(go)** by.

The old town **(open)** out into a grand square where La Maison Carrée, the only surviving intact Roman temple in France, **(stand)** proud on a plinth with bright white pillars. Inside, there **(be)** a screening of the film Nemausus, the Founding of Nîmes.

6. Speaking and discussion

Describe your last winter (summer) journey to other country, give some advice to students-beginners of your group.

Speak about your eco-route in Ukraine (abroad) and human's impact over untouched nature.

Змістовий модуль № 3. Робота й навчання / Work and study

Seminar 21 Професії / Jobs

1. Drilling

There those thousand thinkers were thinking how did the other three thieves go through

2. Vocabulary list

<i>Accountant</i>	<i>Cartographer</i>	<i>Dry cleaner</i>
<i>Actor / Actress</i>	<i>Cartoonist</i>	<i>Dustman/Refuse collector</i>
<i>Actuary</i>	<i>Cashier</i>	<i>Ecologist</i>
<i>Accountant</i>	<i>Catcher</i>	<i>Economist</i>
<i>Advisor</i>	<i>Caterer</i>	<i>Editor</i>
<i>Aide</i>	<i>Cellist</i>	<i>Educator</i>
<i>Ambassador</i>	<i>Chaplain</i>	<i>Electrician</i>
<i>Animator</i>	<i>Chauffeur</i>	<i>Emperor</i>
<i>Archer</i>	<i>Chef / Cook</i>	<i>Empress</i>
<i>Architect</i>	<i>Chemist</i>	<i>Engineer</i>
<i>Artist</i>	<i>Cleaner</i>	<i>Entertainer</i>
<i>Astronaut</i>	<i>Clergyman</i>	<i>Entomologist</i>
<i>Astronomer</i>	<i>Clergywoman</i>	<i>Entrepreneur</i>
<i>Astronomer</i>	<i>Clerk</i>	<i>Executive</i>
<i>Athlete</i>	<i>Coach</i>	<i>Explorer</i>
<i>Attorney</i>	<i>Cobbler</i>	<i>Exporter</i>
<i>Auctioneer</i>	<i>Composer</i>	<i>Exterminator</i>
<i>Author</i>	<i>Concierge</i>	<i>Falconer</i>
<i>Babysitter</i>	<i>Consul</i>	<i>Farmer</i>
<i>Baker</i>	<i>Contractor</i>	<i>Financier</i>
<i>Ballerina</i>	<i>Cook</i>	<i>Firefighter</i>
<i>Banker</i>	<i>Cop</i>	<i>Fisherman</i>
<i>Barber</i>	<i>Coroner</i>	<i>Florist</i>
<i>Bellhop</i>	<i>Courier</i>	<i>Flutist</i>
<i>Biologist</i>	<i>Cryptographer</i>	<i>Game designer</i>
<i>Blacksmith</i>	<i>Dancer</i>	<i>Garbage man</i>
<i>Bookkeeper</i>	<i>Dentist</i>	<i>Gardener</i>
<i>Bowler</i>	<i>Deputy</i>	<i>Gatherer</i>
<i>Bricklayer</i>	<i>Dermatologist</i>	<i>Gemcutter</i>
<i>Builder</i>	<i>Designer</i>	<i>General</i>
<i>Bus driver</i>	<i>Detective</i>	<i>Geneticist</i>
<i>Butcher</i>	<i>Dictator</i>	<i>Geographer</i>
<i>Butler</i>	<i>Director</i>	<i>Geologist</i>
<i>Cab driver</i>	<i>Disc jockey</i>	<i>Golfer</i>
<i>Calligrapher</i>	<i>Diver</i>	<i>Governor</i>
<i>Captain</i>	<i>Doctor</i>	<i>Grocer</i>
<i>Cardiologist</i>	<i>Door attendant</i>	<i>Guide</i>
<i>Caregiver</i>	<i>Driver</i>	<i>Hairdresser</i>
<i>Carpenter</i>	<i>Drummer</i>	<i>Handyman</i>

Harpist
Highway patrol
Hobo
Hunter
Illustrator
Importer
Instructor
Intern
Internist
Interpreter
Inventor
Investigator
Journalist
Judge
Jailer
Janitor
Jester
Jeweler
Jockey
Journalist
Judge
Laborer
Landscape
Landscaper
Laundress
Lawyer
Lecturer
Librarian
Librettist
Lifeguard
Linguist
Lobbyist
Locksmith
Lyricist
Magician
Maid
Manager
Manufacturer
Marine
Marketer
Mason
Mathematician
Mayor
Mechanic
Messenger
Midwife
Miner
Model
Muralist
Musician
Navigator
Negotiator

Newsreader
Notary
Novelist
Nurse
Oboist
Operator
Ophthalmologist
Optician
Orderly
Ornithologist
Painter
Paleontologist
Paralegal
Pathologist
Pawnbroker
Peddler
Pediatrician
Percussionist
Performer
Pharmacist
Philanthropist
Philosopher
Photographer
Physician
Physicist
Pianist
Pilot
Pilot
Pitcher
Plumber
Poet
Police officer
Politician
Postman
President
Prince
Princess
Principal
Producer
Professor
Programmer
Psychiatrist
Psychologist
Publisher
Quarterback
Quilter
Radiologist
Rancher
Ranger
Receptionist
Referee

Registrar
Reporter
Representative
Researcher
Restaurateur
Retailer
Retiree
Soldier
Sailor
Samurai
Saxophonist
Scholar
Scientist
Scout
Scuba diver
Secretary
Senator
Sheriff
Shop assistant
Singer
Smith
Socialite
Soldier
Spy
Statistician
Stockbroker
Street sweeper
Student
Supervisor
Surgeon
Surveyor
Swimmer
Tailor
Tax collector
Taxidermist
Taxi driver
Teacher
Technician
Tennis player
Test pilot
Tiller
Toolmaker
Trader
Traffic warden
Trainer
Translator
Translator
Trash collector
Travel agent
Treasurer
Truck driver

<i>Tutor</i>	<i>Violinist</i>	<i>Wrangler</i>
<i>Typist</i>	<i>Waiter / Waitress</i>	<i>Writer</i>
<i>Umpire</i>	<i>Warden</i>	<i>Xylophonist</i>
<i>Undertaker</i>	<i>Warrior</i>	<i>Yodeller</i>
<i>Usher</i>	<i>Watchmaker</i>	<i>Zookeeper</i>
<i>Valet</i>	<i>Weaver</i>	<i>Zoologist</i>
<i>Veteran</i>	<i>Welder</i>	
<i>Veterinarian</i>	<i>Woodcarver</i>	
<i>Vicar</i>	<i>Workman</i>	

3. Pre-reading questions:

What jobs are the most well-paid in your country?

4. Checking reading skills:

Surprisingly well-paid jobs

Part 1

We've all heard of some of the mega-jobs that command huge pay packets, but what if you want to boost your income and don't fancy the backlash that goes with being a banker or the adoration that goes with Hollywood stardom? We've rounded up some jobs that, we think, pay surprisingly well and looked at what you need to do to land them.

1. Race engineer

Typical salary: New graduates start at J25,000 to J30,000 and quickly progress to junior engineer roles, earning more than J40,000 with just a few years' experience. Senior race engineers earn J50,000 to J90,000, and promotion often leads to six-figure salaries.

What the job involves: "A race engineer acts as the interpreter between the race car mechanics and the driver," says Jamie Muir, who does the job at motor sport company JRM Group. "The engineer takes feedback from the driver and analyses the data available and makes decisions about the set-up needed for maximum performance, then relays this to the mechanics to instigate."

Engineering skills used on a daily basis include computer-aided design, data analysis, simulation, vehicle dynamics, testing and development. "However, the role mostly involves the hands-on management of a small team of mechanics to ensure the car is maintained, set-up and developed, keeping it at the front of the grid and reducing the risk of a technical issue which could cost you that podium place."

Qualifications: A levels in maths and physics, followed by a university degree, typically in automotive/mechanical engineering or motor sport technology. Hands-on experience is essential so engineers typically work for race teams for free in their spare time or do a work placement as part of their degree.

To succeed as a race engineer, you need... To be able to deal with pressure. "Conditions and circumstances change constantly throughout the

course of a race. You must have the ability to assess a given situation instantaneously, then make and communicate the correct decision," says Muir.

Worst thing about the job: The long hours. "Race engineers work 24/7," says Chris Aylett, CEO of the Motorsport Industry Association. "You need total commitment to succeed."

2. Ethical hacker

Typical salary: £60,000 to £90,000 at the team leader level while a newly qualified hacker can expect a minimum salary of £35,000 to £50,000.

What the job involves: A company will pay an ethical hacker to hack into its computer system to see how well it might stand up to a real attack. Also known as a "penetration tester" and a "white hat".

Qualifications: For UK government work, ethical hackers must hold a relevant qualification (approved by CESG, the information arm of GCHQ) and have met the additional requirements of GCHQ's check scheme. The qualifications are provided by Crest, Tiger and Cyber Scheme. In the financial services sector, the Crest qualifications are a mandatory requirement for some types of specialist work.

There are academic routes into the industry from universities including Royal Holloway University of London, Greenwich, Lancaster and Glasgow Caledonian. However, you don't necessarily need a degree in computer science, says Ian Glover, president of Crest: "The industry is a 'broad church' and accepts individuals with a very wide range of academic backgrounds and skills. Often, people have not come the traditional route through education because the 'system' did not necessarily match their way of working and learning."

To succeed as an ethical hacker, you need... A passion for technology and detail. "You should also have a very good analytical mind, like solving difficult problems and be able to articulate your observations to senior management," says Giles.

Worst thing about the job: "When we're called in to test the security of a new customer's network, only to discover that they have already been the victim of a data breach," says Matthew Gough from cyber security consultancy Nettitude. "We have to explain that sensitive data belonging to the company's customers has been compromised by hackers. It's not pleasant." What's more, to stay on top of the latest threats, you have to constantly update your knowledge in your spare time. "Specialist consultancies will also expect you to be flexible and willing to travel," says Giles (<https://www.theguardian.com/money/2014/aug/07/six-well-paid-jobs-careers>)

5. Use of English

a) Open the brackets and explain your choice of the form:

We **(hear)** all of some of the mega-jobs that **(command)** huge pay packets, but what if you **(want)** **(boost)** your income and **(not/fancy)** the backlash that **(go)** with being a banker or the adoration that **(go)** with

Hollywood stardom? We **(round)** up some jobs that, we **(think)**, **(pay)** surprisingly well and **(look)** at what you **(need)** **(do)** **(land)** them.

b) Insert missing sentence parts. One part is an extra:

Engineering skills used (1)___ include computer-aided design, data analysis, simulation, vehicle dynamics, testing and development. "However, the role mostly involves (2)___ of a small team of mechanics to ensure the car(3)___, keeping it at (4)___ and reducing the risk (5)___ which could cost you (6)___". A-levels in maths and physics, followed (7)___, typically in automotive/mechanical engineering or motor sport technology. (8)___ is essential so engineers typically work (9)___ for free in their spare time or do a work placement as part of their degree.

- A. the front of the grid
- B. of a technical issue
- C. hands-on experience
- D. is maintained, set-up and developed
- E. that podium place
- F. on a daily basis by a university degree
- G. the hands-on management
- H. for race teams
- I. stay on top

6. Speaking and discussion

Speak about the challenge of obtaining well-paid but risky job in your country and abroad.

Seminar 22

Интерв'ю з роботодавцем / Job interview

1. Drilling

Stupid superstition!

2. Vocabulary list

Chicken tracks

Climb career ladder

Pass the buck

Do one thing at a time

Know like a book

Have the heart to do

Feel ill at ease

Embark on

Ease mind

Clasp hand

Be in element

At the back of one's mind

Work like hell

Make things hum

Go out of one's way

Be out of the picture

Levelheaded

3. Pre-reading questions:

What do they usually ask you at the job interview?

4. Checking reading skills:

A Guardian Jobs guide to the top ten interview questions - and how to answer them

Kirstie Brewer

Wouldn't it be great if you knew in advance what your interviewer was going to ask you? Unfortunately it is difficult to know precisely, but the following questions are more than likely to crop up in some shape or form. Here, interview experts give their advice on how best to answer them.

Tell me about yourself

Yes, it's a very open question, but the interviewer isn't looking for a long and rambling story of your life, warns Jon Gregory, editor of win-that-job.com. "What the interviewer most wants to hear is what you've got about you that makes you relevant and potentially a great choice," he explains. Summarise your early career in as few words as possible to cover your background and then cut straight to your most recent and relevant experiences.

"Deliver the facts, rather than a sales pitch and try to relax," says Gregory. "Smile, be enthusiastic and engage with the interviewer because this is your opportunity to help steer a positive tone to the whole proceedings."

Why do you want to work here?

Find out as much as you can about the organisation and its competitors - this should help inform your answer. "This is your chance to demonstrate that

you have done your research into the organisation's unique selling points and core values", says David Cairncross, director at [Hays](#).

"Try to avoid saying things that suggest a short-term interest in the role," advises Cairncross. For example, avoid saying that the role may be a stepping stone to your future goals or, perhaps for a UK-based role, that you are interested in the prospect of international work, as this will suggest you are looking to move on quickly.

What are your strengths?

For this question, Jonathan Burston, founder of [the Interview Expert Academy](#), advises candidates to prepare in advance by following the 'rule of 3':

Rule 1: Make a list of what you think you're good at, what you enjoy doing and what others say you're good at.

Rule 2: Take that list a step further and ask yourself why you consider each strength to be a strength - list three reasons per strength.

Rule 3: For each strength listed, detail three examples of where you've showcased that strength.

What are your weaknesses?

Interviewers ask this question to see how self aware candidates are, according to Sarah Archer of [CareerTree](#). "They don't want you to start listing all your weaknesses and provide them with a reason not to give you the job - remember they want you to do well," she explains. "But you must prepare for the question because answering off the top of your head could be fatal."

Think of a weakness that you have - that is preferably not a crucial requirement of the job - and show the interviewer you have a strategy for managing it. For example: "When under pressure my attention to detail can be less than I like so I build in extra time for checking my work or ask a colleague to do a final proof read for me."

Why should we employ you?

This question isn't simply about whether you meet the criteria of the job specifications, you need to demonstrate you can deliver what is required, says Victoria McLean, founder of [CityCV](#). Start by reiterating the role outcomes ("My understanding is that the business requires an individual who can expand the client base and ..."), then illustrate the skills you have to achieve those outcomes with some tangible examples.

Next give them your "differentiator", says McLean - what sets you apart from your peers, what is your USP? "Use emotive language and wrap up with something super positive and memorable," she advises. "Reiterate again how excited you are about the opportunity and to close your answer on a really positive note."

What accomplishment are you most proud of and why?

Use this question as an opportunity to showcase your strengths, says Cairncross. "Think of where you have personally made a difference, but avoid overselling yourself," he adds. Use the STAR technique to tell a compelling

story, outline the situation you were in, the task you had to accomplish, the action you took and then the positive results.

Using the STAR technique should ensure your answer has a clear structure and doesn't miss out any key details. Cairncross also advises that the candidate highlights the obstacles they overcame to reach the achievement.

Describe a time something went wrong and how you dealt with it

"We all have experiences where something went wrong and employers want to learn how you deal with it," says Burston. He recommends making a list of examples of projects or goals that didn't go according to plan and then listing what happened and why. Next, review the reasons it failed, how you felt about it and, most importantly, what you learned from the experience and what you'd do differently next time. Once you've got a clear example in your head, you can structure your answer using the STAR technique, in the same way as question 6.

Where do you see yourself in five years time?

This is tricky. "You don't want to be under ambitious, but equally you need to avoid having unrealistic or mismatched expectations," says Gregory. What does work, according to Gregory, is to say that you would hope to develop and be trusted with increasing responsibility over this next five years. "This shows that first and foremost you want to be recognised as someone who does an excellent job, and that this would underpin any career development and promotional opportunities," he explains.

What motivates you?

This is a broad question designed to understand a person in the round, according to Kelly Roberts, head of HR consultancy at accountancy firm Kreston Reeves. Perhaps you might like a challenge? Or you want a job that pays enough for interesting foreign travel? "There is no right or wrong, but honesty, enthusiasm and self-belief are qualities a recruiter will hope to see reflected in the answers," she says.

Have you got any questions?

Remember that interviews are a two-way process. "Interviewers will want to know if you're interested in them and their organisation, so you should never go to an interview without a list of pre-prepared questions," says Burston. Ask about the company and the opportunities for personal development and, of course, ask more about the role, its challenges and the team. Questions directed at the interviewer themselves are a good move too, says Burston. What do they like about their job, the company, the culture? (<https://jobs.theguardian.com/article/the-top-ten-interview-questions-and-how-to-answer-them/#success>)

5. Use of English

a) Fill in gaps:

“Deliver (1)___ facts, rather than a sales pitch and try (2)___ relax,” says Gregory. “Smile, be enthusiastic and engage (3)___ the interviewer because this is your opportunity (4)___ help steer a positive tone (5)___ the whole proceedings.” Find (6)___ as much as you can (7)___ the organisation and its competitors - this should help inform your answer. “This is your chance (8)___ demonstrate that you have done your research (9)___ the organisation’s unique selling points and core values”, says David Cairncross, director (10)___ Hays.

a) Open the brackets and explain your choice of the form:

This **(be)** tricky. “You **(not/want) (be)** under ambitious, but equally you **(need) (avoid)** having unrealistic or mismatched expectations,” **(say)** Gregory. What **(do)** work, according to Gregory, **(be) (say)** that you **(hope) (develop)** and **(be)** trusted with increasing responsibility over this next five years. “This **(show)** that first and foremost you **(want) (be)** recognised as someone who **(do)** an excellent job, and that this **(underpin)** any career development and promotional opportunities,” he **(explain)**.

6. Speaking and discussion

Speak about your job interview, reveal the most specific questions you’ve been asked.

Seminar 23

Професійні навички / Professional skills

1. Drilling

I saw Susie sitting in a shoe shine shop. Where she sits she shines, and where she shines she sits

2. Vocabulary list

Workplace – Many schemes are not being used to help young people into the workplace

Apprenticeship – Some employers and universities are abusing the levy by rebadging existing training courses and degrees as apprenticeships

Thinktank – A report by a thinktank says employers are abusing the current system

Levy – The apprenticeship levy is now descending into farce

Abuse – The evidence shows that some employers and universities are abusing the levy

Staff – The most common use of apprenticeship funding was for experienced staff

Entry-level – The proportion of young people starting apprenticeships has fallen – especially in entry-level apprenticeships

Skills requirement – A reflection of the nation's skills requirements.

Social care – These apprenticeships are essential for social care

3. Pre-reading questions:

What is the main purpose of the governmental apprentice programmes?

Do you consider such programmes are relevant in modern Ukrainian society?

4. Checking reading skills:

Thinktank alleges employers and universities are creating schemes for experienced staff

Richard Adams

Hundreds of millions of pounds are being spent on “fake apprenticeships” that are just relabelled degrees or training courses, according to a report by a thinktank, which says employers are abusing the current system.

Since 2017 large companies have been forced to set aside the equivalent of 0.5% of their payroll to fund apprenticeships. But according to Tom Richmond, the author of a report for the EDSK thinktank, many are instead using the funds for existing professional development courses.

“Despite being set up with the best intentions, the apprenticeship levy is now descending into farce,” Richmond said. “Instead of supporting the government's efforts to improve technical education for young people, the evidence shows that some employers and universities are abusing the levy by

rebadging existing training courses and degrees as apprenticeships for their own financial gain”.

The report found the most common use of apprenticeship funding was for “team leader/supervisor” courses for experienced staff, accounting for almost one in 10 apprenticeships. Since the levy was introduced, the proportion of young people starting apprenticeships has fallen – especially in entry-level apprenticeships – while there has been a rise in the number who were already working for their company before being designated as apprentices. “In other words, the bulk of the levy is being spent on existing adult workers instead of supporting young people into the workplace,” the report said.

EDSK also accuses several universities, including Durham and Imperial College, of creating “academic professional apprenticeships” to fund training of their own highly-qualified academic staff.

“The fact that you typically need a PhD to be accepted onto this levy-funded training course confirms that it bears no relation whatsoever to any genuine apprenticeship,” the report states.

But Mark Dawe, chief executive of the Association of Employment and Learning Providers, representing the bulk of training providers in England, disputed Richmond’s assertions. “For a post-Brexit economy with migratory controls, we have to say again that apprenticeships should be available to employers of all sizes to access the full range of apprenticeship programmes,” Dawe said.

“We have to repeat ourselves because whatever guise Tom Richmond has taken since leaving government, he sounds like a scratched record on the subject.”

Dawe also took issue with the report’s claim that employers were using the levy to fund entry-level training for “various low-skill and generic jobs” such as retail and hospitality that did not meet established definitions of apprenticeships. “The caricatures used bear no resemblance to the reality of what is actually being learnt by the apprentice,” Dawe said.

“These apprenticeships are essential for sectors such as construction and social care which will help galvanise the left-behind regions.”

A Department for Education spokesperson said: “Our reforms mean apprenticeships are better quality, lasting for a minimum of 12 months with at least 20% off-the-job training. In 2017 we introduced legislation so training cannot be called an apprenticeship unless it meets those basic criteria and the minimum quality requirements set by us.

“The Institute for Apprenticeships and Technical Education approves all apprenticeship standards to ensure they meet high-quality requirements”.

A spokesperson for the institute added: “We work closely with thousands of employers as well as many other stakeholders to make high quality apprenticeship standards available across the whole economy. This has led to a

broader variety of apprenticeships up to degree-level being available to employers, a far better reflection of the nation's skills requirements".

The DfE noted that 393,400 apprenticeships were started in 2018-19, compared with 375,800 in 2017-18, an increase of nearly 5%. But the total is still well below the 564,800 apprenticeships started before the levy came into force.

A recent survey by the accountancy firm Grant Thornton found that 45% of companies with an apprenticeship levy had not used any of the funds they had set aside in the two years since the scheme was launched.

Smaller employers can arrange apprenticeships with approved providers, paid out of funds generated by the levy, although the CBI has reported that a shortfall means smaller companies are being excluded (<https://www.theguardian.com/education/2020/jan/03/millions-spent-on-fake-apprentice-ships-says-report>)

5. Use of English

a) Open the brackets and explain your choice of the form:

Hundreds of millions of pounds **(be)** spent on "fake apprenticeships" that **(be)** just relabelled degrees or training courses, according to a report by a thinktank which says employers **(be)** abusing the current system. Since the levy **(be)** introduced, the proportion of young people **(start)** apprenticeships **(have)** fallen – especially in entry-level apprenticeships – while there **(have)** been a rise in the number **(be)** already working for their company before **(be)** designated as apprentices. "In other words, the bulk of the levy **(be)** being spent on existing adult workers instead of supporting young people into the workplace," the report **(say)**. Since 2017 large companies **(have)** been forced to set aside the equivalent of 0.5% of their payroll to fund apprenticeships.

b) Insert missing sentence parts. One part is an extra:

Despite being set up with the best intentions, (1)____. "Instead of supporting the government's efforts to improve technical education for young people, the evidence shows that some employers and universities are abusing the levy (2)____". The report found the most common use of apprenticeship funding was for (3)____, accounting for almost one in 10 apprenticeships. Since the levy (4)____, the proportion of young people starting apprenticeships has fallen – especially in entry-level apprenticeships – (5)____who were already working for their company before being designated as apprentices. "In other words, (6)____ instead of supporting young people into the workplace," the report said. EDSK also accuses several universities, including Durham and Imperial College, of (7)____ to fund training of their own highly-qualified academic staff. "The fact that you typically need a PhD to be accepted onto this levy-funded training course confirms that it (8)____," the report states.

- A. bears no relation whatsoever to any genuine apprenticeship
- B. the bulk of the levy is being spent on existing adult workers
- C. the apprenticeship levy is now descending into farce
- D. by rebadging existing training courses and degrees as apprenticeships for their own financial gain
- E. to ensure they meet high-quality requirements
- F. “team leader/supervisor” courses for experienced staff
- G. creating “academic professional apprenticeships”
- H. was introduced
- I. while there has been a rise in the number

6. Speaking and discussion

Speak about different Ukrainian governmental programmes, gaining to help migrants or low-skilled people to integrate them into society.

Seminar 24

Kap'epu XXI cm. / Careers of the 21st c.

1. Drilling

She saw Sherif's shoes on the sofa. But was she so sure she saw Sherif's shoes on the sofa?

2. Vocabulary list

Wide array of skill sets

Skill sets

Assortment of options

Technical skills

Job opportunities

Continuous learning

Individual mobility

Growth mind-set

Rewarding career

Climb the corporate ladder

Upward progression

Go out of date

Well-architected career

"Reskill oneself"

Career strategies

Career model

Financial / psychological reward

Constant pressure

Steady increase in innovation and profitability

Socioeconomic status

Life expectancy

Retirement benefit payouts

Acquire proficiency

Soft skills

"Disappearing jobs"

"Growing jobs"

"Essentially human skills"

Hybrid jobs

University tuition fee

Science funding

Maintenance grant

Living standards

Job seeker

3. Pre-reading questions:

Is university education essential to you?

Will it help you in your future job search?

What is the role of an apprenticeship in your career?

4. Checking reading skills:

Young people more sceptical of need to go to university, poll finds

Only 65% of under-16s think it is important to go to university, compared with 86% in 2013

Richard Adams

Despite the poll findings, universities say they are preparing for higher than usual numbers of students seeking places through clearing. Photograph: Alamy Stock Photo

Young people in Britain are increasingly sceptical of the need to go to university and are more aware of apprenticeships, according to polling, as a record proportion of school-leavers await their A-level results.

More than 300,000 sixth formers across England, Wales and Northern Ireland will find out the results of their summer exams on Thursday and in many cases use the grades to gain places on undergraduate courses. But only two-thirds of young people rate a university education as important, according to the poll conducted by Ipsos MORI for the Sutton Trust.

Sixty-five per cent of young people up to the age of 16 said they thought it was important to go to university, continuing a downward trend seen since 2013, when 86% said a university education was important. A year ago the figure was 75% .

This year's polling also found nearly two-thirds of respondents were interested in doing an apprenticeship rather than going to university after leaving school, which the Sutton Trust said "may in part be down to a growing awareness of apprenticeships and other high-quality training routes".

Sir Peter Lampl, the chairman of the educational charity, said young people needed better careers guidance, including where different degrees and apprenticeships could lead.

"Young people face a dilemma. If they go on to university, they incur debts of over £50,000 and will be paying back their loans well into middle age. And in many cases they will end up with degrees that don't get them into graduate jobs," Lampl said.

Despite the decline in enthusiasm, the latest poll found no change in the proportion of secondary school pupils expecting to go into higher education: 77% said they were very or fairly likely to go to university when they were old enough, with only 40% saying they were worried about cost.

This year's A-levels will include results for the last major tranche of subjects given an overhaul by Michael Gove as education secretary. Candidates sat reformed exams in 19 subjects for the first time, including design and technology, Chinese, further maths and politics.

School leaders say results may be affected by the continuing funding crisis that is especially felt at post-16 institutions such as sixth-form colleges and further education colleges, whose budgets have been cut compared with schools in England.

"Our members have delivered another year of outstanding A-level results. Students are coping extremely well with the new-style A-levels, where exams are taken at the end of the course, usually after two years," said Bill Watkin, the chief executive of the Sixth Form Colleges Association.

"However, it will be impossible to maintain these high standards without a serious increase in sixth form funding in next month's spending review. The government must wake up to the sixth form funding crisis and significantly increase investment levels."

Universities say they are preparing for higher than usual numbers of students seeking places through the post-results admissions process known as clearing, with forecasts of 70,000 or more using the route this year.

“Traditionally, clearing was very much the back-up option for students to find a place if they had not done as well as they’d hoped in their exams. However, increasingly students have used clearing to effectively switch to a new university if their results exceeded expectations,” said Adrian Dutch, the University of Westminster’s director of admissions.

Earlier this week Labour pledged to delay the university application process in England until after A-level results were published, meaning that students would have a clearer idea of courses they could apply to.

A snap poll conducted by YouGov found widespread support for the move, with 56% of nearly 3,000 British adults saying they supported post-qualification admissions and only 22% saying they opposed (<https://www.theguardian.com/education/2019/aug/15/young-people-more-sceptical-of-need-to-go-to-university-poll-finds>)

5. Use of English

a) Fill in gaps.

Young people face (1)___ dilemma. If they go on (2)___ university, they incur debts (3)___ over £50,000 and will be paying back their loans well (4)___ middle age. And in many cases they will end (5)___ with degrees that don’t get them (6)___ graduate jobs. Young people (7)___ Britain are increasingly sceptical (7)___ the need to go (8)___ university and are more aware (9)___ apprenticeships, according to polling, as a record proportion (10)___ school-leavers await their A-level results.

b) Insert missing sentence parts. One part is an extra:

This year’s A-levels will include results for the last major tranche of subjects given an overhaul by Michael Gove (1)____. Candidates sat reformed exams in 19 subjects (2)____, including design and technology, Chinese, further maths and politics.

School leaders say results may be affected (3)____that is especially felt at post-16 institutions such as sixth-form colleges and further education colleges, whose budgets have been cut compared (4)_____.

“Our members have delivered another year of (5)____. Students are coping extremely well (6)____, where exams are taken at the end (7)____, usually (8)____,” said Bill Watkin, the chief executive of the Sixth Form Colleges Association.

- A. by the continuing funding crisis
- B. with schools in England
- C. as education secretary
- D. outstanding A-level results
- E. with the new-style A-levels
- F. for the first time

G. of over J50,000

H. of the course

I. after two years

6. Speaking and discussion

Discuss the most essential human skills and their role in job applying nowadays.

Reveal your view of your future perspective career and career expectations.

Imagine about 21st century careers in Ukraine and new types of soft skills to be required.

Seminar 25

Професія вчителя / Teacher's profession

1. Drilling

Thirty-three thirsty, thundering thoroughbreds thumped Mr. Thurber on Thursday

2. Vocabulary list

Historically female-dominated occupation

Various occupational alternatives

Glorify

Value in the society

Teacher-training colleges and universities

Dedication

Tremendous patience

Teamwork skills

Occupational prestige

Understanding

Social-status standing

Job autonomy

Harsh public criticism

Image of the teacher

National-insurance income support

Mandatory minimum income

Teacher burden

Academic teacher-training institutions

Supportive and caring teacher

3. Pre-reading questions:

Do people always choose teaching as their first job?

4. Checking reading skills:

From Marines to Secondary School

David Butler, 47

Science and physics teacher at Ark Walworth academy. Previous careers: Royal Marine, financial services consultant, risk management consultant

"I graduated from University College London back in 1992 with a degree in astrophysics and went straight into the Royal Marines, where I spent eight years doing a bunch of different things. I was a military observer in Bosnia, then I became a pilot, flying helicopters. My last job was as a recruiting officer, going around schools and universities.

"By then I had a family and wanted to be more settled, so I did an MBA at Warwick and went to work first in financial services and then in risk management. At around the same time, in 2013, my father passed away, then my mum passed away a couple of years later. I found it very difficult to be enthused and motivated, and when you're an entrepreneur it is all about being really passionate and enthusiastic about the business you're running. I found that I wasn't able to give 100% to it. Quite often, I'd sit there and go: "I've got a networking event in London. Can I really be bothered?"

"I started to question what I was doing. I wanted to give back to society. I wanted to be thankful for all the positives that had happened in my life. Quite a

few of my friends and family had hinted that I would make a great teacher, and when I read Lucy’s article, where she talked about her mother passing and how it had changed her view of the world, that chimed with how I was thinking.

“When I came to Walworth for an open day, it was the academy itself – the staff and the environment – that made me resolve to become a teacher; I knew I could give back almost immediately here. It’s nearly 70% boys, 60% mixed race or black. It’s only 20% white: a high proportion of low-income, white British and then a lot of white Europeans who don’t have English as a first language. So it’s a hugely diverse, multicultural place and an economically disadvantaged group, and all of those challenges suit me down to the ground.

“I wanted to make a difference straight away. Now, that doesn’t mean I felt that I’d be a great teacher, but I thought just being there, going through teacher training, being who I was, could have an impact on those kids.

“It’s a good school, but behaviour management’s tough and you’ve got to be good at that, and the kids come into class with all sorts of problems – haven’t slept the night before, so their heads are on the desk the whole time... they’re not engaged.

“Then last week I had a year seven class and everything went perfectly – they were all well behaved and all learning. The kids left going ‘Thank you, sir. That was great,’ and that gave me such a sense of euphoria. Then this week the same class were just terrible” (<https://www.theguardian.com/education/2018/mar/11/im-getting-a-big-buzz-former-professionals-teaching-lucy-kellaway-now-teach>)

5. Use of English

a) Open the brackets and explain your choice of the form:

“I (**graduate**) from University College London back in 1992 with a degree in astrophysics and (**go**) straight into the Royal Marines, where I (**spend**) eight years (**do**) a bunch of different things. I (**be**) a military observer in Bosnia, then I (**become**) a pilot, (**fly**) helicopters. My last job (**be**) as a recruiting officer, (**go**) around schools and universities.

“By then I (**have**) a family and (**want**) to be more settled, so I (**do**) an MBA at Warwick and (**go**) to work first in financial services and then in risk management. At around the same time, in 2013, my father (**pass**) away, then my mum (**pass**) away a couple of years later. I (**find**) it very difficult (**be**) enthused and motivated, and when you (**be**) an entrepreneur it (**be**) all about being really passionate and enthusiastic about the business you (**be**) running.

b) Match the parts of the sentence:

I wanted to make a difference	they’re not engaged
the kids come into class with all sorts of problems	and wanted to be more settled
I started to question	it is all about being really passionate

	and enthusiastic
By then I had a family	straight away
when you're an entrepreneur	what I was doing

6. Speaking and discussion

What motivates people to retrain for a completely new job?

Seminar 26

Навички в навчанні / Study habits

1. Drilling

As I was in Arkansas I saw a saw that could out saw any saw I ever saw saw. If you happen to be in Arkansas and see a saw that can out saw the saw I saw saw I'd like to see the saw you saw saw.

2. Vocabulary list

*Maintenance grants
University tuition fees
Student protests
Science funding
Broadcast
Institution
Distracting object
Higher education
Research excellence*

3. Pre-reading questions:

Do poorer but talented students need governmental help?

Explain the statement: "To run down universities means to denigrate the culture"

4. Checking reading skills:

Former universities minister says lowering student fees would do 'grave damage'

Simon Murphy

The prime minister's brother, Jo Johnson, has warned against a proposal to cut university tuition fees.

The younger, remain-supporting Johnson – who was universities minister until September when he resigned from government citing an "unresolvable tension" between his family loyalty and the national interest – argued that lowering student fees would do "grave damage" to higher education finances.

The former Tory MP, who stepped down at the election and is now chairman of the group that owns the Times Educational Supplement, said cutting fees would also be "very bad politics".

The Conservative manifesto pledged to consider a review by former financier Philip Augar last year that recommended reducing fees from £9,250 to £7,500. The report, commissioned by Theresa May, suggested extended

payments from 30 to 40 years, as well as reintroducing maintenance grants for poorer students.

Meanwhile, Labour said in its own manifesto that it would scrap tuition fees entirely, citing spiralling student debts. Fees were introduced under Tony Blair's New Labour administration before they were trebled during the coalition government, prompting huge student protests. Government figures highlighted last year showed interest charged on student loans is forecast to rise by J4.2bn to J8.6bn a year by 2024.

Speaking on Saturday, Johnson backed the government's pledged increase in science funding. He also said he wanted universities to remain properly funded, warning against lowering tuition fees. "I think that would do grave damage to our institutions' financial stability and, also, I think it would be very bad politics as well but that is rather beside the point," he told BBC Radio 4's Today programme. "So we've got to continue to fund our universities successfully and build on our research excellence and I think that's the priority for the government."

Asked if there would be a significant impact if fees were lowered by a third, he replied: "Yes, there would be a substantial impact, particularly if that funding were not made up by the Treasury which, given the current politics, I would have grave doubts that it would be. The priority, where there is discretionary income within the Department of Education, is to put it towards schools and to put it towards further and technological education. We need to level up, rather than level down, university funding to create some sort of false parity."

He added: "I think where there clearly are grounds for concerns about universities are, as the sector has expanded, has quality been maintained? Are there issues around degree inflation? Are there issues around unconditional offers? Which are legitimate areas for criticism and for reform but I think to be vindictive and to be, sort of, punitive about universities because they were on the wrong side of a perceived culture war over Brexit, I think that's completely the wrong way to go if we want to make a success of global Britain and our future post-Brexit."

Johnson also defended universities after Sir Robbie Gibb, Theresa May's former director of communications, laid into the Today programme's election coverage in a comment piece for the Daily Mail. In a scathing piece, Gibb said the programme had "misread the politics of the election with endless outside broadcasts in universities, full of interviews with left-wing, entitled, virtue-signalling students".

Responding, Johnson said: "Our universities are clearly a great national asset and if we want to make a success of Brexit projects like global Britain, we need our universities to play a very big part in that. We need to be championing them and getting behind them and making the most of them. That means funding them properly and it means we don't run down institutions like

our universities and denigrate their cultures” (<https://www.theguardian.com/education/2020/jan/04/jo-johnson-warns-against-cutting-university-tuition-fees>)

5. Use of English

a) Open the brackets and explain your choice of the form:

Speaking on Saturday, Johnson backed the government’s pledged increase in science funding. He also **(say)** he **(want)** universities to remain properly funded, warning against lowering tuition fees. “I **(think)** that **(do)** grave damage to our institutions’ financial stability and, also, I think it **(be)** very bad politics as well but that **(be)** rather beside the point,” he **(tell)** BBC Radio 4’s Today programme. “So we **(get)** to continue to fund our universities successfully and **(build)** on our research excellence and I **(think)** that **(be)** the priority for the government”. Johnson also **(defend)** universities after Sir Robbie Gibb, Theresa May’s former director of communications, **(lay)** into the Today programme’s election coverage in a comment piece for the Daily Mail. In a scathing piece, Gibb **(say)** the programme **(have)** “misread the politics of the election with endless outside broadcasts in universities, full of interviews with left-wing, entitled, virtue-signalling students”.

b) Insert missing sentence parts. One part is an extra:

The younger, remain-supporting Johnson – who (1)___ citing an “unresolvable tension” between his family loyalty and the national interest – argued that lowering student fees would do “grave damage” to higher education finances.

The former Tory MP, (2)___, said cutting fees would also be “very bad politics”.

The Conservative manifesto pledged to consider a review by former financier Philip Augar last year that recommended reducing fees (3)___ . The report, commissioned by Theresa May, suggested extended payments from 30 to 40 years, as well as (4)___.

(5)___, Labour said in its own manifesto that it would scrap tuition fees entirely, citing spiralling student debts. Fees were introduced under (6)___ before they were trebled during the coalition government, prompting huge student protests. Government figures (7)___ last year showed interest charged on student loans is forecast to rise by J4.2bn to J8.6bn a year (8)___.

- A. Tony Blair’s New Labour administration
- B. was universities minister until September when he resigned from government
- C. Meanwhile
- D. who stepped down at the election and is now chairman of the group that owns the Times Educational Supplement

- E. by 2024
- F. highlighted
- G. from J9,250 to J7,500
- H. reintroducing maintenance grants for poorer students
- I. for the Daily Mail

6. Speaking and discussion

How do you minimize distracting sights and objects while you are studying?

How do you study the “tough” subjects?

How do you learn principles or definitions?

Complete the following items:

When I am working on a major project, such as a term paper, I ...

At the start of each week, I ...

Usually I take breaks for ...

I study in a room ...

Seminar 27

Оксфордський університет / Oxford University

1. Drilling

The queen in green screamed

2. Vocabulary list

University admissions service

Provider

Sought-after institution

Vacancy

Competitive market

Rigour

Student recruitment

Social media

Bookworm

Curriculum

Face-to-face classes

Humanities

Intensive course

Pique your interest

Prestigious university

Scholarship

Tuition fees

Up-to-date knowledge

3. Pre-reading questions:

Is it essential for you to be an A-level student?

Do you consider a form of virtual open day an effective means of recruitment of the most competitive A-level students?

What is an impact of social media on the university image nowadays?

4. Checking reading skills:

UK universities brace for last-minute fight for A-level students

Competition for new recruits intensifies as tens of thousands of courses remain unfilled

Sally Weale

UK universities are bracing themselves for a last-minute battle for new recruits in what is expected to be the most competitive A-level student recruitment round to date.

Hundreds of thousands of 18-year-olds will pick up their A-level results next Thursday. For those intending to go to university it will be a buyers' market, with many of the country's leading institutions vying to attract students to take up places on tens of thousands of courses that are still unfilled.

Competition for students is intense after the lifting of the cap on student numbers and because of a dip in the number of 18-year-olds in the population. There are additional concerns this year that the number of EU students will fall because of Brexit uncertainty.

According to the university admissions service, Ucas, places were still available on more than 30,000 courses in 350 providers across the UK this week. More are likely to become available through the clearing process once results are released and universities have a clearer idea of numbers.

Many of the most popular and sought-after institutions in the UK have already posted vacancies. On the Ucas clearing site on Thursday, Bristol University listed more than 130 courses with places still available, Exeter had 270 and Leeds 260.

Among the subjects still up for grabs were law, medicine and English. After years of solid growth, there has also been a significant drop in the number of applications to study maths this year, which means places are still available.

Parents in England are being urged to take time off work next week for results day, when a record number of students are expected to search for a university place through clearing.

Richard O'Kelly, the head of data and analysis at Ucas, said: "Clearing acceptances have been on the rise for several years. There's been a 50% increase in the last decade – from 43,890 in 2008, to 66,770 in 2018. We don't think it's unreasonable to see more than 70,000 students get their place through clearing this year, 80,000 even.

"University admissions is a competitive market, especially with the continual decline over the past few years of the UK's 18-year-old population, and this is undoubtedly true for clearing too. Displays at train stations, pre-trailer cinema adverts, plus constant boomerangs, gifs and stories across social media right now are testament to that."

While clearing is an effective way of matching students who may have just missed their required grades to vacancies elsewhere, it can result in students having to rethink their plans, studying at an alternative university in a different location and possibly a different subject.

Julie Kelly, the head of the student centre at Hertfordshire University, said: "If your son or daughter ends up in clearing they are going to need your support. I would recommend booking the day off work, either to be on hand for support or to celebrate their results.

"Luckily most universities have some form of virtual open day, which helps students who can't visit in person; these are a great resource to review a couple of days before the results come. Ask your child to ensure they have a list of the universities they are looking to approach, the courses they want to study and the universities' clearing hotline numbers."

Despite a 1.9% fall in the overall 18-year-old population in the UK, Ucas said a record number of young people applied for university this year, up 1% on 2018. Applications from EU students also held up, but admissions teams fear many of those applications will not result in students taking up places to study from September because of the uncertainty over Brexit and continuing access to student loans.

Mike Nicholson, the director of undergraduate admissions and outreach at the University of Bath, warned: "This year and next year are going to be very

tough for higher education. Next year we will know whether we are in or out of Europe. If we are out, that will take a whole lot of students out of the system.”

Universities who have undergone massive expansion in recent years, with expensive building programmes, will be hit hardest by contracting student numbers. Students who might once have gone to a mid- or lower-tariff institution will be able to trade up with places still available at many Russell Group universities. As a result, some universities face severe financial difficulties.

After the uncertainty of previous years with the rollout of new qualifications intended to add rigour to the exams system and bring it up to date, the A-level reforms are this year largely complete and results are expected to be stable.

Philip Nye, the external affairs manager at FFT Education Datalab, said one of the most significant changes appeared to be a drop in the number of entries for A-level maths, from about 91,000 in 2018 to 86,000 this year. Further maths was also down.

“This is the first cohort who will have taken the new GCSE in 2017. The Mathematics Association was warning if students have struggled with the increased scope at GCSE that might put them off A-level.”

Entries in English language and English literature have also declined, while modern foreign languages, which have plummeted in popularity for years, appear to have just about held up this year, said Nye, though early Ofqual data showed that fewer than 3,000 students were entered for German A-level (<https://www.theguardian.com/education/2019/aug/10/uk-universities-brace-for-last-minute-fight-for-a-level-students>)

5. Use of English

a) Open the brackets and explain your choice of the form:

Luckily, most universities **(have)** some form of virtual open day, which **(help)** students who **(not/can)** visit in person; these are a great resource to review a couple of days before the results **(come)**. Ask your child to ensure they **(have)** a list of the universities they **(look)** to approach, the courses they **(want)** to study and the universities’ clearing hotline numbers.”

Despite a 1.9% fall in the overall 18-year-old population in the UK, Ucas **(say)** a record number of young people **(apply)** for university this year, up 1% on 2018. Applications from EU students also **(hold)** up, but admissions teams fear many of those applications **(not/be)** result in students taking up places to study from September because of the uncertainty over Brexit and continuing access to student loans

b) Insert missing sentence parts. One part is an extra:

According to the university admissions service, Ucas, places (1)___ on more than 30,000 courses in 350 providers across the UK this week. More are

likely to become available through the clearing process once results are released and universities have a clearer idea of numbers.

Many of the most popular and sought-after institutions in the UK (2)____. On the Ucas clearing site (3)____, Bristol University listed more than 130 courses with places still available, Exeter had 270 and Leeds 260.

Among the subjects still up for grabs were (4)____. After years (5)____, there has also been (6)____ in the number of applications to study maths this year, which means (7)____.

Parents in England (8)____ to take time off work next week for results day, when a record number of students are expected to search for a university place through clearing.

- A. on Thursday
- B. were still available
- C. law, medicine and English
- D. a significant drop
- E. have already posted vacancies
- F. intended to add rigour to the exams system
- G. are being urged
- H. places are still available
- I. of solid growth

6. Speaking and discussion

Have you ever experienced the form of virtual open day of the University of your dream? What was it like?

What European university would you prefer to enter?

Seminar 28

Кембриджський університет / Cambridge University

1. Drilling

Seven slick slimey snakes slowly sliding southward

2. Vocabulary list

Graduate

Curriculum

Qualification

Training course

Skills

Well-paid job.

Coursework

Regular work

Formal exams.

Degree

Co-educational

Cheat

Literacy

Illiterate

Primary (elementary) Education

Secondary Education

Higher (tertiary) Education

Non-compulsory education

Vocational education

Concentrate

3. Pre-reading questions:

What do you know about the University of Cambridge? What problems might this university face nowadays?

4. Checking reading skills:

Cambridge's one-on-one teaching model is based on exploiting graduates

Sandra Cortijo

Recently, I was having coffee with a final year PhD student about to submit his thesis. He was excited because he had just finished giving his first ever lecture. He had finally been able to prove himself and experience what his future job might entail.

Yet when we met later, he seemed downcast about the experience. It had taken him five hours to write his first 45-minute lecture – and several more to prepare the handouts and PowerPoint – but he was just paid for the single hour that he was in the room. Afterwards, students emailed him with follow-up questions, and some asked to meet with him to talk

But just being paid at all is a major step forward for graduate students like my friend. He belongs to one of the largest faculties in the humanities at Cambridge, which, up until last year, did not pay grads for any teaching done for the faculty. It was only after a massive union campaign that graduate student teaching for that faculty moved from being considered “training” to paid work. This has exposed a system of exploitation still baked into Cambridge’s model of teaching.

Graduate students are the freelancers of the university system. They are often forced into exploitative teaching arrangements because they need

experience to continue as academics. The university classifies this teaching as training even though little (often no) training is provided. Graduate students crave the opportunity to teach and share knowledge with undergraduates. This creates self-exploitation. Their passions and needs are employed against them, and they are denied access to decent wages and working conditions.

As the University and College Union (UCU) anti-casualisation officer at Cambridge, I hear many stories like the one told to me by my friend. Aside from lecturing, most teaching at Cambridge is done through one-on-one supervisions organised through colleges, rather than faculties. It is a major selling point of the university and the competitive advantage it gives students is one of the main reasons why they choose to study here. This system relies on the labour of graduate students to fill the gaps that can't be met by permanent faculty members.

Graduate students at Cambridge are considered self-employed and so are denied even the right to a contract for the work they do. They have no control over the wages offered to them – as a genuine self-employed contractor would – and many don't even know what their pay rate should be. Payment varies widely for the same work being done across the university. In recent conversations with the university, Cambridge UCU was told that graduate students should enjoy the flexibility of being self-employed. Yet they are not able to enjoy any sense of genuine negotiation over wages or working conditions.

When asked for comment, a university spokesperson said: “The University of Cambridge has been working constructively with UCU, Unison and Unite to address a number of concerns raised around the use of fixed term and casual contracts. A working group which includes union representatives has met on an almost monthly basis and we believe that we are continuing to make progress.”

Graduate students are theoretically not obligated to teach, but without their work the Cambridge supervision system would collapse. Their desperate need for experience and income means that in reality they try to teach as much as they possibly can, and the university knows and counts on this. Even then, they are not allowed to call themselves workers, but “students”. This devalues their work. They have been denied incremental pay raises, appraisals, mentorship, or even proper training.

Cambridge is today opening its doors to prospective students for open days. I encourage all interested students to come to Cambridge – it's a wonderful place to learn. But this year, staff will be using these open days to call for transparency. We want students to know about the exploitation behind Cambridge's unique teaching offer.

Undergraduates invest massive sums of money in paying for their education. They deserve their teaching staff to be valued as workers and given

a proper wage (<https://www.theguardian.com/education/2019/jul/04/cambridge-one-on-one-teaching-model-is-based-on-exploiting-graduates>)

5. Use of English

a) Insert missing sentence parts. One part is an extra:

Graduate students (1)___ of the university system. They are often (2)___ exploitative teaching arrangements because they (3)___ to continue as academics. The university classifies this teaching (4)___ even though little (often no) training is provided. Graduate students (5)___ to teach and share knowledge with undergraduates. This creates (6)___. Their passions and needs are employed (7)___, and they are denied access to (8)___ and working conditions.

- A. self-exploitation
- B. crave the opportunity
- C. are the freelancers
- D. are considered self-employed
- E. decent wages
- F. forced into
- G. as training
- H. against them
- I. need experience

b) Fill in gaps:

Recently, I **(be)** having coffee with a final year PhD student about **(submit)** his thesis. He **(be)** excited because he **(have)** just finished **(give)** his first ever lecture. He **(be)** finally able **(prove)** himself and **(experience)** what his future job **(may)** entail.

Yet when we **(meet)** later, he **(seem)** downcast about the experience. It **(have)** taken him five hours **(write)** his first 45-minute lecture – and several more **(prepare)** the handouts and PowerPoint – but he **(be)** just paid for the single hour that he **(be)** in the room. Afterwards, students **(email)** him with follow-up questions, and some **(ask)** **(meet)** with him to talk.

6. Speaking and discussion

What are advantages and drawbacks of a one-to-one teaching system?

Змістовий модуль № 4. Спілкування / Communication Seminar 29

Монолог і діалог / Monologue and dialogue

1. Drilling

Flash message!

2. Vocabulary list

Headphones – We can often seem cut off from one another with or without our headphones

Social anxiety – I suffer from social anxiety

Public transport – People are more stationary on public transport

Chatty table – People felt too shy to use the chatty table

Website – You can find a table near you on the scheme's website

Interaction – Meaningful interaction is what we're aiming for

Smartphones – Smartphones have been linked to spinal injuries

3. Pre-reading questions:

How do people usually find friends?

Is it hard for you to talk to a complete stranger?

4. Checking reading skills:

A month of meaningful conversation: my quest to befriend a new person every day

Daniel Lavelle

Part 1

Chatty cafes, benches, badges – there are countless schemes encouraging us to talk to strangers and escape loneliness. But do any of them really work? I spent 30 days finding out why is no one talking to me?

I've been sitting in an ice-cream parlour at a designated chatter and natter table for over an hour, waiting to have a meaningful conversation – or any conversation at all. Why has no one approached me yet? A moment or two later I realise I am wearing my headphones. I always wear them, even if I'm not listening to anything, because they are an effective way to avoid conversation – especially with any clipboard types. But clearly they are counterproductive here. I take them off, and wait.

I'm spending a month trying to have a meaningful conversation with a stranger every day, to see whether it's possible to strike up new friendships or discussions in a world where we can often seem cut off from one another, with or without our headphones. There are all kinds of schemes set up to facilitate impromptu connections – the chatter and natter table I'm visiting is just one. There are chatty badges, buses, benches and cafes, each designed to help address the UK's loneliness crisis.

According to the Office for National Statistics' Community Life survey, almost half of England's adult population experienced loneliness between 2016 and 2017: 5% reported feeling lonely "often" or "always"; 16% were lonely sometimes; and 24% occasionally. The survey's findings also showed loneliness is more likely to affect women: 18-to-24-year-olds reported feelings of loneliness more than any other age group, while single people and widows are the most at-risk group. Research has suggested loneliness can be as bad for us as smoking 15 cigarettes a day.

Bethan Harris, the founder of the Loneliness Lab, a project that aims to make cities less lonely, likens loneliness to hunger: "If you and I are hungry we eat some food and feel better. When we feel lonely we need social contact but can't get it."

I live in a shared house with a lot of people and so, if you were to ask in passing, I would say I don't feel particularly lonely. I'm content with my own company – but to the extent that I often go out of my way to avoid social contact (I've preferred to get lost than ask directions from strangers). Come to think of it, I suffer from social anxiety. I'm so terrified of saying the wrong thing that I have become a crashing bore: why would anyone want to talk to me? Ignore what I said at the start of this paragraph. Maybe I am a little bit lonely after all.

As the month begins, I try to speak to strangers at random, but can't pluck up the courage. London, where I live, is crammed with the perpetually frantic. People are more stationary on public transport, but making eye contact, especially on the tube, is almost considered a crime, which explains why some Londoners had a collective meltdown when "Tube chat" badges – designed to signal that you are up for a conversation – were distributed to commuters in 2016.

On social media, people replaced the "Tube chat" slogan with "Wake me up if a dog gets on" or simply "Nope!", while one Twitter user wrote: "The worst thing about the Tube Chat badges is that they haven't even considered the rest of us, who'll have to listen to it happening."

Luckily, there are other ways to bring people together. The Chatty Cafe scheme invites cafes to designate a table for strangers to meet and chat; you can find a table near you on the scheme's website. The first table I try to visit is at Costa Coffee inside the Odeon cinema in Leicester Square, London, but there is no designated table in sight and when I ask a barista they tell me they have never heard of it.

I have slightly more luck at the Humble Bee community cafe, an oasis in east London's concrete jungle, which offers homemade cakes and the opportunity to meet some farm animals. I don't see a chatty table when I get there, but I do get talking to Matt, one of the cafe's proprietors. He says people felt too shy to use the chatty table, but strangers often engage with each other in more organic ways in the cafe. Like me, Matt is a Manchester United fan and

we have a brief exchange about how disappointing they are at the moment. He also tells me about the cafe's history and how they support people with learning difficulties. I like Matt; I like the cafe. I think, if I visit again, Matt and I could, at least, become acquaintances.

I visit a few more Costas on the scheme's website, with no joy. The Costa on Holloway Road in London tells me a church group meets a couple of times a week to use the chatty tables, but there are no tables for the churchless. I'm sure there are loads of cafes committed to making this scheme work, but the only one I found with a designated table was at Yummy Licks, the ice-cream parlour in Maida Vale, west London, where I sit all that time with my headphones on. After I take them off, I'm still left alone. I leave feeling glum, worrying there's something wrong with me. At the Humble Bee, even one of the pigs turns its back on me and shuffles back into its sty when I say hello. Do I simply look too unattractive to sit with? I'm not exactly an oil painting, but I'm not a complete eye-sore either. Honest, ask my mum.

I decide to visit Alexandra Hoskyn, the founder of the Chatty Cafe scheme, to find out where I am going wrong. I meet Hoskyn in a coffee shop in Uppermill, one of a collection of sleepy villages in Saddleworth, Oldham. She had the idea for the scheme three years ago, when she was a new mother. Her job as a social worker entails constant interaction with people, but while on maternity leave she began to feel isolated. "I spent a lot of time walking around Oldham town centre, pushing the pram, going into shops and cafes," she says. "I was just aware that you could be out of the house for a lot of the day and actually not have much interaction with other people. You're there, you're out, but no one notices you, no one talks to you and I thought: 'God, how many people must feel like this?' People pushing their shopping trolley around, going into the same shop every day and not having any conversation with anyone" (<https://www.theguardian.com/lifeandstyle/2020/jan/06/talk-to-stranger-loneliness-loner-chatty-cafe>)

5. Use of English

a) Fill in gaps:

I decide (1)___ follow Harris's lead and invest more time (2)___ my local community. The first place I try this is (3)___ home. Embarrassingly, in the big house-share I live (4)___, there are three men I've been living with (5)___ two years whose names I don't even know. We keep very different timetables, but that's a rubbish excuse, (6)___ they have often invited me for drinks in the garden. When I start talking (7)___ them I learn that the three men, who share a room (8)___ the ground floor, are brothers from Romania, all work in construction and are strangely enthusiastic (9)___ Brexit. We have a long, albeit broken, chat about wine, because they really like it and their folks make (10)___ own in Romania. I have visited the same corner shop on a daily basis for two years and never said anything beyond "thanks" to the family – and dog – who

run the place. Now I finally learn the name of the shop's owner. He's called Sam and he runs the shop with his wife and three children. We've not become chatty (11)_ such, but Sam greets and says goodbye to me warmly (12)_ time I come and go now.

b) Insert missing sentence parts. One part is an extra:

I also decide to visit places (1)____. I visit a few churches on Sunday, and drink at a few new pubs, (2)____. Then I remember a visit I made to a West Indian barbershop near me in the summer. Two of the barbers were having a wildly entertaining conversation (3)____, only for a speeding bus to take it off: "One second more and BOOM! That would've been him!" said the barber, miming the man's comic horror. I really wanted (4)____, but felt too shy. I go back for a haircut, and this time I find my voice. I ask what became of the man across the road. They seem really impressed I remember and a similarly hilarious conversation ensues (5)____. After reminiscing about the unfortunate bus man I speak to my barber. He is very funny, knows a lot about the crown court and speaks (6)____, depending on who he's talking to. "Are you from Scotland?" he asks. "Manchester," I reply. "Manchester, yeah man!" he says. This leads us quickly to football chat. He is a Spurs fan. The night before our conversation, Son Heung-min dribbled the length of the pitch to score a wonder goal. We talk about this, as well as how badly Man Utd are doing and debate whether Manchester City winning the title (7)____. Then another group chat erupts about young people's preoccupation with digital devices. One man hypothesises that constantly leaning into their phones (8)____, a quip that's not entirely frivolous, as smartphones have been linked to spinal injuries. It is polling day and the conversation turns to politics. "Labour is the only party that cares about people like us," says my barber. I agree, as does the rest of the room, and we have another conversation about the election and Brexit.

- A. is preferable to Liverpool winning it
- B. between the barbers and other punters
- C. to join the conversation
- D. about a man across the road who had opened his car door
- E. I would never usually go
- F. will stunt the next generation's growth
- G. rapidly in an accent that shifts between Jamaican patois and traditional cockney
- H. she now hikes with a group of them on Friday mornings
- I. but I still don't make any new connections

6. Speaking and discussion:

What would you suggest to a foreigner who wants to find friends in your city?

Seminar 30

Соціальні мережі /Social networks

1. Drilling

World Wide Web

2. Vocabulary list

Conversation – To talk with someone, usually in an informal situation

Chat – To exchange short written messages on the internet or on the phones

(Digital) device – an object that has been invented for a particular purpose, for example for recording or measuring something

A comfy item – a comfortable one

Benefit – the help that you get from it or the advantage that results from it

3. Pre-reading questions:

Do you consider digital devices disconnect relationships in modern society?

Does real friendship exist nowadays?

4. Checking reading skills:

A month of meaningful conversation: my quest to befriend a new person every day

Daniel Lavelle

Part 2

One morning at a local cafe, she had an epiphany. “There was an elderly lady on her own. She looked really down and fed up and then on another table there was a guy with disabilities with a carer and they were just sat looking around the room. Then there was me on another table with my newborn. It’s a shame, because maybe we would have all benefited from a bit of company.”

Hoskyn sat on her idea for a year before she began approaching local cafes. Since then, the Chatty Cafe scheme has spread across the UK and has recently begun in Canada. I tell Hoskyn I haven’t had much luck so far. “The thing about the scheme that I really want to get across,” she says, “is we’re not saying that every time someone will sit with you, because they might not do. What we’re saying is, if there’s a table there and you’re sat at it, you’re saying: I’m open, if anyone else is.”

As we get up to leave, I tell her that approaching her chatty tables fills me with anxiety, but I was able to talk to her because there was a clear purpose behind our conversation. “Maybe that’s how you should approach it. Your purpose is to chat to people,” Hoskyn says. “It is nerve-racking; it’s not instant. Sometimes it will take time for people to understand and be brave. When you start chatting to someone it’s never as bad as you think it is and also it could be

five minutes of meaningless conversation – what was on telly last night or what the weather’s like. But just that interaction can make you feel human and part of the world.”

Harris praises initiatives such as the Chatty Cafe scheme, but thinks the solutions they offer can be too simplistic. “The thing that people probably need is more meaningful connections. Meaningful interaction is what we’re aiming for, not just chance interaction, not one-off collisions. The opportunity to build relationships.”

The Loneliness Lab is a research project that brings together charities, local authorities and property developers to explore the best ways to “design loneliness out of cities”. Harris began the project after experiencing loneliness when she moved to London in her early 20s. “I was working from home a lot during the week. A lot of my social relationships were being conducted on WhatsApp. And when I realised that what I needed was to be around more people during the week, and to invest more in social contact in my community, my mental health improved drastically.” The first steps Harris took were to tell people she was lonely and attempt to make friends in the “real” world. Working on the lab allowed her to meet other freelancers; she now hikes with a group of them on Friday mornings. “It’s an opportunity to get out of the house and meet up with people who work from home a lot and are alone a lot during the week.”

I decide to follow Harris’s lead and invest more time in my local community. The first place I try this is at home. Embarrassingly, in the big house-share I live in, there are three men I’ve been living with for two years whose names I don’t even know. We keep very different timetables, but that’s a rubbish excuse, as they have often invited me for drinks in the garden. When I start talking to them I learn that the three men, who share a room on the ground floor, are brothers from Romania, all work in construction and are strangely enthusiastic about Brexit. We have a long, albeit broken, chat about wine, because they really like it and their folks make their own in Romania.

I have visited the same corner shop on a daily basis for two years and never said anything beyond “thanks” to the family – and dog – who run the place. Now I finally learn the name of the shop’s owner. He’s called Sam and he runs the shop with his wife and three children. We’ve not become chatty as such, but Sam greets and says goodbye to me warmly every time I come and go now.

I also decide to visit places I would never usually go. I visit a few churches on Sunday, and drink at a few new pubs, but I still don’t make any new connections. Then I remember a visit I made to a West Indian barbershop near me in the summer. Two of the barbers were having a wildly entertaining conversation about a man across the road who had opened his car door, only for a speeding bus to take it off: “One second more and BOOM! That would’ve been him!” said the barber, miming the man’s comic horror. I really wanted to

join the conversation, but felt too shy. I go back for a haircut, and this time I find my voice. I ask what became of the man across the road. They seem really impressed I remember and a similarly hilarious conversation ensues between the barbers and other punters.

After reminiscing about the unfortunate bus man I speak to my barber. He is very funny, knows a lot about the crown court and speaks rapidly in an accent that shifts between Jamaican patois and traditional cockney, depending on who he's talking to. "Are you from Scotland?" he asks. "Manchester," I reply. "Manchester, yeah man!" he says. This leads us quickly to football chat. He is a Spurs fan. The night before our conversation, Son Heung-min dribbled the length of the pitch to score a wonder goal. We talk about this, as well as how badly Man Utd are doing and debate whether Manchester City winning the title is preferable to Liverpool winning it. Then another group chat erupts about young people's preoccupation with digital devices. One man hypothesises that constantly leaning into their phones will stunt the next generation's growth, a quip that's not entirely frivolous, as smartphones have been linked to spinal injuries. It is polling day and the conversation turns to politics. "Labour is the only party that cares about people like us," says my barber. I agree, as does the rest of the room, and we have another conversation about the election and Brexit.

This is, by far, the best experience I've ever had at a barbershop. In my experience, a trip to the barbers usually begins with a tedious wait, with the back of other people's heads the only thing to focus on, followed by a prolonged staring contest with yourself. This is the first time I've sat in a barber's chair that wasn't turned towards a mirror. Everyone was facing each other, chatting, making the whole thing whiz by. As I leave, my barber tells me to ask for him when I return for a trim. I will.

At the end of the month, I haven't managed to chat to that many strangers, despite making an effort every day – but I have spoken to many more than I usually would. The various chatty schemes didn't lead to any meaningful interactions or friendships, but if I ever feel lonely I can remind myself that I still exist by visiting Sam at my local shop, I can talk United with Matt at the Humble Bee cafe, my flatmates finally know who I am, and I know I will never have to feel like a stranger at the barbers. Before doing this, I was comfy in the cocoon I have built around my life and, to a large extent, I still am. But withdrawing into my headphones is causing me to miss out on meeting interesting people, hearing entertaining stories and making new friends. Maybe I'll wear them less often (<https://www.theguardian.com/lifeandstyle/2020/jan/06/talk-to-stranger-loneliness-loner-chatty-cafe>)

5. Use of English

a) Open the brackets and explain your choice of the form:

This is, by far, the best experience I **(ever/have)** at a barbershop. In my experience, a trip to the barbers usually **(begin)** with a tedious wait, with the back of other people's heads the only thing to focus on, **(follow)** by a prolonged staring contest with yourself. This is the first time I **(sit)** in a barber's chair that **(be/turn)** towards a mirror. Everyone **(face)** each other, chatting, making the whole thing whiz by. As I leave, my barber **(tell)** me to ask for him when I return for a trim. I will. At the end of the month, I **(manage)** to chat to that many strangers, despite making an effort every day – but I **(speak)** to many more than I usually would. The various chatty schemes **(not/lead)** to any meaningful interactions or friendships, but if I ever feel lonely I can remind myself that I still exist by visiting Sam at my local shop, I can talk with Matt at the Humble Bee cafe, my flatmates finally know who I am, and I know I will never have to feel like a stranger at the barbers. Before doing this, I **(be)** comfy in the cocoon I **(build)** around my life and, to a large extent, I still am. But withdrawing into my headphones **(cause)** me to miss out on meeting interesting people, hearing entertaining stories and making new friends. Maybe I **(wear)** them less often.

b) Put the paragraphs into the correct order. Underline words and phrases connecting the paragraphs:

1_ 2_ 3_ 4_ 5_ 6_ 7_ 8_

A. I've been sitting in an ice-cream parlour at a designated chatter and natter table for over an hour, waiting to have a meaningful conversation – or any conversation at all. Why has no one approached me yet? A moment or two later I realise I am wearing my headphones. I always wear them, even if I'm not listening to anything, because they are an effective way to avoid conversation – especially with any clipboard types. But clearly they are counterproductive here. I take them off, and wait.

B. According to the Office for National Statistics' Community Life survey, almost half of England's adult population experienced loneliness between 2016 and 2017: 5% reported feeling lonely "often" or "always"; 16% were lonely sometimes; and 24% occasionally. The survey's findings also showed loneliness is more likely to affect women: 18-to-24-year-olds reported feelings of loneliness more than any other age group, while single people and widows are the most at-risk group. Research has suggested loneliness can be as bad for us as smoking 15 cigarettes a day.

C. Chatty cafes, benches, badges – there are countless schemes encouraging us to talk to strangers and escape loneliness. But do any of them really work? I spent 30 days finding out why is no one talking to me?

D. I'm spending a month trying to have a meaningful conversation with a stranger every day, to see whether it's possible to strike up new friendships or discussions in a world where we can often seem cut off from one another, with or without our headphones. There are all kinds of schemes set up to facilitate

impromptu connections – the chatter and natter table I’m visiting is just one. There are chatty badges, buses, benches and cafes, each designed to help address the UK’s loneliness crisis.

E. Bethan Harris, the founder of the Loneliness Lab, a project that aims to make cities less lonely, likens loneliness to hunger: “If you and I are hungry we eat some food and feel better. When we feel lonely we need social contact but can’t get it.”

F. On social media, people replaced the “Tube chat” slogan with “Wake me up if a dog gets on” or simply “Nope!”, while one Twitter user wrote: “The worst thing about the Tube Chat badges is that they haven’t even considered the rest of us, who’ll have to listen to it happening.”

G. As the month begins, I try to speak to strangers at random, but can’t pluck up the courage. London, where I live, is crammed with the perpetually frantic. People are more stationary on public transport, but making eye contact, especially on the tube, is almost considered a crime, which explains why some Londoners had a collective meltdown when “Tube chat” badges – designed to signal that you are up for a conversation – were distributed to commuters in 2016.

H. I live in a shared house with a lot of people and so, if you were to ask in passing, I would say I don’t feel particularly lonely. I’m content with my own company – but to the extent that I often go out of my way to avoid social contact (I’ve preferred to get lost than ask directions from strangers). Come to think of it, I suffer from social anxiety. I’m so terrified of saying the wrong thing that I have become a crashing bore: why would anyone want to talk to me? Ignore what I said at the start of this paragraph. Maybe I am a little bit lonely after all.

6. Speaking and discussion

What would you suggest to a man who does not want to break friendship?

SEMESTER II
Змістовий модуль № 1. Медіа / Media
Seminar 1
Інформаційна безпека / Digital security

1. Drilling

On a lazy laser raiser lies a laser ray eraser

2. Vocabulary list

to expose to

trove

to resign

reset

credential

malicious(ly).

for good measure

3. Pre-reading discussion:

What typical problems does an Internet user face?

4. Checking reading skills:

Get yourself cybersecure for 2020 (Part 1)

With ever more tech in our lives, our data is vulnerable. Here are our six top tips to keep it safe in the new year

Davey Winder

Technology is changing our lives for the better; yet it's also exposing us to organised crime, online scammers and hackers – and whole industries built around monetising our personal data. But you don't have to be resigned to cyber-victimhood. Give yourself, and your devices, a security update for 2020 and start fighting back.

Random and unique passwords

A study carried out by the Ponemon Institute found that 51% of individuals in the UK reuse an average of five passwords across different sites and services. "This makes your accounts far easier to hack," says Nic Sarginson, senior solutions engineer at security firm Yubico. "By gaining access to one account an attacker could quite easily crack another." It's the cyber-equivalent of having one key that unlocks your front door, your office, your car and the bank for good measure, and then keeping a spare under the doormat. "Every year billions of credentials such as email addresses, passwords and personal information are shared and traded online by cybercriminals," says Dr Richard Gold, director of security engineering at Digital Shadows. You can see if any of yours have been compromised already by going to haveibeenpwned.com. If you think coming up with a unique, long and random, complex password that you can remember for every account you use is impossible, you'd be right. Unless you use a password-manager app, such as LastPass or 1Password,

which will not only generate the passwords for each site, but also store them securely and then automatically use the right ones when you need to log in. All you need to remember is the master password to unlock the app, and most will let you use your fingerprint on a smartphone instead of entering this every time.

Smartphone self-destruct

Yes, seriously. Your smartphone is a treasure trove of data, and while your passwords are likely to be safe from prying eyes (your password manager will keep them encrypted), what about your email, social media apps, contacts etc? Criminals can use these to change passwords, take account control away from you, and commit fraud in your name or simply steal directly from you. “Most people do not set any lock code on their devices,” warns Fennel Aurora, security adviser at F-Secure. A long password is most secure. Even if you’ve set up a fingerprint scan to unlock your phone, it will ask for your pin or password after a few unsuccessful attempts. A thief can try to guess your pin (and 0000 is still a common option) or obvious password. Smartphones can be configured to automatically perform a factory reset, wiping all your data, after a certain number of incorrect unlock attempts. For Android check Settings/Security & Location/Screen lock, and on iPhones, Settings/Face ID & passcode/Erase data.

Secure your dumb ‘smart’ speakers

While you may have read about smart speakers being at risk from hackers with maliciously crafted audio tracks or lasers (yes, seriously), in the real world there are more pressing security and privacy issues to consider. The account holder can see any requests that have been made of the device; worth remembering when using one at a friend’s house. To prevent this, tell Alexa to “delete what I just said”, and Google Assistant to “delete my last conversation”. That’s assuming they have enabled the “delete by voice” option in the account settings, of course – which, as a courtesy to your friends and family, I’d recommend doing for your smart speakers. While in the account settings, you can also delete past recordings for good measure. Using the “voice match” function for Google Assistant can prevent your personal results being available to anyone but you, and possibly Jon Culshaw. If you have enabled purchasing and have one-click payments “on” for your Amazon account, you can set a spoken pin to stop others shopping on your behalf and at your cost. (<https://www.theguardian.com/technology/2019/dec/31/get-cybersecure-for-2020-cybersecurity-passwords-smartphone>)

5. Use of English

a) Fill in gaps

Your smartphone is a treasure trove **(1)**_ data, and **(2)**_ your passwords are likely to be safe **(3)**_ prying eyes (your password manager will keep **(4)**_ encrypted), what **(5)**_ your email, social media apps, contacts etc? Criminals can use these to change passwords, **(6)**_ account control away from

you, and commit fraud (7)_ your name or simply steal directly from you. “Most people do not set any lock code (8)_ their devices,” warns Fennel Aurora, security adviser (9)_ F-Secure. A long password is most secure. Even (10)_ you’ve set up a fingerprint scan to unlock your phone, it will ask for your pin or password after (11)_ few unsuccessful attempts. A thief can try to guess your pin (and 0000 is still a common option) or obvious password. Smartphones can be configured (12)_ automatically perform a factory reset, wiping all your data, after a certain number of incorrect unlock attempts.

6. Speaking and discussion

What are usual outcomes of being careless in the Internet?

Seminar 2

Смартфони, повідомлення / Smartphones, messages

1. Drilling

How many sheets could a sheet slitter slit if a sheet slitter could slit sheets?

2. Vocabulary list

Fib (n)

altered

acquire (v)

exploit

vendor

remote

authentication

blanket

chief (adj)

snooping

scam

3. Pre-reading discussion:

What do you think a cyber-liar is? Why would a person want to be a cyber-liar?

4. Checking reading skills:

Get yourself cybersecure for 2020

Part 2

Become a cyber-liar

If there's one thing hackers really don't like, it's a liar. Especially if the fibs relate to those security questions sites ask you to answer as an identification method should you need to reset a forgotten password. "Most of the answers to security questions like these are easily acquired by hackers," Tom Lysemose Hansen, founder of mobile app security vendor Promon, explains, "using simple trial-and-error methods based on LinkedIn, Facebook, Twitter and even Wikipedia data, which give away much of our personal and family details." Indeed, it's incredible, and incredibly worrying, what a simple Google search can uncover. Instead of being honest about your mother's maiden name, your place of birth, where you went to school or what you called your first pet, lie like a politician at election time. Of course, remembering fibs is harder than remembering the truth, and as with passwords, it's best to avoid reusing the same ones for every site. Password manager apps can help, as they have a secure notes entry for every login.

Stop using SMS-based 2FA

Two-factor authentication (2FA), which adds something you have to the something you know (your username and password) during login, is a must-have. This builds a second wall for the cybercriminal to climb if they have nabbed your password from somewhere. Use either an authenticator app such as Authy or Google Authenticator, or a hardware token like a YubiKey. Don't

use 2FA that sends codes by text message, as this can provide a ladder to climb that second wall with. “If your phone is stolen, the thief can put your sim in another phone and request an SMS code for resetting the password to all your accounts,” warns Cesar Cerrudo, chief technology officer at security research company IOActive. Setting a pin on your sim card is recommended, but that won’t help if someone cons your network provider into transferring your number to their device, a scam known as sim-swapping. “SMS-based 2FA is vulnerable to sim-swap attacks,” says Paul Bischoff, privacy advocate at Comparitech.com, “but if it’s the only option, it’s better than no 2FA at all.”

Stay secure when away from home

There has been much coverage of “juice jacking” of late. This involves a cybercriminal using altered USB charging ports in airports, train stations and hotels to infect your device with malware. You can carry a USB charger that plugs into a power socket or invest in a power-only USB charging cable to prevent this. A more widespread problem is that of free wireless internet access. “Criminals can exploit public wifi to steal your personal information, such as emails, photos, passwords, private documents and bank details,” Oz Alashe, CEO of CybSafe, says. Using a virtual private network (VPN) is recommended to reduce the risk. A VPN app creates an encrypted “tunnel” between your device and a remote server, protecting your data from snooping hackers. If you’re using your phone to check your bank balance or pay bills on the train or in the coffee shop, a VPN provides “a safety blanket that will help keep your data out of the wrong hands”, Matt Lock, technical director at Varonis, says (<https://www.theguardian.com/technology/2019/dec/31/get-cybersecure-for-2020-cybersecurity-passwords-smartphone>)

5. Use of English

a) Explain the verb form (in brackets):

There (**be**) much coverage of “juice jacking” of late. This involves a cybercriminal (**use**) altered USB charging ports in airports, train stations and hotels (**infect**) your device with malware. You can carry a USB charger that (**plug**) into a power socket or invest in a power-only USB charging cable (**prevent**) this. A more widespread problem is that of free wireless internet access. “Criminals can exploit public wifi (**steal**) your personal information, such as emails, photos, passwords, private documents and bank details,” Oz Alashe, CEO of CybSafe, says. (**use**) a virtual private network (VPN) is recommended to reduce the risk. A VPN app creates an encrypted “tunnel” between your device and a remote server, (**protect**) your data from (**snoop**) hackers. If you’re using your phone (**check**) your bank balance or pay bills on the train or in the coffee shop, a VPN provides “a safety blanket that (**help**) keep your data out of the wrong hands.

6. Speaking and discussion

What do you do to secure your identity in the Internet?

Seminar 3

Пости й суспільна оцінка / Media posting vs morals, social judgement

1. Drilling

Sounding by sound is a sound method of sounding sounds

2. Vocabulary list

counselling

pressure

name-calling

bully (v)

rumour

loads worse

levy

enshrined

immense

3. Pre-reading discussion:

What negative phenomena exist in online communication?

4. Checking reading skills:

Counselling for cyberbullying has doubled in five years – children's charity

NSPCC calls for ministers to press social media sites to do more to protect children from online abuse

Sally Weale

The number of children receiving counselling over cyberbullying has more than doubled in five years, prompting the NSPCC to call on ministers to put pressure on social media sites to do more to protect children from online abuse.

Children as young as nine have contacted the NSPCC's Childline complaining of being tormented by name-calling, blackmail and death threats posted publicly on social media profiles and blogs. Others have complained of rumours being spread about them online.

One boy told Childline: "I'm being bullied on social media by people who call me fat and ugly. I can't block them because then they'll just bully me even more at school. I don't want to talk to my teachers about it, I just feel like giving up. I've been self-harming to cope but I just want to stop feeling this way."

Childline delivered 5,103 counselling sessions to children affected by cyberbullying in 2016/17, up 12% from 4,541 the year before and 2,410 in 2011/12. Girls between 12 and 15 are the most likely to seek help.

The 24/7 nature of social media means children are unable to find respite at home, with potential consequences for their mental health. Of the counselling sessions delivered by Childline, 14% of children were 11 and under, 50% were 12-15 and 15% were 16-18.

A 16-year-old boy told Childline: “They’re spreading rumours about me and telling me that I should just die. This has been going on for months but recently they made a Facebook account using my name and it’s getting loads worse. I feel so down all the time, I just want it to stop.”

A 14-year-old girl said people who she thought were her friends had edited her Instagram photos to make fun of her. “I’ve reported what they’re doing and I’m going to delete them on social media. I’ve spoken to my mum about it but she just said that it’s normal for teenagers to do stuff like this. I feel so angry about what happened.”

Another girl, 14, said she was being bullied by a girl at school: “She has taken photos of me and posted them on Snapchat calling me fat and ugly and how I will never have a boyfriend. I have been having suicidal thoughts as this girl is really popular and she has turned my whole year against me.”

Last month the government released its internet safety green paper, which proposed a voluntary levy on internet companies such as Google and Facebook to pay for measures to combat and raise awareness about online bullying, as well as a voluntary code of conduct.

The NSPCC calls for the introduction of a rulebook enshrined in law that will require social media sites to protect children from online abuse. It also wants social media companies to introduce cyberbullying alerts to flag bullying behaviour to moderators.

The charity says there also needs to be strict privacy settings by default, clear and easy to understand reporting processes, and specially trained child safety moderators.

Martha Evans, national coordinator of the Anti-Bullying Alliance, said: “These worrying statistics from the NSPCC show what an important issue cyberbullying is for young people today.

“The social pressures that children face are immense and this is compounded by messaging online. We know bullying often starts face to face and spreads into the digital world.”

<https://www.theguardian.com/society/2017/nov/13/counselling-for-cyberbullying-has-doubled-in-five-years-childrens-charity>

5. Use of English

a) Fill in gaps

Another girl, 14, said she **(1)**_ being bullied by a girl at school: “She **(2)**_ taken photos of me and posted them **(3)**_ Snapchat calling me fat and ugly and **(4)**_ I will **(5)**_ have a boyfriend. I have been having suicidal thoughts **(6)**_ this girl is really popular and she has turned my whole year **(7)**_ me.”

Last month the government released its internet safety green paper, which proposed a voluntary levy **(8)**_ internet companies such as Google and Facebook **(9)**_ pay for measures to combat and **(10)**_ awareness about online bullying, as **(11)**_ as a voluntary code of conduct.

The NSPCC calls **(12)**_ the introduction of a rulebook enshrined in law that will require social media sites **(13)**_ protect children from online abuse. It also wants social media companies to introduce cyberbullying alerts to flag bullying behaviour **(14)**_ moderators.

6. Speaking and discussion

What be done to reduce the amount of cyberbullying?

Seminar 4

Булінг у соцімережах / Social media bullying

1. Drilling

Nothing is worth thousands of deaths

Double bubble gum, bubbles double

2. Vocabulary list

Intimidate

nasty

harassment

devastate

on the verge of

grip

evidence

scale

charity

vast

grab

taskforce

3. Pre-reading questions:

How do social media try to protect their users?

4. Checking reading skills:

Social media firms failing to protect young people, survey finds

Cyberbullying inquiry finds the mental health of young people is severely affected by online abuse

Patrick Greenfield

Social media companies such as Facebook, Snapchat and Twitter have been accused of failing to protect young people from harassment after a cyberbullying inquiry found that online abuse severely affects their mental health.

Almost half of young people have experienced threatening, intimidating or abusive messages on social media, pushing some to the verge of suicide in the most extreme cases, according to a survey commissioned by the Children's Society and YoungMinds.

Sixty-two percent of respondents were under 18 and three-quarters were female. The findings were based on oral and written evidence from young people – including an online survey of 1,089 children, social media companies, mental health experts and children's charities.

Respondents said they felt let down by social media platforms, and wanted companies to take tougher action against cyberbullying, including banning abusive users.

The children's charities have recommended that social media companies pilot approaches to identify children using their platforms, and to gain explicit parental consent for under-13s. They said the government should require

social media firms to publish data on their responses to reports of online bullying, which the inquiry found to be “inadequate”.

“You kind of expect to experience it: nasty comments on the selfie, Facebook posts and Twitter posts, people screen grabbing your Snapchat story to laugh about it ... I feel like it’s something people don’t take seriously. But leaving just one nasty comment could really hurt someone,” a 15-year-old girl told the inquiry.

“Social media companies should take complaints more seriously. If someone reports something, they shouldn’t take days to review it, they should literally just remove it straight away. The reaction from adults is just delete your account to stop the bullying, but that’s taking something away from that young person’s life for something that’s not their fault,” she added.

The inquiry’s findings have been published in advance of the government’s response to its internet safety strategy consultation. Forty-seven percent of respondents had experienced threatening or abusive messages on social media and 61% had their first account aged 12 or under, despite platforms stating that users must be over 13.

Alex Chalk, the Tory MP who led the inquiry, said: “Cyberbullying can devastate young lives, but to date the response from social media companies has been tokenistic and inadequate. It has failed to grip the true scale of the problem. For too long they have been marking their own homework and it’s time they become far more transparent, robust and accountable.”

Frequent social media users are most likely to have symptoms of anxiety and depression, the inquiry found, with some young people who had experienced bullying repeatedly checking their feeds to see what had been posted about them.

The chief executive for the Children’s Society, Matthew Reed, said: “The inquiry has heard from young people describing cyberbullying as ‘inescapable’, and in the most extreme cases it has pushed some to the verge of suicide. But we’ve also heard about the positives that social media brings for young people. Social media is part and parcel of teenage life and we all need to support young people to stay safe online, including better education in schools and information for parents.”

Sarah Brennan, chief executive of YoungMinds, said: “With so much of young people’s everyday lives involving the online world, it’s crucial that it is a place that young people can feel safe and enjoy being part of. We need to see platforms creating age-appropriate content for younger users, as well as parents and teachers speaking to young people early about how to respond positively to the online world, and what to do if they come across upsetting content.

“But most of all, this inquiry has shown loud and clear that it’s time social media companies sit up and take action to tackle cyberbullying and promote good mental health on their platforms.”

A spokeswoman for Snap said: “Snapchat is designed for a teen and adult audience and we use the best technology available to prevent someone who is under the age of 13 from creating an account or using the service. Our trust and safety team works around the clock to review abuse reports and take action when they become aware of a violation. In the vast majority of cases, they respond to reports and concerns well within 24 hours of a report.”

Simon Milner, Facebook’s policy director for Europe said: “Our priority is to make Facebook a safe place for people of all ages which is why we have spent a long time working with safety experts like the UK Safer Internet Centre, developing powerful tools including a Bullying Prevention Hub to help people have positive experiences on Facebook. Our work with Childnet International and The Diana Awards means we’re offering every UK secondary school a Digital Safety Ambassador this year and we’re members of the Duke of Cambridge’s cyber-bullying taskforce. We welcome close collaboration between industry, experts and government to continue our work in this area.”

<https://www.theguardian.com/society/2018/feb/26/social-media-firms-failing-to-protect-young-people-survey-finds>

5. Use of English

a) Insert missing fragments (one fragment is an extra):

Almost half of young people have experienced threatening, intimidating or abusive messages on social media, pushing some **(1)**___, according to a survey commissioned by the Children’s Society and YoungMinds.

Sixty-two percent of respondents were under 18 and three-quarters were female. The findings were based **(2)**___ – including an online survey of 1,089 children, social media companies, mental health experts and children’s charities.

Respondents said they felt **(3)**___ tougher action against cyberbullying, including banning abusive users.

The children’s charities have recommended that social media companies pilot approaches to identify children using their platforms, and to gain explicit parental consent for under-13s. They said the government should **(4)**___ to reports of online bullying, which the inquiry found to be “inadequate”.

“You kind of expect to experience it: nasty comments on the selfie, Facebook posts and Twitter posts, people **(5)**___ ... I feel like it’s something people don’t take seriously. But **(6)**___,” a 15-year-old girl told the inquiry.

- A. require social media firms to publish data on their responses
- B. screen grabbing your Snapchat story to laugh about it
- C. just one nasty comment could really hurt someone
- D. to the verge of suicide in the most extreme cases
- E. on oral and written evidence from young people
- F. literally just remove it straight away

G. let down by social media platforms, and wanted companies to take

6. Speaking and discussion

Is cyberbullying really 'unescapable'?

Seminar 5

Соціальні медіа в навчанні / Social media in classroom

1. Drilling

Willie's really weary

2. Vocabulary list

Engage (v)

capture

encourage (v)

curated

annotate (v)

hassle (n)

thread (n)

instant

loop (v)

harness (v)

campus

expand

3. Pre-reading questions:

Can social media be useful for education?

4. Checking reading skills:

Eight smart ways to use social media in universities

It's easy to dismiss apps such as Snapchat and Instagram as mere distractions, but they can work wonders for learning and teaching

Eleanor Ross

It's hard to imagine a world without social media, yet many academics still view Twitter, Facebook and Instagram as distractions rather than tools. But these resources can be harnessed to create more challenging and stimulating learning environments. So what apps could you be using to lighten your load and liven up your teaching?

Snapchat

The popular photo and video messaging app can engage students with learning materials in real time. Beryl Jones, a lecturer at the University of Kingston, started using Snapchat at the beginning of the academic year to encourage questions in large lecture theatres.

"It's meant the students are more actively engaged," she explains. "What I hadn't envisaged was them taking screenshots of my slides while in the lecture hall and annotating them before sending to me. They used this to address things they didn't understand, as well as answering the questions I posed."

Trello

Essentially an online sticky-note tool, Trello links pictures, videos, and documents in threads that can be shared between group members. The tool organises discussions into boards like Pinterest, so you can pin, share, and curate relevant information.

Vine

Six-second, looping videos are all over social media – and they can be a resource for higher education institutions too. They can be used to show off the university campus or promote events, but they're also a great tool for wider engagement.

If an interesting speaker comes to a university, Vines can be used to capture the highlights of the talk, and can be easily shared around the student community (perfect if an event is sold out). Vines also have the potential to go viral and can be shared between different institutions – if there's a keynote in Melbourne, students in London can find clips almost immediately.

Pocket

This bookmarking service allows users to collect and download article links to curate their own online magazines. Users can follow the curated feeds of other “pocketers”, which means that students can link with professors who have publicly shared relevant links and articles. It saves the hassle of a group email and can be updated instantly.

Google Docs

Using collaborative documents isn't a new thing, nor is giving peer feedback on assignments. Mixing them together, however, to enable students to give instant feedback on each other's work, is immensely useful. Google Docs allows tracked editing and comments, which means that students can work in groups in their own time, without having to take part in structured seminars, and the document can be sent to the lecturer for feedback.

Andrew Middleton, head of academic practice and learning innovation at Sheffield Hallam University, has drawn attention to the rise of collaborative working in Google Drive.

He says: “The possibilities to support learning by organising collaborative research activity, underpinned by Google Drive, are endless. And such project-focused learning activities reflect what is happening in the world of employment.”

Italk

Primarily used as a recording tool, this is one of the best ways to capture lectures and upload them online, or share via email. There's an option to change the quality of sound recording, and transferring between devices is quick and simple.

Wunderlist

Some students are more organised than others, and the disorganised ones can be the bane of their tutors' lives. Organisational app Wunderlist allows students – and lecturers – to create folders for each module, with notes, due dates, comments, contact lists and, perhaps most crucially, reminders of upcoming deadlines.

Instagram

It's not just for selfies; the image-sharing tool can be harnessed to collect real-time data for coursework. Rather than passively relying on data collected by others, students can engage in their own collection of all kinds of evidence.

Instagram also provides an opportunity for collaboration – students can upload, tag, and comment on pictures on each others' feeds, thus expanding the reach of discussion.

<https://www.theguardian.com/higher-education-network/2016/jan/20/eight-smart-ways-to-use-social-media-in-universities>

5. Use of English

a) Fill in gaps

Using collaborative documents isn't **(1)**_ new thing, **(2)**_ is giving peer **(3)**_ on assignments. Mixing them **(4)**_, however, to enable students to give instant feedback on each other's work, is immensely useful. Google Docs allows tracked editing and comments, **(5)**_ means that students can work in groups in their **(6)**_ time, without having to take **(7)**_ in structured seminars, and the document can be sent to the lecturer **(8)**_ feedback.

Andrew Middleton, head of academic practice and learning innovation **(9)**_ Sheffield Hallam University, has drawn attention **(10)**_ the rise of collaborative working in Google Drive.

He says: "The possibilities **(11)**_ support learning by organising collaborative research activity, underpinned **(12)**_ Google Drive, are endless. And such project-focused learning activities reflect what is happening in the world of employment."

6. Speaking and discussion

Research a specific way to liven up the next seminar by means of social media.

Seminar 6

Новини й мораль / News vs morals

1. Drilling

Casual clothes are provisional for leisurely trips across Asia

2. Vocabulary list

dazzling

enduring

disruptive

urgency

core

solely

sacred

3. Pre-reading questions:

What moral qualities should a good journalist have?

4. Checking reading skills:

A mission for journalism in a time of crisis

Katharine Viner

Now we are living through another extraordinary period in history: one defined by dazzling political shocks and the disruptive impact of new technologies in every part of our lives. The public sphere has changed more radically in the past two decades than in the previous two centuries – and news organisations, including this one, have worked hard to adjust.

But the turbulence of our time may demand that we do more than adapt. The circumstances in which we report, produce, distribute and obtain the news have changed so dramatically that this moment requires nothing less than a serious consideration of what we do and why we do it.

Making sense of a political moment when you're in the midst of it is difficult – even if you avoid commercial and personal conflicts, it can still be hard to see it and understand it. A news organisation might often get things wrong – it needs some core values and principles to stick to in order to try to get it right.

Many of these core values were laid out by Scott on the 100th birthday of the Guardian, with his justly celebrated centenary essay of 1921. It was here that Scott introduced the famous phrase “comment is free, but facts are sacred”, and decreed that “the voice of opponents no less than that of friends has a right to be heard”. It was here that he laid out the values of the Guardian: honesty, cleanness [integrity], courage, fairness, a sense of duty to the reader and a sense of duty to the community.

CP Scott's essay, like John Edward Taylor's foundational prospectus, is both powerful and hopeful; as Scott writes, “the newspaper has a moral as well as a material existence”.

Our moral conviction, as exemplified by Taylor and codified by Scott, rests on a faith that people long to understand the world they're in, and to create a better one. We believe in the value of the public sphere; that there is such a thing as the public interest, and the common good; that we are all of equal worth; that the world should be free and fair.

These inspiring ideas have always been at the heart of the Guardian at its best – whether the paper is called the Manchester Guardian or the Guardian, the name it adopted in 1959 – and they are enshrined in our independent ownership structure, in which the Guardian is owned solely by the Scott Trust. Any money made must be spent on journalism. (The Observer, of course, has its own distinct and honourable history and perspective – and as part of the same company, we are close siblings, but not twins.)

This is the mission that has motivated so many of the great moments in Guardian history, from our independent reporting of the Spanish civil war to the dramatic Edward Snowden revelations; from taking an anti-colonial position in the Suez crisis to standing up to Rupert Murdoch, the police and politicians in the phone-hacking scandal; from sending Jonathan Aitken to jail to the Panama and Paradise Papers.

These values, beliefs and ideas are well-established and enduring. They do not, by themselves, tell us how to meet the moral urgency of this new era. The world we knew has been pulled out of shape, and we must ask what it means to uphold these values now – as journalists and as citizens – and how they will inform our journalism and purpose. (<https://www.theguardian.com/news/2017/nov/16/a-mission-for-journalism-in-a-time-of-crisis>)

5. Use of English

a) Insert the sentence fragments:

Making sense of a political moment (1)___ – even if you avoid commercial and personal conflicts, it can still be hard to see it and understand it. A news organisation might often get things wrong – it needs some core values and principles (2)___.

Many of these core values were laid out by Scott on the 100th birthday of the Guardian, (3)___ . It was here that Scott introduced the famous phrase “comment is free, but facts are sacred”, and decreed that “the voice of opponents no less than that of friends has a right to be heard”. It was here (4)___ : honesty, cleanness [integrity], courage, fairness, a sense of duty to the reader and a sense of duty to the community.

CP Scott’s essay, like John Edward Taylor’s foundational prospectus, is both powerful and hopeful; as Scott writes, “the newspaper has a moral as well as a material existence”.

Our moral conviction, as exemplified by Taylor and codified by Scott, rests on a (5)___ faith, and to create a better one. We believe in the value of the

public sphere; that there is such a thing as the public interest, and the common good; that we are all of equal worth; (6)_____ .

- A. that he laid out the values of the Guardian
- B. to stick to in order to try to get it right
- C. when you're in the midst of it is difficult
- D. that the world should be free and fair
- E. that of friends has a right to be heard
- F. that people long to understand the world they're in
- G. with his justly celebrated centenary essay of 1921

6. Speaking and discussion

Why is it hard to keep to the norms that the author mentions in the text above?

Seminar 7

Περίληψη φαινομένων / Fake news. Fact checking

1. Vocabulary list

*luxuriant,
warfare
outrageous
anxiety
misleading,*

*resign from
crunch (data)
emphatic (n)
dense*

2. Pre-reading questions:

How can we say that somebody is telling lies? What about the written language?

3. Checking reading skills:

Could language be the key to detecting fake news?

David Shariatmadari

The internet represents the biggest explosion of data in human history. There's more out there, and more access to it than ever before. The information ecosystem is a bit like a tropical rainforest: luxuriant, dense and fiercely competitive. As such, it contains its fair share of predators and poisonous plants.

Deliberately misleading articles, websites and social media posts can come about for lots of different reasons: they might be trying to influence elections or policies; they might represent a form of cyberwarfare between states; they might be aimed at raising someone's profile and influence, or discrediting their opponents. Or they might simply be about making money, relying on the attention-grabbing nature of outrageous lies to generate ad revenue.

One thing they may have in common, however, is the language they use.

Having a reliable way of identifying fake news is important. The whole reason it's a problem is that it mimics reliable reporting – and people can't always tell the difference. That's why, for the past few years, researchers have been trying to work out what the linguistic characteristics of fake news are. Computers that are fed material already classified as misleading are able to identify patterns in the language used. They're then able to apply that knowledge to new material, and flag it as potentially dubious.

One such project, led by Fatemeh Torabi Asr at Simon Fraser University in Canada, recently found that “on average, fake news articles use more ... words related to sex, death and anxiety”. “Overly emotional” language is often deployed. In contrast, “Genuine news ... contains a larger proportion of words related to work (business) and money (economy).”

Another group of researchers analysed the relationship of various grammatical categories to fake news. They concluded that words which can be used to exaggerate are all found more often in deliberately misleading sources. These included superlatives, like “most” and “worst”, and so-called subjectives, like “brilliant” and “terrible”. They noted that propaganda tends to use abstract generalities like “truth” and “freedom”, and intriguingly showed that use of the second-person pronoun “you” was closely linked to fake news.

Some of these approaches have their problems. Jack Grieve, at the University of Birmingham, cautions that scholars don’t always control for genre – so the differences in language seen above might just come down to the difference between a more formal news article, and a more casual Facebook post.

To get around this problem, Grieve’s team has compared 40 retracted and 41 non-retracted articles by Jayson Blair, who resigned from the New York Times in disgrace in 2003. These were produced in a single genre – national newspaper writing – but they still displayed subtle, probably unconscious differences in register, related, according to Grieve, to the different communicative purposes they served (on the one hand to inform, on the other to deceive). Even though he was trying to pass his work off as factual, there were subtle tells that only become evident when the data is crunched. For example, there were more emphatics like “really” and “most” in Blair’s retracted articles. He used shorter words and his language was less “informationally dense”. The present tense cropped up more often and he relied on the third person pronouns “he” and “she” rather than full names – something that’s typical of fiction.

So what does all this tell us? Clearly, we don’t have a foolproof means of telling fact from fake yet, but there are certain features that should put us on our guard. Is the writing more informal than you’d expect? Does it contain lots of superlatives and emphatic language? Does it make subjective judgments or read more like narrative than reportage? Ultimately, we may have to rely on artificial intelligence to do the heavy lifting for us – and it should be able to tell us whether those telltale linguistic patterns seen in large datasets of fake news, invisible to the “naked eye”, are present.

For me there’s an interesting correspondence with certain kinds of political rhetoric here. The language of fakery, with its powerful subjective statements and focus on anxiety, has something in common with that used by populist leaders. Their style, which often involves “adversarial, emotional, patriotic and abrasive speech” should put us on our guard too. Cooler heads make for a more boring read, but they might get you a little closer to the truth (<https://www.theguardian.com/commentisfree/2019/sep/02/language-fake-news-linguistic-research>)

4. Use of English

a) Fill in gaps

So what does all this tell (1)___ ? Clearly, we don't have a foolproof means (2)___ telling fact from fake yet, but there are certain features (3)___ should put us (4)___ our guard. Is the writing more informal (4)___ you'd expect? Does it contain lots (5)___ superlatives and emphatic language? Does it make subjective judgments or read (6)___ like narrative than reportage? Ultimately, we may have to rely (7)___ artificial intelligence to do the heavy lifting (8)___ us - and it should be able to tell us (9)___ those telltale linguistic patterns seen in large datasets (10)___ fake news, invisible to the "naked eye", are present.

For me there's an interesting correspondence (11)___ certain kinds of political rhetoric here. The language of fakery, (12)___ its powerful subjective statements and focus on anxiety, has something (13)___ common with that used by populist leaders. Their style, which often involves "adversarial, emotional, patriotic and abrasive speech" (14)___ put us on our guard too. Cooler heads make for a more boring read, but they might get you a little closer to the truth.

5. Speaking and discussion

How do fake news damage our society? Write an essay.

Seminar 8

Сатиричні новини / Satire and comedy news

1. Vocabulary list

immediate

reportedly

leash

pal

brine(d)

(cat) treat,

crave (v)

pop (v)

2. Pre-reading questions:

Why do people create comedy news? What sources of satire/comedy news do you know? What do you know about *The Onion* website?

3. Checking reading skills:

Child Decides To Become Vegetarian After Forming Close Friendship With Roasted Turkey Leg

SOMERVILLE, MA—Touching on the immediate emotional connection he shared with the piece of poultry, 4-year-old Kyle Wright reportedly decided to become a vegetarian Thursday after forming a close friendship with a roasted turkey leg. “Gosh, I can’t believe I ever thought of eating a friendly little guy like Harry,” said Wright, who hugged the recently named drumstick close to his chest as he explained that his choice of vegetarianism came about after hearing his mother explain that the turkey legs they eat at the dinner table were no different from the one he had spent the past week cuddling with before bedtime and walking around the yard with a leash. “It never crossed my mind before. But the longer I spend with him and his cute knobby foot, the more I get that he has feelings and dreams just the same as me. Sure, he’s a little shy, but why would I ever want to hurt my best pal?” At press time, Wright was visibly horrified after kissing the turkey leg and finding his crispy, salt-brined skin irresistibly delicious. (<https://local.theonion.com/child-decides-to-become-vegetarian-after-forming-close-1840069668>)

Cat Treat Package Reported to be Too Irresistible for Humans

OCEAN CITY, MD—Stressing that the descriptions sounded incredibly tasty, local man Lucas Petrakis told reporters Monday that the copy on a package of cat treats was going on about their delicious, creamy center way too much for the company not to be marketing the product to humans. “It says they are ‘slow-roasted’ and ‘savory,’ which, come on, it definitely sounds like something you’d see on a normal snack,” said Petrakis of the product, which happens to be perfectly bite-sized for a human mouth, explaining how the packaging even contains a cross-section photograph of one of the glistening treats that the text describes as “a soft and meaty center.” “It also says they have a crunchy outside and an ‘irresistible filling,’ and it’s kind of making me

crave them when I shouldn't be. They really make them out to be quite appetizing in the text—I mean, the brand is even called "Temptations"—which is a little suspect since it's not like my cat is going to be reading this." At press time, Petrakis said, "Damn it" and popped a handful of the cat treats in his mouth (<https://www.theonion.com/cat-treat-package-going-on-about-delicious-creamy-cent-1840832224>)

4. Use of English

a) match the halves of the sentences:

1. 4-year-old Kyle Wright reportedly decided to become a vegetarian	A. the more I get that he has feelings and dreams just the same as me
2. at press time, Wright was visibly horrified	B. and it's kind of making me crave them when I shouldn't be
3. But the longer I spend with him and his cute knobby foot	C. after forming a close friendship with a roasted turkey leg
4. It also says they have a crunchy outside and an 'irresistible filling,'	D. which is a little suspect since it's not like my cat is going to be reading this
5. the brand is even called 'Temptations'	E. after kissing the turkey leg and finding his crispy, salt-brined skin irresistibly delicious

b) Fill in gaps

Stressing (1)___ the descriptions sounded incredibly tasty, local man Lucas Petrakis told reporters Monday (2)___ the copy on a package of cat treats was going (3)___ about their delicious, creamy center (4)___ too much for the company not to be marketing the product (5)___ humans. "It says they are 'slow-roasted' and 'savory,' which, come (6)___, it definitely sounds (7)___ something you'd see (8)___ a normal snack," said Petrakis of the product, which happens to be perfectly bite-sized (9)___ a human mouth, explaining how the packaging even contains a cross-section photograph of one of the glistening treats that the text describes (10)___ "a soft and meaty center."

5. Speaking and discussion

How does the writer create the humorous effect in these articles?
 Create your own satirical\comedy piece of news.

Змістовий модуль № 2. Розум / Mind and Mental Health
Seminar 9
Розум / Intelligence

1. Vocabulary list

<i>illegal</i>	<i>step down from</i>
<i>enhance</i>	<i>advisory council</i>
<i>boost</i>	<i>coercion</i>
<i>ban</i>	<i>aid</i>
<i>tackle</i>	

2. Pre-reading questions:

How can a person stimulate their intellectual abilities?

3. Checking reading skills:

Government watchdog considers ban on IQ booster drugs
Part 1

Alan Travis

The government's official experts on illegal drugs have been asked to look at whether intelligence-enhancing drugs, such as those used by students to boost performance in exams, should be banned.

Medical experts believe that a range of psychoactive drugs that includes those used to tackle the symptoms of Alzheimer's and attention-deficit disorder in children, could fuel an already over-competitive society when used by the healthy.

Amid fears that the increase in online pharmacies means that such drugs are much more readily available, the Home Office has asked the Advisory Council on the Misuse of Drugs to see how this "rapidly evolving field" should be regulated. Just before she stepped down from office, the previous home secretary, Jacqui Smith, asked the advisory council to assess the harm – including that of possible psychological dependence or addiction – caused by this group of drugs when used by healthy adults.

The request, disclosed in the council's annual report published today, followed a study by the Academy of Medical Sciences, which highlighted for the first time many of the problems arising from the use of these drugs by healthy adults.

"Competitive use of cognitive enhancers raises many of the same issues as the use of performance-enhancing drugs in sport," said the report. "Their use could lead to problems of coercion, where there is pressure on individuals to take the drugs even if they do not wish to. Similarly, if such drugs were available to only a proportion of competitors, they could be seen as giving an unfair advantage, or to be a form of cheating."

The medical scientists pointed to the growing use of drugs designed to maintain attention or keep people awake. They cited the use of drugs, such as modafinil and methylphenidate, in the workplace to aid professional performance and by the military to increase problem-solving skills and reduce impulsive behaviour.

(<https://www.theguardian.com/politics/2009/jul/28/watchdog-intelligence-performance-psychoactive-drugs>)

5. Use of English

a) Open brackets:

Medical experts believe that a range of psychoactive drugs that (include) those used (**tackle**) the symptoms of Alzheimer's and attention-deficit disorder in children, could fuel an already over-competitive society when (**use**) by the healthy.

Amid fears that the increase in online pharmacies (mean) that such drugs are much more readily available, the Home Office (**ask**) the Advisory Council on the Misuse of Drugs (**see**) how this "rapidly evolving field" should be regulated. Just before she (**step**) down from office, the previous home secretary, Jacqui Smith, (**ask**) the advisory council (**assess**) the harm – (**include**) that of possible psychological dependence or addiction – (**cause**) by this group of drugs when used by healthy adults.

6. Speaking and discussion

What are safe alternatives to stimulating your brain activities with drugs? When does a person really need to use psychoactive drugs?

Seminar 10

Уплив наркотиків / Drugs and brain damage

1. Vocabulary list

spectrum

curb

devaluation

reduction

availability

herbal

exacerbate

mainstream

2. Pre-reading questions:

Is it possible to stay away from stimulators completely?

3. Checking reading skills:

Government watchdog considers ban on IQ booster drugs

Part 2

Alan Travis

The new range of psychoactive "intelligence enhancers" embrace a spectrum of competitive and non-competitive uses: from students taking such drugs to get through tests, to individuals using them to curb forgetfulness. The scientists, who said a study was needed of the drugs' potential side-effects, said the concerns included possible devaluation of "normal" achievements and a potential reduction in the value of effort and motivation involved in learning.

There were also the issues of inequality where the drugs were expensive, and of exacerbating an already over-competitive culture, the study said.

A Cabinet Office paper published last year said: "Some putative enhancers are already being sold informally, especially online. At present availability is greater for such enhancers that are sold as herbal remedies or 'nutraceutical' food supplements rather than as mainstream pharmaceuticals. If effective cognition enhancers become generally available, the issue would be how best to regulate such a change in access."

The government's drug experts are to advise Alan Johnson, the home secretary, on whether he should take action to ban "legal highs" such as Spice, a herbal preparation with synthetic cannabis (<https://www.theguardian.com/politics/2009/jul/28/watchdog-intelligence-performance-psychoactive-drugs>)

4. Use of English

a) Fill in gaps

The new range (1)___ psychoactive "intelligence enhancers" embrace a spectrum (2)___ competitive and non-competitive uses: (3)___ students taking such drugs to get through tests, (4)___ individuals using them to curb forgetfulness. The scientists, who said a study was needed of the drugs' potential side-effects, said the concerns included possible devaluation (5)___

"normal" achievements and a potential reduction in the value of effort and motivation involved in learning.

There were also the issues of inequality where the drugs were expensive, and (6)___ exacerbating an already over-competitive culture, the study said.

A Cabinet Office paper published last year said: "Some putative enhancers are already (7)___ sold informally, especially online. At present availability is greater for such enhancers that are sold as herbal remedies or 'nutraceutical' food supplements (8)___ than (9)___ mainstream pharmaceuticals. If effective cognition enhancers become generally available, the issue would be (10)___ best to regulate such a change in access."

5. Speaking and discussion

Should the state control the circulation of psychoactive drugs and why?

Explain the expression "devaluation of "normal" achievements and a potential reduction in the value of effort and motivation involved in learning."

Seminar 11

Психічне здоров'я. Стрес / Mental health. Stress

1. Vocabulary list

promotional

void

beady

launch

crayfish

foetal

plea

crustacean

period drama

obvious

ruminations,

hover

probing

2. Pre-reading questions:

Has 'workaholism' become a problem in the modern society?

What consequences may lack of rest have?

3. Checking reading skills:

'I was half-insane with anxiety': how I wrote myself into a breakdown

After exhausting himself with work, author Benjamin Myers was sent over a literal edge and into the River Derwent. He recalls his recovery and hunt for a cure

Benjamin Myers

Last summer, in the midst of promotional chaos surrounding my new novel *The Offing*, I cancelled my own London book launch and instead drove to the Chatsworth estate in Derbyshire, a place I had never previously visited, and jumped in the river right in front of the very big house. It was not entirely an act of self-destruction or a plea for help. (No one knew I was there, the river was only five feet deep and I'm no Virginia Woolf.) It simply seemed like a more obvious thing to do than trying to persuade members of the public to buy my book, and an act more broadly in keeping with the spirit of the novel in question and my writing life in general.

Out in the middle of the bracing River Derwent, with one foot hovering over a deeper, much darker, metaphorical void, I reached beneath the first rock I came to and pulled out a large crayfish. I held the creature aloft, as if it were a totem or trophy. Lobster features significantly in *The Offing* and here was its freshwater cousin, so it must mean something, I thought. *Something Very Important*.

Facing the fact that such crustaceans have crawled the Earth for at least 100m years, my own ruminations, paranoia and worries suddenly seemed tragically over-thought. For a few moments, that tenacious crayfish brought me back into being and told me that everything was going to be all right. It intimated all this with its probing, beady eyes.

Relating this, I now realise I was perhaps driven half-insane with anxiety, and it was largely my own doing. Writing had put me there in the river, talking to a crustacean while elderly couples in North Face jackets looked on, instead

of attempting to charm a smattering of London readers. Even in my drinking days, I never chatted to crayfish.

As the decade draws to a close and I tot up my published work – seven novels, one work of non-fiction, three short poetry collections – only now do I see why exhaustion triggered a tsunami of anxiety that hit so powerfully that I was laid up for several weeks, incapable of doing little but watch period dramas as I lay foetal on the sofa. What I can't tell you about EM Forster adaptations really isn't worth knowing.

We are currently in the midst of an anxiety epidemic, but it is often only evident when it is upon you, and mind and body switch into energy-saving mode. For me, anxiety goes way back. All those years reading Camus, Sartre and Hamsun and still I had failed to see the signs stacking up over the previous months: the rising sense of panic, the narcolepsy-like bouts of sleep at inopportune moments, the way my digestive system went into revolt. There were puking jags, migraines and aching muscles. Food lost its flavour and noises became amplified, so much so that I became fixated on a neighbour's cockerel that crowed every morning from 3.55am, and which I wanted to strangle. Even the chimes of the local church bells sounded malevolent, as if mocking my shortcomings. Anxiety feels like you've had your skin removed. (<https://www.theguardian.com/books/2020/jan/03/i-was-half-insane-with-anxiety-how-i-wrote-myself-into-a-breakdown>)

4. Use of English

a) Insert missing sentence fragments:

Last summer, in the midst of promotional chaos surrounding my new novel *The Offing*, I cancelled my own London book launch (1)___, a place I had never previously visited, and jumped in the river (2)___ . It was not entirely an act of self-destruction or a plea for help. (3) ___ No one knew I was there. It simply seemed like a more obvious thing to do than trying to persuade members of the public to buy my book, and an act more broadly in (4)___ .

Out in the middle of the bracing River Derwent, (5) ____, I reached beneath the first rock I came to and pulled out a large crayfish. I held the creature aloft, as if it were a totem or trophy. Lobster features significantly in *The Offing* and here was its freshwater cousin, (6)___ , I thought. *Something Very Important*.

A. keeping with the spirit of the novel in question and my writing life in general

B. and instead drove to the Chatsworth estate in Derbyshire

C. that crowed every morning from 3.55am

D. so it must mean something

E. the river was only five feet deep and I'm no Virginia Woolf

F. right in front of the very big house

G. with one foot hovering over a deeper, much darker, metaphorical void

5. Speaking and discussion

What works best for you to fight off stress?

Seminar 12

Віртуальна реальність / Virtual reality

1. Vocabulary list

awareness

section,

wearily

yawn

plight

teetotal

banish

CBT

CBD

suspend

mere

clash

bedrock

2. Pre-reading questions:

Have you ever experienced great physical or emotional exhaustion? How did you cope with it?

3. Checking reading skills:

'I was half-insane with anxiety'.

Every day I was reading articles about mental health awareness – I think I even wrote some – while ignoring my own. I'd seen some friends get sectioned and others struggling, but I thought I was fine. I had a version of myself to sell to the world: that of the fully functioning human being. My GP when I saw him looked worse than I felt – "I've not had a holiday in eight months," he wearily confided through a yawn – and I spent much of my allotted 12 minutes listening to his plight, finally diagnosing him as suffering from exhaustion.

I did what I could. I got out of bed to appear on BBC Radio 4 and then went straight back to it. I did photoshoots in my back garden, as that was as far as I could travel. I dined on rather a lot of tranquilisers before another appearance. I listened to the same two songs for the entire summer (Truth Hurts by Lizzo and Jogging by Richard Dawson). And so it went. To anyone who encountered me during this period I probably appeared fine, but I felt drunk all the time, even though these days I'm teetotal. Other authors sent nice messages secretly relating similar experiences and thankfully I have a wonderfully understanding agent and publicist who were looking out for me.

Courses of counselling mean I now understand the origins of my anxiety, but not how to banish it. I'm not entirely convinced it is possible to rid oneself of anxiety, just as we can't rid ourselves of joy, excitement or desire, though swimming, meditation, yoga, long walks, CBT, massages, CBD oil, acupuncture and a 13-album box-set by Gong all help at different times. In the end, I've learned the only real cures are time spent with my wife and dog, and doing nothing.

Doing nothing is harder than you think. It involves saying no and suspending any sense of guilt at doing so. It involves feeling (though not

necessarily *being*) selfish. It also means missing out on opportunities. Of course, all work is hard, and writing remains the best job in the world, even though it's not technically a job, because most jobs – at least, until recently – offered sick pay, pensions, workers' rights and some degree of stability. But the perks are many, chief among them the freedom to be selfish.

Underlying my summer meltdown was something more prosaic: wisdom-tooth problems and endless infections mere inches from my brain, yet every time I got given a surgery date it clashed with promotional opportunities. For my publicist, getting me to do things was no doubt like pulling teeth, yet getting a tooth pulled was all I wanted. The NHS treatment was wonderful, but the surgery was rough: some of my jawbone was removed and I was given fentanyl, a drug 100 times stronger than morphine. I eased into autumn with a swollen head, and nicely off my nut.

It's at this point in such articles that we might conclude with a brief anecdote to illustrate redemption and a self-congratulatory payoff about how wonderful life is now the author has discovered spin classes and celery juice. This is not one of those pieces. I do feel better, for now. I'm still swimming, I'm writing a new novel. And I'm still aware that anxiety sits beneath everything, like bedrock. It's a part of me, and especially insidious in the mornings. I think perhaps it's a part of most of us as we enter the third decade of an utterly traumatic century. It's wild out there in the world. All we can do is look out for each other and recognise the signs. And stay in bed now and again. (<https://www.theguardian.com/books/2020/jan/03/i-was-half-insane-with-anxiety-how-i-wrote-myself-into-a-breakdown>)

4. Use of English

a) Open brackets:

I (**do**) what I could. I (**get**) out of bed (**appear**) on BBC Radio 4 and then (**go**) straight back to it. I (**do**) photoshoots in my back garden, as that was as far as I could travel. I (**dine**) on rather a lot of tranquilisers before another appearance. I (**listen**) to the same two songs for the entire summer (Truth Hurts by Lizzo and Jogging by Richard Dawson). And so it (**go**). To anyone who (**encounter**) me during this period I probably (**appear**) fine, but I (**feel**) drunk all the time, even though these days I'm teetotal. Other authors (**send**) nice messages secretly relating similar experiences and thankfully I have a wonderfully understanding agent and publicist who (**look**) out for me.

5. Speaking and discussion

How are physical and psychological aspects of exhaustion different?

Seminar 13

Залежність / Addictions

1. Drilling

If Stu chews shoes, should Stu choose the shoes he chews?

2. Vocabulary list

rigged

approval

at stake

bait

turnover

roll the dice

to ante

sought-after

recall

redolent

frenzy

deride

3. Pre-reading discussion:

Why do we use social networks?

4. Checking reading skills:

THE MACHINE ALWAYS WINS: WHAT DRIVES OUR ADDICTION TO SOCIAL MEDIA

We are swimming in writing. Our lives have become, in the words of the author and academic Shoshana Zuboff, an “electronic text”. Social media platforms have created a machine for us to write to. The bait is that we are interacting with other people: our friends, colleagues, celebrities, politicians, royals, terrorists, porn actors – anyone we like. We are not interacting with them, however, but with the machine. We write to it, and it passes on the message for us after keeping a record of the data.

The machine benefits from the “network effect”: the more people write to it, the more benefits it can offer, until it becomes a disadvantage *not* to be part of it. Part of what? The world’s first ever public, live, collective, open-ended writing project. A virtual laboratory. An addiction machine, which deploys crude techniques of manipulation redolent of the Skinner Box created by behaviourist BF Skinner to control the behaviour of pigeons and rats with rewards and punishments. We are users, much as cocaine addicts are users.

What is the incentive to engage in writing like this for hours each day? In a form of mass casualisation, writers no longer expect to be paid or given employment contracts. What do the platforms offer us, in lieu of a wage? What gets us hooked? Approval, attention, retweets, shares and likes.

This is the Twittering Machine: not the infrastructure of fibre-optic cables, database servers, storage systems, software and code. It is the machinery of writers, writing and the feedback loop they inhabit. The Twittering Machine thrives on its speed, informality and interactivity. The protocols of Twitter itself, for example, encourage people to post quickly and often. The feed has an extremely rapid turnover, so that anything posted will,

unless it “goes viral”, tend to be quickly forgotten by most followers. The system of followers, @ing and threading encourages sprawling conversations to develop from initial tweets, favouring constant interaction. This is what people like about it, what makes it engaging: it is like texting, but in a public, collective context.

Meanwhile, hashtags and trending topics underline the extent to which all of these protocols are organised around the massification of individual voices – a phenomenon cheerfully described by users with the science-fiction concept of the “hive mind” – and hype. The regular sweet spot sought after is a brief period of ecstatic collective frenzy around any given topic. It doesn’t particularly matter to the platforms what the frenzy is about: the point is to generate data, one of the most profitable raw materials yet discovered. As in the financial markets, volatility adds value. The more chaos, the better.

Whether or not we think we are addicted, the machine treats us as addicts. Addiction is, quite deliberately, the template for our relationship to the Twittering Machine. Addiction is all about attention. For the social media bosses, this is axiomatic.

If social media is an addiction machine, the addictive behaviour is closest to is gambling: a rigged lottery. Every gambler trusts in a few abstract symbols – the dots on a dice, numerals, suits, red or black, the graphemes on a fruit machine – to tell them who they are. In most cases, the answer is brutal and swift: you are a loser and you are going home with nothing. The true gambler takes a perverse joy in anteing up, putting their whole being at stake. On social media, you scratch out a few words, a few symbols, and press send, rolling the dice. The internet will tell you who you are and what your destiny is through arithmetic likes, shares and comments.

The interesting question is what it is that is so addictive. In principle, anyone can win big; in practice, not everyone is playing with the same odds. Our social media accounts are set up like enterprises competing for attention. If we are all authors now, we write not for money, but for the satisfaction of being read. Going viral, or trending, is the equivalent of a windfall. But sometimes, winning is the worst thing that can happen. The temperate climate of likes and approval is apt to break, lightning-quick, into sudden storms of fury and disapproval.

A 2015 study looked into the reasons why people who try to quit social media fail. The survey data came from a group of people who had signed up to quit Facebook for just 99 days. Many of these determined quitters couldn’t even make the first few days. And many of those who successfully quit had access to another social networking site, like Twitter, so that they had simply displaced their addiction. Those who stayed away, however, were typically in a happier frame of mind and less interested in controlling how other people thought of them, thus implying that social media addiction is partly a self-

medication for depression and partly a way of curating a better self in the eyes of others. Indeed, these two factors may not be unrelated.

For those who are curating a self, social media notifications work as a form of clickbait. Notifications light up the reward centres of the brain, so that we feel bad if the metrics we accumulate on our different platforms don't express enough approval. The addictive aspect of this is similar to the effect of poker machines or smartphone games, recalling what the cultural theorist Byung-Chul Han calls the "gamification of capitalism".

But it is not only addictive. Whatever we write has to be calibrated for social approval. Not only do we aim for conformity among our peers but, to an extent, we only pay attention to what our peers write insofar as it allows us to write something in reply, for the likes. Perhaps this is what, among other things, gives rise to what is often derided as virtue-signalling, not to mention the ferocious rows, overreactions, wounded *amour-propre* and grandstanding that often characterise social media communities.

5. Use of English

a) Insert the sentence fragments. One option is an extra:

This is the Twittering Machine: not the infrastructure of fibre-optic cables, database servers, storage systems, software and code. It is the machinery of writers, writing **(1)** __. The Twittering Machine thrives on its speed, informality and interactivity. The protocols of Twitter itself, for example, **(2)** __. The feed has an extremely rapid turnover, so that anything posted will, unless it "goes viral", **(3)** __. The system of followers, @ing and threading encourages sprawling conversations to develop from initial tweets, favouring constant interaction. This is what people like about it, what makes it engaging: it is like texting, **(4)** __.

Meanwhile, hashtags and trending topics underline the extent to which all of these protocols are organised around the massification of individual voices – a phenomenon cheerfully described by users **(5)** __. The regular sweet spot sought after is a brief period of ecstatic collective frenzy around any given topic. It doesn't particularly matter to the platforms **(6)** __: the point is to generate data, one of the most profitable raw materials yet discovered. As in the financial markets, volatility adds value. The more chaos, the better.

- A. what the frenzy is about
- B. and the feedback loop they inhabit.
- C. with the science-fiction concept of the "hive mind" – and hype
- D. tend to be quickly forgotten by most followers
- E. break, lightning-quick, into sudden storms of fury
- F. encourage people to post quickly and often
- G. but in a public, collective context

b) Fill in gaps:

If social media **(1)**__ an addiction machine, the addictive behaviour is closest **(2)**__ gambling: a rigged lottery. Every gambler trusts **(3)**__ a few abstract symbols – the dots on a dice, numerals, suits, red or black, the graphemes **(4)**__ a fruit machine – to tell them who they are. In most cases, the answer is brutal and swift: you are a loser and you are going home **(5)**__ nothing. The true gambler **(6)**__ a perverse joy in anteing up, **(7)**__ their whole being **(8)**__ stake. On social media, you scratch out a few words, a few symbols, and press send, rolling the dice. The internet will tell you who you are and what your destiny **(9)**__ through arithmetic likes, shares and comments.

The interesting question is what it is that is **(10)**__ addictive. In principle, anyone **(11)**__ win big; in practice, not everyone is playing with the same odds. Our social media accounts are set **(12)**__ like enterprises competing for attention. If we are all authors now, we write **(13)**__ for money, but for the satisfaction of being read. Going viral, or trending, is the equivalent **(14)**__ a windfall.

6. Speaking and discussion

Is deleting all the social network accounts the solution to the problem described in the text?

Змістовий модуль № 3. Тіло / Body
Seminar 14

Імідж здорового тіла / Healthy body image

1. Vocabulary list

*trigger (v),
doting,
survey (v),
longitudinal (research),
eating disorder,
external affairs,
retouch (v)*

2. Pre-reading questions:

What makes a modern healthy body image?

3. Checking reading skills:

How much does poor body image affect mental health?

Having concerns about how you look is not in itself a mental illness, but can trigger a range of problems

Lynn Eaton and Rossalyn Warren

Like it or not, most of us are aware of how we look. We have all had a bad hair day, or worried whether we are wearing the right clothes for a particular event.

The traditional stereotype is that young women are more concerned about their appearance than young men. Societal pressures, media images, and doting relatives saying how pretty a female child looks all have an impact.

But how serious an impact can it have on our wellbeing and our mental health? And just how much does our body image trouble us as we get older?

Statistics by the charity the Mental Health Foundation (MHF), show that poor body self-image can affect all ages, not just younger people, and the reactions it can trigger range from anxiety and self-disgust to suicidal thoughts.

The figures, revealed to coincide with the body image theme of national Mental Health Awareness Week, follow a YouGov poll of 4,505 UK adults. It found that 57% of 18- to 24-year-olds surveyed admit to having felt anxious because of their body image, compared with 30% of 45- to 54-year-olds and 20% of over 55s.

Some 10% of women have deliberately hurt themselves because of their body image compared with 4% of men. At the same time, 13% of adults admit to having experienced suicidal thoughts or feelings because of their body image.

While puberty is notoriously stressful, there are other times in our lives when we might worry about our image, such as during pregnancy or the menopause – or when our hairline starts to recede or we need to use a walking stick.

Phillippa Diedrichs, professor of psychology at the University of the West of England (UWE) and an expert on body image, says even at primary school age, girls are more aware than boys of their appearance.

“They have been very much valued in terms of their image. That’s the way they have currency in society; most research has focused on young women,” she says. “But there are key transitional points in people’s lives, such as reaching 65, when people still feel it’s important how they present themselves. It’s difficult to say for sure how these concerns affect people over time, because we’ve no longitudinal research.”

Having concerns about how you look is not, in itself, a mental illness, according to the MHF. “However, it can be a risk factor for mental health problems,” its spokesperson says.

“Research suggests that higher body dissatisfaction is associated with poorer quality of life, psychological distress and risk of unhealthy eating behaviours and eating disorders.”

For Hannah Lewis, policy officer at Rethink Mental Illness, how we see ourselves is also a public health issue: “People with poor body image are at risk of self harm and of potentially harmful sexual behaviour,” she says. And poor body image can further undermine the wellbeing of people who already have a mental illness. Some medications can cause weight gain. “That’s really important to a person’s body image,” says Lewis. But can concerns about how you look directly lead to an eating disorder?

And Tom Quinn, director of external affairs at eating disorder charity Beat, says people who are dissatisfied with their body image are at higher risk of developing an eating disorder. “This is only one of many factors that can lead to the development of these serious mental illnesses,” he says. So how can we start to tackle an issue that is so ingrained in our society?

Diedrichs has been working with the beauty product manufacturer Dove on a self-esteem project in schools that encourages pupils to discuss the impact of advertising on body image. Diedrichs also counsels against “fat talk” and “old talk”.

“Telling someone ‘you look good, have you been on a diet’ or ‘you don’t look that old, tell me your secret’ only reinforces our obsession with body image,” she says.

She also suggests complaining if you do not like body images you see in the media, particularly where the photo has been retouched. “And don’t just talk about looks when you meet a friend. Instead, ask them how they’ve been,” she says. (<https://www.theguardian.com/society/2019/may/17/poor-body-image-mental-health>)

4. Use of English

Fill in gaps:

Some 10% **(1)**_ women have deliberately hurt themselves **(2)**_ of their body image compared **(3)**_ 4% of men. At the same time, 13% of adults admit **(4)**_ having experienced suicidal thoughts or feelings **(5)**_ of their body image.

While puberty is notoriously stressful, **(6)**_ are other times in our lives **(7)**_ we might worry **(8)**_ our image, such as during pregnancy or the menopause - or **(9)**_ our hairline starts to recede or we need to use a walking stick.

Phillippa Diedrichs, professor of psychology **(10)**_ the University of the West of England (UWE) and an expert on body image, says **(11)**_ at primary school age, girls are more aware than boys of their appearance.

“They have been very much valued in terms of **(12)**_ image. That’s the way they have currency in society; most research has focused **(13)**_ young women,” she says. “But there are key transitional points in people’s lives, such as reaching 65, when people still feel it’s important **(14)**_ they present themselves. It’s difficult to say **(15)**_ sure how these concerns affect people over time, because we’ve no longitudinal research.”

5. Speaking and discussion

Research how much the healthy body image has changed over the last century. Write a report about those changes.

Seminar 15

Тату ў нірсуыз / Tattoos and body piercing

1. Vocabulary list

toll

due to

to keep hold of

gossip

upheaval

deteriorate

grapple with

severe

on the ward

distort

2. Pre-reading questions:

What makes people shy of their own body?

3. Checking reading skills:

Experience: 'Body image is constantly under discussion, everywhere'

Dawn Easter

Alexia Harrison was hospitalised for anorexia as an adolescent. She shares the toll it took on her mental health, and how she recovered. Interview by Rossalyn Warren

Alexia Harrison did not stay in one place for very long during her childhood. Her family often moved from country to country due to her father's work, so she attended many different schools, making it difficult to keep hold of long-term friendships.

Then, at the age of 11, she returned to live in the UK. At school, she felt she had missed out and was out of touch with the latest trends her friends gossiped about.

The constant travelling had put Harrison's life in a state of upheaval. She felt isolated, and her mental health deteriorated. She began to show signs of a troubling relationship with eating. At the same time her mother also grappled with a disorder, and often spoke about dieting and body image.

Then, when Harrison was aged around 13, she began to develop anorexia. By the time she reached her GCSEs her anorexia had become so severe she was admitted to hospital. "At the time, there wasn't as much information about anorexia as there is today," says Harrison. "Looking back, they didn't know what to do with us. They tried to feed us, but I ended up losing more weight while on the ward."

She describes that period of her life as "desperately unhappy." But today she is in a far better place. Now aged 41, she lives in Leeds with her husband and two children, and is surrounded by close friends.

She is also using her experience to shape the lives of others who face similar challenges.

As a counsellor and psychotherapist, she works closely with young people who have anorexia and bulimia, and volunteers with Beat, the UK's leading charity for eating disorders.

While the causes for eating disorders are complex and many factors are involved, being surrounded by images of "perfect" bodies can distort how a person sees themselves.

And celebrity culture and social media strongly contribute to and exacerbate the issue, she says.

"The society I grew up in is very different to what girls face today," she says. "There is social media and unrealistic models on Instagram, and it's all contributing to the pressure on young people and their mental health, and how they see their bodies.

"The trouble is that people's body image is constantly being discussed everywhere – on television, screens, magazines. And if you're somebody who's vulnerable, it's really easy to snap into a very low mood and think dieting may be the answer."

Medical care is not always there, or easily accessible either, she says, despite eating disorders being serious mental illnesses that require professional support.

Harrison has a starker view about herself in relation to the pressures young people face today.

"If I grew up in this culture today, with the intense influence from social media and celebrities, I'm not sure I would have made it through," she says.

Still, she thinks her coping mechanisms in her childhood years still serve as valuable guidance for herself and others today.

"What kept me going is that I've always liked nature," says Harrison. "I would always feel better when I'd get away from it all – from everybody, from the pressures, and from technology," she says.

"I still do this today with my husband. We take off and get lost, and go to lakes. I am always better when I'm outside." (<https://www.theguardian.com/society/2019/may/17/poor-body-image-mental-health>)

4. Use of English

Fill in gaps:

"The trouble is (1)___ people's body image is constantly (2)___ discussed everywhere – (3)___ television, screens, magazines. And if you're somebody who's vulnerable, it's really easy to snap (4)___ a very low mood and think dieting (5)___ be the answer."

Medical care is not always there, or easily accessible (6)___, she says, (7)___ eating disorders being serious mental illnesses that require professional support.

Harrison has a starker view (8)___ herself in relation (9)___ the pressures young people face today.

“If I grew up in this culture today, **(10)**__ the intense influence from social media and celebrities, I’m not sure I would have made it through,” she says.

5. Speaking and discussion

What steps can the society take to reduce the stress on people experiencing body shaming?

Seminar 16

Проблеми зі сприйманням тіла / Body image problems. Plastic surgery

1. Vocabulary list

Hype (v), catwalk, pinnacle, to play second fiddle, vetting, commission, notably, pout (v), ditto, panto (=pantomime).

2. Pre-reading questions:

What makes model shows so attractive to the public?

3. Checking reading skills:

Victoria's Secret fashion show hits London catwalk Part 1

Morwenna Ferrier

Backstage at Earls Court, London, behind a dusty-pink mock boudoir of satin curtains and a veil of hairspray, 47 of the world's highest-earning supermodels are about to take part in the most hyped catwalk show on Earth. Welcome to the infamous Victoria's Secret fashion show, which will make its London debut on Tuesday evening.

Victoria's Secret is a retail goldmine which has gradually expanded its empire worldwide. Selling everything from corsets and bras to borderline fetish-wear, in 2013 the US-based company reportedly made J3.6bn through its 1,100 stores and 375m catalogues. But it's the catwalk show, streamed to almost 200 countries, that has become the brand's pinnacle.

The lingerie itself plays second fiddle to the "angels", the named given to the models, who undergo a rigorous casting and vetting process. The British model Cara Delevingne is notably absent from the line-up this year, but "angel" veterans – Lily Aldridge, Adriana Lima, Joan Smalls, Doutzen Kroes, Candice Swanepoel, Lily Donaldson and Behati Prinsloo – have flown in for the annual event.

Apart from its 2000 show, which took place in Cannes, this is the first time the San Francisco-born brand will be showing outside the US. Overseen by Hamish Hamilton, the Bafta-award winning director behind the televising of the 2012 Olympics ceremonies, the 45-minute show costs a reported J10m to put on.

This one-off move to London might scream gimmick but it's a coup for the British fashion industry. Among the various designers commissioned to provide the costumes for the show is east London's up and coming Nasir Mazhar. The choice of London makes economic sense. The UK LingerieMarket Report reported a 5.1% increase in sales between 2012 and 2013, with an expected further increase thanks to the expanding global market which

encompasses brands like Victoria's Secret. For London itself, which has seven stores, hosting the show is expected to notably boost sales.

The show is quite the spectacle with models interacting with the audience through pouts and waves, all of which makes for a performance which gives the auditorium a sort of panto-feel. Singers Ed Sheeran and Taylor Swift both take to the stage to perform, Sheeran coping well given the circumstances, ditto Swift who's wearing a colourful array of Secrets-esque nightwear.

The models, meanwhile, work around them, some wearing wings, some wearing capes, all wearing very little. The costume changes are impressively done. From the weighty gold two-pieces to the sportier, monochrome underwear sets, each change is impressively quick although it's no wonder they require almost 50 models (<https://www.theguardian.com/fashion/2014/dec/02/victorias-secret-fashion-show-london-catwalk>)

4. Use of English

Fill in gaps:

This one-off move **(1)**__ London might scream gimmick but it's a coup **(2)**__ the British fashion industry. **(3)**__ the various designers commissioned to provide the costumes for the show is east London's up and coming Nasir Mazhar. The choice of London makes economic **(4)**__. The UK LingerieMarket Report reported a 5.1% increase **(5)**__ sales between 2012 and 2013, **(6)**__ an expected further increase thanks to the expanding global market which encompasses brands **(7)**__ Victoria's Secret. For London **(8)**__, which has seven stores, hosting the show is expected to notably boost sales.

The show is quite the spectacle **(9)**__ models interacting with the audience through pouts and waves, all of which makes for a performance which gives the auditorium a sort **(10)**__ panto-feel. Singers Ed Sheeran and Taylor Swift both take **(11)**__ the stage to perform, Sheeran coping well **(12)**__ the circumstances, ditto Swift who's wearing a colourful array of Secrets-esque nightwear.

5. Speaking and discussion

What hidden aspects do model shows have?

Seminar 17

Конкурси красу / Beauty pageants. Brands

1. Vocabulary list

glitter

upbeat

(un)taxing

albeit

gaffe

tar (v)

controversy

derision

spawn

2. Pre-reading questions:

What does it take to prepare for a beauty pageant?

3. Checking reading skills:

Victoria's Secret fashion show hits London catwalk

Part 2

Morwenna Ferrier

Black and white balloons tumble, glitter and confetti thicken the air and the crowd go beserk at every turn. The atmosphere is upbeat and light, not surprising really given the salaciousness of the looks. But while this is untaxing on the imagination, it is stunningly choreographed and neatly performed because that's precisely what this is, a performance, and one that couldn't be further from the catwalks of fashion week, where most of these women are usually seen (albeit showing a little less flesh).

The show has previously attracted debate. A slew of gaffes, including last year's Native American costume worn by model Karlie Kloss and the "promotion" of extreme diets and workouts have tarred the label with controversy.

In the past the 33-year-old Brazilian model Lima has admitted she will exercise twice a day for three weeks before the show. Model Martha Hunt described her pre-show workout regime as "torture". Then there are the liquid-only, supplement and protein-heavy diets, met with much derision by experts.

When asked about the brouhaha surrounding interest in the pre-show regime, the British model Donaldson, 27, who has been doing the show for four years, mock-rolled her eyes. "I guess it's an underwear show so people want tips, but I think the way everyone looks is a positive thing," she said. "We all eat. We're not going on crazy diets. It's about being fit. Earlier, a few of the girls had Nando's."

The various regimes, which range from high-intensity ballet to boxing and pilates, have spawned "train like an angel" workouts. Sophia Neophitou-Apostolou, the show's creative director, has compared it to being an Olympian, something with which Donaldson agreed: "A lot of the girls are like athletes – you have to be, the wings [a key accessory in the show] are heavy."

Lima, one of the highest-paid models in the world, has been walking the show for 14 years. Despite the criticism surrounding the show, she maintained that being an “angel” was a positive thing, especially for working mothers like herself. “I think to be happy you need a balance – friends, family and work. It’s hard to keep this balance.”

Lima wears two outfits in the show – the infamous multimillion-pound Fantasy bra, “which isn’t just about the bra, there are a lot of chains”, and a “mini corset babydoll black one-piece”. She admitted to following a serious boxing and jumping regime in the runup to the show, but defended both the show and the models against the criticism about their workouts: “I’m a model. Image is my work and [in this show] we show a lot of skin.” (<https://www.theguardian.com/fashion/2014/dec/02/victorias-secret-fashion-show-london-catwalk>)

4. Use of English

Fill in gaps:

The show **(1)**__ previously attracted debate. A slew **(2)**__ gaffes, including last year’s Native American costume worn by model Karlie Kloss and the “promotion” of extreme diets and workouts have tarred the label with controversy.

In the past the 33-year-old Brazilian model Lima has admitted she will exercise twice a day for three weeks before the show. Model Martha Hunt described her pre-show workout regime as “torture”. Then there are the liquid-only, supplement and protein-heavy diets, met with much derision by experts.

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5. Speaking and discussion

Why do beauty pageants receive criticism? Offer practical steps to reform the modern image of a beauty pageant.

Змістовий модуль № 4. Їжа / Dishes
Seminar 18

Tunu страв / Types of dishes. Cold, hot dishes

1. Vocabulary list

evidence

charred

carbohydrate

rhizome

starch(y)

circumstantial

compelling

solid

game meat

lean

corm

tuber

enamel

2. Pre-reading questions:

What is 'comfort food'?

3. Checking reading skills:

How Stone Age humans turned to comfort food

Rhys Blakely

If ever comfort food were needed it was during the Stone Age, when a hard day's hunting and gathering was followed by a cold night in a draughty cave.

Now archaeologists have found the earliest evidence of a starchy, carbohydrate-rich dish of roasted plant roots, which would have been prepared 170,000 years ago.

The discovery that early modern humans were roasting plant rhizomes — underground stems said to taste a little like potato — in the Border Cave in the Lebombo Mountains in South Africa pushes back the earliest known cooked carbohydrate by some 50,000 years.

Researchers found several charred, whole rhizomes. They believe that they all came from the plant *Hypoxis angustifolia*, also known as yellow stars.

They were recovered from fireplaces and piles of disposed ash. "The Border Cave inhabitants would have dug *Hypoxis* rhizomes from the hillside near the cave and carried them back to to cook them in the ashes of fireplaces," Lyn Wadley, of the University of the Witwatersrand in Johannesburg, said.

"This is the earliest firm evidence of starchy food being cooked," she added. "That they were brought back to the cave rather than cooked in the field suggests that food was shared at the home base. This suggests that the rhizomes were roasted in ashes and that, in the process, some were lost. While the evidence for cooking is circumstantial, it is nonetheless compelling."

The invention of cooking would have transformed human existence, providing a more efficient, hygienic and tastier way of obtaining calories.

"*Homo sapiens* have large and 'expensive' brains (which require a lot of energy), but relatively small guts compared with earlier hominins. The only

way that this relationship can be maintained is if *Homo sapiens* eats high-quality food,” Professor Wadley said.

Anthropologists believe that food was flung on to fires and cooked as long ago as two million years. However, no solid evidence has been found of starch being cooked that far back.

The addition of cooked carbohydrate to the human diet would have been monumental. “In Africa, game meat is lean . . . lean meat protein cannot be metabolised by humans in the absence of either carbohydrates or fat,” Professor Wadley said.

“The addition of some carbohydrate to their diet would then have enabled early humans to process protein more effectively than before, and a balanced, healthy diet would have increased human fitness and longevity.”

Starchy bulbs, corms, tubers and rhizomes can — if they are not poisonous — generally be eaten raw. However, their nutritional content is much greater when cooked.

“Such benefits would be particularly important for the aged members of the group and small children . . . the fact that food was transported home adds information about social behaviour and sharing at 170,000 years ago,” Professor Wadley said.

“The food could easily have been consumed in the field by the collectors but it was not. Our find therefore provides a glimpse of really ancient social behaviour.”

The age of the rhizomes was estimated by using electron spin resonance dating on a piece of tooth enamel found close by. (<https://www.thetimes.co.uk/article/how-stone-age-humans-turned-to-comfort-food-jx7kxpc09>)

4. Use of English

Fill in gaps:

The discovery **(1)**__ early modern humans were roasting plant rhizomes — underground stems said **(2)**__ taste a little like potato — in the Border Cave in the Lebombo Mountains in South Africa pushes **(3)**__ the earliest known cooked carbohydrate **(4)**__ some 50,000 years.

Researchers found several charred, whole rhizomes. They believe **(5)**__ they all came **(6)**__ the plant *Hypoxis angustifolia*, also known **(7)**__ yellow stars.

They were recovered **(8)**__ fireplaces and piles of disposed ash. “The Border Cave inhabitants would have dug *Hypoxis* rhizomes from the hillside near the cave and carried them **(9)**__ to cook them in the ashes of fireplaces,” Lyn Wadley, of the University of the Witwatersrand in Johannesburg, said.

“This is the earliest firm evidence of starchy food **(10)**__ cooked,” she added. “That they were brought back to the cave rather than cooked in the field suggests that food was shared **(11)**__ the home base. This suggests that the

rhizomes were roasted in ashes and that, in the process, some (12)___ lost. While the evidence for cooking is circumstantial, it is nonetheless compelling.”

5. Speaking and discussion

What positive and negative consequences does eating ‘comfort food’ has nowadays?

What social functions does food play in our life?

Seminar 19

Γαρνιτυ. Δεσερτυ / Side dishes. Salads. Desserts

1. Vocabulary list

cartoon

to feel pressured to do sth

rip-off (n)

addled

villainous

to feature

comeback (n)

puericial

2. Pre-reading questions:

Why do the food producers make the packages bright and colourful?

3. Checking reading skills:

Cereal boxes make me snap, crackle and pop

Giles Coren

Lidl is removing animal cartoons from its cereal boxes to help parents who feel pressured into buying them by children so sugar-addled and stupid they can't read the names on the boxes and can only go "grrrr" or "ooh ooh ooh" or "quack!" to indicate which villainous boxful they want reached down from the shelf and put in their fat little hands.

Until now, Lidl has featured a lion on its Frosted Flakes, a monkey on its Choco Rice and so on, without, presumably, any legal comeback from Kellogg's, which has featured the same animals on its own puericial products for decades.

And Lidl has done a lot for children's health, such as reducing the sugar content of its cereals by 20 per cent since 2015. So they are now only 80 per cent sugar. But I wonder if it's enough just to remove its rip-offs of Tony the Tiger and Coco the Monkey. Shouldn't Lidl perhaps now follow the lead of the cigarette industry and replace the cartoons with graphic photographs on the packets of fat, toothless children being slapped around in the playground by thin, happy bullies?

This doesn't have to spell the end of the cereal packet animal, though. Surely it's time for food companies to direct kids towards healthier options with the same trickery they put into poisoning them for all those years. So let's hear it, please, for Morris the Muesli Mouse, Greg the Granola Gnu and Pedro the Porridge Pangolin. (<https://www.thetimes.co.uk/article/cereal-boxes-make-me-snap-crackle-and-pop-85tv05h8t>)

4. Use of English

a) open the brackets and explain your usage of the form:

Until now, Lidl (**feature**) a lion on its Frosted Flakes, a monkey on its Choco Rice and so on, without, presumably, any legal comeback from Kellogg's,

which has featured the same animals on its own puericidal products for decades.

And Lidl (**do**) a lot for children's health, such as (**reduce**) the sugar content of its cereals by 20 per cent since 2015. So they (**be**) now only 80 per cent sugar. But I wonder if it's enough just (**remove**) its rip-offs of Tony the Tiger and Coco the Monkey. Shouldn't Lidl perhaps now follow the lead of the cigarette industry and replace the cartoons with graphic photographs on the packets of fat, toothless children (**slap**) around in the playground by thin, happy bullies?

5. Speaking and discussion

Write a report on marketing tricks for selling food used in a nearby supermarket.

Seminar 20

Сервірування столу / Table setting. Table manners

1. Vocabulary list

a fly in the mayonnaise

ephemeral

swear

deliberate(ly)

immaculate

grab

applaud

sit down to

tickle

2. Pre-reading questions:

How many of our old table manners are mere social conventions? And do any of them actually matter?

3. Checking reading skills:

Are table manners a bit silly?

Part 1

Joy and good humour reign at our table, of course — the only occasional fly in the mayonnaise is the manners. I like 'em, but some of my loved ones think they are ephemeral social constructs and pointless. They say that I — the manners police — am a hypocrite who has been known to use his fingers to eat bacon, and someone else's bacon at that. It's a fair charge.

So I asked the others what bits of table behaviour they actually thought important, in this day and age. The answers were revealing. "No swearing and please listen to people when they talk to you," the seven-year-old said. "Don't deliberately sneeze into other people's food," the 13-year-old said. "Don't ruin conversation by complaining about table manners. And don't store food in the beard," my wife said.

All these complaints were directed at me. Which is surprising, because I have (little do they know) immaculate, late-20th century, middle-class table manners, learnt from my mother and a succession of nannies and school teachers, some of whom used what would now be judged unacceptable violence to enforce them. So I watch my elbows, and tip my bowl towards me (not away, which is insufferably silly), I ask rather than grab and I often offer before I take. I'm aware (in the words of Emily Post's *Etiquette in Society, in Business, in Politics, and at Home* (1922)) that "It is unforgivable to take anything out of your mouth that has been put in it, except dry bones, and stones." I put the butter on my plate before I put it on the toast and I never add salt before tasting the food.

The last one, though, is the only one of those rules that I think really matters. As a cook, I applaud table manners that respect my work, and indeed, the work of the humans, animals and plants that got the food to the table are

truly important. So good table manners is sitting down to eat what's been prepared on time, waiting till you've tried it before you say you don't like it, eating it at a reasonable pace and not smoking or texting or tickling your sister while doing so. Afterwards, one should let the cook relax while everyone else does the washing up (<https://www.thetimes.co.uk/article/are-table-manners-a-bit-silly-7hkzvt5kv8t>)

4. Use of English

a) Fill in gaps

All these complaints (1)___ directed at me. Which (2)___ surprising, because I have immaculate, late-20th century, middle-class table manners, learnt (3)___ my mother and a succession (4)___ nannies and school teachers, some of whom used what would now (5)___ judged unacceptable violence (6)___ enforce them. So I watch (7)___ elbows, and tip my bowl (8)___ me (not away, which is insufferably silly), I ask (9)___ than grab and I often offer before I take. I'm aware that "It is unforgivable (10)___ take anything (11)___ of your mouth that has been put in it, (12)___ dry bones, and stones." I put the butter (13)___ my plate before I put it on the toast and I never add salt (14)___ tasting the food.

5. Speaking and discussion

Would you rather make your friends\family follow table etiquette or abandon it? Where do you draw the line?

Seminar 21

Cmpaβu / Courses

1. Drilling

How many cookies could a good cook cook If a good cook could cook cookies? A good cook could cook as much cookies as a good cook who could cook cookies

2. Vocabulary list

poll

offensiv

complaint

advert

half-chewed

gross

inherit

arbitrary

to draw the line at

3. Pre-reading questions:

Why do people follow table manners?

4. Checking reading skills:

Are table manners a bit silly?

Part 2

The rule of table etiquette that most concerns people today is the one about keeping your mouth shut while eating. That's what a poll of my Twitter following reveals, overwhelmingly. And recently, a Kentucky Fried Chicken TV advert was named as the most offensive of all time by the Advertising Standards Authority. Briefly aired in 2005, it featured call-centre workers singing with their mouths full of salad: the 1,671 complaints it generated were largely from people who were worried that the advert would teach children bad manners. Not that it's simply gross to see half-chewed food in people's mouths.

Which is the point of most of our inherited table etiquette — it's to try to pretend we're not actually eating. "English table manners are designed by people who are embarrassed by food," a French friend says. He may have a point. Why do I get at my son for using both hands to eat his toast and not putting his knife and fork down between mouthfuls? Because I want him to eat as though he wasn't hungry.

It is all a bit silly. Etiquette rules are as temporary and arbitrary as fashion in shoes. And so are the threats: I tell the boy that if he doesn't have good table manners he'll never get a girlfriend. To which he says that he has already got one. "She doesn't mind people talking with their mouth full, if they're being interesting." But he, in his turn, has limits for table behaviour: he absolutely draws the line at people who lick their plate.

(<https://www.thetimes.co.uk/article/are-table-manners-a-bit-silly-7hkzvt5kv8t>)

5. Use of English

Fill in gaps:

The rule **(1)**__ table etiquette that most concerns people today **(2)**__ the one about keeping your mouth **(3)**__ while eating. That's **(4)**__ a poll of my Twitter following reveals, overwhelmingly. And recently, a Kentucky Fried Chicken TV advert **(5)**__ named as the most offensive **(6)**__ all time by the Advertising Standards Authority. Briefly aired **(7)**__ 2005, it featured call-centre workers singing with their mouths full **(8)**__ salad: the 1,671 complaints it generated **(9)**__ largely from people who were worried that the advert **(10)**__ teach children bad manners. Not that it's simply gross **(11)**__ see half-chewed food **(12)**__ people's mouths.

6. Speaking and discussion

In which way can we make the existing table manners more modern? Is it even needed and why?

Seminar 22

Органічна їжа / Organic food.

1. Vocabulary list

Refined grains

Occur naturally

Carbon based compounds

Malnutrition

Essential nutrients

Protein-rich plant foods

Eat rainbow

Healthy eating pattern

Low-fat dairy products

Protein foods

Grocery store

Immune response

Crop Protection Product

Cultivar

Crop domestication

Abundant food

Haute cuisine

Sedentary lifestyle

2. Pre-reading questions:

What do you know about organic food?

3. Checking reading skills:

Clear differences between organic and non-organic food

Part 1

Damian Carrington and George Arnett

Organic food has more of the antioxidant compounds linked to better health than regular food, and lower levels of toxic metals and pesticides, according to the most comprehensive scientific analysis to date.

The international team behind the work suggests that switching to organic fruit and vegetables could give the same benefits as adding one or two portions of the recommended "five a day".

The team, led by Prof Carlo Leifert at Newcastle University, concludes that there are "statistically significant, meaningful" differences, with a range of antioxidants being "substantially higher" – between 19% and 69% – in organic food. It is the first study to demonstrate clear and wide-ranging differences between organic and conventional fruits, vegetables and cereals.

The researchers say the increased levels of antioxidants are equivalent to "one to two of the five portions of fruits and vegetables recommended to be consumed daily and would therefore be significant and meaningful in terms of human nutrition, if information linking these [compounds] to the health benefits associated with increased fruit, vegetable and whole grain consumption is confirmed".

The findings will bring to the boil a long-simmering row over whether those differences mean organic food is better for people, with one expert calling the work sexed up.

Tom Sanders, a professor of nutrition at King's College London, said the research did show some differences. "But the question is are they within natural variation? And are they nutritionally

He said Leifert's work had caused controversy in the past. "Leifert has had a lot of aggro with a lot of people. He is oversexing [this report] a bit." Sanders added the research showed organic cereals have less protein than conventional crops.

The research was peer-reviewed and is published in a respected scientific journal, the British Journal of Nutrition. It was due to be released next week, but has appeared on several academic websites.

The results are based on an analysis of 343 peer-reviewed studies from around the world – more than ever before – which examine differences between organic and conventional fruit, vegetables and cereals.

"The crucially important thing about this research is that it shatters the myth that how we farm does not affect the quality of the food we eat," said Helen Browning, chief executive of Soil Association, which campaigns for organic farming.

UK sales of organic food, which is often considerably more expensive than non-organic, are recovering after a slump during the economic crisis.

Plants produce many of their antioxidant compounds to fight back against pest attacks, so the higher levels in organic crops may result from their lack of protection by chemical sprays. But the scientists say other reasons may be important, such as organic varieties being bred for toughness and not being overfed with artificial fertilisers.

Leifert and his colleagues conclude that many antioxidants "have previously been linked to a reduced risk of chronic diseases, including cardiovascular diseases, neurodegenerative diseases and certain cancers". But they also note that no long-term studies showing health benefits from a broad organic diet have yet been conducted.

The researchers found much higher levels of cadmium, a toxic metal, in conventional crops. Pesticide residues were found on conventional crops four times more often than on organic food. The research was funded by the EU and an organic farming charity. (<https://www.theguardian.com/environment/2014/jul/11/organic-food-more-antioxidants-study>)

4. Use of English.

Fill in gaps.

Organic food has more of the antioxidant compounds linked (1)___ better health (2)___ regular food, and lower levels (3)___ toxic metals and pesticides, according (4)___ the most comprehensive scientific analysis (5)___ date.

The international team **(6)**__ the work suggests that switching **(7)**__ organic fruit and vegetables could give the **(8)**__ benefits as adding one or two portions of the recommended "five **(9)**__ day".

The team, led by Prof Carlo Leifert at Newcastle University, concludes **(10)**__ there are "statistically significant, meaningful" differences, with a range of antioxidants being "substantially higher" - **(11)**__ 19% and 69% - in organic food. It is the first study to demonstrate clear and wide-ranging differences **(12)**__ organic and conventional fruits, vegetables and cereals.

5. Post-reading discussion:

What are the long-term benefits of using organic food?

Seminar 23

Φαση-φύδ / Junk food. Fast food

1. Vocabulary list

<i>Mediterranean diet</i>	<i>Risk factor</i>
<i>Japanese diets</i>	<i>Consume nutrient-dense foods</i>
<i>Pescetarian diet</i>	<i>Nutritious food (potato crisps,</i>
<i>Meat-free vegetarian (vegan)</i>	<i>donuts, pastries, cookies)</i>
<i>diet</i>	<i>Essential nutrients</i>
<i>Western-style fast foods</i>	<i>Malnutrition</i>
<i>Processed foods (soft drinks</i>	<i>Intoxication</i>
<i>and energy drinks, flavoured yoghurt,</i>	<i>Obesity overweight</i>
<i>cereals, cookies, cakes, sweets and</i>	<i>Dangerous foods</i>
<i>candy)</i>	<i>Lean meats and poultry</i>
<i>Packaged foods</i>	<i>Insoluble dietary fiber</i>
<i>Body mass index</i>	<i>Immersive behavioural therapy</i>
<i>Junk food</i>	<i>Food-related illnesses</i>
<i>Saturated fats</i>	<i>Palatable foods</i>
<i>Trans fats</i>	<i>Dopamine</i>
<i>Saturated fatty acids</i>	<i>Metabolic processes</i>
<i>Polyunsaturated fatty acids</i>	<i>Portion sizes</i>
<i>Cholesterol</i>	
<i>Fatty lump</i>	

2. Pre-reading questions:

What do we call 'junk food'?

3. Checking reading skills:

Clear differences between organic and non-organic food

Part 2

Damian Carrington and George Arnett

The research is certain to be criticised: the inclusion of so many studies in the analysis could mean poor quality work skews the results, although the team did "sensitivity analyses" and found that excluding weaker work did not significantly change the outcome.

Also, the higher levels of cadmium and pesticides in conventional produce were still well below regulatory limits. But the researchers say cadmium accumulates over time in the body and that some people may wish to avoid this, and that pesticide limits are set individually, not for the cocktail of chemicals used on crops.

A further criticism is that the differences seen may result from different climate, soil types and crop varieties, and not from organic farming, though the researchers argue that combining many studies should average out these other differences.

The greatest criticism, however, will be over the suggestions of potential health benefits. The most recent major analysis, which took in 223 studies in 2012, found little evidence. "The published literature lacks strong evidence that organic foods are significantly more nutritious than conventional foods," it found.

This was also the conclusion of earlier, smaller studies published in 2009 in a scientific journal and by the UK Food Standards Agency, though the latter considered just 11 studies. The 2012 study did note that eating organic food might help people avoid pesticide residues.

Sanders said he was not persuaded by the new work. "You are not going to be better nourished if you eat organic food," he said. "What is most important is what you eat, not whether it's organic or conventional. It's whether you eat fruit and vegetables at all. People are buying into a lifestyle system. They get an assurance it is not being grown with chemicals and is not grown by big business."

He added that organic farming did help to address the significant problem in the UK of soil degradation and excess fertiliser polluting rivers.

Soil Association polling shows healthy eating (55%) and avoiding chemical residues (53%) are key reasons cited by shoppers for buying organic produce.

But many also say care for the environment (44%) and animal welfare (31%) are important, as is taste (35%).

Browning said: "This research backs up what people think about organic food. In other countries there has long been much higher levels of support and acceptance of the benefits of organic food and farming. We hope these findings will bring the UK in line with the rest of Europe."

The organic shop

Consumers spend 25p more on 2 pints of semi-skimmed organic milk (J1.14) at most big supermarkets

45p more on an organic 800g wholemeal loaf (J1.20) at Sainsbury's

J1 more per kg on organic white grapes (J5 per kg) at both Sainsbury's and Tesco

J3.23 more on organic pork chops (J5.50) at Tesco than standard ones

J1.03 more on a pack of six organic mixed-weight eggs (J2) at Asda

40p more on a 340g tub of organic crunchy peanut butter (J1.70) at Sainsbury's

(<https://www.theguardian.com/environment/2014/jul/11/organic-food-more-antioxidants-study>)

4. Use of English

a) Fill in gaps:

The research (1)___ certain to be criticised: the inclusion (2)___ so many studies (3)___ the analysis could mean poor quality work skews the results, although the team did "sensitivity analyses" and found (4)___ excluding weaker work did not significantly change (5)___ outcome.

Also, the higher levels (6)___ cadmium and pesticides in conventional produce were (7)___ well below regulatory limits. But the researchers say cadmium accumulates (8)___ time in the body and that some people may wish (9)___ avoid this, and that pesticide limits are set individually, (10)___ for the cocktail of chemicals used on crops.

A further criticism is that the differences seen may result (11)___ different climate, soil types and crop varieties, and not (12)___ organic farming, though the researchers argue that combining many studies should average out these other differences.

5. Speaking and discussion

Nowadays the consumption of junk food is detrimental to human's health. Recent research studies reveal the fact better health education is the very solution to the problem. Some people but disagree. Give your opinion.

Modern western society is highly concerned by the fact the percentage of overweight children has increased by 20% during the last ten years. Explain your attitude to the problem.

Seminar 24

Моя улюблена їжа / My favourite meals

1. Vocabulary list

to brown

to chop

to sprinkle

to pour

to soften

to spare

to soak (down into)

woody

seasoning

to stir in

2. Pre-reading questions:

How can we reduce time for cooking different things?

3. Checking reading skills:

Nigel Slater's recipe for Christmas sausage and mushroom stew

This hearty dinner is warm, comforting and easy to make – perfect for the in-between days of the festive season

Nigel Slater

The recipe

Brown 500g of cocktail or chipolata sausages in 4 tbsp of olive or vegetable oil in a wide, high-sided pan. Peel 3 medium-sized red onions then cut them in half, then cut each half into 6. Remove the sausages from the pan, then add the onions and let them soften and lightly brown.

Roughly chop 200g of carrots and add to the onions. Cut 200g of button mushrooms in half, add to the pan and let them brown lightly. Sprinkle 2 tbsp of flour into the pan, then stir in and continue cooking for 2 minutes to lightly brown the flour. Pour in 1 litre of chicken stock and bring to the boil, then stir in the sausages and season carefully.

Simmer the sausage stew for about 20 minutes then serve. Serves 2.

The trick

Soften the chopped red onions in the same pan in which you browned the chipolata sausages. That way they will pick up all the sweet, caramelised meat juices. If you have a few minutes to spare, warm the chicken stock before stirring it into the aromatics. Even better, make some thick toast on which to serve the stew. The juices will soak down into the toasted bread.

The twist

When you are cooking the red onions, introduce a few woody herbs, such as thyme or rosemary, the leaves removed and chopped. At the end of cooking, when you are checking the seasoning, stir in 2 tbsp of redcurrant or cranberry jelly. (<https://www.theguardian.com/food/2019/dec/24/nigel-slater-midweek-meal-christmas-stew-sausage-mushroom>)

4. Use of English

a) Fill in gaps

Soften the chopped red onions **(1)**_ the same pan in which you browned the chipolata sausages. **(2)**_ way they will pick **(3)**_ all the sweet, caramelised meat juices. **(4)**_ you have a few minutes to spare, warm the chicken stock **(5)**_ stirring it into the aromatics. Even better, make some thick toast **(6)**_ which to serve the stew. The juices will soak **(7)**_ into the toasted bread.

When you are cooking the red onions, introduce a few woody herbs, **(8)**_ as thyme or rosemary, the leaves removed and chopped. **(9)**_ the end of cooking, when you are checking the seasoning, stir in 2 tbsp of redcurrant **(10)**_ cranberry jelly.

5. Speaking and discussion

Present the recipe of a simple dish you can cook on your own.

НАУКОВО-ДОСЛІДНИЦЬКА РОБОТА

1. Why is health education (in)effective in solving the issue of excessive junk food consumption?
2. What consequences can the increase in the number of overweight children have for the society?
3. Using any social media, create a small educational resource for your subject (a topic-related lesson plan with links for video/audio resources).
4. Find five practical ways of using your own smartphone at the English lesson.
5. Write a CV and a cover letter for a teaching position.
6. Create a scenario for a job interview (your own answers for typical HR questions).
7. Prepare notes for a short excursion around sites of Kyiv/your own city/town.
8. Create a presentation of a notable site in New-York/Edinburgh.
9. Presentation of a modern American/British art piece.
10. Review of a modern American/British theatre play.
11. Critical review (pros and cons) of a British/American film (no older than 2 years).
12. Essay: 'Why is plagiarism damaging for our higher education?'

TECTИ

1

LANGUAGES

Find out words, identifying most widely-spread world languages, try to correlate them with the correspondent locations on the map:

M	A	L	A	Y	S	I	A	N	R	S	R	M	C	C	N	W	W	N	V
A	L	B	A	N	I	A	N	I	A	H	H	H	V	R	Q	C	E	O	M
R	S	W	A	H	I	L	I	C	S	Q	E	U	U	O	N	L	S	R	M
J	A	P	A	N	E	S	E	E	D	N	B	N	Y	A	E	F	T	W	T
W	L	A	T	V	I	A	N	L	A	K	R	G	K	T	P	O	O	E	P
O	U	F	R	E	N	C	H	A	R	U	E	A	U	I	A	J	N	G	O
D	A	N	I	S	H	W	R	N	A	P	W	R	R	A	L	I	I	I	R
C	C	R	E	O	L	E	H	D	B	E	I	I	D	N	I	B	A	A	T
Z	J	H	Y	S	N	B	M	I	I	R	T	A	I	M	M	U	N	N	U
E	I	N	G	S	N	M	I	C	C	S	A	N	S	O	A	L	I	U	G
C	C	A	M	B	O	D	I	A	N	I	L	V	H	N	L	G	N	F	U
H	P	L	H	G	R	E	E	K	X	A	I	T	B	G	T	A	D	T	E
G	G	G	E	R	M	A	N	F	I	N	A	Y	D	O	E	R	O	S	S
J	D	M	Q	F	I	N	N	I	S	H	N	I	I	L	S	I	N	E	E
D	U	T	C	H	A	M	H	A	R	I	C	R	G	I	E	A	E	N	G
B	E	N	G	A	L	I	D	X	I	W	D	I	W	A	J	N	S	G	M
S	J	M	C	H	I	N	E	S	E	I	X	S	H	N	J	T	I	L	E
Q	N	V	P	I	Q	S	P	A	N	I	S	H	I	N	D	I	A	I	E
M	A	O	R	I	L	I	T	H	U	A	N	I	A	N	O	E	N	S	W
A	L	A	N	G	U	A	G	E	S	X	H	J	G	N	F	F	L	H	P

ALBANIAN
BENGLI
CHINESE
CZECH
ENGLISH
FRENCH
HEBREW

AMHARIC
BULGARIAN
CREOLE
DANISH
ESTONIAN
GERMAN
HINDI

ARABIC
CAMBODIAN
CROATIAN
DUTCH
FINNISH
GREEK
HUNGARIAN

ICELANDIC
ITALIAN
LANGUAGES
MALAYSIAN
MONGOLIAN
PERSIAN
SWAHILI

INDONESIAN
JAPANESE
LATVIAN
MALTESE
NEPALI
PORTUGUESE

IRISH
KURDISH
LITHUANIAN
MAORI
NORWEGIAN
SPANISH

2

GEOGRAPHY

Make adjectives from the given nouns describing nationality, using suffixes *-ean, -ian, -an, -ese, -ish, -ic*.

Pay attention to the few exceptions. Think about the languages they speak:

Argentina, Australia, Austria, Belgium, Brazil, Canada, China, Denmark, Egypt, Finland, France, Germany, Greece, Iceland, India, Ireland, Italy, Japan, Lithuania, Malaysia, Mexico, Netherlands, Poland, Scotland, Spain, Sweden, Switzerland, Thailand, Turkey, Ukraine, (The) United Kingdom, Wales.

3

INTERNAL ORGANS

Find out words, identifying most significant parts of human body as well as internal organs; try to correlate them with the correspondent locations:

ABDOMEN
ARTERY
BOWEL
CAROTID
GALLBLADDER
HEART
KIDNEY
LUNG
PANCREAS
PROSTATE
STOMACH
UROCYST
VENTRICLE

AORTA
AURICLE
BOWELS
DUODENUM
GULLET
INTESTINE
LARYNX
NASOPHARYNX
PELVIS
RECTUM
TONSIL
UTERUS
WINDPIPE

APPENDIX
BLADDER
BRONCHUS
ESOPHAGUS
GUT
JEJUNUM
LIVER
OVARY
PHARYNX
SPLEEN
TRACHEA
VEIN
WOMB

S	E	V	A	K	I	D	N	E	Y	E	B	S	U	R	E	T	U
L	H	V	E	I	N	I	S	T	O	M	A	C	H	I	R	T	W
E	B	X	I	D	N	E	P	P	A	R	J	C	Y	I	E	O	O
W	E	S	O	P	H	A	G	U	S	E	P	M	R	B	V	N	M
O	N	T	E	D	H	E	A	R	T	D	A	U	A	D	I	S	B
B	K	P	E	L	V	I	S	E	C	D	N	T	V	U	L	I	A
A	U	L	G	E	E	X	R	C	C	A	C	C	O	O	G	L	U
E	R	J	B	I	N	N	N	B	H	L	R	E	E	D	E	S	R
G	O	F	R	X	T	Y	E	T	N	B	E	R	T	E	P	U	I
R	C	E	O	N	R	R	E	R	E	L	A	S	A	N	I	A	C
E	Y	N	N	Y	I	A	L	A	M	L	S	U	T	U	P	T	L
D	S	I	C	R	C	H	P	C	O	A	O	M	S	M	D	R	E
D	T	T	H	A	L	P	S	H	D	G	Y	U	O	H	N	O	Y
A	B	S	U	H	E	O	G	E	B	B	U	N	R	Y	I	A	R
L	O	E	S	P	V	S	R	A	A	O	K	U	P	T	W	P	E
B	W	T	F	W	C	A	R	O	T	I	D	J	V	I	U	J	T
X	E	N	V	O	W	N	A	W	U	R	T	E	L	L	U	G	R
X	L	I	X	N	Y	R	A	L	C	M	W	J	L	U	N	G	A

4
ANIMALS
Part 1

ANT	ANTELOPE	BADGER	BAT	BEAR
BEAVER	BEETLE	BLACKBIRD	BUDGIE BUG	BEE
BULL	BUTTERFLY	BUZZARD	CALF	CANARY
CAT	CRANE	COCKROACH	CROCODILE	COW
CROW	CUCKOO	DEER	DONKEY	DOG
DUCK	DUCKLING	EAGLE	ELEPHANT	ELK
FALCON	FERRET	FROG	FLAMINGO	FLY
GIRAFFE	FOX	GOOSE	GNAT	GOAT

T	N	A	H	P	E	L	E	S	E	K	L	E	R	B	E	D
W	Y	N	O	C	L	A	F	I	M	L	B	E	L	K	O	C
C	N	N	X	K	C	U	D	V	U	P	G	A	I	G	R	Y
E	A	T	Y	D	U	H	E	B	N	D	C	O	K	A	W	K
M	C	T	E	L	R	F	S	Q	A	K	R	F	N	Y	E	L
O	R	O	X	P	F	A	P	B	B	Q	O	E	W	E	N	E
X	F	B	C	O	O	M	Z	I	W	U	C	R	E	K	U	K
B	P	L	E	K	F	L	R	Z	R	G	O	R	E	N	G	K
N	U	U	A	E	R	D	E	K	U	Q	D	E	B	O	N	Y
C	F	T	A	M	T	O	E	T	D	B	I	T	G	D	I	R
E	U	L	T	D	I	L	A	E	N	T	L	A	O	Q	L	A
F	T	C	A	E	M	N	E	C	K	A	E	B	O	E	K	N
F	A	R	K	C	R	R	G	F	H	E	C	U	S	I	C	A
A	N	A	X	O	K	F	R	O	L	T	R	G	E	G	U	C
R	G	E	B	W	O	O	L	G	V	N	O	J	U	D	D	P
I	J	B	V	O	G	Q	A	Y	R	A	W	T	U	U	K	R
G	O	A	T	C	B	E	A	V	E	R	V	E	B	B	M	V

**ANIMALS
Part 2**

DOVE
GRASSHOPPER
HAWK
HERON
KID
LAMB
LION
MAGPIE
MOTH
OSTRICH
PARTRIDGE
PHEASANT
PONY

GOOSE
GUINEA
HEDGEHOG
HORSE
KITTEN
LARK
LIZARD
MONKEY
MOUSE
OWL
PEACKOCK
PIG
PUPPY

GORILLA
HARE
HEN
KANGAROO
LADYBIRD
LEECH
LYNX
MOSQUITO
NIGHTINGALE
PARROT
PENGUIN
PIGEON
RABBIT

RAM

RAT

G	P	E	N	G	U	I	N	P	T	P	H	R	B	V	R	N
G	X	X	L	M	E	O	K	I	T	T	E	N	X	F	Q	E
P	I	A	T	O	V	T	N	K	I	D	J	L	A	R	K	H
S	M	P	N	N	O	I	I	O	T	I	U	Q	S	O	M	O
B	N	G	O	K	D	B	G	H	T	O	M	O	L	Q	Y	O
Q	O	O	I	E	L	B	H	P	P	A	R	W	Y	X	R	R
T	R	H	L	Y	I	A	T	E	E	E	L	L	N	E	E	A
O	E	E	H	W	Z	R	I	A	S	N	A	G	X	H	P	G
R	H	G	C	M	A	U	N	K	U	I	D	O	E	E	P	N
R	L	D	E	A	R	Y	G	C	O	U	Y	R	G	I	O	A
A	F	E	E	R	D	V	A	O	M	G	B	I	D	P	H	K
P	E	H	L	V	V	G	L	C	D	E	I	L	I	G	S	W
G	S	Q	H	A	R	E	E	K	N	I	R	L	R	A	S	A
Y	O	P	I	G	E	O	N	Q	E	D	D	A	T	M	A	H
N	O	V	P	H	E	A	S	A	N	T	J	N	R	I	R	Y
O	G	A	H	C	I	R	T	S	O	G	K	K	A	D	G	A
P	U	P	P	Y	E	S	R	O	H	D	D	P	P	T	A	R

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