

**КИЇВСЬКИЙ НАЦІОНАЛЬНИЙ ТОРГОВЕЛЬНО-ЕКОНОМІЧНИЙ
УНІВЕРСИТЕТ
ВІННИЦЬКИЙ ТОРГОВЕЛЬНО-ЕКОНОМІЧНИЙ ІНСТИТУТ**

СИСТЕМА УПРАВЛІННЯ ЯКІСТЮ

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ПРАКТИЧНИЙ КУРС ПЕРШОЇ ІНОЗЕМНОЇ МОВИ (АНГЛІЙСЬКА)

МЕТОДИЧНІ РЕКОМЕНДАЦІЇ

ДО САМОСТІЙНОЇ РОБОТИ

Ступінь вищої освіти	«бакалавр» /	bachelor
Галузь знань	03 Гуманітарні науки /	Humanities
Спеціальність	035 Філологія /	Philology
Освітня програма	«Германські мови та літератури (переклад включно), перша – англійська» /	Germanic languages and literatures (including translation), first foreign language – English

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Розробники: Гладь Світлана, кандидат філологічних наук, доцент;

Ковалевська Тетяна, кандидат філологічних наук;

Терещенко Лілія, кандидат філологічних наук, доцент;

Махлай Павло, асистент.

Методичні рекомендації до самостійної роботи розглянуто та схвалено на засіданні кафедри іноземної філології та перекладу ВТЕІ КНТЕУ протокол №8 від 27.09.2021 р., на засіданні методичної комісії обліково-фінансового факультету протокол № 10 від 18.10.2021р.

Рецензент: Ткачук Тетяна, к.філол.н., доцент кафедри іноземної філології та перекладу

Редактор: Фатєєва Т.
Комп'ютерна верстка: Шуляк Н.

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1. ЗАГАЛЬНІ МЕТОДИЧНІ РЕКОМЕНДАЦІЇ ДО САМОСТІЙНОЇ РОБОТИ

Методичні рекомендації до самостійної роботи з дисципліни «Практичний курс першої іноземної мови (англійська)», призначений для підготовки бакалаврів за спеціальністю 035 «Філологія» «Германські мови та літератури (переклад включно), перша – англійська» є складовою навчально-методичного комплексу з цієї дисципліни. Зміст цього навчально-методичного видання містить 29 розділів, кожен з яких включає перелік тем для самостійного опрацювання, тематичних матеріалів з питань, що вивчаються у курсі, індивідуальних завдань для роботи студентів та питань для самоконтролю.

Метою вправ, що увійшли до методичних рекомендацій, є формування висококваліфікованих фахівців з міжкультурної та міжмовної комунікації, що вільно володіють англійською мовою, розвиток їх навичок професійної комунікації англійською мовою, комунікативних здібностей та здатності до самоосвіти.

Завдання курсу «Практичний курс першої іноземної мови (англійська)» визначено освітньо-кваліфікаційними вимогами до освітнього ступеню «бакалавр» та необхідністю формування у здобувачів вищої освіти основних вмінь використовувати здобуті знання на практиці, зокрема: формувати у здобувачів вищої освіти комунікативну, когнітивну, лінгвістичну і соціокультурну компетентності; формувати позитивне ставлення як до вивчення мови, так і культури англомовного світу; розвивати у здобувачів вищої освіти здатність до самооцінки і вдосконалення знань, що допоможе їм успішно завершити курс вищої освіти і стане передумовою для їх наступного професійного зростання; закласти основи професійної компетентності шляхом навчання різними методами і прийомами перекладу та залучення до виконання професійно орієнтованих завдань; удосконалювати вмінь міжособистісного спілкування, необхідні для повноцінного функціонування як в освітньому середовищі, так і за його межами.

Основними формами самостійної роботи студентів є вивчення запропонованого матеріалу, виконання тренувальних вправ, проходження тестів та підготовка тестів для самопідготовки, які будуть представлені одногрупникам на занятті, підготовка коротких повідомлень та рефератів за темою, перегляд навчальних фільмів за темою тощо.

Самостійна робота з дисципліни оцінюється як складова загальної 100-бальної шкали відповідно до критеріїв системи комплексної діагностики знань здобувачів освіти.

2. ТЕМАТИЧНИЙ ПЛАН ДИСЦИПЛІНИ

Теми	Кількість годин				Форми контролю лекції
	Всього	з них			
		лекції	практичні	СРС	
1	2	3	4	5	6
I семестр					
Topic 1. People and Homes.	38	-	18	20	
1. Being house-proud.	5	-	2	3	yo
2. Essential Vocabulary.	5	-	2	3	т, по
3. Describing a House.	4	-	2	2	по
4. Vocabulary Practice.	4	-	2	2	із
5. Types of Accommodations.	4	-	2	2	по
6. Listening Comprehension.	4	-	2	2	кт
7. Speaking Practice (work in pairs).	4	-	2	2	yo
8. Burglarproof your Home.	4	-	2	2	із
9. Writing: describing your house	4	-	2	2	yo
Topic 2. People and their Lives.	37	-	18	19	
10. Stages of Life.	5	-	2	3	yo
11. Essential Vocabulary.	4	-	2	2	із
12. Describing People.	4	-	2	2	по
13. Stages in Life and Relationships between People.	4	-	2	2	то, т
14. Vocabulary Practice.	4	-	2	2	по
15. Speaking Practice (work in pairs).	4	-	2	2	П
16. Listening Comprehension	4	-	2	2	із
17. Your Family Tree.	4	-	2	2	т
18. Writing: descriptive techniques.	4	-	2	2	yo
Topic 3. Travelling.	35	-	16	19	
19. Travelling as s Lifestyle.	5	-	2	3	yo
20. Essential Vocabulary.	5	-	2	3	із
21. Kinds of Travelling.	5	-	2	3	т, yo
22. Weather and Holidays.	4	-	2	2	із
23. Speaking Practice (work in groups).	4	-	2	2	yo
24. Traveler’s Tips.	4	-	2	2	П
25. Listening Comprehension.	4	-	2	2	yo
26. Writing: a semi-formal letter/e-mail.	4	-	2	2	yo
Topic 4. The World Around Us.	35		16	19	

27. Climate Changes.	5	-	2	3	yo
28. Essential Vocabulary.	5	-	2	3	yo
29. Global problems, effects and solutions.	5	-	2	3	по
30. Conservation and endangered species.	4	-	2	2	із
31. Listening Comprehension.	4	-	2	2	yo
32. Reading Comprehension.	4	-	2	2	т
33. Writing: essay suggesting solutions.	4	-	2	2	кт
34. Project work.	4	-	2	2	із
Topic 5. Daily Routine.	35		16	19	
35. Organized vs Spontaneous People.	5	-	2	3	П
36. Essential Vocabulary.	5	-	2	3	yo
37. One Day of My Life.	5	-	2	3	yo
38. How to Organize Your Day?	4	-	2	2	yo
39. Health Issues.	4	-	2	2	по
40. Speaking Practice (work in pairs).	4	-	2	2	із
41. Listening Comprehension.	4	-	2	2	yo
42. Writing: for-and-against Essay	4	-	2	2	т
РАЗОМ за I семестр	180/6	-	84	96	Екзамен письмовий
II семестр					
Topic 1. Technologies, Safety and Crimes.	36	-	18	18	
1. Big Brother is Watching You.	4	-	2	2	yo
2. Essential Vocabulary.	4	-	2	2	т, по
3. Modern Technologies Making Life Better.	4	-	2	2	по
4. Technology at Home.	4	-	2	2	із
5. Inventors and Visionaries.	4	-	2	2	по
6. Crime and Punishments.	4	-	2	2	yo
7. Listening Comprehension.	4	-	2	2	кт
8. Reading Comprehension.	4	-	2	2	із
9. Speaking Practice (work in groups).	4	-	2	2	yo
Topic 2. Shopping, Clothes and Fashion.	36	-	18	18	
10. Compulsive Shopping and Consumerist Culture.	4	-	2	2	yo
11. Essential Vocabulary.	4	-	2	2	із

12. Shops and Departments.	4	-	2	2	по
13. Clothes.	4	-	2	2	то, т
14. Listening Comprehension.	4	-	2	2	П
15. Picky Customers.	4	-	2	2	yo
16. Speaking Practice (work in pairs).	4	-	2	2	yo
17. Reading Comprehension.	4	-	2	2	Yo
18. Writing: an article describing a place/ an event.	4	-	2	2	yo
Topic 3. Meals and Cooking.	36	-	18	18	
19. Eating as a Ritual.	4	-	2	2	yo
20. Essential Vocabulary.	4	-	2	2	із
21. Food. Typical Dishes.	4	-	2	2	т, yo
22. Eating Out.	4	-	2	2	із
23. Vocabulary Practice.	4	-	2	2	кт
24. Kitchen Supplies & Cooking.	4	-	2	2	yo
25. Eating Habits and Eating Disorders.	4	-	2	2	із
26. Listening Comprehension.	4	-	2	2	т
27. Writing: assessment report.	4	-	2	2	П
Topic 4. Sports and Free-Time Activities.	36	-	18	18	
28. The Dark Side of Sport.	4	-	2	2	yo
29. Essential Vocabulary.	4	-	2	2	із
30. Sports.	4	-	2	2	т, yo
31. Free-Time Activities.	4	-	2	2	із
32. The Paralympics.	4	-	2	2	yo
33. Listening Comprehension.	4	-	2	2	кт
34. Reading Comprehension.	4	-	2	2	П
35. Writing: a letter to the editor.	4	-	2	2	yo
36. Project Work.	4	-	2	2	із
Topic 5. News and Information.	36	-	18	18	
37. How News Shape Reality.	4	-	2	2	yo
38. Essential Vocabulary.	4	-	2	2	по
39. The News. Spreading the News.	4	-	2	2	т
40. Disasters and Bad News.	4	-	2	2	із
41. Vocabulary Practice.	4	-	2	2	кт
42. Fake News.	4	-	2	2	по
43. Listening Comprehension.	4	-	2	2	т
44. Speaking Practice (work in groups).	4	-	2	2	П
45. Project Work.	4	-	2	2	із, к

РАЗОМ за II семестр	180/6	-	90	90	Екзамен письмовий
Всього за рік	360/12	-	174	186	
III семестр					
Topic 1. Multilingual world.	60	-	28	32	
1. Language and Culture.	5	-	2	3	уо
2. Essential Vocabulary.	5	-	2	3	т, по
3. Crossing linguistic and cultural barriers.	5	-	2	3	по
4. Vocabulary Practice.	4	-	2	2	із
5. Surfing the Net: focus on the language.	4	-	2	2	по
6. Listening Comprehension.	4	-	2	2	кт
7. Means of communication.	4	-	2	2	уо
8. Aspects of language.	4	-	2	2	уо
9. Body Language.	4	-	2	2	П
10. Speaking Practice (work in pairs).	4	-	2	2	уо
11. Lingua franca: finding common ground.	4	-	2	2	уо
12. Articles. Countable vs uncountable nouns.	4	-	2	2	уо
13. Writing: letters and e-mails.	4	-	2	2	П
14. Case study: individual projects.	4	-	2	2	уо, к
Topic 2. Moods and feelings.	60	-	28	32	
15. Rational and Emotional in a Person.	5	-	2	3	уо
16. Essential Vocabulary.	5	-	2	3	із
17. Defining Happiness.	5	-	2	3	по
18. Reading comprehension.	4	-	2	2	то, т
19. Personality types.	4	-	2	2	по
20. Vocabulary Practice.	4	-	2	2	П
21. Moods and emotions.	4	-	2	2	із
22. Physical sensations.	4	-	2	2	т
23. Listening Comprehension.	4	-	2	2	по
24. Expressing feelings.	4	-	2	2	із
25. Stressful situations. Dealing with stress.	4	-	2	2	уо
26. Present Simple vs Present Continuous.	4	-	2	2	т
27. Writing: apologizing & complaining.	4	-	2	2	по
28. Case study: individual projects.	4	-	2	2	Із
Topic 3. Making a living.	60	-	28	32	

29. Finding your True Vocation.	5	-	2	3	Уо
30. Essential Vocabulary.	5	-	2	3	Із
31. Works and jobs.	5	-	2	3	т, уо
32. Getting a “proper job”.	4	-	2	2	Із
33. Vocabulary Practice.	4	-	2	2	Уо
34. Choosing your career path.	4	-	2	2	П
35. Skills, Qualities and Qualifications.	4	-	2	2	Уо
36. Earning Money.	4	-	2	2	Із
37. Listening Comprehension.	4	-	2	2	т, уо
38. Creativity at work.	4	-	2	2	Із
39. Reading comprehension.	4	-	2	2	Уо
40. Ing forms vs Infinitive.	4	-	2	2	П
41. Writing: reports and letters of application.	4	-	2	2	Уо
42. Case study: individual projects.	4	-	2	2	Із
РАЗОМ за III семестр	180/6	-	84	96	Екзамен письмовий
IV семестр					
Topic 1. Accommodation and lodging.	48	-	24	24	
1. Most Impressive Buildings.	4	-	2	2	уо
2. Essential Vocabulary.	4	-	2	2	т, по
3. Make yourself at home.	4	-	2	2	по
4. Types of Houses.	4	-	2	2	із
5. Alternative homes.	4	-	2	2	по
6. Renting a flat or a house.	4	-	2	2	уо
7. Appliances and Furniture.	4	-	2	2	кт
8. Vocabulary Practice.	4	-	2	2	із
9. Listening Comprehension.	4	-	2	2	т
10. Reading Comprehension.	4	-	2	2	П
11. Present Perfect vs Present Perfect Continuous.	4	-	2	2	по
12. Writing: making suggestions.	4	-	2	2	П
Topic 2. Lifestyles.	44	-	22	22	
13. Deciding Who You Are.	4	-	2	2	уо
14. Essential Vocabulary.	4	-	2	2	із
15. Modern Living.	4	-	2	2	по
16. Choosing a Lifestyle.	4	-	2	2	то, т
17. Media vs Fame.	4	-	2	2	із
18. Vocabulary Practice.	4	-	2	2	кт
19. Influencers and Trendsetters.	4	-	2	2	П

20. Listening Comprehension.	4	-	2	2	із
21. Reading Comprehension.	4	-	2	2	по
22. Adjectives vs Adverbs.	4	-	2	2	то, т
23. Writing: for and against writing.	4	-	2	2	із
Topic 3. Going Places.	44	-	22	22	
24. Urban Traffic.	4	-	2	2	уо
25. Essential Vocabulary.	4	-	2	2	із
26. Traveling as a Lifestyle.	4	-	2	3	т, уо
27. Getting Around.	4	-	2	2	із
28. Holiday Destinations.	4	-	2	2	кт
29. Listening Comprehension.	4	-	2	2	уо
30. Buying Souvenirs.	4	-	2	2	із
31. Reading Comprehension.	4	-	2	2	із
32. Modal Verbs.	4	-	2	2	кт
33. Writing: Narratives.	4	-	2	2	уо
34. Case study: individual projects.	4	-	2	2	із
Topic 4. History.	44	-	22	22	
35. History Repeating Itself.	4	-	2	2	уо
36. Essential Vocabulary.	4	-	2	2	із
37. History Lessons.	4	-	2	3	т, уо
38. War and Peace.	4	-	2	2	із
39. Listening Comprehension.	4	-	2	2	кт
40. Protests, riots and public gatherings.	4	-	2	2	уо
41. Reading Comprehension.	4	-	2	2	із
42. Speaking Practice (work in pairs).	4	-	2	2	уо
43. Past Forms.	4	-	2	2	із
44. Writing: stories.	4	-	2	2	кт
45. Case study: individual projects.	4	-	2	2	уо
РАЗОМ за IV семестр	180/6	-	90	90	Екзамен письмовий
Всього за рік	360/12	-	174	186	
V семестр					
Topic 1. Learning lessons.	60	-	28	32	
1. Education system in Ukraine	4	-	2	2	уо
2. Vocabulary Practice.	4	-	2	2	т, по
3. Education systems in the UK, the USA	4	-	2	2	по, уо
4. Places in a school / university.	4	-	2	2	по

5. Types of schools. Grading.	4	-	2	2	по, уо
6. Exams and qualifications.	4	-	2	2	із
7. Studying abroad.	4	-	2	2	по, уо
8. Expressing certainty or doubt.	4	-	2	2	по
9. The passive. The causative.	4	-	2	2	по, уо
10. Valuable lessons.	4	-	2	2	по, т
11. Modern libraries.	4	-	2	2	по, уо
12. Word formation: -ing and – ed.	4	-	2	2	уо
13. Opinion letter	6	-	2	4	т, п
14. Home reading	6	-	2	4	із, пз
Topic 2. Environmental issues.	60	-	28	32	
15. Green issues.	4	-	2	2	уо, к
16. Vocabulary Practice.	4	-	2	2	із
17. International environmental organizations.	4	-	2	2	по, уо
18. Researching the Antarctic	4	-	2	2	по
19. Environmental problems.	4	-	2	2	по, уо
20. Natural and man-made disasters.	4	-	2	2	то, т
21. The future of the world.	4	-	2	2	т, п
22. Future tenses.	4	-	2	2	п, т
23. Dealing with waste.	4	-	2	2	по, уо
24. Endangered species.	4	-	2	2	т, кт
25. Expressing predictions: be going to/ will/ be bound	4	-	2	2	по, уо
26. Conditionals.	4	-	2	2	уо, із
27. Expressing concerns.	6	-	2	4	із, пз
28. Home reading.	6	-	2	4	по, уо
Topic 3. The cycle of life.	60	-	28	32	
29. Healthy lifestyle.	4	-	2	2	уо
30. Vocabulary Practice.	4	-	2	2	із
31. Balanced diet.	4	-	2	2	по, уо
32. Living for a century.	4	-	2	2	т, уо
33. Accidents and injuries.	4	-	2	2	т, п
34. Hospital divisions.	4	-	2	2	із,
35. Consulting a doctor.	4	-	2	2	по, уо
36. Relative clauses.	4	-	2	2	п, т
37. Giving/ accepting/ rejecting advice.	4	-	2	2	із, пз
38. Clauses of concession.	4	-	2	2	т, по
39. Clauses of purpose.	4	-	2	2	по, уо
40. Tag questions.	4	-	2	2	уо
41. Writing an article.	6	-	2	4	по, уо
42. Home reading.	6	-	2	4	

РАЗОМ за V семестр	180/ 6	-	84	96	Екзамен письмовий
VI семестр					
Topic 1. Celebrations	52	-	26	26	
1. Types of celebrations.	4	-	2	2	yo
2. Vocabulary Practice.	4	-	2	2	iz
3. How to be a winner.	4	-	2	2	po
4. Career success.	4		2	2	po, yo
5. Successful people and their personalities.	4	-	2	2	P
6. Giving and responding to news.	4	-	2	2	t
7. Dealing with stress.	4		2	2	po, yo
8. Gerund.	4	-	2	2	yo
9. Infinitive.	4	-	2	2	po
10. Gerund vs. Infinitive.	4		2	2	iz, pz
11. Quality of life.	4	-	2	2	kt
12. Achievements and happiness.	4	-	2	2	t, yo
13. Home reading.	4	-	2	2	yo
Topic 2. Leisure activities.	65	-	26	39	
14. Pastimes and hobbies.	5	-	2	3	yo
15. Vocabulary Practice.	5	-	2	3	iz
16. Relaxing and escaping.	5	-	2	3	yo
17. Books and reading.	5	-	2	3	iz
18. The best book of the century.	5		2	3	po, yo
19. Travelling and holidays.	5	-	2	3	t
20. Weekend breaks.	5		2	3	po, yo
21. Listening to music.	5	-	2	3	po
22. Negotiating and reaching an agreement.	5	-	2	3	to, t
23. Stative verbs. Present tenses.	5	-	2	3	P
24. Phrasal verbs.	5	-	2	3	po, t
25. Writing a review.	5	-	2	3	po
26. Home reading.	5	-	2	3	yo
Topic 3. People power.	63	-	28	35	
27. Appearances.	5	-	2	3	yo
28. Vocabulary Practice.	5	-	2	3	iz
29. People's character.	5	-	2	3	iz
30. Generations apart.	5		2	3	po, yo
31. Lifestyles. Family life. Friendship.	5	-	2	3	t
32. Mass media.	5	-	2	3	po
33. Adjective collocations.	5		2	3	iz, pz

34. Loneliness and companionship.	4	-	2	2	із
35. Laughter. Confidence lab.	4		2	2	по, уо
36. Self-esteem.	4	-	2	2	т, уо
37. Used to. Would. Past tenses.	4	-	2	2	по
38. Register transfer. Structuring an essay.	4	-	2	2	із
39. Apologizing.	4	-	2	2	п
40. Home reading.	4	-	2	2	уо
РАЗОМ за VI семестр	180 / 6	-	80	100	Екзамен письмовий
Всього за рік	360/ 12	-	164	196	
Теми	Кількість годин				Форми контролю
	Всього	з них			
		лекції	практичні	СРС	
1	2	3	4	5	6
VII семестр					
Topic 1. Growing concerns	36	-	18	18	
1. Social problems.	4	-	2	2	уо
2. Vocabulary practice.	4	-	2	2	із
3. Civil liberties.	4	-	2	2	по
4. Pensioner power.	4	-	2	2	П
5. Unemployment. Poverty.	4	-	2	2	т
6. Charity.	4	-	2	2	по, уо
7. International issues.	4	-	2	2	уо
8. Crime and the law.	4	-	2	2	із, пз
9. The passive. The causative.	4	-	2	2	по
Topic 2. Science and Technology	40	-	20	20	
10. Technological advances in the modern world.	4	-	2	2	уо
11. Vocabulary Practice.	4	-	2	2	із
12. Computers and Internet.	4	-	2	2	уо
13. Artificial intelligence.	4	-	2	2	із, пз
14. Technology in everyday life.	4	-	2	2	із
15. Social media.	4	-	2	2	по, уо
16. Space travel.	4	-	2	2	т
17. Tools. Parts of devices.	4	-	2	2	по, уо
18. The future tenses.	4	-	2	2	то, т
19. Argumentative essay	4	-	2	2	п
Topic 3. A Job Well Done	40	-	20	20	
20. Jobs, work and workplaces.	4	-	2	2	уо
21. Vocabulary Practice.	4	-	2	2	із

22. Job interview. CV.	4	-	2	2	із
23. Setting up a business.	4	-	2	2	т
24. Working environments.	4	-	2	2	по
25. Work-life balance.	4	-	2	2	із
26. Male and female jobs.	4	-	2	2	т, уо
27. Losing a job.	4	-	2	2	по
28. Conditionals. Wishes.	4	-	2	2	П
29. Speaking Practice (work in groups).	4	-	2	2	із
Topic 4. Fit for Life	64	-	26	38	
30. Health problems.	4	-	2	2	уо
31. Vocabulary Practice.	4	-	2	3	із
32. Treatments.	4	-	2	3	по
33. Making appointments.	4	-	2	3	по, уо
34. Fitness, sport and exercise.	4	-	2	3	уо
35. Inversion. Emphatic constructions.	4	-	2	3	т, п
36. Medicine. Its history and present.	4	-	2	3	кт
37. Types of health.	4	-	2	3	із, пз
38. Health literacy.	4	-	2	3	П
39. Healthy and unhealthy choices.	4	-	2	3	із
40. Complaining.	4	-	2	3	т, уо
41. Letter of application.	4	-	2	3	із
42. Modal verbs.	4	-	2	3	п
РАЗОМ за VII семестр	180/6	-	84	96	Екзамен письмовий
VIII семестр					
Topic 1. Live and learn.	30	-	16	16	
1. Study methods. Subjects.	4	-	2	2	уо
2. Vocabulary Practice.	4	-	2	2	т, по
3. The most prestigious universities in the world.	4	-	2	2	по
4. Qualifications world-wide.	4	-	2	2	т, п
5. Exchange programmes.	4	-	2	2	із
6. Education idioms. Describing similarities / differences.	4	-	2	2	по, уо
7. Relative clauses.	4	-	2	2	по
8. Persuasive essay.	4	-	2	2	із, пз
Topic 2. The Image Business	30	-	16	16	
9. Fashion industry.	4	-	2	2	уо
10. Image making. Looks.	4	-	2	2	із
11. Vocabulary Practice.	4	-	2	2	по
12. Clothes.	4	-	2	2	із, пз

13. The visual arts.	4	-	2	2	то, т
14. Cinematography.	4	-	2	2	по, уо
15. Indirect speech. Reporting verbs.	4	-	2	2	п
16. Writing a review.	4	-	2	2	із, пз
Topic 3. Shop Around.	26	-	16	10	
17. Shopping. Placing and confirming an order.	4	-	2	2	уо
18. Shopping therapy.	4	-	2	2	із
19. Vocabulary Practice.	3	-	2	1	т, уо
20. Money. Finances.	3	-	2	1	по, уо
21. Advertising.	3	-	2	1	із, пз
22. Those crazy kids.	3	-	2	1	т, п
23. Articles and punctuation.	3	-	2	1	кт
24. Youth in debt.	3	-	2	1	по, уо
РАЗОМ за VIII семестр	90/3	-	48	42	Екзамен письмовий
Всього за рік	270/9	-	132	138	
Всього за 4 роки	1350/ 45		644	706	
Підсумковий контроль - екзамен					

Умовні позначення:

УО – усне опитування;

ПО – письмове опитування;

Т – тестування;

Р – реферат;

ІЗ – індивідуальне завдання;

КТ – комп'ютерне тестування;

ПЗ - письмове завдання;

К – кейс;

П – проект.

3. МЕТОДИЧНІ РЕКОМЕНДАЦІЇ ДО ВИВЧЕННЯ КОНКРЕТНИХ ТЕМ

I курс

UNIT 1. People and Homes.

Мета: знати вокабуляр на тему «Будинок. Помешкання», типи помешкань; вміти будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію

Теми для самостійної роботи:

1. Being house-proud.
2. Describing a House.
3. Types of Accommodations.
4. Burglarproof your Home.
5. Writing: describing your house

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Look at the title of the article. What do you think it is about? Where might you read it? Say words you expect to find in it.

IN SEARCH OF THE PERFECT HOME

How would you like to live in a castle, a tree house or even underground? This might not be as unusual as you think. It seems that these days more and more people want to live somewhere special and out of the ordinary, and if they can't buy what they want they are quite prepared to build it from scratch.

For John Mew and his wife Josephine their home really is their castle. They have built their own English castle in the Sussex countryside. The building is brand new with all the luxuries you would expect from a house that cost more than £350,000 to build. However, when you first see it from the outside it would be easy to think that you are 'looking at an ancient monument. The building has a lot of the features of a traditional castle, including a keep, a moat and a drawbridge. "My choice of house is somewhat eccentric and building it was very hard work, but we've got the perfect place to live," Mew says. Although some would say that the building is impractical and may be cold in harsh British winters, he certainly has got a unique and spacious home.

If you don't look carefully, you might not even see the home that Jonathan Ridley-Jones and Shanon Ridd built at all! That's because the house is a converted underground water tank. The only thing that can be seen from the surface is a door leading into the hillside. "We've never wanted to live in an ordinary house," Shanon says. "Living below ground means that our home is quiet and very cosy - none of the usual draughts. It doesn't damage the local surroundings and has very low fuel bills. Some of our friends find it dark and feel shut in when they first visit, but they soon get used to it!

If an underground home doesn't appeal to you, how about living in the tree tops? Dan Garner, a tree surgeon from Gloucestershire, certainly thinks that this is the way to go up in the world. "When our family became short of space at home our solution was to build a luxury tree house in the garden. The tree house is built into a spruce tree six metres above the ground. It has one main room, a bedroom and a balcony running around two sides." Garner is so happy with this practical extension to his home that he thinks he convince more people of the benefits of living in the trees. He wants to set up his own enterprise making more of the deluxe tree dwellings, saying, "Tree houses are airy, secure and comfortable and the only disadvantage is that they might not be suitable for people who suffer from hay fever or a fear of heights!"

Even people who live in more ordinary settings sometimes can't resist doing something to make them stand out from the crowd. One extreme example of this is Bill Heines' house in Headington, Oxfordshire. Until one morning in 1986, his house looked much like all the others in his street, when suddenly overnight a 7.5 m long scoreglass shark appeared to have crashed through the roof. The shark was a sculpture by local artist John Buckley. At first some people complained that it might be dangerous or that it spoilt the look of the neighbourhood, but engineers checked that the sculpture was safe and the Headington shark' has become a well-known and popular landmark. It seems that no matter where you live, you can always do something to make sure your house says something about who you are.

Task 2. Read the article. For questions 1-7, choose the answer (A, B, C or D) which fits best according to the text.

1 More and more people build their own home

- a) so that they can live underground.
- b) so that they can have exactly the home they want.
- c) because it is cheaper than buying a new house.
- d) because they want all the modern luxuries you find in a new home.

2 John and Josephine Mew

- a) know that their choice of home is unusual.
- b) found that creating their dream home was easy.
- c) wanted to live like people would have in traditional castles.
- d) converted an ancient building into a modern home.

- 3 According to the text, what could be a disadvantage of the Mews' home?
- a) It might not be very comfortable.
 - b) It was very expensive to build.
 - c) Tourists often mistake it for a historic building.
 - d) It doesn't have enough luxury items.
- 4 Why might you not notice the home of Jonathan Ridley-Jones and Shanon Ridd?
- a) It isn't in a busy area.
 - b) A hillside hides it from view.
 - c) Only its door is visible.
 - d) It has been built under a water tank.
- 5 What do Jonathan Ridley-Jones and Shanon Ridd say about their home?
- a) It's just an ordinary house.
 - b) They always wanted to live underground.
 - c) It doesn't harm the environment.
 - d) They don't pay anything for heating and lighting.
- 6 Why did Dan Garner build a tree house in his garden?
- a) He wants to persuade people to buy one.
 - b) His family wanted to live in a tree house.
 - c) He builds them for a living.
 - d) His family needed more room.
- 7 What does Dan Garner aim to do in the future?
- a) build more tree dwellings in his garden
 - b) invite more people to visit his tree house
 - c) open a business selling tree houses
 - d) design a tree house to suit all tastes

Task 3. Explain the words in bold, then suggest synonyms for the highlighted words.

Task 4

a. List the advantages and disadvantages of Mew's, Ridd's and Garner's dwellings, then talk about them.

b. What would your ideal house be? Describe it giving reasons.

My ideal house would be a castle.

It would be made of...

Перелік питань для самоконтролю

1. What would your ideal house be?
2. What types of houses do you know?
3. Suggest ways to make houses safe for children.

4. Expressing sympathy.
5. Requesting services.
6. Renting a house.

UNIT 2. People and their lives.

Мета: знати вокабуляр на тему «Зовнішність та характер людей. Стосунки. Етапи життя»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію

Теми для самостійної роботи:

1. Stages of Life.
2. Describing People.
3. Stages in Life and Relationships between People.
4. Your Family Tree.
5. Writing: descriptive techniques.

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Read the text.

A DREAM COME TRUE

The young professor was working in his workshop in a narrow street in Boston, not far from Scollay Square. It was a very hot afternoon in June, but the man did not notice. He was totally absorbed in his strange machine which he had been on for about three years. Suddenly he heard an almost incredible sound, the first sound ever transmitted through a wire. The machine was the very first telephone and the young man Alexander Graham Bell.

Although he was only 28 years old at the time, Alexander had been working in the fields of speech, anatomy, electricity and geography for over 11 years 1) _____. In fact, his whole family had been involved in the study of speech and sounds.

Alexander's father had also written several books on how to speak correctly as well as creating a form of sign language named 'visible speech'.

At the age of 16 Alexander started to help teach young deaf mutes: children who could not hear or speak. He used his father's system of 'visible speech' and achieved amazing results. A few years later, while working in London, Alexander met two men who would play an important role in his life 2) _____

Unfortunately, it was around this time that the fatal disease railed the white plague spread through Britain and both Alexander's brothers died 3)____. Alexander was teaching a tribe of Mohawk Indians in a small Canadian town called Brantford, when the Boston Board of Education asked him to come and work in the USA at a new school for deaf mutes.

Alexander was very happy to move to Boston and continue re work he had started in Britain 4)____. However, he was so busy there that he did not have the time to work on his inventions.

Then, two years later, he agreed to give private lessons to young boy whose family allowed him to use their basement as workshop. This gave Alexander the opportunity to resume his experiments with sound transmitters. He used to spend all his free time, and most of his money, on his inventions 5)_____.

She was a young girl who had lost her hearing and the ability to speak because of a childhood illness. Her name was Mabel Hubbard, and four years later they got married. Although many people thought that the plan to invent a human voice transmitter was a waste of time, Alexander refused to give up his dream. He continued his experiments with sound vibrations. He even copied the design of the human ear using iron rods and electrical wires to produce the same effect.

Alexander was spending so much time and energy on his inventions he did less and less work with his students and soon ran out of money. He was about to give up when he met Professor John Henry, an expert on the telegraph and electricity 6)_____.

In order to survive financially Bell had to work on the musical telegraph, but he also continued working on his mechanical voice transmitter 7)____. Almost a year later, in March 1876, the first words were heard coming through the phone.

On his 29th birthday Alexander Graham Bell registered his invention with the patent office and, because they had never seen anything like it before, they registered his invention as 'an improvement in telegraphy'. The name 'telephone' came later

Task 2. Read the text through. Think of what information might be missing. Read the list of missing sentences. Cross out the one used in the example. Remember there is one extra sentence.

Start fitting the sentences into the gaps. Match the topic of the missing sentence with the topic of the sentence before and after each gap. Look for clues such as reference words (he, there, it etc) or linking words before or after each gap. Check that the sentence you choose fits grammatically and makes sense. Read the completed text to see if it makes sense.

Task 3. A. What do you know about Alexander Graham Bell. What did he invent? When? Did he come from a big family? Read the article and find out.

B. Read the article again. Choose from the sentences (A-H) the one of the best fits each gaps (1-7) to complete the text. There is one extra sentence you do not need to use.

A. Professor Henry realized immidiatly that Alexander hadmade an amazing discovery and encouraged him to continue withhis experiments.

- B. At that time he had another student who greatly influenced his life.
- C. His grandfather had invented a system to help people with speech problems.
- D. He was inspired by the Baron's work and refused to give up his dream.
- E. Mr. Alexander Ellis, a professor of philology and Sir Charles Wheatstone an expert in telegraphy started him thinking about sending sounds through a machine.
- F. As a result Alender and his parents left the country and moved to Canada.
- G. On that summer afternoon in 1875, when Alexander heard the first sound transmitted over his machine he realized that he had finally achieved his goal.
- H. He became so successful that he soon opened his own school called "The school of Vocal Physiology"

Task 4. Read the article again and explain the words in bold. Give synonyms for the highlighted words.

Перелік питань для самоконтролю

1. Famous people's profiles.
2. Discuss important things in life;
3. Express opinions on family matters;
4. Spreading the news;
5. Describing people;
6. Introducing people

UNIT 3. Travelling

Мета: знати вокабуляр на тему «Подорожі»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію.

Теми для самостійної роботи:

1. Travelling as a Lifestyle.
2. Kinds of Travelling.
3. Weather and Holidays.
4. Traveler's Tips.
5. Writing: a semi-formal letter/e-mail.

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Read the text below.

GETTING AWAY FROM IT ALL

A Radisson SAS Portman Hotel, London

For those who enjoy the finer things in life, a break at the Radisson SAS Portman Hotel will be right up your street. This deluxe four-star hotel is just a minute's walk away from Marble Arch and a stone's throw from the stylish boutiques of Oxford Street. After spending a day shopping and sightseeing in London's trendiest area, you can relax in your room, watch cable TV and enjoy something from the extensive room service menu. At this hotel, you will also be in the ideal place to visit the many sights of London such as Buckingham Palace and the Houses of Parliament. You must also be sure to allow yourself the time to enjoy the leisure facilities of the hotel itself. The hotel has a fully equipped gym and two fantastic restaurants where you can sample gourmet cuisine.

B Langley Castle Hotel, Northumberland

For a touch of medieval magic why not take the time to visit Langley Castle Hotel. Set in its own ten-acre woodland, this fabulous castle hotel dates back to 1350. All guest rooms have got private facilities and are luxurious. Some have special old-style features such as four-poster beds, stained glass windows and window seats. The hotel is the perfect base from which to explore Hadrian's Wall and the Northumberland countryside, as well as the Scottish Borders and the Lake District. At night, relax in the hotel lounge in front of the roaring log fire or dine in style in the award-winning restaurant. During your stay, you can go hot-air ballooning or try your hand at archery. You can even have a picnic especially prepared for you by the hotel's chefs. However you choose to spend your time, you will never forget your stay.

C The Metropole Hotel, Cornwall

This Victorian hotel, situated in one of the most scenic areas of the British Isles, stands on a hilltop with an amazing view out over Padstow Harbour. Walk along the waterfront or one of the area's many unspoiled beaches. Try some fabulous seafood - the local speciality. Wander through Padstow's narrow streets and buy some handmade souvenirs from one of the many colourful shops. This is an area with a fascinating history. Take a short trip to Tintagel where you can visit the ruins, claimed to be those of the legendary King Arthur's Castle. You can end the day with a swim in the hotel's heated outdoor pool. The Metropole Hotel is ideal for those who want to experience the mystery of Cornwall.

D Old Oxenhope Hall Cottage, West Yorkshire

Fans of English literature should not miss the opportunity to spend a few days at Old Oxenhope Hall Cottage. This attractive 17th century building is just five minutes from the village of Haworth, where the famous Bronte sisters lived. Their house, Haworth Parsonage, is open to the public and is well worth a visit. The moors, where

they would wander for hours, are perfect for those who enjoy walking. The cottage itself is fully self-contained and has been restored to a high standard of comfort. It is furnished with all the modern conveniences, and will certainly appeal to history lovers and aspiring writers alike.

Task 1. Read the article again, choose one hotel and make notes under the headings below. Then, use your notes to talk about it.

• name • location • description • facilities • things to see/do

b. Make notes under the same headings for a place you have stayed on holiday. Then use your notes to write a short article about it. You can use the article in Ex. 3 as a model.

Task 2. What type of holiday suits you best? Do the quiz to find out.

1. How do you feel when you go shopping or sightseeing during your holiday?
 - A trapped
 - B hot and bothered
 - C excited
 - D bored
2. You're trying to enjoy your holiday but the weather is terrible. What do you do?
 - A Get out into the countryside.
 - B Stay in and get warm with a cup of tea.
 - C Take your umbrella and do some window shopping.
 - D Pack up and go home.
3. You're staying in an old family friend's house for your summer holiday. How do you thank them?
 - A Invite them on an adventure weekend.
 - B Invite them to your house for a long weekend.
 - C Invite them for a weekend out on the town.
 - D Invite them to a health spa.
4. A friend suggests a trip to a country you've never visited before. What do you ask him about first?
 - A the national parks
 - B the beaches
 - C the nightlife
 - D the best restaurants
5. What's your ideal spring break?
 - A Walking over the rugged Yorkshire Moors.
 - B Wandering along the beach in Tahiti.
 - C A stopover in New York City.
 - D A luxurious Mediterranean cruise.

Check your answers

Mostly A)'s, you enjoy adventure and wide open spaces. You would be happiest out hiking in rocky mountains, canoeing across deep blue lakes or camping under the stars in the middle of a green forest. Mostly B)'s, you enjoy gentler pastimes. You would be happiest somewhere where you can relax. A secluded mountain resort or a sandy, palm -fringed beach where you need do nothing but lie back and relax is the perfect spot for you.

Mostly C)'s, you want to be with people. You would be happiest in a bustling city centre where you can fill your days shopping in elegant boutiques and your evenings sampling the non-stop nightlife of the area's trendiest hot spots.

Mostly D)'s, you appreciate comfort and luxury. Glamorous resorts, upscale hotels and first-class cruises were created with you in mind. Your holidays are the time when you want to experience all the finer things in life.

Перелік питань для самоконтролю

1. A letter of complaint
2. A semi-formal transactional letter/email
3. Discuss weekend activities;
4. Speculations;
5. Holiday experiences;
6. Accepting/refusing invitations;
7. Cancelling a hotel reservation;
8. Renting a vehicle

UNIT 4. The world around us.

Мета: знати вокабуляр на тему «Охорона природи та проблеми довкілля»;
вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію.

Теми для самостійної роботи:

1. Climate Changes.
2. Global problems, effects and solutions.
3. Conservation and endangered species.
4. Writing: essay suggesting solutions.
5. Project work.

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Read the article. Choose from the sentences (A-H) the one that best fits each gap (1-7) to complete the text. There is one extra sentence you do not need to use.

A. At the moment there are only around sixty wind farms in Britain both on land and offshore.

B. More importantly, though, these methods of electricity generation are harmful to the environment.

C. In fact, the stronger winds generated at sea make offshore wind farms a practical alternative.

D. In fact, today it is the world's fastest-growing source of energy.

E. Well, as people are increasingly coming to realise, the answer is all around us.

F. Wind power has been used for many years to pump water.

G. This pole is connected to a generator, where the electricity is made.

H. These are encouraging statistics.

Task 2. Read the article again and list the advantages of wind power. Can you think of any others? Is wind power used in your country?

Task 3. Your town council has called a special meeting to discuss the construction of a nuclear power station in your area to cover its growing electricity needs. Mr Brown, a local councillor, and Mr Black, the president of the construction company are both in favour of the idea, for different reasons. Mrs Green, a noted local ecologist, and Mrs White, another of three who lives near the proposed site, are both against the idea, again for different reasons. In groups of four, take roles and discuss the proposal. Try to persuade the other people at the meeting of your point of view.

Task 4.**THE ANSWER IS BLOWING IN THE WIND**

Britain is in the middle of a serious energy crisis! We are desperately in need of a new form of energy which will be capable of generating enough power to carry the country's homes, businesses and industries through the twentyfirst century. But, that's not all! This new alternative source of energy must also be practical, cheap to set up and maintain, highly productive and above all kind to our planet. This is certainly a tall order!

At the moment, more than 90% of Britain's energy needs are met by burning fossil fuels or generated in nuclear power stations. Unfortunately, these are not renewable sources of energy, and once they have run out, that's it 1)____ They emit harmful greenhouse gases, which contribute to global warming and climate change.

How then can we produce enough energy to power an entire country without damaging the environment? What can we use as an alternative, reliable form of energy, which will generate as much power as fossil fuels and nuclear energy, but have none of the drawbacks? 2)___ Wind power!

Wind power is an alternative energy source which has been used for many years in countries like Holland and Denmark 3)___ Strangely enough, even though it is one of the windiest countries in Europe, Britain has been slow to take advantage of wind power. The strong winds which blow around Britain's coastline could easily be used to provide us with all our energy needs. All we need to do now is set up some wind farms.

Wind farms are actually arrays of electricity-generating wind turbines, which are tall, slim towers with two or three rotor blades at the top. The wind turns the blades, which spin a pole 4)____. There can be as few as one and as many as thousands of wind turbines in a single array. Computers monitor the wind direction and speed, and can shut down the turbines if the wind becomes too strong.

What is more, wind turbines make hardly any noise and they are not unpleasant to look at, certainly not as ugly as nuclear power stations! Although wind farms do take up a lot of space, they are often located on unoccupied sites or in areas that can also be used for farming. Building wind farms at sea is also possible 5)____. Offshore wind farms also mean that much larger turbines can be built, without objections from the public.

A single wind turbine can produce enough electricity to power 375 homes and these wind farms are already making a small but significant difference 6)____. As this number increases, we may well see wind power supplying as much as 10% of world's electricity demands and up to 20% of Britain's total.

7)____ So, why delay? Wind power offers a solution to all our energy problems by being a renewable, clean and safe source of energy which is easy to live and work with. Isn't it about time we started building more wind farms in Britain and protecting our environment for future generations?

Перелік питань для самоконтролю

1. A set of rules
2. An essay providing solutions to problems
3. Suggest solutions to improve the environment;
4. Complaining;
5. Offering solutions to problems;
6. Expressing hesitation

UNIT 5. Daily routine

Мета: знати вокабуляр на тему «Спосіб життя, розпорядок дня та домашні обов'язки»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах;

Теми для самостійної роботи:

1. Organized vs Spontaneous People.
2. One Day of My Life.
3. How to Organize Your Day?
4. Health Issues.
5. Writing: for-and-against Essay

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Read the text.

CAN YOU FEEL THE RHYTHM

‘Routine’ is usually seen as a negative term nowadays, - " largely because we no longer belong to a society of nine-to-fivers. We live in what is fast becoming a 24-hour society, where everything is open all hours. You can buy your groceries at midnight, book your holiday on the Internet at 3 am, and do business online at the crack of dawn. Before you join the 24- hour revolution, however, take a minute to listen to what your body is trying to tell you - that a round-the-clock lifestyle is not what nature intended.

In an area of our brains called the hypothalamus, we have a ‘body clock’ that controls our body’s natural rhythms. It tells us when it’s the right time to eat, sleep, work and play. It plays an important part in our physical and psychological well-being. It is, in fact, what makes us tick and it controls many things including our hormones, temperature, immune functions and alertness. It synchronises all these like a conductor with an orchestra; it regulates tempo and brings in all the different instruments on time to make music rather than random noise. If we try to ignore our body clocks, or even to switch them off for a while, we not only deprive ourselves of much needed rest but we also run the risk of seriously damaging our health.

Ignoring your body clock and changing your body’s natural rhythms can not only make you depressed, anxious and accident prone, it can lead to much more serious health problems. For example, heart disease, fatigue, ulcers, muscular pain, and frequent viral infections can all result from trying to outsmart our body clocks. Altering our patterns of sleeping and waking dramatically affects our immune system. While we sleep the body’s repair mechanisms are at work; when we are awake natural killer cells circulate around our bodies and cause more damage. Our digestive system is affected, too - high levels of glucose and fat remain in our bloodstream for longer periods of time and this can lead to heart disease.

Unfortunately, we were not designed to be members of a 24-hour society. We can’t ignore millions of years of evolution and stay up all night and sleep all day. We function best with a regular pattern of sleep and wakefulness that is in tune with our natural environment. Nature’s cues are what keep our body clocks ticking

rhythmically and everything working in harmony. So, next time you think a daily routine is boring and predictable, remember that routine may well save your life in the long run.

Task 2. a. Is it important to have a standard daily routine? Why/Why not? Read the text to find out.

b. Read the text again. For questions 1-8, choose the correct answer (A, B, C or D) which fits best according to the text.

1. According to the text, what is one of the advantages of living a 24-hour lifestyle?
A You never have to worry about arranging your holidays.
B You can do office work as early or as late as you like.
C Shopping can be delivered to your home anytime.
D People don't work from nine to five anymore.
2. What does /in line 12 refer to?
A our body's natural rhythms
B the hypothalamus
C our body's biological clock
D our brain
3. What does the word tick in line 14 mean?
A check
B motivate
C select
D function
4. In what way is our body clock like the conductor of an orchestra?
A It regulates the actions of the hypothala
B Its timing has to be very exact.
C It affects our response to music.
D It helps the body's functions to work together.
5. If we change our sleep patterns, we
A will get an infection.
B will disturb our immune system.
C will get heart disease.
D get high levels of dangerous cells.
6. What happens during sleep?
A The body destroys lots of harmful cells.
B High levels of glucose and fat are created.
C Our body clock shuts down temporarily.
D The daily damage to the body is mended.
7. According to the text, we should
A do things when our body tells us to.
B organise our body clock according to a strict schedule.
C use the natural environment to work out a regular routine.
D have a boring, slow-paced lifestyle.

8. According to the text, our body clock
A can be changed without harm,
B determines when we should do things,
C helps us to fight sleep,
D is a boring routine.

Task 3. Explain the words/phrases in bold. Which words in the text do you think come from another language? Are there any words in the text that are the same in your language?

Task 4. Why has the writer written this article? Are there any points in the article you disagree with? Is there any information you did not know before reading the article? Compare answers with our partner.

Перелік питань для самоконтролю

1. An informal email describing a personal problem
2. A for and against essay
3. Discuss ways to relax;
4. Speculating;
5. Give advice;
6. Losing your temper;
7. Making an appointment;
8. Describing symptoms

UNIT 6. Technologies, safety and crimes.

Мета: знати вокабуляр на тему «Сучасні технології. Безпека. Злочини і кіберзлочинність»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію.

Теми для самостійної роботи:

1. Big Brother is Watching You.
2. Modern Technologies Making Life Better.
3. Technology at Home.
4. Inventors and Visionaries.
5. Crime and Punishments.

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Read the text.

NO MORE SECRETS

What do your local supermarket, video rental shop and pizza takeaway restaurant have in common? Without even needing to meet you personally, they are all in the know about you. They can tell you what brand of toothpaste you buy, what films you watch and even which pizza topping you prefer!

Most of us are aware of the fact that every time we use a credit card, phone card, cash card or supermarket card our personal information is being recorded somewhere 1) _____. We have even accepted the fact that nothing we do on our computer is ever completely private.

You might think that you have never been on TV, but you are wrong. CCTV (closed circuit TV) cameras are everywhere! They are in shopping centres, at ATMs outside buildings and even on our roads and motorway. They are operated by the police and private security companies. By capturing criminals on film they hope to discourage crimes such as muggings, shoplifting and carjackings. They also watch the roads for people speeding, and more. 2) _____ They keep track of where you are and what you are doing all day, every day.

In the very near future you will no longer have to worry about forgetting your computer password, your cash card number or even your keys, because your body will be your ID. Finger scanning, which is similar to fingerprinting, is already being used by large companies to identify employees. Face recognition is another growing area of ID technology, as are voice and eye recognition. Something quite new on the market is footstep identification. 3) _____ This technology will let your employer or your teacher know exactly where you are and what you are doing while you are at work or at school.

Locating you when you are not at work or at school is also becoming easier. GPS (Global Positioning Systems) technology already exists, and in less than a minute it can find out, via satellite, exactly where you are. Mobile phone companies are even planning to use this technology in all their phones. This means that when someone makes a call on their mobile phone, or even if they simply have their phone turned on, they can easily be located.

Identity cards are also getting 'smarter'. Many countries already have a system which requires their citizens to carry identification cards. These cards usually include personal information such as name, address and birth date as well as a personal identification number. 5) _____ Using this technology, one card will be able to replace your driving licence, student card, medical card, library card, credit card, birth certificate and most of the other pieces of ID that we have to carry around with us.

The benefits of all these new ID systems are obvious. Imagine walking into your office at work. 6) _____ You will be able to walk up to your ATM, smile sweetly and say hello, and it will give you your money. Your family will know exactly where you are, and you will always know where your car is. Criminals are going to find it a lot more difficult to commit crimes, and the police will find it a lot easier to catch them.

The question that we have to ask ourselves now is how the rights of the individual will be preserved. 7)_____ Is convenience worth the loss of privacy as all our personal data from bank records to health information and employment history is on file and more readily available every day? Are we really ready to live in a world where our every move is being watched?

Task 2. Read the article again. Choose from sentences (A-H) the one that best fits each gap (1-7) to complete the text. There is one extra sentence you do not need to use.

A However, in the near future, these cards will also contain a microchip, which will be able to store a lot more information.

B We can't even be sure of privacy when we make a phone call.

C This is the price we pay for the convenience of using cards instead of cash.

D We must ask ourselves whether increased public safety and convenience will come at the cost of our privacy, and whether or not this is a price we are willing to pay.

E Your colleagues will know you have arrived and your computer will recognise your voice and automatically log you on.

F Some car rental companies are already using this technology in order to know where their vehicles are being driven at any time.

G Using special floor tiles, computers are able to identify people from the way they walk

H In some buildings there are even cameras in smoke detectors, clocks and exit signs.

Task 3. Explain the words in bold, then answer these questions, according to what the text says.

1 How can surveillance increase public safety?

2 In what ways can ID technologies offer greater convenience?

3 What is the disadvantage of increased surveillance?

Перелік питань для самоконтролю

1. A news report
2. An opinion essay
3. Discuss pros & cons of using computers;
4. Discuss effects of modern technology on our lives;
5. "Filler" phrases;
6. Reporting a theft;
7. Giving instructions

UNIT 7. Shopping, clothes and fashion

Мета: знати вокабуляр на тему «Одяг, магазини і мода»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах.

Теми для самостійної роботи:

1. Compulsive Shopping and Consumerist Culture.
2. Shops and Departments.
3. Clothes.
4. Picky Customers.
5. Writing: an article describing a place/ an event.

Рекомендовані джерела:

Основні: 1, 5, 7, 8

Додаткові: 1, 2, 3, 6, 8, 9, 16,

Інтернет: 10

Task 1. Reading

a. When were you born? What is your star sign? Describe your personality.

b. What do you take into consideration when you choose a present for someone: their position; their star sign; their preferences; their hobbies? Do you believe that knowing someone's star sign can help you decide on an appropriate present? Read the article and find out.

c. Read the article again. For questions 1-15, choose from the star signs (A-F). The star signs may be chosen more than once. When more than one answer is needed, these may be given in any order.

- 1) Cancer's ideal gift would be a house or a boat, but don't worry if you don't have that kind of money to spend! All people ruled by Cancer love anything to do with the "good old days", so an antique ornament or piece of jewellery is certain to make them smile. Almost every Cancerian collects something, and if you find out what the Crab in your life collects, you will never run out of gift ideas. Another of their passions is cooking for their friends and family, and they will definitely appreciate anything which will help them in the kitchen, such as cooking utensils or tableware. If you are on a tight budget, remember that Cancer people are sensitive and love to receive presents which have sentimental value. A favourite family photograph in a simple frame will make them just as happy as that expensive yacht!

- 2) Librans are diplomatic and will tell you that they love whatever you buy them, because they are just too polite to hurt your feelings! However, if you want to make them genuinely happy, bear in mind that anyone born under the sign of Libra loves beauty. A piece of art, an ornate mirror, or a marble statue will guarantee a warm response. A gift which allows them to enhance their personal beauty will also be well-received, such as a trip to a beauty salon, or a shopping spree for a new outfit. Make sure you go along with them to offer a second opinion - Librans are hopeless at making decisions!
- 3) Capricorns are not usually very sentimental, but they all like to feel materially and financially secure. They enjoy being given gifts with designer labels, as they appreciate high quality goods. All Capricorns are ambitious, hardworking and dedicated to their careers, so a business-related present is always a good idea. They are also obsessed with time and will be delighted with a watch or an antique clock. If you are thinking of buying clothes for the Capricorn in your life, make sure they are stylish classics, and not wacky fashion statements, as Capricorn people are somewhat traditional!
- 4) Taureans have conservative tastes, but they do enjoy a touch of luxury now and then. They will always be grateful for fine leather goods or fresh flowers. What they really hope to receive is a piece of land or even cash, but they will be equally pleased with a wallet, a mirror, or a family memento. Give the Taurean in your life a chance to pamper themselves with gifts of lotions, bath oils or perfumes, or treat them to a night at the opera or a performance of classical music. That will appeal to their romantic side and definitely bring a smile to their face. And remember a quality gift is never wasted on a Taurean - they make warm and faithful friends who will never forget what you have given them.
- 5) It is true that Virgos always appreciate a bargain, so if you can find a great gift at a low price, they will be thrilled. Nevertheless, don't forget that all Virgos are perfectionists, and will not be impressed by imperfect products. The practical Virgo loves to receive useful presents, such as socks, shirts and other items of clothing which they may need. Virgos are also creatures of habit and like to follow routines, so a gift which will help them to organise their lives (a diary or a bookcase, for example) will be a huge success. Anything connected to health and cleanliness will also appeal to your Virgo friends. Bath products and diet books are always on their list of wanted items.
- 6) Sagittarians love to play games and take risks. Sport is an obsession with them, so a new pair of rollerblades or skis will always be appreciated. A typical Sagittarian is open-minded and optimistic. They love travelling so foreign gifts are ideal, particularly if you have had them imported. For the truly perfect present, though, you should send the Sagittarian in your life on a venture holiday. They will love every minute of it!

Task 2. Answer the following questions

Who ...

- a) is too well-mannered to complain?
- b) would appreciate something old ?
- c) is job-oriented?
- d) dreams of receiving some property?
- e) likes to have their days planned?
- f) loves gifts with a personal touch?
- g) appreciates practical gifts?
- h) likes items from abroad?
- i) appreciates the best that money can buy?
- j) is likely to remember a gift?
- k) would welcome a trip or an outing?
- l) likes exercising?

Task 3. Read the article again and explain the words in bold. Then find the opposites of the highlighted adjectives.

Task 4. List the characteristics of each star sign as well as the most appropriate presents for them. Then, in pairs, talk about each sign.

Перелік питань для самоконтролю

1. Describing clothes for a fashion magazine
2. An article describing a visit to a place
3. Asking for information
4. Discuss pros/cons of advertising
5. Expressing opinions
6. Making complaints
7. Buying clothes

II курс

Unit 1. Multilingual world.

Мета: знати вокабуляр на тему «Полімовний світ. Бі-, полі-, та монолінгвізм»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію.

Теми для самостійної роботи:

1. Language and Culture.
2. Crossing linguistic and cultural barriers.
3. Surfing the Net: focus on the language.
4. Means of communication.
5. Aspects of language.
6. Body Language.
7. Lingua franca: finding common ground.

Рекомендовані джерела:

Основні: 2, 6, 9, 10

Додаткові: 2, 4, 8, 10, 12 16,

Інтернет: 3-5

Task 1. Read and translate the article ‘Definitions and Examples of a Lingua Franca’ by Richard Nordquist, updated June 15, 2020 (<https://www.thoughtco.com/what-is-a-lingua-franca-1691237>)

A **lingua franca** (pronounced LING-wa FRAN-ka) is a language or mixture of languages used as *a medium of communication* by people whose native languages are different. It is from the Italian, "language" + "Frankish" and also known as a *trade language*, contact language, international language, and global language.

The term English as a lingua franca (ELF) refers to the teaching, learning, and use of the English language as a common *means of communication* for speakers of different native languages.

Definition of Lingua Franca

"Where a language is widely used over a relatively large geographical area as a language of wider communication, it is known as a lingua franca—a common language but one which is native only to some of its speakers. The term 'lingua franca' itself is an extension of the use of the name of the original 'Lingua Franca,' a Medieval trading pidgin used in the Mediterranean region." M. Sebba, *Contact Languages: Pidgins and Creoles*. Palgrave, 1997

English as a Lingua Franca (ELF)

"The status of English is such that it has been adopted as the world's lingua franca for communication in Olympic sport, international trade, and *air-traffic control*.

Unlike any other language, past or present, English has spread to all five continents and has become a truly global language." G. Nelson and B. Aarts, "Investigating English Around the World," *The Workings of Language*, ed. by R. S. Wheeler. Greenwood, 1999.

"Even though everybody around the world speaks English—sort of—in their dealings with American media and business, politics, and culture, the English that is spoken is a lingua franca, a Bodysnatched English *to be carefully scrutinized* as to its meanings when it is used by a foreign culture." Karin Døving, *English as Lingua Franca: Double Talk in Global Persuasion*. Praeger, 1997.

"But what do we mean by the term English as a lingua franca? The term lingua franca is usually taken to mean 'any lingual medium of communication between people of different mother tongues, for whom it is a second language' (Samarin, 1987, p. 371). In this definition, then, a lingua franca has no native speakers, and this notion *is carried over into definitions* of English as a lingua franca, such as in the following example: '[ELF] is a 'contact language' between persons who share neither a common native tongue nor a common (national) culture, and for whom English is the chosen foreign language of communication' (Firth, 1996, p. 240). Clearly, the role of English as the chosen foreign language of communication in Europe is an extremely important one, and one that is on the increase. ... It is important to note that this means that both in Europe as well as in the world as a whole, English is now a language that is mainly used by bi- and *multilinguals*, and that its (often monolingual) native speakers are a minority." Barbara Seidlhofer, "Common Property: English as a Lingua Franca in Europe." *International Handbook of English Language Teaching*, ed. by Jim Cummins and Chris Davison. Springer, 2007

Globish as a Lingua Franca

"I want *to draw a distinction between* a language which *is spread through nurture*, a mother tongue, and a language that is spread through recruitment, which is a lingua franca. A lingua franca is a language that you consciously learn because you need to, because you want to. A mother tongue is a language that you learn because you can't help it. The reason English is spreading around the world at the moment is because of its utility as a lingua franca. Globish—a *simplified version* of English that's used around the world--will be there as long as it is needed, but since it's not being picked up as a mother tongue, it's not typically being spoken by people to their children. *It is not getting effectively to first base*, the most crucial first base for long-term survival of a language." Nicholas Ostler quoted by Robert McCrum in "My Bright Idea: English Is On the Up but One Day Will Die Out." *The Guardian*, Guardian News and Media, October 30, 2010.

Cyberspace English

"Because the cyberspace community, at least at the moment, is overwhelmingly English-speaking, it is appropriate to say that English is its unofficial language. ... The colonial past, imperialistic stealth, and the emergence of other language blocs in cyberspace as it grows will minimize in due time *the preeminence of English as the de facto* language of cyberspace. ... [Jukka] Korpela foresees another alternative to cyberspace English and a constructed language. He predicts the development of

better language *machine translation algorithms*. Such algorithms will result in efficient and sufficient quality language translators, and there will be no need for a lingua franca." J. M. Kizza, *Ethical and Social Issues in the Information Age*. Springer, 2007.

Task 2. Answer the questions:

1. What is a lingua franca?
2. What is its role for humanity?
3. What languages can be defined as lingua franca?
4. Do you agree that English is one of them? Why?
5. What is meant by the term "Globish"?
6. Is English important for cyberspace community? Do you predict any changes of its status in the future?

Task 3. Suggest the Ukrainian equivalents of the following phrases or paraphrase the collocations:

A medium of communication; a native language; a trade language; air-traffic control; is spread through nurture; is carried over into definitions; to be carefully scrutinized; a simplified version; is carried over into definitions; the de facto; to pick up a language; machine translation algorithms; multilinguals; to draw a distinction between; it is not getting effectively to first base.

Task 4. Watch video "World Englishes and English as a lingua franca: Implications of the spread of English " via the link below

<https://www.youtube.com/watch?v=JCU79H7WOP4> and offer a synopsis of its content.

Task 5. Write a 100-120-word essay on the following topic "Why is lingua franca important?"

Перелік питань для самоконтролю

1. Bilingualism.
2. Multiculturalism.
3. English as lingua franca.
4. Body language.

Unit 2. Moods and Feelings.

Мета: знати вокабуляр на тему «Настрої, почуття і емоції»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності; працювати з тематичним текстом з метою пошуку необхідної інформації, завершувати, вставляти пропущені репліки.

Теми для самостійної роботи:

1. Rational and Emotional in a Person.
2. Defining Happiness.
3. Personality types.
4. Moods and emotions.
5. Physical sensations.
6. Expressing feelings.
7. Stressful situations. Dealing with stress.

Рекомендовані джерела:

Основні: 2, 6, 9, 10

Додаткові: 2, 4, 8, 10, 12 16,

Інтернет: 3-5

Task 1. Read and translate the article ‘What’s the Difference Between Emoji and Emoticons?’ by Cydney Grannan:

(<https://www.britannica.com/story/whats-the-difference-between-emoji-and-emoticons>)

The Internet has greatly changed the way we communicate. Since body language and verbal tone do not translate in our text messages or e-mails, we’ve developed alternate ways to convey nuanced meaning. The most prominent change to our online style has been the addition of two new-age hieroglyphic languages: emoticons and emoji.

Let’s start with the older of the two: the [emoticon](#). **Emoticons are punctuation marks, letters, and numbers used to create pictorial icons that generally display an emotion or sentiment.** (That’s actually where the [portmanteau](#) “emoticon” comes from: emotional icon.) Oh, and because of the limits of our keyboard, most emoticons need to be read sideways.

The emoticon came into being after a joke went wrong at Carnegie Mellon University in 1982. A gag about a fake mercury spill posted to an online message board sent the university into a tizzy, and because of this confusion, Dr. Scott E. Fahlman suggested that jokes and nonjokes be marked by two sets of characters we now recognize as standard emoticons: the smiley face :-) and the frowning face :-(. After this, emoticons were a big hit among Internet users.

Emoji (from the Japanese *e*, “picture,” and *moji*, “character”) are a slightly more recent invention. **Not to be confused with their predecessor, emoji are [pictographs](#) of faces, objects, and symbols.** You’re probably familiar with the distinct style of Apple’s emoji: yellow cartoony faces with various expressions, as well as families, buildings, animals, food objects, mathematical symbols, and more.

Emoji were invented in 1999 by Shigetaka Kurita and were intended for a Japanese user base. The first emoji were very simple—only 12 pixels by 12 pixels—and were inspired by manga art and [kanji](#) characters. In order to attract Japanese customers,

Apple hid an emoji keyboard in the first iPhone back in 2007, but North American users quickly became aware of the keyboard. Now, emoji are available in almost all messaging apps, and while different apps have distinct emoji styles, emoji can translate across platforms, thanks to [Unicode](#). This is why an iPhone user is able to receive the smiling pile of poo emoji from someone using a Samsung Galaxy.

So, if you come across a smiley face that contains a character you can find on your computer keyboard, it's an emoticon. If it's a little cartoon figure that is free from the binds of punctuation, numbers, and letters, it's an emoji.

Task 2. Answer the following questions based on the article you have just read:

1. What is the nuanced meaning?
2. Why did the Internet change our communication?
3. What is the emoticon?
4. What do you know about its origin?
5. How is emoticon different from emoji?
6. When were emoji invented?

Task 3. Read the information about basic emotions
(<https://www.jmu.edu/counselingctr/files/About%20Emotions.pdf>)

There are 8 primary emotions. You are born with these emotions wired into your brain. That wiring causes your body to react in certain ways and for you to have certain urges when the emotion arises.

Here is a list of Eight Primary Emotions:

1. Anger: fury, outrage, wrath, irritability, hostility, resentment and violence.
2. Sadness: grief, sorrow, gloom, melancholy, despair, loneliness, and depression.
3. Fear: anxiety, apprehension, nervousness, dread, fright, and panic.
4. Joy: enjoyment, happiness, relief, bliss, delight, pride, thrill, and ecstasy.
5. Interest: acceptance, friendliness, trust, kindness, affection, love, and devotion.
6. Surprise: shock, astonishment, amazement, astound, and wonder.
7. Disgust: contempt, disdain, scorn, aversion, distaste, and revulsion.
8. Shame: guilt, embarrassment, chagrin, remorse, regret, and contrition.

All other emotions are made up by combining these basic 8 emotions.

Sometimes we have secondary emotions, an emotional reaction to an emotion. We learn these. Some examples of these are:

- Feeling shame when you get angry.
- Feeling angry when you have a shame response (e.g., hurt feelings).
- Feeling fear when you get angry (maybe you've been punished for anger).

There are many more. These are NOT wired into our bodies and brains, but are learned from our families, our culture, and others.

When you have a secondary emotion, the key is to figure out what the primary emotion, the feeling at the root of your reaction is, so that you can take an action that is most helpful.

Task 4. Case study: Make up a list of adjectives describing 8 basic emotions in English. Think of their counterparts in Ukrainian. Prepare a list of both negative and positive emotions that you frequently experience. Use the example: I feel annoyed when I am being punished for nothing.

Task 5. Essay / discussion topic “How would our lives change if humans were deprived of emotions?”

Перелік питань для самоконтролю

1. What is the difference between feelings and emotions?
2. Which are the basic human emotions?
3. Name as many as you can adjectives that describe emotional state.

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Мета: знати вокабуляр на тему «Кар’єра. Робота. Покликання»; вміти: застосувати вокабуляр за темою у вербальній взаємодії, створювати діалогі-розпитування без використання вербальних опор на основі запропонованої тематичної комунікативної ситуації.

Теми для самостійної роботи:

1. Finding your True Vocation.
2. Works and jobs.
3. Getting a “proper job”.
4. Choosing your career path.
5. Skills, Qualities and Qualifications.
6. Earning Money.
7. Creativity at work.

Рекомендовані джерела:

Основні: 2, 6, 9, 10

Додаткові: 2, 4, 8, 10, 12 16,

Інтернет: 3-5

Task 1. Read and translate the article ‘The 10 Weirdest Jobs in the World’

<https://theundercoverrecruiter.com/weirdest-jobs-world/>

Feeling a bit bored with your job and fancy a change? Why not try one of these jobs out? They’re probably not to everyone’s taste, but believe it or not, these are actually real jobs done by real people.

Here are the top 10 weirdest jobs in the world:

10) Professional sleeper:

A hotel in Finland hired a member of staff as a ‘professional sleeper’ to test the comfort of their beds. The individual sleeps in a different one of the hotel beds each night and writes a review about her satisfaction with each one.

9) Drying paint watcher:

No, this isn’t a joke. Someone actually earns a living watching paint dry. A man in the UK currently has the job and he spends his days painting sheets of cardboard to test how long new paint mixes take to dry and watching for changes in color and texture.

8) Full-time Netflix viewer:

Imagine being paid to watch TV all day! Well for one lucky employee this dream has become a reality. Netflix has hired someone to watch all of their content before it is available to the public and their role is to review and assign each program its correct tag, which helps us viewers find exactly what we’re after, whether it’s a romantic crime movie based on classic literature or witty talking-animal TV show.

7) Train Pusher:

If you think the London Underground is bad, you should see the trains in Japan. ‘Oshiyas’ are hired to help cram as many people onto a train as possible by pushing them from the outside until the doors will close.

6) Professional Mourner:

It is a tradition in South East Asia that a loud funeral will assist the dead as they travel to the afterlife, so professional mourners are hired to cry and weep loudly throughout the service.

5) Snake Milker:

Not for the light-hearted. The job of a snake milker is to collect the venom of poisonous snakes in jars for use in anti-venoms and other medication. Thank God someone’s brave enough!

4) Dog food taster:

The dog food tester’s job is to taste new dog food products, including bones, tinned meat, and biscuits. They do this to test for flavor and texture in comparison to rival dog food brands and human food. Hmm...tasty?

3) Odor Judge:

In order to test the effectiveness of new products, ‘odor judges’ are hired to smell volunteers’ breath, feet, and armpits. They make sure their judgment is accurate, the members of staff have their sense of smell tested monthly. Let’s hope those products are doing the trick, for the judges’ sake!

2) Marmite Taster:

They say you love it or hate it and in the case of St John Skelton, he really takes his appreciation for it to another level. As part of a team of marmite tasters, he is responsible for checking each batch of Marmite is the correct texture, consistency, and flavor. In the 30 years he has been working there, he has eaten around 3,000 jars of the stuff!

1) Scuba Diving Pizza Delivery Man:

If the fact that there’s an underwater hotel in Florida isn’t bizarre enough, to add on to that, they have a scuba diving pizza delivery man who supplies them with pizza by carrying them through the sea in a watertight case. What service.

Do you do an unusual job? We’d love to hear about it, so let us know!

Task 2. Choose three weirdest jobs you liked most and describe their pros and cons.

Task 3. Make a 10-item list of most appreciated features of the job of your dream. Justify your choice.

For example: promotion opportunities, no glass ceiling, well-paid, perks, flexi-time, etc.

Task 4. Case study: What are the most prestigious jobs in Ukraine? Are they highly-paid as well? Research the topic and prepare a report (100-120 words).

Task 5. Discussion topic ‘Would you choose a well-paid job over your interests, principles, and beliefs?’

Перелік питань для самоконтролю

1. Finding your True Vocation.
2. Works and jobs.
3. Getting a “proper job”.
4. Choosing your career path.
5. Skills, Qualities and Qualifications.
6. Earning Money.
7. Creativity at work.

Unit 4. Accommodation and lodging

Мета: знати вокабуляр на тему «Нерухомість, оренда та визначні будівлі»;
вміти: будувати ініціативну та реактивну репліки діалогічної єдності;
працювати з тематичним текстом з метою пошуку необхідної інформації,
завершувати, вставляти пропущені репліки.

Теми для самостійної роботи:

1. Most Impressive Buildings.
2. Make yourself at home.
3. Types of Houses.
4. Alternative homes.
5. Renting a flat or a house.
6. Appliances and Furniture.

Рекомендовані джерела:

Основні: 2, 6, 9, 10
Додаткові: 2, 4, 8, 10, 12 16,
Інтернет: 3-5

Task 1. Watch the video ‘Inside the future of the home’
(<https://www.youtube.com/watch?v=KnVyIB--ogk>) and describe the most important features mentioned in the video.

Task 2. Read and translate the article ‘What Will a Typical 2050s Home be Like? by Joe Peach

(<https://www.smartcitiesdive.com/ex/sustainablecitiescollective/what-will-typical-2050s-home-be/22109/>)

Image

The home of the future is unlikely to be the curvy white pod of science fiction. On the outside, most houses in the UK will still look 19th century – partly because the public are profoundly conservative in their architectural tastes, but largely because the vast majority of houses that will be standing by 2050 have already been built. It's on the inside that they will be different – with everything from floor to ceiling retrofitted to inject some intelligence, efficiency and adaptability into the old shell.

Intelligence will come from an array of sensors which automatically switch lights and taps on and off, order your groceries and even monitor your health. A central control system will manage the home for maximum efficiency, and show when the fridge needs defrosting, or if the micro-generator isn't running at full efficiency.

Houses will be interactive and fully wireless, allowing us to access data from any point.

A drive for **extensive resource efficiency** could see water harvested and recycled within each home. Integrated solar panels and microgen combined with ultra-thin insulation films will allow some houses to come off the grid. Food will be grown in gardens, roofs and balconies, tended by the increasing number of home workers, and fed by composted domestic waste.

The interior of houses will be more modular, changing to suit needs during the course of the day and over your lifetime. Walls on rollers will allow you to reconfigure your space from office, to lounge, to bedroom. And instead of paint we'll have floor-to-ceiling screens, where you can join a work conference or watch a movie, change the colour to suit your moods, or just switch to the latest fashion in wallpaper.

There are trends pushing us towards these outcomes. Demand for housing is rising due to both population growth and more one person households. But new homes are not being built at anything like a matching rate. So we will have to make smarter use of what we have, and rethink the space and resources we need day-to-day. We should look, too, at where the innovation is coming from: much of the housebuilding industry – with some notable exceptions – is stuck in traditional bricks and mortar. The IT and consumer goods companies, on the other hand, see the home of the future as a commercial battleground, where they are investing huge resources to win.

And we can already pick up weak signals as to what tomorrow's homes will be like: solar PV is booming, smart meters are being rolled out, and everyone from Sony to Panasonic to GE to Microsoft has a showcase house of the future.

This will probably be a good thing for **sustainability**. Although there are limits to how efficient we can make old houses, they do contain a lot of embedded carbon, and making better use of what we have should be a key sustainability principle. Indeed, the way we think about our housing – the fact we are happy to buy second hand and that we repair, make do and mend – should be a model for our wider consumption habits. And because these designs will not come from massive centrally planned schemes, but from consumer facing companies engaging millions of people in small changes to their daily lives, they should make sustainable living more popular and desirable.

By Peter Madden, Chief Executive of Forum for the Future. This article originally appeared in Green Futures, the magazine of independent sustainability experts Forum for the Future.

Task 3. Brainstorming: Prepare a checklist on how to build a future smart house (what should it be like; what should it include; what materials should be used and the like).

Task 4. Case study: What is comfort zone? Why do we need it? Do we have to leave it and enter a growth zone?

Task 5. Write a 150-word essay on the topic ‘The worst accommodation I have ever lived in’.

Перелік питань для самоконтролю

1. Most Impressive Buildings.
2. Make yourself at home.
3. Types of Houses.
4. Alternative homes.
5. Renting a flat or a house.
6. Appliances and Furniture.

Unit 5. Lifestyles

Мета: знати вокабуляр на тему «Спосіб життя і особиста життєва філософія»;
вміти: будувати ініціативну та реактивну репліки діалогічної єдності;
працювати з тематичним текстом з метою пошуку необхідної інформації,
завершувати, вставляти пропущені репліки.

Теми для самостійної роботи:

1. Deciding Who You Are.
2. Modern Living.
3. Choosing a Lifestyle.
4. Media vs Fame.
5. Influencers and Trendsetters.

Рекомендовані джерела:

Основні: 2, 6, 9, 10
Додаткові: 2, 4, 8, 10, 12 16,
Інтернет: 3-5

Task 1. Read and translate the article ‘What Kind of Lifestyle Are You Living?’
(<https://gina-alyse.com/2015/10/how-to-define-your-lifestyle.html/>)

CREATIVITY HEALTHY LIVING

Have you ever heard the phrase, “it’s not a diet, it’s a lifestyle”? This isn’t a post about healthy living or diets, but rather the concept of a “lifestyle” and how we use this idea in many aspects of blogging and our lives.

I got to thinking one day in the shower (things always come to you in the shower, don’t they?) that we attribute the word “lifestyle” to so many things. For many of us bloggers, we call ourselves “lifestyle” bloggers – where we blog about anything from food to healthy living, inspiration, creativity, travel, everyday life, etc. I sometimes refer to my blog as a creative lifestyle blog, for example, because I view my blog as a community where creatives can come together to share life, ideas and inspiration in many different forms.

What Kind of Lifestyle Are You Living?

Other examples include living a college lifestyle, a vegan lifestyle, a minimalist lifestyle, green lifestyle, Christian lifestyle, post-grad lifestyle, etc. You could be a business owner, a project manager, an artist, a creative, a traveler, a runner, an athlete or extreme adventurer.

Personally, over the past couple years, I’ve experimented with a minimalist lifestyle, a vegan lifestyle (which I LOVE and wholeheartedly believe in), and different creative lifestyles (sometimes focused on journaling or blogging or other things like design or art). All of these lifestyles can attach to our identities.

But can too many “lifestyles” harm us and our direction in life?

I question this as I realize the term “lifestyle” is growing so popular.

Does there become a point where we are living too many lifestyles? Can we attach too many things to our identity that don’t really matter? That don’t really define who we are?

In today’s age, marketing and communications (even under the purest intentions) can create “lifestyles” out of nearly anything. In fact, that seems to be a goal of marketing a product – connecting it to something beyond the tangible item itself. For example, marketing an exotic passionfruit juice as a vital ingredient to living a nomadic, super adventurous travel writer’s life connects items to a lifestyle certain people may want to live. This creates stories, values, and feelings that people can go out and “buy.”

It’s almost as if we have a closet full of “lifestyles” we can choose from everyday. We can choose to be anything we want to be.

In many cases, that can be a good thing. I’m all about leaving options open! But what exactly is a lifestyle and how exactly are we choosing to live?

How to Define Your Lifestyle

What Does a “Lifestyle” Mean?

A lifestyle is expressed in both the work, behavior, leisure and social patterns we do – it’s a combination of what we repeatedly do. It affects how we see ourselves and our identity.

Lifestyles combine motives, needs, wants, feelings. Our lifestyle relates to our sense of happiness and peace.

Overall, a lifestyle is about the big picture, the accumulation of small details of our daily lives. We only have one life, right? So, let’s look at it from a wide perspective.

So if we dedicated ten different concepts as our “lifestyles,” we really limit the big picture for each of them.

When One Lifestyle Gets in the Way of Another

Ultimately, what we claim our lifestyle is and how we live our life can be totally different. It all comes down to priorities.

For the past seven months, I have focused a lot of my attention on veganism and my eating habits. I have learned a lot and I have changed my life, to put it simply. I have spent hours watching Youtube videos, documentaries, finding vegan recipes, looking at ingredients on packages and cooking yummy foods. All amazing things!

My reasons for going vegan have expanded from health reasons to moral and environmental reasons and I’ve uncovered the greater picture on how our lifestyle choices impact our world and the lives of others.

I think I have put a lot of my belief and faith energy in the vegan lifestyle, which could have been used pouring into my Christian faith or in other ways to help others. I have no regrets about living a vegan lifestyle – but ultimately, I would like it to come out of my faith as a Christian and rooted in my journey with Christ.

How to Define Your Lifestyle

That’s how I see a true lifestyle evolving – from one pure focus in what you believe in. That’s how we live productive, faithful and inspiring lives.

A minimalist lifestyle is all about simplifying and focusing on what truly matters in life to you. I think this is so important. But I challenge this mindset further – wouldn’t what truly matters to you be your lifestyle already? Wouldn’t minimalism be a by-product of your focus?

Let’s challenge ourselves to truly define our lifestyle. What is the style of our lives? Are we living for what truly is important to us? Are we letting other “lifestyles” get in the way? What is our true focus as individuals on this planet?

Let’s think about the ways we spend our time and the things we do this week. Let’s reflect on what we feel and the impact we make on others.

Take a couple moments to breathe in deep, and really think about your passion in life and where your center is. Think about love. About moving forward. About peace.

What lifestyle are you living? How do you find your true focus?

Task 2. Prepare the questions of your own to the article:

1. What is?
2. How?
3. Why....?
4. When....?
5. Do you believe that..?
6. Would you like to.....?

Task 3. Brainstorming. There exist certain notions that shape a lifestyle. Among them culture, marriage, education, consumption, religion, etc. Name some more and rate them as 1 – most important for my lifestyle, 10 – least important.

Task 4. Divide the components of lifestyles mentioned in the article and the ones of your own into the following categories:

Basic	Comfortable	Luxurious

Task 5. Discussion topic: ‘How have people’s lifestyles and society changed over the past twenty years?’

Перелік питань для самоконтролю

1. Deciding Who You Are.
2. Modern Living.
3. Choosing a Lifestyle.
4. Media vs Fame.
5. Influencers and Trendsetters.

Unit 6. Going places

Мета: знати вокабуляр на тему «Транспорт. Способи пересування. Відпочинок»; вміти: застосувати вокабуляр за темою у вербальній взаємодії, ідентифікувати тематичний вокабуляр на слух; виконувати вправи на перевірку розуміння почутого.

Теми для самостійної роботи:

1. Urban Traffic.
2. Traveling as a Lifestyle.
3. Getting Around.
4. Holiday Destinations.
5. Buying Souvenirs.

Рекомендовані джерела:

Основні: 2, 6, 9, 10

Додаткові: 2, 4, 8, 10, 12 16,

Інтернет: 3-5

Task 1. Read and translate the article ‘The best virtual travel experiences from home’

<https://www.timeout.com/singapore/travel/the-best-virtual-travel-experiences-from-home>

Until it's safe to travel again, *sate your wanderlust* with these virtual travel experiences. We're counting down the days to when our lives can *have some semblance of normality* again. However, for those itching to travel, the future seems uncertain. Lucky for us, tourism boards from all over the world are offering a host of curated experiences online to bring the beauty of their country to you. From learning about aboriginal culture in Australia *to scouting the pyramids* of Egypt, here are the best virtual travel experiences you should check out.

See Japan's sakuras in full bloom

Haven't had a chance to view pretty pink sakura flowers in Japan yet? While you wait for the day you can *see the real thing*, your next best bet is a 360 degrees virtual tour. Japanese Weather News site has a beautiful series of videos, which will transport you to some of the best cherry blossom viewing sites in Japan while the flowers are *in full bloom*. You'll feel as if you're right there at Ueno Onshi Park, Osaka Castle Park, Arashimaya and more locations.

Swim with wild dolphins

From research organisation The Dolphin Swim Club comes a truly calming 360 degree video of 80 wild spinner and bottlenose dolphins in Egypt's red sea. This video took almost a year of preparation and research to capture, and was created as *a cruelty-free alternative* to assisted therapies with captive dolphins. Whether you're a diver who misses the ocean, or someone who'd never set foot in the sea, the beauty and grace of these sea creatures in crystalline blue waters is sure to brighten your day.

Travel across Austria

Experience the beauty of Austria from your sofa on the country's official travel portal. With its collection of immersive 360 degree videos, trek through the Alpine meadows, mountain forests and glaciers of the Großglockner High Alpine Road; visit the Christmas markets of Innsbruck and *zip down thrilling ski slopes* on Nordkette Mountain; explore Mozart's very own home in Salzburg; and go behind the scenes at Vienna State Opera. All you need is a desktop or mobile, though a VR headset will give you the best experience.

Hike Yosemite National park

Get some hiking in without leaving home. You can now explore the majestic Yosemite National Park online. Hike through the park's most stunning natural wonders such as Diving Board, Tuolumne Meadows, the Swinging Bridge, Hetch Hetchy, and Nevada Fall – and find out interesting facts about the park's *iconic spots*.

Gaze at the Northern Lights

When all seems hopeless, pick yourself up and *marvel at the magic of nature's beauty*. Explore.org and Polar Bears International are live-streaming the Northern Lights right from your couch. The live cam is planted directly underneath the aurora oval in Churchill, Manitoba, one of the best places on earth to watch the aurora borealis in its full glory.

While it's not as satisfying as seeing the magical phenomenon first hand, at least this gives you some travel inspiration for your next trip – whether it's Iceland, Canada, Sweden, Greenland or New Zealand. And while you're at it, you can also virtually explore Sydney, marvel at Yosemite Falls, or get lost in the controlled chaos of the Shibuya Crossing. And if you're looking for somewhere closer to home, bring the wildlife of Sungei Buloh into your homes through its animal webcams.

Go on an African safari drive

Now, you can explore an African safari game drive, brought to you by luxury travel company andBeyond and wildlife broadcasting experts WildEarth. The two companies have come together to stream twice daily, personalised game drives that you can view from the comfort of your home. Join two live safaris a day, each of which will last approximately three hours. These will be streamed in real-time from two renowned South African game reserves, andBeyond Ngala Private Game Reserve and Djuma Private Game Reserve. *Take in the sights and sounds* of the African wilderness as they unfold.

Experience true love at Taj Mahal

This one's for lovebirds spending a romantic date night at home. Experience the magic of Taj Mahal in the city of Agra through this video tour, all whilst taking in the sights of its iconic white marble and landscaped grounds. The tour starts at the three majestic entrance gates of the complex, and takes you through facts you need to know about the mausoleum, one of the Seven Wonders of the World – including its iconic history.

Learn about Aboriginal culture down under

Educate yourself on Australia's aboriginal culture through Bundy Cultural Tours, based in the Riverina. Through *cultural awareness training sessions* via Zoom, you'll learn about the oldest people of the known universe, see native Australian animals, and trace the ancient footsteps of the Wiradjuri people. *Check out* the team's YouTube channel for informative videos as well.

Camp out in Bali

Join camp guru Budi from Capella Hotels as he shares the beautiful story behind the name 'Ubud' and how it captures the place's unique healing nature. Additionally, Capella Ubud also shares their special Jamu recipe, which *stems from ancient knowledge* that has been passed down through generations.

Unravel hidden secrets in Egypt

The Egyptian Tourism Board is inviting travellers *to delve deep into* the 5,000-year-old tomb of Queen Meresankh III. Discover the hidden secrets of the tomb, learn new facts about its architecture. You can even "follow" Queen Meresankh III herself as she gives you a tour of her tomb.

Task 2. Give the Ukrainian equivalents of the following phrases:

To satiate your wanderlust; to have some semblance of normality; to scout the pyramids; to see the real thing; to be in full bloom; a cruelty-free alternative; iconic spots; to zip down thrilling ski slopes; to marvel at the magic of nature's beauty; to take in the sights and sounds; cultural awareness training sessions; to check out smth; to stem from ancient knowledge; to delve deep into smth.

Task 3. Watch a video ‘Together In Travel - World Travel and Tourism Council’

<https://www.youtube.com/watch?v=BmT3gSdRbRQ>

Use the key slogans of the video to answer the question “What is tourism?”

Task 4. Case Study. Search the Internet or other sources for Unfamiliar Tourist Destinations. While briefly presenting your results justify your choice.

Task 5. Essay / discussion topic: ‘Death by tourism – a myth or reality’.

Перелік питань для самоконтролю

1. Urban Traffic.
2. Traveling as a Lifestyle.
3. Getting Around.
4. Holiday Destinations.
5. Buying Souvenirs.

Unit 7. History

Мета: знати вокабуляр на тему «Минуле та уроки історії»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах; визначати в тематичному діалозі та полілозі смислові віхи, найсуттєвішу інформацію.

Теми для самостійної роботи:

1. History Repeating Itself.
2. History Lessons.
3. War and Peace.
4. Protests, riots and public gatherings.

Рекомендовані джерела:

Основні: 2, 6, 9, 10

Додаткові: 2, 4, 8, 10, 12 16,

Інтернет: 3-5

Task 1. Read and translate the article ‘The Big Question: Can we trust history?’

<https://www.open.edu/openlearn/history-the-arts/history/can-we-trust-history>

There's no one agreed version of history. So how can we trust any of it?

As new research continues to cast new light on old "facts" and new historians ask unexplored questions, can we ever know the whole truth about what happened in the past? Can history ever be objective - or even accurate? If we can't depend on our history, can we ever fully understand where we are going and can age-old disputes that rely on particular versions of history ever be resolved? The Big Question: can we actually trust history?

Many of us get our history from school text books. But how balanced are they? It is ten years since South Africa ended years of white rule and racial segregation, but by 2001 books being used in the country's schools were still not reflecting the true history of what people went through under apartheid. So, the government set up an initiative to re-assess and rewrite them. Historian June Bam is the Chief Executive Officer of the South African History Project. She says history books that are plain wrong can do huge psychological damage.

What part does history play in the development of national identity? In 1947, on independence from Britain, the Indian subcontinent was partitioned into Hindu-majority but nominally secular India and the newly created Muslim state of Pakistan. The partition was one of the most violent periods in the history of the subcontinent. Over half a million people were killed in communal violence and about a million people were left homeless.

But how are school children in the two countries taught about partition? The Big Question hears from Urvashi Butalia an Indian writer and the co-founder of Kali for Women, India's first feminist publishing house; and Bapsi Sidhwa, a Pakistani-born writer, whose novels reflect her own experience of partition. Do school textbooks give children a one-sided view of history?

So, when does historical fact become historical fiction? We examine two different accounts of the Great California Gold Rush of 1848 - that of the academic historian, and that of the tour guide. Is one narrative more reliable? Or do we need them both to get a full picture?

If history is used to justify territorial claims and long-running disputes, can it also be harnessed to bring peace? Elazar Barkan is Professor of History and Cultural Studies at Claremont University in the US and author of *The Guilt of Nations: Restitution and Negotiating Historical Injustices*. In 2001 Professor Barkan set up the International History Initiative in an attempt to clarify contentious historical issues. The professor's challenge - to get historians in conflict areas to sit down together and reach a consensus on events in the past, and then write a joint narrative of those events acceptable to all.

This edition of *The Big Question* was first broadcast on 19th June 2004.

Task 2. Mark the following statements as true or false. Find the evidence in the text.

1. Scientists investigate some issues that have never been looked into before.
2. Governments usually set up an initiative to rewrite historical facts.
3. History plays a significant role in the development of national identity.
4. Historical fact sometimes become historical fiction.
5. To clarify contentious historical issues means to settle conflicts peacefully.

Task 3. Watch ‘Overly Sarcastic Podcast: Historical Bias’

<https://www.youtube.com/watch?v=UtNxxEq2T-M> and share your ideas on whether historians do twist historical truth?

Task 4. Case study: Find three historical facts that are not true.

Task 5. Discussion topic: ‘Does history if your country help understand the true identity?’

Task 6. Project. Prepare to speak on one of the most significant personalities in world history. Explain your choice.

Перелік питань для самоконтролю

1. Do you agree with the statement that history repeats itself?
2. Which are the most important history lessons?
3. War and Peace.
4. Protests, riots and public gatherings.

III курс

Unit 1. Learning Lessons.

Мета: знати вокабуляр на тему «Освіта»; особливості освітніх систем України, США, Великої Британії; вміти: розрізняти лексеми, що позначають певні освітні реалії в США та Великій Британії, будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах.

Теми для самостійної роботи:

1. Education system in Ukraine
2. Education systems in the UK, the USA
3. Places in a school / university.
4. Types of schools. Grading.
5. Exams and qualifications.
6. Studying abroad.
7. Valuable lessons.
8. Modern libraries.

Рекомендовані джерела:

Основні: 3, 11, 12

Додаткові: 7, 11-14

Інтернет: 1-2

Task 1. Read and translate the article: <https://www.indeed.com/career-advice/resumes-cover-letters/hard-skills-vs-soft-skills>

In job descriptions, employers often ask for a combination of hard and soft skills. Hard skills are related to specific technical knowledge and training while soft skills are personality traits such as leadership, communication or time management. Both types of skills are necessary to successfully perform and advance in most jobs. Below, we'll explain the difference between hard and soft skills, examples of each, and how to highlight your skills on your resume and in interviews.

What's the difference between hard skills and soft skills?

The key differences between hard skills and soft skills are how they are gained and put to use in the workplace. Hard skills are often gained through education or specific training. They include competencies like how to use a certain machine, software or another tool. Soft skills are more often seen as personality traits you may have spent your whole life developing. They are called upon when you manage your time, communicate with other people or confront a difficult situation for the first time. Put another way, hard skills could be defined as your technical knowledge whereas soft skills are your overall habits in the workplace.



What are hard skills?

Hard skills are technical knowledge or training that you have gained through any life experience, including in your career or education. For example:

If you've worked in food service or retail, you may know how to use a point-of-sale system.

If you've taken an accounting class, you may know how to use Microsoft Excel.

If you've studied a foreign language, you may be able to speak it fluently.

Every job will require certain technical skills specific to that industry. If you want to work as an architect, for example, you will need to know how to use drafting software. The National Council of Architectural Registration Boards also requires architects to be licensed. The NCARB maintains the Architectural Registration Examination, a series of tests required of architects that test different technical skills necessary for the work.

Many other industries have such tests in place, requiring prior knowledge and skills essential for career success. Other employers may have the availability to teach certain technical skills on the job.

Hard skills list

Some of the most in-demand hard skills include:

- Bilingual or multilingual
- Database management
- Adobe software suite
- Network security
- SEO/SEM marketing
- Statistical analysis
- Data mining
- Mobile development
- User interface design
- Marketing campaign management
- Storage systems and management
- Programming languages (such as Perl, Python, Java, and Ruby)

What are soft skills?

Soft skills are personal habits and traits that shape how you work, on your own and with others. Effective communication, for example, is a key soft skill many employers seek. Some others include dependability, effective teamwork and active listening.

Soft skills are essential to your career and as you search for jobs. While hard skills necessary to successfully perform technical tasks in a job, soft skills are necessary to create a positive and functional work environment. For this reason, employers often seek individuals who possess proven soft and hard skills. Some employers may prefer to select candidates who have a stronger set of soft skills over hard skills, as soft skills are at times more difficult to develop.

For example, you may be seeking a job in Human Resources but lack prior knowledge of data analysis tools. If you have references that can attest to the effectiveness of your soft skills, such as empathy, open-mindedness and communication, an employer may choose you over another candidate whose hard skills are stronger but who lacks the same level of soft skills.

Some of the most in-demand soft skills include:

- Integrity
- Dependability
- Effective communication
- Open-mindedness
- Teamwork
- Creativity
- Problem-solving
- Critical thinking
- Adaptability
- Organization
- Willingness to learn
- Empathy

How to include hard and soft skills on a resume

When updating or creating your resume, you might consider including a “Skills” section that highlights your abilities most relevant to the position. This is especially important for positions with specific technical skills requirements. For clues on what to include and prioritize in your skills section, carefully review the job posting you’re applying for. Hard and soft skills the employers wants to see might be found in the “requirements,” “education” or “desired skills” sections of the post.

Hard skills and soft skills are both necessary to find career success. Although people gain and develop these skills in different ways, you can learn and develop both hard and soft skills prior to applying for jobs.

How to highlight your skills throughout the interview process

Once you make it to the interview phase, you will have an opportunity to display your soft skills and elaborate more on your hard skills. You may be asked to display your hard skills with a test or portfolio.

You can highlight key soft skills by:

- Showing up on time or early to the interview (punctuality or dependability)
- Maintaining eye contact (active listening)
- Speaking clearly when prompted (effective communication)
- Answering questions about your resume and experience honestly (integrity)
- Asking follow-up questions (active listening)

You can highlight your hard skills by:

- Elaborating on your experience and training
- Providing a portfolio (digital or physical)
- Effectively answering technical questions related to the work
- Asking follow-up questions related to the work
- Effectively working through skills tests (if required at the interview)

The most effective way to showcase your hard and soft skills is to share specific stories from your past experience that directly relates to the requirements of the job you’re interviewing for. When you’re telling a story, begin by presenting the situation, describe the task at hand, explain the actions you took and end with the result you achieved. This is called the STAR technique and it is a recommended method for providing examples with structure your interviewers can easily understand.

Task 2. Watch video “Showcasting your skills: tips to strengthen your job application ” via the link below

<https://www.youtube.com/watch?v=lgQUM7mskZ4&t=2s> and be ready to answer some questions:

- 1.How are soft skills defined in the video?
2. What categories of skills are subdivided under the umbrella term soft skills?

3. What tips for skills building are given in the video?
4. What ways of communicating your skills in the job interview are outlined in the video?
5. How to present your hard skills according to the video?

Task 3. Take a look at the list of the most common soft skills mentioned in the text and think of how many of them you can trace in yourself.

Task 4. Suggest the Ukrainian equivalents of the following phrases:

to showcase your hard and soft skills; follow-up questions; to highlight your abilities; to lack prior knowledge; to attest to the effectiveness of your soft skills; data mining; personal habits and traits; to put to use; to successfully perform and advance in a job.

Task 5. Give all the possible derivatives of the following words and suggest their Ukrainian equivalents:

Initial word	Derivatives
to store	
prior	
communication	
to adapt	
habit	
advance	
lack	
to attest	
to elaborate	
strength	

Task 6. Write an essay or present your arguments on the following topic “If you hard skills are impeccable, but you lack soft skills you probably won’t be as successful as you think.”

Перелік питань для самоконтролю

1. Education system in Ukraine
2. Education systems in the UK, the USA
3. Places in a school / university.
4. Types of schools. Grading.
5. Exams and qualifications.

6. Studying abroad.
7. Valuable lessons.
8. Modern libraries.

Unit 2. Environmental issues.

Мета: знати вокабуляр на тему «Проблеми навколишнього середовища»; про міжнародні екологічні організації, вміти: працювати з тематичним текстом загального характеру з метою пошуку необхідної інформації.

Теми для самостійної роботи:

1. Green issues.
2. International environmental organizations.
3. Researching the Antarctic
4. Environmental problems.
5. Natural and man-made disasters.
6. The future of the world.
7. Dealing with waste.
8. Endangered species.

Рекомендовані джерела:

Основні: 3, 11, 12

Додаткові: 7, 11-14

Інтернет: 1-2

Task 1. Read and translate the article:

https://ec.europa.eu/clima/policies/ozone_en

World governments agreed in the late 1980s to protect the Earth's ozone layer by phasing out ozone-depleting substances emitted by human activities, under the Montreal Protocol. In Europe, the Protocol is implemented through EU-wide legislation that not only meets its objectives but also contains stricter, more ambitious measures.

Global action taken under the Montreal Protocol has halted the depletion of the ozone layer and allowed it to start recovering, but much remains to be done to ensure a steady recovery.

The ozone layer is a natural layer of gas in the upper atmosphere that protects humans and other living things from harmful ultraviolet (UV) radiation from the sun. Although ozone is present in small concentrations throughout the atmosphere, most (around 90%) exists in the stratosphere, a layer 10 to 50 kilometres above the Earth's surface. The ozone layer filters out most of the sun's harmful UV radiation and is therefore crucial to life on Earth.

Ozone depletion. Scientists discovered in the 1970s that the ozone layer was being depleted. Atmospheric concentrations of ozone vary naturally depending on

temperature, weather, latitude and altitude, while substances ejected by natural events such as volcanic eruptions can also affect ozone levels.

However, these natural phenomena could not explain the levels of depletion observed and scientific evidence revealed that certain man-made chemicals were the cause. These ozone-depleting substances were mostly introduced in the 1970s in a wide range of industrial and consumer applications, mainly refrigerators, air conditioners and fire extinguishers.

Ozone hole

Ozone depletion is greatest at the South Pole. It occurs mainly in late winter and early spring (August-November) and peak depletion usually occurs in early October, when ozone is often completely destroyed in large areas.

This severe depletion creates the so-called “ozone hole” that can be seen in images of Antarctic ozone, made using satellite observations. In most years, the maximum area of the hole is bigger than the Antarctic continent itself. Although ozone losses are less radical in the Northern Hemisphere, significant thinning of the ozone layer is also observed over the Arctic and even over continental Europe.

Most of the ozone-depleting substances emitted by human activities remain in the stratosphere for decades, meaning that ozone layer recovery is a very slow, long process.

The chart below shows the development of the (annual maximum) size of the ozone hole over the Antarctic. The hole grew in the years following ratification of the Montreal Protocol, due to the lag caused by the fact that ozone-depleting substances remain in the stratosphere for a long time. The maximum size of the ozone hole is now decreasing.

Effects of ozone depletion for humans and the environment

Ozone layer depletion causes increased UV radiation levels at the Earth's surface, which is damaging to human health.

Negative effects include increases in certain types of skin cancers, eye cataracts and immune deficiency disorders. UV radiation also affects terrestrial and aquatic ecosystems, altering growth, food chains and biochemical cycles. Aquatic life just below the water's surface, the basis of the food chain, is particularly adversely affected by high UV levels. UV rays also affect plant growth, reducing agricultural productivity.

The Montreal Protocol

In 1987, to address the destruction of the ozone layer, the international community established the Montreal Protocol on ozone-depleting substances. It was the first international treaty to be signed by all countries of the world and is considered the greatest environmental success story in the history of the United Nations.

The Montreal Protocol's objective is to cut down the production and consumption of ozone-depleting substances, in order to reduce their presence in the atmosphere and thus protect the Earth's ozone layer.

The chart below shows the decreasing consumption of ozone-depleting substances covered by the Montreal Protocol, both globally and by the EEA-33 (the 28 EU Member States plus Iceland, Liechtenstein, Norway, Switzerland and Turkey).

EU regulation

EU legislation on ozone-depleting substances is among the strictest and most advanced in the world. Through a series of regulations, the EU has not only implemented the Montreal Protocol but has often phased out dangerous substances faster than required.

The current EU ‘Ozone Regulation’ ([Regulation \(EC\) 1005/2009](#)) contains a number of measures to ensure a higher level of ambition. While the Montreal Protocol regulates the *production* of these substances and their *trade* in bulk, the Ozone Regulation prohibits their *use* in most cases (certain uses are still permitted in the EU). Moreover, it regulates not only substances in bulk, but also those contained in products and equipment.

The EU Ozone Regulation also sets licensing requirements for all exports and imports of ozone-depleting substances and regulates and monitors not only substances covered by the Montreal Protocol (over 90 chemicals), but also some that are not covered (five additional chemicals called 'new substances').

Impact of global action & remaining challenges

Global consumption of ozone-depleting substances has been reduced by some 98% since countries began taking action under the Montreal Protocol. As a result, the atmospheric concentration of the most aggressive types of ozone-depleting substances is falling and the ozone layer is showing the first signs of recovery.

Nevertheless, the ozone layer is not expected to recover fully before the second half of this century. This is because once released, ozone-depleting substances stay in the atmosphere for many years and continue to cause damage.

Much remains to be done to ensure the continued recovery of the ozone layer and to reduce the impact of ozone-depleting substances on the Earth’s climate.

Actions required globally to continue the recovery of the ozone layer are:

Ensuring that existing restrictions on ozone-depleting substances are properly implemented and global use of ozone-depleting substances continue to be reduced.

Ensuring that banks of ozone-depleting substances (both in storage and contained in existing equipment) are dealt with in an environmentally-friendly manner and are replaced with climate-friendly alternatives.

Ensuring that permitted uses of ozone-depleting substances are not diverted to illegal uses.

Reducing use of ozone-depleting substances in applications that are not considered as consumption under the Montreal Protocol.

Ensuring that no new chemicals or technologies emerge that could pose new threats to the ozone layer (e.g. very short-lived substances).

Relationship between ozone-depleting substances & climate change

Most man-made ozone-depleting substances are also potent greenhouse gases. Some of them have a global warming effect up to 14,000 times stronger than carbon dioxide (CO₂), the main greenhouse gas.

Therefore, the global phase-out of ozone depleting substances such as hydrochlorofluorocarbons (HCFCs) and chlorofluorocarbons (CFCs) has also made a significant positive contribution to the fight against climate change.

On the other hand, the global phase-out has led to a large increase in the use of other types of gases, to replace ozone depleting substances in various applications. These fluorinated gases ('F-gases') do not damage the ozone layer, but do have a significant global warming effect. Therefore, in 2016, Parties to the Montreal Protocol agreed to add the most common type of F-gas, hydrofluorocarbons (HFCs), to the list of controlled substances.

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Task 2. Answer the following questions based on the article you've just read:

1. What is the name of the protocol outlining the actions taken to prevent the ozone layer depletion?
2. What is the ozone layer?
3. What is the ozone layer depletion?
4. Why do ozone holes appear?
5. What are the effects of ozone depletion for humans and the environment?
6. What does Montreal Protocol entail?
7. What is the position of the EU on the matter and what documents stipulate that?
8. Name other challenges the global community is facing battling the ozone layer issue.
9. Enumerate the actions required globally to continue the recovery of the ozone layer.
10. Have you ever been concerned about the ozone layer issues prior to reading the article above?

Task 3. Case study: look up the measures Ukrainian government is taking in relation to the recovery of the ozone layer and what protocols has Ukraine implemented in this respect.

Task 4. Case study: learn about the world's biggest plant to capture CO₂ from the air, the Orca in Iceland.

Task 5. Give the Ukrainian equivalents of the following phrases:

man-made ozone-depleting substances; potent greenhouse gases; global warming effect; environmentally-friendly manner; climate-friendly alternatives; continued recovery of the ozone layer; environmental success story; terrestrial and aquatic ecosystems; phased out dangerous substances; satellite observations.

Task 6. Essay / discussion topic “What kind of planet do we want to leave for the generations to come?”

Перелік питань для самоконтролю

G

2. International environmental organizations.
3. Researching the Antarctic
4. Environmental problems.
5. Natural and man-made disasters.
6. The future of the world.
7. Dealing with waste.
8. Endangered species.

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Мета: знати вокабуляр на тему «Здоров'я»; причини нещасних випадків; різновиди ушкоджень та форм їх лікування; вміти: аналізувати тематичний текст, застосувати мовні одиниці активного словника у дискусії на задану тему.

Теми для самостійної роботи:

1. Healthy lifestyle.
2. Vocabulary Practice.
3. Balanced diet.
4. Living for a century.
5. Accidents and injuries.
6. Hospital divisions.
7. Consulting a doctor.

Рекомендовані джерела:

Основні: 3, 11, 12

Додаткові: 7, 11-14

Інтернет: 1-2

Task 1. Read and translate the article:

<https://www.helpguide.org/articles/relationships-communication/relationship-help.htm>

Building a healthy relationship

All romantic relationships go through ups and downs and they all take work, commitment, and a willingness to adapt and change with your partner. But whether your relationship is just starting out or you've been together for years, there are steps you can take to build a healthy relationship. Even if you've experienced a lot of failed relationships in the past or have struggled before to rekindle the fires of romance in your current relationship, you can find ways to stay connected, find fulfillment, and enjoy lasting happiness.

What makes a healthy relationship?

Every relationship is unique, and people come together for many different reasons. Part of what defines a healthy relationship is sharing a common goal for exactly what you want the relationship to be and where you want it to go. And that's something you'll only know by talking deeply and honestly with your partner.

However, there are also some characteristics that most healthy relationships have in common. Knowing these basic principles can help keep your relationship meaningful, fulfilling and exciting whatever goals you're working towards or challenges you're facing together.

You maintain a meaningful emotional connection with each other. You each make the other feel loved and emotionally fulfilled. There's a difference between being loved and feeling loved. When you feel loved, it makes you feel accepted and valued by your partner, like someone truly gets you. Some relationships get stuck in peaceful coexistence, but without the partners truly relating to each other emotionally. While the union may seem stable on the surface, a lack of ongoing involvement and emotional connection serves only to add distance between two people.

You're not afraid of (respectful) disagreement. Some couples talk things out quietly, while others may raise their voices and passionately disagree. The key in a strong relationship, though, is not to be fearful of conflict. You need to feel safe to express things that bother you without fear of retaliation, and be able to resolve conflict without humiliation, degradation, or insisting on being right.

You keep outside relationships and interests alive. Despite the claims of romantic fiction or movies, no one person can meet all of your needs. In fact, expecting too much from your partner can put unhealthy pressure on a relationship. To stimulate and enrich your romantic relationship, it's important to sustain your own identity outside of the relationship, preserve connections with family and friends, and maintain your hobbies and interests.

You communicate openly and honestly. Good communication is a key part of any relationship. When both people know what they want from the relationship and feel comfortable expressing their needs, fears, and desires, it can increase trust and strengthen the bond between you.

Falling in love vs. staying in love

For most people, falling in love usually seems to just happen. It's staying in love – or preserving that “falling in love” experience – that requires commitment and work. Given its rewards, though, it's well worth the effort. A healthy, secure romantic relationship can serve as an ongoing source of support and happiness in your life, through good times and bad, strengthening all aspects of your wellbeing. By taking steps now to preserve or rekindle your falling in love experience, you can build a meaningful relationship that lasts – even for a lifetime.

Many couples focus on their relationship only when there are specific, unavoidable problems to overcome. Once the problems have been resolved they often switch their attention back to their careers, kids, or other interests. However, romantic relationships require ongoing attention and commitment for love to flourish. As long as the health of a romantic relationship remains important to you, it is going to require your attention and effort. And identifying and fixing a small problem in your relationship now can often help prevent it from growing into a much larger one down road.

The following tips can help you to preserve that falling in love experience and keep your romantic relationship healthy.

Tip 1: Spend quality time face to face

You fall in love looking at and listening to each other. If you continue to look and listen in the same attentive ways, you can sustain the falling in love experience over the long term. You probably have fond memories of when you were first dating your loved one. Everything seemed new and exciting, and you likely spent hours just chatting together or coming up with new, exciting things to try. However, as time goes by, the demands of work, family, other obligations, and the need we all have for time to ourselves can make it harder to find time together.

Many couples find that the face-to-face contact of their early dating days is gradually replaced by hurried texts, emails, and instant messages. While digital communication is great for some purposes, it doesn't positively impact your brain and nervous system in the same way as face-to-face communication. Sending a text or a voice message to your partner saying “I love you” is great, but if you rarely look

at them or have the time to sit down together, they'll still feel you don't understand or appreciate them. And you'll become more distanced or disconnected as a couple. The emotional cues you both need to feel loved can only be conveyed in person, so no matter how busy life gets, it's important to carve out time to spend together.

Tip 2: Stay connected through communication

Good communication is a fundamental part of a healthy relationship. When you experience a positive emotional connection with your partner, you feel safe and happy. When people stop communicating well, they stop relating well, and times of change or stress can really bring out the disconnect. It may sound simplistic, but as long as you are communicating, you can usually work through whatever problems you're facing.

Tell your partner what you need, don't make them guess.

It's not always easy to talk about what you need. For one, many of us don't spend enough time thinking about what's really important to us in a relationship. And even if you do know what you need, talking about it can make you feel vulnerable, embarrassed, or even ashamed. But look at it from your partner's point of view. Providing comfort and understanding to someone you love is a pleasure, not a burden.

If you've known each other for a while, you may assume that your partner has a pretty good idea of what you are thinking and what you need. However, your partner is not a mind-reader. While your partner may have some idea, it is much healthier to express your needs directly to avoid any confusion.

Your partner may sense something, but it might not be what you need. What's more, people change, and what you needed and wanted five years ago, for example, may be very different now. So instead of letting resentment, misunderstanding, or anger grow when your partner continually gets it wrong, get in the habit of telling them exactly what you need.

Take note of your partner's nonverbal cues

So much of our communication is transmitted by what we don't say. Nonverbal cues, which include eye contact, tone of voice, posture, and gestures such as leaning forward, crossing your arms, or touching someone's hand, communicate much more than words.

When you can pick up on your partner's nonverbal cues or "body language," you'll be able to tell how they really feel and be able to respond accordingly. For a relationship to work well, each person has to understand their own and their partner's nonverbal cues. Your partner's responses may be different from yours. For example, one person might find a hug after a stressful day a loving mode of communication – while another might just want to take a walk together or sit and chat.

It's also important to make sure that what you say matches your body language. If you say "I'm fine," but you clench your teeth and look away, then your body is clearly signaling you are anything but "fine."

Be a good listener

While a great deal of emphasis in our society is put on talking, if you can learn to listen in a way that makes another person feel valued and understood, you can build a deeper, stronger connection between you.

There's a big difference between listening in this way and simply hearing. When you really listen – when you're engaged with what's being said – you'll hear the subtle intonations in your partner's voice that tells you how they're really feeling and the emotions they're trying to communicate. Being a good listener doesn't mean you have to agree with your partner or change your mind. But it will help you find common points of view that can help you to resolve conflict.

Tip 3: Keep physical intimacy alive

Touch is a fundamental part of human existence. Studies on infants have shown the importance of regular, affectionate contact for brain development. And the benefits don't end in childhood. Affectionate contact boosts the body's levels of oxytocin, a hormone that influences bonding and attachment.

While sex is often a cornerstone of a committed relationship, it shouldn't be the only method of physical intimacy. Frequent, affectionate touch – holding hands, hugging, kissing – is equally important.

Tip 4: Learn to give and take in your relationship

If you expect to get what you want 100% of the time in a relationship, you are setting yourself up for disappointment. Healthy relationships are built on compromise. However, it takes work on each person's part to make sure that there is a reasonable exchange.

Recognize what's important to your partner

Knowing what is truly important to your partner can go a long way towards building goodwill and an atmosphere of compromise. On the flip side, it's also important for your partner to recognize your wants and for you to state them clearly. Constantly giving to others at the expense of your own needs will only build resentment and anger.

Don't make "winning" your goal

If you approach your partner with the attitude that things have to be your way or else, it will be difficult to reach a compromise. Sometimes this attitude comes from not having your needs met while younger, or it could be years of accumulated resentment in the relationship reaching a boiling point. It's alright to have strong convictions about something, but your partner deserves to be heard as well. Be respectful of the other person and their viewpoint.

Learn how to respectfully resolve conflict

Conflict is inevitable in any relationship, but to keep a relationship strong, both people need to feel they've been heard. The goal is not to win but to maintain and strengthen the relationship.

Make sure you are fighting fair. Keep the focus on the issue at hand and respect the other person. Don't start arguments over things that cannot be changed.

Don't attack someone directly but use "I" statements to communicate how you feel. For example, instead of saying, "You make me feel bad" try "I feel bad when you do that".

Don't drag old arguments into the mix. Rather than looking to past conflicts or grudges and assigning blame, focus on what you can do in the here-and-now to solve the problem.

Be willing to forgive. Resolving conflict is impossible if you're unwilling or unable to forgive others.

If tempers flare, take a break. Take a few minutes to relieve stress and calm down before you say or do something you'll regret. Always remember that you're arguing with the person you love.

Know when to let something go. If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

Tip 5: Be prepared for ups and downs

It's important to recognize that there are ups and downs in every relationship. You won't always be on the same page. Sometimes one partner may be struggling with an issue that stresses them, such as the death of a close family member. Other events, like job loss or severe health problems, can affect both partners and make it difficult to relate to each other. You might have different ideas of managing finances or raising children.

Different people cope with stress differently, and misunderstandings can rapidly turn to frustration and anger.

Don't take out your problems on your partner. Life stresses can make us short tempered. If you are coping with a lot of stress, it might seem easier to vent with your partner, and even feel safer to snap at them. Fighting like this might initially feel like a release, but it slowly poisons your relationship. Find other healthier ways to manage your stress, anger, and frustration.

Trying to force a solution can cause even more problems. Every person works through problems and issues in their own way. Remember that you're a team. Continuing to move forward together can get you through the rough spots.

Look back to the early stages of your relationship. Share the moments that brought the two of you together, examine the point at which you began to drift apart, and resolve how you can work together to rekindle that falling in love experience.

Be open to change. Change is inevitable in life, and it will happen whether you go with it or fight it. Flexibility is essential to adapt to the change that is always taking place in any relationship, and it allows you to grow together through both the good times and the bad.

If you need outside help for your relationship, reach out together. Sometimes problems in a relationship can seem too complex or overwhelming for you to handle as a couple. Couples therapy or talking together with a trusted friend can help.

Task 2. Answer the following questions based on the article you've just read:

1. What constitutes a healthy relationship according to the article?
2. Is there a difference between feeling loved and being loved?
3. Should one avoid conflicts in the relationship at all costs?
4. What does communication have to do with building a healthy relationship?
5. Do romantic relationships require constant attention?
6. Why is spending quality time important?
7. Why is it a bad idea to make your partner guess what you think or feel?
8. Is nonverbal communication important?
9. Is being physical important?
10. What are the main clues for resolving conflicts respectfully?

Task 3. Decide whether the statements are true or false according to the article:

1. It's important to recognize that there are ups and downs are not necessarily present in every relationship.
2. **Never try to reach to outside help for your relationship.**
3. Touch is a fundamental part of human existence.
4. People rarely change, so what you needed and wanted five years ago, for example, tends to stay the same.
5. As long as you are communicating, you can usually work through whatever problems you're facing.
6. As time goes by, the demands of work, family, other obligations, and the need we all have for time to ourselves can make it harder to find time together.
7. A healthy, secure romantic relationship seldom poses as an ongoing source of support and happiness in your life.
8. Knowing the basic principles can help keep your relationship meaningful, fulfilling and exciting whatever goals you're working towards or challenges you're facing together.
9. It is next to impossible ways to stay connected, find fulfillment, and enjoy lasting happiness.
10. The tips from the article can help you build and keep a romantic relationship that's healthy, happy, and satisfying.

**Task 4. Brainstorming: What advice would you give to a couple of friends, who have been together for 10 years and are going through a rough patch since one of them is facing severe pressure at his/her workplace?
What questions would you ask them if they asked you for a friendly therapy session?**

Task 5. Case study: Research the history of Ben Affleck and Jenifer Lopez relationship. What lessons could be drawn from that love story?

Task 6. Essay / discussion topic “Do you believe in finding your soulmate or do you think there is more than one perfect match for every person?”

“Dating apps and matchmaking on-line: the new norm or a sad story of the digital age? ”

Перелік питань для самоконтролю

1. Healthy lifestyle.
2. Vocabulary Practice.
3. Balanced diet.
4. Living for a century.
5. Accidents and injuries.
6. Hospital divisions.
7. Consulting a doctor.

Unit 4. Celebrations

Мета: знати вокабуляр на тему «Святкування. Риси характеру»; способи опису особистих характеристик в автобіографії, вміти: описувати історії успіху відомих людей; вести дискусію і наводити аргументи.

Теми для самостійної роботи:

1. Types of celebrations.
2. Vocabulary Practice.
3. How to be a winner.
4. Career success.
5. Successful people and their personalities.
6. Giving and responding to news.
7. Dealing with stress.

Рекомендовані джерела:

Основні: 3, 11, 12

Додаткові: 7, 11-14

Інтернет: 1-2

Task 1. Read and translate the article:

HOW TO BE HAPPY WITH YOUR BODY

Method 1 Recognizing How Great You Look	Method 2. Improving Your Body Image
1 Find 1-3 qualities about your body that you love. Check yourself out from eyes to toes, noting everything that makes you smile, no matter how small. The urge to be critical about things you don't like will be high, but that's okay! When you feel yourself getting critical simply move on down your body. Don't even give these critical thoughts the time of day, and certainly don't harp on them. If you're convinced that "there is nothing to love" about your body, then you need to slow down. From beautiful rose cheeks to strong, powerful legs, really admire yourself instead of jumping straight to negatives. Love yourself first, and loving your body will only get easier.	1 Make a habit to exercise 3-5, slowly building up to 2-3 hours each week. Don't feel like you need to jump into the gym for an hour tomorrow – rushing into difficult workouts only makes it more likely that you won't stick with the habit. Instead, find something you love, whether it is yoga, biking, disc golf, or just walking the dog, and start incorporating it into your daily schedule. Even 10-15 minutes each day is a good start, and as you get stronger you'll naturally start exercising for longer periods. Don't exercise solely to lose weight, though it helps. Exercise is also proven to release stress, improve mental health and clarity, and improve feelings of self-esteem. Try to do 10-15 pushups and situps during commercial breaks of your favorite shows. Grab the stairs over the escalator. Anything that gets you heart pumping through the day will help. Picking an exercise habit you actually enjoy doing is key to sticking with it.
2 Make a list of things you love about yourself beyond your body. Start with your body, but don't end there – cover all of your amazing	2 Eat healthy to feel healthy, improving your weight, skin, and even mental health. We are what we eat -- and that is not just a cliché, it is the truth. Even if

qualities to see that it isn't all about your exterior. A big issue with people's self-esteem is that they start to believe the only thing that matters is their body, putting too much weight on their appearances and not who they are overall. You don't judge people purely on their body, and people don't do the same to you. Attractiveness is not determined by your appearance only. In study after study, participants are ranked as more attractive after people get to know them, and know they are a good person	you struggle to cut junk food, adding in more fruits and vegetables will give you the vitamins and minerals needed to feel great every day. Furthermore, it can help you replace the occasional junk food to feel more full. Instead of eating ice cream, have frozen yogurt or sugar-free ice cream (it's not bad at all). Instead of having chips of any kind, have pretzels or nuts or healthy popcorn. Instead of having fountain drinks loaded with sugar, try diet kinds.
3 Keep clean and hygienic, taking some time to pamper yourself each day. Simply looking and smelling nice each day will do wonders for your self-esteem. Furthermore, take a few minutes each day to develop your own routine. It can be a facial cream, a slow, hot shave, or simply moisturizing before bed. When you treat your body like a temple, it will start to look at feel like one too.	3 Buy clothes that make you feel confident. This is one of the few cases where "retail therapy," is not just a joke. The clothes you wear have a significant impact on how you look and feel, accentuating your favorite qualities and downplaying those that make you self-conscious. The only way to know what you like is to go try stuff on, and the experience alone is a great way to have fun in your body and look at yourself in a sexy new light.
4 Improve your posture. It is amazing how much the way you hold yourself dictates your appearances, and even self-esteem. Good posture isn't just about looking "strong," it actually aligns your spine, muscles,	4 Choose one part of your look you want to change, just one, and get to work. Being happy with your body doesn't mean you don't want it to change -- and even the happiest people are comfortable enough to say, "I know I can improve."

and even organs to work more efficiently, meaning you feel better too. In general, you want to think of being upright to improve your posture: Chin up, parallel to the floor. Ears line up over your shoulders. Shoulders line up over your hips. Hips line up over your knees. Knees line up over your feet.	That's because working on something and seeing growth is one of the best ways to improve your self esteem. Maybe you want to cut some belly fat, or clear your skin up, or work on your posture. This seems daunting all at once, but by themselves each goal is much more manageable. And, once conquered, the other goals will only get easier, too. Having a plan makes all issues and worries much easier to get your head around.
5 Look in the mirror each morning and remind yourself that you love yourself. A daily affirmation of how awesome you are is one of the best ways to simply, quickly, and easily reinforce the importance of you in your own life. Give yourself a smile and remind yourself not to hate on your own best friend. It may feel a little corny at first, but that's okay! This isn't about being perfect or cool, this is about you being you. And, paradoxically, this desire to just be yourself and not worry about perfection will make you more attractive! At the very least, banish put-downs in front of the mirror. Don't criticize your reflection, and break the habit of doing so.	5 Learn to quickly flip negative thoughts on their heads, turning them into something more positive. Thoughts like "I'm lazy and useless," "no one will ever find me attractive," or "I hate my body" are not only hurtful and wrong, they create traps of self-doubt that it is very hard to climb out of. The first step to being happy with your body is to stop being your own worst enemy, which means countering these thoughts with far more realistic ideas. For example: "I'm not lazy, and I'm certainly not useless. I'm already finding ways to work on my body image, being proactive where most people are not." "Saying 'no one will ever find me attractive,' is selfish and untrue – I can't control others, but I can control myself, and that is one very, very attractive quality." "I am my body, and I don't hate myself. I may be unhappy right now, but I've done great, fun things, and that will only continue."

	6 Don't compare yourself with others. Don't let the media and photos from the internet put you down. Facebook and the media are notorious for creating an unrealistic standard of beauty that does not exist -- it is simply the culture of only sharing what is beautiful, even if that means Photoshopping real people to look more attractive than they really are. Try cutting your social media diet down if you're having trouble with this step. Comparing yourself with others is a fool's errand, because you can never really be or understand them and their own faults. More often than not, you're simply projecting your insecurities. Everyone is insecure about their body once in a while. You're not alone, and that should be comforting. If even the people you call "attractive" get unhappy about their body every now and then, then you can't put too much stock in your own self-criticism.
	7 Think past the scale. Your weight is only one small, small measure of your body -- and it is not a very good one, at that. The number of pounds you weigh not only fluctuates 3-5 pounds throughout the day and month, making an accurate reading difficult, but weight is necessarily tied to muscles, height, and body type. As such, it is not a great single indicator of your health or body image -- but people still get obsessed over that little number. Focus more on body health, not the image on a scale, to both look at feel healthier.

	8 Be grateful for what you have, both physical and mental. Gratitude and thanks will make you appreciate what you have, even if you don't feel happy about it at the moment. Remember that you have a wonderful, working body, internet access, and the desire to make yourself better -- none of which should be taken for granted. If you can't get yourself to be happy with your body just yet, try to be appreciative of your opportunities first. The happiness will soon follow.
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Task 2. Compare and contrast the two methods. Discuss the steps mentioned by each method. Which of the two you can relate to? Which method would you recommend to someone who feels insecure about their looks?

Task 3. Case study: Research the life story of Ashley Graham or Tess Holiday and discuss how their stories relate to the article you've read and to the title of the unit "Celebrations". What are those girls celebrating?

Task 4. Give the Ukrainian equivalents of the following phrases:

be taken for granted; insecure about their body; cutting your social media diet down; indicator of your health or body image; daily affirmation; worry about perfection; the urge to be critical; stick with the habit; an accurate reading; self-esteem.

Task 5. Essay / discussion topic "Being happy with who you are and celebrating your accomplishments"

Перелік питань для самоконтролю

Unit 5. Leisure activities.

Мета: знання лексичного матеріалу, вміння працювати з тематичним текстом загального характеру з метою пошуку необхідної інформації, вміння обґрунтовувати, групувати, трансформувати власні думки в процесі написання твору-роздуму.

Теми для самостійної роботи:

1. Pastimes and hobbies.
2. Relaxing and escaping.
3. Books and reading.
4. The best book of the century.
5. Travelling and holidays.
6. Weekend breaks.

Рекомендовані джерела:

Основні: 3, 11, 12

Додаткові: 7, 11-14

Інтернет: 1-2

Task 1. Read and translate the article:

THE UNUSUAL HOBBIES OF 13 RICH AND FAMOUS PEOPLE

Celebrities really aren't just like us – even their hobbies are cooler than ours.

For instance, Apple cofounder Steve Wozniak plays Segway polo in his spare time, while billionaire Richard Branson kitesurfs on his private island and Angelina Jolie collects daggers.

Here are the surprising or unusual hobbies of 13 rich and famous people:

Apple cofounder Steve Wozniak plays Segway polo.

Wozniak plays polo – on a Segway.

Last summer his team, the Silicon Valley Aftershocks, played in Cologne, Germany, for the Segway polo world championship, the Woz Cup. It was named after the Apple cofounder, according to Quartz.

Even off the polo field Wozniak enjoys using his Segway as his primary means of transportation. Back in 2009, he told Forbes that he takes it with him almost everywhere he goes.

“When I want to go into town, or I want to buy something, I'll take the Segway, and I'm into town in 10 minutes,” he told Forbes. “And I feel happy – I got to skip the whole car thing. The Segway has brought a lot to my life.”

Actress Angelina Jolie collects daggers.

In 2008, Jolie told W Magazine that her mom introduced her to daggers when she was a kid, and that she hopes to pass this hobby on to her son, Maddox.

She says the knife blades she gives him are dulled so he can't hurt himself, and that their dagger purchases are always “accompanied by discussions about violence”

She told the magazine: “We also talk about samurais and about the idea of defending someone as good. We talk about everything.”

Google cofounder Sergey Brin enjoys high-flying trapeze.

Brin seems to love “high-adrenaline” hobbies. He has tried in-line skating, gymnastics, walking around on his hands, and running to work in Vibram FiveFingers barefoot shoes, according to a 2014 Business Insider article.

But perhaps his most unusual hobby is high-flying trapeze, which he began doing at a local circus training center in San Francisco that hosted Google team bonding events in the early days of the company, Business Insider previously reported.

In 2009, Brin took an advanced trapeze class at the Circus Warehouse in New York and a fellow participant told Business Insider that he was impressed with the Google cofounder’s skills. “People fly out from all over the world to take this class and learn from some of the masters. I’d say [Brin] was in the top 20% of the class,” he said. “He was definitely giving his all.”

Billionaire Warren Buffett regularly plays the ukulele and online bridge to keep his mind sharp.

Buffett’s been playing the ukulele for decades, according to a 2011 Business Insider article. He even once played a duet with Jon Bon Jovi for the Forbes 400 Summit on Philanthropy, and released his own version of the 1971 “I’d like to buy a Coke” commercial as a tribute to the 100th anniversary of the beverage’s contoured bottle.

The billionaire Berkshire Hathaway CEO told CNN Money that he also plays online bridge most Mondays with three other partners, sometimes including Bill Gates.

In a report titled “Why Warren Buffett Plays Bridge,” economist John P. Hussman reasoned that Buffett’s love of the game could be because it places emphasis on “playing a hand right rather than on playing it successfully.”

Actor Tom Hanks collects vintage typewriters.

The actor and filmmaker has been collecting vintage typewriters since 1978, according to an Op-Ed he wrote for the New York Times in 2013 about why he does it (spoiler: It’s mainly for the typing sound) and his favorite models. “There is no reason to own hundreds of old typewriters other than the sin of misguided avarice (guilty!),” Hanks wrote.

In 2014 Hanks released an app called the Hanx Writer that gives you the blissful experience of a manual typewriter fonts on an iPad or iPhone, NRP.org reported.

After hearing about his obsession with typewriters, one podcaster decided to send him an interview invitation on a 1934 Smith Corona typewriter, according to a Reddit post. Hanks accepted the invitation with a cheeky, typewritten reply.

Billionaire Richard Branson’s favorite sport is kitesurfing.

With an estimated net worth of over \$5 billion, Branson has the time – and the money – to take up exotic hobbies like kitesurfing.

The Virgin Group founder told SurferToday.com that he learned the sport on Necker Island – which he owns – in 2002. “It was lethally dangerous,” Branson told the surfing publication. “When you fell you’d be dragged underwater 100 feet, and you prayed you didn’t hit a reef.”

He said he likes to “get half an hour away from Blackberries and iPhones” to go kitesurfing, which allows him to return to work feeling “completely refreshed” and “ready to go.”

Actress Leslie Mann rides a unicycle.

The “Knocked Up” and “This Is 40” star told Oprah Magazine in 2012 that riding a unicycle is her best hidden talent.

“I got one for Christmas when I was 10 and taught myself how to use it,” she said. “Now I can do all kinds of tricks, like cycling backward and jumping off curbs.”

Indian billionaire Anil Ambani is a serial marathon runner.

Indian billionaire and chairman of Reliance ADA Group Ambani often runs the streets of Mumbai before dawn with his bodyguards, The Economist reports.

Ambani told Bloomberg BusinessWeek he first started taking his health seriously after somebody questioned his weight at an investors' conference in New York.

After his dad told him, “Look son, you can buy any luxury you want in life, from clothes to food, from a home to a holiday, but you can never buy health,” Ambani decided to take the next step by training for – and completing – the 2003 Boston Marathon, according to uppercrustindia.com.

“At a deeper level, running is about pushing the limits, of realizing one's possibilities,” he told Bloomberg.

Actress Susan Sarandon calls herself a ping pong propagandist.'

The Academy Award-winning actress loves the sport so much that she gives ping pong tables to friends and to inner-city schools as gifts, reports The Associated Press. Sarandon, who is part-owner of SPiN, a ping pong social club chain with locations in New York, Toronto, Los Angeles, Chicago, and San Francisco, told the AP: “I love the game because it cuts across gender and age and body type, and you can play it until you die, unlike other sports that you have to abandon at a certain point.”

Former Twitter CEO Dick Costolo makes honey.

In a 2015 interview with Bloomberg’s Emily Chang, Costolo says he spends a lot of time “watching” the bees.

“The whole way the hive works, and what's going on, and the crazy stuff that happens as the seasons change, and the way they build and everything is fascinating”, he said.

The former Twitter CEO has also tweeted and vined about his beekeeping hobby.

Actor Liam Neeson loves fly fishing.

Neeson told Contact Music there’s a lot of “nonsense” in Hollywood that he likes to get away from when he’s not working by spending time with his family and his favorite hobby: fly fishing.

He says he’s even taken lessons. “In America there’s a program called “Fly Fishing the World” and I’ve done about five of them. The last one I did was in New Zealand for about ten days and I brought my best friend. We had two cameras up our noses the entire time, but they’re great fun.”

“Divergent” star Shailene Woodley makes her own toothpaste, face oils, and cheese.

Woodley told Flaunt Magazine in 2013 that she makes her own toothpaste, lotions, face oils, medicines, and cheese. She even forages for food. “It’s an entire lifestyle,” she said. “It’s appealing to my soul.”

She demonstrated her knowledge of herbs when she brought Jimmy Fallon some natural remedies for boosting his immune system in 2014.

Former game show host Bob Barker trained in karate under Chuck Norris.

The former “Price is Right” game show host, now 92, took up karate at age 45, according to Vegetarian Times. He practiced the martial art into his 70s.

In his autobiography “Priceless Memories,” Barker writes about his longtime friendship with martial artist and actor Chuck Norris, and says he spent eight years training under him.

“We started out here on my lawn, and then I started parking my car on the driveway and made the garage into a karate studio,” Barker told Vegetarian Times.

Now Barker maintains his health with push-ups off the wall, light weight lifting, and the elliptical machine, he told the site.

Task 1. Did you know everyone mentioned in the article? If not, google the ones you were not familiar with.

Task 2. Do you or your friends and family have any unusual hobbies or are engaged into some unusual pass time activities? If so, describe this particular hobby.

Task 3. Divide the hobbies mentioned in the article into the following categories

Dangerous	Neutral	Relaxing/philantropic
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Task 4. Give the Ukrainian equivalents of the following phrases:

appealing to my soul; natural remedies; boosting his immune system; to cut across gender; beekeeping; net worth; hidden talent; discussions about violence; to place an emphasis on smth; lethally dangerous; to take one’s health seriously; obsession; a tribute; team bonding events.

Task 5. Essay / discussion topic “What does a person’s hobby tell people about that person”

Перелік питань для самоконтролю

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2. Relaxing and escaping.

3. Books and reading.

4. The best book of the century.

5. Travelling and holidays.

6. Weekend breaks.

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Unit 6. People power.

Мета: вміння висловлювати свої власні думки на письмі у вигляді твору, коректувати, доповнювати, розширювати речення тематичного змісту.

Теми для самостійної роботи:

1. Appearances.
2. People's character.
3. Generations apart.
4. Lifestyles. Family life. Friendship.
5. Mass media.
6. Adjective collocations.
7. Loneliness and companionship.
8. Laughter. Confidence lab.
9. Self-esteem.

Рекомендовані джерела:

Основні: 3, 11, 12

Додаткові: 7, 11-14

Інтернет: 1-2

Task 1. Read and translate the article:

THE HIDDEN COST OF VANITY

By Eva Wiseman for the Guardian

It costs a lot to look this political. Emmanuel Macron's personal make-up artist recently filed two claims for payment: one for €10,000 (£9,200) and one for €16,000 (£14,740) – both for doing his make-up for press conferences. The claims cover his first three months in office, meaning he's been spending almost €10,000 per month on make-up since becoming president. Which shouldn't be too surprising, when you realise there is a whole industry, literally, a whole self-help industry consisting of earnest books and stripy jumpers and diets, selling us tricks to appear more French. The real problem with vanity is being caught in the act. But the international outrage expressed is at Macron's vanity. Male vanity, this perfumed albatross that men must hide beneath their blazers like a goitre for fear of seeming vulnerable, but with a gravitational pull so strong it leads them to organise speeches at sweet little places like the Palace of Versailles. The real problem with vanity is being caught in the act. This "expenses reveal" is the media equivalent of somebody catching your mirror face, the pony-like pout your lips stiffen into when they happen upon a reflective surface, be it a car window or the back of a dessert spoon. Worse than being caught masturbating, worse than a stranger walking in on you in the Tesco's loo, somebody seeing your private mirror face, and therefore not just the real you, the vain you, but the you that you most desperately want to present to the world, is the most excruciating of embarrassments.

The associations we have with make-up and that me-time in the mirror are largely shameful, and grimly gendered. There was some kerfuffle last week after comments Zadie Smith made at the Edinburgh International Book Festival, about limiting her seven-year-old daughter's mirror time, were mis-framed as a way of scoffing at women's vanity. Out of context, Smith's quote, her insistence that an hour and a half for contouring was too long, was pinned to the women's wall on the internet and pelted with darts by people who felt she was judging their choice to wear make-up. It's something about the way news works today that leads to these high-pitched rows between otherwise sane and clever women, as if the reporter had chucked a stink bomb over the fence before running away. Is it because we're trained to rise to it, like mice in a lab? Or because, while we're primed to resist, it's easier to slap out against the people we saw as allies – they're closer, after all?

Anyway, Zadie Smith wasn't dismissing those of us who enjoy make-up, she was pointing out the disparity between the grooming that is expected of men and women, and teaching her daughter the reality of what those before her have labelled the "hair and make-up tax". "I explained it to her in these terms: you are wasting time," she said. "Your brother is not going to waste any time doing this. Every day of his life he will put a shirt on, he's out the door and he doesn't give a shit if you waste an hour and a half doing your make-up." The cheap alternative, of course, is that men like Macron encourage everybody to take the time to enjoy the thrill of a flattering mirror, and the magic that comes with a really good mattifier.

It's not that men like Macron or children like Smith's daughter shouldn't care about how they look, though the arguments that have bubbled up around them have sought to debate that point. The service these arguments have provided instead is that they've opened a window into the twitchiness so many have about vanity, and what is correct.

There are seas and oceans between enjoying the sport of painting your face, and the dangerous pursuit of perfection or even "normality", and I write this having dabbled in both, my face having caused me such anxiety in the past that I've cancelled plans, not wanting to be seen. And now having grown older and busier, and formed whole personalities around eyeliner, time spent in front of the mirror with a make-up bag, while sometimes frustrating, is largely jolly and joyful, and pockmarked with nostalgia.

It's not nothing, the time spent looking at ourselves. It has value. Whether that's €10,000 a month I can't say, but I do know vanity is not simple, and making-up is not wasted time. The danger is in the risk of falling into the mirror as if a deep lake, and drowning for a little while.

Task 1. Answer the following questions based on the article you've just read:

1. Why isn't the amount of money Emmanuel Macron spends monthly on make-up surprising in author's opinion?
2. What is the real problem with vanity?
3. What is the simile the author uses to characterize male vanity?
4. What does the author parallel vanity in act with?

5. How were the words of Zadie Smith misunderstood?
6. Why does the author think they were misunderstood?
7. What were her actual words to her daughter?
8. What is the real debate behind the two contrasting points of view expressed by Macron and Smith in author's opinion?
9. What is the author's attitude towards vanity and time spent in front of the mirror? Do you share her point of view?

Task 2. Give the Ukrainian equivalents of the following phrases:

To bubbled up; enjoy the thrill of a flattering mirror; pursuit of perfection; to point out the disparity; international outrage; cheap alternative; perfumed albatross; male vanity; the risk of falling into the mirror; flattering mirror; twitchiness.

Task 3. Case study: Research the life story of Emmanuel Macron. What is your attitude towards the speculations around his wife? Do you think she makes a good First Lady?

Task 4. Watch the video via this link and say what is the main message of the video <https://www.youtube.com/watch?v=v129rsjYGeI>

In your opinion, what values should influencers and trendsetters be translating to their audiences?

Task 5. Essay / discussion topic “How vain is not too much vain?”

Перелік питань для самоконтролю

1. Appearances. People's character.
2. Generations apart.
3. Lifestyles. Family life. Friendship.
4. Mass media.
5. Loneliness and companionship.
6. Laughter. Confidence lab.

IV курс

Unit 1. Growing concerns

Мета: знати вокабуляр на тему «Громадянські права і свободи»; про міжнародні договори щодо захисту прав людини, вміти: працювати з тематичним текстом загального характеру з метою пошуку необхідної інформації, обґрунтовувати, групувати, трансформувати власні думки в процесі написання твору-роздуму.

Теми для самостійної роботи:

1. Social problems.
2. Civil liberties.
3. Pensioner power.

4. Unemployment. Poverty.
5. Charity.
6. International issues.
7. Crime and the law.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Watch the video ‘Talking about Crime and Court’ <https://www.youtube.com/watch?v=AsoldrsX0Ig> and answer the questions:

1. What happened to one of the speakers?
2. What is a burglary? What is its equivalent?
3. How does the speaker know that his accommodation has been broken into?
4. Did the thieves take anything irreplaceable?
5. What did the police do?
6. What did they say?
7. What does it mean to be mugged?
8. How was the colleague rubbed?
9. What crime is usual for public transport?
10. What was John’s problem?
11. Explain the collocations ‘to be done for DUI’, ‘to get a driving ban’, ‘to do some community service’, ‘a speeding ticket’, ‘to have some points on smb’s license’
12. What is the difference between the words ‘to be arrested’ and ‘to be convicted’?
13. What does it mean ‘to be arrested for shoplifting’?
14. What is the difference between ‘magistrates’ court’ and ‘a full trial with a jury’?
15. What does it mean ‘to have a clear record’?
16. What is the best way to translate the sentence ‘She can get off with a slap on the wrist’?

Task 2. Read and translate the article <https://www.legalmatch.com/law-library/article/what-are-the-different-types-of-crimes.html>

What Are the Different Types of Crimes?

There are many different crimes, and what exactly constitutes a crime may vary from state to state. In general, crimes may be categorized into four broad categories. These categories are personal crimes, property crimes, inchoate crimes, and statutory crimes.

Personal crimes are most commonly generalized as a violent crime that causes physical, emotional, or psychological harm to the victim. These crimes are offenses against the person, and can include but are not limited to:

Assault and Battery: Assault refers to the intentional creation of a reasonable apprehension of harm. In other words, assault is a situation in which one person causes another person to fear being harmed. Assault and battery are most commonly considered two distinct personal crimes, although many states do merge the two crimes into the one crime known as “assault and battery.”

Battery refers to the unauthorized application of force against another person’s body. This results in offensive touching, or actual physical injury. As some jurisdictions define assault as attempted but failed battery, battery charges are commonly grouped with assault to form the single charge of assault and battery;

False Imprisonment: False imprisonment refers to one person forcibly restraining another person, against their will, with a risk of being seriously injured or killed. Any person who intentionally restricts another person’s freedom or movement, without their consent, may be liable for false imprisonment;

Kidnapping: Kidnapping is defined as the carrying away or confinement of a person by force or deception, without that person’s consent. In other words, kidnapping is the seizure and detention of a person without their consent, while intending to carry away the person at a later time, hold the person for ransom, etc;

Homicide: Homicide includes crimes such as first and second degree murder, involuntary manslaughter, and vehicular homicide;

Rape: Rape also includes statutory rape and sexual assault.

Property crimes, or offenses against property, do not necessarily involve the harm of another person. Rather, these crimes involve interference with another person’s right to use or enjoy their own property. Some examples of property crimes include but are not limited to:

Theft: Larceny refers to a type of theft in which a person takes another person’s property and carries it away, with the intent to permanently deprive the legal owner of their property. Robbery is known as theft by force, and may also be considered a personal crime as it often results in physical and mental harm. Burglary occurs when a person breaks and enters into a home or building, intending to commit a crime. This crime is generally theft, although assault or arson may also constitute burglary;

Arson: Arson is the willful and malicious burning or charring of another person's property or structure;

White Collar Crimes: Embezzlement refers to a type of white collar crime in which a person entrusted with the finances of another person or business illegally takes that money for their own personal use. Forgery is another example of a white collar property crime, because it is the creation, alteration, forging, or imitation of any document with the intent to defraud another person of their property;

False Pretenses: False pretenses refers to a combination of fraud and larceny, in which a person misrepresents in order to obtain the property of another;

Receipt of Stolen Goods: It is a crime to receive or purchase property that you know or believe to be stolen, or otherwise obtained through theft.

Inchoate, or incomplete, refers to crimes that were initiated but not brought to completion. A person would need to take a substantial step towards completing a crime, as opposed to simply intending to commit a crime. A few examples of inchoate crimes include:

“**Attempted**” crimes, such as attempted robbery, attempted murder, etc.;

Solicitation: Crimes involving requesting, asking, hiring, commanding, or encouraging someone else to commit a crime; and

Conspiracy: Crimes involving multiple actors coming together to engage in criminal activity.

Statutory crimes are violations of specific state or federal statutes. They may involve either property offenses or personal offenses. An example of this would be alcohol related crimes, such as DUI or selling alcohol to a minor.

Task 3. Suggest the Ukrainian equivalents of the highlighted crimes mentioned in the article.

Task 4. Read the post ‘Vocabulary related to Crime’
<https://www.englishlessonviaskype.com/crime-and-punishment-vocabulary/>

A ROBBERY takes place when someone (a robber) enters a property that is not his/hers and takes something (cash, paintings, jewellery and other items).

A ROBBER (the person) usually breaks in (gains access illegally to a building, house office or apartment) and robs (the verb to rob) items as I have described.

Many centuries ago there were “highway Robbers” travelling across England on horseback where they would rob the stagecoach usually occupied by well off (wealthy) travellers.

A BREAK IN to our home or office is also referred to as BURGLARY and the BURGLAR is the criminal.

MUGGING is where an individual is attacked in the street and robbed of his possessions he is carrying. These usually consist of jewellery like rings and watches, cash, credit cards and mobile phones.

The MUGGER (person who commits the crime) may or may not use violence. The victim is then said to have been MUGGED or robbed.

ASSAULT

This word is usually used to describe when a person is attacked in their home or work place or in the street by a person referred to as the ASSAILANT. The attack may be an unprovoked attack (not planned or carried out for a particular reason). The reason is not usually to take possessions but purely to inflict harm or injury on the VICTIM (the person assaulted).

SHOPLIFTING

Not seen as a really serious crime as people are seldom injured, shoplifting is when an individual deliberately takes something from a shop without paying for the goods. This is typically food or clothing that is concealed (hidden) in a bag or a coat to avoid being detected (seen) by a security guard or shop assistant. The SHOPLIFTERS (those carrying out the crime) are often young adolescents (teenagers) but not always.

PICKPOCKETING

A well known crime which is highlighted in many old novels. This occurs when someone unknown to you casually (in a relaxed way) is able to steal (take without your knowledge) a purse or wallet from your coat or pockets whilst standing beside or behind you. This often takes place in a busy street where people are constantly bumping into each other. The PICKPOCKET (criminal) mixes with the crowd in shops and train stations trying to identify an unsuspecting (innocent) victim.

MURDER

This is of course the most serious of all crimes. People are regrettably murdered every day.

Some people die accidentally in car accidents so they are KILLED not murdered.

When someone is murdered it is usually deliberate (intentional). For example, shot by an armed robber or attacked in the street. However, if someone dies from an attack but it was not intended to kill that person then the murderer/killer is likely to be charged with MANSLAUGHTER which is a lesser charge.

FRAUD

This has been a crime throughout the centuries and usually associated with money or valuable paintings or jewellery. The FRAUDSTER (criminal) attempts to get someone's money or valuables. This in the case of a painting can be attempted by trying to replace the original painting with a copy (forgery).

Today, fraud is now a big issue because of internet crimes so people are trying to find ways to access our personal details and bank accounts on-line and rob us without having to physically break in to our homes or offices.

Other crimes include ARSON where someone deliberately sets fire to buildings or forests

and BLACKMAIL where the criminal (BLACKMAILER) tries to get money for you in exchange for not divulging (releasing) very private information that may damage your reputation (personal photo's or details perhaps of some affair).

So there are many ways to describe different types of crime as we have seen: Burglary, Robbery, Mugging, Shoplifting but the unfortunate person is usually only referred to as a victim. A VICTIM OF CRIME.

Once the criminal is apprehended (caught by the police) then the process is often a long one involving months or years before he/she is brought before the courts, put on trial (in front of a Judge and a Jury) and if/when found guilty sentenced (what prison term he /she will get) and sent to jail.

A JURY is a group of citizens (usually no more than 12 men and women) who are picked randomly and listen to the evidence presented and directed (helped by) by the judge, decide based on the evidence they hear whether the accused is guilty of the crime.

For lesser crimes like shoplifting and petty crimes (damage to public property) the OFFENDER (often youngsters) may get COMMUNITY SERVICE (working some hours in the community instead of a prison sentence). This could involve cleaning the streets or painting public property or helping deliver meals to the elderly.

Other criminals can be put on PROBATION (released from prison) for a period of months or years. They can live at home and will not go to prison provided they do not carry out any criminal activity for the probation period. In recent years some countries have introduced ELECTRONIC TAGGING (a tag like a watch or electronic gadget) of these type of criminals so the police can track (study) their movements and they may be restricted from leaving their home between 7 pm in the evening and 7 am in the morning.

Fill in the table:

Crime	Criminal	Punishment
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Task 5. Give the equivalents for the statements:

1. He was accused of committing a crime.
2. He was charged with committing the crime.
3. He was sent forward for a trial or put on trial.
4. He was found guilty.
5. He is sentenced by the Judge or the Judge passes sentence.
6. He will serve his time.
7. He was acquitted of the charges.
8. He was released on probation.
9. The sentence for the crime is quashed (new evidence comes up)
10. Following an appeal by his lawyers he is deemed (believed) not to have committed the crime and released immediately.

Task 6. Listen to the song ‘Breaking the Law’
<https://www.youtube.com/watch?v=L397TWLwrUU>.

Translate its lyrics. Write a 120-word essay on the following topic “Why do people break the law?”

Перелік питань для самоконтролю

1. Social problems.
2. Civil liberties.

3. Pensioner power.
4. Unemployment. Poverty.
5. Charity.
6. International issues.
7. Crime and the law.

Unit 2. Science and technology

Мета: знати вокабуляр на тему «Науково-технологічні досягнення та розробки»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах.

Теми для самостійної роботи:

1. Technological advances in the modern world.
2. Computers and Internet.
3. Artificial intelligence.
4. Technology in everyday life.
5. Social media.
6. Space travel.
7. Tools. Parts of devices.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Read and translate the article ‘The Digital Era: The new era of human-machine relationships’ by Georgina Makri (April 26, 2020)
<https://www.delltechnologies.com/en-It/blog/the-digital-era-the-new-era-of-human-machine-relationships/>

Who would have imagined that remote working would be a reality from one day to another, only a few months after we entered the new decade? When I start thinking about writing this article, I had in mind that we are getting closer to an entirely new chapter in human history, one that will see humans and machines closer than ever in every aspect of modern living. It seems that we stepped into this new chapter. Change is unavoidable for every organization that wants to keep up with the pace of the new reality. Digital transformation is not to be postponed anymore. On the contrary, we should embrace it to build a better future.

It seems that every organization is now embracing the “Remote” aspect of technology. From Remote Working to Distant Learning, Virtual Conferences and a great shift of the budget to digital tools, we now have to rely on technology more

than ever. The significant growth of digital technology and the rise of new emerging technologies multiply the capabilities of systems and increase the dependency of humans on machines. We tend to consider it inevitable, as a statement from our Human-Machine Partnerships blog: “As technology’s power multiples 10x every five years, so will our reliance on technology”.

Let’s examine this argument from the standpoint of a new generation of people – younger than me- that have grown up immersed in digital technology, young men, and women that are just coming out from lower education, ready to enter higher education and the workforce. People with so much vitality, dreams, and aspirations, but also “plugged-in” 24/7, never have known a world without the Internet and having real trouble living without their smartphone. These digital natives are the future citizens of the world, but also the “netizens”, the individuals that will leave their digital footprint all over, what is traditionally called the “cyberspace”.

This generation, and the ones to come after them, will be the real heirs of the world we’re preparing for them today. This future is a little difficult to see because we don’t know to what extent the technology will be capable of achieving, even 10 years from now. We are just scratching the surface of the vast possibilities of a truly seamless system of data management, and we haven’t yet seen their applications in our everyday lives. We can predict powerful AI assistants that will anticipate our needs from our behavioral patterns and enhance our entertainment, our shopping, our traveling, our work, our transportation. They will help our home management, promote healthier lifestyles, and help us prevent health issues. Intelligent systems will also help us make more informed business decisions, derive useful insights from vast amounts of user-driven data to help us understand our customers’ needs while serving them better content (if fed with bias-free data); Thus, with the help of AI we will be better prepared to serve them.

The help of the new technology in our lives will reshape the reality as we know it. Ubiquitous computational devices hidden in plain sight with the form of micro-sensors and smart networks will run “intelligent” cities and grow “intelligent” crops. At the same time, a new breed of supercomputers will bring us closer to tackling big issues like climate change and combating large scale epidemics and dangerous diseases. At the same time, new materials and advanced manufacturing and fabricating methods will spawn brilliant new applications in artificial organs and enhancements of human bodies, helping the impaired people enjoy the simple things in life, restoring their physical abilities.

During all these exciting prospects, we shouldn’t forget that technology must be governed and guided to serve humans. That’s why human guidance will always be imperative to all human-machine relationships, and along with purely technical terms, we should also consider the ethical and societal impact of our innovations.

During the last decades, it seems that countless predictions failed to be materialized. However, it is also evident that this is the first decade in our history, we are closer to an interconnected world with more and more people having access to the same fundamental technologies and information. It is now on us to work together to use this for our common benefit and progress, taking into consideration the risks and advantages of each innovation.

Task 2. Answer the following questions based on the article you have just read:

1. What does 'remote working' mean?
2. How did it lead to other forms of human communication?
3. What does it mean to be 'plugged in' 24/7?
4. Do you agree that 'The help of the new technology in our lives will reshape the reality as we know it'?
5. How can we govern and guide technology to serve humans?
6. What are the risks and advantages of techno-society?

Task 3. Case study: make up a questionnaire and conduct a survey on tech-savvy and technophobic people in today's society. You might focus on age, gender, religion, education issues.

Task 4. Watch the video 'What is Artificial Intelligence' <https://www.youtube.com/watch?v=oV74Najm6Nc> and write an extended plan of the video.

Task 5. Case study: Surf the Net and make a promo of three smart gadgets on offer. Focus on their functions and utility.

Task 6. Essay / discussion topic "Is Artificial Intelligence a Threat to Human Intelligence?"

Перелік питань для самоконтролю

1. Technological advances in the modern world.
2. Computers and Internet.
3. Artificial intelligence.
4. Technology in everyday life.
5. Social media.
6. Space travel.
7. Tools. Parts of devices.

Unit 3. A Job Well Done

Мета: знати нові лексичні та фразеологічні одиниці, що зустрілися у матеріалі для читання; вміти: аналізувати основні інтенції автора тексту; проводити стилістичний аналіз твору; вести плідну дискусію.

Теми для самостійної роботи:

1. Jobs, work and workplaces.
2. Job interview. CV.
3. Setting up a business.
4. Working environments.
5. Work-life balance.
6. Male and female jobs.
7. Losing a job.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Read and translate an article on ‘How to overcome challenges in a new job’ <https://www.expertrons.com/how-to-overcome-challenges/>

Starting a new job can be *an overwhelming experience*. Stress, anxiety and pressure are a part and parcel of the new job. There are always going to be some new challenges for you to face.

But, if you know how to overcome challenges in your new job, and work through them, you are on your way to becoming a stronger and confident employee.

Best suggestion on *How to overcome challenges*:

Start by saying ‘I can’ instead of ‘I can’t’:

When you face an overwhelming challenge, you may think that it’s simpler to stay away and say: “I can’t”. Instead, view it optimistically and say that you CAN do it.

Tackle the challenge head-on.

Show yourself that you can learn new things from such *hurdles* and develop. Prove to yourself and others that you have what it takes to win.

Stay Calm in a heated situation:

Every company has a different management style, and due to this, sometimes a situation with conflicting views can become heated. In such *workplace issues*, it can become difficult *to take stock of your emotions*.

It is vital to keep a level head, remain professional and courteous to your colleagues, and prevent the situation from *escalating*. It is alright to have a different opinion than your colleagues, but that should not affect your bond with them.

Learn to accept your mistakes:

You are new to this job. Not everything is bound to go your way. Making mistakes is a part of learning. Instead of arguing with your colleagues, thus making this professional challenge more *daunting*, just take a step back.

Listen to their reasoning and review your work again, according to their feedback. Always stay humble and open to suggestions, in challenging situations like these.

Avoid dwelling on your mistakes:

Some mistakes are unavoidable when you are a *newbie*. But *dwelling on* them won't benefit anyone. Instead, shift your focus and *proactively look for solutions* on how to overcome the next problem.

Learn from your mistakes and make sure that you are better equipped to deal with them in the future.

Divide and conquer:

If the challenge you are facing is too big, then attempting to do it in one go is a mistake. The only way to overcome this challenge is to divide and conquer.

Divide the challenge into smaller tasks and start finding solutions for each respectively. Eventually, you find enough pieces to string together the whole solution. Every challenge is an opportunity for progress and can help you grow in the organization if you let them. These challenges allow you to level up and learn to tackle the everyday unpredictability of office life.

Challenges have a way of *knocking out your workflow*, but if you stand determined and confident they can help you cement yourself.

Task 2. Give the Ukrainian equivalents of the following phrases:

an overwhelming experience; to overcome challenges; tackle the challenge head-on; hurdles; workplace issues; to take stock of your emotions; escalating; daunting; newbie; dwelling on; proactively look for solutions; knocking out your workflow.

Task 3. Case study: read an article 'Career that will be in DEMAND for Next 10 Years' <https://www.expertrons.com/career-in-demand-for-next-ten-years/>.

Research the topic and explore the career path you might be following. Comment on the possible options for your future job.

No career is expected to be in demand forever. As it is said "necessity is the mother of invention," as a specific need emerges, new inventions/positions are engendered. Almost a decade ago software engineers were in great demand but today the scenario is not the same.

There are numerous unemployed individuals with an engineering degrees. It is very important to do thorough research about your desired field before taking any concrete steps towards it. You should be aware of the longevity of the field within the ambit of upcoming contemporary scenarios. Following are the career options that have a bright future in the market for the upcoming years.

Data Scientist – This field has witnessed a significant amount of growth in contemporary times. A data scientist deals with collecting, analyzing and interpreting an extremely large amount of data.

This role is an offshoot of several traditional technical roles, including mathematician, scientist, statistician and computer professional. It is regarded as an

integral facet responsible for the growth of a company. Data scientists are paid generously and this field holds immense potential in the upcoming years.

Health Care Practitioner – The growth of the healthcare industry works coherently with the human race and is expected to grow with each passing year. From a physician, surgeon, dentist, optometrist, podiatric physician, chiropractor, resident or intern to any registered nurse, all these professions hold a significant position in the list of competent career profiles for the upcoming years.

With the escalating amount of health issues observed in the population, healthcare practitioners will certainly gain more value. The people in this industry earn a tremendous amount of money.

Sports Therapists – Millennials are very conscious about their appearance, especially their physique. Nowadays, They prefer to hit the 24-hour gyms over nightclubs. So, there is a growing need for personalized and certified trainers to help them crunch their cores.

Most in-demand trainers are Sports Therapists to ease strained hammies and Nutritionists to advise on which protein shakes to gulp down, how to maintain a perfect diet and more.

Psychiatrist – Mental illness is something that has been around us for a long time but was considered taboo and not addressed efficiently. With the emerging awareness, people are ready to accept, understand and face it. This is where a psychiatrist comes into play.

A psychiatrist is a medical doctor who specializes in mental health. He understands and finds a connection between both physical and mental conditions. Psychiatrists train at medical schools before starting with their psychiatry training. It is equally challenging as any other medical field and is considered a rewarding profession.

Choosing your career is a very crucial and challenging decision that needs detailed research. For all the help you need regarding your career and related challenges.

Task 4. Watch a video on how to pass a job interview
<https://www.youtube.com/watch?v=KCm6JVtoRdo>. Jot down key phrases to every part of the interview.

Answer the similar questions about yourself.

1. How was your journey?
2. Tell us about yourself.
3. Why do you want to work here?
4. What experience do you have?
5. What makes a good team?
6. Tell me about a time when worked as part of a team.
7. How would you deal conflict with a co-worker?
8. How do you handle stress and pressure?
9. What is your biggest weakness?
10. Why did you leave your last job?
11. Why should we hire you?
12. What are your salary expectations?
13. Do you have any questions for us?

Task 5. Discussion topic ‘What does it take to make the right career choice?’

Перелік питань для самоконтролю

1. Jobs, work and workplaces.
2. Job interview. CV.
3. Setting up a business.
4. Working environments.
5. Work-life balance.
6. Male and female jobs.
7. Losing a job.

Unit 4. Fit for life

Мета: знати вокабуляр на тему «Спорт. Фізична активність»; види фітнесу та фізичних вправ, різновиди спорту, вміти: будувати ініціативну та реактивну репліки діалогічної єдності із заданої тематики, вести діалог «тренер-клієнт».

Теми для самостійної роботи:

1. Health problems.
2. Treatments.
3. Making appointments.
4. Fitness, sport and exercise.
5. Inversion. Emphatic constructions.
6. Medicine. Its history and present.
7. Types of health.
8. Health literacy.
9. Healthy and unhealthy choices.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Watch the video ‘How to get fit without going to the gym

<https://www.youtube.com/watch?v=erAZPKxLiXw>

and write down the names of the exercises mentioned in the video and the effect they produce.

Task 2. Read and translate the article ‘The Evolution of Home Fitness’ by B. Lufkin

<https://www.bbc.com/worklife/article/20200504-covid-19-update-quarantine-home-workouts-during-coronavirus>

Covid-19 has forced us to exercise indoors. But home fitness has been shaping our lives for decades.

Most people remember their first encounter with home fitness. As a kid in the early ‘90s, I remember waking up extra early at the weekends to watch a TV programme called ‘Mousercise’, a Disney show with aerobics instructors in full Mickey and Minnie costumes teaching kids calisthenics. I was far too lazy to participate, but was fascinated by the spectacle nonetheless.

For those born slightly earlier, home fitness might be defined by memories of Jane Fonda grapevining across their TV screen in legwarmers, while for others it might be taking their inaugural steps on that weird-looking contraption known as a treadmill.

At first, mostly geared toward women

Exercising has been around for a long time; yoga in India, tai chi in China and Olympic training in Greece go back thousands of years, for example. But ‘fitness’ as we know it today is a relatively new construct, not even 200 years old. One of the earliest examples comes from an illustrated guidebook written in 1861 in Victorian England, which shows women in petticoats and men in neckties exercising different muscle groups. The idea for the daily regimen came from Gustav Ernst, an orthopaedic machinist in London who invented the portable home gym, a device made of mahogany boards, cords, weights and pulleys.

In those pre-transport days, people had more exercise built organically into their day. Gyms were rare; those that existed were almost exclusively frequented by men and “weren’t places where you’d be proud to be seen”, says Natalia Mehlman Petrzela, an associate professor of history at The New School in New York City who’s writing a book about the fitness industry. “They were seen as kind of seedy places where lowlifes would hang out.” And while people (mostly men) played sports, getting sweaty on purpose for health or appearance just wasn’t something most people did.

Home fitness as we know it in the West started to appear sometime after World War Two, with the US behind many of the trends that subsequently swept the globe. Many Americans had bigger homes after the war, plus a huge technological

innovation: the television. The economy was booming, young married couples moved to suburbs, people were driving more and public health concerns about obesity started to emerge.

Trends towards open-plan living and technological developments fueled appetite for staying healthy, conveniently, at home – James Stark

“Trends towards open-plan living and technological developments... fueled appetite for staying healthy, conveniently, at home,” says James Stark, associate professor of medical humanities at the University of Leeds in England. Traditionally, men went off to work each day while women stayed at home to do housework. These women became the main target for the nascent home fitness industry, with fitness promoted to them as a key element of their beauty routine.

“A lot of television shows at this time wanted to help women do the tasks required of them,” says Katie Rose Hejtmanek, an associate professor of anthropology at Brooklyn College in New York who specialises in fitness and sport studies. And part of that was the idea that “women needed to maintain their slender physiques” for their husbands.

In 1951, fitness guru Jack LaLanne began broadcasting an exercise TV show largely geared towards housewives: a one-man programme in which he demonstrated exercises like side bends and leg lifts or hangover-curing aerobics set to carnival-like organ music. Targeting this white, middle-class, female audience marked a turning point. Before long, home catalogues and TV adverts followed the cash by offering products and more shows for these beauty-oriented consumers with both time and money.

“With the women exercising at home for Jack LaLanne, it was just a beauty standard: ‘OK, I gotta get this over with, check the box, and then I can go have my martini and my cigarette’,” says Hejtmanek.

TV, gadgets and the gym

Products promising quick fitness fixes and effortless ways to shed pounds have long been a part of the health industry, and in these early days in the 1950s and ‘60s they were heavily aimed at this same demographic.

There were so-called “slim suits” and “sauna suits”: imagine a vinyl full-body jumpsuit that purportedly made you sweat even more while exercising, supposedly making you lose weight faster as you did toe touches in your living room. (They still

exist to this day.) And there were, of course, the vibrating belts you'd strap around your thighs or bottom to jiggle the fat away. Even the classic hula hoop was originally sold as exercise equipment; over 100 million were sold in the first six months after the product's release in 1958.

There's a "broad social embrace of fitness as something we should be doing, even in our downtime, even when we're at home and theoretically supposed to be relaxing" – Natalia Mehlman Petrzela

Over the next two decades, personal fitness began moving outside the home and took on a more strenuous tone with the advent of jogging culture. "Exercise and fitness became a lifestyle," Hejtmanek says, and one that came with a new wardrobe – think leggings, headbands, tank tops and leg warmers. Gyms began opening; bright destinations offering mirrors and group classes, often connected to the offices of big corporations to lure in yuppies.

Then the world of fitness was reshaped by another key technological innovation: the VHS video tape. American actress Jane Fonda stormed onto the scene in 1982 with her Jane Fonda's Workout video tape which, again, targeted women at home. Over the decade, that tape sold 17 million copies around the world and triggered several follow-up series. Along with the growing popularity of fitness clubs, Petrzela says that the fitness industry was "booming on all fronts".

"VHS technology is a very big deal because it allows people to have these exercises on what we would now think of as on-demand. It also makes exercise more of an international phenomenon because these VHS tapes can be sent all over the world, which makes the US, in a lot of ways, a kind of headquarters of fitness culture," she says.

An avalanche of tapes and TV workout programmes followed Fonda's success, launching careers for fitness personalities like Richard Simmons in the US or Mr Motivator in the UK (who is enjoying a resurgence in the coronavirus era). Other celebrities also followed Fonda's lead; Australian model Elle MacPherson released "The Body" workout video, while US actress Suzanne Somers came up with the Thighmaster, designed to beef up leg muscles on the sofa while watching TV. Working out at home was now "connected to Hollywood culture", which strengthened its appeal, Petrzela says.

Next came the home gym. These expensive machines – like Nordic Track's in-home treadmills, ellipticals or stationary bikes – filled home basements across the world

in the 1990s. There were still goofy products – think the Shake Weight, or electric “ab stimulators” you affix to your bare tummy that are supposed to vibrate your gut into a six pack. But deluxe 10-in-one exercise machines, like the ones you’d see at a gym, let people take home fitness more seriously. And all these products served to promote the idea that we should be maximising time and self-improvement.

Nowadays, the fitness and wellness industry “is now a burden in all of our realms” – Katie Rose Hejtmanek. “They speak to, I think, both a broad social embrace of fitness as something we should be doing, even in our downtime, even when we’re at home and theoretically supposed to be relaxing,” says Petrzela. “And they also prey on these insecurities: that if we’re not constantly working to be more healthy and to be more attractive and spending money on those pursuits, that there’s something wrong with us.”

The internet and age of Covid-19

Which brings us to today. Spandex-clad actors in VHS tapes have been replaced with fitness influencers on social media platforms like Instagram, many of whom endorse the same kind of “lose weight fast” dietary supplements or exercise gadgets that the fitness industry always has.

Except now, we largely call it the “wellness industry”. Working out isn’t just about staying in shape; the lines between fitness and the self-help movement have become blurred. “We need exercise not just as a beauty regimen now, and not just as a heart and health situation, now we need to do it for our mental health. This is now a burden in all of our realms,” says Hejtmanek.

And offerings have become even more complex, with “cult-like” group exercise phenomena like SoulCycle, “mindfulness” classes that mix yoga, aromatherapy and soundscapes, and luxury gyms like Equinox offering additional services like childcare and workspaces.

But that was pre-Covid. Now, with gyms closed and outings comprehensively curtailed, we’re all innovating; fitness instructors have been quick to move online, yoga classes have taken to Zoom, and sales of exercise equipment and downloads of fitness apps are all on the rise. Between January and March in the US, for example, sales of fitness equipment shot up 55% as lockdowns began to be activated. Some gyms are even introducing “foster” programmes for their equipment during the pandemic – lending out machines to members for a fee.

Stark, the University of Leeds professor, thinks it's too early to tell whether coronavirus could lead to a new home workout boom. He thinks the new online classes tap into something that didn't exist in home fitness before, but believes that the lure of the gym may prove stronger in the long term.

“Gyms fulfil quite a different social role. They are places where exercises done by individuals can be communal and competitive,” he says. “When the lockdown is phased out and then ends, it is much more likely that people will flock back to gyms and sports fields to recapture the vital social, human contact which is also integral to exercise for so many.”

Task 3. Brainstorming: analyze your lifestyle features and decide which of the mentioned in the article methods could be most welcome or absolutely impossible for you. Explain your viewpoint.

Task 4. Case study: Watch the video on Health and Lifestyle

<https://www.youtube.com/watch?v=wva1rclob1g>. Write down the words and phrases used in the video and make a list of the recommendations for living a healthy lifestyle. Reason your choice.

Task 5. Write a 150-word essay on the topic ‘What it takes to be a fitness enthusiast?’

Перелік питань для самоконтролю

1. Health problems.
2. Treatments.
3. Making appointments.
4. Fitness, sport and exercise.
5. Inversion. Emphatic constructions.
6. Medicine. Its history and present.
7. Types of health.
8. Health literacy.

Unit 5. Live and learn

Мета: знати вокабуляр на тему «Навчання»; вміти: будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах.

Теми для самостійної роботи:

1. Study methods. Subjects.
2. The most prestigious universities in the world.
3. Qualifications world-wide.
4. Exchange programmes.
5. Education idioms. Describing similarities / differences.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Read and translate the article ‘The Open University’
<https://www.futurelearn.com/partners/the-open-university>

The Open University (OU) is the largest academic institution in the UK and a world leader in flexible distance learning.

Since it began in 1969, the OU has taught more than 1.8 million students and has almost 220,000 current students, including more than 15,000 overseas. The Open University is rated one of the best in the UK for student satisfaction in the National Student Survey. The OU is one of only four UK universities to have consistently achieved more than 90% in the survey's history. Over 70% of students are in full-time or part-time employment, and four out of five FTSE 100 companies have sponsored staff to take OU courses.

The UK's latest Research Excellence Framework exercise (REF 2014) places The Open University in the top third of UK higher education institutions by ‘research power’ ranking. 72% of OU research submitted was assessed as world-leading or internationally excellent.

Regarded as Britain's major e-learning institution, the OU is a world leader in developing technology to increase access to education on a global scale. Its vast ‘open content portfolio’ includes free study units on OpenLearn, which has had more than 26.7 million visits, and materials on iTunes U, which has recorded more than 60 million downloads. The OU has a 41 year partnership with the BBC which has moved from late-night lectures in the 1970s to prime-time programmes such as Frozen Planet, Bang Goes the Theory, James May's Big Ideas and The Money Programme.

Task2. Read the article on

<https://www.distancelearningportal.com/articles/236/what-are-open-universities-and-should-i-study-online-at-one-in-2021.html> and write a similar article of your own promoting or criticizing the type of institution. Use the following phrases:

to advance your knowledge and skills; to have formal academic qualifications; to apply to a traditional university; to study an online degree; to give an overview of key aspects; the right choice for your development; to offer degrees; no entry

requirements; study options; distance learning studies; to be taught fully online; to offer equal opportunities; to develop abilities; to improve a level of education; to retrain for a new career; to become eligible for pursuing a typical university degree; to fulfil admission criteria; to offer degree diplomas; an open-door academic policy; to make higher education accessible for everyone; to attend classes on campus; to go through a screening process; to have specific services for disabled people; at their own time and pace; no age limits; no prior education requirement' to fulfil the course requirements.

Task 3. Listen to the song <https://www.youtube.com/watch?v=3gPBmDptqlQ>.

Translate the lyrics of the song into Ukrainian.

Live & Learn

Crush 40

Can you feel life moving through your mind

Looks like it came back for more - yeah

Can you feel time slipping down your spine

You try and try to ignore, yeah

But you can hardly swallow

Your fears and pain

When you can't help but follow

It puts you right back where you came

Live and learn

Hangin' on to the edge of tomorrow

Live and learn

From the works of yesterday

Live and learn

If you beg or if you borrow

Live and learn

You may never find your way

Can you feel life tangle you up inside (yeah!)

And now your face down on the floor, oh

But you can't save your sorrow

You've paid in trade

When you can't help but follow

It puts you right back where you came

Live and learn

Hangin' on to the edge of tomorrow

Live and learn

From the works of yesterday

Live and learn

If you beg or if you borrow

Live and learn
 You may never find your way
 There's a face searching far, so far and wide
 There's a place where you dreamed you'd never find
 Hold on to what if...
 Hold on to what if...
 Live and learn
 Hangin' on to the edge of tomorrow
 Live and learn
 From the works of yesterday
 Live and learn
 If you beg or if you borrow
 Live and learn
 You may never find your way
 Live and learn
 Hangin' on to the edge of tomorrow
 Live and learn
 From the works of yesterday
 Live and learn
 If you beg or if you borrow
 Live and learn
 You may never find your way
 Live and learn
 Yeah, yeah, yeah, yeah, yeah
 Live and learn
 Yeah, yeah, yeah, yeah, yeah

Task 4. Brainstorming. Think of the reasons for studying. Rate them as 1 – most important for me, 10 – least important. Explain your viewpoint.

Task 5. Read the review of H. Gardner MI Theory (<https://web.cortland.edu/andersmd/learning/mi%20theory.htm>). Comment on its ideas in a 250-word essay: ‘All human beings possess intelligences?’

Перелік питань для самоконтролю

1. Study methods. Subjects.
2. The most prestigious universities in the world.
3. Qualifications world-wide.
4. Exchange programmes.
5. Education idioms. Describing similarities / differences.

Unit 6. The image business

Мета: знати лексичні та фразеологічні одиниці на тему «Мода», вміти: застосовувати активний вокабуляр у вербальній взаємодії, будувати ініціативну та реактивну репліки діалогічної єдності, застосувати мовні одиниці активного словника у комунікативних контекстах.

Теми для самостійної роботи:

1. Fashion industry.
2. Image making. Looks.
3. Cinematography.
4. Clothes.
5. The visual arts.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Read and translate the article ‘9 Reasons Why Your Image is Everything’ <https://www.businessinsider.com/why-your-image-is-everything-12-2011>

Branding matters, and that rings true for both companies and individuals.

The way you present yourself has a profound impact on your career. And it's not just your body language or how you dress, the Internet has presented folks with countless new ways to bolster their personal brand – or completely ruin it.

Social networks, YouTube, blogs and other online tools help us project things out into the world with ease, but putting yourself out there so prominently makes it easier for people -- and potential employers -- to judge you by your cover. We've compiled nine reasons why your image is incredibly important. Take a look:

First impressions matter.

It takes 0.1 seconds to form a lasting impression of a stranger.

A series of experiments by Princeton psychologists Janine Willis and Alexander Todorov reveal that it takes less than a second to form an impression of a stranger from their face, and that longer exposures don't significantly alter those impressions.

To make sure you put your best foot forward, know these statistically-driven ways to nail a first impression. In a recent survey, 45 percent of supervisors said they use social networks, like LinkedIn, Facebook, and Twitter, to screen job candidates. More employers are turning to the Internet when making hiring decisions. The year prior, that number was significantly lower (just 22 percent), says The New York Times.

A poor image could also get you fired.

8% of companies have fired employees for their behavior on Facebook and LinkedIn. 2009 study by Proofpoint, an Internet security firm, found that at companies with 1,000 or more employees, 17 percent reported having issues with employee's use of social media. Eight percent of those companies report having actually dismissed someone for their behavior on sites like Facebook and LinkedIn. That's double from last year, where just 4 percent reported having to fire someone over social media misuse.

If you are getting a divorce, Facebook profile pictures could be used against you. 20% of divorces involve Facebook. 80% of attorneys say they are seeing social networking evidence in their cases. Divorce lawyers openly admit to searching social networking sites for evidence of infidelity or wrong-doing in an effort to strengthen their case against an errant spouse.

Your online reputation could determine whether or not you get into college.

A survey of 500 top colleges found that 10% of admissions officers acknowledged looking at social-networking sites to evaluate applicants. According to a survey by education company Kaplan, of those colleges making use of the online information, 38 percent said that what they saw "negatively affected" their views of the applicant. Only one quarter of the schools checking the sites said their views were improved.

Your reputation could affect those who share your last name.

The families of celebrities, high-profile criminals and many others whose names are splashed across headlines often become media targets as well.

If the association is positive, great. However, it could take years before a negative association dies down, if ever.

57 percent of hiring managers say qualified but unattractive candidates are likely to have a harder time landing a job.

Studies show making the effort to look attractive could also boost your chances of being hired. Fifty-seven percent of hiring managers told Newsweek that qualified but unattractive candidates are likely to have a harder time landing a job, while more than half advised spending as much time and money on "making sure they look attractive" as on perfecting a résumé.

When ranking employee attributes in order of importance, managers placed looks above education: of nine character traits, it came in third, below experience (No. 1) and confidence (No. 2) but above "where a candidate went to school" (No. 4).

Beautiful people make 5% more than their homely counterparts.

You might not be able to do anything about your height, but you may still get paid more for looking good. Good-looking, slim, tall people tend to make more money

than their plain-Jane counterparts, reported CNN Money. Researchers found that beautiful people tend to earn five percent more an hour than their less comely colleagues.

Remember, if it's on the Internet, it could be there forever. What you say or do online (even behind "privacy walls") could end up living for decades on the Internet. The Internet never forgets. Unfortunately deleting an embarrassing video or photo might not be enough if the file has gone viral.

Task 2. Answer the questions to the article:

1. Does image matter? In what areas?
2. How do you form an impression about a stranger?
3. Do you take into account posts in social media to shape your impression on people? What exactly do you focus on?
4. What does it mean "to be a beautiful person"?
5. Why is reputation (un)important?

Task 3. Watch a video 'What is a Selfie and Who Invented it'

<https://fstoppers.com/documentary/what-selfie-and-who-invented-it-211681>

Give the synopsis of the video using the words:

Social networking, literally, to google smth, a selfie expert, to coin the term, a picture of yourself, to manipulate self-images, narcissistic selves, vanity.

Do you agree that we all invented selfie?

Task 4. Research. Read an excerpt from the article 'What Do #Selfies Say About The Psychology Of You?'

<https://mastersinpsychologyguide.com/articles/what-do-selfies-say-about-psychology-you/>. Find the evidence confirming or denying the ideas given in the article.

Selfies are popping up everywhere throughout the world of social media, and these days even some of the world's most popular celebrities are jumping on the bandwagon. While some people love them, others hate them, although they are still as popular as ever. Are selfies just a consequence of the fact that everyone has access to a camera or are they more than that? What exactly do selfies say about the people in front of the camera?

What Are People Thinking?

To understand selfies, people need to understand the motivations behind these pictures, along with the reasons why some of them tend to go viral and others don't. In a recent interview with a major publication, an editor of a well known website commented that there is a reason why people love selfies of humans and animals interacting. According to the editor, it is because pictures such as these display humankind at its very best. When interacting with animals in this way, humans are portrayed as selfless, kind and even courageous. These themes are common when it comes to pictures of people saving abandoned strays or even raising awareness about welfare issues. People want to believe in the kindness of humankind because they want to believe in their own goodness.

Finding fulfillment is another reason why the selfie has become such a focal point in people's lives. People take selfies of just about anything and everything they do in their lives and post pictures on social media sites where hundreds of people will see it. Only a couple of decades ago, people with that much exposure would have been considered celebrities. Many people believe that this generation is the one that was brought up on the idea that they are special, that they can achieve anything.

By the time this generation was out of college, it suddenly became clear that this might not be true and so they had to seek notoriety someplace else. The rise of social media was in perfect unison with these desires and so it became a portal through which ordinary people could accomplish the extraordinary with minimal amounts of effort.

What It Really Says About You

Social media sites were created to help people connect with each other, and many people use this excuse as the reasoning behind posting selfies of everything from the new pair of shoes they have purchased to their graduation photos. Why not share these events; after all, this is what social media is for, is it not? The same cannot be said for bad photos, however, since most people will admit that they would never share photos that make them look less than perfect. In fact, if many people had their way, they would hand pick every single picture that was posted to social media sites.

What does this say about what they are trying to achieve with their selfies, and ultimately, their real intentions? It quickly becomes clear that one thing many people are looking for via their selfies is a boost to their self esteem. From a psychological perspective, it quickly becomes clear that individuals are looking for an avenue to fulfill this need and they have found it on their social media page. Every like, share and positive comment is a boost to their confidence, and this works to fuel the desire for more selfies.

Task 5. Project. Watch the video on hashtags <https://www.youtube.com/watch?v=VA4PIUEdkBs> Prepare a brief presentation on any new image of contemporary society”.

Перелік питань для самоконтролю

1. Fashion industry.
2. Image making. Looks.
3. Cinematography.
4. Clothes.
5. The visual arts.

Unit 7. Shop around

Мета: знати вокабуляр на тему «Покупки. Замовлення», вміти: зробити усне і письмове замовлення певного товару; відреагувати в усній та письмовій формі на отримане замовлення.

Теми для самостійної роботи:

1. Shopping. Placing and confirming an order.
2. Shopping therapy.
3. Money. Finances.
4. Advertising.
5. Those crazy kids.

Рекомендовані джерела:

Основні: 4, 11, 12

Додаткові: 3, 8-9, 10-12

Інтернет: 7-10

Task 1. Read and translate the abridged article ‘How the world became consumerist’ by Kerry Higgs <https://www.bbc.com/future/article/20210120-how-the-world-became-consumerist?>’

From The MIT Press Reader

The notion of human beings as consumers first took shape before World War One, but became commonplace in America in the 1920s. Consumption is now frequently seen as our principal role in the world.

People, of course, have always "consumed" the necessities of life – food, shelter, clothing – and have always had to work to get them or have others work for them, but there was little economic motive for increased consumption among the mass of people before the 20th Century.

Quite the reverse: frugality and thrift were more appropriate to situations where survival rations were not guaranteed. Attempts to promote new fashions, harness the "propulsive power of envy," and boost sales multiplied in Britain in the late 18th Century. Here began the "slow unleashing of the acquisitive instincts," write historians Neil McKendrick, John Brewer, and J H Plumb in their influential book on the commercialisation of 18th-Century England, when the pursuit of opulence and display first extended beyond the very rich.

But, while poorer people might have acquired a very few useful household items – a skillet, perhaps, or an iron pot – the sumptuous clothing, furniture, and pottery of the era were still confined to a very small population.

At first, consumer goods were more likely to supply basic needs rather than luxury items.

Although the period after World War Two is often identified as the beginning of the immense eruption of consumption across the industrialised world, the historian William Leach locates its roots in the United States around the turn of the century.

In the US, existing shops were rapidly extended through the 1890s, mail-order shopping surged, and the new century saw massive multi-storey department stores covering millions of acres of selling space. Retailing was already passing decisively from small shopkeepers to corporate giants who had access to investment bankers and drew on assembly-line production of commodities, powered by fossil fuels. The traditional objective of making products for their self-evident usefulness was displaced by the goal of profit and the need for a machinery of enticement.

Release from the perils of famine and premature starvation was in place for most people in the industrialised world soon after WWI ended. US production was more than 12 times greater in 1920 than in 1860, while the population over the same period had increased by only a factor of three, suggesting just how much additional wealth was theoretically available. The labour struggles of the 19th Century had, without jeopardising the burgeoning productivity, gradually eroded the seven-day week of 14- and 16-hour days that was worked at the beginning of the Industrial Revolution in England. In the US in particular, economic growth had succeeded in providing basic security to the great majority of an entire population.

Even if a shorter working day became an acceptable strategy during the Great Depression, the economic system's orientation toward profit and its bias toward

growth made such a trajectory unpalatable to most captains of industry and the economists who theorised their successes. If profit and growth were lagging, the system needed new impetus. The short depression of 1921–1922 led business leaders and economists in the US to fear that the immense productive powers created over the previous century had grown sufficiently to meet the basic needs of the entire population and had probably triggered a permanent crisis of overproduction. Prospects for further economic expansion were thought to look bleak.

In his classic 1928 book "Propaganda," Edward Bernays, one of the pioneers of the public relations industry, put it this way: "Mass production is profitable only if its rhythm can be maintained." He argued that business "cannot afford to wait until the public asks for its product; it must maintain constant touch, through advertising and propaganda... to assure itself the continuous demand which alone will make its costly plant profitable".

Edward Cowdrick, an economist who advised corporations on their management and industrial relations policies, called it "the new economic gospel of consumption", in which workers (people for whom durable possessions had rarely been a possibility) could be educated in the new "skills of consumption".

The non-settler European colonies were not regarded as viable venues for these new markets, since centuries of exploitation and impoverishment meant that few people there were able to pay. In the 1920s, the target consumer market to be nourished lay at home in the industrialised world. There, especially in the US, consumption continued to expand through the 1920s, though truncated by the Great Depression of 1929.

Electricity sparked a whole new wave of consumer product possibilities

This first wave of consumerism was short-lived. Predicated on debt, it took place in an economy mired in speculation and risky borrowing. US consumer credit rose to \$7 billion in the 1920s, with banks engaged in reckless lending of all kinds. While it was a lot less in gross terms than the burden of debt in the US in late 2008, the debt of the 1920s was very large, over 200% of the GDP of the time. In both eras, borrowed money bought unprecedented quantities of material goods on time payment and (these days) credit cards. The 1920s bonanza collapsed suddenly and catastrophically. In 2008, a similar unravelling began; its implications still remain unknown. In the case of the Great Depression of the 1930s, a war economy followed, so it was almost 20 years before mass consumption resumed any role in economic life – or in the way the economy was conceived.

The effect of media

Once WWII was over, consumer culture took off again throughout the developed world, partly fuelled by the deprivation of the Great Depression and the rationing of the wartime years and incited with renewed zeal by corporate advertisers using debt facilities and the new medium of television. Stuart Ewen, in his history of the public relations industry, saw the birth of commercial radio in 1921 as a vital tool in the great wave of debt-financed consumption in the 1920s – "a privately owned utility, pumping information and entertainment into people's homes".

Television and radio super-charged advertising, directly into people's homes

Though the television sets that carried the advertising into people's homes after WWII were new, and were far more powerful vehicles of persuasion than radio had been, the theory and methods were the same – perfected in the 1920s by PR experts like Bernays.

As retail analyst Victor Lebow remarked in 1955: "Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction, our ego satisfaction, in consumption.... We need things consumed, burned up, replaced and discarded at an ever-accelerating rate."

Thus, just as immense effort was being devoted to persuading people to buy things they did not actually need, manufacturers also began the intentional design of inferior items, which came to be known as "planned obsolescence". In his second major critique of the culture of consumption, "The Waste Makers", Packard identified both functional obsolescence, in which the product wears out quickly and psychological obsolescence, in which products are "designed to become obsolete in the mind of the consumer, even sooner than the components used to make them will fail".

The consumerism of the present day has roots that go back at least a century

The commodification of reality and the manufacture of demand have had serious implications for the construction of human beings in the present day, where, to quote philosopher Herbert Marcuse, "people recognise themselves in their commodities".

This is reflected in current attitudes. For instance, the Australian comedian Wendy Harmer in her ABC TV series called "Stuff" expressed irritation at suggestions that consumption is simply generated out of greed or lack of awareness: "I am very proud

to have made a documentary about consumption that does not contain the usual footage of factory smokestacks, landfill tips and bulging supermarket trolleys. Instead, it features many happy human faces and all their wonderful stuff! It's a study of a love affair as much as anything else."

The capitalist system, dependent on a logic of never-ending growth from its earliest inception, confronted the plenty it created in its home states, especially the US, as a threat to its very existence. It would not do if people were content because they felt they had enough. However, over the course of the 20th Century, capitalism preserved its momentum by moulding the ordinary person into a consumer with an unquenchable thirst for its "wonderful stuff".

Task 2. Mark the following statements as true or false. Find the evidence in the text.

- People have always been consumers.
- Consumerism used to mean something different in the past.
- Consumerism has a positive impact on economies.
- Advertising is the only means responsible for massive consumerism.
- Present consumerism is a new and unprecedented phenomenon.

Task 3. Case study: Watch the video 'Let's go shopping' <https://www.youtube.com/watch?v=Q-1tfWzHgOA>, using it as a sample for taking the similar video of your friend and yours.

Task 4. Discussion topic: 'Why does shopping make some people happy?'

Task 5. Project. Option 1. Read any of the books in Shopaholic series by S. Kinsella. Option 2. Watch the movie 'Confessions of a Shopaholic'. Make a list of relevant vocabulary. Write a book/film review (150-180 words).

Перелік питань для самоконтролю

1. Shopping. Placing and confirming an order.
2. Shopping therapy.
3. Money. Finances.
4. Advertising.
5. Those crazy kids.

4. КРИТЕРІЇ ОЦІНЮВАННЯ САМОСТІЙНОЇ РОБОТИ.

ЗАСОБИ ПРОВЕДЕННЯ ПІДСУМКОВОГО КОНТРОЛЮ

Порядок оцінювання знань здобувачів вищої освіти ОС «бакалавр» з курсу «Практичний курс першої іноземної мови (англійська)» ґрунтується на основних принципах і засадах системи контролю якості знань здобувачів вищої освіти та узгодження її із загальноєвропейськими вимогами, визначеними Європейською системою залікових кредитів.

Оцінювання знань здобувачів вищої освіти із зіставної лінгвістики здійснюється на основі результатів поточного та підсумкового контролю знань. Об'єктом оцінювання знань здобувачів освіти є програмний матеріал дисципліни різного характеру та рівня складності.

За кожне практичне/лабораторне заняття в середньому складає 30 балів за семестр.

Разом за семестр - 100 балів.

Оцінювання самостійної роботи, зокрема, включає:

- опрацювання додаткових джерел інформації з питань, винесених для розгляду на практичному занятті – 10 балів;
- виконання практичних завдань – 10 балів;
- підготовка індивідуальних проектів – 5 балів;
- перегляд навчальних відео – 5 балів.

Засоби оцінювання результатів вивчення курсу «Практичний курс першої іноземної мови (англійська)»:

- екзамен;
- он-лайн тестування;
- командні проекти;
- реферати;
- презентації;
- диспути і круглі столи тощо.

5. СПИСОК РЕКОМЕНДОВАНИХ ДЖЕРЕЛ

5.1. Основні джерела:

1. *Практичний курс англійської мови. : підручник. Ч.1 / [Л. М. Черноватий, В. І. Карабан, І. Ю. Набокова, М. В. Рябих] ; за ред. Л. М. Черноватого, В. І. Карабана. Вінниця : Нова книга, 2005. 432 с. (Dictum Factum).*
2. *Практичний курс англійської мови. : підручник. Ч.2 / [Л. М. Черноватий, В. І. Карабан, І. Ю. Набокова, М. В. Рябих] ; за ред. Л. М. Черноватого, В. І. Карабана. Вінниця : Нова книга, 2005. 356с. (Dictum Factum).*
3. *Практичний курс англійської мови. : підручник. Ч.3 / [Л. М. Черноватий, В. І. Карабан, Н. М. Ковальчук, І. Ю. Набокова, С. Л. Пчеліна, М. В. Рябих] ; за ред. Л. М. Черноватого, В. І. Карабана. Вінниця : Нова книга, 2006. 520 с. (Dictum Factum).*
4. *Практичний курс англійської мови. : підручник. Ч.4 / [Л. М. Черноватий, В. І. Карабан, І. Ю. Набокова, М. В. Рябих] ; за ред. Л. М. Черноватого, В. І. Карабана. Вінниця : Нова книга, 2008. 208 с. (Dictum Factum).*
5. *A Way to Success: English for University Students. Year 1 (Student's Book) / [Н. В. Тучина, І. В. Жарковська, Н. О. Зайцева та ін.]. Харків: Фоліо, 2011. 336с.*
6. *A Way to Success: English for University Students. Year 2 (Student's Book) / [Н. В. Тучина, І. В. Жарковська, Н. О. Зайцева та ін.]. Харків: Фоліо, 2014. 320с.*
7. *Evans V., Dooley J. Upstream. Upper Intermediate B2. Student's Book. Express Publishing, 2019.*
8. *Evans V., Dooley J. Upstream. Upper Intermediate B2. Workbook. Express Publishing, 2019.*
9. *Evans V., Dooley J., Obee B. Upstream. Upper Intermediate B2+. Student's Book. Express Publishing, 2020.*
10. *Evans V., Dooley J., Obee B. Upstream. Upper Intermediate B2+. Workbook. Express Publishing, 2020.*
11. *Evans V., Edwards L. Upstream. Advanced C1. Student's Book. Express Publishing, 2019.*
12. *Evans V., Edwards L. Upstream. Advanced C1. Workbook. Express Publishing, 2019.*

Додаткові джерела

1. *Возна М.О. , Гапонів А.Б. Англійська мова для перекладачів і філологів. II курс Вінниця : НОВА КНИГА, 2006.*

2. Возна М.О., Гапонів А.Б., Васильченко О.Ю. та ін. Англійська мова. III курс Вінниця : НОВА КНИГА, 2007.
3. Возна М.О., Гапонів А.Б. та ін. Англійська мова для перекладачів і філологів. IV курс. Вінниця : НОВА КНИГА, 2008.
4. *Збірник тестових і типових творчих завдань для підготовки до кваліфікаційного екзамену : освіт. ступінь "бакалавр" : галузь знань 0203 "Гуманітарні науки" : спец. 020303 "Філологія. Переклад" : в. ф. н. / розроб.: Н. Л. Замкова, Н. Б. Іваницька, В. О. Нечипоренко, С. Д. Чугу, С. В. Гладько, А. І. Калініченко, О. О. Самохвал, Н. В. Войнаровська, Л. Я. Терещенко, Т. І. Ковалевська, І. В. Ткачук, С. А. Медведєва. Вінниця : Видавничо-редакційний відділ ВТЕІ КНТЕУ, 2019. 529 с. + Електронна копія.*
5. *Збірник тестових і типових творчих завдань для підготовки до кваліфікаційного екзамену : освіт. ступінь "бакалавр" : галузь знань "Гуманітарні науки" : напр. підгот. 6.020303 "Філологія(Переклад)" : в. ф. н. / авт.: Н. Л. Замкова, Н. Б. Іваницька, В. О. Вуколова, С. Д. Чугу, С. В. Гладько, Г. В. Швець. Вінниця : Видавничо-редакційний відділ ВТЕІ КНТЕУ, 2016. 87 с. + Електронна копія.*
6. *Збірник тестових і типових творчих завдань для підготовки до кваліфікаційного екзамену : освіт. ступінь "бакалавр" : галузь знань 0203 "Гуманітарні науки" : напр. підгот. 020303 "Філологія. Переклад" : в. ф. н. / авт.: Н. Л. Замкова, Н. Б. Іваницька, В. О. Нечипоренко, С. Д. Чугу, С. В. Гладько. Вінниця : Видавничо-редакційний відділ ВТЕІ КНТЕУ, 2018. 72 с. + Електронна копія.*
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12. Hewings M. Advanced Grammar in Use. CUP, 2004.
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2. 50 Incredibly Useful Links For Learning & Teaching The English Language. Режим доступа : <https://www.teachthought.com/pedagogy/50-incredibly-useful-links-for-ell-educators/>
3. BBC Learning English. Режим доступа : <https://www.bbc.co.uk/worldservice/learningenglish/>
4. Free Grammar checker. Режим доступа : <https://www.grammarly.com/grammar-check>
5. English Grammar Links for ESL Students. Режим доступа : <http://www.5minuteenglish.com/resources/grammar-links-for-esl-students.html>
6. ESLGold. Режим доступа : <https://eslgold.com/>
7. Learning Oral English Online. Режим доступа : <https://www.youtube.com/watch?v=NNamZZsggM4>
8. PlayMe Podcasts. Режим доступа : http://www.playmepodcast.com/listen-to-playme/?gclid=CjwKCAjwnPOEBhA0EiwA609ReYLR4vrlDsJdhJd5zec_tc1rMIOuTlm3qnUkPtrLo1O_gV0uEXIfKR0C9oYQAvD_BwE .
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