

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
ЗАХІДНОУКРАЇНСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ  
НАВЧАЛЬНО-НАУКОВИЙ ІНСТИТУТ МІЖНАРОДНИХ ВІДНОСИН  
ім. Б.Д. ГАВРИЛИШИНА  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ТА ІНФОРМАЦІЙНО-КОМУНІКАЦІЙНИХ ТЕХНОЛОГІЙ

Ольга БОДНАР, Наталія КОШІЛЬ, Оксана НИЧКО, Наталія РИБІНА, Світлана  
РИБАЧОК, Зоряна СУШКО

**ЗАВДАННЯ ДЛЯ САМОСТІЙНОЇ ТА ІНДИВІДУАЛЬНОЇ РОБОТИ  
СТУДЕНТІВ З КУРСУ ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)**

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**Рецензенти:**

**Ірина ГУМОВСЬКА** – кандидат філологічних наук, доцент кафедри іноземних мов та інформаційно-комунікаційних технологій Західноукраїнського національного університету

**Надія ГУПКА-МАКОГІН** – кандидат педагогічних наук, доцент кафедри англійської філології та методики навчання англійської мови Тернопільського національного педагогічного університету імені Володимира Гнатюка

**Ольга Боднар, Наталія Кошіль, Оксана Ничко, Світлана Рибачок, Наталія Рибіна, Зоряна Сушко. Завдання для самостійної та індивідуальної роботи студентів з курсу іноземна мова (англійська) / Укладачі: О. Боднар, Н. Кошіль, О. Ничко, С. Рибачок, Н. Рибіна, З. Сушко. – Тернопіль: Вектор, 2023. – 72 с.**

Завдання для самостійної та індивідуальної роботи студентів передусім розраховані на осіб, що здобувають вищу освіту освітньо-кваліфікаційного рівня: бакалавр спеціальності 035 Філологія освітньо-професійної програми «Бізнес-комунікації та переклад».

Система різноманітних вправ, підібраних за циклічним принципом, створюють сприятливі умови для ефективного засвоєння змісту матеріалу самостійно і надійного контролю викладачем. Мета методичних розробок – допомогти студентам набути навичок в опануванні іноземної мови та спілкуванні на професійному рівні.

*Затверджено на засіданні кафедри іноземних мов та ІКТ  
Західноукраїнського національного університету (протокол N 1 від 29.08.2023)*

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## ПЕРЕДМОВА

Вивчення іноземних мов, зокрема англійської, є ключовою складовою підготовки на шляху до становлення професіоналів у галузі перекладу. Під час вивчення іноземної мови та вдосконалення навичок перекладу, важливо розуміти, що самостійна та індивідуальна робота грають значущу роль у навчанні та професійному розвитку студентів. З допомогою даного посібника студенти зможуть відпрацьовувати свої навички, розширювати словниковий запас та вивчати специфічні терміни та вирази, які знадобляться у майбутньому.

Ці методичні рекомендації розроблені з метою надання підтримки у самостійному вивченні англійської мови та удосконаленні навичок перекладу. Вони містять завдання та вправи, які допоможуть підвищити рівень володіння англійською мовою та вдосконалити навички перекладу.

Звертаючись до цих рекомендацій, важливо дотримуватися систематичності та цілеспрямованості у навчанні. Вивчення мови та перекладу – це процес, що вимагає часу, зусиль та відданості. Впроваджуючи рекомендації, студенти зможуть підвищити якість своєї підготовки та досягнути більших успіхів у майбутній професійній діяльності. Особливо дана праця стане в нагоді тим студентам, які навчаються на індивідуальному графіку навчання.

## Module 1 IDENTITY

### Task 1

Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

#### **Some Psychological Tricks to Make People Like You Immediately**

*Most friendships develop so naturally that you don't even realize how or when they started. Sometimes, though, you want to make an effort to befriend a new acquaintance or become a better friend to existing pals. Read on to find out how to develop better relationships faster.*

1 \_\_\_\_\_

This strategy is called *mirroring*, and involves mimicking the other person's behaviour. In 1999, New York University researchers documented the "chameleon effect", which occurs when people unconsciously mimic each other's behaviour, and this facilitates liking. The psychological experiments showed that the participants were more likely to say that they liked their partner when their partner had mimicked their behaviour.

2 \_\_\_\_\_

People tend to like things that are familiar to them. It was discovered that college students who lived closer together were more likely to be friends than students who lived farther apart. This could be because students who live close by can experience more day-to-day interactions with each other. Under certain circumstances, those interactions can develop into friendships. Even if you don't live near your friends, try sticking to a steady routine with them, such as going out for coffee every week or taking a class together.

3 \_\_\_\_\_

People will associate the adjectives you use to describe other people with your personality. According to Gretchen Rubin, "whatever you say about other people influences how people see you." If you describe someone else as genuine and kind, people will also associate you with those qualities. The reverse is also true: if you are constantly trashing people behind their backs, your friends will start to associate the negative qualities with you as well.

4 \_\_\_\_\_

People are more attracted to those who are similar to them. This is known as the similarity-attraction effect. In his experiment, Theodore Newcomb measured his

subjects' attitudes on controversial topics and then put them in a university-owned house to live together. By the end of their stay, the subjects liked their housemates more when they had similar attitudes about the topics that were measured. If you hope to get friendly with someone, try to find a point of similarity between you two and highlight it.

5 \_\_\_\_\_

Self-disclosure may be one of the best relationship-building techniques. You can try this technique on your own as you're getting to know someone. For example, you can build up from asking them about their last trip to the movies to learning about the people who mean the most to them in life. When you learn personal information about another person, they are likely to feel closer to you and want to confide in you in the future.

- A Expect good things from people
- B Encourage people to talk about themselves
- C Spend more time together with others
- D Emphasize the shared values
- E Compliment other people
- F Always be in a good mood
- G Tell people your secrets
- H Imitate other people

## Task 2

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

### **Johan Reinhard: A Real Story**

In 1995, among ice and volcanic ash 20,700 feet high in the Andes, Johan Reinhard discovered a 500-year-old Inca mummy. Reinhard is an explorer at the National Geographic Society. Here's his story in his own words.

I grew up in a small town in Illinois where the possibilities for exciting exploration were limited. But for a young boy, it was still an adventure to go camping along the river that flowed through the town. My father's job as a detective meant that I had a fascination with trying to solve "mysteries" as well. My childhood memories are of using fingerprinting and powder that showed up under ultraviolet light. And fishing and hunting took me outdoors. I read about the adventures of *the Hardy Boys*, then those of modern-day explorers, and I kept wondering why I couldn't do some of the same things. When I turned 16, I joined

a railroad line gang, working with Southerners and travelling throughout the Midwest. I learned two valuable lessons: I could earn a living in difficult circumstances simply by working hard, and I was fascinated learning about people with a cultural background different from my own. I used my savings from the line gang to travel alone to Brazil, where I came into contact with jungle tribes. Back in the U.S., I began scuba diving, cave exploring, skydiving, and mountain climbing.

When I began studying cultural anthropology and archaeology at the University of Arizona, I saw unlimited possibilities for combining the outdoor skills I'd learned with anthropology in remote parts of the world. The next step seemed only logical: I decided I'd learn more by studying anthropology in a foreign country, since I'd be "living" anthropology while studying it in a different language. Once I had studied cinematography and learned to analyse unwritten languages, I felt ready for the career I'd foreseen for myself while still a boy: anthropological research.

With anthropology, my desire to visit little-known places could be combined with my interest in understanding other cultures. To me it seemed like I would be solving mysteries. I was fascinated by questions like: Why did people in the past build such unusual structures (such as giant drawings in the sand) in such difficult places (such as mountaintops)?

How can someone become an explorer? It is not necessary to be a great athlete, but it is necessary to be fit and to know how to take care of oneself and others in an emergency. Practical skills, such as mapping and auto repair, are always useful! Key is speaking a foreign language and being trained in a field of science. But perhaps one of the most important necessities is being able to form friendly relationships with diverse people under difficult circumstances (a good sense of humour is critical). Determination and a sense of responsibility may be enough for some expeditions.

**6** What are Johan Reinhard's earliest memories about?

- A** fishing with his father in the local river
- B** spending summer holidays in a camp
- C** experimenting with detective methods
- D** learning about aboriginal jungle tribes

- 7 What was Johan Reinhard's childhood dream?
- A to learn how to drive a locomotive
  - B to work in a chemical laboratory
  - C to follow in his father's footsteps
  - D to become a professional explorer
- 8 What did Johan Reinhard spend his first money on?
- A his journey through the Midwest
  - B his studies at the University of Arizona
  - C travelling to South America
  - D learning unwritten languages
- 9 What is **NOT** important for becoming an explorer, according to the author?
- A to be able to solve mysteries
  - B to be in good physical condition
  - C to be able to cope with difficulties
  - D to get along with different people
- 10 What is **TRUE** of Johan Reinhard, according to the text?
- A He has earned a huge sum of money.
  - B He has made a great discovery.
  - C He has contributed to cinematography.
  - D He has sailed round the world.

### Task 3

Read the text below. For each of the empty space (11-16) choose the correct variant (A, B,C or D).

#### (Un)attractive

I noticed Jason once I entered the hall. Tall, handsome, well-built with a flawless complexion, he gave the impression of being supremely (11) ----- . His sense of humour made him stunningly attractive, and I knew lots of people who looked up (12) ----- him. To tell the truth, I used to be one of those who longed for his attention.

Jason always had a (13) ----- circle of friends, but what he also had was a tendency to be cruel, even ruthless at times, when he was (14) ----- sorts. He never hesitated to (15) ----- his mind, which led to our total misunderstanding. Well, appearances can really be deceiving.

11	A	devastated	B	confident	C	embarrassed	D	humble
12	A	at	B	on	C	of	D	to
13	A	wide	B	big	C	round	D	huge
14	A	of	B	out	C	Of out	D	out of
15	A	say	B	tell	C	speak	D	talk

### Task 4

Read the text below. For questions (16 -25) choose the correct answer (A, B, C or D).

#### This Little Piggy Stayed At Home

It was New Year's Eve and, after a hectic Christmas, my boyfriend Paul and I were planning a quiet evening in. So, while Paul was in town, I sat down with a glass of wine, my sandwich and a pork pie, (16)\_\_\_the peace.

A few minutes later, I heard Paul arrive home and come clattering into the kitchen. "Surprise!" he called. As I looked (17)at what he was holding in his arms,my mouth flew wide open. A little pig, with a bow around its neck, sniffed the air excitedly. "What's that? I cried, about to bite into my pork pie.

Paul gave me an odd look. "It's a..." he began.

"I know it's a pig," I sighed. "But what's it doing here?"

"She's our new pet," he proudly (18)\_\_\_\_\_. I put my pork pie down guiltily. "Thefarmers down the road didn't want her, and were going to send her to the slaughter-house, so I (19)\_\_\_\_\_her," he explained.

"But it's a pig!" I exclaimed.

We'd just moved into our house, were in the middle of (20)\_\_\_\_\_, and we already had a cat. There was no way we could have a pig running around the place. For the next couple of days, I didn't speak to Paul – I was too angry (21)\_\_\_\_\_ him. He put the pig in the conservatory, and I wouldn't be hesitated about my plan to find a farm to adopt her.

When Paul went out a couple of days later, I was left holding the pig. I fed her some food and, as hard as I tried, I couldn't help smiling when she nuzzled into my arms, lifting her leg up to be tickled. I (22)\_\_\_\_\_ her little belly, and she let out a snort. I wondered if she was (23)\_\_\_ bored in the conservatory, so I took her into the sitting room. When Paul came home, he found me and the pig under a blanket on the sofa. "I've named her Harriet," I said. "But it's just until we find another home," I added quickly.

But, as time went on, I made little (24)\_\_\_\_\_ to find Harriet a new home. "I can't get rid of her," I told Paul one day. "You mean it?" smiled Paul. "She can stay," I added.

Harriet does take (25)\_\_\_\_\_ a lot of time – I even have to rub moisturiser and suncream in to protect her skin. But she's part of the family now. This pig's for life, not just for Christmas!

16	A	keeping	B	enjoying	C	possessing	D	taking
17	A	after	B	out	C	through	D	up
18	A	predicted	B	confirmed	C	discussed	D	announced
19	A	escaped	B	rescued	C	guarded	D	conserved
20	A	depicting	B	decorating	C	drawing	D	colouring
21	A	with	B	for	C	to	D	on
22	A	scraped	B	grated	C	rubbed	D	combed
23	A	starting	B	getting	C	beginning	D	turning
24	A	struggle	B	effort	C	trial	D	movement
25	A	out	B	off	C	over	D	up

## Task 5

Read the text below. Choose from (A-H) the one which best fits each space (26-31).

### Ages and Values

There is a commonly held opinion that people are born with certain fixed personality traits (26) \_\_\_\_\_. Others claim that our character is shaped till we turn thirty. However, the most recent research has shown that our personal growth is a life-long process.

This way, at each stage of our life, we tend to pursue different goals and seek different emotional experiences. For example, we are most vulnerable as kids, expecting warmth, care and love from people around us. And among other things, we have a strong need for entertainment, joy and excitement, (27)\_\_\_\_\_

As we grow older and get into our teens, friendship and romantic relationships become the main focus. Everything we do is triggered by passion. We often go from one extreme to the other, (28)\_\_\_\_\_. At this age, most teenagers, (29)\_\_\_\_\_, just try to assert their independence and personal views this way.

Having reached adulthood, we face a variety of life challenges and gain more and more experience day by day. On the one hand, this makes us more reserved and cautious; on the other - more mature and brave. Marital status and career begin to matter to us more than ever, and we are doing our best (30)\_\_\_\_\_.

And finally, nearing retirement, we acquire those precious wisdom and patience, (31)\_\_\_\_\_

What is more, we finally slow down and start to see the true value of things in our life.

- A both of which enable us to find common ground with others more easily
- B that determine their behaviour and reactions throughout their entire lives
- C to meet social expectations
- D whose behaviour seems outrageously rebellious and stubborn
- E to avoid responsibility and live life to the fullest
- F viewing boredom as one of our worst enemies
- G both of which cause even more confusion and embarrassment

## Module 2 TRAVELLING

### Task1

Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

### HOW TO BEHAVE ON AN AIRPLANE

*By Being Artsy*

Does anyone remember the Golden Rule? It is an easy way to remember to mind your manners. Behaving in a disorderly fashion is no longer tolerated by airport personnel or flight crews on United States air carriers. Since the government has taken over handling irate passengers, this article will focus instead on other 'Do's and Don'ts' associated with proper airplane etiquette.

1. \_\_\_\_\_

Taking your shoes and socks off and propping your feet on the armrest of the person sitting in front of you because you want to feel more comfortable, is NOT acceptable airplane etiquette. After they get over the shock of strange toes in their personal space, the passenger in front of you may just want to let his or her seat back very hard.

2. \_\_\_\_\_

While some parents are fortunate to have mind or eye control over their children, the majority of the world is not as lucky. Be creative. Bring things for children to do, such as coloring books or DVDs, to occupy them while travelling. This will allow everyone's nerves to get a break while on board.

3. \_\_\_\_\_

Airplane lavatories are small, uncomfortable, cesspools, sort of like inflight portable potties. Already, none of us wants to touch anything in there! Please, at least make it easier on our eyes, not to see what you did in there before us. Oh, and could you wipe up the water you splash over the counter and floor with the hand towels the nice airline supplies? Flight Attendants are not janitors. They are there primarily to save your life... should the need arise.

4. \_\_\_\_\_

Most of us travel in economy class where comfort is more like confinement and roominess is lacking except being able to flex your feet and rotate your neck. Must we fight over the middle armrest? Can we just share it, please?

5. \_\_\_\_\_

Whistling, waving at, or snapping your fingers at them will probably only

get you ignored. Try to use the call bell sparingly. Remember, you do not have a personal butler at your beck and call, but a safety professional to assist you in enjoying your flight.

- A Control your sleep
- B Flush the toilet
- C Be courteous of other people
- D Ask the better chance
- E Use the call bell to signal the flight attendants
- F Control your children
- G Order a special meal
- H Don't take over someone else's space

## **Task 2**

**Read the text below. For questions (6-10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.**

### **Space Tourism of the Future**

It is not a secret that millions of people have a dream to experience space travel. There are many different reasons what attract them in the outer space. It is found that “since the early days of science fiction in the 1930s, the image of space flight as adventurous and exciting has played a growing role in popular culture”. Besides, those people who have already visited space state that it provides a highly enjoyable life experience. It is so pleasant to have the view of the Earth and stars and have the fascinating experience of living in the so called zero gravity. That is why space tourism will be one of the highly-valued industries in the nearest future. Some experts have already determined the commercial potential of the future space travel.

It is possible that future space travel would be performed by the large and powerful space crafts which would have large propulsion systems. These space crafts would also have huge reactors that would be powered by something nuclear and very powerful in order to make such space crafts go with the speed of light during the fast travel. Besides, space travel could give an opportunity to visit other planets which have other life forms. Space travel would be great as people would be ready to communicate with representatives of other planets. Of course, the experience of being in the outer space would be overwhelming for everyone.

In order to have an opportunity to travel economically to space and for the successful development of space tourism industry, it is necessary to build powerful reusable launch vehicles or space crafts. As today the commercial transport industries

use multiuse vehicles, including aircrafts, trains, buses and etc., the commercial space transport industry should also have high quality space crafts. Today it is one of the main goals of scientists and engineers to develop low-cost reusable space crafts which could have all the necessary characteristics for safe space travel. According to the researches, there are a lot of interesting projects developed by the scientists, engineers and programmers from all over the world. It is not a secret that a lot of space planes that can take off like an airplane and can fly to orbit have always been a dream of a number of space engineers and science fiction writers.

(Adapted from: <https://www.essaywriting.expert/space-travel-essay/>)

**6. Which of the following is TRUE, according to the text?**

- A Space travel could give humanity a lot of benefits that is why it is not a dream, and space travel could be reality in the nearest future.
- B Today any ordinary man or woman don't see a space travel as a fantastic dream, which is accessible only to the wealthy people, space travel has become cheaper for everyone.
- C The idea of tourism in space is the central story line in a number of well-known and not-so-well-known epic poems.
- D A number of the Earth like planets have been discovered, and colonized.

**7. Why will space tourism be one of the highly-valued industries in the nearest future?**

- A Science fiction writers will have an opportunity to visit different planets.
- B Many governments spend a lot of money on their new space crafts.
- C Space travel will have a variety of commercial benefits according to scientists.
- D Space tourism will give an opportunity to study the effects of microgravity on the human body and how to counteract these effects.

**8. A space craft powered by is a concept for the most powerful space craft which goes with the speed of light.**

- A mechanical energy
- B kinetic energy
- C electrical energy
- D atomic energy

**9. According to the text, one of the main goals of scientists and engineers is ?**

- A to advance knowledge of the origin and history of the solar system
- B to design inexpensive return space shuttle
- C to offer space tours to a limited number of tourists each year
- D to explore the universe, and the galaxies and planets within it

**10. What is NOT stated in the text?**

- A Technological advancement can lead to serious changes in the life of humanity as due to new technologies it will be possible to meet representatives of other civilizations.
- B Astronauts who have visited space, of course, have experienced zero gravity.
- C Space travel requires technological innovations and interesting engineering projects of powerful space crafts.
- D The National Aeronautics and Space Administration's plan, right now is for the first humans arriving on other planets to live there for at least a month.

**Task 3**

Read the text below. For each of the empty space (11-16) choose the correct variant (A,B,C or D).

**SPACE TOURISM**

From Market Research we know that most people would like to stay in orbit for (11) \_\_\_ days or more. And this stands to reason, if you're paying \$20,000 for your trip to orbit! So in order for space tourism (12) \_\_\_ its full potential there's going to be a need for orbital accommodation — or space hotels. These will grow through phases, starting with 'lodges' for up to about 100 guests, (13) \_\_\_ to true hotels of several hundred guests, and eventually to orbiting 'theme parks' for many thousands of guests.

But what would a space hotel actually be like to visit? Hotels in orbit (14) \_\_\_ the services you expect from a hotel — private rooms, meals, bars. But they'll also offer two unique experiences: stupendous views — of Earth and space — and the endless (15) \_\_\_\_\_ of living in zero-G — including sports and other activities that make use of this. And there are (16) \_\_\_\_\_ possibilities such as space-walking.

So a trip to a hotel will start with launch to orbit, which (17) \_\_\_ about 5 minutes of powered acceleration, followed by up to a few hours of weightlessness approaching the hotel (depending on the flight schedule). Docking will be rather like an airliner parking at an airport — but you'll leave the cabin floating in zero-G along the access tube, holding on to a cable (18) \_\_\_\_\_ your hands!

The hotels themselves will vary greatly — from being quite spartan in the early days, to use luxury structures at a later date. (19) \_\_\_ it's easy to design basic accommodation in orbit. Zero gravity allows you to build almost any shape and size, in almost any

direction. So exploiting the full range of possibilities of zero gravity architecture will keep designers (20) \_\_\_\_\_  
for decades!

- |    |               |                |                 |               |
|----|---------------|----------------|-----------------|---------------|
| 11 | A a little    | B much         | C a few         | D fewer       |
| 12 | A researching | B have reached | C to reach      | D reaches     |
| 13 | A growing     | B to grow      | C has grown     | D will grow   |
| 14 | A offers      | B will offer   | C offered       | D can offer   |
| 15 | A entertain   | B entertaining | C entertainment | D entertained |
| 16 | A far         | B farthest     | C father        | D further     |
| 17 | A took        | B taken        | C takes         | D taking      |
| 18 | A at          | B with         | C on            | D in          |
| 19 | A Luckily     | B Luck         | C Lucky         | D Unlucky     |
| 20 | A happiest    | B the happiest | C happiness     | D happy       |

#### Task 4

Read the text below. For questions (21-30) choose the correct answer (A, B, C or D).

#### PILOT TAKES OFF IN KID-BUILT PLANE

Pilot Barrington Irving loves flying, so he (21) \_\_\_ an organization called Experience Aviation to inspire kids to learn about aviation, math, and science. He also has a lot of faith in kids' (22) \_\_\_. To prove that, Irving told a group of 60 teens from Miami that if they built a plane, he would fly it.

The kids, who were part of an Experience Aviation summer programme, had ten weeks to build a plane. None of them had any experience building planes. But they finished the plane, named Inspiration II, by the (23) \_\_\_\_\_. On October 15, 2008, the students and a crowd of others held their (24) \_\_\_\_\_, as Irving fired up the plane's engine. Then he (25) \_\_\_\_\_ into the sky.

After about ten minutes, Irving landed the plane safely as people on the ground (26) \_\_\_\_\_. Some of the kids could hardly believe what they had done — they had learned to measure and

(27) \_\_\_metal, drill holes, use a rivet gun, and work together to create an airplane that could really fly!

Some people might think Irving was very brave to fly the plane. But Irving, 24, already had shown how brave he is. In 2007, he became the first black pilot and the youngest person (at age 23) to fly around the world by himself. It took him 96 days.

Irving's plane was called Inspiration because he said he wants to inspire young people. Irving (28) \_\_\_ in a poor Miami neighbourhood, where he didn't think he had much of a fu

ture. But when he was 15, he saw a 747 jet's cockpit and decided he wanted to be a pilot. He

worked several jobs to (29) \_ for flying lessons. Irving enjoys aviation so much that he

wants other young people to learn about aviation and (30)their own dreams.

- |    |             |              |             |            |
|----|-------------|--------------|-------------|------------|
| 21 | A organized | B did        | C thought   | D started  |
| 22 | A aptitude  | B capacity   | C abiliyies | D might    |
| 23 | A deadline  | B limit      | C frame     | D zone     |
| 24 | A breaze    | B breath     | C breathe   | D broth    |
| 25 | A winged    | B lifted     | C mounted   | D soared   |
| 26 | A cheered   | B comforted  | C elated    | D consoled |
| 27 | A divide    | B cut        | C raze      | D clip     |
| 28 | A grew in   | B grew about | C grew up   | D grew at  |
| 29 | A share     | B give       | C grant     | D pay      |
| 30 | A follow    | B track      | C trail     | D chase    |

## Task 5

Read the text below. Choose from (A-H) the one which best fits each space (31-36).

### Benefits of Ecotourism

Ecotourism has its advantages and these can be (31) \_\_\_\_\_, the local community or even the host country. Ecotourism is educational to the tourist. By travelling to new places the tourist learns about local plants and animals that he'd otherwise not have encountered. The traveller also (32) \_\_\_\_\_ of the local culture this ensures that one learns to appreciate and respect other people's beliefs. Ecotourism brings the tourist closer to nature, (33) \_\_\_\_\_ along with new perspectives on life and other people. It takes them to places \_\_\_\_\_ less travelled and gives them a wonderful new experience without harming the environment.

Ecotourism benefits the local community (34) \_\_\_\_\_ of employment and infrastructural development. The locals surrounding the national parks or whatever conservation project can benefit from them as the government or foreign investors require services which can be (35) \_\_\_\_\_. This in turn also ensures that fewer people migrate to the cities. The local population (36) \_\_\_\_\_ which guarantee that they are not totally dependent on the limited natural resources. Some of the areas may be remote and tourism ensures that infrastructure facilities like water supply and schools are provided in order to keep the locals happy and ensure good services.

A opens up the tourist's mind to new ideas

B provided by the locals

C as it enables the provision

D gets a deeper understanding

E work on a wide range of projects

F gains new skills

G as providing traditional advisory services

H as an impact to the tourist

## **Module 3**

### **HABITS**

#### **Task1**

Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

#### **Customs Around the World**

**1**

##### **Japan**

Probably, many people are familiar with the importance of taking off their shoes before entering a house or using chopsticks for eating food in Japan. You should also know that in a Japanese restaurant, you will certainly get a wet napkin that is necessary for washing your hands before you start your meal. Interestingly enough, making noise while eating is not a problem in this country as this shows how much a customer enjoys their meal. Also, remember that tipping in Japan is not common.

**2**

##### **China**

The tradition of giving presents in China requires special attention, since there are certain taboos on gifts. Thus, cut flowers, candles, clocks, watches and black or white items are strongly associated with death and funerals. Gifts such as umbrellas, scissors and any other objects that cut are also avoided there because they are thought to cause breakups. Besides, don't get discouraged when your Chinese friend turns down your present - they will accept it in the end. Refusing a present several times is part of the Chinese culture.

**3**

##### **Norway**

Norway is quite a big but not densely populated country. Perhaps that's the reason why personal space is so much valued there - people try to keep their distance whether they are on public transport or in any other crowded place. However, it's wrong to assume that Norwegians are cold and reserved. In fact, they appreciate sincerity, tolerance and simplicity, so trying to impress them with your status or achievements may be taken as showing off. Instead, demonstrate how much you respect them by being honest and punctual.

**4**

##### **India**

India is another country whose customs and etiquette significantly differ from ours. Thus, when invited for a meal in India, arriving on time will be considered as bad manners. So, being 10-15 minutes late will by no means insult a host or a hostess.

As well as that, don't be surprised if you don't find a spoon or a knife on the table during lunch or dinner - you'll have to use your right hand instead. And finally, it's not common for Indians to say "Thank you" after having a meal. Rather, praise the food you have just eaten to show your appreciation.

**5**

### **France**

When communicating, the French don't mind standing quite close to each other and maintaining eye contact during conversations. You may also notice how much they use cheek kissing as a way of greeting. The French really enjoy lively talks on various topics; however, don't become embarrassed or annoyed if you get frequently interrupted during such talks - this clearly indicates a genuine interest in you. If possible, learn some French and take advantage of it during the conversation, and you will certainly win your French friend's heart!

**6**

### **Brazil**

Being inhabited by different nations, Brazil is a real melting pot full of international customs and traditions. Brazilians are very similar to the French in terms of social kissing and talkativeness. If you happen to befriend a person from Brazil, you'll immediately spot how open, caring, and friendly they are. Your new acquaintance will almost certainly invite you for dinner, so think of bringing some flowers, sweets or a drink with you. Brazilians often send gifts after visiting someone's home to express their gratitude for hospitality.

**In which of the countries.....?**

- A** is interruption considered as a sign of disrespect
- B** are dinners followed by "thank you" presents from guests
- C** do people appreciate being talked to in their mother tongue
- D** do people give presents to each other when they break up
- E** do customers not have to reward a waiter for a good service
- F** do people generally dislike boasting
- G** do people not give sharp things as presents
- H** are you not expected to be really punctual

## Task 2

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

### Generation Z

Generation Z is a bright example of the people who emerged in times of great globalisation and postmodernism. Unlike their ancestors, they are familiar with smartphones long before gaining the ability to walk. What is more, it often happens that a toddler has not even learned to speak, but knows perfectly well how to turn on the computer and start a favourite game. So, generation Z is the children of the Internet and modern technology. Due to this, they do not have a typical childhood «in the yards», and therefore are not team players, they need to be taught this.

This generation is characterized by the absolute absence of a clearly defined life position. Unlike all their predecessors, Zs are not motivated by money or any career advancement. Moreover, they are not at all independent and constantly need someone to tell them what they should do. However, they are sufficiently ambitious and cannot be forced into anything. After all, they will never do what they do not want. Even from a young age, they need to listen to their thoughts. They love to learn, quickly remember new things. Large amounts of information do not present any difficulties to them.

The vast majority of knowledge they get comes from online resources. Because they do not see the point of school or university, they do not get the basic knowledge and skills. Everything they learn online is extremely situational. Despite this, Zs are remarkable for their incredible multitasking and creativity. They are keen on finding solutions to difficult situations and solving complex problems.

Quite negative features are also in their nature. They are often hysterical, striving for everything to be as they say. They have a pronounced arrogance, selfishness and narcissism when it comes to the selfie culture and YouTube vlogging. However, they are empathetic, trying to be caring to people they even do not know.

Generation Z is travellers. They do not need comfort, work or money. They aspire to everything new and unknown. Therefore, they will not care about where they spend the night, where to go even if it involves hitchhiking, and their sense of danger is completely absent. The main thing is the emotions that they will be able to experience.

Quite often, Generation Z opposes bad habits, and most of them are vegetarians. They usually keep to healthy eating, visit sports centres and act in an eco-friendly

manner. They believe in world peace and at the same time strive to solve environmental and social problems by avoiding conflicts.

6. What is a special characteristic of generation Z?
  - A. They are excellent team players.
  - B. They walk and talk faster than the previous generation.
  - C. They are addicted to the Internet.
  - D. They have no difficulty in using various gadgets from early childhood.
7. Everything is true about generation Z EXCEPT:
  - A. They are fully independent of adults.
  - B. No one can force them to act against their will.
  - C. They need a mentor to advise how to behave.
  - D. They easily acquire new knowledge.
8. How generation Z may be characterized according to paragraph 3?
  - A. They are extremely creative and educated.
  - B. They do not see the need for educational establishments.
  - C. They have strong basic knowledge to solve difficult situations.
  - D. They have problems with dealing with several tasks at the same time.
9. Everything is true about Z generation EXCEPT:
  - A. They adore visiting unfamiliar places.
  - B. Accommodation does not matter while travelling.
  - C. They are careful and cautious.
  - D. Feelings and memories are the main reason to travel.
10. What is the lifestyle of generation Z?
  - A. They have a healthy lifestyle.
  - B. They are all vegetarians and do not smoke.
  - C. They help to manage a conflict situation.
  - D. They are easy-going and act in a friendly way.

### Task 3

Read the text below. For questions (11-20) choose the correct answer (A, B, C or D).

Many people claim to be able to know when someone is lying. According (11)\_\_\_\_\_ popular belief, all you have to do is look at a person's body language; when a person is lying he becomes nervous and fidgety, touches his nose, and bites his nails. However, a researcher at Portsmouth University, England,

has arrived at an entirely (12) \_\_\_\_\_ conclusion. Dr Samantha Mann carried (13)\_\_\_\_\_ research on the behaviour of suspects who had given (14) \_\_\_\_\_ statements in police interviews. Mann discovered that liars actually stay quite (15) \_\_\_\_\_. This is because they are aware that people are looking for body language that could suggest they are lying. Therefore, liars actually touch their noses 20% less than people who tell the truth. The same (16) \_\_\_\_\_ for eye contact. While it is generally thought that liars (17) \_\_\_\_\_ eye contact and blink rapidly, in reality, people who are lying (18) \_\_\_\_\_ sure to maintain eye contact and control their blinking. With the findings of her research in mind, Mann claims that the best way to (19) \_\_\_\_\_ a liar is to look for people who are trying too hard to (20) \_\_\_\_\_ truthful.

11	A	from	B	by	C	to	D	with
12	A	another	B	different	C	other	D	the other
13	A	up	B	down	c	in	D	out
14	A	closing	B	false	c	mistaken	D	open
15	A	stationary	B	at rest	c	still	D	slow
16	A	goes	B	comes	c	stays	D	moves
17	A	avoid	B	run	c	prevent	D	escape
18	A	keep	B	make	c	take	D	do
19	A	exhibit	B	develop	c	emerge	D	spot
20	A	view	B	display	c	show	D	appear

#### Task 4

Read the text below. For questions (21-25) choose the correct answer (A, B, C or D).

#### The Age of Rage

Being a teenager, I (21) \_\_\_\_\_ things that my parents were always complaining about.

And the more they lectured me, (22) \_\_\_\_\_ I behaved.

My eating habits were a complete disorder, as I could have (23) \_\_\_\_\_ cups of coffee

or just grabbed a bite of junk food instead of home-cooked meals. Once, I (24) \_\_\_\_\_ with my friends all night long until I saw 20 missed phone calls from my dad. And my habit of talking back made him even think of sending me to a military-style teen boot camp as the only option to straighten me out.

But I'm genuinely grateful for their endless patience despite my eye-rolling, door slamming, refusing to attend school and lots of other annoying habits.

Now, I'm experiencing the same things with my own children, who are (25) \_\_\_\_\_ as I was! It seems the universe has a sense of humour.

49	A	used to do	B	had done	C	have done	D	had to do
50	A	much worse	B	worse	C	the worse	D	the worst
51	A	few	B	a few	c	little	D	a little
52	A	hung out	B	was hanging out	c	had hung out	D	had been hanging out
53	A	nasty	B	nastier	c	the nastiest	D	as nasty

### Task 5

Read the text below. Choose from (A-H) the one which best fits each space (26-31).

#### Just the Four of Us

If we are all so unique, why is it that we are always trying to sort people by personality type? From the beginning of time, man has been putting people into categories by analysing their similarities and differences; and the number and variety of classifications of personality types is impressive to say the least.

One of the most commonly followed methods of classification divides humans into four groups. The theory has its roots in antiquity and is based on the four natural elements: earth, air, fire and water. Over time, various forms of this basic theory developed. The ancient Greek physician Hippocrates believed that human emotions were caused by fluids in the body, which he called "humours".

According to him these humours were

responsible for the health and personality of an individual. He (26) \_\_\_\_\_. He suggested the sanguines, \_\_\_\_\_, for example, had an excess of blood, were extrovert and made friends easily, but were often late, forgetful, and sometimes sarcastic.

This theory achieved great success and dominated Western thinking for over two thousand years until the 1700s, when physicians proposed the idea that people's moods were affected by chemicals in the blood. Despite the decline in popularity of the theory of fluids, a large number of modern-day experts believe in the idea of four types of personality.

In fact, to a large extent, only the names (27) \_\_\_\_\_ have changed. Nowadays, the

sanguines are

known as extroverts, but they actually retain much of the same characteristics described by Hippocrates. They are outgoing and energetic and love to party, but are not punctual, can be messy or disorganised, and prone to carelessness.

Another modern-day category that many psychologists use is the analytical type, or what some of us refer to as the “gadget-man”. The analytical personality is the one who likes to have every “I” dotted and every “f” crossed. Punctuality and order is of prime importance to them. They are neat and (28)

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However,

they tend to think too much and can be gloomy and irritable at times.

A very common label given to another group of people is the dominant or pragmatic type. As the name suggests, the dominant personality type (29) \_\_ . They might listen to others’ opinions out of courtesy

but they like to do things their own way. They are hands-on people and like to get the job done.

Finally, there is the amiable type (30) \_\_\_\_ and will do anything to avoid conflict and arguments.

They are rarely ambitious because they tend to put others first far too often. They are loyal, trustworthy and helpful and find it very hard to say no.

Studying personality types may not be a pure science. However, it may help to applicate our differences.

We all have various strengths and qualities and are valuable members of society. (31) \_\_\_\_\_ may

not

always seem very wise but at the same time it does develop an understanding of different characters and shows that everyone should be treated with care and respect.

A organized and have enormous self-discipline B who loves peace and quiet

C divided them into four categories: choleric, sanguine, melancholic and phlegmatic

D is not the easiest of tasks

E is self-confident and authoritarian

F given to the categories

G that moods were caused by fluids in the body

H putting people into categories

## Module 4

### TRADE

#### Task1

Read the text below. Match choices (A-H) to (1-6). There are two choices you do not need to use.

#### How Different Brand Names Appeared

1

##### Vodafone

Now, this is an international telecom company that has millions of customers in various countries, including Ukraine. It was founded in 1983 in the UK and was first called *Rocal Strategic Radio Ltd*. After *Rocal Strategic Radio Ltd* had merged with another telecom company, *Millicom*, the company changed several names until it finally got its present one. By the way, *Vodafone* was composed of "voice", "data" and "phone", which reflect the services the company provides.

2

##### Starbucks

What we now know as a network of trendy coffee bars, which attract tourists from all over the world, started as a small coffee shop in Seattle. It was opened by three friends - two teachers and a writer. While brainstorming the ideas to name their coffee shop, the writer, Gordon Bowker, spotted a small town Starbo on the map. This made him think of captain Starbuck from the novel *Moby Dick*. Consequently, the shop was named *Starbucks* and later developed into a big and profitable business.

3

##### Coca-Cola

The story of *Coca-Cola* began in 1885 when John Pemberton invented a drink whose recipe was based on two key ingredients - an extract from the cocoa leaf and the kola nut. So, it won't take you long to guess how the world-famous brand name appeared. However, the inventor slightly modified the name of the drink by replacing "K" in "Kola" with "C" to make the logo more visually appealing. Even though the cocoa leaf is no longer used for producing *Coca-Cola*, the drink's name hasn't changed over time.

4

##### Google

At present, Google is by far the most popular search engine in the World Wide Web whose brand name is really catchy; however, did you know that at first, this search engine was called BackRub? It is believed that later, the inventors of the search

engine didn't like its initial name, and their friend suggested the alternative - Googol - the word used in mathematics to define figure 1 followed by 100 zeros. Finally, Googol was transformed into Google - the brand name we are very well familiar with now.

**5**

### **Nike**

The company was founded in 1964 as a distributor of training shoes manufactured in Japan and was called Blue Ribbon Sports. In 1971, its founders decided to start producing their own training shoes. Soon after that, their first sports footwear was ready. But when it came to creating the brand name, none of the suggested options - Dimension Six, Peregrine, and Bengal - appealed to all of the business partners. Finally, just before the shipping of the newly produced shoes, one of the employees came up with the iconic Nike, the name of the Greek goddess of victory.

**6**

### **Apple**

Have you ever wondered how the well-known brand name appeared? In fact, there is a wide variety of ideas, each of which seems to be convincing. Some believe that it's connected with Isaac Newton and the apple that fell upon the scientist's head and led him to the world-changing discovery. Others assume that it's about the forbidden fruit from the Garden of Eden. Many sources state that it originated from Steve Job's passion for apples and his intention to make the brand name catchy and easy to spot among their competitors in the technology market. The latter assumption is regarded as the most trustworthy, though.

Which brand name        ?

A emerged from the name of a famous scientist

B was a last-minute decision

C is thought to have different theories of origin

D resulted from blending several words

E was inspired by the fictional character

F comes from a scientific term

G was initially used by a Japanese shoe-making company

H initially indicated the product's components

### **Task 2**

Read the text below. For questions (7-11) choose the correct answer (A, B, C or D).

#### **The Fake Hairdresser Remembers**

Some years ago, a British TV company came up with an idea for a reality TV show. People with no experience would be trained in a profession in a very short period of time, then would try and pass themselves off as the real thing with the general public. The show was called Faking It, and the format has since been imitated the world over. One of the first contestants was Gavin Freeborn, a twenty-three-year-old farmer's son, who trained with celebrity hairdresser Trevor Sorbie in London. Gavin remembers the experience.

I was at university, studying for a degree in agriculture, when some friends mentioned that a TV company had advertised for people to take part in Faking It. They were looking for someone who'd never picked up pair of scissors or thought of hairdressing as a career, which I certainly hadn't. I reckoned it would be a laugh. Having spent my school holidays shearing sheep on my parents' farm, I was used to the idea of haircutting, but obviously it's harder doing it on people - because they have an opinion about it! '

'I'd never been to London before and it was so busy that I felt a bit overwhelmed at first.

Meeting Trevor for the first time, he seemed really strict, but once he realised I was taking the challenge seriously we got on like a house on fire and they often had to stop filming because we couldn't stop giggling. Fortunately, I didn't have to do any of the washing or sweeping floors other people new to the business have to do. I went straight into blow-drying and cutting instead.'

'At first I practiced on a dummy's head, which was a welcome safety net, but I did make a really bad mistake halfway through filming when I was cutting one real man's hair. I'd been shown how to use clippers to get a cropped effect but hadn't been warned to angle the comb. I ended up shaving off a huge patch of hair! He couldn't see what I'd done, but the camera crew couldn't stop laughing, so it was obvious I'd made a mistake. Luckily, I managed to rectify the situation and told the client, who was alright about it, so I forgave them.'

'By the day of my final test, I knew I was capable but I felt sick with nerves. I didn't want to let Trevor down. But even though I failed to convince the client that I was a real hairdresser, she approved of the haircut and the judges were impressed by it, too. It didn't worry me at the time but, looking back now, I think it was a bit unfair that I was penalized for taking too long - an hour-and-a-half - when I'd been taught the most important thing was to ensure your client walks out of the salon feeling like a million dollars.'

'After the programme, I went home for a week but I decided to come back to London because I'd fallen in love with the buzz of the city. People in town kept

stopping and staring at me as if I was famous. I found this unnerving at first, but with time I got used to it. There were a few comments about me being too full of myself, but I took no notice.'

'When I agreed to do Faking It, I had no idea how much I was signing my life away, but I couldn't say I have any regrets. The thing is that I've discovered growing up on a farm doesn't mean I can't work in a creative field. What's more, I've now got choices I didn't realise I had, which is brilliant. Although I still keep in contact with everyone from Trevor's salon, and we all go out when I'm in London, I'm hardly a celebrity anymore.'

7. Why did Gavin first apply to be on the programme?

- A He liked the idea of going to London.
- B He thought it would be fun.
- C His friends managed to talk him into it.
- D He had some experience of hairdressing.

8. How did Gavin feel about the hairdressing mistake he made?

- A sorry that the client was dissatisfied
- B relieved that the client didn't notice it
- C annoyed by the reaction of the camera crew
- D pleased that he was able to find a solution

9. Thinking about the final test now, Gavin feels that he

- A was unjustly criticised for one aspect of his performance
- B didn't take enough notice of his client's wishes
- C was too slow in completing the haircut
- D should have paid more attention to things he'd been taught

10. What does the italicized word 'it' refer to?

- A people making comments about Gavin
- B Gavin feeling proud of himself
- C people looking at Gavin in the street
- D Gavin feeling uncomfortable

11. Looking back on the whole experience, Gavin now

- A realises that his life has given more opportunities as a result
- B wishes he'd thought more carefully before applying
- C appreciates his farm upbringing more
- D accepts that it has helped him to become a celebrity

### Task 3

Read the text below. For questions (12 - 21) choose the correct answer (A, B, C or D).

### Shopping Malls

Victor Gruen, an American architect, revolutionized shopping in the 1950s by creating the type of shopping centre that we now call a shopping mall. Gruen's (12) \_\_\_\_\_ was to provide a pleasant shopping environment in the suburbs. This meant shutting out the noise of the city environment and also enabling people to shop in all kinds of weather. He (13) \_\_\_\_\_ on using building designs that he knew people would feel (14) \_\_\_\_\_ with, but placed them in landscaped 'streets' that were entirely enclosed and often covered with a curved glass roof. This was done to imitate some of the older shopping arcades of city centres, but while these housed only small speciality shops, Gruen's shopping malls were on a much grander scale.

Access to the whole shopping mall was gained by using the main doors, which (15) \_\_\_\_\_ the shopping 'streets' from the parking areas outside. As there was no need to (16) \_\_\_\_\_ out bad weather, shops no longer needed windows and doors, and people could wander freely from shop to shop. The space required to build a shopping mall and visit its vast car parks can usually only be found in the suburbs or on the edge of the city.

12	A	search	B	aim	C	direction	D	view
13	A	demanded	B	requested	C	emphasized	D	insisted
14	A	favourable	B	agreeable	C	comfortable	D	enviable
15	A	disconnected	B	separated	C	withdrew	D	parted
16	A	keep	B	Stay	C	run	D	hold

### Markets

In practically any country in the world, you are sure to find a market somewhere.

Markets have

been with us since (17) \_\_\_\_\_ times, when people became self-sufficient and needed to exchange the

goods they produced. For example, a farmer might have exchanged a cow (18) \_\_\_\_\_ tools and so on.

But just as times have changed, so have market practices. So, whereas in early times the main activity

(19) \_\_\_\_\_ with markets would have been 'bartering', meaning the exchange of goods as described above,

today most stall-holders wouldn't be too keen on accepting potatoes as payment, for instance, instead of cash.

In contrast, what might be a common sight in a modern market is a certain amount of 'haggling', where

customer and seller eventually (20) \_\_\_\_\_ on a price, after what can sometimes be quite a heated debate. This

has become so popular in certain places that many people think that this is what makes the unique atmosphere of a market. But just as no two people are the same, no two markets are the same either, and so behaviour

which is expected in one market in one country may not be (21) \_\_\_\_\_ in another.

Even within one country,

there are those markets where you could bargain quite easily and those where you would be advised not to try!

17	A	antique	B	ancient	C	old	D	past
18	A	into	B	by	C	for	D	over
19	A	associated	B	attached	C	connecting	D	relating
20	A	connect	B	agree	C	discuss	D	speak
21	A	suitable	B	convenient	C	acceptable	D	comfortable

#### Task 4

Read the text below. For questions (22-31) choose the correct answer (A, B, C or D).

#### The Oldest Leather Shoe in the World

Archaeologists report that a perfectly preserved (22) \_\_\_\_\_ shoe has been discovered in a cave in Armenia in south-west Asia. It is believed to be the oldest leather shoe ever found. The shoe was made of a single piece of leather, stitched at the front and back, and was shaped to fit the (23) \_\_\_\_\_ foot. It had been stuffed (24) \_\_\_\_\_ grasses, either for warmth or to make sure it kept its shape. 'The shoe is relatively small but we can't say for certain (25) \_\_\_\_\_ it was worn by a man or a woman,' says Dr Ron Pinhasi, an archaeologist on the research team 'We thought at first that it was about 600—700 years old because it was in such good shape.' Shoes of this type from later periods have turned up in archaeological excavations in various places in Europe, and shoes of a very similar design were still being used on the Aran Islands off the west coast of Ireland as recently as the 1950s. It's obviously a style which remained popular (26) \_\_\_\_\_ thousands of years.

22	A	5,500-year-old	B	5,500-years-old	C	5,500-years old	D	5,500 year old
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23	A	wearers'	B	wearers	C	wearer's	D	wearer
24	A	with	B	for	C	on	D	by
25	A	despite	B	which	C	whether	D	besides
26	A	in	B	for	C	on	D	while

### Vera Neumann: Fabric Designer

Vera Neumann was a designer and businesswoman whose products found their way into the homes of people across the USA. Vera was born in Connecticut in 1907 and showed artistic talent from an early age.

After attending Art College in New York, she got a job as textile designer, but didn't like (27) \_\_\_\_

what to do. (28) \_\_\_\_ to develop her own styles, Vera started to produce tablecloths each item printed by hand in her kitchen.

But it (29) \_\_\_\_ her scarves that made Vera's name. Good fabric was in short supply during the

Second World War, but Vera was lucky enough to come (30) \_\_\_\_ some silk left over from the manufacture of parachutes. Vera used it to design scarves with floral, abstract and geometric designs. These were an instant success when they appeared in department stores and during the 1950s they were the height of fashion, being worn by celebrities such as the film star Marilyn Monroe. By 1960, the company which Vera had set up (31) \_\_\_\_ 200 staff and producing 130 patterns per season.

27	A	be told	B	being told	C	to be telling	D	to tell
28	A	Determined	B	Be determining	C	Having determining	D	To determine
29	A	were	B	have been	C	was	D	has been
30	A	on	B	down with	C	along	D	across
31	A	was employing	B	was employed	C	employing	D	to employ

## Task 5

Read the text below. Choose from (A-H) the one which best fits each space (32-37).

### Ethical fashion

The fashion industry has been slow and unwilling to change the way it works; we've \_\_\_\_\_ known for ten years now that (32) \_\_\_\_\_, exposes workers to dangerous chemicals and often does not respect workers' basic rights. However, *Estethica* is beginning to improve the situation and change (33) \_\_\_\_\_. *Estethica* was launched at London Fashion Week six years ago and is now an \_\_\_\_\_ important part of the show. It is a place where ethical designers and fashion houses (34) \_\_\_\_ and the results are promising. It is not just about the exclusive end of the fashion market, well-known high street brands are also gradually increasing (35) \_\_\_\_\_. To be part of *Estethica* the rules are clear and strict. Firstly, farmers and workers must be paid a fair amount of money, (36) \_\_\_\_\_ common projects such as schools and hospitals. No child labour is used in the process of making the clothes. All the materials used in the production of fabrics should be organic, that is produced without the use of artificial chemicals. This is better for the local environment but also safer for workers. An effort is also made (37) \_\_\_\_; transportation is kept to a minimum for example. Fabrics are used and waste is recycled where possible. And finally working conditions and production methods are valued higher than cheap clothes.

A to reduce the environmental impact of the whole process

B their ranges of ethically produced clothing

C the fashion industry uses child labour

D have the chance to show their designs to the world of fashion

E and profits from the business are often spent on

F the face of fashion

G the fashion is changing for the better

H child labour is not used any more

## Module 5

### FOOD

#### Task1

Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

#### **3D Printing: the Future of Food Production?**

1.

3D printing is becoming more and more popular. We are now able to print things such as clothing, prosthetic limbs, musical instruments and prototype cars. People and businesses are able to create the things they need very quickly and easily using 3D printers. But can you imagine printing food?

2.

Some scientists are trying to revolutionise the dining experience by doing this. They hope that having a 3D printer in the kitchen will become as commonplace as the microwave or blender. Scientists say that they are easy to use: you simply have to select a recipe and put the raw food 'inks' into the printer. You can also modify the instructions to make the food exactly how you want it. This means that it would be very quick and easy to create tasty and nutritious meals.

3.

Using 3D printers to create your meals would also be saving the environment. There would be less need for traditional growing, transporting and packaging processes as food production would be a lot more efficient. For example, alternative ingredients such as proteins from algae, beetroot leaves and insects could be converted into tasty products!

4.

Printing food could also help people who suffer from dysphasia (a swallowing disorder). Elderly people also consider it difficult to chew and swallow. So, the pureed food can make it easier for them and to relieve pain. One of the ways it does this is through novel designs and textures. The technology employed enables to create foods that appear enticing to this category of people. They could program the printer to print softer versions of their favourite foods so that they would not have trouble swallowing them.

5.

However, some people think that a future of 3D-printed food would be a disaster. It could take away many jobs, including those for growing, transporting and packaging food. Imagine a world where there was no need for farming or growing crops and the same tastes and textures could be printed from a raw 'food ink'.

Likewise, traditional cafes and restaurants might lose business. Also, there are concerns about the nutritional value of printed food: is it really possible to get the nutrients we need from food-based inks and gels? What's more, cooking and eating together with family and friends has long been a traditional and enjoyable activity. It is hard to imagine a world where the pastime of cooking is dead and meals can be created at the touch of a button.

A 3D food printing makes everyday life easier.

B Harmful consequences of printed food production to individuals and society.

C Increasingly extensive use of 3D printing.

D Traditional food production processes would be more efficient.

E Environmentally friendly technology.

F Production of 3D-printed food would have disastrous environmental effects. G

New possibilities for the groups with special needs.

H New food production technology would simplify cooking and save time.

## Task 2

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

### The Candy Man Can

Knowing my weakness for all things sugary, a friend recently gave me a wonderful gift: a framed candy-bar wrapper dating back to the Great Depression. The odd name of the bar, *Chicken Dinner*, was accented by the label art: a steaming chicken. Sad to say, *Chicken Dinner* did not include any actual chicken parts. It was mostly nuts and chocolate. But why would a confectioner name a chocolate bar after a Sunday meal?

This is a profound question in itself, of course, but it also highlights an odd fact: at times of economic crisis, while most manufacturers are struggling, companies such as *Hershey's* and *Nestle* are reporting increased sales. Apparently there is nothing more soothing to the financially insecure than a candy bar, however oddly named. To understand why requires a look back at our past.

Both in the Old World and the New, chocolate was consumed exclusively by the aristocracy, and in liquid form. The technology required to render chocolate into a solid form came along only in the mid-19th century. But it took World War I for the chocolate bar to emerge as a distinct culinary product. American companies began mass-producing bars as single-serving rations for the soldiers. When the "dough boys" returned to the States, they encouraged the domestic demand for candy bars. Ironically, it was the beginning of the Depression that actually resulted in the golden age of candy bars. What had been, just a century

earlier, the ultimate luxury foodstuff, became manna for the masses. According to the late Ray Broekel, the author of *The Great American Candy Bar Book*, more than 30,000 distinct brands were introduced during the Depression. Candy bars might be regarded as America's first fast food: cheap, self-contained and filling - at least in the short-term.

The variety of regionally made bars available back then was dazzling. Most major cities had confectioners producing bars, and big cities such as Chicago and Boston boasted dozens. The range of components included local nuts and produce such as pecans, walnuts, strawberries, cherries and figs. No doubt the strangest bar to be introduced during the boom was the infamous *Vegetable Sandwich*, produced for quite a short while during the health craze of the 1920s. Billed as "a delicious candy made with vegetables," the bar consisted of dehydrated celery, peas and carrots covered in chocolate. While it's true that the *Vegetable Sandwich* probably lived up to its marketing tag - "will not constipate" - *it never quite caught on with the public*.

Still, what people wanted then was a dessert that they could convince themselves was healthy. The same holds true today. Consolidation by industrial giants such as *Hershey's* and *Mars* has long since driven most regional bars out of existence, and a much smaller number of national brands has emerged. But brands like *Snickers* continue to be marketed as "satisfying" (read: filling and nutritious) snacks. Nor is it any surprise that retail candy sales have been strong during the current recession. Candy bars remain an incredibly affordable luxury, products that simultaneously deliver a sugar high and a nostalgic feeling of excitement, by reminding consumers of the innocent pleasures of childhood.

- 6 What surprised the author, according to PARAGRAPH 1?
- A the date of the candy-bar production B the value of the candy-bar wrapper C the name of the old candy bar D the ingredients of the Sunday meal
- 7 Which of the following is TRUE of chocolate, according to the text?
- A Chocolate has become Americans' favourite dessert.  
B Chocolate used to be the privilege of the nobility.  
C Chocolate was first made solid during World War I.  
D Chocolate drinks were invented during the Great Depression.
- 8 What does the author mean by writing that the *Vegetable Sandwich* "never quite caught on with the public" in PARAGRAPH 4?
- A It was not popular with the consumers.  
B It was not available in small towns.

C It was not considered a health food.

D It was not affordable to the customers.

9 Which of the following is NOT mentioned in the text?

A The author of the text has a strong liking for sweet foods.

B Soldiers contributed to spreading candy bars in the USA.

C Candy-bar recipes contained various local ingredients.

D Consolidation of big brands made candy bars cheaper.

10 What is stated in the text?

A Chocolate sells in greater amounts when economy is in decline.

B Chocolate candy bars are healthier than other fast food.

C The number of chocolate brands is constantly growing.

D Customers' choice of candy bars depends on their ingredients.

### Task 3

Read the text below. For questions (11-20) choose the correct answer (A, B, C or D).

#### Why Do Onions Make You Cry?

Onions, like other plants, are made of cells. The cells are divided into two sections (11) \_\_\_\_\_ by a membrane. One side of the membrane contains an enzyme which helps chemical processes (12) \_\_\_\_\_ in your body. The other side of the membrane contains molecules that contain sulfur. When you cut an onion, the (13) \_\_\_\_\_ on each side of the membrane mix and cause a chemical (14) \_\_\_\_\_. This chemical process (15) \_\_\_\_\_ molecules such as ethylsulfine which make your eyes water. To (16) \_\_\_\_\_ crying when you cut an onion, cut it under a running tap of cold water.

The sulfur compounds (17) \_\_\_\_\_ in water and are rinsed down the sink before they (18) \_\_\_\_\_ your eyes. You can also put the onion in the freezer for ten minutes

before you cut it. Cold temperatures slow down the reaction (19) \_\_\_\_\_ the enzymes and the sulfur compounds, so fewer of the (20) \_\_\_\_\_ molecules will affect your eyes.

11	A	circulated	B	separated	C	sorted	D	shared
12	A	occur	B	hold	C	carry	D	take
13	A	properties	B	abilities	c	contents	D	flavours
14	A	reaction	B	formula	c	pollution	D	poisoning
15	A	does	B	opens	c	discovers	D	produces
16	A	remove	B	prevent	c	protect	D	except
17	A	dissolve	B	lose	c	miss	D	steam
18	A	come	B	achieve	c	reach	D	take
19	A	among	B	through	C	between	D	along
20	A	sparkling	B	flaming	c	shining	D	burning

#### Task 4

Read the text below. For questions (21-30) choose the correct answer (A, B, C or D).

Tea and Ceylon are synonymous in many (21) \_\_\_\_\_. Sri Lanka (Ceylon) is a land which has inherited a rich history of tea and continues to grow the best tea in the world, with its different climatic (22) \_\_\_\_\_, producing variations in taste, quality, character and appearance. Ceylon tea is a brand of its own carrying out the (23) \_\_\_\_\_ flavours of all regions in Sri Lanka. The various soil conditions and different elevations in each region give its teas the diverse characteristics. And no two teas are the same even when grown in the same region. Tea may (24) \_\_\_\_\_ in flavour, colour and the aroma which embodies the sense of place.

As the world takes an organic (25) \_\_\_\_\_ to life, tea has become a beverage preferred by many. The health benefits in tea are numerous, the most outstanding one being its antioxidants. Scientific (26) \_\_\_\_\_ has confirmed that regular tea drinkers are protected from many chronic diseases, the main being heart diseases due to its powerful antioxidants.

Ceylon tea is (27) \_\_\_\_\_ in antioxidants, since it is packed right where it's grown and (28) \_\_\_\_\_ within days to protect the freshness of the tea. Ceylon tea is an element of the art of drinking tea. Each range of tea (29) \_\_\_\_\_ its own story related to the rich Sri Lankan heritage.

Each product means unique tea drinking (30) \_\_\_\_\_ , which transports its tea drinkers to another time and place. It is the taste of Ceylon's finest tea at its best, creating luxury in everyday life.

21	A	means	B	ways	C	directions	D	routes
22	A	effects	B	positions	C	states	D	conditions
23	A	accurate	B	possible	c	probable	D	definite
24	A	exchange	B	differ	c	adapt	D	rotate
25	A	approach	B	style	c	manner	D	system
26	A	attention	B	research	c	thinking	D	progress
27	A	wealthy	B	rich	c	great	D	valuable
28	A	directed	B	shipped	c	moved	D	referred
29	A	imagines	B	plays	c	belongs	D	reflects
30	A	ability	B	view	c	experience	D	evidence

### Task 5

Read the text below. Choose from (A-H) the one which best fits each space (31-36).

#### Cowboy Chocolatier

On the rare days when I happen to glimpse my distant and long-ago life as a child, I remember my love of chocolate. I also remember cowboys - mostly through the medium of television.

Growing up on the wrong side of the pond, (31) \_\_\_\_ . They seemed a pretty strong

breed, likely to be found out in the wilderness somewhere with a horse, a gun and not much else. Much later I was fortunate enough to move to where some real cowboys live - Cody, Wyoming.

Tim Kellogg, the Meeteetse Chocolatier, was named as one of "Wyoming's 40 under 40" for

2009, proving beyond a doubt that (32) \_\_\_\_ and turn his knowledge and passion into

a successful business operation. He runs both a Meeteetse store and an online business.

Tim can be found in his store - dressed in true cowboy style - with his signature black hat. Inside, the chocolates are displayed to good effect with Tim's motto "Fear No Chocolate" inscribed on a blackboard by the door. Tim is proud of all his chocolates, some of which, he

explains, are the traditional flavours - Baileys, Champagne - (33)\_\_\_ , while others are unique local treats, specific to their community and to their creator's cowboy heritage.

Tim fell into chocolate-making by accident in the 1990s "to keep chocolate in the family"

after his grandmother died. Thus, (34) \_\_\_\_\_, Tim decided that he would be the backer

and chocolate-maker for family occasions, and began to make confections for his friends and family.

He is the sole chocolatier in his business (35) \_\_\_ a few miles outside of Meeteetse.

This combination of roles can be seen unusual, but Tim is happy to note that although his friends do find it funny, (36) \_\_\_\_\_ .

A found in fine chocolatiers all over the globe

B cowboys were unknown and mystical to me

C they are made with fresh, natural and organic products

D this cowboy knows how to make delicious goodies

E and still spends two to four days a week cowboying on a ranch

F they have never been negative

G in an almost certainly unusual move for a cowboy

H this unexpected decision made him famous

## **Module 6**

### **TIME-MANAGEMENT**

#### **Task1**

Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

#### **Top 5 Time Management Tips**

Good time management skills can help students increase their grades and improve their overall college work performance. By learning to complete assignments on time every time, students will have a better classroom experience. Discover which tips are right for you.

1

Do you find yourself rushing to complete your homework assignment at the last moment? The root of this common problem may be time management. Some easy exercises may help you identify the tasks or habits that take time away from you and help you develop more healthy homework habits.

2

“ The assignment is due when? Tomorrow?”

Somehow, that assignment due date just slipped right up on us without our noticing. That is why organizational skills are so important to college performance. Who can afford to score a big fat “0” on a paper just because we got lazy and didn’t pay attention to the due date? Then, how about putting it down?

3

If you have a Yahoo! account or another email system, you can use the free calendar feature to organize your homework. You will be able to enter each assignment as you receive it, make notes, and receive reminders as each due date approaches.

4

Postponing a task is like telling ourselves a little white lie. We think we’ll feel better if we do something fun, like watch a TV show, instead of studying or reading. But when we give in to the urge we always feel worse in the long run, not better.

5

If you’re like many students, you sometimes have trouble getting started on a project, because the end result seems so far away and impossible to reach. Sometimes when you start out with an idea and a blank sheet of paper and look into the future, all you see is lots and lots of unfinished research, reading, planning, and work. Next time try starting at the end and moving step by step to the beginning!

A Use Time for Better Results

B Send Yourself Memos

C Use a Day Planner

D Avoid Delaying Assignments

E Find out Time Consuming Routines

F Attend to Unfinished Tasks

G Try Backward Planning  
H Organize Your Desk

## **Task 2**

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

### **A neuroscientist reveals how to think differently**

In the last decade a revolution has occurred in the way that scientists think about the brain. We now know that the decisions humans make can be traced to the firing patterns of neurons in specific parts of the brain. These discoveries have led to the field known as neuroeconomics, which studies the brain's secrets to success in an economic environment that demands innovation and being able to do things differently from competitors. A brain that can do this is an iconoclastic one. Briefly, an iconoclast is a person who does something that others say can't be done.

This definition implies that iconoclasts are different from other people, but more precisely, it is their brains that are different in three distinct ways: perception, fear response, and social intelligence. Each of these three functions utilizes a different circuit in the brain. Naysayers might suggest that the brain is irrelevant, that thinking in an original, even revolutionary, way is more a matter of personality than brain function. But the field of neuroeconomics was born out of the realization that the physical workings of the brain place limitations on the way we make decisions. By understanding these constraints, we begin to understand why some people march to a different drumbeat.

The first thing to realize is that the brain suffers from limited resources. It has a fixed energy budget, about the same as a 40 watt light bulb, so it has evolved to work as efficiently as possible. This is where most people are impeded from being an iconoclast. For example, when confronted with information streaming from the eyes, the brain will interpret this information in the quickest way possible. Thus it will draw on both past experience and any other source of information, such as what other people say, to make sense of what it is seeing. This happens all the time. The brain takes shortcuts that work so well we are hardly ever aware of them. We think our perceptions of the world are real, but they are only biological and electrical rumblings. Perception is not simply a product of what your eyes or ears transmit to your brain. More than the physical reality of photons or sound waves, perception is a product of the brain.

Perception is central to iconoclasm. Iconoclasts see things differently to other people. Their brains do not fall into efficiency pitfalls as much as the average person's brain. Iconoclasts, either because they were born that way or through learning, have found ways to work around the perceptual shortcuts that plague most people. Perception is not something that is hardwired into the brain. It is a learned process, which is both a curse and an opportunity for change. The brain faces the fundamental problem of interpreting physical stimuli from the senses. Everything the brain sees,

hears, or touches has multiple interpretations. The one that is ultimately chosen is simply the brain's best theory. In technical terms, these conjectures have their basis in the statistical likelihood of one interpretation over another and are heavily influenced by past experience and, importantly for potential iconoclasts, what other people say.

The best way to see things differently to other people is to bombard the brain with things it has never encountered before. Novelty releases the perceptual process from the chains of past experience and forces the brain to make new judgments. Successful iconoclasts have an extraordinary willingness to be exposed to what is fresh and different. Observation of iconoclasts shows that they embrace novelty while most people avoid things that are different.

The problem with novelty, however, is that it tends to trigger the brain's fear system. Fear is a major impediment to thinking like an iconoclast and stops the average person in his tracks. There are many types of fear, but the two that inhibit iconoclastic thinking and people

generally find difficult to deal with are fear of uncertainty and fear of public ridicule. These may seem like trivial phobias. But fear of public speaking, which everyone must do from time to time, afflicts one-third of the population. This makes it too common to be considered a mental disorder. It is simply a common variant of human nature, one which iconoclasts do not let inhibit their reactions.

Finally, to be successful iconoclasts, individuals must sell their ideas to other people. This is where social intelligence comes in. Social intelligence is the ability to understand and manage people in a business setting. In the last decade there has been an explosion of knowledge about the social brain and how the brain works when groups coordinate decision making. Neuroscience has revealed which brain circuits are responsible for functions like understanding what other people think, empathy, fairness, and social identity. These brain regions play key roles in whether people convince others of their ideas. Perception is important in social cognition too. The perception of someone's enthusiasm, or reputation, can make or break a deal. Understanding how perception becomes intertwined with social decision making shows why successful iconoclasts are so rare.

Iconoclasts create new opportunities in every area from artistic expression to technology to business. They supply creativity and innovation not easily accomplished by committees. Rules aren't important to them. Iconoclasts face alienation and failure, but can also be a major asset to any organization. It is crucial for success in any field to understand how the iconoclastic mind works.

6) Neuroeconomics is a field of study which seeks to

- A cause a change in how scientists understand brain chemistry.
- B understand how good decisions are made in the brain.
- C understand how the brain is linked to achievement in competitive fields.
- D trace the specific firing patterns of neurons in different areas of the brain.

7) According to the writer, iconoclasts are distinctive because

- A they create unusual brain circuits.
  - B their brains function differently.
  - C their personalities are distinctive.
  - D they make decisions easily.
- 8) According to the writer, the brain works efficiently because
- A it uses the eyes quickly.
  - B it interprets data logically.
  - C it generates its own energy.
  - D it relies on previous events.
- 9) The writer says that perception is
- A a combination of photons and sound waves.
  - B a reliable product of what your senses transmit.
  - C a result of brain processes.
  - D a process we are usually conscious of.
- 10) According to the writer, an iconoclastic thinker
- A centralises perceptual thinking in one part of the brain.
  - B avoids cognitive traps.
  - C has a brain that is hardwired for learning.
  - D has more opportunities than the average person.

### Task 3

Read the text below. For questions (11-20) choose the correct answer (A, B, C or D).

#### What Is Success?

To be clear about what success is must be the first step to (23) \_\_\_ success.

So far, the best definition I have (24) \_\_\_\_\_ is: "Success is the completion of anything intended." In other words success is finishing what you (25) to do.

(26) \_\_\_\_\_ robbing a bank is a kind of success if that is what you wished to do. (27) \_\_\_\_\_: \_\_\_\_\_, you probably did not intend (28) \_\_\_\_\_ in prison!

The (29) \_\_\_\_\_ definition of success shines a light on failure and success. Make a plan and follow it and you will have succeeded. Make a plan and do not follow it and you will have failed.

This (30) \_\_\_\_\_ seem very obvious but it is amazing that only about 85% of the human race end up doing what they intended.

I asked several people what they thought success was. One person said that "Success is making loads of money." (31) said that success is "Achieving your

goals". Some one else said that success is "Fulfilling your potential". An interesting answer was that success is (32) \_\_\_\_\_ others jealous".

23	A	<i>getting</i>	B	<i>achieving</i>	C	<i>attaining</i>	D	<i>gaining</i>
24	A	<i>come around</i>	B	<i>come up</i>	C	<i>come across</i>	D	<i>come in</i>
25	A	<i>planned</i>	B	<i>desired</i>	c	<i>claimed</i>	D	<i>guessed</i>
26	A	<i>Although</i>	B	<i>Thus</i>	c	<i>Even though</i>	D	<i>Even</i>
27	A	<i>In addition</i>	B	<i>However</i>	c	<i>On the</i>	D	<i>Therefore</i>
28	A	<i>to end up</i>	B	<i>to end</i>	c	<i>end up</i>	D	<i>to ending up</i>
29	A	<i>next</i>	B	<i>over</i>	c	<i>above</i>	D	<i>nearby</i>
30	A	<i>should</i>	B	<i>ought to</i>	c	<i>must</i>	D	<i>may</i>
31	A	<i>Other</i>	B	<i>Another</i>	c	<i>Others</i>	D	<i>The other</i>
32	A	<i>Making</i>	B	<i>Doing</i>	c	<i>Creating</i>	D	<i>Changing</i>

#### Task 4

Read the text below. For questions (21-32) choose the correct answer (A, B, C or D).

#### The Secret of a long life

Growing older is a natural process that we cannot avoid. However, some people manage to keep their looks for longer than others, and live to a (21) \_\_\_\_\_ old age. So, what exactly is their secret?

Age is (22) \_\_\_\_\_ by many to be a mental attitude. As our minds and bodies are not (23) \_\_\_\_\_ from each other, if you feel content, you are more likely to be healthy and therefore to live a long life. Others stress the (24) \_\_\_\_\_ of having an interesting occupation. Having a deep interest in whatever you do (25) \_\_\_\_\_ to a more fulfilled and active life.

Many also recommend yoga or other types of physical exercise. Everybody, young or old, can (26) \_\_\_\_\_ from regular exercise and spending time with others. Some, on the other hand, (27) \_\_\_\_\_ old age without taking special care of their health. But research has shown that people who (28) \_\_\_\_\_ to a low-calorie diet have a greater chance of living longer. Of course, having access to good medical care (29) \_\_\_\_\_ a difference, too.

Recent studies suggest that people with more high-powered jobs are healthier, as are people who have (30) \_\_\_\_\_ a good education. But scientific opinion (31) \_\_\_\_\_ changing. Maybe longevity just depends on genes or perhaps it's (32) \_\_\_\_\_ down to good luck.

- 21 A ripe      B ready      C plump      D prime  
 22 A valued    B considered    C suggested    D mentioned  
 23 A different    B individual    C separate    D divided

- 24 A greatness B strength C importance D power  
 25 A runs B results C directs D leads  
 26 A take B advance C win D benefit  
 27 A get B reach C touch D grab  
 28 A stick B stay C hold D remain  
 29 A shows B has C makes D is  
 30 A received B made C taken D owned  
 31 A maintains B keeps C stays D continues  
 32 A usually B hardly C simply D only

**Task 5**

Read the text below. For questions (32-37) choose the correct answer (A, B, C or D).

**Time Is on Your Side**

There are some ways to help you build time management into your work habits:

1

Look ahead and set a schedule for yourself so that you always have time to be productive. Planners are the best things for any student. If you stay up-to-date with your homework, clubs, organizations, sports and jobs, there's no way you'll miss out an activity or forget an assignment. It's a good idea to update your planner after every class or meeting so you'll be 100% sure of deadlines, projects and meetings (32)

2

For many students, checking social media favourites like Facebook and Twitter has become a reflexive habit. Just keep reminding yourself that you don't need to check these sites every time you use the computer for school or work. It may seem harmless to go through your networks quickly just to get that feeling of obligation out of the way, (33) \_\_\_\_\_. Remember Facebook isn't conducive to getting work done, as much as we all wish it were.

3

You have to be really sure of what it is that you want to get done. If you have homework in several classes, various ongoing projects already assigned, and tests to study for, (34) \_\_\_\_\_. This is why it's important to know what thing you need to do right now. You can only really focus on one thing at a time, so decide on some realistic tasks before setting out to tackle any business.

4

Make sure your schedule includes short periods to recharge and have some fun with friends. You might decide to gift yourself a tasty treat or to give yourself a break after making good progress. If you're a social media junkie, you could even allow yourself to explore Facebook guilt-free after getting some work done. You'll feel less overwhelmed if you have incentives (35) \_\_\_\_\_.

If you're having trouble keeping up, don't be afraid (36) \_\_\_\_\_. If you feel yourself floundering in a sea of information, talk to your teachers. They will answer your questions and recommend resources available to you. Don't necessarily expect any special treatment, (37) \_\_\_\_\_, they might just be willing to help.

A but it's easy to get sucked into a time warp this way

B to keep you going bit by bit.

C you could even allow yourself to explore Facebook

D but if you show that you're making an effort

E that are approaching in the future.

F to discuss it with your parents or friends

G you don't need to check these sites every time

H you're likely to stay more overwhelmed than focused

## **Module 7**

### **FEELS GOOD**

#### ***Task 1***

Read the text below. Match choices (A-G) to (1-4). There are three choices you do not need to use.

1. \_\_\_\_\_ Body language, also known as non-verbal communication, plays a significant role in how we express ourselves and interpret the feelings and intentions of others. It encompasses a wide range of subtle cues, including facial expressions, gestures, posture, eye contact, and even the tone and pitch of one's voice.
2. \_\_\_\_\_ Understanding body language is essential in both personal and professional interactions. It can help us convey confidence, trustworthiness, and sincerity. For example, maintaining eye contact during a conversation shows that you are engaged and attentive, while crossed arms may indicate defensiveness or discomfort.
3. \_\_\_\_\_ In a professional context, effective body language can enhance your communication skills, making you a more persuasive speaker and active listener. It can also help you navigate sensitive situations, such as negotiations or interviews, by allowing you to assess the reactions and emotions of others.
4. \_\_\_\_\_ By becoming more aware of your own body language and learning to read the non-verbal cues of others, you can improve your communication and build better relationships. Remember that body language is a universal form of expression, and being attuned to it can lead to more successful interactions in both your personal and professional life.

- A. Improving relationships
- B. Gestures and expressions
- C. Professional benefits
- D. Importance
- E. Eye contact
- F. Nonverbal cues
- G. Communication skills

#### ***Task 2***

Read the text below. For questions (5-9) choose the correct answer (A, B, C or D).

Body language is a powerful form of non-verbal communication that can reveal a lot about a person's thoughts, emotions, and intentions. It encompasses various aspects, including facial expressions, gestures, posture, and even the tone and pitch of one's

voice. Understanding and interpreting body language is crucial in personal and professional interactions.

Facial expressions are among the most noticeable cues in body language. A smile typically indicates happiness, while a furrowed brow may suggest confusion or concern. Eye contact is another significant component, as it can convey interest, attentiveness, or even discomfort. Gestures, such as hand movements and pointing, can add emphasis to spoken words.

Posture also plays a vital role in body language. Standing tall and with an open posture can project confidence and openness, while slouching or crossed arms may signal defensiveness or disinterest. In professional contexts, effective body language can enhance communication, making you appear more persuasive and empathetic. The ability to read and respond to body language can improve interpersonal relationships and help navigate social situations with ease. It's a skill that, when honed, can lead to more effective and empathetic communication.

### **Questions:**

1. What does body language primarily convey?
  - A) Spoken language
  - B) Thoughts, emotions, and intentions
  - C) Written language
  - D) Cultural norms
2. Which non-verbal cue typically indicates happiness in body language?
  - A) A furrowed brow
  - B) A smile
  - C) Crossed arms
  - D) Slouching
3. What does eye contact often communicate in body language?
  - A) Disinterest
  - B) Defensiveness
  - C) Happiness
  - D) Attentiveness
4. How can effective body language enhance communication in professional contexts?
  - A) By making you appear disinterested
  - B) By projecting confidence and openness
  - C) By emphasizing written language
  - D) By reducing the need for spoken language

5. What benefits can be derived from the ability to read and respond to body language?

- A) Enhanced interpersonal relationships and improved communication
- B) Reduced awareness of social situations
- C) Increased need for verbal communication
- D) Isolation and detachment

**Task 3.** Read the text below. Choose from (A-G) the one which best fits each space (10-14). There are two choices you do not need to use.

Ideas are the lifeblood of progress and A)\_\_\_\_\_. They are the seeds from which new inventions, groundbreaking discoveries, and creative works sprout. Every significant achievement, whether in science, technology, art, or any other field, can be traced back to the B) \_\_\_\_\_ of an idea.

Ideas have the power to change the world. From the "Eureka!" moment that led to the development of the lightbulb to the concept of democracy that shaped the course of nations, ideas have been the catalysts for C)\_\_\_\_\_. They inspire us to explore the unknown, challenge the status quo, and envision a brighter future.

The beauty of ideas lies in their boundless nature. They can be simple or complex, revolutionary or evolutionary. They are not confined by borders or limitations. Ideas are democratic, and they can come from anyone, anywhere. They thrive on D)\_\_\_\_\_ and often grow stronger when shared and developed by a diverse group of minds.

Ideas are also fragile. They require nurturing, protection, and belief to flourish. Many groundbreaking ideas were initially met with skepticism or resistance but went on to change the world. The human capacity to imagine, innovate, and bring ideas to life is a testament to our potential.

In a rapidly evolving world, the currency of ideas has never been more valuable.

They hold the potential to address pressing global challenges, shape the technologies of the future, and enrich our lives with art, culture, and understanding.

As we continue to explore, create, and push the boundaries of what is possible, it's essential to remember that every great achievement began with a simple idea, a small spark of inspiration that ignited the E)\_\_\_\_\_. Ideas are the foundation of progress, and they will continue to lead us toward a brighter tomorrow.

**Choices (A-G):**

- 10) imagination
- 11. transformation
- 12.spark

13. collaboration
14. innovation
15. foundation
16. Idea
17. creation

**Task 4.** Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

Read the text below. For spaces (1-6) choose the correct answer (A, B, C, or D).

Gestures are a fascinating aspect of human communication. They can convey a wide (1) of emotions, intentions, and messages without a single word spoken. From a simple wave to an elaborate dance, gestures have been used throughout history to express (2) and connect with others. In different cultures, the same gesture can have diverse interpretations. For example, a thumbs-up sign is often considered a positive gesture in some countries, but it may carry an offensive connotation in others. It's essential to (3) these cultural nuances to avoid misunderstandings. Some gestures are instinctive, like a smile when we're happy or tears when we're sad. Others are learned and (4) as part of our social upbringing. In today's digital age, emojis and GIFs have become modern forms of visual (5) that enhance our text-based conversations. Mastering the language of gestures can improve your communication skills and enhance your ability to (6) with people from diverse backgrounds.

Word Choices (A-D for each blank):

1. A. mess B. spectrum C. harmony D. avoid
2. A. confusion B. variety C. disarray D. scarcity
3. A. stumble B. weave C. sprint D. complain
4. A. missing B. embracing C. ignoring D. creating
5. A. appreciate B. criticize C. overlook D. resent
6. A. blend B. unity C. isolation D. rejection

### **Task 5**

Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

Mood is a complex and ever-changing aspect of human experience. It refers to a person's emotional state at a given time, influencing how they perceive and interact with the world. Our moods can fluctuate throughout the day, from moments of joy and enthusiasm to periods of sadness and frustration. Understanding and managing our moods is crucial for our well-being.

Mood is influenced by various factors, including external events, internal thoughts, and even biological processes. Positive experiences, such as achieving a goal or spending time with loved ones, can elevate one's mood. Conversely, stress, disappointment, or physical discomfort can lead to a negative mood. Our interpretations of events and situations also play a significant role in shaping our moods.

Moods are often categorized into basic emotions like happiness, anger, fear, sadness, and surprise. However, the spectrum of human emotion is vast, and moods can be more complex and nuanced. For example, one might experience a mixture of excitement and nervousness before a significant event, like a job interview or a first date.

Mood affects not only our mental state but also our physical well-being. A positive mood can boost energy levels, enhance creativity, and improve problem-solving abilities. On the other hand, a persistent negative mood can lead to a range of health issues, including depression and anxiety.

Managing one's mood involves self-awareness and strategies for emotional regulation. Techniques like mindfulness, exercise, and social support can help stabilize mood and promote a positive outlook. Recognizing the power of mood and its impact on our lives allows us to navigate challenges and savor moments of happiness.

1. What does mood refer to in the context of human experience? A) A person's preferred emotional state B) A person's psychological disorder C) A person's favorite activities D) A person's personality traits
2. How does mood influence a person's perception and interaction with the world? A) It has no impact on perception. B) It can lead to constant happiness. C) It can change throughout the day. D) It only affects physical well-being.
3. Which of the following can elevate a person's mood? A) Stress and discomfort B) Negative experiences C) Spending time with loved ones D) Interpretations of events
4. What are basic emotions often categorized under in terms of moods? A) Happiness, joy, and love B) Excitement, enthusiasm, and inspiration C) Happiness, anger, fear, sadness, and surprise D) Anger, frustration, and disappointment
5. In addition to basic emotions, what makes the spectrum of human emotion vast and complex? A) Categorization into three main moods B) Biological processes C) The absence of nuanced moods D) Interpretations of events and situations

6. What can a mixture of excitement and nervousness before a job interview be categorized as? A) A basic emotion B) A complex mood C) A medical condition D) A personality trait
7. How can a positive mood affect an individual's creativity? A) It has no impact on creativity. B) It hinders creative thinking. C) It can enhance creativity. D) It only influences physical well-being.
8. What is a potential consequence of a persistent negative mood? A) Improved problem-solving abilities B) Boosted energy levels C) Enhanced physical health D) Depression and anxiety
9. What are some techniques mentioned in the text for managing one's mood? A) Mindfulness, exercise, and social support B) Avoiding all stressors C) Expressing negative emotions constantly D) Ignoring emotional regulation
10. How does recognizing the power of mood and its impact on our lives benefit individuals? A) It has no effect on individuals. B) It allows individuals to avoid happiness. C) It helps individuals navigate challenges. D) It only affects physical health.

## Module 8

### THE CREATIVE URGE

#### *Task 1*

Read the text below. Match choices (A-G) to (1-7). There are three choices you do not need to use.

1. \_\_\_\_\_ Fashion is not just about clothing; it's a form of self-expression, an art, and a reflection of culture. It's a dynamic industry that constantly evolves, driven by creativity, trends, and individual preferences. From high-end designer collections to streetwear, fashion encompasses a wide spectrum of styles and influences.

2. \_\_\_\_\_ At its core, fashion is a means for individuals to communicate their identity and personality. It's a visual language that allows people to express their tastes, beliefs, and moods. The clothes we choose, the way we accessorize, and even the colors we prefer all convey a message about who we are and how we want to be perceived.

3. \_\_\_\_\_ Fashion trends come and go, often cyclical, influenced by historical eras, music, art, and pop culture. What was once considered outdated can become the latest trend with a fresh twist. Designers and fashion houses constantly push the boundaries of creativity, experimenting with materials, cuts, and styles.

4. \_\_\_\_\_ The fashion industry itself is a global powerhouse, impacting economies and shaping societies. It involves not only designers but also manufacturers, marketers, models, photographers, and retailers. Fashion weeks in major cities like Paris, Milan, and New York set the stage for showcasing the latest collections, and these events play a significant role in setting trends.

5. \_\_\_\_\_ In recent years, sustainability and ethical practices have gained prominence in the fashion world. There is a growing awareness of the environmental impact of the industry, leading to a shift towards eco-friendly materials and ethical manufacturing processes. Vintage and second-hand fashion has also gained popularity, offering a more sustainable way to enjoy stylish clothing.

6. \_\_\_\_\_ Fashion is a multifaceted realm where creativity knows no bounds. Whether you follow the latest runway trends or create your unique style, it's a canvas for self-expression that allows you to embrace your individuality and explore the artistry of clothing and accessories.

- A. Commencement
- B. Identity
- C. Trends
- D. Industry
- E. Sustainability
- F. Creativity
- G. Diversity

- H. Style
- I. Fashion
- J. Age

### **Task 2**

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

#### **The Importance of Biodiversity**

Biodiversity refers to the variety of life on Earth, encompassing the multitude of species of plants, animals, and microorganisms, the genetic differences within these species, and the ecosystems they form. Biodiversity plays a vital role in maintaining the health and stability of our planet. Here are some key reasons why biodiversity is crucial:

1. **Ecosystem Services:** Biodiversity provides essential services to ecosystems and, in turn, to humans. These services include pollination, nutrient cycling, water purification, and climate regulation.
2. **Genetic Diversity:** A wide range of genetic diversity within species ensures resilience to environmental changes. It's like having a toolbox of various traits that can help organisms adapt to shifting conditions.
3. **Medicine and Food:** Many of our medicines and sources of food are derived from various species. Biodiversity is a wellspring of potential cures for diseases and innovations in agriculture.
4. **Cultural and Aesthetic Value:** Biodiversity is deeply intertwined with culture and aesthetics. It provides inspiration for art, literature, and spiritual practices, and it contributes to the beauty of our planet.
5. **Economic Benefits:** Biodiversity supports various industries such as tourism, agriculture, and fisheries, providing jobs and income to communities.

#### **Questions:**

1. What does biodiversity encompass?
  - A) Only the variety of animal species
  - B) The genetic differences within species
  - C) The number of humans on Earth
  - D) Ecosystem services like electricity generation
2. How does biodiversity benefit ecosystems?
  - A) It doesn't provide any benefits
  - B) It helps maintain ecosystem health and stability
  - C) It only benefits humans, not ecosystems
  - D) It causes environmental problems
3. Why is genetic diversity within species important?
  - A) It's not important at all
  - B) It ensures resilience to environmental changes
  - C) It makes species more vulnerable

- D) It leads to extinction
4. How is biodiversity related to medicine and food?
- A) Biodiversity is not related to medicine and food  
 B) Biodiversity is the cause of diseases  
 C) Many medicines and sources of food are derived from various species  
 D) Biodiversity reduces the availability of food
5. In what way does biodiversity contribute to cultural and aesthetic value?
- A) It has no impact on culture and aesthetics  
 B) Biodiversity only contributes to the economy  
 C) It provides inspiration for art, literature, and spiritual practices  
 D) Biodiversity makes the planet less beautiful

**Task 3.** Read the text below. Choose from (A-G) the one which best fits each space (11-15). There are two choices you do not need to use.

(1) \_\_\_\_\_ is an essential human emotion that can greatly influence our thoughts, behaviors, and relationships. It's a complex feeling that can range from mild contentment to intense joy. Understanding (2) \_\_\_\_\_ and how to experience it can contribute to a happier and more fulfilling life.

Happiness often (3) \_\_\_\_\_ from positive experiences and meaningful connections with others. Cultivating (4) \_\_\_\_\_ can lead to greater life satisfaction and overall well-being. It's important to recognize that happiness is a subjective (5) \_\_\_\_\_, and what brings joy to one person may not be the same for another.

(6) \_\_\_\_\_ plays a significant role in shaping our happiness. Our thoughts, attitudes, and perspectives can influence how we perceive and respond to the world around us.

- A) Happiness  
 B) Kindness  
 C) Derives  
 D) Positive relationships  
 E) Experience  
 F) Mindset  
 G) Happiness  
 H) Connection

**Task 4.** Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

The bustling marketplace was a (58) of colors, sounds, and fragrances. Vendors called out to passersby, offering a (59) of fresh fruits, spices, and handmade crafts. The streets were filled with people from different walks of life, each with a unique story to tell. It was a true (60) of cultures and traditions.

I (61) through the maze of stalls, (62) the vibrant tapestry of humanity. The laughter of children, the chatter of friends, and the hum of activity filled the air. I couldn't help but (63) the diversity of the marketplace and the sense of (64) it brought.

Word Choices (A-D for each blank): 58. A. chaos B. spectrum C. harmony D. void

59. A. mess B. variety C. sameness D. scarcity

60. A. blend B. mosaic C. disarray D. uniformity

61. A. stumbled B. weaved C. sprinted D. complained

62. A. missing B. embracing C. ignoring D. creating

63. A. appreciate B. criticize C. overlook D. resent

64. A. confusion B. unity C. isolation D. rejection

### ***Task 5.***

Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

As I stood on the shore of a tranquil lake, I marveled at the reflection of the surrounding mountains in the clear, still water. The morning sun painted the sky with hues of orange and pink, casting a warm glow over the landscape. The gentle lapping of the water and the distant call of a bird created a serene symphony of nature. I couldn't help but appreciate the peace and beauty of this pristine environment.

Questions: 6. What is the author observing in the text? A. A bustling city B. A tranquil lake C. A noisy construction site D. A crowded mall

7. How does the morning sun affect the sky? A. It creates hues of orange and pink B. It hides behind clouds C. It paints the sky blue D. It makes the sky gray

8. What sounds contribute to the serene atmosphere? A. Car horns and sirens B. Laughter and music C. The gentle lapping of water and a distant bird call D. Loud conversations and construction noise

9. How does the author feel about the environment? A. Overwhelmed by chaos B. Frightened by the beauty C. Appreciative of the peace and beauty D. Bored and disinterested

10. What word best describes the lake's water in the text? A. Dark and turbulent B. Clear and still C. Murky and polluted D. Noisy and crowded

## Module 9

### FOLLOW THE CROWD?

#### *Task 1.*

Read the text below. Match choices (A-G) to (1-7). There are three choices you do not need to use.

1. \_\_\_\_\_ Lifestyles vary greatly from person to person and are often influenced by a range of factors, including cultural backgrounds, geographical locations, personal preferences, and socioeconomic status. A lifestyle encompasses the way individuals live, including their daily routines, habits, values, and choices.
2. \_\_\_\_\_ In urban settings, fast-paced lifestyles are the norm. People rush through crowded streets, juggling work, social commitments, and personal time. The urban lifestyle often prioritizes career success and personal growth, and it may involve long working hours and a fast-paced environment. Technology plays a significant role in urban lifestyles, as it enables communication, work, and entertainment on the go.
3. \_\_\_\_\_ In contrast, rural lifestyles tend to be more relaxed and closely connected to nature. Residents of rural areas often have a deeper connection with the environment, engage in agricultural activities, and enjoy a slower pace of life. Family and community values are central to rural lifestyles, and people may place a higher emphasis on traditional practices and local culture.
4. \_\_\_\_\_ Subcultural and countercultural lifestyles exist within various societies. These lifestyles can be characterized by alternative values, beliefs, and practices that deviate from mainstream norms. Examples include the bohemian lifestyle, where individuals prioritize artistic expression and unconventional living, and the minimalist lifestyle, which emphasizes simplicity and reducing material possessions.
5. \_\_\_\_\_ Health-conscious lifestyles have gained prominence in recent years, with individuals making conscious choices to improve their physical and mental well-being. This includes dietary preferences, regular exercise, mindfulness practices, and holistic approaches to health.
6. \_\_\_\_\_ The digital age has introduced new aspects to lifestyles, with the rise of remote work, online communities, and social media influencers. The virtual world has become an integral part of many people's lives, impacting how they connect, work, and relax.
7. \_\_\_\_\_ Ultimately, a person's lifestyle is a reflection of their values, interests, and circumstances. It can evolve over time and adapt to changing priorities

and opportunities. Understanding diverse lifestyles is essential for building tolerance and appreciating the richness of human experiences.

- A. Diverse
- B. Urban
- C. Rural
- D. Subcultural
- E. Healthy
- F. Digital
- G. Adaptable
- H. Changing
- I. Social
- J. Regular

**Task 2.**

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

**The Wonders of the Solar System**

The solar system is a vast and awe-inspiring place, filled with wonders that have captured the imaginations of people for centuries. Here are some of the remarkable features of our solar system:

1. **The Sun:** At the center of our solar system is the Sun, a massive ball of hot, glowing gas. It provides the energy that fuels life on Earth and is responsible for the day and night cycle.
2. **Planets:** The solar system consists of eight planets, each with its unique characteristics. From the scorching hot surface of Mercury to the distant and mysterious Neptune, these celestial bodies offer a diverse range of environments.
3. **Moons:** Many planets in our solar system have moons. Earth's moon, for example, has a profound influence on tides and has been a subject of fascination for humans for centuries. Moons like Titan, a moon of Saturn, even have their atmospheres.
4. **Asteroid Belt:** Between the orbits of Mars and Jupiter lies the asteroid belt, a region filled with rocky objects. Some of these asteroids are thought to be remnants from the early solar system.
5. **Comets:** Comets are icy bodies that travel through the solar system, leaving brilliant trails in the sky when they approach the Sun. They are sometimes referred to as "dirty snowballs."

6. **Gas Giants:** Jupiter and Saturn are known as gas giants. They are primarily composed of hydrogen and helium and have impressive systems of rings and numerous moons.
7. **Dwarf Planets:** In addition to the eight major planets, there are several dwarf planets, including Pluto and Eris. These celestial bodies are smaller and less spherical than the major planets.
8. **Space Exploration:** Human-made spacecraft have explored many parts of the solar system. For example, the Voyager probes have left our solar system and are now traveling through interstellar space.

**Questions:**

1. What is the central star of our solar system?
  - A) Earth
  - B) Moon
  - C) Sun
  - D) Jupiter
2. How many planets are there in our solar system?
  - A) 12
  - B) 8
  - C) 5
  - D) 2
3. What are the icy bodies that leave brilliant trails in the sky when they approach the Sun called?
  - A) Moons
  - B) Asteroids
  - C) Comets
  - D) Planets
4. Which two planets in our solar system are known as gas giants?
  - A) Earth and Mars
  - B) Mercury and Venus
  - C) Jupiter and Saturn
  - D) Uranus and Neptune
5. Which spacecraft have left our solar system and are traveling through interstellar space?
  - A) Apollo
  - B) Hubble
  - C) Voyager
  - D) ISS

**Task 3.** Read the text below. Choose from (A-G) the one which best fits each space (11-15). There are two choices you do not need to use.

(1) \_\_\_\_\_, or the ability to effectively communicate with others, is a fundamental skill in both personal and professional life. (2) \_\_\_\_\_ to improve your communication skills can lead to better relationships, more successful collaborations, and increased career opportunities.

One aspect of communication that often goes overlooked is (3) \_\_\_\_\_. Active listening involves not only hearing the words spoken but also understanding the underlying message and emotions. It requires (4) \_\_\_\_\_ distractions, showing empathy, and asking clarifying questions.

(5) \_\_\_\_\_ communication is another essential component of effective interaction. Being clear, concise, and organized in your (6) \_\_\_\_\_ is key to ensuring your message is understood. Avoiding jargon and adapting your language to your audience's level of understanding is also crucial.

In addition to verbal communication, (7) \_\_\_\_\_ is a vital part of how we express ourselves. Nonverbal cues, such as body language, facial expressions, and gestures, can convey a lot of information. Being aware of your own nonverbal signals and (8) \_\_\_\_\_ those of others can enhance your communication.

Effective communication also involves (9) \_\_\_\_\_. Being able to express your thoughts and ideas clearly, whether in writing or through presentations, is a valuable skill. (10) \_\_\_\_\_ your communication skills can lead to better personal relationships and greater success in your professional life.

- A) Communication
- B) Striving
- C) Active listening
- D) Minimizing
- E) Written
- F) Messages
- G) Nonverbal communication
- H) Interpreting
- I) Effective expression
- J) Enhancing
- K) express
- L) Effective

**Task 4.** Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

As the sun dipped below the horizon, I found myself on a hill overlooking the (52) countryside. The sky was painted in shades of orange and purple, creating a breathtaking (53) as the day transformed into night. The distant sounds of crickets and frogs were a soothing (54), and the cool breeze rustled the leaves in the nearby trees.

I (55) on a blanket, gazing up at the night sky. The stars began to twinkle like distant diamonds, and I couldn't help but (56) their beauty. The universe was a vast, mysterious place, and in that moment, I felt a deep sense of (57) and wonder.

Word Choices (A-D for each blank): 52. A. urban B. serene C. noisy D. majestic

53. A. confusion B. chaos C. masterpiece D. mirage

54. A. disturbance B. cacophony C. lullaby D. crescendo

55. A. sat B. stood C. lay D. walked

56. A. ignore B. admire C. reject D. despise

57. A. boredom B. despair C. fascination D. indifference

### ***Task 5.***

Read the text below. For questions (...-...) choose the correct answer (A, B, C or D). The quaint village nestled in the valley, surrounded by rolling hills and lush meadows. As I walked through its cobblestone streets, I couldn't help but appreciate the charming, centuries-old architecture. The houses, with their colorful facades and flower-filled window boxes, seemed to be frozen in time. The friendly villagers greeted me with smiles, and I was immediately struck by the sense of community and warmth in this picturesque setting.

Questions: 11. Where is the author walking through in the text? A. A bustling city B. A tranquil forest C. A quaint village D. A crowded shopping mall 12. How does the author describe the village's architecture? A. Modern and sleek B. Charming and centuries-old C. Ugly and rundown D. Boring and dull 13. What stands out about the houses in the village? A. Their empty facades B. Their colorful facades and flower-filled window boxes C. Their plain, concrete exteriors D. Their broken windows 14. How do the villagers greet the author? A. With frowns B. With indifference C. With silence D. With smiles 15. What kind of atmosphere does the author experience in the village? A. A sense of isolation and hostility B. A sense of community and warmth C. A feeling of boredom D. A feeling of chaos and stress

## Module 10 UNBELIEVABLE

### ***Task 1.***

Read the text below. Match choices (A-G) to (1-7). There are three choices you do not need to use.

1. \_\_\_\_\_ Illusion is a fascinating concept that has captivated the human mind for centuries. It refers to a deceptive appearance or misperception of reality, often challenging our senses and perceptions. Illusions come in various forms, from optical illusions that trick the eyes to cognitive illusions that play with the mind's processing of information.

2. \_\_\_\_\_ One of the most common forms of illusion is the optical illusion, which plays tricks on our visual system. These illusions can make objects appear larger or smaller than they are or create the illusion of motion when there is none. An example is the classic "impossible triangle," which appears to be a three-dimensional object but is an optical illusion.

3. \_\_\_\_\_ Cognitive illusions, on the other hand, exploit the way our brain processes information and can lead to illogical or incorrect conclusions. For instance, the "cognitive dissonance" illusion occurs when we hold contradictory beliefs or attitudes, leading to discomfort and an effort to resolve the conflict.

4. \_\_\_\_\_ Magic tricks and sleight of hand are excellent examples of how illusion can be used for entertainment. Magicians use misdirection, quick hand movements, and psychological techniques to create the illusion of the impossible, leaving audiences in awe and disbelief.

5. \_\_\_\_\_ In the realm of art, illusion is often employed to create depth and dimension on a flat canvas. Techniques such as linear perspective and shading give the illusion of three-dimensionality, allowing viewers to immerse themselves in the artwork.

6. \_\_\_\_\_ Illusions also extend to our perception of time and space. The "time dilation" illusion, for instance, occurs when our perception of time is distorted, such as when we're engrossed in an enjoyable activity, and time seems to pass quickly.

7. \_\_\_\_\_ The world of illusion is vast and continues to intrigue us. It challenges our understanding of reality, reminding us that what we see and perceive may not always be as it seems. Whether it's in the realm of science, art, or entertainment, illusions serve as a reminder that our minds are capable of creating and perceiving realities that go beyond the ordinary.

### **Choices (A-H) for the Blanks:**

- A. Optical
- B. Entertainment

- C. enigmatic
- D. Captivating
- E. Optical
- F. Cognitive
- G. Time
- H. Art
- I. Vast
- J. Realm

### **Task 2.**

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

1. **Physical Fitness:** Exercise helps improve physical fitness by increasing strength, flexibility, and endurance. Regular physical activity can enhance your cardiovascular health, reduce the risk of chronic diseases, and keep your body in good shape.
2. **Mental Well-Being:** Exercise is a natural mood booster. It releases endorphins, the body's natural feel-good chemicals, which can reduce feelings of depression and anxiety. Engaging in physical activity can help manage stress and improve overall mental well-being.
3. **Weight Management:** Exercise, when combined with a balanced diet, is essential for maintaining a healthy weight. It can help you lose excess weight and keep it off, as well as prevent weight gain.
4. **Increased Energy:** Regular exercise can boost your energy levels and reduce feelings of fatigue. It improves the efficiency of your cardiovascular system, allowing your body to transport oxygen and nutrients more effectively.
5. **Better Sleep:** Physical activity can improve sleep quality. It helps you fall asleep faster and enjoy deeper, more restorative sleep, which is essential for overall health.
6. **Social Connection:** Many forms of exercise, such as group classes or team sports, offer opportunities for social interaction. Building social connections through exercise can lead to increased happiness and a sense of community.
7. **Cognitive Benefits:** Exercise has a positive impact on cognitive function. It can enhance memory, creativity, and problem-solving skills. Regular physical activity is associated with a reduced risk of cognitive decline and neurodegenerative diseases.

### **Questions:**

1. What are some of the advantages of regular exercise?  
A) Weight gain and depression

- B) Increased stress and fatigue
  - C) Physical fitness and mental well-being
  - D) Sedentary lifestyle and chronic diseases
2. What natural chemicals are released during exercise that can reduce depression and anxiety?
    - A) Caffeine and sugar
    - B) Melatonin and serotonin
    - C) Endorphins
    - D) Dopamine and adrenaline
  3. How can exercise benefit weight management?
    - A) By increasing weight gain
    - B) By making you eat more
    - C) By preventing weight gain and helping with weight loss
    - D) By decreasing energy levels
  4. What does exercise improve in your cardiovascular system?
    - A) Oxygen and nutrient transportation
    - B) Blood pressure and cholesterol levels
    - C) Muscle strength and flexibility
    - D) Skin health and hair growth
  5. How does exercise affect sleep quality?
    - A) It has no impact on sleep quality
    - B) It helps you fall asleep faster and improves sleep quality
    - C) It leads to more fatigue and insomnia
    - D) It causes sleep disturbances and nightmares

**Task 3.** Read the text below. Choose from (A-G) the one which best fits each space (11-15). There are two choices you do not need to use.

11\_\_\_\_\_ is a common phrase used to describe the act of progressing or advancing in various aspects of life, such as career, education, or personal development. This metaphorical ladder represents the journey of climbing higher, reaching for one's goals, and achieving success. Whether it's in the workplace, academia, or any other endeavor, moving up the ladder is often associated with hard work, dedication, and continuous improvement.

In a professional context, 12\_\_\_\_\_ typically refers to career advancement. It involves taking on more responsibilities, acquiring new skills, and gaining promotions within an organization. Climbing the career ladder often requires a combination of factors, including performance excellence, networking, and

continuous learning. Employees may start at an entry-level position and work their way up to higher positions, such as managers, directors, or executives.

In the realm of education, 13 \_\_\_\_\_ signifies the pursuit of higher degrees or qualifications. For example, a student might complete a bachelor's degree and then continue their education by pursuing a master's degree or a doctorate. This educational ladder reflects a commitment to expanding knowledge and expertise in a particular field.

On a personal level 14 \_\_\_\_\_ can also refer to self-improvement and personal growth. This might involve setting and achieving personal goals, whether they are related to health and fitness, creative endeavors, or other aspects of one's life. The idea is to continually strive for self-betterment and personal development.

Overall, 15 \_\_\_\_\_ embodies the idea of progress, growth, and advancement. It emphasizes the importance of setting goals and taking steps to reach higher levels of achievement in various facets of life, ultimately leading to a more fulfilling and successful journey.

- A. Ascent
- B. In a professional context
- C. Education
- D. Personal development
- E. Progress
- F. A fulfilling journey
- G. Aspect

**Task 4.** Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

I stood at the edge of the (30) and gazed at the vast, open sea. The sound of the waves crashing against the rocks was (31) and calming. The salty breeze on my face was a welcome (32) from the scorching sun overhead.

I watched as a flock of seagulls (33) gracefully in the sky, their white wings gliding effortlessly. The sight of their freedom and (34) made me long for a similar sense of (35). I decided to take off my shoes and (36) along the shoreline, feeling the wet sand beneath my feet.

As the sun began to set, painting the sky in hues of orange and pink, I found a quiet spot to (37) and appreciate the beauty of nature. The world can be a chaotic place, but moments like these remind me of the (38) and serenity that exist if we take the time to (39) them.

Word Choices (A-D for each blank): 30. A. forest B. desert C. beach D. mountain

31. A. noisy B. overwhelming C. soothing D. frightening

32. A. relief B. burden C. obstacle D. pressure

- 33.A. flapped B. screeched C. struggled D. soared
- 34.A. independence B. captivity C. confinement D. isolation
- 35.A. adventure B. imprisonment C. solitude D. chaos
- 36.A. jump B. swim C. stroll D. sprint
- 37.A. sit B. stand C. lay D. watch
- 38.A. disarray B. harmony C. commotion D. disorder
- 39.A. ignore B. cherish C. neglect D. despise

**Task 5.**

Read the text below. For questions (...-...) choose the correct answer (A, B, C or D). In the heart of the bustling city, there stood a magnificent library, a haven for book lovers and scholars alike. As I entered the grand, oak-paneled doors, I was immediately struck by the sheer volume of knowledge surrounding me. The towering bookshelves seemed to touch the sky, and the musty scent of ancient pages filled the air. I couldn't help but appreciate the opportunity to explore this treasure trove of human wisdom.

Questions:

1. What kind of place is described in the text? A. A park B. A library C. A coffee shop D. A shopping mall
2. What was the author's initial impression upon entering the place? A. Overwhelmed by noise B. Inspired by the volume of knowledge C. Disappointed by empty bookshelves D. Annoyed by the crowd
3. How are the bookshelves described in the text? A. As low and empty B. As towering and reaching the sky C. As modern and digital D. As cluttered with decorations
4. What scent fills the air in the library? A. The aroma of fresh-baked bread B. The musty scent of ancient pages C. The smell of flowers D. The odor of cleaning products
5. How does the author feel about exploring the library? A. Indifferent B. Overwhelmed C. Enthusiastic D. Disinterested

## Module 11

### UP THE LADDER

#### ***Task 1.***

Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

"Up the ladder" is a common phrase used to describe the act of progressing or advancing in various aspects of life, such as career, education, or personal development. This metaphorical ladder represents the journey of climbing higher, reaching for one's goals, and achieving success. Whether it's in the workplace, academia, or any other endeavor, moving up the ladder is often associated with hard work, dedication, and continuous improvement.

In a professional context, "up the ladder" typically refers to **[Choice 1]**. It involves taking on more responsibilities, acquiring new skills, and gaining promotions within an organization. Climbing the career ladder often requires a combination of factors, including performance excellence, networking, and continuous learning. Employees may start at an entry-level position and work their way up to higher positions, such as managers, directors, or executives.

In the realm of education, "up the ladder" signifies the pursuit of **[Choice 2]**. For example, a student might complete a bachelor's degree and then continue their education by pursuing **[Choice 3]**. This educational ladder reflects a commitment to expanding knowledge and expertise in a particular field.

On a personal level, "up the ladder" can also refer to **[Choice 4]**. This might involve setting and achieving personal goals, whether they are related to health and fitness, creative endeavors, or other aspects of one's life. The idea is to continually strive for **[Choice 5]**.

#### **Choices:**

1. A. Career advancement
2. B. higher degrees
3. C. additional certifications
4. D. self-improvement and personal growth
5. E. a more fulfilling and successful journey
6. F. academic excellence
7. G. climbing the ladder of success
8. H. lifelong learning

**Task 2.**

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

In the heart of the Amazon rainforest, one finds a world of unparalleled biodiversity and natural wonders. Covering over 5.5 million square kilometers, the Amazon is home to a staggering variety of flora and fauna. From vibrant macaws to elusive jaguars, the rainforest teems with life. It is often referred to as the "lungs of the Earth" due to its role in producing a significant portion of the world's oxygen. However, the Amazon faces numerous challenges, including deforestation, climate change, and habitat destruction. Conservation efforts are crucial to preserving this invaluable ecosystem.

**Questions:**

6. Where is the Amazon rainforest located?
  - A. In the heart of Africa
  - B. In the Arctic region
  - C. In the heart of the Amazon region
  - D. In the Amazon rainforest
7. What is the Amazon rainforest often referred to as in the text?
  - A. The Arctic of the South
  - B. The Lungs of the Earth
  - C. The World's Largest Desert
  - D. The Sahara of South America
8. What is one of the significant challenges the Amazon rainforest faces, according to the text?
  - A. Overpopulation
  - B. Pollution in the waterways
  - C. Climate change and deforestation
  - D. Political unrest
9. What is the main role of the Amazon rainforest mentioned in the text?
  - A. Hosting cultural festivals
  - B. Producing oxygen for the world
  - C. Being the world's largest desert
  - D. Housing a wide range of wildlife
10. What makes the Amazon rainforest an invaluable ecosystem, as stated in the text?
  - A. Its role as a research hub
  - B. Its vast coffee plantations
  - C. Its contribution to the world's oxygen supply
  - D. Its popularity among tourists

### **Task 3.**

Read the text below. Choose from (A-H) the one which best fits each space (11-16). There are two choices you do not need to use.

11. \_\_\_\_\_ "Up the ladder" is a common phrase used to describe the act of progressing or advancing in various aspects of life, such as career, education, or personal development. This metaphorical ladder represents the journey of climbing higher, reaching for one's goals, and achieving success. Whether it's in the workplace, academia, or any other endeavor, moving up the ladder is often associated with hard work, dedication, and continuous improvement.

12. \_\_\_\_\_ In a professional context, "up the ladder" typically refers to career advancement. It involves taking on more responsibilities, acquiring new skills, and gaining promotions within an organization. Climbing the career ladder often requires a combination of factors, including performance excellence, networking, and continuous learning. Employees may start at an entry-level position and work their way up to higher positions, such as managers, directors, or executives.

13. \_\_\_\_\_ In the realm of education, "up the ladder" signifies the pursuit of higher degrees or qualifications. For example, a student might complete a bachelor's degree and then continue their education by pursuing a master's degree or a doctorate. This educational ladder reflects a commitment to expanding knowledge and expertise in a particular field.

14. \_\_\_\_\_ On a personal level, "up the ladder" can also refer to self-improvement and personal growth. This might involve setting and achieving personal goals, whether they are related to health and fitness, creative endeavors, or other aspects of one's life. The idea is to continually strive for self-betterment and personal development.

15. \_\_\_\_\_ Overall, "up the ladder" embodies the idea of progress, growth, and advancement. It emphasizes the importance of setting goals and taking steps to reach higher levels of achievement in various facets of life, ultimately leading to a more fulfilling and successful journey.

16. \_\_\_\_\_

- A. Persistence
- B. Career growth
- C. Academic progression
- D. Personal development
- E. Achievement
- F. Dedication
- G. Education
- H. Self-improvement

**Task 4.** Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

It was a bright, sunny morning, and as I walked through the park, I couldn't help but (17) the beauty of nature all around me. The (18) of the birds in the trees, the gentle (19) of the wind, and the (20) of colorful flowers in full bloom made the perfect setting for a peaceful day.

I decided to (21) on a park bench and enjoy the (22) of the moment. As I closed my eyes, I could (23) the distant laughter of children playing and the (24) of leaves underfoot. The park was a place of (25) and tranquility, far removed from the hustle and (26) of the city.

After a while, I (27) my walk and headed home, feeling (28) by the time spent in the park. Nature has a way of (29) our spirits and reminding us of the simple joys in life.

**Word Choices (A-D for each blank):**

- 17.A. appreciate B. neglect C. dislike D. ignore
- 18.A. chirping B. singing C. calling D. shouting
- 19.A. breeze B. sunlight C. drizzle D. thunder
- 20.A. scent B. touch C. taste D. sight
- 21.A. sit B. stand C. walk D. run
- 22.A. serenity B. chaos C. silence D. noise
- 23.A. hear B. miss C. imagine D. fear
- 24.A. rustling B. shouting C. clanging D. whispering
- 25.A. stress B. confusion C. peace D. frustration
- 26.A. bustle B. crowd C. quiet D. excitement
- 27.A. completed B. resumed C. continued D. halted
- 28.A. burdened B. uplifted C. exhausted D. uninterested
- 29.A. lifting B. burdening C. darkening D. enlightening

**Task 5.**

Read the text below. For questions (...-...) choose the correct answer (A, B, C or D).

It was a bright, sunny morning, and as I walked through the park, I couldn't help but appreciate the beauty of nature all around me. The chirping of the birds in the trees, the gentle breeze of the wind, and the scent of colorful flowers in full bloom made the perfect setting for a peaceful day.

I decided to sit on a park bench and enjoy the serenity of the moment. As I closed my eyes, I could hear the distant laughter of children playing and the rustling of leaves underfoot. The park was a place of peace and tranquility, far removed from the hustle and bustle of the city.

After a while, I resumed my walk and headed home, feeling uplifted by the time spent in the park. Nature has a way of enlightening our spirits and reminding us of the simple joys in life.

**Questions:**

30. How does the author feel about the beauty of nature in the park?
  - A. Disinterested
  - B. Indifferent
  - C. Uplifted
  - D. Frightened
31. What sounds are mentioned in the park that contribute to its peaceful ambiance?
  - A. Thunder and lightning
  - B. Shouting and clanging
  - C. Bird chirping and wind breeze
  - D. Traffic and construction noise
32. Why did the author decide to sit on a park bench?
  - A. To take a nap
  - B. To feel the rain
  - C. To enjoy the moment's serenity
  - D. To escape from nature
33. What could the author hear while sitting on the park bench with eyes closed?
  - A. The sound of leaves rustling
  - B. The noise of a construction site
  - C. The roar of a distant lion
  - D. The honking of car horns
34. How does the author describe the park's atmosphere?
  - A. Chaotic and noisy
  - B. Crowded and stressful
  - C. Quiet and serene
  - D. Exciting and bustling
35. What effect does nature have on the author's spirits, according to the text?
  - A. It burdens them
  - B. It enlightens them
  - C. It exhausts them
  - D. It frightens them

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