

### Task 1.1

- Should we take a taxi or a bus to the cinema?
- Let's take a bus. It's impossible to get a taxi during rush hour. And it's also too expensive.
- That's true. Isn't that a bus stop over there?
- Yes ... Oh! There's a bus now. We'll have to run to catch it. Please, hurry up!
- Oh, no! We've just missed it. Sorry. And what are we going to do?
- No problem. There'll be another one in 15 minutes.
- Well, how about walking there? Look, the rain is going to stop. Let's have a walk.
- Right point! Go ahead!

### Task 1.2

- Can I help you?
- Yes, I'm looking for a blouse – in a medium size, not much fitted.
- Let me see ... here's a nice white one with a soft bow at the neck. What do you think?
- Well, rather nice. But I think I'd rather have it in grey.
- Of course, here you are ... grey, in a medium. It looks nice. Would you like to try it on?
- OK ... yes. But I need a larger one.
- Why don't you try this one, white with navy stripes? It will look pretty nice on you.
- Good thing! It suits me perfectly well and it is of my size. I'll take it.

### Task 1.3

- Is that a Sports channel? What time is that football game on? I thought it started at 2.
- But it's the tennis tournament, as far as I can see.
- Ah, we must have had the wrong time.
- Looks like that. Actually ... football's not my favourite sport, anyway. It's so popular nowadays, but I prefer basketball.
- Oh, really? I thought your favorite sport was volleyball! I'm a big fan of basketball, too. It keeps you very fit, compared to many other sports.
- What about a game one day?
- Good point!

### Task 1.4

You feel like you have been waiting for something to happen for a long time. The stars are definitely favourable for you this week, so don't overlook the opportunities that come your way! There may be an offer of a job and also a sum of money. If you've never bought a lottery ticket, maybe this is the week you should. You are going to meet some fascinating new people, and even some old friends you lost contact with years ago will get back in touch with you. Make the most of these moments to make new contacts or to strengthen old ones, not just have fun. On Sunday, a chance meeting will lead to happiness.

**Task 1.5**

The Notting Hill Carnival is the biggest street event in Europe with its roots going back in history. Originally, it was set up by black slaves. They intended to protest about awful social conditions and celebrate black culture through song, dance and costume. The modern London Carnival at the beginning was also seen as a form of social protest against racism and social inequality. Nowadays, it's a completely multicultural event that attracts hundreds and hundreds of visitors. The Carnival is a festival of music and dance. Join London's biggest street party every year on the last weekend of August as the Notting Hill Carnival fills the streets of west London with Caribbean colours, music and flavours.

**Task 1.6**

The Championships, Wimbledon is the oldest tennis tournament in the world and agreeably the most famous. Since the first tournament in 1877, it hasn't changed its place. Every year for over two weeks in late June, London welcomes the best tennis players of the world. Among the four biggest annual tennis tournaments known as the 'Grand Slams', Wimbledon is the only one to be still played on grass, which is the surface that provides the fastest game of tennis. As for the other three, the Australian Open and the US Open are both played on hard courts and the French Open is played on clay.

## Task 2

The career of models has always appealed to me a lot. I grew up hearing the phrase “What a pretty girl!” I was the most beautiful girl in the street and in our class. I looked like a princess from the fairy tale, curly-haired, blue-eyed in lovely dresses that my mom sewed by herself. And I believed that the bright modelling future was ahead of me. At the age of 13 my mom brought me to the Model School in our town and I was taken aback seeing lots of charming faces around. First in my life I was just a face in the crowd. From the first lesson I learnt that beauty is nothing, it’s more important to have “a look” – something unique that sets you apart from others in this industry. And we tried to find our special features, our peculiarities, our beauty marks as they are much more valuable than just height or slender frame alone. My another discovery was a wide range of genres in modelling available to find a work. And our look should help us find the area that would fit us the most. My biggest dream was to move down the catwalk in designer clothes, shooting for photographers. I imagined it so often that this picture was vivid and bright in my head. But I wasn’t tall enough and my coach suggested me to consider another branch – print modelling that is slightly less restrictive than fashion modelling. My first shooting was rather successful. And I soon found out that catalogue modelling was right for me: profitable and exciting. Now you can see me on the covers of most fashion magazines. So, it turned out to be a really rewarding and promising career and I never regret of my choice, though in my dreams I’m still on the catwalk.

## Task 3

- How much time did you spend commuting yesterday? How long does it usually take you to get to school? Today we invited a life coach to talk about the problem of commuting and how to survive it. So, how long do people spend commuting each day?
- Well, in big cities people often spend several hours to get to the office in the morning and on the way home in the evening. And a great number of them go to work from the suburbs. But on average, they spend about 45 minutes travelling to and from work. Of course, traffic jams or train delays can make your way even half an hour longer.
- So, what are the main disadvantages of long commuting?
- Well, because of commuting people have less time for family and hobby. According to the survey, more than a half of commuters complain that they have no time for their own interests – sports, clubs, winding up with friends. About 80 per cent have health disorders. And a third says that all household chores burden their family.
- Really, tons of disadvantages. So, why do people torture themselves and their families?
- Actually, it’s a matter of choice. Those who freely choose to make long trips feel less stressed than those forced into doing so. There are three main reasons: a more interesting or better-paying job, the ability to own a home or live in a desirable area, and family priorities such as a better school for children.
- What should people do?
- Indeed, there are different ways of solving this problem. First, the most radical way is to find the job closer to your house or, at least, think of a flexible timetable. You can work from home once or twice a week. It sounds simple, but why not try setting off half an hour later or earlier – just arrange it with your boss. Anyway, spend your time while commuting wisely. While driving, you can listen to your favourite songs or audio books. In case you use public transport, take something to do there, something you enjoy doing, something different from work. I mean, reading books or magazines, doing puzzles. But try avoiding long conversations with other commuters – save your energy. In a nutshell, do everything that keeps your mind off journey and gives positive results – that’s the best recommendation I can give.

### Task 1.1

- Listen, I'm going to have a party this Friday. Will you come?
- Oh, great! Thank you for inviting me.
- Ann and Beth are going to help with the cooking! Sandwiches are on them.
- Hey, I'll help you, too!
- Would you? That would be kind of you!
- I'll make a pizza! With mushrooms, salami and tomatoes, of course.
- That sounds delicious! My Italian friends are going to be there. I'm sure they'll love it.
- Italians? Maybe I'll bake a cake. You know, my favourite, the chocolate with strawberries.  
Yummy-yummy.
- Oh, no. They'll not like that.
- Well, if you say so...

### Task 1.2

- Hello. I'd like to know whether breakfast is included in the price of the room?
- Good morning, ma'am. Let me check, please ... yes, breakfast for two is included.
- Nice. And could you tell me where the dining room is?
- Definitely, it's on the ground floor. Over there, near the lift.
- I see. And what time do you serve breakfast?
- The dining room is open from six o'clock until ten o'clock on weekdays and until eleven at weekends.
- So, today is Sunday. Is the breakfast still available?
- Let me see. If you go to the dining room right now, you'll have half an hour for your breakfast.
- Great! Thank you very much.
- Enjoy your meal!

### Task 1.3

- I guess we should order some office supplies. There's not much paper left.
- Let me see... Hmm, you're right. But how come? We ordered it last week. Ok, I'll do it right now. Do we need something else?
- Definitely! We need some files as well.
- How many to order this time?
- I think a dozen will be enough. Just in case. There are several on my book shelf.
- Should I order some pens as well?
- Actually, not. There are 3 boxes full of those. Please, better next month.
- Ok, then.

### Task 1.4

Though it is not listed on any calendar, Super Bowl Sunday is not just an ordinary day in the USA; it's a de facto a holiday though non-official. According to the statistics, the amount of food consumed that day is just a bit less than on Thanksgiving Day, the first in this rate. Every winter, millions of football fans sit in front of their TV-sets on Super Bowl Sunday.

During the decades, the Super Bowl is TV program number one, watched by millions of Americans and the second most-watched program in the world. Because of the extremely huge number of viewers, companies are ready to pay large sums of money in order to buy commercial airtime. But what makes it really special, is not the price. Super Bowl commercials have gained a reputation for being extremely entertaining. As a matter of fact, there are much more people who don't even watch the football game but will tune in during breaks just to watch TV adverts.

Even if you are not a die-hard football fan, you may still have an interest in the parties, food and commercials that revolve around the game.

### Task 1.5

I adore street food and all my friends share my passion. For us it's a great way of tasting freshly cooked dishes from around the world in one place. Buying food outdoor is nothing new, but the trend of street food is really taking off these days. What are the reasons of its popularity? It's a great chance to taste a range of cuisines without paying much for such experience. Actually, the lower cost of street food makes it possible to try plenty of new dishes. It's also food from a particular country and it's being cooked by people from that culture. I mean, people who are cooking my food know what they are doing. And so, the end result is going to be authentic and not a watered-down version. But what really makes it appealing is that winning combination of food, music and entertainment that has the power to bring people together. You are more likely to hang around with friends when you have a bunch of food stalls around you.

### Task 1.6

Do you know why so many people these days adore sharing information online? The matter is people are social creatures and the act of sharing gives us the feeling of being connected to others. Actually, what we really share is not just images or videos, we share emotions, which allow us to make deeper relationships with our friends. When an image, video, or other piece of information gets passed on very fast from one to another user of the Internet, we say that it goes viral. Viral videos often tell a story. And those stories touch our souls, melt our heart and make us share it with others without blinking an eye. But, in fact, it's just the surface level thing. Most people say that they share the things that make sense for them, or which they find truly meaningful. So, we do it in order to define ourselves to others and to give people an opportunity to better understand who we are and what's important to us.

## Task 2

My first experience of summer camps was really unforgettable. I was 10 and it was my first time of living without my family. I remember that exciting moment at the railway station when my whole family came to see me off. It looked like a family celebration of my birthday as all of them hugged me tightly and presented me with lots of useful things. And I felt delighted, looking forward to an adventurous trip and something unknown that should happen to me in the nearest three weeks. And then I remember that moment when I was in the compartment looking at them through the window, waving and smiling and trying to read their lips. I was surrounded with other kids whose parents tried to give their last recommendations but we could hardly hear something but our voices and laughter. And in a minute the train started moving and our families first walked along the platform and then only trains and trees were seen from my berth. And at that moment I felt so lonely that I was about to weep. I closed my eyes and bit my lips making huge efforts to stay calm and looked like a mature boy. And it wasn't an easy task at all. At that moment I didn't know how often I would have to pull myself together in order to go through that experience. I expected to taste the freedom: no parents, no rules. But what we had was completely different: total rules and routines and no gadgets at all. After early wake-up we had to clean our room – every day! And morning exercising on the sea was the most awful – no swimming, only running along the shore. Several times I got absolutely desperate. But I bit my lips and counted days till the end of the shift. So, I barely waited to see my parents on the platform again on the day we returned home.

## Task 3

Our guest today is Greta Thunberg, a Swedish environmental activist, a founder of the School Strike for Climate movement. Greta, how did you come up with the idea of climate activism?

- I was eight, when I found out about the climate crisis. At school we learned about the severe effects of climate change and we were shown the pictures of droughts, wildfires and hurricanes. And all of this made me depressed and I couldn't understand why people weren't taking action. Since then, I have made every effort to lower my carbon footprint. I never fly and I'm a vegan. My parents were as far from climate activists as possible, but I managed to persuade them to do the same. In a while, the Swedish newspaper held a climate-change essay competition. And it happened that I won. It was not an easy task to express my findings as well as my solutions in a short essay. And that victory gave a push to my activism career. In three months, I launched my first protest. It was before Sweden's general elections; I went on a three-week strike from school in an effort to make the government to act on climate change. I cannot vote, so that was a way that I could make my voice heard. That's why I decided to sit outside the parliament with a sign School Strike for Climate.
- How many people joined you in your protest?
- First day I was by myself, but not for long. Every next day more and more people joined me. When we managed to attract international attention, I returned to school but I went on to skip classes every Friday to strike, and these days were called Fridays for Future. Millions of students around the globe became inspired and took part in Fridays for Future strikes. And I received lots of invitations to give speeches about climate change.
- Which speech has made the greatest impact?
- I gave speeches at the World Economic Forum, in front of lawmakers in numerous countries and at the European Parliament. But after I spoke at a United Nation climate event in New York City, millions of students walked out of Friday classes to protest inaction on climate change. Young people in more than 100 countries skipped school to demand more responsible climate policies and the reduction of greenhouse-gas emissions.
- Do you travel a lot now?
- Yes, but never for pleasure. I joined plenty of the strikes in Europe, mostly choosing to travel by train to limit my impact on the environment. And I made my way across the Atlantic on a zero-emissions yacht, with my father and a crew in a journey that lasted two weeks. I visit lots of countries to walk with millions of protesters. And I plan to see the regions most affected by climate change.

### Task 1.1

- What's the time? Oh, no! We're going to be late!
- Just a quarter past seven. Please, don't panic! We're on time.
- But I thought we had to be at the restaurant by 7.30 for the surprise party.
- Oh, please, don't worry; it won't take us longer than 20 minutes to get there.
- We'll never get there with all this awful traffic.
- Sure, we will. Rush hour is almost over. Anyway, the party starts in half an hour. But I do need help with directions. Can you call the restaurant and ask them where we can park our car?
- I will, but please, drive faster! I hate being late.
- Ok, we'll be on time.

### Task 1.2

- Good morning, can I help you?
- Yes please, I'm looking for a jumper. I need something warmer than mine.
- I see. This way please, here are all our jumpers!
- Have you got this in black?
- Unfortunately, it's out of stock. Your size is only in grey and I can find the one in white. Here it is.
- That's fine. May I try them on?
- Certainly, the changing rooms are on the right. So, how do they fit?
- They fit me well. I think I'll take both. Here's my credit card.
- Thank you for coming in.

### Task 1.3

- Could you bring me your menu, please?
- Sure. What do you fancy tonight?
- Can I have a bottle of water, salad, and steak, medium rare?
- Sorry, the steak was so popular tonight that we ran out of it. May I suggest the roasted chicken instead?
- No steak? How come? Okay, chicken will be fine then. What's it served with?
- Baby carrots. Perhaps you would like chocolate-covered strawberries with ice-cream?
- Not tonight, but thank you for the suggestion.
- Your food will be brought to you in a couple of minutes. I hope you enjoy it.
- Thank you.

### Task 1.4

My first year at university wasn't easy at all. Everything was new to me: a huge building with hundreds of classrooms, an old dormitory packed with students, our rather complicated timetable. It looked like a continuing nightmare.

And to survive I had to learn how to take care of myself. Indeed, all of these household chores made me really mad. Though my biggest fear was to accustom preparing meals, it turned out to be not so challenging as cleaning bathrooms. I spent hours and hours gaining this skill. And I'm very grateful to my dad who made me wash dishes from my early years.

**Task 1.5**

- Well, have some cake. I baked them in the morning.
- This is delicious! Do you bake all of your own cakes?
- Yes, I usually bake something at the weekend. I like having sweets in the house.
- You're a wonderful cook!
- Thank you, it's nothing really.
- I never cook. I'm just hopeless. I tried lots of time, but the result was awful. My husband, Tom, usually does all the cooking.
- Do you often go out to eat?
- Yes, when he doesn't have time to cook, we go out to eat somewhere. There are several wonderful restaurants in the city.
- Too many! You can eat at a different restaurant every day. Monday – Mexican, Tuesday – Chinese, Wednesday – Italian, on and on ...

**Task 1.6**

Several years ago, I started as a helper at the car service station. Now I've worked my way up to a manager. I've always been interested in cars and I know a little bit about car maintenance, so this was exactly what I had in mind when I set out to find a part-time job. Moreover, I was promised a career lift if I worked hard. It's not very hard work and I had much fun with my mates. It's also great to get away from college work a few nights a week, and of course I earn around a hundred euros a week. I could make more elsewhere, I know, but I wanted more from the experience than just pocket money.

## Task 2

Are you a coffee-lover? Lots of people just couldn't live without it. What can be better than a cup of coffee on your way to work? But how often do you think about the results of this love?

The recent research states that less than 1% of disposal coffee cups are recycled. Paper cups are difficult to recycle because most of them have a thin plastic lining making the cups waterproof. As a result, there is too much waste for something made to last for only one use. Another issue is the amount of energy needed for creating an item that is used for a couple of minutes.

But the main concern is about the health implications of using disposable cups, especially for hot liquids. Plastics and other ingredients used in cups may be ingested along with your drink.

One of the solutions is to encourage people to take coffee into their own reusable cups. This can be done by introducing a little tax using disposable cups. By taking these measures, in the near future society hopes to raise an environmental awareness. Another way to resolve this problem can be to oblige coffee shops to recycle as many coffee cups as possible. The current situation is very few of coffee shop chains collect old cups and sort them out for recycling. But will it help if people usually have their coffee on the go? And shops are not the place where coffee cups end up. Improvement of recycling infrastructure should become a key issue with special bins and collection points clearly marked for coffee cups. So, only joint efforts can solve the problem of paper cups.

## Task 3

- Good afternoon. Today I have with me David Turner from European Realty, and we're going to talk about dwelling that people choose. Welcome, David.
- It's a pleasure to be here.
- So, what types of housing is popular nowadays?
- There are two kinds of people: those who prefer living in a flat and those who love living in a house. The recent research shows that in 2019 over 4 % of the EU population lived in flats, while the majority of people lived in houses – just over one third of the population lived in detached houses and almost one quarter were living in semi-detached houses. Mansions and cottages share less than 5 per cent.
- So, which option is better? What factors influence their choice?
- Hmm, there is no possible right answer. It's a really complex subject and it depends on plenty of different factors. And price and privacy should be taken into account as a primary consideration. And, precisely, it's just a matter of personal preferences.
- Do you mean the size?
- Actually, this shouldn't be a deal breaker, in case you know how to make the most of the space you have. You can find ways to save floor space with wall-mounted furniture or to make rooms feel bigger by using the right colours and materials. So, begin with inviting the professional designer who will help you to organize your space wisely. But size becomes less important, compared to the location. So, better to analyse other factors and identify what is best for you. I mean, if you're a social butterfly who can't live without parties and entertainment, tiny apartments aren't the best place for you as you share a wall with your neighbours who can bang on your door asking you to be quite or just call the police. And as for security, flats seem to be the better choice. But be ready to seek for a parking place for your four-wheel friend.
- And what to choose for pet lovers?
- You know, cats and other types of small pets won't be bothered by tiny flats. But your dog will appreciate the opportunity to be outside, in the garden or yard.
- And one more question. Do you know the number of people satisfied with their choice of dwelling?
- When we return to the statistics I mentioned at the beginning, about ten per cent of people in Europe had low and very low level of satisfaction of their dwelling, and the household type doesn't matter at all. And also couples without children tended to be the less upset. I believe that it's a tough life to share a home.

### Task 1.1

- Hey, Mark! What happened to you in the morning? You were supposed to be here at 8.45. We had to put off our meeting.
- I know... Sorry. I thought my alarm clock was set for 6.30 but when I woke up it was already 8.30!
- But why did it take you so long to get to work?
- Oh, don't ask! There was a car accident on the road and an awful traffic jam.
- I see.
- What time will we meet now?
- At 11.30. And get down to work at once.

### Task 1.2

- Wow! What a beautiful painting in high-contrast black and white. Did you paint it by yourself?
- Actually, no. My brother did. He's fond of painting. He studied art in Rome.
- Aha, I see. Have you got his other paintings?
- We can drop to the gallery one day to see them. And some of my works are there as well.
- Are you keen on painting too?
- No, I'm more into photography. I especially like taking pictures of gardens and flowers. Nature appeals to me a lot. I can spend hours outdoor for the perfect shot.
- Great! Will you invite me to see your works?
- Sure thing!

### Task 1.3

- Have you decided what desserts should we cook for the party?
- I'm thinking of a selection of desserts. A cake, big and magnificent, as usual...
- A cake is great, but let's have some ice-cream as well. You know I can't live without it.
- Sure thing! With different flavours: strawberry, vanilla, chocolate. Which would you prefer?
- All of them! Indeed! What else are we going to make?
- Can't say for sure, but I'm thinking of something light like fruit.
- Good idea. That would be enough, I guess. A cake, ice-cream and fruit.

### Task 1.4

I think that a lack of water will be one of the greatest threats facing our planet in the future. According to the recent reports, in a 20-year time serious water shortages will occur in the world. There are several reasons of a decrease of the amount of fresh water available to the world's population. The first factor that affects the situation is change of climate. Another main factor is our increasing needs. And these both factors are undeniable. Scientists recommend that we have to manage usage of water in a better way, if we want to save the planet. Governments and people have to join their efforts and take actions immediately in order to prevent this disaster from happening.

### Task 1.5

It's a known fact that in our city cars still remain the most popular transport, comfortable but expensive. That's why I prefer bus due to its convenience. I enjoy reading books while sitting on the bus, or just playing on my phone. And now I'm thinking of buying a bicycle. This transport has a lot of benefits. The main is that it's a good way of doing exercise and so it's your chance to become healthy and happy. We can protect our environment as well. Hence, I think that the government should encourage people to use bicycles more. As it's our chance to resolve plenty of problems in our cities.

### Task 1.6

- Helen, how did you become a farmer?
- I didn't decide to become a farmer; it just happened. When my husband brought home Dowie, a little calf, it was clear that we couldn't eat an animal we had raised, let alone one with a name. So, we didn't eat Dowie, but it was the start of our transition to farmers. We began raising animals for ourselves. The "local, all-natural" market wasn't big that time, and our friends were begging to buy meats from us.
- And that was the start of your own business, wasn't it?
- Exactly. We soon opened our own butcher shop. We now raise all kinds of meat: poultry, lamb, beef, pork. And it's all natural. When I'm asked how I can eat something that was once in my backyard, the answer is simple and easy. I just want to know what's on my plate and that the animal had a nice life. We don't name them anymore, though.

## Task 2

What happens to our memory with age? And is it really possible to improve it? One of the important tasks of our brains is information storage. It helps us to live, work and even survive. That's why scientists always work on ways of its improvement and also how to avoid its loss. Brain games, such as chess, crosswords, and puzzles, as well as creative activities like painting, playing an instrument, or learning a language, have not been proven to protect against memory loss. Though, they can help with everyday thinking skills. As we know memorising involves encoding, storing, retaining with further recalling information and previous experiences, but a number of factors such as stress, anxiety, mood or tiredness can have an impact on our memory processes. No doubt that you have heard about the benefit of a good night's sleep before the exam. "The longer, the better" doesn't work here. It should be just enough. But what else can help us to remember information? A recent study has come up with a method to improve our memory. It is drawing. Drawing something leads to increased existing representation of the object. So when we draw something we are creating a picture in our mind about the object and the ways of its usage. The scientists say that when you draw, you code the information with more details, more than you would by just writing things down. Encoding, in other words, is changing information into a form that can be stored and later recalled.

## Task 3

Good afternoon. Today my guest is Thomas Walker from the EcoPlanet journal, and we're going to talk about ecotourism. Welcome, Tom.

- It's a pleasure to be here.
- So, Tom, what's the difference between tourism and ecotourism?
- Really, let's get things straight at once. We consider tourism as the opportunity to learn the life and lifestyles, to widen our own horizons. The feature is that tourism means not only profit but also severe damage. And in vulnerable areas the damage left by tourists is irreversible. It will take hundreds of years to compost the rubbish in Antarctic. And in Africa safaris scare animals. Feeding wildlife in Australia, we make them depending on people. We have to accept the most important thing: everything we do in our travel makes an impact on nature.
- And my next question is what ecotourism means.
- Hmm, you can find a few definitions. But the idea is it's responsible travel to natural areas that conserves the environment and improves the well-being of local people. So, the difference between tourism and ecotourism is in one word "responsibility".
- What does it imply in practice?
- Several things. First, it boosts eco-friendly tourism. Organised properly, it makes a difference and protects endangered species. Travellers become aware of their impact on both nature and locals. And they try to reduce the negative effects of their stay without making their travel experience less pleasant. Visa versa, this appreciation attitude makes them even more satisfied with their trips.
- The more number of eco-friendly tourists, the better. Right?
- Actually, I can't say so. Mass ecotourism is nonsense. It should be done in small groups as it implies walking or cycling instead of driving; responsible consuming of water; recycling; training in local crafts. And it's impossible to provide such opportunities for big groups.
- Have you personally had an experience of ecotourism?
- Definitely, last year we were staying at the eco resort in Croatia. No running water. No "running" electricity.

Sandy beaches and mountain forests with animals in natural habitat – that's what we had without any limit.

The locals recycle waste water, use it to grow their own food. All organic waste is composted on site creating a natural fertilizer. The beautiful cottages and furniture are made of local wood. My sons particularly enjoyed tracking down spotting butterflies, snails, spiders and bees. This trip, with my three children, was pure bliss.

- Thank you, Tom.

### Task 1.1

- I guess we should do something active this weekend.
- What do you suggest?
- Well, I have a few ideas – we could go fishing.
- Mmm, sounds interesting. Or we could go hiking in the mountains. Autumn is the best time for that. Plenty of colours and smells.
- To tell the truth, I'm not fond of hiking. I have another idea. Have you heard about a new riding school in our city? Why don't we have a riding lesson? We would have a wonderful time. And it would be good for my back as well.

### Task 1.2

- Oh, look! What a beautiful kitten. So cute and fluffy. Let's take this one.
- Well, I'd rather get a dog. Dogs are more loyal than cats. They're man's best friends, as you know. More intelligent and obedient.
- Yes, but you will need to do so much work! Would you be eager to take it for a walk every single day? Or clean up after it?
- Hmm. Makes sense. What about a fish? They don't need much care at all.
- But do you know how to take care of them?
- Well, Polly can tell us! Remember her large fish tank? It's such a pleasure to sit in front of it.
- Yeah, you're right.

### Task 1.3

- Where shall we go on holiday this year? Have you got any ideas?
- Well, I'd like to go somewhere warm.
- Warm? Somewhere in the desert?
- Of course, not! When I close my eyes, I see crystal-clear water, off-shore coral reef for snorkeling or diving...
- To the beach, again? I want to go hiking this year. To explore some new routes, to sleep under the stars.
- No, thanks. No more tent, please.
- Well, how about a compromise? What about travelling to the Alps next May? We can find a nice resort on a lake.
- Oh, we've never been to the Alps before! But actually, I don't mind the Alps with the green valleys and gorgeous lakes.

### Task 1.4

- So, do you enjoy your job?
- Absolutely, because I do something which I believe in. For me a job must be more than just making money. So, I'm helping to protect the environment. Besides that, I help people to learn, and that is really enjoyable. And it's also a wonderful job to co-work with the media. So, I learn a lot every day and it's also important to me. In a nutshell, for me a job should help you to learn and develop as a person, every single day, every moment. Yes, a job should be a process of non-stop learning. To live is to learn.

**Task 1.5**

- What do you think about this pair of trousers? I like the way they do up at the back.
- Mmm, they suit you. Brown, though, not a very summer colour.
- Well, actually, brown's good in any season.
- They look quite thick. Are they?
- Not at all – they are linen, they feel rather cool.
- How much are they?
- Let me see – fifty euros – mmm ... rather expensive for the pair of summer trousers I don't really need.
- Ketty! Why are we wasting our time if you don't need them?

**Task 1.6**

I've got lots of friends, in my class and in my neighbourhood. But one of them is really special for me, it's my bosom friend, Ann.

We've known each other for ages. We live in the same house and go to the same school. And we like to spend time together as we have a lot in common. After classes we play basketball twice a week or sing in a school choir on Wednesdays. I adore our walks along the river embankments when we can discuss whatever, argue and laugh, or keep silence at times. At such moments I feel that Ann is second me. I can start a phrase and she immediately continues it. We've had our hard times and best times. But I always know that I can rely on her in any situation. And it's extremely important to me. I'm sure that wherever we live after school we'll be in touch cause we're thick as thieves. And we'll maintain our relations by all means as our friendship is highly important to both of us.

## Task 2

Where do we feel alone: in isolated places or in overcrowded cities? Loneliness is not about physical isolation. So, can we feel lonely in a crowd? No doubt. We can be lonely anywhere once we feel disconnected from the world around us, or when we think that nobody understands us. Though being a natural feeling, loneliness is not something most people want to experience.

Loneliness is also considered a big problem for the mental health of people. But at what age do people suffer most from loneliness? There is a common knowledge that loneliness affects only the isolated or the old. Although according to the research, loneliness is felt throughout life. And at the age of 16 and 24 young people have more often and more intensive experiences of loneliness than at any other periods of their lives.

That is because this age period is a time of identity change. It's time to understand the world and find own place in the world and to learn how to control emotions.

Psychologists make some recommendations for those who feel alone.

First, get your emotions in order. You need to determine what exactly makes you feel lonely. Determining why you're lonely may give you a solution for your problem.

Then, bring an old hobby back to life. It's really difficult to feel lonely if you're actively enjoying an activity, especially one that you are skilled at or have a solid experience in. As an option, you may start a big project. Being completely involved in it, you will have no time for depression.

Finally, think of getting a pet. As studies show people who have pets are less likely to experience depression and loneliness than those who do not. Pets provide company and a good distraction from any negative feelings that you might be overloaded with.

So, choose what touches you and go ahead!

## Task 3

Like it or loathe it, but fashion is always an attractive topic to discuss. Today our guest is a well-known London designer, Romeo Brian. So, Mr Brian, when did you know that fashion is your passion?

– Actually, I knew it from my earliest years, having fashion in my genes. I was born in the family of tailors.

My grandfather and my uncle were in this craft, and my grandmother was a sewer. I spent hours in their small tailor's shop watching them on work. And I had a strong desire to hone my skills to the level to dress celebrities, not just to become not an ordinary tailor.

– And when did the first success come to you?

– As I said, I was eager to become an outstanding fashion designer and I tried a lot sharpening my skills.

I began my journey into the fashion world by buying second hand jeans and customising them for sale.

I also sewed new jeans too. I was able not only to express my passion for fashion, but also generate an income.

I was about 13, when a famous British singer attended the ceremony wearing my dress with a stunning neckline. She was pictured in a number of newspapers and magazines; this was a major moment in my life.

It happened several years before I graduated from the London College of Fashion.

– And a personal question now. How do you define 'Home'?

– I can say that I belong to the world as I travel a lot and spend my life in lots of places. Being born

in London in a Jamaican family, I should say that it's not an easy question to reply. With the answer

"London", my British friends usually ask "Where are you really from?" And when I called Jamaica as my

home, my relatives, those who were born there, would disagree. So, it's much easier for me to say Africa

in response. Cause, that's the place where I feel so safe and comfortable. Yes, home is a safe space.

– What can you name as the most important features of a successful designer?

– Lots of things are really necessary to launch your own brand. But it's absolutely impossible without

talent, hard work, determination and potential. At least these four powerful ingredients should be

possessed to their fullness. But first and foremost, you should be determined, in other words to have

enough vigour to demonstrate your best.

### Task 1.1

- Four Season Hotel, how may I help you?
- Hello. I'd like to book a room for two.
- Of course. When would you like to come?
- On the 21<sup>st</sup> of June.
- Right. How many nights are you planning on staying?
- Just three.
- So, you're leaving on the 24<sup>th</sup> of June, then?
- No, the 23<sup>rd</sup>.
- So that's two nights then, the 21<sup>st</sup> and the 22<sup>nd</sup>.
- Yes, that's right. But, you know, we'll stay for the third night as well.
- Ok, then.
- Are there any suites available on those dates?
- Let me check. Yes, there is one with the sea view.
- Great! Book it please.

### Task 1.2

- I just bought a ticket to New York City. I'm so excited to visit this place!
- Happy for you! New York City is a truly magical place. You will have so much fun. When are you leaving?
- Next week. Will you help me to make a must-see list?
- Sure thing. I've been there lots of times. First, take a short boat trip to Liberty Island to see the American icons.
- Statue of Liberty, right?
- Exactly! You'll like it a lot! You should visit the Met, as it is commonly known, the Metropolitan Museum of Art. It's amazing.
- Well, actually, I'm not into art. I'm going to visit my brother who lives there. And to have a family picnic, in the Central Park. I will stay for a week and then take the train to Washington, D.C.
- That sounds like a great vacation. I wish I could go with you!

### Task 1.3

- So, dear, did you pack everything necessary for your trip to Athens?
- No, not really. The matter is I can't decide what clothes to take with me. I'm not going to take that huge red suitcase.
- Well, this month is usually sunny and warm in Greece. Take your sandals and summer dresses. And of course, your gorgeous wide-brimmed hat. You'll definitely need it there.
- Quite opposite! It's going to be rainy all days. Poor me...
- Please, don't worry much about it. Short summer rains won't damage your trip. And they are warm and so refreshing.
- Yes, it's much better than those awful chilly winds.

### Task 1.4

Every year, the Santa Cruz de Tenerife Carnival attracts thousands of people to become a part of this spectacular fiesta. This enthralling event takes place over a fortnight. During the main week of the celebration, shops and banks work only in limited hours and almost all businesses are also closed for carnival Tuesday that is claimed an official public holiday. For fifteen days, the streets of the city burst with colour, beauty, joy, freedom, and extravagance. The election of the queen marks the beginning of this fascinating event. Impressive fireworks end up all of the celebration.

**Task 1.5**

- Hello, I'm flying to Prague this Friday with my dad, but he has sprained his ankle. I would like to ask for a wheelchair for him.
- Of course, sir. Can you give me your flight reservation numbers, please?
- Definitely.
- We will arrange for a wheelchair for your dad to pick him up from the check-in desk.
- Thank you very much. Also, would it be possible to give him an aisle seat?
- Let me see... No problem. That's done.
- Sorry, another thing I've nearly forgotten. Could I have a fish meal on board?
- That's done for you. And would you like to order some meal for your dad, sir?
- No, thank you. He usually sleeps in the plane.
- Is there anything else?
- No, I think that's all for now. And thank you again.

**Task 1.6**

Summer is approaching and for all students it's time to have fun, unwind, travel or just kick around doing nothing. But I've decided to spend this time wisely and to get a little extra cash taking a summer job.

The search on the Internet ended up with several ideas: a hot-dog seller, lifeguard and an app developer.

My mum advises me to sell food as she worries that I'll be starving being up to my ears in work.

Gobbling hot-dogs sounds amazing, but selling is not my cup of tea – I'm not a very communicative person. Indeed, I'm not keen on this idea.

And now I'm in two minds. The most attractive is an app developer. It's really awesome to feel like a computer guru, but I am not sure that's for me – I'm a typical tech-savvy teen, and my level of expertise leaves to be desired.

As for a lifeguard, it has certain benefits such as making lifelong friends or looking like a hero.

Actually, I'm a strong swimmer and this choice would be good to improve my decision-making skills. So, I have no doubt that this job fits me well.

## Task 2

The brightest memories from my childhood are sitting behind my dad's back, holding tightly his leather jacket and rushing through the streets and fields on his scarlet motorbike, feeling scared and excited at the same time. Nothing else could give me such strong emotions and there was no wonder that at the age of 15 I became the youngest lady biker in our town.

We get used to connecting motorbikes with men. But what about women and bikes? Why do we think that girls only have the option of riding as a passenger? Is this hobby pure masculine? Being a biker-lady is not for the cowardly or the weak. Riding a bike is rebellious. It's a real adventure, risky and enthralling. You can feel the wind and fly with it. You feel no borders or obstacles. Nothing can stop you or prevent from this flight over the reality.

Riding a bike is exciting. There is nothing like it. You are there in the world, seeing it and experiencing it in a way that could never be got in a car. No widows to block your view. All of your senses are magnified. All of your emotions are doubled. It's fun and thrill – you are alive.

Riding brings you to this moment where everything comes together. You will feel like your machine and you have just become one. A zen-like state will settle on your shoulders, and you will just glide through the world, a part of it, immersed in it, in total harmony. That is why I ride.

If you're thinking of taking up a new hobby, first choose a proper two-wheeled friend. I'd recommend you starting out on a smaller motorcycle, so as easily and confidently practice the skills learned in the motorcycle training class. And prepare to enjoy this experience. Remember, travelling at speed dissolves gender. It becomes less important, actually, it doesn't matter at all.

## Task 3

- Good afternoon. Today we're discussing the topic of technology and teens and my guest is John Donner from the TechnoLife journal. Welcome, John.
- Hi, happy to be here.
- So, how much time do teens use gadgets nowadays?
- Actually, it is very rare nowadays not to see teenagers using technology. And it seems like they spend all their time with gadgets. But the finding shows that an average teenager spends on electronic devices more than 56 hours a week. Dividing in 7 days we'll get 8 hours daily.
- Rather impressive number of hours. And this time can't be beneficial to their health, right?
- We should admit that technology has a negative impact because it does harm to the physical as well as emotional health of a teen. And it can cause depression as media demonstrates the standard of what 'perfect body' looks like or 'ideal lifestyles'. And most teenagers can't reach these high standards and become really upset. And one more thing, the crucial one, getting used to chatting or twitting, young people feel really awkward, even down in the dumps in face-to-face communication.
- And I heard a lot about detrimental effect of cyber bullying. How does it influence teenagers?
- Hugely. According to a recent survey, 37 per cent of teenagers have undergone cyber bullying in their life and about 24 per cent of them during the last two weeks. About 67 per cent of teenagers said that cyber bullying really affected their ability to feel safe at school.
- Are there any benefits of using technology?
- Definitely. Plenty of them. Young people love going online, for very good reason. By using the Internet, they can easily access information to educate themselves. And find this one the most gainful. Teens can form their identities through self-expressions, talking, discussing meaningful issues. They maintain relationships with peers around the globe, developing another mindset, different from the ones their parents have. And they learn how media works that is an essential skill to succeed in the business world.
- What's the healthy limit should be set by parents?
- Two hours used to be the golden rule. But the amount of necessary information doubles regularly, and so the time should be increased. It's hard to say the exact amount of time to be allowed. It's worth analysing how they spend this time. Do they use technology for studying? Or their gadgets distract them from serious activities? What really matters is the purpose and balance between spending time online and offline.
- Thank you, John.

### Task 1.1

- Hi Kate, haven't seen you for ages. Where've you been?
- I had my holiday in Egypt.
- Really? So how was Egypt? Did you like it a lot? Swimming, snorkeling, scuba diving?
- Actually, not much of these. They said that sharks were seen not far from the beach.
- Oh, yes. I heard that dreadful story about the accident in Egypt.
- So, we mostly did lots of shopping.
- Did you go on a camel ride? I enjoyed it greatly last time.
- Extreme adventures are not for me.
- Riding a camel isn't extreme at all, just fun!
- Still, I'm not keen on such things.
- Ok, I see.

### Task 1.2

- I'm thinking of spending spring in Italy this year.
- Really? Sounds great! Where exactly?
- Well, I've been to Rome twice. And I really like its impressive architecture, a maze of ancient palaces, Colosseum.
- Oh, my most favourite city in Europe. I spent there June last year but didn't visit all the museums that planned.
- And for our honey moon we went to Venice, the City of Canals and golden gondolas. Have you been there?
- Not yet. I'm thinking of it. So, what's your destination for this time?
- Milan. Actually, I am not too sure what to expect Milan to be like. I know no two cities are alike...
- It's fabulous! Very industrial, but still great.

### Task 1.3

- Hi, Amy, it's Jack. How are you?
- Oh, hi, Jack! I'm fine. On my way home. I was thinking about you.
- That's nice. I was wondering if you'd like to go to the cinema tonight.
- Sure, I'd love to! What's on?
- I was thinking about that new comedy Late Night. What do you think?
- Sounds great!
- OK, I'll pick you up around 6:30. The film starts at 7.00.
- Let's have some pizza before the film. What if to meet a bit earlier?
- Sure, no problem. At a quarter past 6, right?
- Good. See you then. Bye!

### Task 1.4

There are lots of festivals all year round. They add structure to our social lives and connect us with our families and friends. But I find New Year's day the most important festival as it's a chance for family to get together to welcome the new year and have parties. Each family has its own way to celebrate the day. Own traditions, dishes and activities that create a festive atmosphere. What's really important in this festival for me is my belief that the things we do on the first day will bring good luck and prosperity during the whole year or even change your life for better. That's why I take it seriously and plan in advance how to spend this special day.

### Task 1.5

A job of a professional photographer seems so attractive, especially if you work for a glamorous magazine and take photos of rich and beautiful celebrities. Actually, I'm not fond of society photography any more – this work is fun, but limited. I gave it up several years ago and now I work on the sports page of the international newspaper, which is OK. But what I really like doing is pictures of everyday life in my own home – special events, meals, the kids playing. I find it enchanting. And never those snaps of us all lined up in front of well-known sites. I leave that to other people.

### Task 1.6

Long before the time when appeared written words, in so-called prehistoric era, art was the only way to share knowledge, events and esthetic tastes of ancient people. Having no advanced technology, they used any obtainable tools to decorate pottery, carve on the cave walls, engrave shells and stones, weave fabrics with primitive designs.

Though most of the tools were within easy access to ancient men, unfortunately, only few of their masterpieces have become part of modern culture as they plenty of masterpieces haven't survived. Though not many people may admire primitive art, the idea behind creating the art is still valid in today's world. Any artist attempts to convey a message that will be shared by others as he is fully aware of this basic reason for creating art. And those artists who manage to impress a lot of people with their message and keep their art alive through generations of humans become really successful and prominent.

## Task 2

- Those days I was up to my ears in studying to take exams and enter the university when one day I got a call from my cousin, just a year older than me. We hadn't been in touch for a long time, so I didn't expect to hear from him that day. But his call turned my life upside down. He called me from Africa, enthusiastically telling about his job as a safari tour guide. That was like a bolt from the blue. I couldn't believe my ears as I expected him to study veterinary science. And that was him who told me about a gap year, a break between studies in high school and university. That news came out from nowhere and made me amazed and puzzled at the same time. The whole idea of taking a year out sounded like an alien concept, something I've never thought about. I told my friend, Tom about it and he said he had 'in the back of his mind' doing a gap year but didn't think about it frequently. All this pushed me to the deeper thinking about this desirable free time after all these sleepless nights preparing for exams. My main concern was fear to rely on my family for another year. And that after a too long period without studying I'll find it awfully challenging to recall knowledge. At the same time, it can enable me to gain real-life experience that is worth its weight in gold. In my dreams I was travelling to the most remote places in the world and learn about various lifestyles and cultures. And I can earn money for my study as well. I'm still in two minds, but I guess that the pros of leaving study for one year will outweigh the cons of it.

## Task 3

- Our guest today is Dr Farrah Gray, one of the most influential Black men in America, an entrepreneurial icon. Farrah, I've read your book "Get real, get rich" with a great interest. So, what is your path to become rich?
- Oh, it was certainly no bed of roses. At the age of 6, I began earning my own money. I had a single mum, granny and four elder siblings and I felt that I needed to help my family. First, I collected rocks from around my neighbourhoods in Chicago, painted them and sold door-to-door as bookends, doorstops, and paperweights. And that was just the beginning.
- And what did you do with your first money? Did you spend it on you or invest in your business?
- None of these. As soon as I earned enough, I took my mother and grandmother to dinner. Restaurants had a strict dress codes, and I had no proper clothes. So, that was a good push to my creative mind.
- Who helped you gain your first knowledge of the business world?
- You know, my mum worked in consulting business which involves a great deal of travelling, so my elder brother, André, had to have a look at me while mum was away. From time to time he took me to international business meetings. That is where I got my education in business, absorbing everything. And my brother was rather patient answering all of my questions. That provided a solid foundation for my learning.
- You became a self-made millionaire by the age of 14. How did it happen?
- I was eager to put my gained business knowledge to work. Together with my friends, we created an investment club. We looked for the advice of prominent business people, from entrepreneurs to lawyers and accountants and then invested in various local business projects. We felt the urge to make a positive impact on the world. And to create our own business as well, which was a success up to a point. But what really brought me fame was the interview I gave by chance, sitting in the lobby of the hotel and waiting for my brother. Telling about our investment club I did my best to make an impression and it worked. Soon I found myself co-hosting the Backstage Live programme twice a month.
- And what's your main advice to young people?
- Believe in yourself! Just know that there's no obstacle to reach your full potential. You know, when I was seven, I was carrying my own business cards "21<sup>st</sup> Century CEO" and I had no doubt in it.