

**МЕТОДИЧНІ РЕКОМЕНДАЦІЇ ДО
ОРГАНІЗАЦІЇ САМОСТІЙНОЇ І
ІНДИВІДУАЛЬНОЇ РОБОТИ**

Обов'язкової освітньої компоненти

**«Практичний курс англійської мови»
("Lifestyles")**

**для підготовки здобувачів
першого (бакалаврського) рівня вищої освіти**

Галузь знань	03 Гуманітарні науки
Спеціальність	035 Філологія
Предметна спеціальність	—
Спеціалізація	035.10 прикладна лінгвістика
Освітня програма	Прикладна лінгвістика (англійська мова)
ННІ	іноземної філології

Укладачі: кандидат філологічних наук, Інна
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Розглянуто та схвалено на засіданні кафедри
англійської мови та прикладної лінгвістики

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Завідувач кафедри _____ Інна БІЛЮК

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Методичні рекомендації до організації самостійної і індивідуальної роботи обов'язкової освітньої компоненти «Практичний курс англійської мови» (“Lifestyles”) / Уклад.: І. Л. Білюк, О. О. Хорошун. – Житомир : Вид-во ЖДУ ім. І. Франка, 2022. – 37 с.

Методичні рекомендації до організації самостійної і індивідуальної роботи студентів 2 курсу обов'язкової освітньої компоненти «Практичний курс англійської мови» (“Lifestyles”) укладено для здобувачів першого (бакалаврського) рівня вищої освіти галузі знань 03 Гуманітарні науки, спеціальності 035 Філологія, спеціалізації 035.10 прикладна лінгвістика денної форми навчання.

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ЗМІСТ

1. Пояснювальна записка
2. Перелік питань і тем для самостійного опрацювання та індивідуального виконання
3. Понятійний апарат тем
4. Перелік видів роботи з рекомендаціями щодо їхнього проведення
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6. Завдання для модульних контрольних робіт, самоконтролю, тести
7. Рекомендована література (базова та допоміжна)

1. ПОЯСНЮВАЛЬНА ЗАПИСКА

Програма вивчення освітньої компоненти «Практичний курс англійської мови» для підготовки здобувачів першого (бакалаврського) рівня вищої освіти відповідає освітньо-професійній програмі Прикладна лінгвістика (англійська мова).

Предмет освітньої компоненти: лексичні одиниці за темами, комунікативні моделі вживання мовних одиниць і тематичні тексти різних стилістичних жанрів.

Міждисциплінарні зв'язки: «Практичний курс англійської мови» тісно пов'язаний з циклом теоретичних дисциплін, які вивчаються майбутніми філологами, фахівцями з прикладної лінгвістики, перекладачами з англійської мови. У першу чергу дана дисципліна пов'язана з «Практичною граматикою англійської мови» і «Навчальною практикою з формування фонологічної компетентності (англійська мова)», які забезпечують студентів знаннями необхідними для правильного вживання і використання граматичних форм і конструкцій, побудови логічно структурованих і завершених висловлень; набуття навичок правильної вимови слів, інтонації різних комунікативних типів речень тощо. «Практичний курс англійської мови» тісно пов'язаний з дисципліною «Вступ до перекладознавства. Теорія та практика перекладу з англійської мови», яка розкриває особливості англійської мови враховуючи національні й культурні особливості англословних країн та їх реалії, що значно полегшує засвоєння студентами мовного матеріалу.

Мета вивчення освітньої компоненти: сформувати у здобувачів вищої освіти навички усного і писемного мовлення за темами, що вивчаються; розвинути вміння проводити аналіз текстів різних стилістичних жанрів, реферувати автентичні газетні та журнальні статті, проводити розгорнуту дискусію; розвинути навички написання переказів, творів та есе.

Основними завданнями вивчення освітньої компоненти є:

- 1) опанування студентами нового лексичного запасу на достатньому для комунікації рівні;
- 2) оволодіння ідіоматикою і найбільш вживаними розмовними формулами емоційної реакції на висловлювання або поведінку співбесідника;
- 3) розвиток у студентів умінь читати, переказувати та реферувати англословні газетні та журнальні матеріали, тематичні тексти різних стилістичних жанрів в межах тем, що вивчаються;
- 4) розуміння на слух навчальний аудіо текст літературно-розмовного та публіцистичного стилів;
- 5) подальший розвиток навичок читання класичної та сучасної англословної літератури різних стилів та жанрів;
- б) розширення загальних знань студентів з тем, що вивчаються.

Компетентності та програмні результати навчання:

Компетентності:

Змістовно освітня компонента спрямована на формування здобувачами вищої освіти першого (бакалаврського) рівня таких компетентностей:

ЗК 1. Здатність реалізувати свої права і обов'язки як члена суспільства, усвідомлювати цінності громадянського (вільного демократичного) суспільства та необхідність його сталого розвитку, верховенства права, прав і свобод людини і громадянина в Україні.

ЗК 2. Здатність зберігати та примножувати моральні, культурні, наукові цінності і досягнення суспільства на основі розуміння історії та закономірностей розвитку предметної області, її місця у загальній системі знань про природу і суспільство та у розвитку суспільства, техніки і технологій, використовувати різні види та форми рухової активності для активного відпочинку та ведення здорового способу життя.

ЗК 3. Здатність спілкуватися державною мовою як усно, так і письмово.

ЗК 4. Здатність бути критичним і самокритичним.

ЗК 5. Здатність учитися й оволодівати сучасними знаннями.

ЗК 6. Здатність до пошуку, опрацювання та аналізу інформації з різних джерел.

ЗК 7. Уміння виявляти, ставити та вирішувати проблеми.

ЗК 8. Здатність працювати в команді та автономно.

ЗК 9. Здатність спілкуватися іноземною мовою.

ЗК 10. Здатність до абстрактного мислення, аналізу та синтезу.

- ЗК 11. Здатність застосовувати знання у практичних ситуаціях.
- ЗК 12. Навички використання інформаційних і комунікаційних технологій.
- ЗК 13. Здатність проведення досліджень на належному рівні.
- СК 1. Усвідомлення структури філологічної науки та її теоретичних основ.
- СК 2. Здатність використовувати в професійній діяльності знання про мову як особливу знакову систему, її природу, функції, рівні.
- СК 4. Здатність аналізувати діалектні та соціальні різновиди мов, що вивчаються, описувати соціолінгвальну ситуацію.
- СК 5. Здатність використовувати в професійній діяльності системні знання про основні періоди розвитку літератури, що вивчається, від давнини до XXI століття, еволюцію напрямів, жанрів і стилів, чільних представників та художні явища, а також знання про тенденції розвитку світового літературного процесу та української літератури.
- СК 6. Здатність вільно, гнучко й ефективно використовувати мови, що вивчаються, в усній та письмовій формі, у різних жанрово-стильових різновидах і реєстрах спілкування (офіційному, неофіційному, нейтральному), для розв'язання комунікативних завдань у різних сферах життя.
- СК 7. Здатність до збирання й аналізу, систематизації та інтерпретації мовних, літературних, фольклорних фактів, інтерпретації та перекладу тексту.
- СК 8. Здатність вільно оперувати спеціальною термінологією для розв'язання професійних завдань.
- СК 9. Усвідомлення засад і технологій створення текстів різних жанрів і стилів державною та іноземними мовами.
- СК 10. Здатність здійснювати лінгвістичний, літературознавчий та спеціальний філологічний (українськомовний та англкомовний) аналіз текстів різних стилів і жанрів.
- СК 11. Здатність до надання консультацій з дотримання норм літературної мови та культури мовлення.
- СК 12. Здатність до організації ділової комунікації.
- СК 13. Здатність застосовувати методи та прийоми наукового спілкування іноземними мовами для розв'язання професійних завдань у руслі сучасних тенденцій прикладної лінгвістики.
- СК 14. Здатність розуміти значення всіх підсистем мови для вироблення вмінь аналізувати мовні одиниці, визначати їх взаємодію та характеризувати мовні явища і процеси, що їх зумовлюють.
- СК 15. Здатність розуміти сутність і соціальне значення майбутньої професії, основних проблем лінгвістичних, математичних та дисциплін інформаційних технологій, що визначають прикладну лінгвістику як окрему філологічну спеціалізацію у взаємозв'язку цілісної системи міждисциплінарних зв'язків.
- СК 20. Уміти створювати й редагувати тексти різних стилів, жанрів, типів мовлення, з урахуванням інформаційних технологій.

Програмні результати навчання:

- ПР 1. Вільно спілкуватися з професійних питань із фахівцями та нефахівцями державною та іноземними мовами усно й письмово, використовувати їх для організації ефективної міжкультурної комунікації.
- ПР 2. Ефективно працювати з інформацією: добирати необхідну інформацію з різних джерел, зокрема з фахової літератури та електронних баз, критично аналізувати й інтерпретувати її, впорядковувати, класифікувати й систематизувати.
- ПР 3. Організувати процес свого навчання й самоосвіти.
- ПР 5. Співпрацювати з колегами, представниками інших культур та релігій, прибічниками різних політичних поглядів тощо.
- ПР 6. Використовувати інформаційні й комунікаційні технології для вирішення складних спеціалізованих задач і проблем професійної діяльності.
- ПР 7. Розуміти основні проблеми філології та підходи до їх розв'язання із застосуванням доцільних методів та інноваційних підходів.
- ПР 8. Знати й розуміти систему мови, загальні властивості літератури як мистецтва слова, історію мови і літератури, що вивчаються, і вміти застосовувати ці знання у професійній діяльності.
- ПР 9. Характеризувати діалектні та соціальні різновиди мов, що вивчаються, описувати соціолінгвальну ситуацію.

- ПР 10. Знати норми літературної мови та вміти їх застосовувати у практичній діяльності.
- ПРН 11. Знати принципи, технології і прийоми створення усних і письмових текстів різних жанрів і стилів державною та іноземними мовами.
- ПР 13. Аналізувати й інтерпретувати твори української та зарубіжної художньої літератури й усної народної творчості, визначати їхню специфіку й місце в літературному процесі.
- ПР 14. Використовувати мови, що вивчаються, в усній та письмовій формі, у різних жанрово-стильових різновидах і регістрах спілкування (офіційному, неофіційному, нейтральному), для розв'язання комунікативних завдань у побутовій, суспільній, навчальній, професійній, науковій сферах життя.
- ПР 15. Здійснювати лінгвістичний, літературознавчий та спеціальний філологічний аналіз текстів різних стилів і жанрів.
- ПР 17. Збирати, аналізувати, систематизувати й інтерпретувати факти мови й мовлення й використовувати їх для розв'язання складних задач і проблем у спеціалізованих сферах професійної діяльності та/або навчання.

2. ПЕРЕЛІК ПИТАНЬ І ТЕМ ДЛЯ САМОСТІЙНОГО ОПРАЦЮВАННЯ ТА ІНДИВІДУАЛЬНОГО ВИКОНАННЯ

Тема 1. Принципи здорового способу життя.

Тема 2. Формування навичок здорового способу життя, культури здоров'я особистості.

Тема 3. Стрес і хаос у повсякденному житті людини.

Тема 4. Тайм-менеджмент: ефективне планування і використання робочого часу.

Тема 5. Поведінка особистості під час екстремальних обставин.

Тема 6. Особливості життя у мегаполісах та найвіддаленіших населених пунктах: порівняльний аспект.

3. ПОНЯТІЙНИЙ АПАРАТ ТЕМИ

Тема 1. Стиль життя.

Принципи здорового способу життя. Формування навичок здорового способу життя, культури здоров'я особистості. Стрес і хаос у повсякденному житті людини. Тайм-менеджмент: ефективне планування і використання робочого часу. Поведінка особистості під час екстремальних обставин. Особливості життя у мегаполісах та найвіддаленіших населених пунктах: порівняльний аспект.

4. ПЕРЕЛІК ВИДІВ РОБОТИ З РЕКОМЕНДАЦІЯМИ ЩОДО ЇХНЬОГО ПРОВЕДЕННЯ

Самостійна та індивідуальна робота студентів 2 курсу є невід'ємною складовою вивчення навчальної дисципліни *Практичний курс англійської мови*. Робота здійснюється за наступними напрямками:

- підготовка теоретичних питань;
- конспектування автентичних підручників;
- написання есе;
- підготовка Powerpoint презентацій;
- підготовка до підсумкових модульних робіт (ПМР), заліку та екзамену.

Алгоритм підготовки теоретичних питань:

- визначте питання для підготовки;
- опрацюйте джерела, зазначені в списку літератури (основна, допоміжна), та підберіть самостійно джерела, які можуть бути використані під час підготовки;
- визначте основні поняття теми, які ви маєте засвоїти;
- занотуйте інформацію, яку ви прочитали, для кращого засвоєння матеріалу;
- підберіть відповідний ілюстративний матеріал до теми;
- визначте проблеми в опрацьованому матеріалі, які ви недостатньо зрозуміли: з цими питаннями ви зможете звернутися на консультації до викладача;
- залучіть додатковий матеріал для відповіді (презентації PowerPoint, автентичні відео і т. ін.);
- перевірте засвоєний матеріал, відповідаючи на тестові запитання та виконуючи практичні завдання.

Алгоритм конспектування автентичних підручників:

- проаналізуйте запропонований автентичний підручник;
- виписіть поняття, що вживаються, користуючись словниками виписіть їхнє визначення та переклад;
- занотуйте прочитане;
- підберіть до прочитаного відповідний ілюстративний матеріал;
- перекажіть автентичний текст, використовуючи власні нотатки.

Алгоритм написання есе:

- деталізуйте тему для есе;
- запишіть основні поняття теми;
- складіть план написання есе;
- викладіть свою власну думку щодо заявленої теми;
- деталізуйте свою точку зору;
- наведіть якомога більше прикладів та доказів своєї точки зору;
- підведіть підсумок всіх аргументів;
- поцікавтесь точкою зору читача з цього питання.

Алгоритм підготовки Powerpoint презентацій:

- деталізуйте тему для презентації;
- визначте ключові поняття теми;
- складіть план створення мультимедійної презентації;
- визначте кількість слайдів та ключові аспекти до кожного з них;
- знайдіть інформацію для кожного з слайдів та доберіть відповідний ілюстративний матеріал;
- підготуйте виступ на 5-7 хвилин.

Алгоритм підготовки до ПМР, заліку та екзамену:

- ознайомтесь з переліком питань та завдань, які винесені на ПМР, залік та екзамен;
- оберіть підручники, інструктивно-методичні матеріали, які допоможуть при підготовці;
- перегляньте зміст кожного питання, використовуючи власні нотатки;
- визначіть перелік питань, які потребують поглибленого вивчення (опрацювання допоміжної літератури);
- перевірте засвоєний матеріал, відповідаючи на тестові запитання та виконуючи практичні завдання.

5. ПЕРЕЛІК РЕКОМЕНДОВАНОЇ ЛІТЕРАТУРИ ДЛЯ САМОСТІЙНОГО ОПРАЦЮВАННЯ ТЕМ

1. Практичний курс англійської мови. 2-й курс : підручник для студентів другого курсу вищих закладів освіти, які навчаються за філологічними спеціальностями (переклад включно) за ред.: Л. М. Черноватого, В. І. Карабана. – 2-ге вид., випр. та допов. – Вінниця, Нова Книга, 2018. – 336 с.
2. Speak Out Intermediate Plus Students' Book ed. Antonia Clare, J.J. Wilson. – Longman: Pearson Education, 2018. – 144 p.
3. Norris R. Ready for First (3rd Ed.). – Macmillan, 2014. – 280 p.
4. Complete First 3rd ed. Guy Brook-Hart, Alice Copello, Lucy Passmore, Jishan Uddin. – Cambridge University Press, 2021. – 253 p.

**PART A.
COFFEE DRINKER?**

Work in pairs and discuss the questions.

1. Do you put things off when you should be working? What do you do instead?
2. Do you have a to-do list? What's on it this week?

Look at the verbs and adjectives that can all be used with the noun *lifestyle* to form collocations. Collocations are pairs or groups of words that are often used together.

HAVE		alternative	luxurious	<i>lifestyle</i>
LIVE	a/ an	busy	quiet	
LEAD		chaotic	relaxing	
		comfortable	sedentary	
		exciting	simple	
		healthy	stressful	

*Underline those adjectives which could be used to describe *your* lifestyle.

Match the adjectives in the box to the different styles 1–5.

alternative	chaotic	healthy	luxurious	sedentary
-------------	---------	---------	-----------	-----------

1. There's nothing better than fruit and yoghurt after an early-morning run. _____
2. Expensive clothes, a huge house and exotic holidays – that's the life for me! _____
3. I spend so much time rushing around that I hardly have time to eat. _____
4. After working all day in front of the computer, I get home and collapse onto the sofa.

5. Jake lives on his own in a caravan on a remote Scottish island. _____

Discuss the following questions. Common collocations are shown in bold.

- ✓ Would you like to **change your lifestyle**? Why/ Why not?
- ✓ Do you **lead an active social life**? What kinds of things do you do?
- ✓ What do you think is meant by the **American way of life**?
- ✓ How would you describe the **way of life** in your country to a foreigner?
- ✓ What are some of the positive and negative aspects of our **modern way of life**? In what ways, if any, was the **traditional way of life** in your country better? Why are people so interested in the **private lives** of celebrities? Do they interest you?

You are going to read an article in which four people talk about their lifestyles. For questions 1–10, choose from the people (A–D). The people may be chosen more than once.

Which person

- admits to having an untidy house?
- could not imagine doing any other type of work?
- likes the unpredictable nature of their work?
- is not particularly keen on taking exercise?
- says they start the day like many other people?
- does not have to go far to get to their place of work?
- never has any trouble getting to sleep?
- used to feel lonely while working?
- says that people have the wrong idea about their work?
- would prefer to go to bed earlier on many occasions?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

A Colin Dobson: television and stage actor

Normally I get out of bed around midday. I'll sometimes go for a run after I get up, though it's not really my idea of fun. I'm not a fitness fan, but I realize it's important.

When I'm not rehearsing or on tour, afternoons usually involve reading scripts or learning lines. My wife and two sons are also actors, so at home there are usually scripts lying all over the place. It's a bit of a mess, I'm ashamed to say. I'm passionate about history, and if I'm working away from home, I spend the afternoons in museums or historic buildings. I always get to the theatre at the last minute, which annoys my co-actors, but I don't like arriving anywhere early.

After a performance I eat and spend a few hours unwinding, so bedtime is often two or three in the morning. I always fall asleep as soon as my head hits the pillow.

B Jodie Miller: potter

Before I started renting the workshop at the open-air museum, I would crawl out of bed in the morning, get dressed and go straight into the garage, which I'd converted into a studio. Now I get the train and a bus, so I have to get up early and my morning routine is dull and conventional, the same one that's played out in millions of households.

On the plus side, though, I get to meet lots of people: there are the museum visitors that come into the workshop every day to watch me working, the other craftspeople – the broom maker, the blacksmith or the glassblower – and I also give classes. Working at home was a solitary business and I hated the fact that I would often go for days without speaking to anyone.

I get lots of requests for personalized mugs, and evenings are spent packaging up orders to send out the next day. I often get to bed later than I would like.

C Janie Collins: farm vet

I used to have a dog and we'd go running together most mornings, but I gave him to my mum in the end.

I tend to be out all day visiting farms and it wasn't fair to leave him alone. So now I don't get as much exercise as I'd like to.

I love my job, especially the variety and not knowing what you'll be doing from one day to the next. But being a vet – any type of vet – is not what people think. It's not all cuddly lambs and cute little pigs. We have to do some pretty unpleasant things sometimes, things which would put you off working with animals for life.

My mum wants to know when I'm going to settle down with someone, but there's no room for a dog in my life, so I don't see how I'll be able to fit marriage in.

D Mark Fudge: fisherman

My flat overlooks the port, so it's just a short walk to the *Ellie May*. That's our boat, the place I think of as home. I get lonely if I'm away from her for longer than a week or so – the crew is like a family to me.

I'm one of four deckhands, which means that the first mate – the second in command after the captain – gets us to do cleaning and maintenance work as well as pulling in the nets, then washing, salting, icing and storing the fish. We work hard – six hours on, six hours off, six hours on, six hours off – every day for seven weeks. It's tough, but I can't see myself in any other profession. There's nothing else I'd rather do.

Reacting to the text

If you had to choose, which of the four people would you prefer to change places with for a month? Why?

Look at these sentences from the reading texts and try to remember who said each one. The first one has been done for you.

a I **get to meet** lots of people. *the potter*

b Normally I **get out of bed** around midday.

c I don't **get** as much **exercise** as I'd like to.

d I **get lonely** if I'm away from her for longer than a week or so.

e I **get the train** and a bus.

f I always **get to the theatre** at the last minute.

g The first mate **gets us to do** cleaning and maintenance work ...

h I **get** lots of **requests** for personalized mugs.

*What is the meaning of the words in **bold** in sentences a–h above?

Example: a have the opportunity to meet

The following sentences all contain phrasal verbs or expressions with get. Underline the correct alternative. There is an example at the beginning (0).

0 That jumper looks so old and dirty. When are you going to **get away/ along/ lost/ rid of** it?

1 Here's my telephone number. If you have any problems, just **get in talk/ speak/ touch/ tact with** me.

2 I heard she was a lovely woman. Unfortunately I never **got the occasion/ event/ ability/ chance to** meet her.

3 I asked him how much he **got paid/ earned/ money/ salary** but he refused to tell me.

4 Come on, hurry up and **get moved/ ready/ ordered/ fit!** Your bus leaves in five minutes.

5 His parents are concerned about his behaviour. He's always **getting into problem/ trouble/ punishment/ damage** at school.

6 His girlfriend left him in March and he still hasn't **got past/ off/ by/ over** it.

7 I can't speak French very well, but I always manage to **get across/ through/ by/ over** with a dictionary and a few gestures.

8 They wanted to get to the opera house but they **got up/ out of/ on/ off** the wrong bus and ended up at the football stadium.

Complete the sentences with words from the box to form a verb with get. The verb with get should have the same meaning as the verb or phrase in brackets.

away	back	by	off	out of	over	to
------	------	----	-----	--------	------	----

0 We didn't get to (arrive in) London until midnight.

1 I don't earn very much but I get _____ (manage to live) OK.

2 It took him a long time to get _____ (recover from) the flu.

3 What time do you think you'll get _____ (return)?

4 He was shot while trying to get _____ (escape) from the police.

5 You have to get _____ (leave) the bus at the shopping centre.

6 I can't seem to get _____ (stop) the habit of biting my nails.

Complete the sentences with appropriate words from the box.

exercise	impression	paid	ready	rid	touch	worse
----------	------------	------	-------	-----	-------	-------

1 I haven't written to Steve for ages – I really ought to get in _____ with him.

2 I think footballers get _____ far too much.

3 The car kept breaking down so we decided to get _____ of it.

4 I spent the day getting _____ for Christmas, buying presents and cooking.

5 My throat's getting _____. I think I ought to see a doctor.

6 I got the _____ she was bored; she kept yawning all the time.

7 I'm going out on my bike; I need to get some _____.

Discuss the following questions.

- How quickly do you **get ready for university/ work** in the morning?
- How do you **get to university/ work**? How long does it take you to get there?
- Did/ Do you often **get into trouble** at university? What was the worst thing you ever did?
- Did/ Do your parents ever **get you to do any jobs** around the house? How did/ do you feel about this?
- What sort of things do you do when you **get angry**? How quickly do you **get over your anger**?

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

0 How long was your journey from London to Manchester?

TAKE

How long DID IT TAKE YOU TO get from London to Manchester?

Write the missing words **IN CAPITAL LETTERS**.

1 Why don't you throw away that old blouse?

RID

How about _____ that old blouse?

2 I still find it strange to wear glasses.

USED

I still haven't _____ glasses.

3 He never asks when he borrows my things!

ALWAYS

He is _____ asking!

4 Simon doesn't usually drink coffee.

UNUSUAL

It _____ drink coffee.

5 Helen is not usually so pessimistic.

LIKE

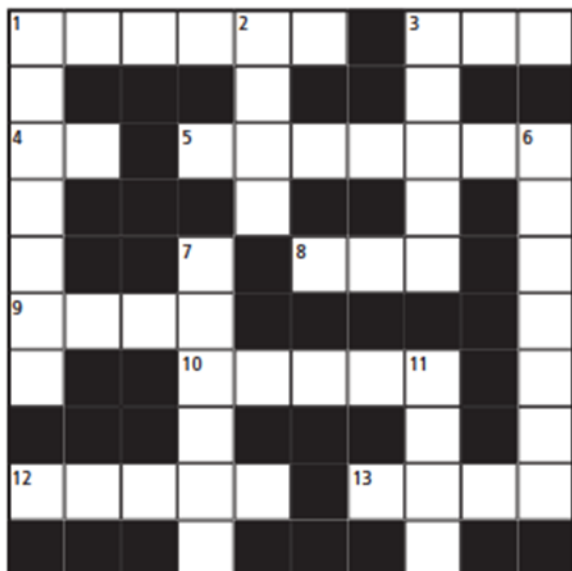
It is _____ so pessimistic.

6 I can't wait to see you again.

FORWARD

I'm really _____ you again.

Complete the crossword puzzle below.



Expressions for use in informal letters

Across

- 1 Many _____ for your letter.
- 5 I'm looking _____ to hearing from you.
- 8 By the _____, how did the exam go?
- 9 Write back soon. _____, Susie
- 12 I'm sorry it's _____ me so long to write to you.

Down

- 2 Let me _____ if you can make it.
- 7 Anyway, I'd _____ close now.
- 11 Can't wait to _____ from you.

Expressions with get

Across

- 3 Chewing gum is forbidden in class – get _____ of it now!
- 4 If you don't get _____ the train now, it'll leave without you!
- 10 They said they'd get in _____ with me, but so far they haven't written or phoned.
- 13 How much do you get _____ a week in your job?

Down

- 1 He's always getting into _____ with the police.
- 3 Turn off the television right now and get _____ for school.
- 6 I had a shower, got _____ and then went out for a walk.

Writing

Write a short article of 140–190 words about your lifestyle. Use texts A–D in the article as models. Include some of the vocabulary and grammatical structures you have studied.

PART B.
LIFE IS BUSY

Put the letters in the box in the correct order to make words related to lifestyle. Then match the words in the box with the definitions 1–7.

iavcet tefesiyll	rlvetatiane tefesiyll	areyl ibdr	yetenasrd tefesiyll	ot ctski
ot a otreiun	noadcmi tefesiyll	ot rokwl nlgro rosuh		

- 1 A diverse and different way of life. _____
- 2 A person who goes to bed early and gets up early. _____
- 3 A way a life that involves moving your home a lot. _____
- 4 To do the same things every day. _____
- 5 A way of life that is not very physical. _____
- 6 To spend a lot of time doing your job. _____
- 7 A way of life that involves a lot of physical effort. _____

Complete the text with the words in the box.

craving energetic harvested mysterious smuggling spread tough turned
--

QUINOA

I discovered quinoa when I decided to lose some weight and go on a diet. I wanted something that would make me feel 1__ but that was also healthy and would stop me from 2__ sugary snacks in the afternoon. I had heard of this 3__ plant, but never tried it. It grows well in the 4__ conditions of the Andes mountains and its popularity has 5__ all over the world due to its reputation as a very healthy food. It is quite expensive because it is mostly 6__ by hand, so I don't eat it every day. So far, my diet is going well but I haven't 7__ into a super fit athlete yet. I need to stop 8__ chocolate into work before that can happen!

Complete the sentences with the correct form of *take, hand, put, look, or keep*.

- 1 We have to ___ together a plan for our summer holiday.
- 2 My mother ___ down this necklace to me and now I'm giving it to my daughter.
- 3 Every morning, my parents would have breakfast and read the paper to ___ up with recent events.
- 4 I'm really ___ forward to my friend's birthday party tomorrow.
- 5 We're much more productive now our new boss has ___ over.
- 6 I'm going to call the police if the neighbour's dog ___ on barking.
- 7 Caroline has been so much happier since she ___ up dancing.
- 8 The beach party was ___ off because of the rain.
- 9 The teacher usually asks us to ___ in essays on Fridays.
- 10 After thirty years as boss of the company Vicky decided to ___ over control to her assistant.

Match verbs 1–9 with prepositions a)–i) .

- | | |
|----------------------|-----------|
| 1 overwhelmed | a) up |
| 2 race | b) over |
| 3 keep up | c) by |
| 4 have no control | d) with |
| 5 take | e) out |
| 6 struggle | f) for |
| 7 let something pile | g) on |
| 8 take time | h) with |
| 9 make time | i) around |

Complete the sentences with the correct form of the phrases from the previous activity.

- 1 I ___ writing essays. I just don't have any ideas for what to write.
- 2 Our teacher ___ class behaviour. We just do as we want.
- 3 We need to ___ packing our bags before our flight on Wednesday. I hate doing it at the last minute.

4 I'm ___ the amount of housework. I don't have enough time to do it all.

5 My dad is ___ the house getting everything ready for my mum's birthday party tonight. 6 I always my homework ___. I wish I were more organised.

Replace the underlined words with an appropriate alternative.

1 Karen's out with some people she works with tonight. _____

2 I don't like working with Gordon. He's not very good at his job. _____

3 I have to have a coffee in the morning. It's a repeated action I always do for me.

4 I'm very happy with your success. Well done! _____

5 Prince James was officially declared King. _____

6 My grandfather wore the scars he got in the war as something negative seen as positive.

Read the title of the listicle and answer the questions.

1 How might an app help someone be more organised?

2 Do you know of any apps which are designed to help people to be more organised?

3 Read the article. Were any of your ideas mentioned?

Four apps that increase your organisation!

Mobile phones and computers are gaining a reputation for being incredibly distracting. Turn them into a powerful organising force with these essential apps for taking back control of your life.

1. Any.do assistant

At first, Any.do looks like any calendar app. It sends notifications to remind you of your to-do list and encourages you to review it regularly. But, where Any.do is different is its assistant feature. Any.do assistant reviews your to-do list and suggests tasks it can complete for you. You can even have it do things such as grocery shopping or sending flowers. If you're planning on making a big purchase, Any.do assistant will compare product prices and make recommendations before you buy it directly through the app.

2. App detox

If the many apps on your phone are keeping you from your work, then you need App detox. You can limit the number of times you can start an app, block it by time of day or day of the week, or even forbid access to it forever.

If you try to access an app it, tells you off and records the number of times you've tried so you can feel guilty later.

3. Habit list

Habit list is a traditional to-do list management app that arranges your tasks according to importance with a traffic light style colour coding system. The slight difference with Habit list is that it works for small personal objectives too. It encourages you to take time out for good habits such as drinking more water or doing exercise. What's more, it uses charts to show you trends in your behaviour to help you stay focussed.

4. Write or die

Whether you're a professional writer or a student working on an essay, you need Write or die. This app breaks writer's block by punishing you, sometimes severely, for not keeping up with your pre-defined word count. There are several levels of punishment, starting with a visual warning or an unpleasant sound right up to kamikaze setting which deletes your work one word at a time if you stop writing. Yikes! :O

Mark each sentence with the number of the app(s) it refers to.

Which app(s)

a helps you with the shopping?

b keeps track of your tasks?

c helps you be healthier?

d punishes you for not working enough?

e puts tasks in order of importance?

- f records data of your behaviour?
- g suggests ways that it can help you?
- h notifies you of tasks you need to do?

Find the words in the box in the text. Then match them with definitions 1–8.

block detox distracting notifications habit keep up purchase tell off

- 1 a special treatment to help people stop an addiction
- 2 to continue at current speed
- 3 stopping you from concentrating
- 4 tell someone they have done something wrong
- 5 an object you buy
- 6 an action you do regularly, often without thinking
- 7 to stop something being used
- 8 a message you receive from an application on a mobile phone

Listen to the speakers. Tick (✓) the names of the people who say they are organised.

- 1 Laura _____
- 2 Dean _____
- 3 Robin _____
- 4 Alice _____
- 5 Martin _____

Listen again. Are the sentences true (T) or false (F)?

- 1 Laura has always been very organised. _____
- 2 Laura doesn't like using the calendar in her phone to organise her life. _____
- 3 Dean finds it difficult to remember the things he needs to do. _____
- 4 Dean doesn't think an app will help him be more organised. _____
- 5 Robin uses a trick he learnt from his grandmother. _____
- 6 Robin thinks an app would make his life easier. _____
- 7 Alice doesn't see her family very often. _____
- 8 Alice thinks the price of her app is reasonable. _____
- 9 Martin doesn't spend much time on his mobile phone. _____
- 10 Martin wants to stop using mobile phone apps. _____

Complete the sentences with the words/phrases in the box.

absent-minded keep on top of old-fashioned subscription ticking off updating

- 1 My mum is quite _____. She doesn't even have a smartphone.
- 2 If I don't work at lunch time, I can't my reports.
- 3 There's nothing more satisfying than a task on my to-do list when it's finished.
- 4 I'm so _____. I'm always forgetting where I left my glasses.
- 5 Rachel had to cancel her _____ to her favourite magazine. It was too expensive.
- 6 I spend ten minutes _____ my calendar at the end of the day so that it's always accurate.

Work in pairs or small groups and discuss the questions.

- 1 How do you keep on top of things?
- 2 Are you absent-minded?
- 3 Do you think people waste too much time looking at their mobile phones?
- 4 Some people say that being disorganised is a sign of being very clever. Do you agree?

Complete the sentences with the correct form of take, hand, put, look, or keep.

- 1 We have to _____ together a plan for our summer holiday.
- 2 My mother _____ down this necklace to me and now I'm giving it to my daughter.
- 3 Every morning, my parents would have breakfast and read the paper to _____ up with recent events.

- 4 I'm really ___ forward to my friend's birthday party tomorrow.
- 5 We're much more productive now our new boss has ___ over.
- 6 I'm going to call the police if the neighbour's dog ___ on barking.
- 7 Caroline has been so much happier since she ___ up dancing.
- 8 The beach party was ___ off because of the rain.
- 9 The teacher usually asks us to ___ in essays on Fridays.
- 10 After thirty years as boss of the company Vicky decided to ___ over control to her assistant.

PART C.
WHAT WOULD YOU TAKE?

You are going to read part of an article about the hobby of scrapbooking. For questions 1-6, choose the answer (A, B, C or D) which you think fits best according to the text.

For people who have never heard of scrapbooking, it's the practice of collecting everyday items and putting them into blank books in creative ways. I collect things such as tickets, receipts, menus and labels that most people would just throw away and I stick them in my books in artistic ways, with short written descriptions of what they are. It's the story of my family life, but told in a more visual way. It's a bit of a family tradition, in fact - I have similar books that both my mother and grandmother filled with recipes, photos and letters. My husband often tells me I should add more detail into my books, such as the stories behind the items, but I think pages and pages of writing can get a bit boring and it's a lot of extra work. Sometimes he'll help me stick things in if I want some company, and I think he enjoys it more than he admits, but I doubt he'll be starting his own book anytime soon.

My hobby helps me keep track of what's in my wardrobe, too. If I go shopping and buy a dress I really like, I'll paste in the price tag that comes with it, particularly if it's more expensive than usual,²¹ and maybe take a photo of me in it and put that in. If I'm throwing away an old piece of clothing, I might save a button, or cut out a piece of the fabric to keep as a souvenir to remind me of how much I loved it. I suppose shopping for clothes is a hobby as well, so it's double the fun!

I would never claim that my work is innovative in any way, but I do find the whole process a real outlet for my creative energy. I experiment with different forms of handwriting and decorate the pages with glitter and stickers, too. If I go through the books I've put together over the years, I can see how my decorative approach has changed. I'm often surprised by how elaborate my work has become.

Sometimes when I look back, I realise that the decorative additions don't always completely suit the items that I've stuck in, but that's all part of the learning process.

My collection of scrapbooks is a wonderful family record.

There are pictures of animals that are no longer with us, and a lot of birthday cards. My kids mostly love the ones that feature photos of them when they were little. I've kept some of their drawings, which are really funny and sweet. There are also some examples of their first attempts at writing, and I especially love looking at those. I fill a scrapbook every year and I really enjoy taking one down every now and again and looking through it.

⁴⁵ Only one of my children has followed in my footsteps so far. My daughter does online scrapbooking. She doesn't stick things in physical books, but she's got a fashion blog where she photographs clothes and shoes, and then creates beautiful pages to display them. She's the modern version of me, though I prefer a more hands-on approach, and I usually only go online to look at her blog. I think she'll end up working in the fashion industry, which is something I would have loved to do.

Everyone has a different reason why they enjoy scrapbooking. Some say it's like a kind of therapy for them - the chance to relive happy moments and forget about their everyday routine. But for me scrapbooking has really made me appreciate the day-to-day details that we don't normally keep a record of. Life isn't all holidays and celebrations, and pleasure is also found in the times that come between them. Keeping a scrapbook reminds me of that. It's lovely to look back at the memories, but it's essential to appreciate what's happening at the time. That's why I love the actual process of scrapbooking the most.

1 What does the writer say about her husband?

- A** He doesn't get involved in scrapbooking.
- B** He thinks scrapbooking requires too much effort.
- C** He's considering taking up scrapbooking as well.
- D** He thinks her scrapbooking could be improved.

2 What does 'it' refer to in line 21?

- A** my wardrobe
- B** a dress
- C** the price tag
- D** a photo

3 What does the writer say about her artistic style?

- A It has developed over time.
- B It's extremely original.
- C It's on the basic side.
- D It matches the content well.

4 Which scrapbook entries is the writer particularly fond of?

- A photos of her children when they were small
- B her children's drawings
- C things her children have written
- D pictures of old pets

5 What does the phrase 'followed in my footsteps' in line 45 tell us about the writer's daughter?

- A She uses the computer in the same way her mother does.
- B She enjoys making scrapbooks about shoes.
- C She has similar interests to her mother.
- D She will probably have the same job as her mother.

6 How can the writer's views on scrapbooking be summarised?

- A It's an effective means of relaxation.
- B It's a way of showing how special ordinary life is.
- C It's useful for keeping track of important occasions.
- D It helps pass the time when not much is going on.

Find and correct the mistakes in the sentences.

1 I've sent you the fotos from the party last week.

2 Has anyone seen the open bottler? I need it for this bottle of cooking wine.

3 Do you think Uncle Dan would like a clock he can wear to work for his birthday?

4 Can someone put the wine cups on the table ready for dinner?

5 Can you lend me some money? I can't find my blankcard anywhere.

6 I hope you haven't been reading my daily. I keep all my secrets in there.

7 Can you get a packed of rice when you go to the supermarket?

8 Who broke my glasses for sun? I need them for driving.

9 We should get her a new baseball chap with her favourite team on for her birthday.

Write an object that would be suitable for each person. The first letter in each word is given.

1 Brian wants to call his mother. – m_____ p_____

2 Lisa is a musician. – e_____ g_____

3 Mary needs to write a report on a train. – l_____ and c_____

4 Olivia is locked out of her home. – h_____

5 Valentina's dog keeps running away. – l_____

6 Alexander likes taking photos. – c_____

7 Merve is a fan of art. – s_____

8 Julian needs somewhere to keep his money. – w_____

9 Daniel is working in the garden and needs to cut something. – p_____

10 Sandra is bored and wants to play. – t_____

11 Peter writes his ideas down so he doesn't forget them. – n_____

12 Sam likes playing with small models of people. – d_____

Complete the sentences with one word in each gap. The first letter in each word is given.

1 You really should buy a b___. Your trousers are nearly falling down.

2 In the UK they use a three pin p___ so you need to take an a___.

3 I have a special c___ that stops my back from hurting when I sit down.

4 I always keep candles and a l___ in cupboard in case of power cuts.

5 I've lost the top b___ on my jacket. Now I can't do it up all the way.

6 You should do your s___ up. You might trip over them.

7 If it gets cold I can get you a b___ for your bed.

8 I need an e___ so I can post this letter to Grandma.

9 I've put all the documents on this f___, so all you have to do is plug it into the computer and copy them.

10 I can't reach the top shelf in the kitchen. We really need to buy a s___.

11 If you're going out now you should take a t___. It's dark.

Match the everyday objects in the box with the descriptions 1–6.

bank card bottle opener camera doll penknife wallet

1 You can use it to cut things.

2 It's really important at dinner parties.

3 You need it to use a cash machine.

4 It's made of leather and I keep money in it.

5 It's good for taking photos.

6 It has sentimental value. My mother gave it to me when I was a child.

Find and correct the mistakes in the sentences.

1 My laptop is not definitely vital now that I have a tablet I can take with me.

2 You can use to it to download songs directly onto your mobile.

3 I'm sure you are wearing different pair of sunglasses to work every day.

4 I find the size of the camera a bit unpractical.

5 You need them for start your car.

6 My wallet is made in Italian leather.

7 It's nothing good at recording videos.

8 I love my electric guitar. It's really especial.

9 I've kept my diary from when I was a child. It has sentimental valour.

Match the phrasal verbs (1-6) with their definitions (A-F).

1 hang out

A to arrive; to appear

2 count on

B to become; to transform

3 turn into

C to spend time with someone

4 make up

D to invent

5 carry on

E to continue

6 turn up

F to rely on; to depend on

Complete the text with the correct form of the phrasal verbs from the previous activity.

My classmate Jacopo and I were doing a course project together. We had to conduct a survey and then (1) _____ the information a report. I had already finished doing the survey, and we had arranged to meet at my house on Saturday afternoon to write the report. When Saturday came, he didn't (2) _____ at the agreed time, so I phoned him. He (3) _____ some story about being ill, but I was sure he just wanted to (4) _____ with his friends instead. I had to (5) _____ working on the project alone. I made sure that I didn't work with him again – I knew I couldn't (6) _____ him.

Complete the sentences with the correct form of *make* or *do*.

- 1 My friend Anna doesn't have to do any chores. She's so lucky!
- 2 Your hair is too long. You should have an appointment at the hairdresser's.
- 3 John did me a favour and drove me to the mechanic to pick up my car.
- 4 I always make an effort to call my grandmother on Sundays.
- 5 If you want to make a good impression at the job interview, you should wear a suit.
- 6 My clothes were getting really tight, so I did more exercise and started eating healthily.
- 7 When I moved to a new school, I did a lot of new friends.
- 8 There's no easy way to make money. You just have to work hard.
- 9 I can't come to the picnic this afternoon. I haven't done all my homework yet.
- 10 She needs to make a phone call, but her battery is really low.

For questions 1-6, complete the second sentence so it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

Example:

0 My father is older than your mother.

OLD

Your mother *isn't as old as* my father.

1 'Can you buy me a train ticket?' my mother said.

ASKED

My mother _____ a train ticket.

2 This new recipe tastes much better than yours.

NEARLY

Your recipe doesn't _____ as this new one.

3 I went to the shop because we didn't have any milk.

RUN

We had _____ I went to the shop.

4 I've got more money than you, so let me pay.

AS

You don't have _____, so let me pay.

5 Without the extra tutoring, I wouldn't have passed the exam.

BEEN

I wouldn't have passed the exam if _____ the extra tutoring.

6 I broke the vase by mistake.

MEAN

I _____ the vase.

PART D.
FAIR ISLE

Complete each gap with a word from the box to form places you might find in a village, town or city. The first one has been done for you.

building flats housing industrial office pedestrian residential shopping

1 This charming three-bedroomed villa is located in a quiet *residential* **area**.

2 You can't drive down Bromley Way any more – it's a _____ **street** now.

3 My uncle lives on the fifteenth floor of a huge **block of** _____.

4 I usually buy my clothes at the **indoor** _____ **centre** on the edge of town: there's so much choice under one roof.

5 Most of the _____ **blocks** here are occupied by insurance companies and law firms.

6 Property prices fell and all building work stopped, leaving a number of abandoned _____ **sites** around the town.

7 They knocked down all the houses and built an _____ **estate** for small manufacturing businesses.

8 It's easy to get lost on the _____ **estate** where I live: all the properties look exactly the same.

* Can you think of an example for each of the places in **the previous activity** in the area where you live?

Are they *on the outskirts* of your town or village or *in the centre*?

Are any *within easy walking distance* of your home?

The following adjectives can all be used to describe a town or a village. Which of them are positive and which are negative? Make two groups in your notebook.

lively	pleasant	run-down	picturesque	shabby	dull
quaint	depressing	prosperous	bustling		

*Which adjectives would you use to describe the area where you live?

Ask and answer the following questions with your partner.

- What are the amenities like in your local area? (e.g. shops, sports facilities, cinemas, libraries)
- Is everything within easy walking distance?
- What are the good points about living where you do?
- Is there anything you don't like about it?
- What changes have there been in your local area in recent years?
- Have they been changes for the better or for the worse?
- Do you think you will always live in the same area?
- What are the advantages and disadvantages of living in the country and living in a city? Which would you prefer?

Complete the text with the words in the box.

amenities	balcony	central	en-suite	links
neighbours	open-plan	outside	peaceful	residential

We've just moved to a new house in a nice, quiet, (1) _____ . area. I used to like living in the city centre as it was such a (2) _____ location and I got on really well with my (3) _____. But it had become too small for us all, with only one bathroom and no (4) _____ area for the kids to play in. It was very noisy as well, because of all the traffic. Our new house is much more (5) _____ and we have a lot more space. There's an (6) _____ bathroom in all the bedrooms and there's a huge (7) _____ living area. There's the garden, too, which is so much better for us than the tiny (8) _____ we had in the old flat. It's not as close to the transport (9) _____, but there are lots of local (10) _____, such as a swimming pool and a shopping centre.

Choose the correct option in *italics*.

- 1 They have barbecues in the picnic *space / area* of our local park.
- 2 I need to get a new car with more leg *place / room* in the back. My kids are quite tall now.
- 3 I've been driving around for twenty minutes but I can't find a parking *space / square*.
- 4 I need to find a good hiding *location / place* for the front door key. What about under this plant pot?
- 5 Our new house is in the perfect *location / space*. It's close to schools, parks and transport links.
- 6 Every Saturday in our town there's an outdoor market in the main *square / place*.
- 7 Where do you suggest as a meeting *place / room!* Outside the bus station?
- 8 We just don't have enough floor *space / place* to have two beds in this room.

You will hear part of a radio programme in which two people, Rebecca and Greg, are interviewed about their life in the countryside. For questions 1-7, choose the best answer (A, B or C).

- 1 Rebecca moved out of the city to escape
A the traffic.
B the noise.
C the pollution.
- 2 What gives Greg less cause for concern now that he lives in the countryside?
A his neighbours' opinions
B the amount of violent crime
C his children's safety
- 3 Rebecca regrets the fact that A she does not live close to local amenities.
B she does not have much privacy.
C she is unable to drive.
- 4 What does Greg say about buses where he lives?
A They are too infrequent.
B They are unreliable.
C There is no service.
- 5 How does Greg react to Rebecca's concerns that her children may grow bored?
A He sympathizes with teenagers who live in the country.
B He advises her to move back to the city when they are older.
C He criticizes parents who do not do enough for their children.
- 6 What does Greg say about the future?
A He will probably move back to the city.
B He says that the future is uncertain.
C He would like to work in an office.
- 7 What inconvenience does Rebecca mention in relation to her return to work?
A Her children will have to change schools.
B She will spend very little time at home.
C Her journey to work will be time-consuming.

Underline the correct alternatives to complete the sentences. Then discuss these ideas with your partner.

- 1 Are you tired of holding *up/ down* several jobs just to pay the bills?
- 2 Could you survive the *loneliness/ aloneness* of working in a lighthouse?
- 3 Would you like to be an *inhabitant/ habitant* of one of the most famous cities in the world?
- 4 Are you looking for somewhere to put down *seeds/ roots*?
- 5 Could you live somewhere entirely cut *off/ away* from the rest of civilisation?
- 6 Are you someone who doesn't live life by half- *measures/ measurements*?
- 7 Are you feeling burnt *out/ up* and in need of a rest?
- 8 Has your life had lots of *downs and ups/ ups and downs*?

You are going to read an article written by an architect with predictions for the houses of the future. For questions 1-6, choose the answer (A, B, C or D) which you think fits best according to the text.

- 1 In the first paragraph, what does the writer imply about the homes of the future?

- A They will be more solid and secure.
- B They are going to be difficult to build.
- C People's views of them are often misguided.
- D People are likely to be more reliant on home technology

2 According to the writer, the homeowners of the future will be most concerned about

- A spending too much money building their house.
- B reducing their energy consumption.
- C having a large enough garden.
- D increasing the value of their property.

3 What does *restricted* mean in line 24?

- A closed
- B inadequate
- C controlled
- D limited

4 What does the writer see as the most significant role of plants in the houses of the future?

- A to improve the homeowner's health
- B to keep the house warm
- C to be decorative
- D to provide nutrition

5 What does *them* refer to in line 54?

- A local councils
- B rainwater collection tanks
- C laws
- D fines

6 What is the writer doing in the final paragraph?

- A arguing that we're much closer to having sustainable housing than many people think
- B questioning whether sustainable housing will help prevent environmental damage
- C admitting that sustainable housing is possible only for wealthy people
- D pointing out that a lot more research into sustainable housing needs to be done

THE HOMES OF THE FUTURE

If you ask most people what the homes of the future will be like, they will probably mention robots cleaning the floors and smart thermostats that can learn a person's heating needs and adjust the temperature accordingly. The real direction that housing is likely to take, though, is not towards trendy gadgets, entertainment and things that make our lives more comfortable but rather towards safeguarding our future existence. Homes will be built as complex, artificial ecosystems, allowing a closer connection between humans and the natural world.

Of course, it would be naive to think that home buyers will be willing to pay the high costs of the building materials needed to make their houses sustainable and eco-friendly. The bottom line will always be an issue for people - meaning that keeping costs low is a key factor. On the other hand, people are becoming a lot more conscious of how an initial investment can result in long-term benefit. They understand that an eco-friendly house will lead to lower energy costs, which will save them cash in the long run. In reality, the environmentally-friendly qualities of a property will be the main priority for the next generation of homeowners.

Size is also turning into a significant factor when designing houses. The rapid growth in population means that there are fewer areas available to build on. As a result, the houses of the future will need²⁴ to be built in more restricted spaces, especially in urban areas. But this doesn't necessarily mean a lack of room inside the new properties. One solution is to construct narrower buildings, with more floors. Houses like this can be easily built using a limited number of large prefabricated pieces; these are made elsewhere and then assembled on site. The pieces lock together tightly, making the houses airtight, which has the added bonus of reducing heat loss.

It's not just the type of building materials that we use which will change in the coming years, though. Biophilic design, which is the architectural term for buildings which incorporate greater access to nature, will play an important part in transforming the houses of the future. No one can deny the visual benefits of making dull urban places green, but plants have other useful functions as well. Studies have found that being surrounded by plant life has enormous positive psychological effects on the homeowner. The fact that these buildings lower stress, and enhance mood and productivity is reason enough to encourage this type of design. Additionally, having plants on the walls and roofs of your house could provide valuable insulation, as well as a source of food. The possibilities, it's fair to say, are endless.

With all this greenery, access to water is going to become even more important. Gone will be the days of rooftop pipes sending rainwater into public drainage systems. Rainwater will become valuable, and will be used to keep gardens alive as well as for non-drinking purposes, such as in bathrooms and for washing machines. Many cities have passed laws making it mandatory for rainwater collection tanks to be part of all future homes, with some local councils even imposing fines for those who don't adhere to them.⁵⁴

Some critics still think that sustainable architecture is a distant dream, one that will only ever be achievable for those with money. They also consider that the overall benefit to the environment will be minimal. However, apart from the fact that we should be celebrating any small steps that minimise the negative environmental impact of buildings, the progress towards eco-friendly housing is gaining pace. Sooner rather than later sustainable housing will be a reality for everyone.

6. ЗАВДАННЯ ДЛЯ МОДУЛЬНИХ КОНТРОЛЬНИХ РОБІТ, САМОКОНТРОЛЮ,
ТЕСТИ

PREPARATORY TEST

1 Rewrite the sentences using the word given.

1 They sell a very special kind of coffee here.

IS

A special *kind of coffee is sold* here.

2 Studies show green tea can help you lose weight.

HAVE

Studies _____ green tea can aid weight loss.

3 Nobody told me that it was an early start.

HAD

I _____ that it was an early start.

4 Someone should look at that leaking roof.

SHOULD

You _____ at.

5 People first drank cocoa in South America 3,000 years ago.

WAS

Cocoa _____ 3,000 years ago in South America.

6 Art historians say that someone painted the portrait in the 16th century.

WAS

The portrait _____ in the 16th century.

7 People consider the Danish to be a happy nationality.

ARE

The Danish _____ a happy nationality.

8 You have to switch off your phone during the flight.

MUST

Phones _____ during the flight.

9 Experts think the weather is getting worse due to climate change.

THOUGHT

The weather _____ getting worse due to climate change.

10 Nobody can reach her at the moment.

BE

She _____ at the moment.

11 Someone is cutting my hair this morning.

HAVING

I _____ this morning.

	10
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2 Complete the text with the correct form of the verbs in brackets.

I ¹*realise* (realise) I need to slow down a bit as people ² _____ (always/tell) me that I should take life a bit easier. Unfortunately, at the moment I ³ _____ (work) harder than ever before. My girlfriend and I ⁴ _____ (open) a new business, a café, next month, so we have lots to keep us busy. My brother ⁵ _____ (help) me to decorate the place. He ⁶ _____ (work) as an interior designer, and he ⁷ _____ (understand) the importance of making the place look really impressive. My girlfriend, Lorna, does the cooking, so at the moment she ⁸ _____ (spend) a lot of time looking at new recipes. She ⁹ _____ (think) that we should try to use as many local ingredients as possible when we open. I ¹⁰ _____ (talk) to a local producer tomorrow to see if we can get some discounts. Lorna ¹¹ _____ (not believe) he'll help us out, but I'm more positive.

	10
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3 Complete the text using one word from Box A and one from Box B.

Box A

keep overwhelmed pile racing struggle time

Box B

around by for up x2 with

The pace of modern life is getting ever faster, and more and more people are finding that they ¹struggle with the demands of living a life where we are constantly connected. But what we all need to realise is that there is really no need to ²_____ with every single tweet, post and comment. These ³_____ through the course of a day, so that we often feel ⁴_____ the need to respond. But instead of ⁵_____ every social media account you possess, trying to touch base with 'friends', why not make ⁶_____ yourself? You'll probably find yourself happier in the long run.

5

4 Underline the correct answer, a), b) or c).

1 She's decided to take b the family business.

a) after b) over c) out

2 Please don't put _____ your plans because of me.

a) out b) up c) off

3 We're looking _____ to hearing about your trip.

a) into b) after c) forward

4 Don't let me keep you _____ your work if you have a deadline to meet.

a) from b) on c) up

5 My parents would always hand _____ my old clothes to my younger sister – she hated it!

a) over b) down c) off

6 It's impossible to keep _____ with the pace these runners are setting.

a) at b) in c) up

7 They'll have to hand _____ control of the company to the bank.

a) out b) into c) over

8 Those huge multinationals are taking _____ the smaller companies; they simply can't compete.

a) up b) over c) in

9 We'll look _____ what happened and let you know the results soon.

a) into b) onto c) over

10 How can you put _____ with him? He's so unpleasant.

a) off b) up c) on

11 Do you think you take _____ your mother or your father?

a) off b) forward c) after

10

5 Match 1–6 with a)–f) to complete the sentences.

1 I'm not sure I'd like an alternative a

2 They live a completely nomadic _____

3 I wish he didn't work _____

4 Most office workers have very sedentary _____

5 I find it so hard to stick to a _____

6 Our eldest is such an early _____

a) lifestyle – I prefer doing what everyone else does.

b) bird – he tends to get up before everyone else.

c) long hours – it makes our lifestyle so stressful.

d) lifestyles which can affect their general health.

e) routine during the summer holidays.

f) lifestyle, travelling from place to place.

	5
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6 Put the words in the correct order to make sentences.

1 prove / here / it / need / you / work / you / to

You need it to prove you work here.

2 you / wear / almost / it / anything / with / can

3 a / for / impractical / it's / taking / bit / holiday / on

4 made / poor / leather / it's / of / quality / really

5 no / time / telling / sentimental / it's / good / for / but / the / has / value / it

6 an / item / for / any / essential / that's / household

	5
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7 Tick (✓) the correct option to complete the conversation, a) or b).

1 A: I like your ring. Is it valuable?

B: No, not really but it _____ .

a) has sentimental value ✓

b) has a practical use

2 A: Did you end up buying that laptop?

B: No, when I researched it I found it _____ .

a) was no good for streaming films

b) was too good for streaming films

3 A: What should I bring with me to the appointment?

B: Well a valid form of identification _____ .

a) is absolutely impractical

b) is absolutely essential

4 A: What an unusual piece of jewellery. Is it silver?

B: To be quite honest, I'm not sure _____ .

a) what it's made of

b) how it's made

5 A: What should I wear on the trip?

B: Well, up in the mountains a good pair of boots _____ .

a) are pointless

b) are indispensable

6 A: Would you recommend I take a mobile?

B: Definitely, you'll need it _____ .

a) to keep in touch with people

b) to prove who you are

	5
Total:	50

ACHIEVEMENT TEST

Listening

1 Recording 1 Listen to a woman talking about her lifestyle and underline the correct answer, a), b) or c).

1 The woman's job

- a) didn't pay very well.
- b) was affecting her health.
- c) had recently changed.

2 The woman

- a) took a long time to make her decision.
- b) made her decision on her own.
- c) made her decision with others.

3 The woman's husband

- a) doesn't work anymore.
- b) works in schools for a short time.
- c) used to teach.

4 The woman says that her family

- a) are doing something unique.
- b) are part of a bigger group.
- c) are very different to other families.

5 The woman was worried that her children

- a) would fall behind in their education.
- b) would miss their school friends.
- c) would miss their family.

6 The woman says that she would recommend that

- a) everyone lives like her.
- b) you plan how much money you'll need to do it.
- c) you try something like she has done once.

	5
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2 Recording 1 Listen again and write true (T) or false (F).

- 1 The woman's job became more difficult two years ago. F
- 2 The woman has always been positive about her decision.
- 3 The family have no plans after the trip to New Zealand.
- 4 The family tend to meet other families who are doing the same thing.
- 5 The woman says her family usually do similar things every day.
- 6 Although their lifestyle is alternative, the family still use modern technology.

3 Recording 2 Listen to six shorts extracts where

people talk about objects. Choose from options

(A–H) why each speaker likes the object. There are two letters you do not need.

	5
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A It is expensive.	1 Speaker 1 <u>F</u>
B It has sentimental value.	2 Speaker 2 <u> </u>
C It is ground-breaking.	3 Speaker 3 <u> </u>
D It is unique.	4 Speaker 4 <u> </u>

E It is functional.	5 Speaker 5 ____
F It is essential for their job.	6 Speaker 6 ____
G It is biodegradable	
H It was a gift.	

	5
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4 Underline the correct alternative.

- 1 I'm not that hungry, actually. I've just eaten/I'm just eating lunch.
- 2 Does this laptop belong/Is this laptop belonging to anybody here?
- 3 I've been knowing/known Paul since we were undergraduates.
- 4 Could you tell me what time the next bus leaves/does leave.
- 5 Excuse me, can I ask you what you think/are you thinking about the latest design?
- 6 We have / had our car serviced at the garage before we went on the trip.
- 7 Welcome back! How long are you staying/do you stay this time?
- 8 I've always been loving/loved the view from up on top of the castle walls.
- 9 The population here are living/live much longer than they did thirty years ago.
- 10 People have enjoyed/are enjoying coming here since the middle ages.
- 11 It's so annoying – she always checks/is always checking her phone constantly.

	10
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5 Complete the text with a), b) or c).

Strong brew!

¹ ____ you ever drunk Turkish coffee? I first ² ____ last summer, when I was visiting friends near Istanbul. Turkish coffee ³ ____ by boiling very finely ground coffee beans with water and sugar. When it ⁴ ____ into the cup, the grounds are left to settle at the bottom. The cup that I ⁵ ____ was incredibly strong! It ⁶ ____ made by Hakan, my hosts eldest son. He ⁷ ____ English at the university there at the moment. It would seem he ⁸ ____ coffee himself, but he's certainly good at making it! He prepared a cup and brought it out to me. After drinking it, I got my spoon, and started to scoop up the remaining contents. Then I heard 'Excuse me, why ⁹ ____ want to eat coffee grounds?' I thought that the sticky, sweet mixture at the bottom of the cup was some kind of syrup! Hakan was crying with laughter and said it was the funniest things he'd ever seen. Anyway, he ¹⁰ ____ to England next summer, and I ¹¹ ____ to show him how to make a perfect cup of tea.

- 1 a) Did b) Was c) Have
- 2 a) did b) had c) was
- 3 a) made b) is made c) was made
- 4 a) is poured b) was poured c) pours
- 5 a) drank b) have drunk c) is drinking
- 6 a) had b) was c) had been
- 7 a) study b) is studying c) studies
- 8 a) don't like b) does like c) doesn't like
- 9 a) do anyone b) will anyone c) would anyone
- 10 a) comes b) is coming c) come
- 11 a) have promised b) have been promising c) am promising

	10
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6 Match 1–7 with a)–g).

- 1 Since he started the new role he works long b
- 2 You know, it's important that you make time —
- 3 It's quite handy really, there's a clip —
- 4 We'll need to look at the dates and draw —
- 5 I find it difficult to stick —
- 6 There's been so much demand we can't keep —
- 7 Paul is a bit hyper-active; he's always racing —

- a) on feature that means you won't lose it.
- b) hours every day, and most weekends, too.
- c) up a schedule so we get it ready on time.
- d) to a routine when working from home.
- e) up with the number of orders coming in.
- f) around doing something different.
- g) for yourself – you'll burn out otherwise.

	6
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7 Complete the sentences with the correct form of the word in CAPITALS.

1 They specialise in making extremely *functional* clothing for use in winter conditions.

FUNCTION

2 It's increasingly difficult to live an _____ lifestyle in this part of the world.

ALTER

3 With its _____ design, the new Lexus is a welcome addition to the range.

STUN

4 The cleaning products are made from a blend of _____ materials that are safe for the environment.

DEGRADE

5 This is going to be quite a largescale project so we'll need to make sure we employ enough _____.

PERSON

6 Their latest film has had a long-running _____ in major newspapers.

PROMOTE

7 They live a predominantly _____ lifestyle, moving from place to place.

NOMAD

8 We had a bit of difficulty _____ our project, but it got done in the end.

FINANCE

	7
--	---

8 Complete the sentences with the words in the box. There are two extra words.

cave grants flimsy hard drive logistics novel routine temple flexible shelter
--

1 My daily *routine* tends to be very similar. I'm a creature of habits, I suppose.

2 Although it is a challenge to get support for many arts projects, there are _____ available.

3 The weather suddenly got worse on the walk but we managed to find a _____ from the storm.

4 I think you need to have your _____ fixed – your laptop is far too slow.

5 This tent won't cope with the strong winds in this area, the material is too _____.

6 The use of graphene in their clothing range is completely _____ – nobody else in fashion is doing anything like it.

7 We need to work out the _____ of moving all those people from the flooded area.

8 There was a special ceremony going on at the _____ so access for tourists was restricted.

	7
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9 Cross out the response that is not possible.

1 So, you think it's a good idea, then?

a) It has potential. b) ~~It's out of the question.~~

c) It might work.

2 Why are you wearing that?

a) It's practical. b) It has sentimental value.

c) It's pointless.

3 How does that sound to you?

- a) Sounds great! b) No way!
c) That's vital.

4 How does it work?

- a) It's a non-starter. b) You use it online.
c) You charge with it.

5 I like the sound of that.

- a) It's really special. b) I have my doubts.
c) I'm not sure it'll work.

6 What do you think of my suggestion?

- a) It's no good. b) That's a possibility.
c) I like the sound of it!

	5
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10 Complete the conversation with words and phrases a)–k).

A: So, would you mind having a look at some of the suggestions for the latest catalogue? The focus is on everyday innovations. I like this one. ¹ j?

B: Is it a watch? It looks a ² _____, I'm afraid. It would be far too heavy if you were doing sport.

A: Actually, it's ³ _____ light-weight plastic, so you ⁴ _____ without it affecting performance. And it's really durable.

B: Really? Well, I suppose in that case it ⁵ _____.

A: OK. Look at this one. It's a device that can estimate calories from a photo of food. Do you ⁶ _____?

B: Oh, yeah, I ⁷ _____ that! I'd say that ⁸ _____ for someone like me who needs to watch their weight!

A: Yeah, it's ⁹ _____ piece of design work, too. And what about the running shoes, here, with the inbuilt GPS?

B: Hmm. I'm ¹⁰ _____ that many people will go for them. They look very heavy, don't they?

A: And the integrated mp3 sunglasses?

B: No way! That's ¹¹ _____ – nobody would want to be seen in those!

- a) bit impractical g) has potential
b) like the idea h) a really special
c) a non-starter i) made of
d) not convinced j) ~~What do you think~~
e) like the sound of k) 's indispensable
f) can wear it

	10
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11 Read the article below and complete the gaps with headings a)–f).

- a) Longer living
b) Good for general well-being
c) Disappearing extra kilos?
d) Green tea: historically healthy
e) Tea for perfect teeth?
f) A relaxing cuppa?

1 d

Green tea was first drunk in China around 4,500 years ago. But it has been widely used as a medicine and health-giving beverage throughout Asia. In 1191 the Japanese Zen priest Eisai took green tea seeds from China and planted them in his temple gardens. Shortly afterwards he wrote a book called *Drinking Teas for Health*, which became the foundation of studies into its medical benefits.

2 ____

Over the intervening years, green tea has also become increasingly popular in other parts of the world as detailed scientific analysis has suggested that it has a range of health benefits covering everything from lowering blood pressure to repairing the brain. But is it the superfood that some scientists think?

3 ____

Certainly green tea contains several key ingredients that have vital effects on good health. Antioxidants are substances which reduce damage to the cells in our bodies, and green tea contains high levels of one specific antioxidant – catechin. There is some evidence that catechin can actually destroy harmful bacteria and viruses and prevent tooth decay. However, the same research suggests that it’s no better at doing this than any other mouthwash.

4 ____

Perhaps the greatest appeal for many green tea lovers is its effect on getting older. Some experts claim that drinking green tea can actually slow down the signs of ageing and increase lifespan. It is true that many of the world’s oldest people come from Japan and China, where green tea is consumed daily. But you have to take into account a whole range of other factors such as genetics and diet.

5 ____

Another key reason for green tea’s growing popularity is the claims that drinking it can be linked to weight loss. In fact, research has shown that green tea has high levels of poly-phenols. As poly-phenols increase the speed at which the body burns fat, people have claimed that green tea is the ultimate diet drink. However, test results show this only works if it is part of a balanced diet.

6 ____

And what about the brain? The amino acid theanine is at its highest levels in green tea. Studies show that theanine reduces stress and depression by causing the brain to release chemicals that calm the mind. Some researchers also claim that it helps to repair damaged brain cells, reducing the risk of developing brain diseases such as Alzheimer’s. At the moment tests have only been done in laboratories, so it’s too early to say whether the results are true.

Write an article about one of the subjects below. Write 140–180 words. Use the ideas below to help you plan.

- choose your number of points
- remember that odd numbers are popular
- note down ideas for each point
- think of a style, e.g. formal/informal, chatty, serious, informative
- think of a title

	5
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1 reasons why you should give up social media
 2 reasons why you should slow down to improve your life style

	10
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Total:	100
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7. РЕКОМЕНДОВАНА ЛІТЕРАТУРА

Основна:

5. Speak Out Intermediate Plus Students' Book ed. Antonia Clare, J.J. Wilson. – Longman: Pearson Education, 2018. – 144 p.
6. Практичний курс англійської мови. 2-й курс : підручник для студентів другого курсу вищих закладів освіти, які навчаються за філологічними спеціальностями (переклад включно) за ред.: Л. М. Черноватого, В. І. Карабана. – 2-ге вид., випр. та допов. – Вінниця, Нова Книга, 2018. – 336 с.

Додаткова:

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11. Soars L., Soars J. New Headway English Course Intermediate. – Oxford University Press, 2005. – 160 p.
12. Redman S. English Vocabulary in Use Intermediate. – Cambridge University Press, 1997. – 266 p.
13. Oxender C., Latham-Koenig C. New English File Upper-Intermediate Students' Book. – Oxford University Press, 2005. – 160 p.

Інтернет ресурси:

1. Work-life Balance – Режим доступу: <https://learnenglish.britishcouncil.org/skills/reading/upper-intermediate-b2/work-life-balance?page=1>
2. We stand with refugees – Режим доступу: <https://learnenglish.britishcouncil.org/general-english/video-zone/we-stand-with-refugees>
3. Apps for Learning based on the article – Режим доступу: <https://learnenglishteens.britishcouncil.org/uk-now/science-uk/apps-learning>