



АНГЛИЙСКИЙ ЯЗЫК

ПОДГОТОВКА К ЕГЭ

РАЗДЕЛ «ПИСЬМО. ГОВОРЕНИЕ»

«СБОРНИК ТЕМАТИЧЕСКИХ ТЕКСТОВ»

УЧИТЕЛЬ АНГЛИЙСКОГО ЯЗЫКА

КОНДРАТЬЕВА А.Р.

Список тем

MY FAMILY _____	15
ABOUT MY FAMILY _____	15
WHAT MAKES FRIENDS DIFFERENT FROM FAMILY? _____	15
MY BEST FRIEND _____	15
ABOUT FRIENDSHIP _____	15
GOOD FRIENDS ARE LIKE STARS. YOU DON'T ALWAYS SEE THEM, BUT YOU KNOW THEY ARE ALWAYS THERE. _____	15
A PERSON I ADMIRE _____	16
ETHNIC GROUPS IN RUSSIA. _____	16
DESCRIBE YOUR NEIGHBOURHOOD. _____	16
THE LETTER ABOUT YOUR NEIGHBOURHOOD. _____	16
TALK ON STRESS _____	17
ПИСЬМО С СОВЕТАМ ПО ПОДГОТОВКЕ К ВЕЧЕРИНКЕ _____	17
БЛАГОДАРСТВЕННОЕ ПИСЬМО С ПРОСЬБОЙ _____	17
ПИСЬМО О ПЛАНАХ НА ЛЕТО _____	17
THE LETTER ABOUT THE ANTI-BULLYING WEEK AT SCHOOL _____	18
DIALOGUE "WHAT TO BUY YOUR MOTHER ON THE 8 TH OF MARCH" _____	18
КРИМИНАЛЬНАЯ ИСТОРИЯ _____	18
TEENAGERS SHOULD HELP TO LOOK AFTER YOUNGER SIBLINGS _____	19
SHOULD TEENAGERS HELP WITH HOUSEHOLD CHORES? _____	19
IS IT A GOOD IDEA FOR A CHILD TO LOOK AFTER A PET FROM A YOUNG AGE? _____	19

ПИСЬМО О ДОМАШНИХ ОБЯЗАННОСТЯХ	20
A STORY TRAPPED!	20
A STORY A MAGICAL EVENING	20
WATER POLLUTION	21
ENVIRONMENTAL PROTECTION	21
ESSAY RECYCLING PAPER IN SCHOOL	21
A PROTECTED AREA IN MY COUNTRY	21
RAINFORESTS	22
FOR AND AGAINST ESSAY CUTTING DOWN TREES	22
ENDANGERED SPECIES	22
ANIMAL PROBLEMS	23
ANIMAL HABITATS OF RUSSIA	23
PROTECTING HABITATS	23
A TALK ON THE MEDICAL PROFESSION	23
SHOULD WE HAVE TO PAY FOR THE MEDICAL SERVICES WE USE?	24
A DIALOGUE "YOUR NEIGHBOUR'S DOG IS KEEPING YOU AWAKE AT NIGHT"	24
A REPORT MAKING SOME SUGGESTIONS ON HOW THE APPEARANCE OF THE PARK AND ITS FACILITIES CAN BE IMPROVED.	24
A REPORT MAKING RECOMMENDATIONS ON HOW TO MAKE THE FLATS SAFER AND MORE PLEASANT	25
A REPORT "MAKING THE CENTRE MORE POPULAR WITH YOUNG PEOPLE"	25
A TALK ABOUT BRITISH HOUSES	26
HOMES IN RUSSIA	26

A PROPOSAL FOR THE CITY COUNCIL TO IMPROVE CONDITIONS IN THE SHANTY TOWN	26
A LETTER ABOUT YOUR NEW HOME	26
A TALK ABOUT YOUR AREA	27
A TALK ABOUT SEARCHING FOR ALIENS	27
HOW CHILDREN BENEFIT FROM HAVING A PET	27
AN ESSAY "SHOULD ALL CHILDREN LEARN ENGLISH FROM A YOUNG AGE?"	28
AN ESSAY "USING A NEWSPAPER AS YOUR ONLY SOURCE OF NEWS"	28
ПРЕИМУЩЕСТВА ОТ ИЗУЧЕНИЯ ИНОСТРАННОГО ЯЗЫКА	28
НЕДОСТАТКИ ОТ ИЗУЧЕНИЯ ИНОСТРАННОГО ЯЗЫКА	29
LANGUAGES SPOKEN IN RUSSIA	29
ABOUT SOME MEANS OF COMMUNICATION	29
OCEAN NOISE POLLUTION	29
PEOPLE'S NEEDS AND ENVIRONMENT	30
AN ESSAY "OUR LIVES WOULD ALL BE ENRICHED GREATLY IF WE COULD HAVE A CHIP PLANTED IN OUR BRAINS ENABLING US TO SPEAK ANY LANGUAGE WE WISHED"	30
THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THEIR DREAMS	30
TALKING ABOUT PLANS AND AMBITIONS	30
A TELEPHONE CONVERSATION ASKING FOR INFORMATION ABOUT A COURSE	31
A FORMAL LETTER TO A SPORTS STAR INVITING HIM TO GIVE A TALK TO SCHOOL LEAVERS	31
A FORMAL LETTER COMPLAINING ABOUT A SUMMER COURSE	32
A TALK ABOUT OXFORD UNIVERSITY	32
MOSCOW STATE UNIVERSITY	32

THE PERSON I ADMIRE _____	33
A LETTER ABOUT FINISHING SCHOOL AND YOUR PLANS _____	33
WITHOUT MYSTERIES, LIFE WOULD BE VERY DULL INDEED. _____	33
DESCRIBING THE LOCATION OF YOUR HOUSE _____	33
LEARNING ABOUT THE CUSTOMS OF A COUNTRY _____	33
A LIST OF ADVICE FOR FOREIGNERS VISITING YOUR COUNTRY _____	34
VISITING RUSSIA? A FEW THINGS TO KEEP IN MIND ... _____	34
ОПИСАНИЕ КАРТИНЫ _____	34
HOW MIGHT TOURISTS CAUSE DAMAGE TO A HOLIDAY DESTINATION _____	35
AN ESSAY "SHOULD WE BE ALLOWED TO TAKE AS MANY FLIGHTS PER YEAR AS WE LIKE OR NOT?" _____	35
A DIALOGUE ABOUT WHERE TO GO TRAVELLING _____	35
TEENS ACTIVITIES _____	35
WHAT YOU LIKE, DON'T LIKE DOING _____	36
FRIENDSHIP _____	36
A LETTER ABOUT STUDENT EXCHANGE _____	36
A LETTER ABOUT A PARTY _____	36
A LETTER ABOUT MY FRIEND _____	37
ПИСЬМО С СОВЕТОМ ОТ СКУКИ _____	37
TEENAGE FASHION _____	37
DISCRIMINATION _____	38
RECYCLING _____	38

A LETTER ABOUT FAMILY RELATIONSHIP	38
POCKET MONEY	38
AIR POLLUTION	39
A LETTER ABOUT HOBBY	39
SPORT INTERESTS	39
ABOUT MY SCHOOL	39
РЕКЛАМА РОССИЙСКОЙ ШКОЛЫ	40
ШКОЛЬНОЕ ОБРАЗОВАНИЕ ДОЛЖНО БЫТЬ ОБЯЗАТЕЛЬНЫМ?	40
PLANS FOR HOLIDAYS	40
FREE EDUCATION FOR ALL	40
ДиАЛОГ О ПРОБЛЕМАХ СОВРЕМЕННОЙ ШКОЛЫ	40
A LETTER ABOUT A NEW SCHOOL	41
ТЕЛЕФОННЫЙ РАЗГОВОР «ПОИСК РАБОТЫ»	41
A LETTER OF APPLICATION	42
РЕЗЮМЕ О СЕБЕ	42
ANIMALS PROBLEMS	43
POLAR BEARS	43
ADOPTING ANIMALS	43
A LETTER ABOUT EXPEDITION ADVENTURES	43
ESSAY THE PROS AND CONS OF CYCLE LANES	44
ESSAY THE ADVANTAGES AND DISADVANTAGES OF KEEPING ANIMALS IN ZOOS	44
MY FAVOURITE PASTIME	44

MY FAVOURITE CHARACTER, FILM	44
PLANS FOR HOLIDAYS	44
WAYS TO SPEND FREE TIME	45
SHOPPING	45
HOW TO HELP THE ENVIRONMENT	45
O CBOEM XAPAKTEPE	45
JOB I WOULD LIKE TO CHOOSE	45
FOOD PRESENTATION	45
HOBBY INTERESTS	46
GADGETS FAN	46
DISADVANTAGES OF GOING BACKPACKING	46
HOW I SPEND MY POCKET MONEY	46
ABOUT UNSUCCESSFUL HOLIDAYS	47
A STORY A PERFECT DAY FOR A FESTIVAL	47
A STORY A DISASTROUS HOLIDAY	47
A STORY AN UNFORTUNATE EVENT	47
LONDON SIGHTSEEING	48
ST PETERSBURG SIGHTSEEING	48
MOSCOW MUSEUM OF MODERN ART	48
THE COMPOSER JOHANNES BRAHMS	49
A LETTER ABOUT HOLIDAYS	49
MARINE LITTER HARMS PEOPLE & WILDLIFE	49

VIEWS ON HOLIDAYS	49
IMPRESSIONS OF HOLIDAYS	50
IMPROVING EATING HABITS	50
ADVISING ABOUT HEALTH PROBLEMS	51
ОЦЕНКА РЕСТОРАНА, КАФЕ, СТОЛОВОЙ	51
ADVICE ABOUT LOOSING WEIGHT	52
RUSSIAN FESTIVAL	53
CONVENTIONAL AND ORGANIC FARMING	53
FOOD AND DRINK	53
FOR AND AGAINST ESSAY BANNING JUNK FOOD ADVERTS ON TV	54
TEENAGE FORMS OF ENTERTAINMENT	54
KINDS OF PERFORMANCES PEOPLE ENJOY	54
A FILM REVIEW	54
RECOMMENDING A BOOK	55
RECOMMENDING A MUSIC CD	55
PAPER	55
TALKING ABOUT THE MOVIE	55
TALKING ABOUT LIFE AS A MUSICIAN IN A BAND.	56
TALKING ABOUT A NEW CINEMA.	56
TALKING ABOUT AN OPERA.	56
TALKING ABOUT A SOAP OPERA.	56
ABOUT A BOOK	56

A LETTER ABOUT FORMS OF ENTERTAINMENT	56
MY FAVOURITE GADGETS	57
INTERVIEW ABOUT FAVOURITE GADGETS	57
EMAIL ABOUT NEW GADGET	57
OPINION ABOUT GADGETS	57
ABOUT ICT (INFORMATION AND COMMUNICATIONS TECHNOLOGY)	58
OPINION ESSAY COMPUTERS IN THE CLASSROOM	58
OPINION ESSAY LIBRARIES VERSUS THE INTERNET	58
INVENTIONS	59
INVENTOR VLADIMIR ZWORYKIN 1889-1982	59
ALTERNATIVE SOURCES OF ENERGY	59
FOR-AND-AGAINST ESSAY COMPUTERS IN SCHOOLS	59
A LETTER ABOUT SPENDING HOLIDAYS	60
A DIALOGUE WHERE TO PUT THE NEW TV	60
A DIALOGUE BUYING A GADGET	60
A DIALOGUE BUYING A TICKET FOR THE CINEMA	61
A DIALOGUE BOOKING A TABLE AT THE RESTAURANT	61
A DIALOGUE HEALTH PROBLEMS	61
A DIALOGUE PLANS FOR HOLIDAYS	62
A DIALOGUE PROBLEMS WITH A COMPUTER	62
A DIALOGUE GOING TO THE CINEMA	63
A DIALOGUE LOOSING WEIGHT	63

A DIALOGUE IMPRESSIONS OF THE WEEKEND	63
A DIALOGUE CLIMATE CHANGE	64
A DIALOGUE PLANS FOR THE FUTURE	64
A DIALOGUE ASKING FOR A FRIEND'S HELP	64
A DIALOGUE GOING IN FOR SPORTS	64
A DIALOGUE BUYING A MUSICAL GADGET	65
A DIALOGUE BOOKING A ROOM	65
A DIALOGUE ABOUT UNSUCCESSFUL HOLIDAYS	66
A DIALOGUE "THE BEST WAY TO LEARN SPANISH"	66
A DIALOGUE TIDYING THE ROOM	66
A DIALOGUE A STRANGE DREAM	66
A DIALOGUE REPAIRING A COMPUTER	67
A DIALOGUE ABOUT THE SCHOOL WEBSITE	67
A DIALOGUE ABOUT A BOOK	67
A DIALOGUE GIVING DETAILS ABOUT THE ACCIDENT	67
A DIALOGUE A PHONE CALL TO THE POLICE	67
A DIALOGUE A PHONE CALL TO THE FIRE SERVICE	68
A DIALOGUE ENROLLING FOR A COURSE OF FIRST AID	68
A DIALOGUE PLANS FOR THE WEEKEND	68
A DIALOGUE ABOUT HOUSEWORK	69
A DIALOGUE ABOUT VOLUNTEERING	69
A DIALOGUE СОБЕСЕДОВАНИЕ - ПРИЕМ НА РАБОТУ	69

FIRE SAFETY	70
ABOUT NIGHT DREAMS	70
COMPUTERS	71
VIDEO GAMES	71
ESSAY FOR AND AGAINST BANNING VIOLENT SPORTS	72
EATING HABITS	72
AN EMAIL ABOUT A STRANGE EVENT	72
SUPERSTITIONS	73
A CELEBRATION	73
A RUSSIAN TRADITION	73
APRIL FOOL'S DAY	73
STUDENT'S DAY	73
EARTH DAY	73
THE WHITE NIGHTS ARTS FESTIVAL	74
EVENTS - CELEBRATIONS	74
REMEMBRANCE DAY	74
VICTORY DAY	74
MY HOUSE	74
LIVING IN SPACE	74
DESCRIBING WHERE YOU LIVE	75
A GOOD NEIGHBOUR	75
A LETTER ABOUT SUMMER HOLIDAYS	75

THE KREMLIN	75
CATHERINE PALACE	76
ST BASIL'S CATHEDRAL	76
WELCOME TO ST. PETERSBURG, RUSSIA	76
A VISIT TO LOCH NESS	76
DESCRIBING A PICTURE	77
ART AS A WAY TO EXPRESS ONESELF	77
A STORY ABOUT A GHOST	77
TECHNOLOGY	77
ROBOTS	78
USING INTERNET	78
OPINION ESSAY TECHNOLOGICAL DEVICES	78
A FAVOURITE TV PROGRAMME	78
E-WASTE	79
ART	79
FILM PREFERENCES	79
REVIEWING A FILM	79
DESCRIBING BOOKS, FILMS	79
AN E-MAIL REVIEWING A BOOK	79
LEO TOLSTOY	80
WILLIAM SHAKESPEARE	80
VOLUNTEER WORK	80

EMAIL ABOUT VOLUNTEER WORK	80
EMAIL DESCRIBING A VISIT	80
TRANSPORT PROBLEMS	81
FEAR AND PHOBIAS	81
TIPS TO SAVE YOU FROM A DANGEROUS SITUATION	81
EMAIL ABOUT THE ACCIDENT	82
IF YOU WERE LOST IN THE JUNGLE	82
IF YOU WERE LOST IN THE DESERT	82
ABOUT THE ACCIDENT	82
A LETTER OF APPLICATION	82
PUSHKIN	83
GLOBAL WARMING	83
ANTARCTICA	83
ABOUT PARTIES	83
COMPUTERS	83
LIVING IN THE CITY, COUNTRYSIDE	84
I LIKE MUSIC	84
HELPING PEOPLE	84
BEING POSITIVE	84
PEOPLE'S PROBLEMS	84
SUPERSTITIONS	84
PARTY	85

MY NEIGHBORHOOD	85
VIOLENT SPORTS SHOULD BE BANNED	85
VIOLENT SPORTS CAN BE A HEALTHY WAY TO RELAX	85
AT THE SUMMER CAMP	85
FAILED SKYDIVE	86
ABOUT RISKS AND DOING STH DIFFERENT	86
IT'S WORTH TAKING A RISK SOMETIMES	86
DISADVANTAGES OF PART-TIME JOB	86
CHINESE NEW YEAR	86
ABOUT SUPERSTITIONS	86
SCHOOL UNIFORM	87
THE PROBLEM OF STRAY ANIMALS	88

My Family

My immediate family consists of my mother, my father and my baby brother. My grandparents live in another part of the country so I don't get to see them very much. I get on well with my parents and they encourage me to express myself. They say that my life is my own and that I have to take responsibility for the choices I make. I wouldn't want to live without my family as they are the centre of my life.

About my family

My family has five members and we are all very close. My mother, father, and grandmother take good care of my little sister and myself. Even though my parents work long hours, they always find some time to spend with my sister and me. We try to eat together every night when it is possible. I am proud that I can talk about anything with my parents and grandmother. I really think my grandmother is great, as she has lived such an interesting life and always gives great advice. We all think family is very important and enjoy spending time together. We often go to the beach or for a picnic on Sundays. We also play card games together or spend an evening talking and laughing.

What makes friends different from family?

Friends are people we choose to be close to. They are people we get on well with. They usually have the same interests as us. Friends may live far away from you and so you have to make an effort to keep in touch with them. Family members, on the other hand, live in the same house as you and may be totally different from you!

My best friend

My best friend's name is Alex. We've been friends for years. She's very kind and she's never mean to anybody. I enjoy spending time with her. She's a little moody at times but I don't mind that at all. What drives me crazy, though, is when she gets jealous of me.

About friendship

A good friend is kind and is always there when you need them. He/She is also helpful, loyal and strong and always knows what to do.

I think it's good to have a lot of casual friends because then you will always have someone to go out with and spend time with.

I think it's much better to have a few close friends who you can trust and rely on. Casual friends are not as loyal as close friends and they may let you down or not be there for you when you need them.

A friend who helps you when you really need help is a true friend.

Good friends are like stars. You don't always see them, but you know they are always there.

Some of my best friends are people I only see occasionally. But when we get together, it's like they have always been in our lives. Our friends are only a phone call away. We can speak to them when we need to. You can think about your friends and support them even if you are not nearby.

A Person I admire

Alison and I went to secondary school together, but we didn't become friends until she left school and I moved to the same town as her. I always thought she was different and admired her for not caring about what people thought of her. Suddenly, we found ourselves spending a lot of time together and we became really close. I have always admired her individuality and her sense of style. As you enter a room you notice her unique clothes — bright garments that have a sense of fun. She is a qualified hairdresser, so she is always experimenting with her hair! You never know from one day to the next what she will look like! She is far from boring! Another thing I admire about Alison is her calm personality. She never seems to be in a hurry. She is both patient and caring.

Moreover, she is good at giving advice. However, she does tend to take ages to make decisions and in that way she is very different from me. But, I think that she is wise not to rush into things. In her free time she likes to take up new hobbies. She is far more adventurous than I am and I often wish I was more like her. There seems to be nothing she can't turn her hand to — she designs jewellery, makes her own clothes and paints landscapes. She is very creative. But the most important thing of all is that she makes an effort to keep our friendship going. She regularly writes, calls and comes to visit. I think we will be very good friends for a long time to come. I sincerely hope so.

Ethnic groups in Russia.

Russia is a diverse multicultural society. More than 120 ethnic groups, many with their own national territories make up the population of Russia. Post-soviet Russia has evolved with three distinct minority ethnic groups in the country.

Germans are the largest of these minority groups with a population of one million. Germans first came to Russia in 1682 and settled along the Volga River. The Germans came to Russia to provide essential skills as craftsmen and as traders. They became an autonomous republic that was dissolved in World War II.

The North Koreans are a recently new minority group to Russia. In 1992 North Korea allowed many Koreans to migrate to Russia due to poor economic conditions in their own country. They immigrated to Russia and concentrated working in commercial activities. There is a history of racism suffered by the North Koreans due mainly to their threat to local merchants.

The Roma people are a very detached minority group in Russia whose origins date back to the 1800s when they migrated into Russia from Europe. They live in small separate communities and tend to sell items in street markets. They have yet to integrate into Russian society and are often discriminated against. Russia struggles with racial discrimination due to its vast ethnic diversity. However, this diversity helps create a culturally rich society with much to offer for everyone.

Describe your neighbourhood.

My neighbourhood is busy as many people live in the area. It is somewhat polluted and noisy because of all the traffic. There is however a quiet green park nearby that we can go to when we want to escape the crowded street. I like my neighbourhood as it is lively and never boring.

The letter about your neighbourhood.

Dear Sue,

It was great to hear that you are doing well in your new town and I'm glad you like your new neighbourhood. What's it like where you live? I miss you a lot too! But, you must have made some new friends by now! What are

they like? Do your new friends love going to the cinema as much as you do? Do they go to the same school as you? And what about sports — are your friends as sporty as you are?

Well, I've got to go now. Mum's calling me!

Best wishes,

Francine

Talk on stress

Stress is the natural reaction the human body has to deal with life's changes. When we are stressed, our muscles tense, our breathing becomes shallow and adrenaline is released into our bloodstream. This helps us focus and gives us the strength to survive in difficult situations. Stress is sometimes good because it keeps us alert, but it is bad for the heart and our general well-being if we have a lot. Thankfully, we can quite often avoid stress and we can also learn how to cope with it. When I feel stressed, for example, when I have too much work to do, sitting exams or organising an important event, I try to do a lot of aerobic exercise or listen to some calm music. That usually helps.

Письмо с советам по подготовке к вечеринке

Dear Mrs Jacobs,

I think it would be an excellent idea to have a party for Steve. I would be happy to help you out. Maybe it would be a good idea to invite Steve's friends from his class at school and his football team too. I would be pleased to send you a list of all their email addresses. It would be a good idea to have the party on a Friday or Saturday night because it would be difficult for everyone to come on a Thursday. In addition, you needn't worry about all the preparations. I would not mind coming earlier to help you.

Regards,

Matthew Summers

Благодарственное письмо с просьбой

Dear Miss Jones,

I am writing on behalf of my class at Offerton High School where you recently gave an excellent talk on peer pressure. I would like to express our gratitude for what we felt was an informative and enjoyable afternoon. In particular, the members of my class were impressed by the useful advice that you gave regarding how to deal with peer pressure. Many of my classmates have problems in this area and I'm sure they found your comments very helpful. I would also like to ask you is it would be possible for you to come again in the future and talk to another class. Several teachers expressed a desire to share your good advice with other classes in the school as the problem is one that all pupils may face. We would be most grateful if you could find the time to visit us again in the near future and look forward to your reply.

Regards,

Peter Quinn

Письмо о планах на лето

Hi Tom!

How's things? Great to hear that your exams are over. How did they go? I'm sure you did well because you studied really hard for them.

I'd love to go camping with you this summer. You can't imagine how much I want to get out of the city. Tell me where you're thinking of going and also when. My mum wants me to help in the shop over the summer so I'll have to arrange for someone else to take my place. I've been camping many times with my dad so we're old hands! We've got all the gear we might need. Dad won't mind if we borrow it!

Before I go, who else have you invited? I hope you've invited your cousin, Fiona. I haven't seen her for ages and she's great fun! Email me soon!

Lots of love,

Paula

The letter about the anti-bullying week at school

Dear Fiona,

It was great to hear from you. You must be pleased that your exams are over and now it's time to enjoy yourself. The anti-bullying week was a huge success and I believe we have really reduced the amount of bullying that goes on in our school. There were talks by experts and films that showed the effects and how to deal with bullying. There was also a confidential helpline for kids who were being bullied. Anyway, what about the party you mentioned? Where is it and who are you going with? More importantly, who is going to be there? Is Robbie from next door going?

Got to go now. My exams are next week so there's still a lot of studying for me!

Lots of love,

Fran

Dialogue "What to buy your mother on the 8th of March"

A: What do you think we should get mum for the 8th of March?

B: We could get her some nice jewellery.

A: That's a good idea. Mum likes wearing earrings and necklaces.

B: But she likes gold and that would be really expensive.

A: True. How about a scarf and some gloves?

B: But it'll soon be spring and it won't be cold enough to wear them.

A: Maybe we should just get flowers.

B: But that's far too boring! They look nice but their beauty doesn't last long.

A: So what can we get her?

B: I know the perfect gift — some tickets for the theatre!

A: Excellent idea! I will go to the theatre tomorrow and get them.

Криминальная история

Then out of the blue someone jumped out in front of me and started to threaten me, saying, "Hand over your purse, or I'll hurt you." I was in a state of shock as it was the first time anyone had tried to mug me. At first I didn't want to give him what he wanted, but when he attacked me with a knife I knew I had to do as I was told. I held out my purse and he grabbed it from me and ran away. Luckily, I was able to give the police a good description of the criminal and they caught him soon after. I identified him as the mugger and he was given a prison sentence.

Teenagers should help to look after younger siblings

It is a good idea for teenagers to help to look after their younger brothers and sisters? In my view, it is essential that teens have the opportunity to help their families as much as they can. By taking on more responsibility at home, they can start to learn valuable lessons that will help them later in life. From my point of view, that of a teenager, we should be given the opportunity to show that we have the maturity and willingness to take care of the rest of the family. After all, 'The child is the father to the man.'

Should teenagers help with household chores?

1 вариант

Is it a good idea for teenagers to help out with household chores?

My opinion is that teenagers should help with household chores. It teaches them responsibility. Others in the family will rely on the teenager to complete the chores and they will learn the consequences if they don't complete them.

In addition they learn important living skills they will need as adults. Cooking, helping with the shopping, cleaning and maintaining the house are useful chores they will need to know when they live on their own as adults.

By sharing chores they learn to work as a group and cooperate with others. It provides the opportunity for teenagers and parents to interact which so rarely happens today.

Isn't it important to do everything possible to prepare our teenagers for the challenges of adulthood?

2 вариант

Teenagers lead busy lives. They have school, homework, night classes and sports to fill their days. Is it really necessary for teens to help with the household chores as well? In my opinion, no.

To begin with, it's not fair to make teenagers help out at home because they are usually under a lot of pressure at school. If they have cleaning to do when they get home, when will they find the time or energy to do their homework?

In addition, some parents can rely too much on their children to do all the jobs they hate, like weeding the garden. Quite often, children are turned into slaves that work for the benefit of the parents and for little financial reward.

On the other hand, it makes sense to share the household chores. Many parents also lead busy lives and don't have enough time to do all the jobs that keep a home neat and tidy.

Childhood is a time of learning and every day has something new. If children were forced to work all hours of the day, they would have no time for personal development. After all, as the saying goes, 'All work and no play makes Jack a dull boy.'

I always keep my room tidy and make my bed. I often do the washing-up. I don't like doing it. Sometimes I take out the rubbish or dust the furniture. I never wash the clothes or hang out the washing. My mother does that. Occasionally I help make breakfast. I don't mind helping at home as we all share the chores.

Is it a good idea for a child to look after a pet from a young age?

1 вариант

Many families enjoy having a wonderful pet in their home, however should a young child be allowed to take care of a pet?

My opinion is that children should look after a pet from a young age. They learn responsibility by caring and feeding the pet. They also learn respect for animals by creating a special relationship with another living thing. Taking care and feeding the pet teaches the child to be responsible for another's life. The child could be neglectful in caring for the animal.

Both small children and pets are rewarded from the loving relationship they create together.

2 вариант

What is the one thing that all children of all ages dream of? The answer is, of course, a pet. To my mind, it is a great idea for a child to look after a pet from a young age.

To start with, the child learns responsibility. Every day there are things to do: a dog to be walked, a rabbit's cage to be cleaned and a cat to be fed. All these little jobs show a child what is necessary to be a responsible individual.

Moreover, having a pet is good company. A child is more likely to spend time rolling around with a dog than glued to a TV screen and in this way, has fun and gets some exercise.

On the other hand, there are some people who say that a child is too young to handle the needs of a pet. They say a child will soon lose interest or forget one of the essential daily chores.

There are advantages and disadvantages to everything, but I firmly believe that young children benefit from the responsibility that comes from having a pet.

Письмо о домашних обязанностях

Dear Tanya,

It was great to get your letter and I'm sorry that you're so busy but these jobs have to get done, don't they? My family shares the household chores so everyone does their little bit to keep the house spick and span. I'm in charge of my room, which means I have to tidy it and take the rubbish out as well as make my bed — but I don't do it every day! I also sweep the hall and do any mopping when it gets really dirty. It doesn't sound a lot, but there's always something to do! I'm interested in the tree-planting day you mentioned. What exactly do people do? Are they in teams or is it just you and one tiny tree? Where are you going to plant the trees?

Please give me all the details in your next letter!

Got to go now. It's raining and my dad is back from walking the dog. The hall is a mess so it's time to get the mop out!

Bye!

Edmund

A story Trapped!

The day dawned full of hope. I was holidaying at my uncle's farm and today I would go exploring the surrounding area. 'Don't worry about me, Uncle,' I shouted merrily as I walked into the dark forest. The light and warmth of the sunlight faded as I made my way deeper and deeper into the wood. The trees seemed to lean in and whisper among themselves and before I knew it I had lost my way. Trying to find the path back, I came across a cave and entered for shelter suddenly plunging down a hidden hole just inside the entrance. I must have blacked out, but for how long I didn't know. I could see nothing as I tried to peer through the pitch-black darkness. I tried to stand but a pain shot up my leg and I collapsed, helpless on the floor. After some time lying motionless on the floor, I heard a growling sound that made my hair stand on end. My mind raced as I thought of what was in the cave with me. I felt like a mouse trapped before the cat. What happened next I will never understand as I must have passed out from fear. The next thing I knew was that I woke up in my bed at my uncle's farm. A search, headed by my uncle, found me and returned me home safe and sound. I cried tears of joy when I saw my uncle and tried to inquire if there was anything else found in the cave but I could only stutter. My uncle hushed me and said 'you are one very lucky young lady'. If he only knew the half of it! I thought grinning.

A story A Magical Evening

The wind danced leaves around his feet as Tom hurried to catch the opening of the performance. The theatre doors opened welcomingly and he took his seat just in time for the raising of the curtain. 'The Amazing Andy,' being the cheapest night out in a city of extremely cheap nights out was not his first choice, but short of cash and tired of TV, Tom needed some form of entertainment. Andy came out on stage to a cool ripple of applause and commenced with a series of child splay card tricks that Tom had seen one hundred and one times before and

better. The best was, thankfully, yet to come. Amazing Andy put on handcuffs and then chains and then ropes and then climbed into a sack after being blindfolded. Raised up over the stage and dropped into a tank full of ferociously ravenous piranhas, Amazing Andy was now in a lot of trouble. The lights were switched off and then immediately on again and to Tom's amazement, there was Amazing Andy in the seat next to him, helping himself to a generous handful of Tom's popcorn. 'Truly you are amazing Andy,' breathed Tom, 'What a miraculous escape!'

Water pollution

We must look after our most precious resource

— water. Without clean water humans and animals cannot live. The future of our planet depends on us using water effectively

— minimising water pollution and cutting down on the amount of water we use. Every day humans pollute water, often without realising it. We should think twice before we pour anything down our drains or onto the soil – it could be toxic. Also, we shouldn't let grass clippings or leaves to get washed into storm drains as this can harm aquatic life. In addition, we should try to reduce the amount of excess water we run off. Try sweeping your garden path rather than using a hosepipe. If we all avoided fertilizers that contain harmful chemicals, the environment would be in a better state. If we take action now, we can minimise water pollution!

Environmental protection

We should reduce energy consumption. We should reuse old containers, such as old tins, shoe boxes, jars and bottles. We should recycle glass, aluminium, paper and plastic.

We must encourage people to reduce waste and be more environmentally aware. People must learn more about how to reduce waste and how to be more environmentally friendly.

reduce: switch off lights, cooker, etc, take shorter showers, turn down the heating, use energy saving light bulbs.

reuse: shopping bags, use a reusable lunchbox, make a compost heap, rinse out empty jars, etc and use them to store things

recycle: swap magazines, books and clothes, if you replace sth give the old one to someone who can use it

Essay Recycling Paper in School

These days we have all been made aware of the importance of recycling. Schools and businesses use a lot of paper and so doesn't it make sense that they should start recycling some of it?

In my opinion there are many advantages to recycling paper in schools. To begin with, pupils become more environmentally aware. A study has shown that pupils who recycle at school are 75% more likely to recycle at home. Another important advantage is that children learn from a young age to care for the environment. Furthermore the process of recycling requires organisation, so pupils learn to work together towards a common goal. Of course, recycling itself saves valuable resources and helps to conserve our trees and forests.

All in all, I believe that there are only advantages in recycling in school and it should be encouraged and promoted throughout the country.

A protected area in my country

FAR EAST NATIONAL MARINE SANCTUARY (FENMS) is located in the Peter the Great Bay and the region of the Japanese Sea and was organised in 1978 by the government of the former USSR. The objective of the park is to protect the area's water and habitats.

Over 200 species of fish, 300 species of molluscs and 100 different species of crustaceans live in the marine sanctuary. There are also sharks and sea snakes as well as other forms of marine life. Several of these species, notably the sea sturgeon are considered protected species.

Some of these species are in danger due to illegal fishing and it is not always easy to protect them. Another problem is man-made pollution along and around the coastal area. That is why it is important for tourists not to fish in the area and not to throw any rubbish in the sea. They should take their rubbish home with them.

With everyone's help we can protect this beautiful region.

Rainforests

Rainforests are very dense, warm, wet forests. They can be found in hot and humid regions near the Equator. The most famous rainforest is the Amazon but there are also rainforests in Australia, Indonesia, Africa and some parts of the USA.

Millions of plants and animals live in rainforests. In fact, scientists believe that many have not yet been discovered and named.

Rainforests are essential to the health and survival of the Earth because they produce most of the Earth's oxygen. There are four layers in rainforest. The first layer is the forest floor and next layer is called the understorey ...

For and against essay Cutting down trees

Do you know that thousands of square kilometers of forest are being cut down every year? While cutting down trees can benefit man greatly, it must be said that it also has its fair share of disadvantages.

Trees can provide us with many useful products. Firstly, wood is an essential building material for housing and it is a source of heating fuel. Certain trees also provide us with medicine. For example, the bark of the cinchona tree contains quinine, which is used to treat malaria. We also get paper, cork and rubber from trees.

However, cutting down trees has several disadvantages. We are destroying natural habitats and so putting animals in danger of extinction. Furthermore, deforestation is contributing to global warming because there are fewer trees to absorb the carbon dioxide in the air.

To sum up, although there are advantages to cutting down trees I believe that it is important to reduce the number of trees that we cut down so we can guarantee the survival of animal species and also slow down global warming.

Endangered species

The humpback whale lives in all of the world's oceans. It has a bulky head and 2 blowholes. Humpback whales grow to be about 16 m long, and can weigh up to 27-45 tonnes. They are seasonal feeders and carnivores. They eat small fish (herring and mackerel), tiny crustaceans and plankton. They are like acrobats of the ocean and can swim on their backs. The humpback whale can live up to almost a hundred years.

Humpback whales are an endangered species because of illegal whaling, getting caught in fishing nets and pollution. It is estimated that there are only between 10,000- 15,000 humpback whales worldwide. It is very important that we protect this amazing creature by joining an environmental group such as WWF or Greenpeace and by writing letters to the governments of countries to ask them to bring harsher penalties for whalers.

Animal problems

Places where animals live face the problems of pollution and deforestation. They face problems caused by new houses, farmers and tourism.

Different species of plants and animals live in woodlands, rivers, hedgerows and ponds, school playgrounds, private gardens or even in the tiny spaces between grains of sand. Unfortunately, humans have destroyed many wildlife habitats by building roads and houses everywhere. Water pollution, litter and poisonous chemicals from farms and factories endanger many animals such as otters, frogs, newts, trout and herons.

We can help by writing to local councils or wildlife charities. We should never throw litter on the street and pick up any litter we see in woodlands, hedgerows and parks. We can also create habitats in our gardens or on our balconies.

Animal Habitats of Russia

Boreal Forests

The boreal forest is home to many species of animals. Hares, Siberian tigers, black bears, wolves and lynxes are just a few examples of the wildlife that live in the forests. Unfortunately, deforestation from logging companies and hunting is threatening these animals.

River & Wetlands

This rich ecosystem is the home of many fish including the sturgeon, white fish and trout. Many birds such as ducks, Siberian cranes and geese live in the wetlands. Mining and oil drilling are destroying the habitat of the wetlands and these animals face extinction.

Arctic Tundra

This cold and treeless habitat has few species of animals that make it their home. There are however, some rare and important animals that live in this area. The polar bear, reindeer and musk ox live in the tundra and need this habitat for their survival. Global warming is destroying this habitat and the survival of these animals.

Protecting habitats

We can make sure that any new houses that are built are not built anywhere near an animal habitat or that at least another habitat is created for the animals nearby. We can also plant new hedgerows and woodlands for plants and animals to live in. We can protect areas of countryside and make them into wildlife protection areas.

A talk on the medical profession

Many important people work in the medical profession – ambulance drivers take us safely to the hospital; nurses look after us and make us feel comfortable during our stay. However, undoubtedly, doctors and surgeons have the most important jobs of all. They make important decisions – chose the best treatment and medicines for us – and ultimately, save lives.

There are many advantages of working in such a profession: you get a great sense of satisfaction working with the public. There are also good career prospects and the salary is good too.

However, there are also many disadvantages, such as having to work long and unsociable hours. It is also a highly stressful job as it comes with great responsibility.

Personally, I admire people who go into the medical profession. I wouldn't be able to do it myself – I cannot stand the sight of blood! In my country there are many hospitals, both state-run and private. Generally, the standard of care offered in them is high – there are many top surgeons in Russia and many members of dedicated staff.

Should we have to pay for the medical services we use?

When was the last time you were ill? Did you go to the doctor's? Did you spend time in hospital? Whenever we use the health system, and we use it a lot, the services we use have to be paid for. The question is, should we pay for them ourselves or should they be free. I strongly believe that vital medical services should be free.

To begin with, not everyone can afford healthcare. There are people so poor that they can barely put enough food on the table without having to pay for extra treatments and expensive medicine. A fair society looks after the underprivileged.

On the other hand, medical services are not cheap and eventually someone has to pay. The number of elderly people is increasing and the extra pressure on hospitals and doctors needs to be funded from somewhere.

To conclude, there is no easy answer to this problem but if we want to consider ourselves as belonging to a society, we need to care for all the community regardless of how much they have in their wallets.

A dialogue "Your neighbour's dog is keeping you awake at night"

A: Can I have a word with you for a minute, please?

B: Sure. What is it?

A: Well, it's about your dog actually.

B: What's the problem?

A: Well, I'm sorry to say this, but it is keeping me awake at night and I just can't put up with it any more.

B: But he's a dog. Of course he sometimes barks!

A: You could let him sleep inside the house. That's what I'd do.

B: But he would make a mess and I would have to spend all my time cleaning!

A: Yes. I appreciate that, but the barking is so annoying. It really gets on my nerves.

B: I see. Sorry about that.

A: Also, my young son is having difficulty sleeping and has been very tired during the day.

B: In that case, maybe I should take the dog in at night.

A: Thanks.

A report making some suggestions on how the appearance of the park and its facilities can be improved.

To: Mike Stephens, Shipton Park Warden

From: Stephen Grimes, Assistant Park Warden

Subject: Suggestions for improving Shipton Park

Date: 5th January

Introduction

The aim of this report is to suggest ways of improving Shipton Park to make the park more attractive and popular.

Appearance

The park is in need of more plants, flowers and trees. Therefore, I suggest that more gardeners be employed by the council. In this way, the park would look better for visitors. Also, there is a lot of litter in the park. I strongly recommend an increased number of litter bins and fines for visitors who litter the park.

Facilities

To begin with, I feel the park's facilities could be improved. At the moment, there is no children's playground, so one should be built. In addition, a cafeteria could be opened and a small football pitch constructed.

Conclusion

To sum up, I believe that these recommendations would improve the park immensely and encourage more people to use it.

A report making recommendations on how to make the flats safer and more pleasant

To: William Porter, Warden of
University Accommodation
From: Sarah Walsh, Resident
Subject: Making the flats safer and more pleasant
Date: 14th January

Introduction

The aim of this report is to suggest ways to make the university accommodation a safer and more pleasant place to live.

Security

To begin with, security doors with intercoms and burglar alarms could be installed. Also, security lights could be fitted for the car park. By doing this, the outside area of the flats would be much safer.

Facilities

Firstly, new furniture would make the communal areas more welcoming. In this way, students would spend more time together. In addition, the exterior of the building should be repainted, making it a much more attractive building.

General Environment

In the first place, the path outside the front door needs to be repaved. Also, flowers and trees should be planted. If this is done, visitors will be more impressed by the general area.

Conclusion

If these recommendations are implemented, I strongly believe that the university accommodation will be a better environment for all the students who live there.

A report “Making the centre more popular with young people”

To: Jack Jackson, Director, Offerton
Community Centre
From: Charles Prussman, Evening Class
Student
Subject: Making the centre more popular with young people
Date: 13th October

Introduction

The purpose of this report is to suggest ways to make Offerton Community Centre more popular with young people.

Activities

Firstly, new activities that will appeal specifically to youngsters should be introduced e.g. skateboarding, competition video-gaming. Furthermore, specialists can be invited to give talks about youth focused topics. In this way, the centre will have a range of activities appealing to all age groups.

Facilities

To start with, the toilets need improving and a ‘healthy option’ snack shop could be opened. Moreover, the entire centre needs to be repainted. In this way, the physical appearance of the centre would be vastly improved.

General Environment

To begin with, a football pitch could be built at the back of the centre. Also, a ‘Gardening day’ could be held in which the community helps to improve the gardens at the centre.

Conclusion

To conclude, if Offerton Community centre adopts these suggestions, it will undoubtedly find itself more popular with young people.

A talk about British houses

British people live in a variety of different types of houses. There are detached and semidetached houses, terraced houses, flats, council houses and bungalows. Many people live in detached and semi-detached houses in the suburbs or in villages. British people who live in or near town centres, on the other hand, tend to live in terraced houses. These houses are built in rows and are often close together and have few rooms. Many houses in British inner-city areas are blocks of flats. Some of these are homes to the wealthy; others are cheap council flats. British pensioners often live in bungalows in the suburbs or in villages. These are homes which have no stairs.

Homes in Russia

Most Russian cities are very crowded and congested so houses are often small and in apartment type structures. Pre-revolutionary buildings were built before the 1917 revolution and are low-rise buildings usually situated in the city centres. They are examples of fine architecture with beautiful facades and grand antique entrances. They consist of one to two spacious apartments per floor. Each apartment has high-ceiling and large windows. They are usually the residences of wealthy Russians. Block buildings on the other hand, are 12-30 story buildings built in the 1970-80s to help with housing shortages in the inner cities. The apartments are small with plain décor. These apartments are low cost and mostly families live in them. Residential complexes are the newest type of housing to Russia and considered the most luxurious. These large apartments are found in high-level security complexes. The complexes also provide modern facilities such as pools, garages, parks and sometimes even gyms. They are high cost houses in Russia and often occupied by foreigners. In rural areas and villages, the most popular homes are the traditional two-roomed farmhouses that farmers and their families live in. One room is usually for the family and the other room on the other side of the house is for the animals. There is definitely a variety of houses in Russia that caters to the different lifestyles and people that live in them.

A proposal for the city council to improve conditions in the shanty town

Conditions in our shanty town are terrible. We live overcrowded, with no proper sanitation and we face crime and violence everyday. As the city council it is your responsibility to improve and build up the infrastructure of our community. First of all, proper sanitation and clean water facilities must be built to provide for the entire community. In addition, housing needs drastic improving with proper apartments built and roads constructed. To prevent crime and violence, streets and public area need to be well-light and proper police protection services need to be provided. Furthermore services need to be provided, such as a community centre for youths that offers activities for them, so they don't turn to street life and gangs. An employment and job training centre is a valuable service that would help in solving the high levels of unemployment we suffer as a community. Finally small business loan and development programs would be highly effective at creating businesses in our community and decreasing poverty at the same time. Our community is made up of good people that have the right to safe and clean living conditions. We believe these suggestions if implemented will achieve this goal.

A letter about your new home

Hi Amy!

It's always good to hear from friends, especially now that I've moved away from the old neighbourhood. Let me tell you all about my new area.

I live in a bungalow on the outskirts of the city. The house is okay but I miss being able to run up and down the stairs. Never mind, we have got a fantastic garden at the back and the park is really close, too.

You say in your email that you've been gardening. I thought you hated gardening! What changed your mind? Is that big tree which we used to climb still there? Are there any frogs in the pond at the bottom of the garden?

Got to go now because we're going into the town centre to do some shopping.

Write back soon!

Michael

A talk about your area

I live in a friendly but crowded neighbourhood just outside the Garden Ring in Moscow. I have lived there all my life and have a lot of friends and family that live nearby. Just off our street is a main street where I can find just about anything from a flower shop to a food market. My school is in walking distance and there is a small green park nearby. I like the convince of my neighbourhood. We rarely have to travel on the crowed metro or other transport. I wish however, there was more space in my neighbourhood and more parks and places to go and enjoy the outdoors. The people are very friendly and it definitely feels like home for me.

A talk about searching for aliens

The SETI programme started in the 1960s. It uses high-tech equipment and hopes to establish contact with extraterrestrial life.

Scientists involved in the programme listen to radio waves using huge radio telescopes. They truly believe that aliens may be intentionally sending out communication signals to us.

Despite the enthusiasm of its participants, however, the programme faces many problems.

For instance, there is little chance of them ever finding anything and so far nothing has been found. Perhaps alien civilisations lack the technology to communicate over long distances — they may just be wasting their time! If they were to communicate to us, we would not get their message for a long time — it takes great patience!

If you would like to take part yourself you can join the SETI@home project. You can use your own computer to search for unknown and unusual signals from radio telescopes.

I agree these issues are important, but as human beings we have it in our nature to want to explore our surroundings such like the first explorers that discovered new lands and continents. We have already discovered almost everything on earth as far as lands and people so it is only natural that we look beyond out planet.

How children benefit from having a pet

Children can benefit from having a pet in many ways. First of all, there is the responsibility that comes when a child has to look after a pet. They will have to feed it, walk/clean it and make sure it is in good health. Secondly, from this responsibility, the child gets a deeper understanding of what it is like to be a parent in a position of responsibility. Thirdly, the child has either a playmate or something to occupy their time instead of watching TV. Lastly, having a pet is an education for any child in which they not only learn about nature but they also learn valuable life-lessons.

An essay “Should all children learn English from a young age?”

These days, it seems that wherever you turn, you see or hear something in what has become the world’s lingua franca, English. Because of this, it has been suggested that all children should learn English from a young age. There are, however, both pros and cons to this complicated issue. There are many reasons why learning English at a young age is a good idea. To begin with, children learn quicker and better than adults. Their minds are still developing and are receptive to new concepts. In addition, having another language when they leave school will be an incredible advantage in the job market.

On the other hand, there are those that say that learning another language as a child is useless. Firstly, many children will not need another language in their daily lives. Also, that children should be concentrating on their native reading and writing skills, not those of a foreign country.

To conclude, there are two very different sides to this controversial issue. It is very much a matter for the individual parents involved. But we should not forget the Czech proverb, ‘Learn a new language and get a new soul.’

An essay “Using a newspaper as your only source of news”

When was the last time you read a newspaper from front to back page? Not surprisingly, most people get what little they know about the world from sound bites on the television. It is possible, however, to use a newspaper as a sole source of information. As with most things though, there are advantages and disadvantages. Many people consider a newspaper to be a convenient source of information. Firstly, it can go into depth on any subject. For example, it can look at the background of an issue from several perspectives. In addition, a newspaper can accompany you through the day. You can read it on the train, in the waiting room or even under the desk in the office.

In contrast, there are other ways to get informed. To begin with, television gets you the news far quicker than a day-old newspaper. Moreover, television’s ability to present images means the news comes to life in a way it could not in dead-tree format.

To sum up, there are differing opinions on the validity of newspapers with strong arguments both for and against. It is really a matter of how much you want to know and how much time you have to learn it.

Преимущества от изучения иностранного языка

- ‘opens doors’ to another culture — broadens Ss’ minds
- is fun to learn another language
- is very useful when travelling
- can be useful in future career
- improves future job prospects
- rewarding when travelling
- improves pupils’ analytical skills more and more
- businesses work closely with clients in other countries
- avoids confusion;
- shows respect and understanding for other cultures
- helps in other subjects e.g. Maths

Недостатки от изучения иностранного языка

Some students may find it difficult enough to learn their own language!

Students may feel embarrassed to speak in another tongue

Students should learn foreign languages in a more natural environment — not in the classroom

pupils should spend the time improving their native language

some pupils may be put off languages for life

not all jobs require a foreign language

pupils may not enjoy learning a language they are forced to do at school

Languages spoken in Russia

Over 100 languages are spoken in Russia with many Russian Republics giving official status to their local languages. Russian is the most widely spoken language and is the unifying language of all the republics. It is an east Slavic language and is used widely outside of Russia as well. 60-70 per cent of all world information is written in Russian. It is one of the official languages of the United Nations with 350 million speakers world-wide.

Ukrainian is also an east Slavic language originating from the 16th century. It is the official language of the Ukraine with 39 million speakers. It is the second most spoken language in the Russian empire.

Tatar belongs to the Turkic language family and is spoken by the Tatars. Two thirds of Tatars live outside of Tatarstan with 8 million speakers. It is the third largest spoken language in Russia. Bashkir is similar to the Tatar language. In the past Bashkirs used the Tatar written language as their written language. In 1923, they developed their own written language. Most speakers live in Bashkortostan. There are over one million speakers of the language in Russia.

About some means of communication

Telegraphy (from the Greek words 'far' and 'write') is the long-distance transmission of messages without physical transport of letters. Radiotelegraphy or wireless telegraphy transmits messages using radio. Telegraph messages sent by a telegraph operator using Morse code are known as a telegram or cablegram. Before long distance telephone services were available, telegrams were very popular. They were often used to send urgent information. In the late 19th century armies used a method of signalling called 'heliography'. This involved using the reflection of the sun on a mirror to pass messages in Morse code. Naturally, they were reliant on the weather being clear and sunny. On a good day, it was possible to send a message over 30 miles!

Ocean noise pollution

You would probably be surprised to hear just how badly wildlife is affected by noise. But, you see, ocean mammals, such as whales, seals and dolphins need to be able to hear really well. Whales, for example, communicate by using low-frequency sound waves. This information is vital for them as it tells them where they can find each other, where to get food and also helps with breeding! They often communicate over hundreds or thousands of kilometers and, as the ocean is now ten times noisier than it was fifty years ago, it has become impossible for whales to hear each other if they are more than 100 miles away. And, marine mammals are in danger of swimming far away from breeding grounds and feeding grounds — some mammals may find themselves stranded. But, there are even more serious consequences of ocean noise pollution. For example, sound blasts from military sonar can cause bleeding of the eyes, ears and organs in whales and dolphins. You may

wonder what your company can do about all this. Well, one important thing we can do is to make sure ships and oil companies stay away from areas where there are a lot of sea mammals. You should also start monitoring the level of noise produced, so that we remain aware of the extent of the problem and can do all we can to save sea life.

People's needs and environment

I think it is often the case that man's needs are in conflict with what is best for the environment, especially with all the energy demands that new technologies are bringing today. I think it is possible to expand our technology and needs without harming nature but it requires a lot of coordination and regulation by governments and companies. We need to be more educated and less selfish about the quickest and easiest way to get what we want and also be sympathetic to what is going on around us. I think we can meet our demands and be understanding of nature at the same time.

An essay "Our lives would all be enriched greatly if we could have a chip planted in our brains enabling us to speak any language we wished"

Wouldn't it be great if we could speak every language in the world? Scientists have suggested that in the future we might not have to learn a language at all but have a microchip planted in our brains. As with all technology, this has pros and cons.

There are many advantages to such a chip. To begin with, holidaying abroad would be made much easier. Whichever language you needed could be implanted into you at the travel agents. Secondly, business could be carried out without fear of mistakes in interpretation.

On the other hand, there are plenty of disadvantages. Firstly, this chip would be available only to those who could afford to pay for it. Also, language is but the bricks for the house; being able to use it skillfully is the home. Could the chip give us the ability to express ourselves well enough? This is an issue that will have people arguing for decades to come. There is no easy answer but perhaps the chip might help people like the man who once said of a dictionary, 'the plot was terrible but at least they explained all the words as you went along!'

The future belongs to those who believe in their dreams

I believe very much in the quote. Only those who believe in themselves and pursue their dreams will make a difference in the future and thus shape what the future will become. For those that do not chase their dreams they will be just living but not actually creating the future.

Talking about plans and ambitions

A: Well, I'm planning to study Italian. What are your plans for after the exams?

B: I've decided to spend some time helping homeless people. What are you planning to do next year?

A: If I can, I'd like to travel abroad. What are you going to do during the Christmas holidays?

B: Well, I'd really like to learn to play a musical instrument so I'll start piano lessons. What are your plans for the New Year?

A: I've made up my mind to join a drama club. Have you any plans for the New Year?

B: I think I'll apply for a part-time job as I need a little extra money.

A: I guess I'll have to get a job soon but I'm also planning to go to university so the two things together might be a little difficult. What about your free time?

B: As I said, I'm hoping to do some work with homeless people so I'll probably join a charity.

A telephone conversation asking for information about a course

A: Good morning. I'm calling to inquire about the legal secretarial course at your college. Is there someone I can speak to about this?

B: Sure, you can speak to me. My name is Rachel Henry and I'm the admissions advisor for the course. How can I help you?

A: Well ... I saw the course advertised in the Education pages in yesterday's Guardian newspaper and I wanted some more information.

B: I can send you a full college prospectus which will tell you about all of the courses that we offer.

A: Thank you. That's great. Can I ask you a couple more questions?

B: Of course. Go ahead.

A: Well, it says the fees for this course are £1,500 per term, but your advertisement says there is a possibility of funding. How can I find out a bit more about this?

B: There are a range of government funding options available, such as loans and scholarships. All that information is included in the prospectus.

A: Oh, OK, that sounds great. Also, what qualifications do you need to get on the course? Are my school exam results important?

B: Well, we do take a look at your exam results, but we also consider your performance at the interview. We are just as interested in your attitude as your exam results.

A: Oh! That's good to know! And how many places are there available on the course?

B: No more than about thirty. But we usually receive about sixty applications altogether.

A: I see. Thank you very much for your help!

B: You're welcome. Actually, we're having an open day on Friday next week. I would highly recommend that you come. It's a great opportunity to have a look around the college, meet the course tutors and ask any more questions that you have. If you're interested I can email you the details.

A: Oh yes, thanks. I'd definitely be interested in that. When is the closing date for applications?

B: The closing date is the end of January.

A: Oh, so I have just over a month.

B: That's right. I'll look forward to receiving your application. Now let me take your details so I can send you ...

A formal letter to a sports star inviting him to give a talk to school leavers

Dear Mr. Banville,

I would like to thank you for answering my previous email so promptly. I am writing this email to give you the information you requested about your upcoming talk at our school.

First of all, I would like to thank you for taking time out of your busy schedule. This is a superb opportunity for the students to meet a truly international sports star.

Regarding the date of your visit, the evening of 12th June is more convenient for the students as there is an important match for the school team on the 11th.

The talk is for students that will soon finish their studies and either go to university or start a career. The age range of the students is 16-18 years old. Our school has a football team, a hockey team and a basketball team so if your talk could include something about these sports, we would be extremely pleased.

Apart from your sporting experiences, it would be helpful if you could mention how you got started as an athlete, your training schedule and what motivates you to be the best in your particular sport.

I would like to repeat how grateful we are that you are coming to our school. If you require further information, please do not hesitate to contact me.

Yours faithfully,
Max Morden

A formal letter complaining about a summer course

Dear Mr Evans,

I am writing to complain about the Dawson Drama School. I recently attended a six week summer acting course there and was very disappointed with the service offered.

To begin with, your advertisement states that the course is taught by full-trained professionals. This is not true as the standard of teaching was unsatisfactory due to the lack of experience of the professionals involved. To make matters worse, a large number of lessons were cancelled without any reasons being given.

The so-called 'relaxed and pleasant environment' mentioned in the advertisement turned out to be several badly-maintained studios that, even in the middle of a hot summer, were incredibly cold and permanently draughty. Similarly, the 'comfortable accommodation' was, in fact, unheated, cramped and had not been cleaned for a considerable length of time.

Due to the fact that the service did not live up to the claims of the advertisement, I believe I am entitled to a refund of some of the £1,500 I paid. I look forward to your prompt reply.

Yours faithfully,
Alexander Cleave

A talk about Oxford University

University life at Oxford University is pleasant. I spend a lot of time on campus attending lectures, studying in the library or having meals in the college dining hall. I meet my friends in the Student Union when I don't have essays to write or exams to prepare for!

Although I only have to attend ten hours of formal lectures every week, I keep fairly busy. There are also seminars and tutorials to attend, private research to do and essay deadlines to meet.

I live in student halls. This is good because you get to meet a lot of different people and we have formal dinners together in the college dining hall. But next year I'd like to live in a student house with my friends.

I get on well with my teachers, especially my tutor as we meet one-to-one and discuss everything together.

There are plenty of after-school activities to get involved in. You can join the university newspaper, drama club or canoeing club, just to mention a few. There are always parties you can go to – or concerts. I like to just hang out with my friends or go and see a band. The social life is very good — I especially like the theme nights at the Student Union.

Moscow State University

Moscow State University was established in 1755. It is a highly popular university. Currently, more than 40000 undergraduates and about 7000 postgraduates are studying there. There are more than 4000 professors and lecturers and every year you will find about 2000 international students coming to study there from all over the world. Many students live in Moscow with their families but those who come from other parts of Russia and overseas live in student halls. Life in halls is fun. Students often socialize with each other – enjoy a cup of tea or some food together, play the guitar and sing popular songs. There are also many student clubs you can join, like the 'KVN' where you perform amusing sketches to entertain your lecturers and fellow students.

Life is not all fun, though! There are plenty of lectures to attend (which start as early as 7:45 in the morning!) and lots of assignments to complete — not to forget examinations!

The person I admire

One person I really admire is Madonna. Born into a large Italian family, she first trained as a dancer. Today, she is best known for her success as a pop star, actress and producer. She has had more number one singles than any other female singer and she has won numerous awards for her work. She travels a lot, working in the USA and the UK and also finds time to do charity work and be a mother! Madonna continues to be successful because of her ability to recreate her image. She is an important role model for teenagers. She keeps trying new things and never gives up. I would like to live such a full life as Madonna. She is an inspiration!

A letter about finishing school and your plans

Dear Pete,

It's always good to hear from you. I see you're as glad as I am to be finishing school. It's been a tough year but it's all over now!

You can imagine how I felt as the school bell rang on the last day. That night we all went out and celebrated. I'll miss some of my friends but now I've got the time to do some of the things I always wanted to do.

Next year, I'm going to university. I am studying Italian so my holiday is hopefully going to be in Rome. I can't wait to walk those historic streets and speak to the locals.

How was your brother's graduation? Your parents must be so proud. What did he graduate from? What are his plans now?

Hope to hear from you soon. Take care.

Samantha

Without mysteries, life would be very dull indeed.

I agree with the quotation that mysteries keep us alive and in search of knowledge. Mysteries make life interesting and more exciting. I would not want to know everything that has happened as it is sometime fun using your imagination to understand what happened.

Describing the location of your house

My house is located to the right of a very nice green park that curves around the back of my house. The street in front of my house rises upwards to the top of a hill where it ends with a great view as far as the eye can see of the surrounding rivers valley and the flowing river below. There is a bike path behind my house that leads to the river valley and all around my neighbourhood.

Learning about the customs of a country

I think it is really important to learn about the customs of the country you are visiting because then you know how to behave there. People will think you are more polite and considerate if you take the trouble to learn about their culture. I would hate to offend someone just because I didn't know their customs, but that would be so easy to do.

A list of advice for foreigners visiting your country

- Unexpected visits are not done in Russia. Call ahead.
- Never forget to say ‘please’ and ‘thank you’.
- It is considered normal in business meetings and negotiations for people to yell and become angry and upset so don’t be offended.
- Do not stand with your hands in your trouser pockets; it is considered rude.
- People are often late in Russia and it is not considered rude especially in social situations.
- Always bring a small gift such as flowers or a dessert when invited to a home.
- Never refuse a drink or a toast as it is considered a rejection of the person offering.
- Do not show the soles of your shoes, it is considered impolite.

Visiting Russia? A few things to keep in mind ...

Be Serious: excessive smiling or laughing in public is seen by most Russians as strange as they are usually reserved and serious in public situations.

Call Ahead: unexpected visits are not usually done, so better to arrange appointments ahead of time.

Don’t be offended: Russian tend to yell and become angry or upset in business meetings and negotiations, don’t take it personally.

Bring a Gift: when invited to a Russian’s home always bring a small gift like flowers or dessert.

Drink and Be Merry: never refuse a drink or a toast offered to you by a Russian as they will see it as a personal rejection.

Stand up Straight: do not stand with your hands in your trouser pockets; it is considered rude.

Keep your Feet on the Ground: try not to show the soles of your shoes, it is considered impolite. ... and as in most countries saying ‘please’ and ‘thank-you’ is always appreciated and seen as a sign of politeness.

Описание картины

The first painting by Cezanne that I would like to describe is called ‘The House of Père Lacroix in Auvers.’ I chose it because of its warm colours. In the picture you can see trees in the background, a row of houses in the middle and some shrubs, flowers and a pond in the foreground. The houses are almost hidden because of all the plants and trees all around. You can see yellow flowers, the red roof of one of the houses and the orange leaves in the trees. It looks like a warm autumn day. The plants look very healthy as they have been left to grow undisturbed. The houses are tall but they are close together. Due to Cezanne’s use of perspective, they look spacious and cramped at the same time. The trees in the background are tall and thin. There is a great sense of height in this picture.

My second painting by Cezanne is called ‘The Bridge of Maincy.’ The colours in this painting are much darker and less interesting. It is also a quiet, relaxing scene. The main thing depicted is the bridge that we can see in the centre of the painting. It is a low bridge but it is fairly long. In the foreground there is a river or pond. It doesn’t look very deep but there is a feeling of width as the water takes up nearly half of the painting. In the background there are some tall, green trees that are growing close together. I feel like I would easily get lost if I went walking there.

How might tourists cause damage to a holiday destination

Tourists might cause damage to a holiday destination by walking in places they shouldn't and damaging the surrounding area. They might also drop litter, write graffiti, or take artifacts home with them. They might not realise what they are doing is wrong, nor understand the extent of the damage they are causing.

It is very important to preserve places of natural beauty because we have an obligation to look after them so that future generations can appreciate them. The world is a beautiful place and it is a pleasure to look at it. Who wants to live somewhere ugly?

An essay "Should we be allowed to take as many flights per year as we like or not?"

When we talk about air pollution, we usually discuss the traffic on the roads. But what about planes? Flying can be just as bad for the environment and some people have suggested limiting flights. As with most issues there are both advantages and disadvantages. If flights were limited then air quality would definitely improve. Because planes release a lot of polluting CO₂ into the atmosphere, there should be some sort of control on the number of planes in the air. Also, flying uses up an incredible amount of fuel at a time when our supplies of fossil fuels are in danger of running out.

On the other hand, people say that we do not limit the number of cars on the road, so why should we place restrictions on the air. In addition, recent campaigns have led to improvements in cars to make them less harmful to the environment, so why can't this be done for airplanes?

There are no easy answers to this complicated problem. I believe we should not limit people's freedom to travel but, on the other hand, we do need to protect our planet in whatever ways we possibly can.

A dialogue about where to go travelling

A: I'm so pleased that we're going travelling together this summer. There are so many exciting places we could visit! For example, going on a 'Wilderness Survival' course in Wales.

B: Wales sounds good, but I'm not sure about going on a Survival course – they probably wouldn't give us much food!

A: I hadn't thought of that! Well, where else could we go?

B: We could tour Ireland in a horse-drawn caravan. That would be different!

A: Yes, and uncomfortable too! I don't like horses much, either! Why don't we go trekking in the Scottish Highlands?

B: I like the idea of going to Scotland, but I don't fancy trekking – I want to relax when I'm on holiday! Cruising the English canals might be fun!

A: I've always fancied going on a boating holiday! That's a brilliant idea!

B: Excellent! So, we're agreed.

Teens activities

In my country most teens enjoy hanging out with friends, playing computer games, listening to music, and watching DVDs. Some teens enjoy going window shopping and going clubbing but not many enjoy going on trips to the countryside. I enjoy chatting online.

What you like, don't like doing

I like hanging out with my friends and I love skateboarding. I also like watching DVDs with my friends or catching a film at the cinema. Like me, most of my friends like action films and science-fiction films. At the weekends I like to go shopping in the city centre. My favourite shop is Zilck. You can find great bargains there.

Friendship

I can make friends easily because I'm friendly and sociable. Friends help us express ourselves because we spend time together and like the same things and so we are not afraid to express our opinions with them. I've experienced a lot with my friends because I've known them for a long time and we have done a lot together.

I have a lot of friends and all of them are very important to me. In fact, sometimes I wonder what I would do without them. Friends mean a lot to me because I think it is important to have people around you who you can talk to about personal issues and who you can trust. Of course, it's also important to have friends with whom you can share new experiences and have fun with. For me a friend should be loyal, trusting and supportive. I usually go to the cinema with my friends or play video games.

A letter about student exchange

Hi Jane,

How are you? I hope you are well. I have a couple of questions to ask you about our student exchange.

First of all, can you tell me what clothes I should bring with me? Is the weather likely to be warm or cold at this time of year? Do you think I should bring warm clothes and a jacket or lighter clothes and perhaps a couple of T-shirts?

Secondly, I have no idea how to get to your house when I arrive. Do you think you could give me some directions and tell me which bus or train I should get?

Please let me know as soon as you can so I can get organised. Thanks a lot.

Yours,

Mark

A letter about a party

Dear Ann,

Hi. How are you? It was nice to hear from you.

My party was great, thanks for asking. I had it outside around the pool because the weather was fantastic. I had a disco and all my friends from school came. I got lots of presents and I had a huge cake in the shape of a desert island. I had a fantastic time.

I was surprised to hear that you're going to New York. Are you going there on holiday or to visit a friend? How long are you staying for and where are you staying? I've always wanted to go there. I bet you'll have a fantastic time. Please send me a postcard.

Have a great time and write soon.

Love,
Claire

A letter about my friend

Dear George,

Thanks for your email. It was great to hear from you.

You asked about my best friend. Well, he's called John and he's tall and slim and athletic. He loves sports and he's kind and funny. We play a lot of basketball together and we go to the cinema quite a lot and sometimes we just hang out in the park. You'd like him.

You said you can't wait for the winter holidays. Why? What have you got planned? Are you going away somewhere? Do you do many winter sports?

Write back soon and tell me all about your plans.

Yours,
Gary

Письмо с советом от скуки

Dear Michelle,

I'm sorry to hear that you are bored, but I think I might have a few ideas to help you.

Why don't you create your own youth club where all your friends could come? It could be a games club or a film club in someone's garage or spare room. This way you'll have something to do.

Have you thought of taking up a sport together? This way you could hang out together and get fit at the same time. I hope my advice helps. Write back and let me know.

Love,
Joanne

Teenage fashion

In my country, there are always several trends and so teenagers wear a variety of clothes. A lot of teenagers are influenced by American TV and they copy the clothes some American kids wear. Many boys like to wear large baggy trousers, Nike or Adidas trainers and baseball caps. Most girls seem to follow the latest fashion that they see in magazines and so they wear whatever is in. Others are inspired by rock groups and wear the same clothes that their favourite singer wears. Teenagers who keep up with the latest fashion and who have the money to spend, tend to go to high street shops while others like going to markets or second-hand shops. I think most teenagers would spend about 100 a month on clothes.

Discrimination

Discrimination is treating a person or group of people less fairly than other people because you don't like the colour of their skin, or because of their gender or their age. For example, some employers in some countries don't like to employ people who are over a certain age. This is ageism or age discrimination. Other types of discrimination include: sexism — where you are treated differently or unfairly because of your gender; racism — because of your nationality or skin colour or discrimination because of a disability. You can fight discrimination firstly by not having preconceived ideas of certain groups of people based on their skin colour or their nationality yourself and also by standing up for people's rights by reporting cases of discrimination to the police, your parents, your teachers, etc. The most important thing is to never give up and keep on fighting!

Recycling

Man is producing more and more waste and that is why it is so important to recycle as much as possible. Otherwise we will use up all our resources and be overrun with waste and rubbish. The recycling logo consists of three chasing arrows each representing a stage in the recycling process: rubbish is put in the correct bin, material is collected by recycling trucks, and lastly the consumer buys products made from recycled material. Some materials such as glass and aluminium can be recycled over and over again so it makes sense to recycle drinks cans and bottles rather than throw them away. You can help by buying recycled products. Clothes, glass products, paper products and much more can all be purchased in recycled varieties. Come on! Help reduce the rubbish by recycling and buying recycled products today!

A letter about family relationship

Hi Emma,

It was nice to hear from you and I'm glad you told me about your family.

In my family we all get on well but, like you, I have problems with my brother. He is a menace. He is always playing tricks on me. He's always making noise too. My parents are great though and they always help me with my homework. My sister is very nice to me too. She talks to me about fashion and boys and things like that. Anyway, you mentioned your best friend. What's she like? What does she look like? Where did you meet? I'd love to hear about her.

That's all from me for now. Write back soon.

Love,

Mona

Pocket money

I get £50 altogether each week. My parents give me £20 and I get another £30 from my part-time job. I usually spend some of my money on going out, especially to the cinema. I'm a real movie fan. I manage to save some each week so I think I manage my money quite well. At the moment I'm saving up to buy an MP3 player.

Air pollution

Air pollution is dirty air. Dirty air-conditioning filters can make places for dust mites and mould to live. So clean them regularly. Also when you are cleaning the house, always use water-based cleaning products as they are less polluting. In addition, If we spend less time cooking heavy meals and make salads to eat, we will not make so much air pollution in the form of steam. What is more, smoking causes air pollution as well as health problems so we shouldn't allow smoking in our homes. Also, a pet's bedding can add to the air pollution if it is not cleaned regularly. Finally, the best and easiest thing we can all do to have cleaner air at home is to open all the doors and windows 2-3 times a day to let fresh air into our homes.

A letter about hobby

Dear Matt,

Thanks for your last letter. How's your new baby sister?

You asked about my hobbies. Well, I'm not really into sports. I prefer quieter pastimes like stamp collecting. As a matter of fact, I have a huge stamp collection — over 5,000 stamps. Most of my stamps are from America but I also collect Australian stamps.

Helping your mother and father is a good way to earn money. Do you get other pocket money, too? How much pocket money do you get a week? What other jobs do you have to do to earn it? I have to earn all mine.

Write again soon.

Love,

Rose

Sport interests

Speaker 1: My boyfriend always wants to stay in and watch sports events on TV. It's really annoying because I find watching sport really boring.

Speaker 2: I usually watch sports events in the pub with my friends when something important is on. The atmosphere's just not the same when you watch it by yourself!

Speaker 3: I go to a major sporting event at least once a year. The tickets can be a bit expensive but they are usually worth every penny!

Speaker 4: I'm a really active person and play quite a lot of sport. I sometimes watch sports events, on TV for example, but I'd rather be out there doing it myself!

Speaker 5: I love watching sports. My girlfriend thinks I'm really boring but I always stay in and watch if something important is on.

About my school

My school is a co-educational state school. We study all the usual subjects such as Maths, Science, History, Geography, Russian and English. Most of the students live nearby and come to school on public transport. The

school day usually starts at 8:30 am and finishes at 2:30 pm and we eat our lunch at school. There are rules, but they aren't that strict. Students must respect each other and school property for example, and we don't have to wear a uniform.

Реклама российской школы

Are you aged between 15 to 17?

Why not spend a year in Russia and experience life in a Russian secondary school?

Subjects

In our school, the following subjects are taught: Russian language and Literature, Maths, Chemistry, Physics, Foreign languages (English, French and German) Biology, History, Art and Drama.

A typical day at school

You'll travel to school by bus or metro, or on foot if you live nearby. School starts at 8 am and ends at 2 pm. There are about 6-7 lessons a day, each lasting 45 minutes each.

Sports & extra-curricular activities

A number of activities are on offer in the school, including skiing in the winter and swimming and soccer in the summer. There are number of after-school clubs, such as music, chess, local folklore and ecology clubs.

Школьное образование должно быть обязательным?

Yes, I agree with all the statements. All children in the world should be able to go to school, as without an education they will find it difficult to make a living. School classes should be small, as it is impossible to learn in a large class. Teachers do work hard and deserve a good salary. I also agree that children with difficulties in school should be helped.

Plans for holidays

This summer I am going to Zelenogradsk with my family. We will be staying in a cottage by the sea. I'm going to swim in the sea and sunbathe every day. I think we'll have a good time.

Free Education For All

In my opinion, all children should have the right to a free education. They should have access to a school in their local area that is equipped with enough teachers so that the class sizes are less than 30 students to a class. The schools should also have enough books, supplies and facilities for every child. The classes should be for children of a similar age and education level so that students can get an education that is appropriate for them. I also believe that schools should teach practical subjects as well that will help children in deprived areas to find a decent job.

Диалог о проблемах современной школы

A: What's up with you?

B: I don't feel like going to school today.

A: You don't know how lucky you are. Some kids want to go to school and can't. Many kids don't get much of an education at all and some don't even have the chance to learn to read or write!

B: You're exaggerating!

A: No. Really! A lot of countries don't have enough schools or teachers. In fact, over 15 million teachers are needed all over the world.

B: Wow! That's terrible.

A: I know! In many under-developed countries all the children in a village go to the same school and share one teacher. There can be anything from 30 to 60 students in one class and different age groups, too! That means a 6-year-old could be sharing the same classroom and teacher with a 12-year-old.

B: How do they do that? It sounds practically impossible to me.

A: Well, some people have no choice. At least they learn something and make some friends and have access to a teacher who can teach them how to learn and help them as much as they can in the circumstances. It's better than nothing! Only larger towns and cities have better schools and not many families can afford to send their children there. There are many children around the world that don't go to school at all.

B: So what do they do when it comes to getting a job?

A: They end up working in a family business or doing a manual job or working in the fields.

B: That's terrible! These children aren't given any opportunities. And how do they make friends? My friends are all from my school.

A: They have their siblings and other family members, I suppose. And maybe they know children in their neighbourhood.

B: Isn't anyone going to try and change all this?

A: Only the government can really make a difference. Each country's Ministry of Education needs to take responsibility and try and change this situation by creating more state schools with enough teachers and supplies to cater for all the children in every area.

B: But we need to raise awareness too, because a lot of people don't know that many children are deprived of an education just because of where they live. I didn't.

A: That's right. If the media got involved then more people would take interest and maybe start to raise money to help or set up a charity or something. Why don't we start by writing a letter to our Minister of Education explaining our concerns? Hopefully, they'll be able to do something to help children who are less fortunate than us.

B: That's a great idea! I'll get a pen and paper.

A letter about a new school

Dear Lucy,

Thanks for your email. I hope you're feeling better.

As for me, I'm quickly getting used to my new school. It's really nice and much better than my old school. I'm taking lots of interesting subjects, and there are plenty extra-curricular activities. I'm now on the football team. The school has rules of course, but it's not that strict. I've made plenty of new friends and I don't feel lonely at all. I do miss my old school a little bit though.

I'm glad to hear that you found a job. What kind of job is it? Are the wages good? What hours do you work? I hope everything goes well on your first day.

Write back soon,

Alexei

Телефонный разговор «Поиск работы»

A: Riverside Cafe. Good afternoon, how can I help you.

B: Hello. My name is Alyson Ratcliffe and I'm ringing about the job advertised in today's newspaper. I'd like to speak to the owner.

A: Very good. I'm John Davis, the owner.

B: Excellent. Well, Mr Davis, I'd like to know what my responsibilities will be?

A: Well, Alyson. We're looking for a waitress to work on Saturdays. You'll be responsible for taking orders and serving.

B: Does the job require any experience?

A: Yes. Do you have any?

B: Yes, I do. I worked in a restaurant last summer.

A: Excellent.

B: And what months can I work?

A: The job is for June, July and August.

B: Oh great, during my school holidays! And how much is the pay?

A: We pay 200 rubles an hour.

B: That sounds great. I'd like to apply for the job. Could you send me an application form.

A: Of course. What's your address ...

A letter of application

18 Victoria Avenue,
Dover DO8 7WR
19th May

Dear Mr Hargreaves,

I am writing to apply for the position of waitress which was advertised in this week's edition of the Dover Independent.

I am 15 years old and in my final year at school. I am considering a career in the catering industry. For this reason, I would like to gain some valuable experience working in a restaurant.

I have just completed 7 GCSEs, including Home Economics and French. I also have one year's experience working as a waitress in a small cafe on Saturdays. I speak French and German and have a good knowledge of food and cooking. I am described by my teachers as a hardworking, confident, reliable and energetic person.

I would be available for interview at any time. I enclose a copy of my CV. I look forward to hearing from you.

Yours sincerely,

Natasha Arnold

N, Arnold

Резюме о себе

Curriculum Vitae

Personal Details

Name: Natasha Arnold

Address: 18 Victoria Avenue, Dover DO8 7WR

Tel.: 0196 5634344

Date of Birth: 27th May, 1992

Nationality: British

Education

Qualifications: 7 GCSEs

Languages: French, German

Work Experience

2005–2006: waitress in a small cafe on Saturdays

Personal Qualities

Good knowledge of food and cooking,
hardworking, confident and reliable

Animals problems

The animals are all endangered. In most cases, I think humans are causing them to disappear by hunting them or by destroying their habitats, such as cutting down the forests where they live.

Polar Bears

The polar bear is an endangered species in Russia. It is a member of the bear family. It lives in the Arctic region around the North Pole, which covers five countries: Russia, the United States (Alaska), Canada, Greenland, and Norway. It lives and hunts on the ice surrounding the North Pole. In Russia, polar bears can be found in Siberia. There are about 20,000 in the world still in the wild. Polar bears are endangered because their habitat is melting. In addition, they are under threat from illegal hunters who kill them for their valuable furs. Canada, the USA, Denmark, Norway and Russia have signed an agreement to protect them and their habitat.

Adopting animals

1 When you adopt an animal you donate money to the zoo every month.

2 Your support helps the zoo pay for the things the animal needs like food and the cleaning of its enclosure and helps the zoo continue their conservation programmes.

3 When you adopt an animal you get an adoption certificate, and a ticket which allows you to visit the zoo whenever you like.

A letter about expedition adventures

Dear Ann,

I hope you are well. The expedition is amazing. You won't believe what I saw today.

We were walking through the jungle this morning when Professor Summerlee pointed to a large mark on the ground. It was a giant footprint. Then we heard loud noises coming from the bushes and went to investigate. I couldn't believe my eyes. There was a group of huge reptile type animals; two adults and three young. They were enormous and looked like something I have never seen in my life. They were as tall as trees and seemed to have the strength of several elephants. We watched them for a few minutes and then they left.

I know you will find it difficult to believe but I think they are prehistoric. I'll tell you more when I get back.

Yours,

Paul

Essay The Pros and Cons of Cycle Lanes

Don't you think it is unfortunate that people cannot cycle to school or to the city centre safely? One way to make it safer for people to cycle in the city is to create cycle lanes.

Cycle lanes would make the city centre a better place for a lot of people. Firstly, they would make it safer for cyclists and reduce accidents. They would not have to watch out for cars all the time. Furthermore, cycle lanes may encourage people to cycle and leave their cars at home. This would reduce pollution and have a positive effect on many people's health.

On the other hand, cycle lanes have certain disadvantages. To begin with, they take up road space and this may lead to narrower lanes for cars and traffic jams. Cycle lanes are also expensive to create.

All things considered, although there are some disadvantages to cycle lanes I believe that the advantages outweigh the disadvantages. So perhaps it's time for us all to get on our bikes?

Essay The Advantages and Disadvantages of Keeping Animals in Zoos

Most people would agree that zoos are important for the preservation of animals. However many others believe that animals are like prisoners in zoos and that they would be happier in their natural habitats.

There are a number of disadvantages to keeping animals in zoos. To start with, animals do not thrive in confined spaces. For example, animals can become depressed or go mad. Also, animals that have lived in a zoo rarely return to their natural habitat. It would be impossible for them to survive.

On the other hand, zoos have some advantages, too. Firstly, breeding programmes and a lot of important research is conducted in zoos. Also, animals now have large enclosures. Furthermore, zoos help educate people about wildlife protection and animal conservation.

All things considered, the advantages of keeping animals in zoos outweigh the disadvantages. For these reasons, I strongly agree that zoos are important for the protection of animals.

My favourite pastime

It's difficult for me to say what my favourite pastime is. I enjoy hanging out with my friends and playing computer games. I'm also the sporty type and I love playing football. But above all, I suppose going clubbing is what I most like doing in my free time.

My favourite character, film

I love Batman. It's brilliant. I really like his mysterious character. I'm crazy about Meet the Parents as well; I laugh a lot every time I watch it. I also found Harry Potter an enjoyable film. The main character Harry is a clever teenage wizard who is respected by his friends.

Plans for holidays

I'm not sure where I'll go on holiday this summer. Italy has always been my favourite holiday destination, but I'd like a change this year. I've always wanted to visit Ireland and I had been thinking of going there, but I heard it's

very expensive. I was reading about Greece in a newspaper yesterday and liked what I read, so I think I'll go there this year.

Ways to spend free time

I think you should find ways to spend your free time. Try joining a sports club. That's a great way to make new friends, especially when you move to a new town. When I come to visit next week we can check out some places together if you want.

Shopping

I really like shopping for clothes. I go for the sporty look. I never buy new clothes. I go to secondhand shops where the best bargains are. Also, window shopping around the expensive shops costs nothing!

How to help the environment

I think it's very important for everybody to do something for the environment. The easiest way to do this is by recycling household waste. I try to recycle as much as I can. I mostly recycle paper, but also take glass and old clothes to the local recycling centre.

О своем характере

I often think what I am like (kind a person I am). Some of my friends think that I am quite reliable (a reliable person), that I am trustworthy (I can be trusted) and I can be helpful and supportive. Others say that I can be cross and arrogant. That makes me sad (unhappy). I want everybody to consider me friendly and fun. I don't like aggressive people myself.

Job I would like to choose

If you ask me what job I would like to choose, I will say that I dream of becoming a photographer. First of all, it is a creative job, then you work from home as a freelancer which gives you a certain freedom. I definitely hope to work for some popular magazine, meet interesting people and make photos of famous celebrities.

Food presentation

To make a tasty dish is not easy but food presentation is as important as its taste. You should be a creative person to make your dishes look appetizing. Decorate grilled fish with slices of lemon and leaves of celery, put it on a big dish together with vegetables of different colours – carrots, peas, broccoli, corn – and you'll see how beautiful it will look. Experiment, use your brains and you'll be a success.

Hobby interests

Tastes differ. It's unfair to believe that all teenagers like the same things: computer games, dancing to blaring music and action films. This is not true. Some of my friends prefer serious films and classical music. I myself think that nothing can beat an interesting book. To be honest, only few of my friends consider reading to be exciting but I often tell them about the books I'm reading. I hope they will understand how entertaining reading may be.

Gadgets fan

My friend Andy is a techno freak. He has always been interested in gadgets. At home he has got a digital camera, an MP3 player, a PDA and certainly a TV set and a CD player. Lately he has had a new passion (for) a camcorder. He travels a lot and makes amateur videofilms. And then he edits them using the software of his laptop.

Disadvantages of going backpacking

I remember very well how once my friends and I decided to escape the dust, noise and pollution of the city and go backpacking. On that day we had walked about ten kilometers with heavy backpacks and were quite tired. We put up the tent in the shade of some trees and began cooking dinner. When you're backpacking, you can't expect to have any home comforts. But I'm afraid we were not ready for the fact that the dirty (polluted) water in the river would threaten us with nasty viruses and the weather would change for the worse so quickly. Very soon it started pouring. Even the spectacular scenery couldn't cheer us up.

How I spend my pocket money

If you ask me what I spend my money on, I'll tell you that I try to spend as little as I can on such trifles as chewing gum or chips. I prefer to save up to afford to buy fashionable clothes or my favourite disks. But my friend is a sports fan, that's why he seldom spends his pocket money on anything except tennis balls and rackets or tickets for tennis championships which are very expensive.

About unsuccessful holidays

“I can’t tell you how annoyed I am! We were very dissatisfied with the food, the staff weren’t helpful at all and the facilities on board the ship were very disappointing. I’m definitely going to write a letter of complaint! We paid a lot of money for that cruise!”

“To tell you the truth, we didn’t go to the beach very much because the weather wasn’t as good as I was expecting it to be. The travel agent told us it was usually sunny and hot at that time of year, but there was often a cool breeze and there were quite a few showers in the afternoons.”

Last year, I went on holiday to London with my class. We had a terrible experience. For a start, our flight was delayed for six hours. To make matters worse, the food in our hotel was appalling. It also rained every single day! It was an absolute nightmare!

A story A Perfect Day For A Festival

‘It was a perfect, sunny day at the festival and it felt like nothing could go wrong.’ My friends and I waved goodbye to our parents as the train left the station. It was a perfect, sunny day, not what you would expect after last week’s rain. Tom and Fiona had their bright red waterproof jackets with them. “I don’t think you’ll be needing those!” I said. “It’s such a great summer day nothing can go wrong.”

The concert had just started when we arrived at the music festival. There were thousands of people there. “I can’t wait for my favourite band to play,” I said to my friends, but when I turned around, I couldn’t see them.

Next thing, dark clouds gathered and it started to rain heavily. Confused, I didn’t know what to do. It was just then that I saw Tom and Fiona’s red jackets and I ran towards them.

Disappointed, we managed to dash into a small restaurant, where we sat down for something to eat. “I’m really looking forward to going home and getting warm and dry,” I exclaimed. “And next time I come to a festival, I’ll bring a jacket just in case.”

A story A Disastrous Holiday

One evening while I was on holiday with my parents, we went for a long drive in the mountains above the city.

I was just enjoying the spectacular views of the countryside below, when suddenly we heard a deafening noise. “I have a feeling that something terrible is about to happen,” my Dad said anxiously.

Next thing there were rocks and stones rolling down the mountains. “Oh no,” my mother cried, “it’s an earthquake.”

It was all over in a few seconds and luckily our car wasn’t hit by anything. The road was covered in rocks but we decided to return to our accommodation immediately. It took us some time to navigate around the rocks.

We finally arrived back at our hotel, exhausted and anxious. We were so relieved to be back. Mum looked at me and said, laughing: “I thought we were coming on holiday, not to disaster zone!”

A story An Unfortunate Event

You know when you get that feeling that something terrible is about to happen? Well, on my way to the carnival last week, I felt extremely nervous and worried for absolutely no reason at all. “Oh, you’ve nothing to worry about,” my friend Anne said.

It was getting dark when we reached the carnival. We wandered around the stalls, admiring the beautiful and colourful floats. There were hundreds of people around. “I’m thirsty,” I said, “let’s get some cola.” It was

only then that I realised my purse had been stolen. All my money was gone. I wanted to cry because I was so upset. Then, I began to shake uncontrollably as I remembered how uneasy I had felt before going to the carnival that day! “Let’s go home,” Anne said.

When we got home, I checked my bag again. I still couldn’t find my purse. ‘If only we hadn’t gone to the carnival!’ Next time I have a strange feeling I will stay home.

London sightseeing

Welcome, ladies and gentlemen, to the River Thames boat trip, which I hope you’ll enjoy. On the left you can see The London Eye, the big wheel built in 2000 for the millennium. Now, ladies and gentlemen, we’re just passing The Tower of London, which has been a prison, a medieval fortress and an arsenal and now where the Crown Jewels are kept. We’re coming up on the London Dungeon which is not for the faint-hearted. You can learn all about things such as the Great Fire of London and the Great Plague here. On the right, you can now see Shakespeare’s Globe Theatre, completed in 1997. You can learn all about life in Shakespeare’s time there through a permanent exhibition. Also, don’t miss the London Aquarium and St Paul’s Cathedral.

Madame Tussauds is in London. You can see life-sized wax models of famous people (e.g. Princess Diana, David Beckham), the planetarium, interactive exhibitions, the Chamber of Horrors and the Pirates of the Caribbean. It all started when Madame Tussaud learned wax modeling in 1777 from Dr Phillippe Curtius in Paris. Her early models including Benjamin Franklin were a success. She moved to England in 1802 and opened the museum in 1835. In 1958 the planetarium was added. Some of the exhibits in the museum are interactive and there is Chamber of Horrors as well as a Pirates of the Caribbean exhibit.

St Petersburg sightseeing

There are so many things to see and do in Saint Petersburg, Russia’s second largest city. It’s a beautiful city and great value for money. Here are four places you can stay during your visit:

The Winter Palace

The Winter Palace was built between 1754 and 1762 as the winter home of the Russian tsars. It has 1,786 doors and 1,945 windows. In 1917 it was attacked during the October Revolution. It is home to the Hermitage Museum which holds one of the world’s greatest collections of art.

State Russian Museum

The State Russian Museum in the Mikhailovsky Palace is the largest art gallery containing Russian art in the city. It was opened in 1895.

Saint Isaac’s Cathedral

Saint Isaac’s Cathedral is the largest cathedral in the city and was the largest church in Russia when it was built. It is 101.5 meters high. It took 40 years to build and opened in 1858. It is very richly decorated inside.

Peter and Paul Fortress

The Peter and Paul Fortress is an old fortress and prison, which was built in 1703. It contains some churches where many of Russia’s tsars are buried. It is now a museum.

Moscow Museum of Modern Art

The Moscow Museum of Modern Art is a modern art museum at Petrovka in Moscow, Russia that opened in December 1999. Today the museum boasts over 1,500 works of 20th century European art and features works

by many of this century's major Russian and European artists, including Natalia Goncharova, Kazimir Malevich, Pablo Picasso, Joan Miro, Robert Falk and David Burlyuk amongst others. There is also a special collection of Russian avant-garde art. The museum is also famous for its School of Modern Art that works alongside the museum. It is a must-see for all lovers of modern art!

The composer Johannes Brahms

Johannes Brahms was one of the greatest German composers of the romantic period. Brahms was born on 7th May, 1833 in Vienna, Austria where he lived for most of his life. Brahms wrote a number of symphonies and piano concerts, the most famous of which are the First and Second Piano Concerto and the Tragic Overture. Brahms never wrote any operas because he preferred to compose pure music. He greatly admired Beethoven but he also loved Mozart and Haydn. Brahms died in Vienna on 3rd April, 1897.

A letter about holidays

To: Jake

From: David

Hey Jake!

Greetings from Ireland. I'm having a great time here even though the weather here has been pretty bad. I've been doing lots of reading and I've been to a few museums. Tomorrow we are going sightseeing even if it's raining cats and dogs.

See you soon,

David

MARINE LITTER HARMS PEOPLE & WILDLIFE

Marine litter is litter such as food wrappers, cigarette ends, drinks cans and toys that are left behind by the many thousands of people that visit beaches every year. It can also come from ships, fishermen, drains and factories.

Marine mammals can get mixed up in marine litter, which can cause injury and stop them from escaping from their enemies. Also, some birds, fish and mammals eat marine litter. This fills their digestive system, making them feel full and they starve. Marine litter can harm people as they can cut themselves on glass or metal.

We can:

- a) take our litter home with us.
- b) take other people's litter home.
- c) organise a Beach Clean-up Day.

LET'S ALL HELP

Take all your litter home with you as well as any other litter you see. Better still — why not organise a Beach Clean-up Day?

Views on holidays

Speaker 1: I usually go on holiday at least three times a year. I know it sounds like a lot but my job is quite stressful so I often need to get away from it all. Also, I just love travelling and seeing the world!

Speaker 2: I'm not very keen on flying. It makes me feel very uneasy, although I've never had any bad experiences. I try to travel with friends. That helps me to feel less nervous.

Speaker 3: I only go on holiday once a year, so I don't mind paying for a little bit of luxury! I always travel first class and stay in the best hotels.

Speaker 4: I can't stand going on holiday in the summer — it's just too hot. Going on holiday in the winter is much nicer, even if it's really cold! You can do more fun things, too, like skiing and snowboarding.

Speaker 5: When I go on holiday, I like to do absolutely nothing! Forget sports, sightseeing tours, shopping, and all of that. I just want to lie on the beach, swim and read a good book!

Impressions of holidays

16 Kuybysheva St
Yekaterinburg
Russia
August 27th

Dear Ben,

Many thanks for your letter. I can't wait until you come to visit me.

My holiday to Finland was the worst I've ever had. It was a nightmare! For a start, my luggage got lost so I had to buy new clothes for the week. To make matters worse, I got bitten by mosquitoes every night. No one told me that there were so many of them there!

Anyway, you mentioned going to a music festival. What kind of music festival are you going to? Is it modern or traditional music? Are you going on your own or with friends? Tell me more.

Best wishes,

Sascha

Improving eating habits

We should have healthy eating habits to prevent us from getting ill by making sure we get all the vitamins and minerals that are essential for good health.

A fun way to do this is to follow a rainbow diet, that is, to eat lots of fruit and vegetables in all the colours of the rainbow.

If you do this, you will find that red foods such as strawberries, raspberries, apples, tomatoes and so on will give you an energy boost and protect you from many serious illnesses. Orange foods such as oranges, pumpkins, peaches and mangoes can improve your powers of concentration, help your eyesight and help fight off infections because they contain Vitamin C. Yellow foods such as bananas, lemons and pineapples help us to stay happy and green foods like broccoli and lettuce can help us to relax and stay calm. Blue foods like blueberries can soothe our emotions as well as our bodies. Finally, purple foods such as figs and plums are said to make people more creative as well as help to keep them looking young! For all these reasons, I think eating a rainbow diet is a good idea and we should all start today — after all — what have we got to lose?

Advising about health problems

A: I'm underweight!

B: Don't you think you ought to eat at least three well-balanced meals a day?

A: It's a nice idea, but I'm not sure if it'll work.

A: I suffer from a lack of concentration!

B: You might feel better if you eat more iron-rich foods.

A: Maybe you're right, but I don't really like vegetables!

A: I'm always so tired!

B: You might feel better if you follow a low-carbohydrate diet.

A: That's not a bad idea.

A: I've got toothache.

B: If I were you, I'd cut out sugary drinks and snacks and visit the dentist.

A: Maybe you're right.

A: I seem to get ill very often!

B: You might feel better if you eat foods that are rich in vitamin C such as oranges or peaches.

A: Thanks. I'll try it.

A: I get such bad indigestion at times!

B: You should avoid eating late at night you know.

A: Thanks. I hadn't thought of that.

A: My skin is so dry these days!

B: It might be a good idea to drink more water.

A: That's not a bad idea.

Оценка ресторана, кафе, столовой

To: The Editor, Nice 'n' Tasty magazine

From: Jane Smith, journalist

Subject: Supermac, fast food restaurant

Date: 13th October

Introduction

The purpose of this report is to assess the general quality of Supermac fast food restaurant and to make recommendations.

Food & Prices

The food on offer is what you would expect from a fast food restaurant such as burgers and chips, however it is surprisingly tasty. There are also a wide range of salads and sandwiches which are also rather delicious. What is more, the prices are cheap and offer great value for money.

Service & Atmosphere

The service is fast and friendly. I did not have to wait more than ten minutes. The staff are well organised and service is given with a smile. However, the atmosphere is that of a busy kitchen due to the fact that there was a lot of noise from the kitchen and there was no music being played and the lighting was very bright. For this reason, many people ate quickly and left or took their food away with them. Very few people sat down and took their time over their meal.

Conclusion

All in all, the food, service and prices at Supermac are excellent. The only thing the restaurant lacks is atmosphere. If lively background music was played and the lighting was softened I think Supermac would be improved. However, in spite of this, I recommend Supermac for people who want quick, tasty food at low prices.

To: Healthy Eating Society members

From: Kim Brown, member

Subject: New health food takeaway in town

Date: 13th October

Introduction

The aim of this report is to comment on the good and bad points of the new health food takeaway on Bridge Street in Upton and assess its suitability for members of the Healthy Eating Society.

Food

The health food takeaway offers a wide range of healthy dishes all made from fresh ingredients on the premises. The salads and sandwiches only contain fresh organic fruits and vegetables that have been grown locally and you will not find white bread or fizzy drinks on the menu. The food is delicious and tasty. What is more, all the dishes are nutritionally balanced providing a wide range of vitamins and minerals and have a low fat content. The range of food and drinks on offer was excellent and the menu clearly states the contents of every dish.

Prices

Due to the fact that every ingredient is fresh, it is not surprising that the prices are rather expensive. However, as the quality is so high, the customer does get value for money.

Conclusion

Despite the fact that it is expensive, I think the new health food takeaway is highly suitable for members of our society as it offers a wide range of delicious, healthy dishes. I highly recommend it to members. However, I advise members to eat there only occasionally due to the high prices.

To: Mr Mason, Headmaster

From: Helen Welsh, class representative

Subject: School canteen

Date: 13th October

Introduction

The purpose of this report is to assess whether the school canteen facilities are meeting students' needs and to make recommendations.

Food

The canteen offers a wide range of good quality dishes to cater for different international tastes and the majority of students seem satisfied with the choice. There are some, however, who are vegetarians and who feel that there are not enough fruit and vegetable dishes on the menu.

Prices

Although the meals in the students' canteen are very reasonable, a small number of students have said that they cannot afford to eat there on a daily basis.

Service

Students seem to agree that the staff are generally efficient and polite. The service, however, can be a little slow at times if any members of staff are absent for any period of time.

Recommendation

All in all, despite a few minor problems, the canteen certainly provides excellent value for the standard of food that is served. I would, however, recommend that we add more

Suggested Answer Key vegetarian choices to the menu.

Advice about losing weight

Interviewer: An expert on teenage health and fitness, Claire Martin has helped a number of youngsters through this often difficult period of their lives. Claire, from your experience, what would you say is the one thing that teenagers seem to worry about the most?

Claire Martin: Well, I think I would have to say that they worry about their looks and especially their weight more than anything. They see beautiful, slim models and actors and actresses in magazines and on their TV screens every day and feel that they want to be like that too. Of course, whilst some lose weight sensibly, others, unfortunately, think that they can do it by missing meals or drastically reducing their calorie intake. As teenagers are still growing, this is very dangerous. Any kind of crash diet isn't good for them as they can miss out on

important vitamins and nutrients at this key time in their lives. People who go on crash diets usually put all the weight back on very quickly in any case. It's certainly small changes, therefore, and not a more drastic crash diet that are more likely to bring results.

Interviewer: So what would you suggest?

Claire Martin: Well, first of all you can reduce the amount of food that you put on your plate. It's also a good idea to watch what you drink. Drink water or sugar-free drinks and skimmed or semi-skimmed milk instead of full fat, for example. Another suggestion is to simply stop eating when full! Eating slowly can also help because it takes about 20 minutes for the brain to recognise how much food is already in the stomach. Breakfast is also very important for teens as it gives them the energy and calcium and iron they need to start their day well. But they should choose what they eat carefully! Cereal with low-fat milk and a piece of fruit, for example, is a lot healthier than a doughnut and coffee. Healthy snacking on carrot sticks, fruit or cereal bars instead of junk food such as crisps or chocolate can also help teenagers to keep up their energy levels whilst cutting down on calories.

Interviewer: Thanks, Claire. Any final words of advice?

Claire Martin: Yes! It's important to remember that losing weight can be very challenging, so you'll have bad days and make mistakes. When this happens, forgive yourself and move on! Above all, remember that both exercise and diet play an important role in keeping a healthy weight. And remember....you don't have to do a team sport or an aerobics class to stay in shape! Again, small, simple changes, such as walking or cycling to school instead of taking the bus, can make all the difference!

Russian festival

The Grushinsky festival is an annual Russian bard songs festival. It takes place in Samara in the Mastryk Lakes. It was started in 1968 by the Grushin bard songs club and now attracts over 80,000 people from all over the country who camp in tents on the site. Famous singers and new artists sing side by side and it is very informal and friendly.

Conventional and organic farming

Conventional farming can be harmful to the environment because it uses a lot of energy through the amount of machinery used. Also it causes harm through the amount of chemicals used in pesticides, fertilisers and insecticides.

2 Organic farming is better for the environment because it uses less chemicals by using natural fertilisers and flame weeders. It also uses less energy because it uses simple tools instead of lots of machinery.

Food and drink

My favourite foods are fresh fish, soups and salads. I like to drink tea and coffee as well as lots of water. What I eat depends on the weather. When it's hot I enjoy eating ice cream and I like to drink fizzy drinks like diet coke. When it's cold, I enjoy a cup of hot chocolate and hot puddings. On a typical day I eat cereal for breakfast, a sandwich for lunch and a main meal in the early evening, usually some kind of meat with pasta or rice. I think my diet is quite healthy. I try to eat a wide range of foods and I do not snack very often.

For and against essay **Banning junk food adverts on TV**

These days, young people are influenced very much by TV advertisements, a large number of which are for fast food. As a result, some people believe that eating habits among the young are becoming so bad that it is time for such advertising to be banned completely.

There are a number of arguments in favour of banning ads for junk food on TV. To start with, if youngsters do not watch them, then they will not be influenced by them and buy the products. In addition, these adverts do not inform young people of the fact that this kind of food is unhealthy. As it contains high levels of fat, salt and sugar, researchers say it could be addictive.

On the other hand, there are also arguments in favour of keeping the ads. For example, many people believe that fast food plays an important role in society because it is convenient, inexpensive and tastes good. Moreover, the rise in obesity and health problems among the young probably has more to do with their lack of discipline in what they eat and how much they eat rather than with TV advertisements for fast food.

In conclusion, I believe youngsters need to learn to take responsibility for their own choices and the results of those choices regardless of advertising campaigns. As long as parents inform children of the dangers of eating this type of food, then there is no reason why such advertisements should be banned from TV.

Teenage forms of entertainment

A lot of teenagers in the UK enjoy watching DVDs. Others like dancing to music in clubs. In Mexico, lots of teenagers enjoy watching telenovelas which are like teenage soap operas. Lots of teenagers in Japan enjoy karaoke while in India they like Bollywood movies. Teenagers in Russia enjoy playing video games and going to malls with their friends if they live in big cities.

Kinds of performances people enjoy

Speaker 1: My boyfriend really likes going to see plays. I'm not that fond of the theatre, but I just go to keep him company.

Speaker 2: The theatre totally fascinates me! I love music concerts, ballets, musicals, plays, whatever! The only thing I'm not that keen on is opera really.

Speaker 3: I always try to get the best seats I can when I go to the theatre. The tickets can be quite expensive but they're usually worth every penny!

Speaker 4: I absolutely love ballets, but you can only go to them in a big town or city. There's only one theatre in my town and it only puts on plays.

Speaker 5: I go to the theatre at least twice a month, more if there are lots of things I really want to see!

A film review

Superman Returns is Bryan Singer's exciting new film about our favourite extremely powerful science-fiction superhero. It is an action adventure film set in Metropolis five years after Superman II.

The plot is very interesting. Superman returns to Earth after 5 years away to find that Lois Lane is engaged to another man and Lex Luther is plotting to destroy him.

The acting is superb and Brandon Routh plays a particularly excellent role. The special effects are stunning, too. This film is sure to be a huge success. I enjoyed it very much. Don't miss it

Recommending a book

Hi Matt,

I've just read *The Highest Tide* by Jim Lynch. It's an interesting novel about a young boy called Miles who lives by the sea.

The plot is quite simple but it is a pleasant story that will keep you entertained on holiday. It tells the story of one summer when he finds a giant squid on the beach and what happens because of it. Miles is an interesting character and his friend Phelps is funny.

I liked it a lot and I think you will too. Also it's not very long so it's ideal to read on holiday. Hope this helps. Have a good holiday.

Regards,
Jim

Recommending a music CD

I've just bought 'Undiscovered' by James Morrison and it's fantastic.

For those of you who haven't heard of him, he's a British singer/songwriter whose music is guitar blues and soul.

My favourite tracks are 'Wonderful World' and 'You give me Something'. The lyrics are very touching and he sings with true feeling.

With three singles released from the album so far it is already a big success. I recommend it to everyone who likes good music. It's brilliant!

Paper

Paper is made from trees. First, the bark and roots are taken off. Then, the trees are washed and chopped into small pieces for pulping. Pulping is the chemical process that separates the wood fibres from lignin and other wood parts. We also make recycled paper. This is made from waste paper mixed with fresh wood pulp. You can save paper by using both sides of it, by sharing magazines with friends and of course by taking all your old newspapers and magazines to a recycling centre.

Talking about the movie

"I didn't really enjoy the movie as much as I was expecting to. The plot was really far-fetched and the acting could have been better too. It's a shame. I was really looking forward to it."

Talking about life as a musician in a band.

“Music and the band are a very important part of my life and I wouldn’t change being a musician for anything. I sometimes get tired, though, of being away from home. I enjoy being on tour, but I sometimes don’t see my family and friends for weeks. That’s really hard.”

Talking about a new cinema.

“I can see why everyone likes the new cinema. I mean it’s got 10 screens, there’s a huge car park, so there’s no problem finding parking AND it’s out of the busy city centre. But personally I found it really expensive when I went. I mean, \$8 for just the cinema ticket and then another \$3 for popcorn! It’s far too much if you ask me.”

Talking about an opera.

“Don Giovanni is my favourite opera and I really, really wanted to go last week because it was only in town for three days. I told my sister not to worry and that I would get the tickets. Of course, I left things until the last minute as always and found, in the end, that there were no tickets left! All gone! Helen was really angry! Anyway, in the end we got tickets for a music concert instead and, you know, we really enjoyed it!”

Talking about a soap opera.

“I’ve been following this soap opera since it first started, about 4 years ago. I’m not normally a fan of soaps – you know, the ones about silly arguments and relationship problems – but this one is a bit unusual! It’s not always very realistic – the plot lines are often really dramatic, involving things like crime, serious family problems and even murder! Some people find it too depressing, but I’m totally hooked!”

About a book

“I’ve just started reading a new book. It’s a real page-turner – I just can’t put it down! I’m already totally lost in the characters and the storyline. This is the third book I’ve read by this author. I’ve enjoyed them all but this is the best by far. I can’t wait to find out what happens next!”

A letter about forms of entertainment

16 Kuybysheva St
Yekaterinburg
Russia
August 27th

Dear Lucy,
Hi. I hope you are well.

In your last letter, you asked what forms of entertainment I like. Well, I enjoy going out with my friends to the cinema. My favourite thing to do though, is play computer games. I find the best way to unwind after school is to play on my computer. I’ve got some really exciting games.

Congratulations on getting a part in the school play. What type of play is it? What is your role? When will the performance be? Let me know how it goes.

Write soon,
Alexei

My Favourite Gadgets

I can't imagine life without my mobile phone. I am always sending text and picture messages to my friends. Without it I'd feel so alone. I'd also feel lost without my digital camera because I'm very keen on photography. It takes great photographs. I also couldn't live without my MP3 player. I have stored all my music on it and I download new songs all the time. Without it I wouldn't be able to listen to my favourite songs whenever I like.

Interview about favourite gadgets

Interviewer: What's your favourite gadget,
Sarah?

Sarah: My favourite gadget is my iPod® and I love listening to it on the way to and from school.

Interviewer: What about you, Andy?

Andy: It's hard to say because I have so many. I suppose my favourite is my PlayStation 2®. I'm totally hooked on it.

Interviewer: So you like playing computer games?

Andy: Yes. I can play them for hours.

Interviewer: And you, Tina? What is your favourite gadget?

Tina: I love my laptop and I couldn't live without my PDA. My whole life is in it and I use it every day.

Email about new gadget

To: John

From: Ivan

Subject: new camera

Hi John,

Sorry for not emailing you in so long, but I've been very busy. Last week I bought a new digital camera. It looked really good in the shop but I've had some problems with it. When I got home, I saw that the lens was scratched. I took it back to the shop and asked for a replacement. They didn't have one in stock so I had to wait for a new one. It should arrive soon. Hopefully this one will be OK.

Talk to you later,

Ivan

Opinion about gadgets

Mobile phones are also dangerous for your health. However, some people argue that it's important for students to have mobile phones in case they are in danger. Mobile phones disturb people on public transport and they should be banned.

Computers can help with school work e.g. for research on the Internet. However, more computers in schools cannot teach students how to spell and how to do Maths. There is too much focus on technological development in schools. Computers have definitely made our lives easier and so improved our quality of life.

Technology can create new types of jobs and opportunities. However, technology has replaced man power in the manufacturing industry. Technology will never replace people completely because machines can only do ordinary work. It is important for people to know about technology for work.

About ICT (Information and Communications Technology)

First of all, ICT is more useful in life than Art and Music. For example, a knowledge of ICT is essential for many everyday tasks such as using the Internet to compare prices or shop online.

Furthermore, while it is true that they are creative subjects, Art and Music have little or no practical use.

To begin with, ICT skills are essential for students' future careers. This is because technology will continue to advance and we will become increasingly dependent on computers.

Moreover, ICT skills are one of the basic requirements for employment in any company these days.

To start with, there is more to life than technology. Art and music in particular encourage creativity and imagination. What is more, subjects such as Art and Music help to develop balanced individuals.

Opinion essay Computers in the Classroom

For the past year, our school has been using laptops for classwork. While there were some problems at the start, the use of computers in our school has been a great success and is very popular with students and teachers.

First of all, using laptops in the classroom has helped students learn important ICT skills. ICT skills are one of the basic requirements for employment these days and are essential for students' future lives and careers.

Secondly, using computers for classwork means students have fewer books and notebooks to carry around. Heavy schoolbags are no longer a problem when all students have to carry are diskettes. What is more, this saves a huge amount of paper.

On the other hand, using laptops for classwork has some problems. For example, it is expensive to buy all the equipment. Furthermore, there is the possibility of theft or vandalism.

All in all, despite the initial expense, I believe that the benefits of using laptops or computers for classwork outweigh any drawbacks. They improve the teaching and learning experience and I believe they are essential in the modern classroom.

Opinion essay Libraries Versus the Internet

It has been suggested by some people lately that we no longer need libraries as we can just download books from the Internet. While the Internet has many advantages, I believe that libraries are still necessary and useful for a number of reasons.

To start with, libraries offer more than just books. For example, they offer access to maps, journals, artwork, microfiche, CDs, audio and video cassettes, CD-ROMs as well as the Internet itself. Therefore, libraries are places where all manner of information is available in many different forms — not just electronic information.

In addition, not everyone has access to the Internet. However, almost every town and city has a library and there are even mobile libraries that travel to remote villages. In particular, old people and small children generally do not have access to the Internet or the skills to use it. Libraries are extremely useful to these people and offer special services such as literacy schemes, reading groups and homework clubs.

On the other hand, it is true that the Internet has a lot to offer. Many books, magazines and newspapers are available online and you can read them from the comfort of your own home. There is no need to go out or to remember to return a book.

All things considered, I believe that libraries are needed as much if not more now than ever before. Although the Internet offers access to a wide range of information, it does not offer the amount of information, resources and services that libraries do and in my opinion it never will.

Inventions

In 1821, Michael Faraday invented the electric motor, without which we would not have many of the appliances we have today.

In 1825, George Stephenson designed the 'Rocket', a steam train locomotive. It encouraged the growth of railways which played a big role in the Industrial Revolution.

In 1837, Charles Babbage invented the 'analytical engine' which established the base of computing. Although he never made any of his machines, one was built and tested in 1991 and worked very well.

In 1925, John Logie Baird produced the first TV set. It could be made out of everyday objects. He helped television develop as we know it today.

Inventor Vladimir Zworykin 1889-1982

Vladimir Zworykin was a physicist and an electrical engineer. He invented the cathode ray tube or the kinescope in 1929. The kinescope tube was an essential part for the transmission of television. Zworykin also invented the iconoscope in 1923. This was another type of tube for television transmission that was used in early television cameras.

Alternative sources of energy

The main sources of energy used to produce electricity in Russia are: coal 18%, nuclear power 13%, hydroelectric power 19%, and gas 42%.

64% of electricity comes from fuels that are not renewable — we must find alternative sources of energy — alternative energy does not pollute — solar cells can produce solar power — wind can be converted into power using wind turbines — water is a cheap alternative energy source.

It is important for us to find alternative sources of energy. At the moment, the world gets 64% of its electricity from fuels that are not renewable. This cannot continue as these fuels will not last forever. Alternative energy sources are the way forward as they do not create waste or pollution.

Solar power is one source of alternative energy. It is produced by converting sun rays into energy using solar panels.

Another clean source of energy is the wind. Large turbines with propellers can create large amounts of electricity easily.

A cheap source of energy is hydroelectric power which is produced using water.

For-and-against essay Computers in Schools

Most people would agree that computers have made our lives much easier, especially in schools. However, some people feel that they can be a distraction in schools. Certainly, there are arguments for both sides.

There are many points in favour of computers in schools. Firstly, they improve students' ICT skills. In fact, they are essential for this subject. Secondly, they can be used in music and language classes to great effect. For example, to mix music or to play a foreign language CD-ROM. Furthermore, the Internet is a very useful research tool for all subjects.

On the other hand, there are some arguments against computers in schools. To start with, some students may use the Internet for purposes other than research. For example, to go to chatrooms or send personal emails. Secondly, students may use the computers to play video games or to download inappropriate material.

All in all, although there are some negative aspects to having computers in schools, overall they are extremely useful and beneficial. With the right safeguards in place and with adult supervision I believe computers are an essential educational tool.

A letter about spending holidays

Dear Natalya,

Greetings from ancient Bhaktapur, Nepal. We are here to see the annual festival of Bisket Jatra. We are watching a tug-of-war contest, and later we can see a parade and a candlelit procession. There are also some magnificent temples to visit. I like it here very much. I've bought some beautiful souvenirs, including some pottery.

See you soon!

Sasha

A dialogue Where to put the new TV

A: Hi, Sasha! Where should we put the new television?

B: I think the basement is the best.

A: The basement? I think it's far too cold down there. How about in the kitchen? It would be great to be able to watch television while I'm cooking.

B: No, that's not a great idea. Remember it's my television too and I'd like to put the TV somewhere that suits us both.

A: OK. Would you like to have it in the living room then?

B: Not really. You know we have lots of visitors to our flat and it's not very nice to have the television on while they're around.

A: Oh, I don't think so. Most of our friends like television and we've always watched TV when they have been here. But if you don't want it there, we could put it in the spare room.

B: Yes, that's a great idea. We don't use it for anything else. We could put the TV there and call it the "TV room".

A: Why not? OK, come on, let's carry it up!

A dialogue Buying a gadget

A: Hi, do you need any help?

B: Oh, yes please. I'm interested in buying an iPod®.

A: Right, OK. Any one you are particularly interested in? There are different types now.

B: I just want to listen to music really. I don't need to download photos onto it or anything like that.

A: Well, we have the 20 gigabyte iPod®, the 40 gigabyte and the iPod mini®. It depends on how big your music collection is really.

B: Well, how many songs can the iPod mini® store?

A: About a thousand.

B: Oh, I think that's plenty. And how much does it cost?

A: Well, there's a special offer on it at the moment, so it's only .129.

B: Oh, that's quite a good price. Is this pink one here the iPod mini®?

A: Yes. It's smaller than the regular iPod® and very fashionable at the moment. It comes in other colours, too.

B: Oh, great. Well, I think I'll take one. Have you got blue?

A: Unfortunately, we've just sold the last blue one but I can order one for you.

B: Yes, OK. That would be great. How long will it take?

A: Probably a couple of days. If you leave us your name and telephone number, we can let you know when it arrives.

B: That's fine. It's Matthew Hunter and my phone number's 54323456.

A: OK, got it.

B: Thanks a lot. Bye.

A dialogue Buying a ticket for the cinema

A: Hello, is that the Savoy Cinema?

B: Yes, it is. How can I help you?

A: I'd like to know which films are showing today?

B: We've Superman Returns, The Da Vinci Code, and The Omen.

A: Hmm. What kind of films are they?

B: Superman Returns is an action movie, The Da Vinci Code is a thriller, and The Omen is a horror movie.

A: OK, I'd like to see The Da Vinci Code. When does it start?

B: It starts at 6.30 and then at 8.30 pm.

A: And how much are the tickets?

B: They're 200 rubles each.

A: OK, I'd like to reserve two tickets, please.

B: Certainly, sir. And your name is?

A: Yevgeny Petrov.

B: That's fine, Mr Petrov.

A dialogue Booking a table at the restaurant

A: Good morning, Tree Tops Restaurant.

B: Oh, good morning. I'd like to book a table, please.

A: Certainly. When would you like the table for?

B: Next Saturday, please.

A: Saturday 8th June?

B: Yes, that's right.

A: Just a moment please....ah, I'm afraid we're fullybooked for that evening. We have tables available for the evening before though.

B: No, unfortunately we can't make it on Friday. Ah ... are you open at lunchtime on Saturday?

A: Yes, we are actually. We open at 12 and serve lunch until 3pm.

B: Well, that might be okay. We could go shopping first. Have you got a table for 1pm?

A: Yes, we have. That would be fine. How many is the booking for?

B: Err ... at the moment three, but there's a possibility that there'll be one more.

A: That's absolutely fine. I'll book you a table for four.

B: Oh, thank you, that's great. I'll have to check with my friends though if Saturday lunchtime is OK.

A: No problem. I'll make the booking for you and you can call us and change it later if you need to.

B: Thanks. Is the lunchtime menu similar to the evening menu?

A: It's similar, but we also have a selection of salads and lighter dishes on our lunchtime menu.

B: Oh, that's good. One of my friends is always on a diet!

A: Don't worry, she'll have plenty to choose from! Can I take a name for the booking, please?

B: Yes, certainly. It's Brooks. That's B-R-O-O-K-S.

A: Thank you. I look forward to seeing you on Saturday.

A dialogue Health problems

A: Ooh! My stomach hurts.

B: Oh dear! What's the matter?
A: I've got awful indigestion.
B: You should have a glass of soda water.
A: Yuck! I hate soda water.
B: Well, what have you eaten?
A: I had a curry chicken earlier.
B: What! You shouldn't eat spicy foods. That will make your indigestion worse.
A: Really?
B: Yes, and you shouldn't eat too quickly either.
A: Ooh. It's getting worse. I think I will have a soda water after all.

Susan: Sorry I'm late, Emma. I've just been to the dentist's.
Emma: Oh, lucky you! Everything OK?
Susan: Well ... I had to have a filling ... yet again! My mouth's still feeling a bit sore.
Emma: Oh dear! I'll call the waiter over. You should order a nice soothing cup of lemon tea.
Susan: Yuck! I hate tea. I'll have a cola.
Emma: Susan! No wonder you've got bad teeth!
Susan: What do you mean?
Emma: Well, there are about ten teaspoons of sugar in each can!
Susan: Wow! Really?
Emma: Yes, really! Terrible for your teeth and even worse for your waistline!
Susan: So ... it might be a good idea to cut down, then?
Emma: Now you've got the idea! So, what are you going to order?
Susan: Er ... OK, you win. Two teas, milk and no sugar!

A dialogue Plans for holidays

A: Hi, Sascha! Have you thought about where we'll go on holiday this summer?
B: Would you like to go camping in Russia?
A: No, that would be far too expensive and I don't like ships. We need to find something that we can both afford and can enjoy.
B: I saw an advertisement yesterday in the newspaper for a package holiday in Italy. It's not that expensive and travel, accommodation and meals are included in the price.
A: I've been to Italy already so I'd like something different. Can't you think of anything else?
B: Well, how about a backpacking holiday around Europe then. That way we'll see plenty of countries. We can travel from place to place by train. It would be great fun!
A: Yes, that sounds like a great idea. It's the cheapest option, we'll see plenty of places and countries, and we'll meet lots of backpackers from all over the world. Let's go backpacking then.

A dialogue Problems with a computer

Rachel: You know, Tony, I've got a problem with my computer (laptop).
Tony: Oh, that's too bad. What seems to be the problem?
Rachel: The signal is very poor. I can hardly read the text on the screen and besides I think there's a virus on my hard drive.
Tony: How long has it not been working properly? (has it been working like this?)
Rachel: Let me think. I think it began ten or eight days ago.
Tony: Probably the battery is getting flat?

Rachel: But the situation is the same if I plug it in.

Tony: I see. You know, Rachel, I'm not very good at repairing computers. I think you'd better send it away to be repaired.

Rachel: OK. I will. I wish it would not take them a lot of time.

A dialogue Going to the cinema

Alex: If you're free on Saturday night, do you fancy going (would you like to go) to the cinema?

Mary: That would be lovely, but I don't think there's anything interesting on at the moment.

Alex: You are making a mistake here. We're going to watch the new thriller "Rage". Would you like to join us?

Mary: You know, thrillers aren't really my kind of thing (my cup of tea). If you want to go and watch a comedy, I'll join you for sure.

Alex: OK. Good idea. I'll choose for you some nice comedy.

Mary: Thank you. That sounds nice.

A dialogue Loosing weight

Lucy: What's the matter? Why aren't you eating anything?

Nina: I've recently put on some weight and am trying to lose it.

Lucy: If you are trying to lose weight, it doesn't mean that you must starve. Don't you think that you should just choose the right food?

Nina: I'm not sure that it will work.

Lucy: Why don't you try? For example, I find a diet of vegetables and low-fat meat helpful.

Nina: Maybe you're right. It's a nice idea, but I need to lose weight fast. I want to look good at the new-year party.

Lucy: You know, Nina, if I were you I wouldn't do it. I'm sure it's bad for your health. You'd better give up fat and sweet food and lose weight slowly.

Nina: Thank you. I'll think about it.

A dialogue Impressions of the weekend

Stephen: Hi, Jane! I hope you enjoyed your weekend.

Jane: I wish! My trip to the sea(side) turned out to be an absolute nightmare.

Stephen: Oh, dear! What a shame! What went wrong?

Jane: Practically everything. For a start the coach (bus) was delayed and I had to wait at the station. Besides, the hotel where I stayed happened to be just terrible.

Stephen: How disappointing!

Jane: To make matters worse my favourite beach was closed and the other (the rest of the) beaches were overcrowded. I feel really angry: my weekend was ruined.

Stephen: Oh, I'm really sorry to hear that. I hope you'll have better luck next time.

A dialogue Climate change

George: I heard the other day that floods threaten Europe again. Last year the situation was just shocking.

Mary: I read somewhere recently that climate changes do not depend on Man.

George: I don't believe this theory. In my opinion the reason for climate change is human activity. The more energy we use – and we need more and more with each year – the more the climate changes.

Mary: Maybe all is not lost and there is still hope that people will think of something to stop this process.

George: Yes, but then we must act fast before it is too late.

A dialogue Plans for the future

Mother: Susan, dear, I have long waited to talk to you about your plans for the future. What are you going to do when you leave school?

Susan: Will I disappoint you if I say that I don't want to go to university? I hope to become a skilled hairdresser.

Mother: Really? I thought you would become a professional person with a university degree. You are so good at languages.

Susan: I don't think so, mum. Besides, it takes so much time to graduate from a university and I don't want to wait so long. I would like to begin working as soon as I can, to gain experience. In the future I hope to win at international hairdressers competitions and become famous.

A dialogue Asking for a friend's help

Alice: Look here, Mike, I need your help.

Mike: What can I do for you?

Alice: I have to do a lot of shopping. I don't think I can ('ll be able to) cope alone. Will you help (me)?

Mike: Certainly I will. What else are friends for? Though I can't say I am keen on taking part in your shopping sprees. I'd much rather help you about the house. You know I love cooking.

Alice: Thanks. But today my (house) chore is to go to the shops. And I hate it.

Mike: You know Alice, if I were you, I'd try and order food with the help of computer.

Alice: It's a great idea. I think I should try it.

A dialogue Going in for sports

Tom: Hi, Angela. How are you? You look wonderful.

Angela: Thanks. You look fine, too. I like your new sporty look. Do you do a lot of sports?

Tom: I do. I go to the gym every day. I am crazy about basketball. It's really a cool game.

Angela: Basketball? I don't like (fancy) team games very much. I'm really into horse riding. It keeps me fit and gives me a chance to take a look at the great outdoors.

Tom: That sounds cool (great). Will you take me with you some day? I also would like to try it.

A dialogue Buying a musical gadget

Teenage boy: Hi, I'm looking for something to listen to music on while I'm travelling to and from school.

Sales assistant: Would you be interested in a Walkman?

Teenage boy: No, not really, as I don't have any tapes.

Sales assistant: What about a Discman, then?

Teenage boy: No. I want something that I can listen to digital music on.

Sales assistant: OK. Well then you need an iPod or another MP3 player.

Teenage boy: Hmm. What do you suggest?

Sales assistant: Well, the iPod is a great product and most popular, but is a little bit expensive. This MP3 player, for example, does much the same thing and is much cheaper.

Teenage boy: I see. I'm also interested in getting a new mobile phone.

Sales assistant: Well then you should think about this model. It's a mobile phone, camera and MP3 player all in one!

Teenage boy: Fantastic. I think I'll go for one. How much does it cost?

Sales assistant: Well, this one here costs 199 while this one costs 150.

Teenage boy: Well, I've been saving for weeks, so I'll take the more expensive one, please.

Sales assistant: Certainly. You can pay over there.

A dialogue Booking a room

A: BoHo Hotel. How may I help you?

B: Good afternoon. I would like to book a room for a Christmas party on the 23rd of December.

A: Certainly sir. We have a couple still available. How many people will be attending?

B: Around a hundred or so.

A: That's no problem at all. Our bar area will easily accommodate your guests.

B: Fantastic. How much is it to hire out?

A: It is 600 pounds, but you have to spend a minimum of 2000 pounds all together.

B: That's not a problem. Now, what about food? We didn't want a sit down meal. They can get a little boring. We would prefer a buffet. Is that possible?

A: Of course! We have a party food menu especially for occasions like this.

B: What kind of dishes are there to choose from?

A: Well, there are lots of dishes, for example ... chilli with nachos, smoked salmon, potato skins, vegetarian spring rolls, fish and chips ... that kind of thing.

B: Umm stop! You are making me hungry. How about desserts?

A: Well there's Christmas Pudding of course, Creme Brulee, a selection of cheeses.

B: Sounds just the job. Now what else ...

A: (interrupting) Would you like us to arrange a DJ?

B: Oh yes, it wouldn't be a party without some happy Christmas music to get things swinging.

A: OK. That is easily arranged.

B: Marvellous, will you do me a favour and put all this down on paper and send it to me as soon as possible. I need to show my boss.

A: Yes. I will draw up a plan and email it over to you tomorrow.

B: Great. Thank you very much for your help.

A: My pleasure.

A dialogue about unsuccessful holidays

A: How was your holiday?

B: It was the worst I've ever had.

A: What went wrong?

B: For a start, our flight was delayed by ten hours!

A: How terrible!

B: To make matters worse, I lost my passport.

A: What an absolute nightmare!

B: I tell you what ... I'm staying at home next year!

B: To make matters worse, I lost my passport.

A: What an absolute nightmare!

B: I tell you what ... I'm staying at home next year!

A dialogue "The best way to learn Spanish"

A: So, we're agreed that we both want to learn Spanish this year? How about spending a month in Spain this summer? We could stay with a Spanish family.

B: I don't think that would be the best solution for us. It would cost far too much to fly over to Spain and I think we ought to learn some language before we go to the country.

A: Well, what else do you suggest?

B: We could buy a 'teach yourself' pack and teach ourselves in our spare time.

A: But, I don't think I would have the motivation to teach myself! Why don't we go to an evening class a few nights a week?

B: I wouldn't be able to attend a course like that — I also have football training, remember! But we could find ourselves a private tutor and get a couple of lessons together every week.

A: That would be great!

A dialogue Tidying the room

A: Jack, I'd like a word with you.

B: What have I done now?

A: Just look at the state of my bedroom. You've been in and messed it up and my friend Sarah is coming over this afternoon. You shouldn't have done that. It's not very nice.

B: I'm sorry. How can I make it up to you?

A: You can start by tidying up this mess.

B: OK.

A: Thank you.

A dialogue A strange dream

A: I had a strange dream last night. All I can remember is that I was locked in a room all by myself and I had to sit an exam. I wasn't allowed to leave until I was finished, but I had no idea what it was about. I felt very alone and afraid. Do you have any idea what it means?

B: Well, it could mean you are stressed and that's why you dreamt that.

A: Do you really think so?

B: Yes. Try not to let things get to you and relax before sleeping.

A: That's a thought.

A dialogue Repairing a computer

Nick: Hi Tony, can you help me?

Tony: Hi, yes of course. What's wrong?

Nick: It's my computer, it won't connect to the Internet.

Tony: Oh, it might be a problem with the server. I suggest you call your Internet Service Provider.

Nick: That's a good idea. Thanks Tony.

Tony: No problem.

A dialogue about the school website

A: What do you think we could include in the school website?

B: We need to make it interesting. What do you think about including photos of school events?

A: That's a good idea. As I see it, the website should have information too. What's your opinion?

B: Yes, I think we could have a letter from the headteacher on the website.

A: That's an awful idea! I don't think people would want to read that. In my opinion it should be somewhere fun to visit. So how about having information about school sports and competitions?

B: That's a great idea.

A dialogue about a book

A: I've just read 'Blackthorn, Whitethorn' by Rachel Anderson.

B: Oh, really? What did you think of the plot?

A: I thought it was interesting and well developed.

B: What about the characters?

A: Two of the main characters, Miss Ada and Miss Lily, are really likeable.

B: Does it have a good ending?

A: Yes, I don't want to spoil it for you, but I'd say the ending is very satisfying.

A dialogue Giving details about the accident

B: Wow, what happened?

A: A man came speeding down the road on his motorbike and came up on the pavement and grabbed her bag.

B: Did he hurt her?

A: Yes. She fell over and badly bruised her leg.

B: That is terrible. Was she going to be OK?

A: Yes, but he got all of her credit cards and the 200 pounds she had just drawn from the bank.

B: That is very sad. I don't like hearing stories like that.

A: I told the police every thing I saw. I hope they catch him.

A dialogue A phone call to the police

A: Can I speak to the police, please?

B: Please hold the line. ... Police.

A: There's a car being stolen at Grange Road in Brighton. Please send help as soon as possible.

B: Help is on the way. Could you please tell me your name and number?

A: Of course. This is Phil Peters and my number is 456799.

A: Could you put me through to the ambulance service, please?

B: Just a moment, please. ... Ambulance Service.

A: A man has been hit by lightning at New Road in Poole. Please come as quickly as you can.

B: Help is on the way. Stay on the line, please. Would you kindly tell me your name and number?

A: Certainly. It's Peggy Gordon on 556212.

A dialogue A phone call to the fire service

A: Emergency services. Which service do you require?

B: The fire service, please.

A: Just a moment, please. I'll put you through.

B: Thank you.

.....

A: Fire Service. What is the nature of the emergency, please?

B: There's a house on fire. I'm standing outside looking at it. It's a huge blaze and I'm afraid the house next door is going to catch fire, too.

A: Do you know if there is anyone inside the house?

B: I'm afraid I couldn't say. I'm just passing by.

A: OK. Where exactly are you?

B: Newbury Square in the centre of Middletown. The house is on the north side of the square.

A: Right. Please stay clear of the building and advise others to do the same. A fire engine will be there as soon as possible.

B: Alright, I'll do that. Thank you.

A: Please hold the line. Could you tell me your full name and the number you are calling from?

B: Certainly. It's Clara Rogers on 07897472912.

A dialogue enrolling for a course of first aid

A: Hello, I'm interested in enrolling for a course of first aid lessons, but I wonder if I could first ask you a few questions about it.

B: Certainly. What would you like to know?

A: Well, first of all, could you tell me what first aid techniques are taught on the course?

B: You'll learn how to deal with basic emergency situations involving burns, scalds and cuts. Then later on in the course they teach some important life-saving skills like rescue breathing and CPR – that's an emergency medical procedure when someone has a heart attack.

A: I see. And what about the days and times I can attend the course?

B: Let's see. It operates from Wednesdays to Fridays from 4 pm to 6 pm. Alternatively, it runs on Saturdays from 10 am to 4 pm.

A: Right. Finally, I'd like to ask the price of an hour's lesson.

B: Each hourly session costs £ 6.

A: Are there any discounts?

B: The price drops to £ 4.50 if you make a block booking – that's a minimum of five lessons.

A: Ok, that's good. I'll go for the block booking option. At the weekend I'm only free on Sundays, but you're not open then. Midweek is a possibility – I'm free every evening from 5 to 7. Would you have a place for me on Wednesday evening from 5 to 6?

B: I'll just check if there is a place available. ... Yes, that'll be fine. We'll see you next Wednesday at 5 o'clock then.

A: Yes, thank you. Goodbye.

B: Goodbye.

A dialogue Plans for the weekend

A: Let's do something interesting this Saturday afternoon.

B: That's a great idea. What do you suggest?

A: Well, how about going to the art exhibition at the museum since we both like art. Also, it's good to have a bit of culture in our lives every now and then.

B: Yes, you're right, but I don't really want to do that today. Why don't we go to the film festival that I saw advertised at the Odeon?

A: Hmm. No, I don't think so.

B: Why not?

A: Because I don't really feel like watching a film. We could go and see a dance performance.

B: Well, only if it's a modern dance performance like hip hop.

A: No, it's ballroom.

B: In that case, certainly not. Why don't we go and see a play then. Watching a play is cultural! There are lots of great plays on at the moment.

A: All right. That's a good idea.

A dialogue about housework

Janet: I've just about had enough with George!

Laura: Why? What's your brother done now?

Janet: It's not what he has done, it's what he hasn't done!

Laura: Let me guess. You've been cleaning the whole house by yourself again, right?

Janet: Exactly! He says he doesn't have time to do housework. I mean, if I can manage to do a few things around the house after school, I don't see why George can't. Our parents work very long hours and this is the least we can do to help them out.

Laura: Have you said anything to him about this?

Janet: Actually, Mum and Dad have. They keep telling him it's not fair that I do all the chores, and that even though his university studies keep him busy, he still has to do his share.

Laura: Look, I know it's annoying that you have to do everything, but don't forget it's exam time for George, so housework is the last thing on his mind right now.

Janet: Well ... You've got a point there. Maybe I am being a little selfish.

Laura: Oh, come on! You're just tired, that's all.

Janet: The truth is that I'm more upset about the whole thing than tired, but I hope that George will start giving me a hand around the house when his exams are over.

Laura: Let's hope so!

A dialogue about volunteering

Jen: Hey Angie, how's it going? Did you enjoy your winter holidays?

Angie: Absolutely! I spent most of my time with my friends and family. I also spent some time visiting old people at the old people's home. How about you?

Jen: I had a good time too. My grandparents were visiting so I spent some time with them. I also did some volunteering at the local soup kitchen for the homeless. It's something my sisters and I do every year. What exactly did you do at the old people's home?

Angie: I spent most of the time keeping company with the elderly. A lot of them have families who live far away and don't come to visit for the holidays. It gets extremely lonely for them, so I do what I can, like reading and talking to them, or taking them for walks. And you? Were you at the soup kitchen every day?

Jen: Well, the local community centre organises a soup kitchen for Christmas and New Year. Most people come to the soup kitchen those four days and that's when volunteers are needed most. My sisters and I usually go in the early afternoons or after dinner. The kitchen is also open the entire week in between so we go whenever we get a chance. I am thankful for all that I have, and I feel it's important to help those who are in need.

Angie: I agree. My grandparents live two streets away from us and have us for company, but not everyone is as lucky. It really upsets me to know that some people, especially older people, are all alone for Christmas. Going to the old people's home brings joy to both the people there and to me.

Jen: It sounds great. Maybe next year I can come with you to the old people's home for a few days and you can come to the soup kitchen with me.

Angie: Let's do it! We can be working together!

A dialogue Собеседование – прием на работу

A: Please have a seat Mr Berkley.

B: Thank you.

A: Now, let's see ... how old are you?

B: I've just turned 29 actually.

A: Good! Now, let me see, there are two positions available ... are you applying for History Teacher or English Teacher because I see you can do both.

B: I did some private English lessons while I was at university but I'm a trained History teacher now so I'm going for that position.

A: Right! And do you have much experience in this field?

B: I've just finished university actually so ... no, I don't ... but I have the qualifications.

A: I see ...

B: ... and I know that I have the qualities it takes to be a good teacher.

A: Well, yes I'm sure you do but tell me ... what do you think is the most important quality for a teacher?

B: Of course a teacher has to be punctual and organized but above all he must be patient with the kids.

A: Punctuality is certainly a priority at this school ... for both teachers and kids ... good. When would you be ready to start, that is, if we offer you the position?

B: Not quite immediately but in about week ... I just have to finish a few things ...

A: I understand. Well, we won't make a decision before next week anyway so that's fine. My secretary will be in touch with you sometime next week if we need you.

B: Thank you.

Fire safety

Interviewer: Every year, many homes and lives are taken by fires. Here is Brian Smithers, a firefighter from the local fire brigade to talk to you about fire safety in the home.

Firefighter: Hello everyone. Before we begin discussing fire safety, I would like to give you some important facts. People who do not have smoke alarms in their homes are twice as likely to die in a fire. Ninety people die each year because the battery in their smoke alarm is either missing or dead. Every three days, somebody dies from a fire caused by a cigarette and seven thousand fires are the result of faulty electrical appliances. Most fires in the home are caused by candles and faulty electrical appliances.

Interviewer: Is that so? What are some of the things that people can do to help prevent fires in the home?

Firefighter: Well, there are quite a few things you can do. The most important thing is to have a fire alarm in your house. It should be placed in the hallways in the middle of the ceiling. Avoid putting it in the kitchen or bathroom because the steam caused from cooking and hot water can make the alarm go off unnecessarily. It's also very important to check the batteries once a week and to replace them every year. You must never leave the alarm without batteries.

Interviewer: That is good advice. Anything else people should know?

Firefighter: It's very important to be careful when cooking since most fires start in the kitchen. Take pans off the cooker or turn the heat down if you have to leave the kitchen for a while. Also, keep all towels and paper far away from the cooker. Double-check the cooker once you've finished cooking. Finally, keep all electrical appliances far away from water.

Interviewer: What should people do in case there is a fire?

Firefighter: The most important thing is to stay calm. If a fire breaks out, try and stay low where the air is clear. There are certain things you should do to be prepared for a fire. Every family should have a plan of exit in case of fire and practise it often. Make sure that all exits to the house are clear and keep keys somewhere where everyone can find them. Once outside, call the fire service and make sure nobody goes back inside.

Interviewer: Thank you very much Brian. I am sure your information will be of great use to our listeners.

About night dreams

Speaker 1

While on holiday last summer, I had a dream that a green monster was chasing me. The dream ended when I jumped off a cliff and woke up on the floor next to my bed. My mum has a dream dictionary so I looked up the meaning. The book says that dreaming someone is chasing you means that you are stressed about something. How can you be stressed when you're on holiday?

Speaker 2

Last night I dreamt that I was at school when a fire broke out. Students and teachers were screaming and running everywhere. I was in the bathroom with my friend and by the time we got out, the whole school was on fire. We tried to run, but couldn't move. I woke up shaking and screaming.

Speaker 3

In my dream, my grandfather from Spain had sent me a letter describing his new summer house and inviting me to spend the summer with him and my grandmother. Well, I woke up this morning and my mum told me that my grandfather had sent her an email telling her he had bought a new house!

Speaker 4

When I was young, I always had the same dream. I was living in a magical forest filled with monsters and fairies. Every night was a different adventure. A few years ago I decided to turn my dream into a film. Now children all over the world can be a part of my dream world.

Speaker 5

I woke up this morning all excited because I dreamt that my best friend Lisa and I had won the local talent competition. I rushed to school to tell her about my dream, only to find out that she had had exactly the same dream as me!

Computers

Speaker 1

My little brother and sister always use my computer, and I don't like it at all! I don't mind them using it for homework, but it really gets on my nerves when they download music and games from unknown sites and my computer ends up with all sorts of viruses. I told them that from now on they can only use my PC if I'm there to see what they're doing.

Speaker 2

I know that many people believe computers are here to make life easier, but I do not agree. Last week, I was typing up my history project. I had typed four pages and I was on the last one, when my computer crashed. All that work gone! I know I should have saved it as I was typing, but I didn't. All I know is that I had to write everything all over again!

Speaker 3

I can't imagine my life without my computer. I use my laptop for hours every day: chatting with friends, downloading music and surfing the Net. I find it's the best way to stay informed and communicate with my friends. I don't know how people managed before the invention of the Internet!

Speaker 4

You really have to be careful about viruses when downloading music from the Internet. Last Saturday I was downloading a song from a new site I had discovered, when my computer crashed. I tried to reboot, but nothing. I called my cousin who is good with computers and he came over and fixed it. He even installed new anti-virus software to protect my computer.

Speaker 5

I really think more schools should start teaching students all about computers. Some people think that computers are taking over our lives, but I disagree. Computers make life easier. With just a click of the mouse you can find information about everything, explore different countries and keep in touch with family and friends.

Video games

A: As I see it, children copy things they see, so in the case of violent games, this could be dangerous for both themselves and others.

B: Yes, but don't you think that video games are a good outlet for aggression in the safety of one's own home. Banning them might mean children let off steam by actually taking violent behaviour out on the streets.

A: On the contrary, I feel violent computer games teach children to lose respect for human life. They should be banned because they lower social and moral values.

B: But to ban video games would be to deny people their basic freedom of choice. Doesn't everybody have the right to play the game of their choosing? Not everyone who plays games becomes violent.

There are some advantages to banning violent computer games.

To start with, they promote violence and crime as entertainment, making them seem glamorous and acceptable.

Consequently, children may think it is alright to be aggressive in real life.

Also, game heroes are often invincible and children sometimes confuse fantasy and reality.

As a result, they may not understand that real violence has real consequences.

On the other hand, there are some arguments against banning violent video games.

Firstly, they are an outlet for children to let off steam.

Fighting the bad guys in a game can release tensions and may make children calmer and less aggressive in real life.

Secondly, playing video games can build different skills.

Shooting games, for example, help children develop co-ordination skills.

The writer's opinion is that violent video games should not be banned and that it is up to parents to decide what games to let their children play.

I agree with the writer's opinion because I think that if you ban violent video games you will only make them more attractive to children. They will find ways to play these games without their parents' permission and consequently a kind of 'black market' will be created.

Essay for and against banning violent sports

Many sports are extremely violent, yet this doesn't stop people watching them or playing them. Should violent sports be banned or are they just a way for people to enjoy themselves?

There are some arguments for banning violent sports. In the first place, some of these sports are simply an excuse for violence. There is enough violence in our world as it is without seeing sportsmen getting hurt on TV. In addition, people who take part in violent sports risk serious injury or even death. Many young boxers, for example, are seriously injured every year.

On the other hand, there are some disadvantages to banning violent sports. To start with, violent sports can be a healthy way for people to relax and let off steam. As a result, general aggression and violence in society will be reduced. Moreover, instead of banning violent sports, we can improve their safety standards, for instance, by using better protective clothing and equipment. Consequently, sports injuries will be reduced.

In conclusion, there are arguments both for and against the banning of violent sports. I strongly believe violent games should be banned, as I feel they are not going to help people to live together peacefully.

Eating habits

We can stay healthy by eating a balanced diet and getting plenty of exercise. I think I'm fairly healthy as I watch what I eat and try to include lots of fresh fruit and vegetables. I also play on a basketball team every weekend, which helps keep me fit.

I admit that I have some bad habits like eating junk food and going to bed late sometimes. However, I don't eat junk food all the time and try to include healthier options too. Also, if I have a late night I always try to make up for it by going to bed much earlier the next night.

An email about a strange event

Dear Sam,

You'll never guess what happened to me! I was staying at my grandmother's house last weekend. While I was playing in the garden, I found an old bike my dad used to ride. I brought it to my grandfather and he put air in the tyres. I went for a ride through some woods near the house. I had been riding along a path for about an hour when I heard a strange sound. I stopped and looked around, but I didn't see anything. Suddenly, I saw something moving in the bushes and went over to see what it was. It was a strange animal. It was lying on the ground and it was crying. It tried to get up, but its leg was tangled up in something. I quickly untangled it and it got up. It was unlike any animal I had ever seen. Then I thought I heard it say 'Thank you' before it turned and ran off into the woods. I was glad to help, but it sure was a strange day!

Talk to you soon,
Steve

Superstitions

A: I can think of lots of popular superstitions. To start with, it is considered a bad omen to see a woman with an empty bucket walking toward you.

B: Yes and there's the one that says that an unmarried girl should not sit at the corner of a table, or else she will not get married for seven years.

A: You're right. It is also bad luck to give anything sharp such as scissors or a knife to someone as a present.

B: True. It is said to be good luck to trip over your left foot or to leave a place while it's raining.

A celebration

A celebration I enjoyed a lot was my parents' 25th wedding anniversary. My sister and I wanted to do something really special for their silver anniversary, so we threw them a surprise party. We sent out the invitations a month in advance and booked their favourite restaurant for the celebration. When the big day arrived, we told them that we felt like going out for dinner and fortunately they agreed. When Mum and Dad walked into the restaurant, everyone screamed "Surprise"! The look on their faces was amazing. They were speechless! All their friends and family had gathered together to celebrate the joyful event. The party was a huge success. We danced all night and took lots of photos for their anniversary album. Mum and Dad even got to see out-of-town relatives they hadn't seen in years. We had a great time and our parents had an unforgettable night.

A Russian tradition

Ivan Kupala Day is celebrated all over Russia and takes place usually on 7th July. It is held to celebrate the holiday of St John the Baptist (Ivan Kupala) and it is still very popular today with young Russians. Everything about the celebration relates to water. On the evening before called Tvorila night, children have playful water fights and throw buckets of water all over each other. Some people consider Ivan Kupala day to be the first day of the swimming season and if the water is warm enough, boys and girls often swim happily in rivers and lakes until late at night. Girls like to float candles and delicate flowers in the hope that it will bring them happy marriages. In the past, young people used to burn fires and jump joyfully over them holding hands. There is also a belief that on the eve of Ivan Kupala magical herbs can be found in the forests. In villages all over the country, people look forward to Ivan Kupala Day enthusiastically. It is an ancient celebration which continues to be fun for all family members whatever their ages.

April fool's day

I think April Fool's day is exciting. It is a great way to play jokes on people and get away with it. I feel thrilled when I play a joke on someone. It's lots of fun. I don't get annoyed or angry if someone plays a joke on me. It's all part of the fun. It's not just another boring day like all the others.

Student's day

Student's Day is one of the most popular celebrations with young people in Russia, as it marks the end of winter exams. It takes place on 25th January and has been a tradition since 1755 when the Moscow University was established. On this day students and professors exchange gifts, awards are given to outstanding students and at the Lomonosov monument a cup which symbolises knowledge is lit. There are also musical performances, comic sketches and a magnificent fireworks display in the evening. Student's Day is loved by everyone but it is especially popular with young people as it allows them to relax and forget about their exams for a day.

Earth day

A: A school celebration I really enjoyed was our Earth Day celebration which was full of educational and fun-filled activities.

B: Me, too. First, all the students read Earth Day poems in front of the class and then we sang sing-along conservation songs, which was great fun.

A: Yeah, then we made Earth Day crafts such as recycled magazine holders, colourful Earth Day kites and tin can sculptures that were displayed in the arts and crafts Earth Day school exhibit.

B: We also held a 'Green' poster competition and ended the day with a tree planting ceremony.

A: I felt proud to be a part of the Earth Day celebration.

B: Me too. It gave me a sense of satisfaction to know that I was doing something valuable to help protect our planet.

The white nights arts festival

The White Nights Arts Festival is one of St Petersburg's liveliest cultural events. It is a famous festival held at the end of June and the beginning of July. People from all over the world visit the city to celebrate the arts of ballet, opera and classical music. Many musical concerts take place in the St Petersburg Philharmonic Hall. There are theatrical performances and street events too. Drinks and refreshments are sold along the city's streets and music concerts with famous singers get everyone feeling in a festive mood. This event makes Russian people feel proud of their culture and history.

Events – celebrations

It is important for a person to remember birthdays and anniversaries each year. These events are special to most people and by remembering them, you are able to show a relative, friend, or colleague that you care about them, and that they are appreciated and have not been forgotten. Events such as Independence Day, religious holidays or celebrations that honour a certain individual are occasions that are important for a society to remember. They remind the people of a particular country of their unity as a nation.

Remembrance day

A: I would like to tell my family that Remembrance Day takes place on 11th November in Britain, it honours millions of people who have given their lives for their country and that British people wear a red paper poppy to commemorate Remembrance Day.

B: I would like to tell my family that the poppy is the symbol of Remembrance Day because after World War I they were the only poppies that grew on the battlefields. Also, many poems have been written for Remembrance Day and people around Britain hold memorial services and take part in a two-minute silence.

Victory day

Victory Day in Russia is a national holiday that is held on 9th May. It officially marks the day when the war ended in 1945 and the main reason for the celebration is to remember the people who died or took part in the war in another way. For example, some citizens who did not fight had to work in the factories making guns.

On 9th May, people lay flowers on graves, veterans march in parades wearing their medals and the President of Russia sends out letters to congratulate the veterans for their bravery. In homes all over Russia families enjoy eating huge feasts and giving presents to one another.

My house

I live in a detached house. There are six rooms in it. There are two bedrooms, a kitchen, a living room, a dining room and a bathroom. In the bedrooms, there are beds and desks. In the living room, we have an armchair, a sofa and a TV. In the kitchen, we have a cooker, a fridge and a dishwasher. Outside there is a drive and a garden.

Living in space

A: I would like to live in space. It would be fun to float around in zero gravity.

B: I wouldn't want to live in space. Everything is difficult to do in zero gravity. Also, there is too much cleaning to do on the station. I think it would be very tiring.

A: I don't mind doing the chores and the view of Earth and the sun rising and setting every 45 minutes would be amazing.

B: I think I would miss living on Earth. It would get boring floating all the time.

A: Maybe, but then there would be so many things to do.

Describing where you live

I live in a large town. There are attractive modern houses and flats. The streets are narrow and noisy. There are lots of big, expensive shops that are always crowded. There aren't a lot of small local shops. I live in a spacious, comfortable flat on a noisy street.

It has wide, clean streets and attractive, modern houses. There's a small supermarket, a post office, a bank and a chemist's.

My neighbourhood is big and crowded. I live in a modern flat on a noisy street. My block of flats is behind a large supermarket. Next to the supermarket is a large park. Opposite my flat is a newsagent's and there is a bank next to that. On the corner is a busy restaurant. In front of my flat is a bus stop.

A good neighbour

A good neighbour is someone who cares about people and offers to help them whenever he/she can, such as doing little errands. A good neighbour is considerate and doesn't do things which may disturb his/her neighbours such as playing loud music late at night. A good neighbour is friendly, sociable and helps people who live near them to feel part of a community.

A letter about summer holidays

A Dear Peter,

Thanks for your letter. It was great to hear from you.

I had a great summer. We went to the seaside for a holiday. We stayed in a small hotel close to the beach and we went swimming every day. It was a lot of fun.

Are you having a party for your birthday? Will you have a birthday cake? I would like to get you something. What present would you like?

Well, that's all for now. Have a wonderful time on your birthday. Write soon and tell me all about it.

Regards,

Jack

B Dear Robert,

Thanks for your email. I arrived home safely yesterday.

I had a wonderful time at your house and I would like to thank you and your family for your hospitality. You were all so warm and friendly. I loved your mum's cooking very much and I really enjoyed playing chess with your dad. Everyone made me feel like a part of the family.

I would love it if you would come and stay with me next month. Do you think you will be able to come? I really hope you can. Let me know as soon as you can so we can make the arrangements.

Thanks again and let's talk soon.

Best wishes,

Lee

The Kremlin

The Kremlin has been the official residence of the President of the Russian Federation and his Administration since 1992. It is where the highest offices of the state are located. They are surrounded by strict security.

The Kremlin also contains the Grand Kremlin Palace where the emperors of Russia used to live, the Senate and the Armoury. It also contains many churches, squares, gardens and palaces, which are among the city's most popular tourist attractions. The biggest and most famous church is St Basil's Cathedral which was built in 1554-60 and has ten domes, each with a different design and colour. On the other side is the State Department Store, (GUM) and the State Historical Museum (1875–83). Along with Red Square, the Kremlin is a UNESCO World Heritage Site.

Catherine Palace

Catherine Palace is located in the town of Pushkin, 25 km from St. Petersburg, Russia. Many Russian tsars, including Catherine the Great, used this luxurious palace as a summer home. The palace was built by Catherine I of Russia and it is surrounded by beautiful gardens. The palace was damaged in World War II and reconstruction continues. Inside there is the Great Hall that was used for receptions and formal dinners. Tourists can tour the many apartments and salons that were added over the years by various emperors. There is a museum that tells the history of this great palace and displays many of its beautiful contents. Catherine Palace was a grand home of the tsars and a valuable part of Russian history.

St Basil's Cathedral

St Basil's Cathedral was built in 1555 by Ivan the Terrible. It is located next to Red Square in the city of Moscow, Russia. It was built in honour of Ivan the Terrible's victory in the war against the Tartar Mongols in the city of Kazan. Although the cathedral is now a museum and is visited by thousands of tourists every year, religious ceremonies are still held there every Sunday. St Basil's is one of the most recognised Russian monuments due to its unique architecture of onion-shaped domes.

Welcome to St. Petersburg, Russia

The Venice of the North will inspire you! Come and see what the City of Peter the Great has to offer ...

Take a City Tour

No visit is complete without a city tour with a stop at Peter and Paul Fortress. This fortress enclosed by a massive stone wall and is located on one of the city's many islands. The famous St. Peter and Paul cathedral is located there as an example of great Russian architecture. Touring through this fortress you will get a taste of the rich architecture and history that make up St Petersburg.

Go on a River Tour to Peterhof Palace

Take a river cruise down the Neva River to the grand summer palace of Peter the Great, Peterhof Palace. Enjoy a detailed commentary about the palace and sights along the way. Once at the palace, don't miss a cycle rickshaw tour of the extensive gardens and thousands of fountains.

Shop for Treasures

A wander through one of the many street markets in St Petersburg is worth your time. At these markets you will find many Russian arts and crafts including the famous 'nesting dolls' and fine porcelain of every kind. A shopper's paradise indeed!

An Evening Out at the Ballet

Spend a special evening at the spectacular Marinsky Theatre of opera and ballet. Whether it's to see the best of Russian ballet or a beautiful opera, you will experience an unforgettable evening.

A visit to Loch Ness

I went to Loch Ness today for a picnic by the lake. It was a beautiful day and the sun was shining. I was sitting next to the lake enjoying my lunch when suddenly, I heard a strange noise and saw the water on the lake begin to move. The next thing I knew, a snake-like head popped out of the water and slowly looked around. I was terrified. The creature slowly began lifting its great long neck out of the water. I couldn't believe my eyes. I turned around to see if I had packed my camera in my bag to get a picture of it. I scrambled through my bag but when I turned to

snap a photo, the creature had disappeared. Not even a ripple appeared on the water to show that it had ever been there. As quickly as it all began, it was over and the monster was gone.

Describing a picture

This oil painting shows a country scene. It is a portrait of a group of schoolchildren on a Sunday school walk with their teacher. In the background is the sky and the open countryside and on the right is a country cottage. The teacher is in the foreground in the centre surrounded by her pupils. The children are enjoying themselves and some of them are holding flowers, so it may be springtime. The colours are pale shades of blue, green, red and brown. The painting looks very natural.

This picture shows many strange shapes and objects. I can see swans on a smooth lake but they have the reflection of elephants in the lake. The lake is surrounded by a rocky landscape and unusual trees with a clear blue sky. The artist has used bright colours in shades of blue, brown and yellow. This painting makes me feel curious about how Dali came up with the idea.

(cubism)

This painting is called 'Bread, Fruit and Table'. Pablo Picasso painted it in 1908. It shows a table with a bowl of fruit and some bread on it. The painter uses dark, green and bright yellow colours. The painting makes me feel calm.

(surrealism)

This painting is called 'The Human Condition'. Rene Magritte painted it in 1935. It shows a painting within a painting. In the background I can see the ocean. The painter uses a few plain colours. The painting makes me feel sad and lonely.

Art as a way to express oneself

Some people like to draw and paint things rather than write about them. It is easier to express feelings through art, rather than writing about them or talking about them. Some people prefer to draw and paint about their lives.

I think they are many ways to express yourself and show your emotions. People should try different ways to express themselves.

A story about a ghost

It was a dark, stormy afternoon during the school holidays and Ann and Tim were watching TV at home, feeling bored. 'I know, Ann! Let's go to the castle.' Tim said excitedly. 'There's a good museum there.'

It was late afternoon when they arrived and they were the only visitors. 'Ooh, it's a bit scary in here!' Ann said as they were walking slowly through the cold, dark rooms of exhibits. 'Don't be silly,' Tim replied.

Suddenly, Tim noticed an interesting exhibit which was a model of a man wearing a very old costume. He stood next to him and Ann took a photo of them with her digital camera, but then when she looked at the screen she couldn't believe her eyes! Tim was standing alone in the photo — the man wasn't next to him! Then, they looked up and saw that the model wasn't in the room any more! It had disappeared!

Ann and Tim ran quickly back to the reception desk. They were terrified! They told the lady there their story. 'Ah-ha! That wasn't a model, that was Henry, the museum ghost,' she said, smiling. Tim looked at Ann. She was completely white!

Technology

Technology refers to all things electronic or digital which have been made for practical purposes in order to improve our lives. I think we will learn about different kinds of technology and how they affect our lives.

Robots

If I had a robot, my life would be easier. The robot would do all the housework and my homework. I could relax and play on my computer all day! The robot would make my bed in the morning and my breakfast too!

A lot of science-fiction writers wrote stories about household robots and the future. Many things they wrote about came true but we are still waiting for robots to cater to all our needs and express themselves like humans.

Scientists have not yet been able to give robots the ability to think but they are working on it. However, scientists have made a robot which can walk, run and climb stairs. They can also make them to look more like humans with a human-like skin covering. Scientists have discovered that language is the biggest obstacle for robots and they are unsure of when we will have robot assistants which we can speak with.

Using Internet

My family uses the Internet to check emails. My mum uses it to get product and service information. My dad checks the weather on the Internet. My brother and I look up entertainment events and get information our schoolwork.

Opinion essay Technological devices

Technology and technological devices have become very popular over the last ten years. In my opinion, having too many devices complicates people's lives rather than makes them easier.

To start with, the increased use of technological devices has brought about many security issues. For example, there has been a major increase in thefts of mobile phones, iPods and other devices. Furthermore using bank cards online isn't safe as hackers have the ability to access bank details.

Secondly, technology can be unreliable. Machines and computers regularly break down and can be time-consuming to fix. This can cause a lot of problems for those who rely on technology, such as businesses or schools.

On the other hand, it is said that learning how to use technological devices prepares you for the future. Regular use of a computer will mean good keyboard skills which can be beneficial in a person's working life.

In conclusion, I think it is important not to rely too heavily on technological devices as that could negatively affect our lives, but occasional use of modern technology can sometimes help.

A favourite TV programme

My favourite programme is a Canadian Show called 'My Parents' House'. It airs every week night. It is presented by Andrika Lawren and Emmanuel Belliveau and it features grown-up children decorating their parents' houses. I like it because it is interesting to see what the rooms look like before and after they decorate them and how the parents react.

'My Parents' House' is a television programme with a twist. It features people's houses being decorated but, not by neighbours or friends like other shows. This decorating show features children decorating their parents' houses.

The programme airs weeknights on HGTV in Canada. The Show has been running since 2004 when it was first aired. Since then, due to the shows popularity it is now available in both the USA and Europe.

The presenters of the show are talented designers Andrika Lawren and Emmanuel Belliveau. They assist the members of the

family in deciding what and how to decorate an out-dated room in the parent's house. The witty presenters have great attitudes and make the show a lot of fun to watch. In every episode viewers are filled with worry as the presenters and participants rush to finish the selected room within the 48 hour time period.

The end of the show can get quite emotional. Parents react to room transformations with teary-eyed appreciation for their children and the presenters. What's more the show gives great design tips and is a must see for any would-be interior designers.

E-waste

I have learnt that a lot of e-waste currently sits in landfills where chemicals leak into the soil and cause damage which affects the food chain. I have also learnt that throwing away electrical items can be very dangerous for the environment, that's why it is important to recycle and repair them or better still give them to charity. I have learnt that e-waste pollutes the soil and air with toxic chemicals. From the text I learned that to stop e-waste we all must remember the 3 Rs — reduce, reuse and recycle.

E-waste is electric and electronic products that we throw away. For example computers, printers and televisions which end up in landfills. E-waste is very bad for the environment. The chemicals that they produce mean that they are very difficult to dispose of safely. That's why it is important to reduce, reuse and recycle any electrical equipment which is no longer wanted. I am definitely going to think twice about throwing e-waste out in the future and I will make sure all my family and friends do the same.

Art

Life without art would feel incomplete. Life's experiences can't always be expressed through words. Art succeeds where words fail, without it, the world would be a quiet place. Art is connected to culture and society. It gives people the chance to express themselves in different ways.

Film preferences

Sue likes romantic comedies because she finds them funny and relaxing. She doesn't like horror or war films because she finds them scary or stressful and depressing.

Pete likes action and adventure films because of the exciting special effects and action stunts. He doesn't like westerns and musical because he thinks they're really boring.

Mary likes most types of films but especially animation because they're funny and have amazing technology. She doesn't like disaster films because she finds them depressing.

I really love Mamma Mia, which is a musical comedy set in Greece. I really like it because I think Meryl Streep is an amazing actress and I find the music really interesting.

Reviewing a film

Bedtime Stories is a brilliant comedy, starring Adam Sandler. This hilarious film follows the funny adventures of Skeeter Bronson, a hotel handyman, whose life is changed forever when the bedtime stories he tells his niece and nephew start to mysteriously come true. The action-packed plot is full of funny special effects and stunts that keep you on the edge of your seat. The film has an all-star cast, including Courtney Cox of the well-known series 'Friends'. This film takes you on a great adventure and makes you laugh all at the same time.

Describing books, films

positive: intriguing, clever, interesting, wellwritten, well-developed, fast-paced, funny, exciting, likeable, surprising, satisfying

negative: slow-paced, predictable, unimaginative, irritating, dull, evil, shallow, disappointing

neutral: mysterious, unusual, unexpected

An e-mail reviewing a book

Hi John!

How are you? Thank you for the email. I have the perfect book for you that I know you will enjoy. It's called 'A Game of Thrones' and it's by George R. R. Martin. The story is set in the Seven Kingdoms of Westeros, which is a fictional medieval Europe, so as you can probably tell, it's a fantasy book.

Let me give you some more details about the book. 15 years after a civil war has ended, several aristocratic families are battling for the throne. The main characters are: Baratheon, Lannister, and Stark. They are all members of the fighting families.

So, as you can imagine, it has a gripping plot with well-developed characters. The beginning is very exciting and the ending is so imaginative that you won't be disappointed. The themes of the book are power and greed, and you will see how they work for and against each other.

That should give you enough information to get you interested. Just talking about it makes me want to read it again! It's well- worth reading. Write again soon and let me know what you thought about it.

Yours,
Sam

Leo Tolstoy

Leo Tolstoy was born in 1928 in Russia. Born into an aristocratic family, his influence in society was great. He wrote many novels and essays in his lifetime. Many of his works are about 19th century Russian life and the Russian aristocracy. His writings on history, society and religion have influenced many other great writers and thinkers. He is considered by many as one of the greatest novelists of all time. His novels 'War and Peace' and 'Anna Karenina' are popular worldwide and are considered masterpieces of literature.

William Shakespeare

William Shakespeare was an English poet and playwright. He wrote plays. His plays were about people in different situations. He wrote comedies, tragedies and historical pieces. Most of his plays were held in The Globe Theatre, in London. The people who attended the plays were from all social classes.

William Shakespeare was born in April, 1564 in Stratford-upon-Avon, Warwickshire, about 100 miles northwest of London. He went to school there for some time and it is believed that he was taken out by his father and learned his trade as a leather maker; making purses, belts and gloves. He married Anne Hathaway on 28 November 1582. They had three children, two girls and a boy, who died at a young age. Shakespeare was famous for writing 36 plays. Many of these plays were staged at The Globe Theatre in London. The plays could only be acted out by men, even the female roles. He started writing historical pieces and comedies and sometime after 1599, perhaps after the death of his son, he started writing tragedies. Shakespeare died 23 April, 1616.

Volunteer work

You should think about coming to the shelter with me. You get to work with a lot of different kinds of animals and do lots of jobs. I have even worked with a llama; I had never seen one of those before. I am learning a lot about animals and I hope one day I will be able to do more to help them. Sometimes it makes me sad to think about the things people have done to these animals, but then I think about all of the good we are doing and I know it is all worth it. Think about it and let me know. They could use all of the help they can get.

Email about volunteer work

Dear George,

What is new with you? I started volunteering at the local Red Cross. We had an earthquake last week and many of our friends and neighbours have lost their homes. I go everyday and hand out clothes, food and blankets to people that are in need. Last week we had to set up beds in a huge tent for people to sleep. It felt really good to do something for someone else. You should think about coming with me sometime. It is very rewarding.

Your friend,
Jack

Email describing a visit

Dear Paul,

Hope you are ok. I thought I would let you know about a great day I had today.

I went with my family to the zoo. We had a really brilliant time there. There is so much to see and do.

The zoo in my city is really big. There are different sections of animals depending on where they live and the kind of animals they are. There is also a really awesome petting zoo where you can pet and see the animals close up.

I really enjoyed the reptile section. The snakes, lizards and crocodiles are absolutely amazing. The African safari was my favourite part with lions, tiger, giraffes and elephants.

It was really fascinating to watch these animals and we even got to see feeding time. They sure eat a lot! Later, we had a very tasty lunch at the cafe in the zoo. We managed to see most of the sections and I even had time to stop off at the gift shop to get a great book on reptiles. Let's just say I was really exhausted by the end of the day.

I hope I will go back soon as I learned so much and had a lot of fun. I plan to suggest a trip to the zoo to my school. If you come to visit I promise to take you there. It's a day you won't forget!

Take care,

Charles

Transport problems

There are always traffic jams in the city centre at rush hour when people are travelling to work and school. In my city people rely mainly on buses and the underground railway for public transport. Services usually run from around 6 in the morning to midnight. At weekends, the trains run a little later – until around 3 in the morning. I think there are also special night buses that run all night in the city centre.

My family and I usually travel by the Underground. We find it cheap and efficient, although it can get a little crowded at times.

Recently they re-introduced the tram in my city. It has helped reduce traffic up to a point, but I still don't think the network is big enough to cover all the areas that need it. On some days cars are banned from the city centre with an even number plate and on other days cars with an odd number plate are banned.

Fear and phobias

Fear is a basic human emotion which helps alert us to a dangerous situation. When we are afraid or fearful, the brain sends signals to the nervous system. In turn, this causes the body to react with symptoms such as sweating or

shaking and the heart beats faster in order to pump more blood to the muscles. This prepares us with the extra energy we need in order to either put up a fight or run away.

Phobias are extreme fears and can develop as the result of something scary which we experienced in the past. For example, a young child may be bitten by a dog and this experience is 'remembered' by the brain well on into adult life. The person is now afraid of any dog that he or she sees.

One way to overcome phobias is by not avoiding scary situations. We can also make a list of all our fears, starting with the least serious ones, and then begin to deal with them one at a time. In the end, we will come to realise that we can overcome our fears.

Tips to save you from a dangerous situation

It is best to avoid going out alone, especially at night. If you must do so, here are a few tips that could save you from a dangerous situation. First, always use busy roads with people on them when you are walking. An attacker will be more likely to strike on a lonely road. Second, if you are attacked by a mugger, don't attempt to put up a fight. It's much better just to give up your bag, as this could save you from injury. If you meet anyone strange who attempts to insult you, simply ignore them and keep walking. Never try to answer back with a rude reply, as this could make the person even more aggressive. You should also avoid taking short cuts through lonely areas and remember to walk fast and purposefully. It's only common sense to carry your mobile phone with you in

case of emergency, and it's also wise to let people know where you are. When you use public transport at night or alone, it's advisable to sit near the driver – and stay awake, of course! If you fall asleep you are a very vulnerable target indeed. A final suggestion is to take a self-defence class, so that you will be able to defend yourself if you are ever attacked.

Email about the accident

Hi David!

Guess what! Paul told me that he had an accident. He said that he had twisted his ankle while he was playing basketball at school. He told me to tell you he was sorry and that it would be impossible for him to go camping this weekend with us. He promised that as soon as he was better we would arrange to go again.

He wished us a good trip and to be careful in the mountains. So it's just the two of us this weekend, but I'm sure we will have fun!

John

If you were lost in the jungle

What would you do if you were lost in the jungle? Do you know how to survive? There are a few important things you should know if you are ever lost in the jungle. First off, the jungle has thick vegetation so you will need a stick to part it when you walk through it. This way you will also be able to see any poisonous insects or snakes.

A very important thing to know is what you will eat and drink when in the jungle. Try insects as they are a good source of protein, but avoid colourful ones as they are usually poisonous. You can collect rainwater in leaves to drink. It rains a lot in the jungle causing mudslides so stay away from steep hillsides. Finally, if an aeroplane passes overhead, use a piece of glass to reflect the sunlight and signal the plane. Help should soon be on its way.

If you were lost in the desert

If I were lost in the desert, I would try to use the clothes I have to protect me from the hot sun. I would sleep during the day and walk at night. I would look for lights on the horizon that indicate a city or a town. If I saw any insects, I would eat them. If an aeroplane flew overhead, I would use any metal I had on me, like a belt buckle, to reflect sunlight and signal the plane.

About the accident

Last summer, I was riding my bike in the park when I hit a rock and fell. I sprained my wrist. I also cut my leg on a piece of glass. It really hurt. My friend helped me get home and my mum put an ice pack on my wrist and some antiseptic cream on the cut. We went to the hospital and a doctor put my arm in a sling so I wouldn't move my wrist.

A letter of application

Dear Mr Johnson,

With reference to your advertisement, in an international student's magazine, I would like to apply for a volunteer position.

I am a fifteen-year-old student currently attending middle school. I really enjoy working with children. I hope to study education and become a teacher. I have just passed the Pet English exam with a grade A. At school, I am involved in a variety of sports teams and clubs including the psychology club. I am described by my fellow students and teachers as sociable, caring and creative. Furthermore, I volunteer every week as a group leader at a youth centre in my neighbourhood, where I coordinate different activities and sports for children of all ages.

From this experience I have learned to communicate well with young people and understand their needs. In addition to my volunteer work, I do babysitting for some of the families in my neighbourhood.

I have attached my application form and references. I would be grateful if you would consider me as a volunteer. I can be contacted at the number on my application form at any time. I look forward to hearing from you.

Yours sincerely,

Pushkin

When Russian people think of the best of Russian literature, they most often think of Alexander Pushkin. He is considered the father of Russian literature. He was the first person to write poems and stories in Russian, at a time when most things were written in French or English. Writing in Russian made his poetry and literature available to everyone. Pushkin was born in 1799 and published his first poem at the age of 15. Throughout his lifetime, he wrote hundreds of plays, short stories and poems. In 1831, he married a woman named Natalya Goncharova. They had four children together. He died in 1837 in a duel defending the honour of his wife. Russian people, no matter their age or political beliefs love Pushkin. His determination to write what he believed in inspires me to work hard and accomplish what I want no matter the difficulties.

Global warming

It is important to protect Antarctica because it is home to many animals, birds, plants and sea life. We could help protect Antarctica by limiting the amount of people that travel there.

We must stop global warming by burning less fossil fuels and finding other environmentally friendly energy sources such as solar energy.

Antarctica

Antarctica is the Earth's most southern continent located at the South Pole. About 98 percent of Antarctica is covered by ice. There are no trees or bushes that grow in the Antarctic, only moss and algae. Whales, seals and birds live in the waters and coastal areas of the Antarctic. Penguins are the most famous inhabitants of the Antarctic. These birds can't fly and live on the ice sheets and coastal waters. Global warming and pollution are threatening this precious ecosystem. Before the 1960s there was no regulation or protection of Antarctica. The Antarctic treaty now protects all the animals and plants there and prohibits pollution in the area. Pollution of the sea is prohibited and no Antarctic animal can be captured or hunted. Special permits are given to visit the area to those that are approved by the treaty.

About parties

I think people have parties to celebrate a special occasion or an event. They want to be with their friends and families and enjoy themselves. But sometimes people just have parties to get together and have fun with their friends without it being a special occasion or celebration.

Computers

I think we all use computers because they make our lives easier and we can do many things much faster with them. Despite all the problems that we can have with computers, we find the enjoyment and help they give to our daily lives worth the problems. Besides, there are lots of quick and easy ways to solve your computer problems. There are many online and telephone help lines that offer cheap and quick solutions to minor problems. For bigger problems there are so many professionals and even students that can fix computers fast with little cost

Speaker 1

You can do so many things online these days. I buy nearly all my gifts from shopping websites now, for example, and I always book tickets for concerts and transport on the web. I can't believe I used to spend hours trying to get through on a phonenumber or standing in a long queue! My parents use the web a lot now too. They read online newspapers every day and check their bank accounts. Sometimes they even do their supermarket shopping online!

Speaker 2

Computers are supposed to make our lives easier, but sometimes it takes so long to do simple things on them. The other day, for instance, I was doing some research for my school Geography project, but I had to visit about twenty websites before I found anything useful. Sometimes, as well, I spend ages just surfing the Net or chatting online when I suppose I could be spending time with my family or doing sport.

Speaker 3

I'm not sure how I would survive if I didn't have a computer! I use my laptop every single day. I mainly use it to do my homework on and to watch DVDs or listen to music in the evenings. Also, we recently moved house so I write a lot of emails to all my old friends. I definitely wouldn't be able to keep in touch with them as well if I didn't have my own computer.

Speaker 4

I'm thinking of joining a class to learn more about how to use a computer. I can see that computers are really useful for so many things, but to tell you the truth, I don't know very much. I mean, I know how to use the Internet and send an email, but that's about all. I think it would help me a lot if I knew a little more.

Speaker 5

I really enjoy anything to do with computers and I've taught myself a lot of things that most people don't know. Actually, my friends are always phoning me to ask me how to solve problems that they have!

Living in the city, countryside

I'd rather live in the city. There are so many activities like going shopping, watching a film at the cinema or meeting friends at a cafe. Everything is close by and it's easy to take the metro or a bus somewhere. I also like living near my friends.

I would like to live in the countryside. The city is too crowded and people are often rude and unfriendly. In the countryside people are kind and helpful. The air is fresh and it's so quiet and clean.

I like music

I like music because it always cheers me up and makes me feel better when I'm down. I also like music because it's fun to dance to my favourite songs.

I think music is important to people because it makes them feel different emotions they might not otherwise feel. Many people listen to music to relax and escape from problems in their lives.

I think music expresses how a person feels. People connect to music in an emotional way.

I agree, I also think that music just makes us feel good and it's a great way to have fun and relax.

Helping people

I think it is very important to help others because by helping others we make our communities and world a better place to live.

I think as a society we have a responsibility to help take care of people in need. Besides, it feels very good to help others and be involved in the community.

Being positive

It is extremely important to be positive when things go wrong as this often affects the outcome. By being positive and even just smiling, people will want to help you and things could get better much faster.

A positive attitude not only will make people want to help, but it will make the entire experience less stressful and hurtful. Afterward when things are better, you won't have lost all that energy feeling negative.

People's problems

Many people have problems getting along with their friends or family. They can feel very lonely and sad. By discussing their problems and being more understanding of others they can find solutions.

I think many people have problems with their jobs and financial problems which can be very stressful and make them feel depressed. Some try to find better jobs and others rely on their friends and family to help them out.

Superstitions

I'm not superstitious at all. I mean, most people say 'touch wood' for good luck, but I don't even do that. To tell you the truth, I don't think that being successful in life is about being lucky or unlucky. I think you need to

know what you want and then work hard to get it. That's what makes a lucky person, in my opinion. Is there any reason to believe in superstitions? Probably not. But nobody really knows. If I see a ladder across my path, for example, I always walk around it — you know, just in case. I just don't want to take the risk, that's all.

I never touch wood, throw salt over my shoulder, carry a lucky charm, that kind of thing. I can't believe people still believe in these silly superstitions today. I think we should forget them and leave them in the past, where they belong. I'm certainly not going to teach my children to believe in any of that rubbish.

I don't take superstitions very seriously, but they are a kind of hobby. I love to sit down with friends and chat about something strange that has happened. We all laugh and tell each other that it is a sign of good or bad luck! Sometimes we try to guess what might happen next. Of course, we never guess correctly, but we always enjoy ourselves trying!

I find them all so interesting! You know, every superstition has its own history. I love to learn where each one has come from and how it has changed. Our superstitions have even become a part of the way we think and speak. Every country in the world has its different superstitions, and I think they're absolutely fascinating!

Party

It was fantastic. My mum baked me a huge cake with sixteen candles and I got lots of fantastic gifts and cards. About 50 people came to my party and we had a lot of fun. I was so happy. There was a DJ and we danced to the music and we had lots of great food, too. It was a bit embarrassing when everyone sang to me but I had a great time.

It was lovely and I was thrilled to be invited. The flowers were beautiful and so was the cake. The food was fantastic and everyone enjoyed themselves a lot. Of course, the happy couple looked lovely. The bride's dress was very unusual.

It was one of the best days of my life. My parents gave me a lovely gift and told me how proud they were of me and I was proud of myself too. I took lots of photos all day to remember everyone by and then at night my whole class came and we partied all night until the early hours.

My neighborhood

My neighbourhood is fairly quiet, with wide clean streets and attractive modern houses. It has everything I need without having to go into the town centre. There's a small supermarket, a post office, a bank and a chemist's. It's great because I only have to go into town if I need to go to a department store or to a clothes shop or a shoe shop which isn't very often, so I have everything I need nearby.

Violent sports should be banned

The way I see it, there are many reasons why violent sports should be banned. For a start, I think that some sports are nothing but an excuse for violence. After all, in a world already full of violence, we don't need the sight of sportsmen getting badly hurt and bleeding on our TV screens. Also, people who take part in violent sports, such as martial arts and wrestling, also risk serious injury or death. Many young boxers, for example, are seriously injured every year.

Violent sports can be a healthy way to relax

Well, I totally disagree. Firstly, sports that are more violent than others, let's say rugby or ice hockey, can actually be a healthy way to relax and let off steam. If people do this, I think that general aggression and violence in society will be greatly reduced. In addition, instead of banning violent sports, efforts can be made to improve safety standards and provide more or better protective clothing. In this way, serious injuries would be reduced.

At the summer camp

I had never been on holiday without my parents before, so I was very worried about going to the summer camp.

I thought that I wouldn't be able to make any friends and that I would get lonely. In the end, though I had a fantastic time. I met some wonderful people and really enjoyed all the activities. I can't tell you how glad I am that I went to the camp!

Failed skydive

I don't know what happened to me. I had been looking forward to doing that skydive all week. I mean, one minute I was all excited about it, the next I felt physically sick and just couldn't imagine jumping out of that plane. Anyway, I tried to ignore the fear and just do it anyway, but I really couldn't.

About risks and doing sth different

Well, I don't know what I was thinking when I booked the skiing holiday. You know that I'm not really a daring, sporty kind of person. I mean, I usually spend my weekends doing calm, safe activities like going for nice walks or reading books! Oh well! I guess it's good to take risks and do something different sometimes. It makes you a stronger person.

It's worth taking a risk sometimes

When Tom and the others first told me I should ask Ben out for a coffee, I said "Absolutely not! I don't even know if he likes me! What if he says no?" But they just kept saying it again and again until I agreed to ask him. Well, I'm happy to say that I did ask him and he said yes! You see, it just shows that it's worth taking a risk sometimes.

Disadvantages of part-time job

When I first got the job at the cafe, I loved it. It was great to have some extra pocket money and some of my friends already worked there, which made it a lot of fun. But now I'm starting to get really behind with my schoolwork. I'm so tired when I get home from work that I just don't have the energy to do my homework or anything else. I might give the job up. I really regret applying for it.

Chinese New Year

The Chinese celebrate New Year with a two-week festival. The most important celebrations take place on the first day. This is when families invite a lion dance group wearing red and gold costumes to perform, as they believe that this brings good luck. Fireworks go off and the streets are full of happy people wearing new clothes and jewellery, dancing to loud music and eating lots of food.

About superstitions

Speaker 1

I don't think luck has anything to do with whether we do well in life or not. It's true that there have been situations when I've considered myself very lucky, but after rational thinking I have come to realise that anything good that's happened to me is the result of hard work and careful planning.

Speaker 2

I've been carrying this little golden coin with me ever since I was a little girl. I believe that if I lose it, something bad will happen to me. Once, I was half way through a trip, when I realised I'd left it at home. Well, I drove back three hours to get it, and then I went on my way again!

Speaker 3

I don't remember who it was that said "the only sure thing about luck is that it will change", but I certainly agree with them! I've felt really fortunate in my life quite a few times, but I don't expect good luck to follow me around for the rest of my life!

Speaker 4

Over the years, I've managed to raise a wonderful family, have a very good business, and be surrounded by friends I love and trust. So, I can say that my life is blessed with good fortune, but that alone doesn't help. If you don't do something yourself to make sure your dreams come true, good luck won't be enough.

Speaker 5

Lately I've been having one problem after the other. I'm not superstitious, but I really feel I've done something to make Lady Luck angry! But maybe I worry too much. If the saying "good things come to those who wait" is true, then I can only hope that with a little more patience, things will improve for me.

School uniform

There is a prevailing belief that school uniforms hinder a student's freedom of expression and individuality. As a result, students are unable to reveal their personality through their clothing. Moreover, school uniforms are often described as uncomfortable and unfashionable.

Despite these things, the writer stresses the importance of school uniforms by explaining that uniforms make it easy for students to decide what to wear, they save parents lots of money, they allow pupils from lower income households to feel equal, and they give students a sense of loyalty for their school.

In conclusion, the writer believes that uniforms do not hurt pupils' individuality or need for self expression since many schools have a choice of uniforms. Furthermore, the writer feels that uniforms introduce a feeling of belonging, help build school spirit, and are important for displaying school unity.

The problem of stray animals

In conclusion, the writer believes that uniforms do not hurt pupils' individuality or need for self expression since many schools have a choice of uniforms. Furthermore, the writer feels that uniforms introduce a feeling of belonging, help build school spirit, and are important for displaying school unity.

Facilities

It is a sad fact that our city has inadequate animal care facilities and services. Special parks for pets could be built so owners have somewhere to take their pets for exercise. Animal shelters could be constructed to house our city's strays until suitable homes have been found for them.

Services

There are many ways of tackling the problem of stray animals wandering our city streets. Firstly, City Council can use taxpayers' money to spay and neuter all the strays on the street. They can also provide a free spaying and neutering service to all pet owners. In addition, City Council can encourage the ownership of pets by providing free pet sitters, dog walkers, and certified dog trainers.

Rules/Regulations

For those people who refuse to care for their pets properly or who indirectly increase the number of strays on our streets, new laws are necessary. The rules governing animal abuse should also be tightened and the use of a lead when dog walking must be made compulsory.