Міністерство освіти і науки України Національний університет водного господарства та природокористування

Кафедра іноземних мов

06-09-116M

МЕТОДИЧНІ ВКАЗІВКИ

та навчальні завдання до практичних занять і самостійної роботи з дисципліни «Іноземна мова (англійська/рівень володіння А2+)» для здобувачів вищої освіти першого (бакалаврського) рівня усіх освітньо-професійних програм спеціальностей НУВГП денної та заочної форм навчання

> Схвалено науково-методичною радою НУВГП Протокол № 2 від 19.02.2025 р.

Рівне – 2025

Методичні вказівки та навчальні завдання до практичних занять і самостійної роботи з дисципліни «Іноземна мова (англійська/рівень володіння A2+)» для здобувачів вищої освіти першого (бакалаврського) рівня усіх освітньопрофесійних програм спеціальностей НУВГП денної та заочної форм навчання. [Електронне видання] / Кінащук А. В., Мартинова Т. І., Мудрик Д. П. – Рівне : НУВГП, 2025. – 41 с.

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Вчений секретар науково-методичної ради НУВГП Костюкова Т. А.

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Методичні вказівки та навчальні завдання ЛО практичних занять і самостійної роботи з дисципліни «Іноземна мова (англійська/рівень володіння А2+)» укладено на основі силабусу дисципліни «Іноземна (англійська/рівень володіння А2+»)» мова ДЛЯ здобувачів вищої освіти усіх освітньо-професійних програм НУВГП. Названа розробка є логічним навчально-методичного доповненням комплексу згаланої навчальної дисципліни укладена та відповідно до змістового наповнення підручника «Roadmap A2+».

Мета методичних вказівок та навчальних завдань полягає у формуванні лексико-граматичної компетентності здобувачів освіти та актуалізації вже засвоєних знань початкового рівня.

Метоличні вказівки та навчальні завдання структуровані за розділами, V кожному 3 яких представлені адаптовані та автентичні текстові завдання із системою відповідних вправ до них. Запропоновані завдання мають на меті розширити словниковий запас здобувачів освіти, удосконалити уміння застосовувати вже набуті навички усного мовлення, письма, читання та сприймання на слух висловлювань іноземною мовою, а також критичного мислення, креативності та кооперації.

Здобувачі освіти мають змогу послуговуватись сучасними ресурсами актуального Інтернет-контенту удосконалюючи власні навички застосування відповідних інформаціно-комунікаційних технологій.

4

Task 1.1. Read the text "How to (Really) Get to Know Someone" (<u>https://www.healthline.com/health/how-to-get-to-know-someone#real-questions</u>) and answer the questions below

1. Why is it better to avoid rapid-fire questions?

2. Can you use active listening?

3. Will you learn a lot from how someone physically responds to a question?

4. Will you try to share things about yourself? Why?

5. Will you avoid sending a lot of texts before your receive a reply? Why?

6. What does a more personalized plan for a meeting show?

7. Will you discuss any sensitive subjects?

8. How much time does it take for a friendship top develop?

9. May friendship always work out?

10.What to do if you've made an effort but someone doesn't seem to click?

Task 1.2. Read the text again and fill in the gaps below

1. Some people have no trouble ... to know others.

2. You'd probably have a ... time communicating without asking any questions at all.

3.Instead of asking ... questions, let the conversation guide you.

4. Once you feel that initial spark of interest, you want to know more about them \dots .

5. If you want to ask about family, you could say, "Do you spend a lot of time with your ...?"

6.A 2018 study found it usually ... about a month for conversation patterns to settle into a comfortable rhythm.

7. You have to pay ... to their answers.

8.Active ... means you participate in the conversation even when you aren't speaking.

9. If they turn their body or head away, shrug off the question, or give a brief answer, they may not have much

10. You don't always have to ... the same things to make a connection.

1	make	Α	the conversation back
2	like	В	connection
3	one-sided	С	of clothing
4	feel	D	the same things
5	bring	Ε	to know
6	make	F	relationships
7	unique piece	G	compliments
8	avoid	Η	of someone
9	get	Ι	uncomfortable
10	think	J	giving advice

Task 1.3. Match the words to make word combinations

Task 1.4. Watch the video "How to Really Get to Know People"(<u>https://www.youtube.com/watch?v=0RVHMXWMFcw</u>)andanswer the questions below

- 1. Why should you skip a small talk?
- 2. What does it mean to be vulnerable?
- 3. *How to show a genuine concern?*

4. *How important is a judgement while getting to know someone?* 5. Should you accept someone's faults?

Task 1.5. Watch the video "10 Habits of All Successful People" (<u>https://www.youtube.com/watch?v=Dk20-E0yx_s</u>) and answer the questions below

- 1. How often do you set goals before starting any activity?
- 2. Are you ready to take responsibility for your mistakes?
- 3. Why is a self-discipline so important?
- 4. What to do when there are too many tasks on your to-do list?

- 5. Will you keep going even after some failures?
- 6. What do successful people do in their lives?
- 7. Would you wish it were easier?

Task 1.6. Read the text "39 Famous "Failures" to Inspire Success" (<u>https://www.linkedin.com/pulse/39-famous-failures-inspire-success-broden-johnson</u>) and answer the questions below

- 1. Who was fired from Apple?
- 2. Why was "Star Wars" rejected by several film studios?
- 3. How many publishers rejected "Harry Potter"?
- 4. Whp faced financial difficulties early in her career?
- 5. Who invented innovative vacuum cleaner?
- 6. How many experiments did Thomas Edison fail before perfecting the light bulb?
- 7. Who was expelled from his first school?
- 8. What literary work was given many harsh reviews by ctitics?
- 9. What team was Michael Jordan cut from?

1	cut	Α	penniless
2	a flying	В	from the team
3	to be	С	machine
4	die	D	works
5	harsh	Ε	ventures
6	business	F	from school
7	political	G	accepted
8	to be expelled	Η	reviews
9	run out	Ι	campaign
10	unpublished	J	of financing

Task 1.7. Match the words to make word combinations

Task 2.1. Read the text "29 Things You Should Accomplish Before You're 30" (<u>https://www.entrepreneur.com/starting-a-business/29-things-you-should-accomplish-before-youre-30/307742</u>) and answer the questions below

- 1. Is education important in your lifetime?
- 2. Would you like to research your family history?
- 3. Are you keen on sport?
- 4. Would you improve your writing and reading skills?
- 5. How do you feel when you fail?
- 6. Is it easy to sing in a public?
- 7. What foreign language would you like to learn?
- 8. What kind of brand would you like to create?

Task 2.2. Read the text again and fill in the gaps below

- 1. It's ... too late to visit a foreign country, start a new career or learn a new skill.
- 2. Let's ... honest, there are a lot of things that you should accomplish before you turn 30.
- 3. College provides priceless experiences ... meeting new friends, getting out of your comfort zone, and learning skills that will help land a sweet job.
- 4. There's nothing quite as rewarding as making a ... meal and receiving compliments from friends and family.
- 5. The sooner you start saving, the ... money you'll have when it's time to enjoy your golden years.
- 6. As you get ..., you realize you only really need a handful of friends.
- 7. Find out what you care about and devote yourself ... it.
- 8. Writing something like a fictional ... can boost your creativity and help develop your writing skills.

- 9. Smoking isn't a habit that is good for your ... or those around you.
- 10. There's no better way to learn, grow and drive yourself to succeed in the future ... to fail.

Task 2.3. Match the words to make word combinations

1	to do	Α	person
2	much better	В	the same
3	to drive	С	your health
4	to succeed	D	away your money
5	to learn to pick	Ε	yourself
6	to indulge yourself	F	organized
7	to spend	G	in the future
8	to make	Η	mistakes
9	to be good for	Ι	yourself up
10	to get	J	in luxury

Task 2.4. Look at the pictures below and guess what kind of food it is





Task 2.5. Read the text "The 50 Weirdest Foods From Around the World" (<u>https://www.hostelworld.com/blog/the-50-weirdest-foods-from-around-the-world/</u>) and answer the questions below

- 1. Where can you taste chicken's feet?
- 2. What dish consists of a sheep's heart, liver and lungs?
- 3. What tastes similar to squid or octopus?
- 4. How can you cook blood?
- 5. What is Spam?
- 6. Have you ever tasted surstromming?
- 7. How to make a yolk red?
- 8. What kind of an unusual biscuit have you seen?
- 9. Where is a fried spider popular?
- 10. How is insect caviar cooked?

1	Stink Bugs	Α	New Zealand
2	Tequila Worm	В	The United Kingdom
3	Marmite	С	Africa
4	Pickled Egg	D	France
5	Bird's Nest Soup	Ε	Australia
6	Fugu	F	The United States
7	Steak Tartare	G	Mexico
8	Kangaroo	Н	China
9	Southern Fried	Ι	Southeast Asia
	Rattlesnake		
10	Turtle Soup	J	Japan

Task 2.6. Match the dishes and countries

Task 3.1. Read the text "What will future cities look like?" (<u>https://alumniuk.britishcouncil.org/news/6539092f549387a5c92</u> <u>b8935</u>) and answer the questions below

- 1. What do you know about Songdo?
- 2. What do future cities need to serve to?
- 3. What is important when choosing where to live?
- 4. Why are coastal cities vulnerable?
- 5. Do we need to reduce emissions?
- 6. Why is Nottingham another success story?
- 7. Why did Bremen leaders want to modernize heating systems?

Task 3.2. Read the text again and fill in the gaps below

- 1. Technology alone won't be enough to solve one of ... biggest issues.
- 2. The World Health Organisation states that raffic is the number one source of ... pollution globally.
- 3. It is important to invest ... electric public transport.
- 4. It aims to make active travel the first choice for travelling ... the city.
- 5. The city centre has also pedestrianised a series of squares areas for citizens that are closed to
- 6. A safe life should include a sense of community, access ... work and food.
- 7. People should live a lifestyle that ... harm the environment.

Task 3.3. Read the text "50 of the world's most unusual hotels for when we can travel again" (https://www.telegraph.co.uk/travel/hotels/articles/the-worlds-most-unusual-weird-hotels/) and answer the questions below

1. Is there any unusual hotel located in the pine forest?

- 2. What is No Man's Fort?
- 3. What is a hotel in Bolivia constructed from?
- 4. What hotel could dog lovers really like?
- 5. What hotel has unexplored lakes and direct access to volcano?
- 6. Why will car lovers love the V8 Hotel in Stuttgart?
- 7. Can a sewage pipe be a place to stay in?

1	El Cosmico	Α	New Zealand
2	Hotel Central and	В	The United States
	Cafe		
3	Quinta Real	С	Denmark
	Zacatecas		
4	Inntel Amsterdam	D	Finnish Lapland
	Zaandamn		
5	Arctic TreeHouse	Ε	Mexico
	Hotel		
6	Good Hotel London	F	Jamaica
7	The Caves	G	Maldives
8	The Hobbit Motel	Н	Netherlands
9	Hurawalhi	Ι	England
10	Free Spirit Spheres	J	Canada

Task 3.4. Match the hotels and countries

Task 4.1. Read the text

Weird Holidays Around the World

Every country has its unique holidays, but some of them are really unusual! Here are some of the strangest holidays celebrated around the world.

In Spain, there is a festival called *La Tomatina*. It happens on the last Wednesday of August in a small town called Buñol. Thousands of people gather in the streets and throw tomatoes at each other! The festival started in 1945, and now it is a famous event that attracts tourists from all over the world.

In Japan, there is a holiday called *Hadaka Matsuri*, or the "Naked Festival." It takes place in February, and men wear only a small piece of cloth called a "fundoshi." They try to catch lucky charms thrown by the priests. People believe that these charms bring good luck for the whole year.

In the USA, there is a day called *National Pillow Fight Day*. It is celebrated in different cities on the first Saturday of April. People gather in public places and have fun hitting each other with pillows! It's a great way to relieve stress and enjoy time with friends.

In Thailand, people celebrate *Songkran*, the Thai New Year, in April. One of the most exciting parts of this holiday is the water fight! People throw water at each other on the streets to symbolize washing away bad luck and starting fresh.

In Switzerland, there is a festival called *The Escalade*. It takes place in December in Geneva. People celebrate a historical event from 1602 when the city was attacked. Families make chocolate pots filled with sweets, and everyone breaks them while shouting, "Thus perish the enemies of the Republic!" These holidays show how different cultures celebrate in unique and fun ways. Would you like to participate in one of these strange holidays?

Task 4.2. Answer the questions

a) Where is La Tomatina celebrated?

b) What do people wear during Hadaka Matsuri?

c) When do people celebrate National Pillow Fight Day?

d) Why do people throw water during Songkran?

e) What do people break during The Escalade?

Task 4.3. True or False

a) La Tomatina takes place in Japan. ()
b) People throw pillows in Songkran. ()
c) The Escalade is celebrated in Switzerland. ()
d) Hadaka Matsuri happens in summer. ()
e) National Pillow Fight Day helps people relieve stress. ()

Task 4.4. Match the country with the holiday

a) Spain	1) Hadaka Matsuri
b) Japan	2) Songkran
c) USA	3) La Tomatina
d) Thailand	4) The Escalade
e) Switzerland	5) National Pillow Fight Day

Task 4.5. Find the missing word

a) People throw ______ at each other during La Tomatina.
b) Hadaka Matsuri is also called the ______ Festival.
c) The Pillow Fight Day is celebrated in ______ places.
d) Water fights happen in ______ during Songkran.
e) People make chocolate ______ for The Escalade.

Task 4.6. Complete the sentences with the correct prepositions (in, on, at, from)

a) La Tomatina happens _____ Spain.
b) People celebrate National Pillow Fight Day _____ April.
c) Hadaka Matsuri takes place _____ February.
d) The Escalade festival is celebrated _____ December.
e) Songkran is a festival _____ Thailand.

Task 4.7. Make word combinations from the text

a) Pillow + ____ b) Water + ____ c) Lucky + ____ d) Chocolate + ____ e) Public + ____

Task 4.8. Watch the video "Weird Holidays Around the World" <u>https://www.youtube.com/watch?v=dk9-dNvApng</u> and discuss what holiday impress you the most and why? Which holiday you would like to visit and why?

Task 5.1. Read the text

The Strangest Birthday Celebration

People celebrate birthdays in many different ways. Some have big parties, while others prefer a quiet dinner with family. But in Canada, there is a very unusual birthday tradition called the "Buttered Nose."

In this tradition, family members and friends try to catch the birthday person and cover their nose with butter! It is believed that the butter makes them too slippery for bad luck to catch them. This fun and messy tradition is popular in some parts of Canada, especially among children.

In Denmark, another strange birthday tradition happens when a person turns 25 and is still not married. Their friends cover them with cinnamon! If they are still single at 30, they get covered in pepper instead. This is a funny way to remind them that they are still looking for love.

In Mexico, children often celebrate with a "piñata." A piñata is a colorful figure filled with sweets and small toys. The birthday child is blindfolded and tries to break it with a stick while others cheer. Once the piñata breaks, everyone runs to grab the candy!

In Germany, if a man turns 30 and is still not married, he must sweep the steps of the town hall while his friends throw trash around him. This tradition shows that he is still available and needs to find a partner!

Different countries have different ways to celebrate birthdays, and some of them can be really strange! Which one do you find the funniest?

Task 5.2. Answer the questions

- a) What happens to the birthday person in Canada?
- b) When do people in Denmark get covered in cinnamon?

c) What is inside a piñata?
d) What do unmarried men in Germany have to do on their 30th birthday?
e) Why do people follow these traditions?

Task 5.2. True or False

a) In Canada, people throw cinnamon at the birthday person. ()
b) The piñata is filled with water. ()
c) In Denmark, people get covered in butter. ()
d) In Germany, single men must clean the town hall. ()
e) These traditions are the same in every country. ()

Task 5.3. Match the country with the birthday tradition

a) Canada	1) Cinnamon for single people
b) Denmark	2) Buttered nose
c) Mexico	3) Piñata
d) Germany	4) Sweeping steps

Task 5.4. Find the missing word

a) In Canada, people put ______ on the birthday person's nose.
b) In Mexico, children try to break a ______.
c) In Denmark, people cover single friends in ______.
d) In Germany, men sweep the ______ of the town hall.

Task 5.5. Choose the correct preposition (in, on, at, with)

a) The birthday person gets buttered ____ Canada.
b) People celebrate birthdays different ways.

c) The piñata is filled sweets.

d) *In Germany, men clean the steps* <u>their 30th birthday.</u>

Task 5.6. Make word combinations from the text

a) Birthday + ____

b) Sweet + _____ c) Colorful + _____ d) Single + _____ e) Fun + _____

Task 5.7. Write a short paragraph

Imagine you can create your own strange birthday tradition. What would it be? Describe what happens and why it is special.

Task 5.8. Interactive exercises

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Task 6.1. Take this quiz "How Sporty Are You?" to find out how sporty you are! Choose the best answer for each question.

- 1. How often do you exercise?
- a) Every day
- b) A few times a week
- c) Once a month
- d) Never
- 2. What is your favorite type of physical activity?
- a) Running or cycling
- b) Team sports like football or basketball
- c) Yoga or stretching
- d) Watching sports on TV
- 3. How do you feel about going to the gym?

a) I love it!

- b) I go sometimes.
- c) I don't like it much.
- d) I never go.
- 4. What do you usually do on weekends?
- a) Play sports or go hiking
- b) Go for a walk or bike ride
- c) Stay home and relax
- d) Sleep all day
- 5. How do you feel after doing sports?
- a) Energized and happy
- b) A little tired but good
- *c*) Very tired and sore
- d) I don't do sports
- 6. Do you enjoy watching sports events?
- a) Yes, I love watching live games
- b) I sometimes watch big events
- c) I only watch the Olympics
- d) No, I don't like sports
- 7. Can you run for 10 minutes without stopping?
- a) Yes, easily!

b) Yes, but it's difficult

c) Maybe for a few minutes

d) No way

8. How do you feel about team sports?

a) I love playing in a team

b) I enjoy them sometimes

c) I prefer individual sports

d) I don't like sports

9. What do you usually eat before a workout?

a) Something healthy like fruits or protein

b) A sandwich or light snack

c) I eat anything I want

d) I don't eat before workouts

10. Have you ever participated in a sports competition?

a) Yes, many times!

b) *A few times*

c) Only at school

d) Never

11. How do you prefer to travel short distances?

a) Walking or cycling

b) Public transport

c) Driving

d) I avoid moving too much

12. Do you like trying new sports?

a) Yes, I love learning new activities

b) I try sometimes

c) Only if my friends invite me

d) No, I stick to what I know

13. How important is fitness in your life?

a) Very important!

b) It's somewhat important

c) I don't think about it much

d) *Not important at all*

14. How often do you stretch?

a) Every day

b) A few times a week

c) Rarely
d) Never
15. What do you do when you feel stressed?
a) Exercise or go for a run
b) Do yoga or meditate
c) Watch TV or play video games
d) Sleep all day

Task 6.2. Answer the questions

a) How often do you exercise?
b) What do you do on weekends?
c) Do you like trying new sports?
d) How important is fitness to you?
e) What do you do when you feel stressed?

Task 6.2. Find the opposite word in the quiz

a) Active – _____ b) Love – _____ c) Energized – _____ d) Team – _____ e) Win – _____

Task 6.3. Match the sport with the equipment

a) Football - 1) Racket b) Tennis - 2) Ball c) Swimming - 3) Goggles d) Boxing - 4) Gloves e) Running - 5) Shoes

Task 6.4. Complete the sentences with a word from the quiz

a) I love _____ new sports.
b) After exercise, I feel _____ and happy.
c) Some people prefer _____ sports, but I like playing in a team.

d) Watching _____ on TV is fun, but playing them is better!
e) A good way to relax after a workout is by doing some _____.

Task 6.4. Interactive exercises

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s&r=vs&f=dzdfzdzt&ms=uz&cd=kirujgnepkpypngnegngzxg& mw=hs

Task 7.1. Read the text

Lost but Found: The Story of Twin Sisters

Emma and Olivia were born on the same day, identical in every way. They had the same deep blue eyes, golden curls, and a small birthmark on their left wrists. But fate had different plans for them. When they were just babies, they were separated due to a tragic accident. Emma was adopted by a loving family in Canada, while Olivia grew up in a small town in France.

Emma loved playing the piano and dreamed of becoming a musician. Olivia, on the other hand, enjoyed painting and spent hours creating beautiful landscapes. Despite living miles apart, they always felt like something was missing in their lives.

One day, Emma traveled to France for a music competition. She was walking through an art gallery when she saw a painting that looked strangely familiar. It was a painting of a place she had never been to, yet it felt like home. Intrigued, she asked about the artist. That artist was Olivia.

Their reunion was unexpected, emotional, and almost unbelievable. They spoke for hours, discovering how similar their lives had been despite the distance. They laughed, cried, and finally felt complete.

Task 7.2. Complete the Story: Imagine how Emma and Olivia reacted when they first met. What did they say to each other? How did they feel? Write the next part of their story.

Task 7.3. Your Own Version: How do you think they could have met differently? Write your version of their reunion story.

Task 7.4. True or False: Read the statements below and decide if they are true or false

a) Emma and Olivia grew up together.

- b) Emma played the piano.
- *c) Olivia loved to dance.*
- *d*) *They met at a bookstore.*
- e) They felt something was missing in their lives.

Task 7.5. Find the Missing Word: Fill in the blanks with words from the text

a) Emma and Olivia were _____ sisters.

b) Emma traveled to _____ for a music competition.

c) Olivia was an _____ who painted beautiful landscapes.

d) They met at an _____ *gallery.*

e) Their reunion was _____ and emotional.

Task 7.5. Describe their appearance: based on the text, describe Emma and Olivia's looks in your own words

Task 7.6. Discussion questions

Do you believe in destiny? Why or why not? Have you ever met someone who felt like family even if they weren't related to you? What would you do if you found out you had a twin?

Task 7.8. Interactive exercises

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Task 8.1. Read about Pros and Cons of Online Shopping and description of the table.

Pros	Cons
Convenience – shop anytime, anywhere	No physical inspection before buying
More variety – access to global stores	Delivery can take time
Easy price comparison	Shipping costs can be high
Saves time – no need to visit stores	Risk of scams or fraud
Discounts and special deals	Returns and exchanges can be complicated

Description of the Table

Online shopping has become an essential part of modern life due to its convenience. People can shop at any time from anywhere, saving time and effort. Another big advantage is the variety of products available, as customers can access stores from all over the world. Additionally, online shopping allows for quick price comparisons, helping buyers find the best deals. Many online stores also offer discounts and promotions, making shopping more affordable.

However, there are also disadvantages. One major drawback is that customers cannot physically inspect the product before buying, which may lead to disappointment. Shipping costs and long delivery times can also be an issue. Furthermore, online shopping carries risks such as fraud, as some websites may not be trustworthy. Returning or exchanging a product can also be more complicated compared to traditional shopping. Despite these downsides, online shopping remains a popular and efficient way to buy products.

Task 8.2. Fill in the blanks

Online shopping is _____ because you can buy things anytime.
 A disadvantage of online shopping is that you cannot _____ before buying.
 Some websites are not _____, so people must be careful.

helps customers find the best price for a product. *4. Waiting for an order to arrive can take a long*

Task 8.3. True or False

1. Decide if the statements are true or false.

2. Online shopping always guarantees a safe transaction.

3. You can compare prices easily when shopping online.

4. Returns and exchanges are always simple.

5. Shopping in stores takes less time than shopping online.

6. There are no additional costs when shopping online.

Task 8.4. Choose the correct answer

1. One advantage of online shopping is:

a) You can try the product before buying it.

b) You can shop anytime, anywhere.

c) It always arrives instantly.

2. A disadvantage of online shopping is:

a) You can compare prices easily.

b) There are many discounts available.

c) You may have to pay for shipping.

3. Which of these is a risk when shopping online?

a) Meeting new people

b) Fraud or scams

c) Getting lost in the store

Task 8.5. Write a short paragraph (5-7 sentences) about your experience with online shopping

Do you prefer online or in-store shopping? Why?

Have you ever had a problem when buying something online? What was your best online purchase?

Task 8.6. Work in pairs or small groups and discuss the following:

Would you rather buy clothes online or in a store? Why? What products are better to buy online? What products should be bought in stores? Have you or someone you know ever received the wrong item after ordering online? What happened?

Task 8.7. Rearrange the words to form correct sentences

shopping / Online / easy / very / is / and / convenient.
 inspect / can't / before / You / a / online / buying / product.
 sometimes / long / delivery / take / can / time / a.
 prices / allows / comparison / quick / for / Online shopping.
 discounts / stores / offer / special / Some / online.

Task 8.8. With a partner, act out a conversation between a customer and an online store's customer service representative. One person is a customer who ordered a product but received the wrong item. The other person works for the store and must help solve the problem.

Task 8.9. Interactive exercises

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UNIT 9

Task 9.1. Read the text

Are We Working Too Much?

Modern life often feels like an endless race for achievements, success, and financial well-being. But is that really living when we spend most of our time working? It's crucial not only to earn money but also to find time for ourselves, our family, pets, and friends.

Monday:

The day starts with an early wake-up and a quick breakfast. You drop the kids at school and head to work. After the workday, you try to squeeze in household chores, walk the dogs, and prepare dinner — all in a rush.

Tuesday:

After work, you manage to grab a coffee with friends, but it feels like there's never enough time for a meaningful conversation. Evening includes gym time and more household tasks. By the end of the day, you realize that you've had very little time for yourself.

Wednesday:

The day begins early with a quick walk with the pets before heading to work. After work, there's a hobby or a meeting with colleagues, but family time is still limited. Evening ends with the family, but even then, you feel like time is slipping away.

Thursday:

After work, there's a little time for the kids — helping with homework and school projects. The rest of the evening involves planning for the future. The day ends with a movie night, but once again, time flies by.

Friday:

After a busy week, you'd like to relax, but there are still household chores and more work. Evening includes a gathering with friends and family activities, but there's always a sense that you're running out of time.

How to Organize Your Time?

Priorities: Set priorities. Clearly define what's most important: work, family, or personal time.

Mini-vacations: You don't always need to travel far; even a walk in nature can help reduce stress.

Family Time: Schedule specific time for family and friends, and avoid working during this period.

Auto-schedule: Keep a calendar that includes work, personal meetings, and relaxation.

Task 9.2. Time management tasks

1. Write down all important tasks for the week. Break them into categories: work, family, friends, self-improvement, relaxation.

2. Define "the top three tasks of the day." At the end of each day, note what you accomplished and what can be moved to the next day.

3. Create a "planned relaxation" schedule. Life should include time for not just work but also for unwinding.

4. Create Your Weekly Schedule using the prompt:

Monday:

- 7:00 AM Wake up and have breakfast with family
- 8:00 AM Work
- 12:00 PM Lunch break
- 5:00 PM Finish work
- 6:00 PM Walk the dog
- 7:00 PM Dinner with family
- 8:00 PM Relax, read, or watch a movie
- 10:00 PM Bedtime

Tuesday:

- 7:00 AM Wake up and exercise
- 8:00 AM Work
- 12:00 PM Lunch break
- 6:00 PM Meet friends for coffee
- 8:00 PM Cook dinner
- 9:00 PM Family time
- 10:00 PM Bedtime
- Wednesday:
- 7:00 AM Wake up and have breakfast with family
- 8:00 AM Work
- 12:00 PM Lunch break
- 5:00 PM Work on personal projects
- 7:00 PM Family dinner
- 8:00 PM Relax or do a hobby
- 10:00 PM Bedtime
- Thursday:
- 7:00 AM Wake up and exercise
- 8:00 AM Work
- 12:00 PM Lunch break
- 6:00 PM Meet friends or have a personal meeting
- 7:00 PM Family time
- 9:00 PM Bedtime
- Friday:
- 7:00 AM Wake up and have breakfast with family
- 8:00 AM Work
- 12:00 PM Lunch break

5:00 PM - End of work

6:00 PM - Relax and enjoy the evening with friends or family

10:00 PM - Bedtime

Saturday:

9:00 AM - Sleep in, have a lazy morning

11:00 AM - Weekend activities (sports, outdoor adventures)

1:00 PM - Lunch with family/friends

4:00 PM - Personal projects or rest

7:00 PM - Family dinner

9:00 PM - Relax, movies, or time for hobbies

11:00 PM - Bedtime

Sunday:

9:00 AM - Wake up and enjoy a slow morning

11:00 AM - Outdoor activities or hobbies

1:00 PM - Lunch with family

3:00 PM - Prepare for the week ahead

5:00 PM - Relax and unwind

9:00 PM - Bedtime

This schedule can be adapted depending on your priorities and obligations. Remember: it's important to have time for rest and connection with the people you love!

Task 9.3. Interactive exercises

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https://wordwall.net/play/85910/008/383

https://www.liveworksheets.com/c?a=a&t=4kbqm4lhyji&no=n

<u>0-</u>

<u>send&sr=y&l=bp&i=ozdtsns&r=yf&f=dzdfzutu&ms=uz&cd=</u> <u>d9cftv9awiqolj-prlnifhjgnzplpiengnegxzxxg&mw=hs</u>

Task 10.1. Read the text. Answer the questions:

Emma's Money and Hobby Journey

Emma is a smart girl who knows how to manage money. Each year, she tries to save money for something important. These days, she is saving for a new laptop. Last year, she wanted to buy a phone, but it cost a lot. So, she decided to wait and save more.

She earns money by babysitting her neighbor's kids. Sometimes, she lends money to her younger brother when he needs it. He always gives it back. Emma also likes to spend money on books and music. However, she never wastes money on things she does not need.

Emma usually pays by credit card when she shops online. Nowadays, she prefers contactless payment because it is faster. When she needs cash, she goes to the ATM. She also checks her bank statement every month to see how much she has spent. Once, she got a cheque from her aunt as a birthday gift.

Last week, she found a voucher in her wallet. She used it to buy a new dress. In the shop, she gave the voucher at the counter and got a receipt. She paid the rest of the money with a debit card. She also got some coins and a note as change. The cashier put the money in the till.

Besides managing money, Emma loves hobbies. She wanted to be part of a team, so she joined a club for painting. She enjoys spending time doing something creative. Until last year, she had never painted before. But now, she paints every weekend. She also likes to find out about something new, so she reads art books.

She hopes to start doing something different soon, like photography. She also wants to try something new, like playing the guitar. For a long time, she was afraid to give something up, but now she believes change is good. During the summer, she plans to take a photography course.

Emma is excited about the future and knows that saving money and learning new things will help her succeed.

Questions:

- 1. What is Emma saving money for these days?
- a) A phone
- $b) A \ laptop$
- c) A camera
- 2. How does Emma earn money?
- a) By babysitting
- b) By working at a shop
- c) By selling books
- 3. What does Emma never do with money?
- a) Spend it on books
- b) Waste it
- c) Lend it to her brother
- 4. How does Emma prefer to pay nowadays?
- a) By cheque
- b) By debit card
- c) By contactless payment
- 5. Where does Emma go when she needs cash?
- a) To the ATM
- b) To a café
- c) To a bank
- 6. What did Emma find in her wallet?
- a) A cheque
- b) A voucher
- c) A debit card
- 7. What did Emma do at the shop?
- a) Gave the voucher at the counter
- b) Paid with a cheque
- c) Used a contactless payment
- 8. What club did Emma join?

a) A chess club
b) A painting club
c) A football club
9. What does Emma want to try next?
a) Photography
b) Swimming
c) Dancing
10. When does Emma plan to take a photography course?
a) During the winter
b) During the summer
c) During the school year

Task 10.2. Complete the sentences using the correct word from the box. Words to use:

pay by credit card, cost a lot, earn money, lend money, save money, spend money, waste money, ATM, cheque, receipt

1. I always try to _____ some cash before traveling.

2. This dress is beautiful, but it _____ too much.

3. When I go shopping, I usually _____ because it is easier than using cash.

4. *My friend asked me to* _____ *her some money for a concert ticket.*

5. You can withdraw cash from an _____.

6. My sister works at a café to ______ for her summer holiday.

7. When you buy something, always check the _____ to see the price.

8. If you don't plan your budget well, you will _____ on things you don't need.

9. *My grandma sent me a ______ for my birthday.*

10. It's good to _____ instead of spending everything at once.

Task 10.3. Match each word with the correct definition.

Words:

wallet
 counter
 contactless payment
 debit card
 till
 bank statement
 voucher
 note
 coin
 credit card
 Definitions:

a) A machine where cashiers keep money in a shop.

b) A small, flat case for carrying money and cards.

c) A document showing how much money you have in your bank account.

d) A system that allows payment by tapping a card on a reader.

e) A type of card that allows you to spend only the money you have in your bank account.

f) *A piece of paper money.*

g) A round metal piece of money.

h) A type of card that lets you borrow money from a bank to make payments.

i) A place in a shop where you pay for items.

j) A special paper or code that gives you a discount or free item.

Task 10.4. Choose the correct word to complete each sentence

1. If you want to be healthier, you should _____ junk food.

a) give something up

b) try something new

c) join a club

2. My brother wants to _____ playing the piano.

a) spend time doing something

b) start doing something

c) be part of a team

3. I love sports, so I decided to _____ a football club.

a) join a club b) find out about something c) do something for fun 4. She enjoys reading because she can history and famous people. a) learn about something b) spend money c) give something up 5. I am very social, so I love to _____ when I do sports. a) be part of a team *b*) *waste money* c) pay by credit card 6. My sister loves to paint and draw just to relax. She does it to *a) spend time doing something* b) do something for fun c) start doing something 7. He didn't know where to buy a cheap laptop, so he decided to _____ online. a) find out about something b) save money c) spend money 8. She has been swimming . She started when she was five. a) nowadays b) for a long time/for years c) until 9. *He stopped working last year. Now he is retired.* a) until b) these days c) ago 10. The mobile phone was not popular in the 19th _____. *a*) *counter b*) *century* c) note

Task 10.5. Interactive exercises

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