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Кафедра менеджменту та туризму

**ПРАКТИЧНИЙ ПОСІБНИК ДЛЯ САМОСТІЙНОЇ РОБОТИ**  
**з дисципліни «Іноземна мова (англійська)»**  
**для здобувачів вищої освіти І–ІІ курсів усіх спеціальностей**  
**освітнього ступеня «бакалавр»**

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Department of Management and Tourism

**Practical Textbook for Independent Work  
the Discipline «Foreign Language (English)»  
for Students of Higher Education of the I–II Courses of All Specialties  
Degree Bachelor**

**Kyiv  
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**Compiler:**

Zinchuk T.V. — Master of Secondary Education (Language and Literature (English)), assistant of the Department of Management and Tourism.

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Practical Textbook for Independent Work the Discipline "Foreign Language (English)" is compiled in accordance with the work curriculum of the discipline "Foreign Language (English)", focused on the development of self-training and self-analysis of students of higher education in the first and second year of study.

The purpose of publishing the practical textbook is to consolidate the theoretical and practical knowledge of higher education students and to prepare the organizational aspect of learning English as a means of intercultural communication.

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## **1. READING**

### **1.1 TRAVELING**

Whether you're travelling to the islands or the mountains of Thailand, you're likely to spend at least one night in its capital city on the way. Bangkok might be noisy and polluted but it's also an exciting city with plenty of things to see and do. Why not make it a longer stay?

#### **Where to stay**

The Khao San Road was a famous traveler spot even before Leonardo di Caprio's character in the film *The Beach* stayed there. But it's noisy, not very pretty and not very Thai. For something more authentic, Phra Kanong offers an alternative place to stay, with its fantastic street markets where every day Bangkok people eat, work and live. It's not as convenient for the main tourist sites, but it has a Skytrain station so you can be at the Grand Palace in 20 minutes.

#### **How to get around**

Bangkok's traffic can be a nightmare. Sure, you can easily take a taxi – if you want to spend hours stuck in traffic jams – but there are two much better ways to get around the city. To explore the temples and historical sites, catch an express boat river taxi or a longtail boat along the Chao Phraya river and the canals. For the modern part of the city, the Skytrain is a fast, cheap way to travel from the river to the shopping malls and nightlife of Sukhumvit, and the famous Chatuchak street market.

#### **Where to eat**

The simple answer is: everywhere! Thai street food is among the best in the world, and for around \$5 you can eat a filling and delicious meal. Some food stands have little plastic seats where you can sit and eat and they cook the same dish over and over, like fried chicken on rice or Pad Thai noodles. Head for Chinatown – Yaowarat Street – and choose whatever looks most interesting from the many excellent Chinese and Thai restaurants and food stands.

#### **What to do**

After you've seen the main sites like the Giant Buddha at the temple of Wat Pho and the spectacular Grand Palace, and shopped at Chatuchak market, check out the

snake farm and watch the live snake show. You can even touch a snake yourself if you want to!

***Are the sentences true or false?***

1. One night is enough time to see Bangkok.
2. Khao San Road is an authentic Thai area of the city.
3. Phra Kanong is further away from the main tourist sites than Khao San Road I.
4. The river boat taxis often get stuck in traffic too.
5. Taking the Skytrain is a faster way to see the city than going by taxi.
6. You need to choose where to eat carefully, as not everywhere is good.

## **1.2 WORK-LIFE BALANCE**

Ronan

I work in a fairly traditional office environment doing a typical nine-to-five job. I like my job, but it's annoying that my commute to work takes an hour and a half each way and most of my work could really be done online from home. But my boss doesn't seem to trust that we will get any work done if left to our own devices, and everyone in the company has to clock in and out every day. It's frustrating that they feel the need to monitor what we do so closely instead of judging us based on our task performance, like most companies do these days.

Jo

I used to do a typical five-day week, but after I came out of my parental leave, I decided that I wanted to spend more time with my children before they start school. After negotiating with my boss, we decided to cut my working week down to a three-day work week. This of course meant a significant cut in my pay too, as I'm paid on a pro-rata basis. I've since noticed, though, that my workload hasn't decreased in the slightest! I'm now doing five days' worth of work in three days, but getting paid much less for it! I find myself having to take work home just so that I can meet the deadlines. It's wearing me out trying to juggle work with looking after my children and my family, but I don't dare to bring this up with my boss because I think he feels as if he's made a huge concession letting me come in only three days a week.

## Marcus

I work for a global IT company, but because their headquarters is in the States, I do all my work online from home. That means that I don't waste time commuting or making idle chit-chat with colleagues. I work on a project basis, and this flexibility is very valuable to me because it means that I can easily take some time off when my children need me to go to their school performances or if I need to schedule an appointment with the dentist. The downside is that without clear office hours, I tend to work well into the evening, sometimes skipping dinner to finish a task. It can also get quite lonely working on my own, and I sometimes miss sharing ideas with colleagues.

## Lily

I'm a freelancer and work for myself. This is great because I am in control of what I do and how I spend my time. At first, I was working from home, but I found it really hard to concentrate. There were just too many distractions around: housework that needed doing, another cup of tea, my family members wanting my attention for various things. So I started to go to a nearby café to work, but the Wi-Fi connection wasn't ideal and I found myself drinking too much coffee. In the end, I decided to rent a desk in a co-working space with five other freelancers like myself. I liked getting dressed to go to work in the morning and being able to focus in an office environment. The other freelancers do similar kinds of web-based work to me and so it's nice to have workmates to bounce ideas off as well.

### ***Are the sentences true or false?***

1. Ronan's boss thinks his employees will not be as productive if they work from home.
2. Ronan thinks that the performance of employees should be judged according to how much time they spend in the office.
3. Jo is paid the same for a five-day work week as she is on a three-day work week.
4. Jo feels exhausted trying to manage both a five-day workload and childcare.
5. Although Marcus sees the benefit in not having idle chit-chat, he misses interacting with his colleagues.
6. Lily didn't like working from the café because the coffee wasn't very good.

## 1.3 ASTEROIDS

### A

In 2010, the planetary defence team at NASA had identified and logged 90 per cent of the asteroids near Earth measuring 1km wide. These 'near-Earth objects', or NEOs, are the size of mountains and include anything within 50 million kilometres of Earth's orbit. With an estimated 50 left to log, NASA says none of the 887 it knows about are a significant danger to the planet.

### B

Now NASA is working towards logging some of the smaller asteroids, those measuring 140 metres wide or more. Of the 25,000 estimated asteroids of this size, so far about 8,000 have been logged, leaving 17,000 unaccounted for.

### C

Whether NASA can find the remaining middle-sized NEOs depends on getting the money to build NEOCam, a 0.5-metre space telescope which would use infrared light to locate asteroids. If it did get the money, it could probably achieve its goal in ten years. Once logged, the planetary defence team would still need to work out how to defend the planet against being hit by the truly worrying asteroids – the PHAs.

### D

'Potentially Hazardous Asteroids' are rocks close enough to pass within 7.5 million kilometres of Earth's orbit. NASA has created a map of 1,400 PHAs, none of which are expected to be a threat in the next one hundred years. With technology already available, NASA can track these objects and make predictions about possible impact, at which point two defence solutions could be launched.

### E

The first is DART – the Double Asteroid Redirection Test. Plans are scheduled to test DART on the moon of an asteroid called Didymos. 'Didymoon' is 150 metres wide, orbiting its 800-metre mother, and hopefully the impact of DART will knock it out of its orbit enough for Earth-based telescopes to pick up.



## F

Another suggested defence against a PHA on course to hit Earth is to blow it up using a nuclear weapon. It may sound like a plot from a film, and it was the subject of the 1998 film Armageddon, but the Hypervelocity Asteroid Mitigation Mission for Emergency Response (HAMMER) is a genuine NASA proposal. The eight-ton rockets would be fired at an approaching asteroid with the hope of bumping it off course. If the asteroid was too close to Earth for this plan to work, the rockets would carry nuclear bombs to blow it up instead.

***Match A B C D E F with parts in the text.***

A B C D E F

1. Information about a plan that needs finance before it can happen.
2. An unrealistic-sounding way to solve the problem of an asteroid crashing into Earth.
3. Information about asteroids that are the biggest danger to Earth.
4. Information about the numbers of unidentified asteroids near Earth.
5. Information about NASA's most successful project to record asteroids near Earth
6. A solution planned for testing.

## 1.4 CONFERENCE

### Morning programme

<b>9.00–9.30</b>	<b>Conference opening</b> <i>Dr Jon Martinez</i>		
<b>9.30–10.45</b>	<b>Management styles</b> <i>with Helena Clark</i> Consider the different management styles and how you can adapt yours to suit your team.	<b>Giving feedback</b> <i>with Amelia Novak</i> Explore the different ways to give feedback to maximise development.	<b>Managing change</b> <i>with Akira Yoshida</i> Help your employees deal with change and to see the positives change can bring.
<b>10.45–11.15</b>	<b>Coffee break</b>		
<b>11.15–12.30</b>	<b>Using storytelling in leadership communication</b> <i>with Antoine Martin</i> Sometimes, the best way to communicate with your team is by telling stories. Find out how to do this in this workshop.	<b>Leading small businesses</b> <i>with Cheng Wei</i> How is leading small businesses different and how can leaders of small businesses bring success to their team?	<b>Leading in uncertain times</b> <i>with Omar Abboud</i> Uncertainty can affect the success of your team. Learn to bring confidence to your team in a time of uncertainty.

### Afternoon programme

<b>12.30–2.00</b>	<b>Lunch</b>		
<b>2.00–3.15</b>	<b>Managing international projects</b> <i>with Alisa Petrov</i> Consider how to ensure successful intercultural communication in your international teams.	<b>Developing creative thinking in your team</b> <i>with Mariana Silva</i> How can you get your team to think more creatively? Explore the different ideas that can help your team see things in a new way.	<b>Conflict management</b> <i>with Tracy Edwards</i> Conflict can create problems in your team, but managing conflict well can bring about development. Learn how to manage conflict in this workshop.
<b>3.15–4.15</b>	<b>Group discussions</b>		
<b>4.15–5.00</b>	<b>Conference closing</b> <i>Dr Grace Moloney</i>		

***Are the sentences true or false?***

1. Helena Clark thinks that we should know our own management style and not change it.
2. Amelia Novak believes that we should give feedback to help our employees get better at what they do.
3. Akira Yoshida will focus on the problems with change.
4. Cheng Wei believes that leading small businesses is different from leading big ones.
5. Omar Abboud thinks that when your team doesn't feel sure about the things happening around them, it can cause problems.
6. Tracy Edwards believes that conflict is bad and you should not let it happen in your team.

**1.5 JOB**

**To:** Grace Yang

**Date:** 6 September

**Subject:** Invitation to job interview

Dear Grace,

Thank you for your application for the position of sales manager. We would like to invite you for an interview at 10 a.m. on Monday 21 September at our offices at The Shard, 32 London Bridge Street, London. You will meet with our head of sales, Susan Park, and the interview will last for about 45 minutes. During this time, you will have the opportunity to find out more about the position and learn more about our company. Please bring your CV and references to the interview. You will also need to show a form of ID at reception to receive a visitor's pass. Please ask for me as soon as you arrive. If you have any questions or if you wish to reschedule, please call me on 555-1234 or email me by 12 September.

I look forward to meeting you.

Best regards,

Anna Green

Human Resources Assistant

## Tasks

1. What job did Grace apply for?
  - a) Head of sales
  - b) Sales manager
  - c) Sales assistant
  - d) Human resource assistant
  
2. When is the job interview?
  - a) 6 September
  - b) 12 September
  - c) 21 September
  - d) 22 September
  
3. How long will the interview take?
  - a) Under an hour
  - b) Just over an hour
  - c) Over two hours
  - d) A day
  
4. What does Grace need to bring to the interview?
  - a) Her CV
  - b) Her references
  - c) Her ID
  - d) All of the above
  
5. Who should Grace ask for at reception?
  - a) The reception manager
  - b) Susan Park
  - c) Anna Green
  - d) Grace Yang
  
6. What can Grace do if she wants to change the interview date?
  - a) Go to the reception on 12 September
  - b) Call Anna Green on 10 September
  - c) Email Anna Green on 15 September
  - d) Meet Susan Park for a coffee on 21 September

## 1.6 SOCIAL MEDIA

Today's grandparents are joining their grandchildren on social media, but the different generations' online habits couldn't be more different. In the UK the over-55s are joining Facebook in increasing numbers, meaning that they will soon be the site's second biggest user group, with 3.5 million users aged 55–64 and 2.9 million over-65s.

Sheila, aged 59, says, 'I joined to see what my grandchildren are doing, as my daughter posts videos and photos of them. It's a much better way to see what they're doing than waiting for letters and photos in the post. That's how we did it when I was a child, but I think I'm lucky I get to see so much more of their lives than my grandparents did.'

Ironically, Sheila's grandchildren are less likely to use Facebook themselves. Children under 17 in the UK are leaving the site – only 2.2 million users are under 17 – but they're not going far from their smartphones. Chloe, aged 15, even sleeps with her phone. 'It's my alarm clock so I have to,' she says. 'I look at it before I go to sleep and as soon as I wake up.'

Unlike her grandmother's generation, Chloe's age group is spending so much time on their phones at home that they are missing out on spending time with their friends in real life. Sheila, on the other hand, has made contact with old friends from school she hasn't heard from in forty years. 'We use Facebook to arrange to meet all over the country,' she says. 'It's changed my social life completely.'

Teenagers might have their parents to thank for their smartphone and social media addiction as their parents were the early adopters of the smartphone. Peter, 38 and father of two teenagers, reports that he used to be on his phone or laptop constantly. 'I was always connected and I felt like I was always working,' he says. 'How could I tell my kids to get off their phones if I was always in front of a screen myself?' So, in the evenings and at weekends, he takes his SIM card out of his smartphone and puts it into an old-style mobile phone that can only make calls and send text messages. 'I'm not completely cut off from the world in case of emergencies, but the important thing is I'm setting a better example to my kids and spending more quality time with them.'

Is it only a matter of time until the generation above and below Peter catches up with the new trend for a less digital life?

***Are the sentences true or false?***

1. More people aged 55 or more use Facebook than people aged 65 or more.
2. Grandparents typically use Facebook less than their grandchildren.
3. Sheila feels grateful to social media.
4. Peter found his own smartphone use affected how he felt about how much his children used their phones.
5. Peter has changed how much he uses his phone during the working day.
6. Peter feels that the changes make him a better parent.

## **2. SPEAKING**

### **2.1 WHAT MOTIVATED YOU TO STUDY/WORK**

Motivation is that catalyst that is important for achieving something. If you are not motivated enough to do things, often it so happens that you end up not doing it or giving up. There are so many things people derive their motivation from, some derive from people, others from quotes, some from themselves.

- What motivates you? Why?
- Are you very motivated to do things or do you need motivation?
- What activity do you have no motivation to do?
- What is a great motivational quote?
- Have you read any good motivational books or articles? What were they about?
- Does motivation come from inside a person or from their environment? Explain why you think so.
- How can you help someone who has no motivation?
- How often do you exercise or workout? What is the best way to motivate yourself to work out?
- What song do you listen to for motivation?
- Do you think motivation posters in offices help?

## 2.2 TALK ABOUT YOUR LIFESTYLE

### **lifestyle**

noun [ C ]

UK /'laɪf.staɪl/

someone's way of living; the things that a person or particular group of people usually do.

1. What do you do in your free time?
2. Do you have a busy social life?
3. Do you lead an active life?
4. Has your life changed much in the last year?
5. What would you like to change about your lifestyle?

## 2.3 HEALTHY HABITS

Habits and health are popular topics with almost everyone. From listening to the radio, watching TV, or talking with friends, the topic of habits and health seems to always come up.

The definition of a habit is an unconscious pattern of behavior that is acquired through frequent repetition. Although you hear a lot about 'bad' habits, not all are. You could have a habit of shaking hands when greeting someone or a habit of looking both ways before you cross the street for example.

1. Do you have any unhealthy habits?
2. In what ways do you try to stay healthy?
3. Is it easy to keep fit where you live?
4. What do you think is more important, eating healthy or doing exercise?
5. What are the health benefits of playing a sport?
6. Have you ever had any habits which you consider to be unhealthy?
7. Do you think more about your health now than when you were younger?
8. What are the health benefits of playing a sport?

## **2.4 YOUR FAVORITE FILM**

Cinema has been a part of the entertainment industry for a long time. It creates a massive impact on people all over the world. In other words, it helps them give a break from monotony. It has evolved greatly in recent years too. Cinema is a great escape from real life.

Furthermore, it helps in rejuvenating the mind of a person. It surely is beneficial in many ways, however, it is also creating a negative impact on people and society. We need to be able to identify right from wrong and make decisions accordingly.

1. Do you like to watch films?
2. What kinds of movies do you like best?
3. Do you prefer foreign films or films made in your country?
4. How often do you watch films?
5. How often do you go to a cinema to watch a movie?
6. Do people in your country like to go to a cinema to watch a film?
7. What was the first film that you watched?
8. Do you like to watch movies alone or with your friends?
9. Would you like to be in a movie?
10. What was the best movie you watched?

## **2.5 YOUR FAVORITE FOOD**

We need the nutrients and calories that food provides us with to survive. Food is not just a meal we have when we are hungry but also when we are looking for comfort or stress reduction. The importance of food is quite obvious and necessary. A healthy diet can give you the energy to think, work, play, etc.; it also provides us with the longevity of life.

Food and water are the main sources of nutrients for our bodies. But since our generation is all about that speed, we do not have a proper diet. We rely on prepackaged meals or take-out.

They might fill you up for the time being, but it carries a huge risk along with it – the potential problems it might cause you later in life.



- How are the eating habits of people now in your country different from their eating habits in the past?
- How healthy is your country's food?
- Why do you think different cultures have different table manners?
- How may eating habits change in the coming decades?
- How has technology changed the way we prepare our food these days?
- Describe a food item you often eat.
- Describe a food you eat outside your home.
- Describe an outdoor meal you have had with your friends.
- Describe a food item you know how to cook.

### **3. WRITING**

#### **3.1 WRITE ABOUT YOUR BEST FRIEND**

##### ***Plan***

##### ***Introduction***

My friend's name.

What he/she looks like.

Where is he/she from (his/her family)?

##### ***Body***

What friendship means to me.

How we met.

The kindest thing he/she has ever done.

The funniest thing he/she has ever done.

My absolute favorite thing about him/her.

##### ***Conclusion***

Restate why he/she is my best friend.

How I see our future together.

True friendships are priceless and are of utmost importance in this life. The best friends are without a doubt the best blessings that God has given us. Nothing is better than having a true best friend with whom you can discuss the most important events in your life and turn for support at any time of the day. There is no one who can

compare to the unwavering love and honesty that a friend can provide. Best friends give our life meaning and also make it simpler and happier.

My best friend is one of my life's greatest treasures. Time passes away swiftly when I'm spending time with him. My best friend, Anmol, is always there for me whenever I need assistance or encouragement. We shared experiences and made memories that I will cherish for the rest of my life.

Anmol is the first person I think of in any urgent circumstance. When I am having difficulty, he always helps me by giving me the best ideas. The one person I can rely on completely for the rest of my life is my best friend, Anmol.

We both help each other out whenever we can. We spend time almost every day and find new exciting things to do together—be it trying new cuisines or reading new books.

### INSPIRING FRIENDSHIP QUOTES

1. "Walking with a friend in the dark is better than walking alone in the light."

*Helen Keller*

2. "There is nothing I would not do for those who are really my friends." *Jane Austen*

3. "One of the most beautiful qualities of true friendship is to understand and be understood." *Lucius Annaeus Seneca*

4. "True friendship comes when the silence between two people is comfortable."

*David Tyson*

5. "Women's friendships are like a renewable source of power." *Jane Fonda*

6. "Friendship is always a sweet responsibility, never an opportunity." *Khalil Gibson*

7. "Friendship is the only cement that will ever hold the world together."

*Woodrow Wilson*

8. "Friends are those rare people who ask how we are and then wait to hear the answer." *Ed Cunningham*

9. "One's friends are that part of the human race with which one can be human."

*George Santayana*

10. "Surround yourself with only people who are going to lift you higher."

*Oprah Winfrey*

### **3.2 WRITE ABOUT FOOD**

- Why Is Food Important?
- What Are Different Types of Foods?
- What Are Some World-Famous Cuisines?
- Types of Healthy Food
- Benefits of Eating Healthy
- What is Unhealthy Food or Junk Food?
- Steps to improve Eating Habits

Food is very important for every living being to stay alive. Food is the basic material that the body needs for its survival and well-being. There are such various cooking styles and food inclinations worked by social and ethnic foundations, topographical areas, and social classes. India is a place that is known for flavours, Africa is a mainland of sauces, Europe reveals esthetical excellence of Food and opens up new chances and innovations for the individuals who esteem and appreciate eating.

The human body needs a variety of the following five nutrients – protein, carbohydrate, fat, vitamins, and minerals – which comes from the Food we eat to stay healthy, active, and productive. Firstly, protein is required to build, maintain, and restore blood, muscle, bones, and skin, and organs in the body. You should inculcate the habit of eating healthy things so that they will keep you healthy and you should avoid eating junk food since it affects your health.

### 3.3 WRITE A TRAVEL BLOG

#### Steps to write a travel blog without travelling

1. You need to choose a niche!
2. You need to look like a travel blogger.
3. Write about your local area.
4. Blog content ideas can be creative and engaging.
5. You don't have to travel to be a successful travel blogger.
6. Expand your niche to get more sales and audience.
7. You can guest post to network and promote your blog.

Here is a sample blog post for the “Student Nomad” travel blog:

#### **Title: Exploring the Cultural Diversity of Southeast Asia**

As a student nomad, I'm always on the move and seeking out new adventures in different countries around the world. Recently, I had the opportunity to travel through Southeast Asia, and I was blown away by the incredible cultural diversity of the region.

I started my journey in Vietnam, where I spent time exploring the bustling cities of Hanoi and Ho Chi Minh City, as well as the stunning natural beauty of Ha Long Bay. From there, I traveled to Laos, where I immersed myself in the rich cultural traditions of the country, including visiting the ancient city of Luang Prabang and participating in a traditional Laotian cooking class.

Next, I headed to Cambodia, where I visited the iconic Angkor Wat temple complex and learned about the country's turbulent history. Finally, I ended my trip in Thailand, where I explored the vibrant city of Bangkok and relaxed on the beautiful beaches of Koh Samui.

Throughout my journey, I was struck by the incredible hospitality and kindness of the people I met, as well as the rich and diverse cultures of each country I visited. From trying new foods and participating in local traditions, to learning about the history and customs of each place, I feel so fortunate to have had the opportunity to experience all that Southeast Asia has to offer.

I can't wait to see where my nomadic journey will take me next!

### **3.4 WRITE ABOUT FAMOUS PERSON**

- Introduce the person.
- Narrow the focus by concentrating on significant events in the person's life.
- Cover significant personal and professional accomplishments.
- Address the significant contributions a famous person made to society and the world.

One of the influential people in my life and I liked him very much is Gustave Eiffel, the engineer who designed the Eiffel Tower, and built the structure that supports the Statue of Liberty, and many of the luxurious structures and bridges that have a modern character.

I can only describe him a genius person who preceded his era in many stages to create several mythical historical landmarks characterized by tradition and modernity. And no matter how time evolves and the passage of its establishment, it remains in line with life and society and a strong tourist attraction that is not affected or less important over the ages.

I can only say that I am very impressed with his achievements and would very much like to do something similar in the future.

### **3.5 WRITE A COMMENT ABOUT TECHNOLOGY**

1. Your attitude about technology
2. Pros and cons
3. Conclusion

The influence of technology in our daily lives is far more widespread than we actually think. It is growing and progressing at a rapid pace. It has changed the way we access resources. It has also changed the way we learn new things. Nowadays, people tend to rely on technology for everything. Whenever we need to contact someone, we can just text that person instantly. Earlier, it was much slower with letters and meetings. This is the way technology has disrupted the way we communicate. Our requirements and technical demands continue to grow, which is eventually pushing the boundaries of technology and the way it influences us.

## **4. VOCABULARY**

(words and phrases)

### **1. FREE TIME**

	<i>Transcription</i>	<i>Translation</i>
<b>watching television</b>	/wɒtʃ/	дивитися телевізор
<b>visiting friends</b>	/ˈvɪzɪt/	відвідувати друзів
<b>listening to music</b>	/ˈlɪsən/	слухати музику
<b>reading books</b>	/ˈriːdɪŋ/	читати книги
<b>going to a restaurant</b>	/ˈrestərɒnt/	ходити до ресторану
<b>gardening</b>	/ˈgɑːdnɪŋ/	садівництво
<b>going for a walk</b>	/wɔːk/	ходити на прогулянку
<b>DIY (doing DIY = doing home-improvement activities)</b>	/ækˈtɪvəti/	займатись домашніми справами
<b>photography</b>	/fəˈtɒgrəfi/	фотографування
<b>surfing the net</b>	/ˈsɜːfɪŋ/	серфити в інтернеті
<b>football</b>	/ˈfʊtbɔːl/	футбол
<b>rugby</b>	/ˈrʌɡbi/	регбі
<b>cricket</b>	/ˈkrɪkɪt/	крикет
<b>tennis</b>	/ˈtenɪs/	теніс
<b>baseball</b>	/ˈbeɪsbɔːl/	бейсбол
<b>basketball</b>	/ˈbɑːskɛtbɔːl/	баскетбол
<b>volleyball</b>	/ˈvɒlibɔːl/	волейбол
<b>karate</b>	/kəˈrɑːti/	карате
<b>boxing</b>	/ˈbɒksɪŋ/	бокс
<b>swimming</b>	/ˈswɪmɪŋ/	плавання
<b>keeping fit</b>	/ˈkiːpɪŋ/	підтримувати форму
<b>hiking</b>	/ˈhaɪkɪŋ/	піші прогулянки
<b>gymnastics</b>	/dʒɪmˈnæstɪks/	гімнастика

## 2. WORK

<b>employer</b>	/ɪmˈplɔɪə/	роботодавець
<b>employee</b>	/ɪmˈplɔɪ-iː, ˌemplɔɪˈiː/	працівник
<b>colleague</b>	/ˈkɒliːg/	співробітник
<b>career</b>	/kəˈrɪə/	кар'єра
<b>profession</b>	/prəˈfeʃən/	професія
<b>to work from home</b>	/wɜːk/	працювати на дому
<b>teamwork</b>	/ˈtiːmwɜːk/	колективна праця
<b>to be responsible for ...</b>	/rɪˈspɒnsəbəl/	бути відповідальним за ...
<b>to earn your living as a ...</b>	/ɜːn/	заробляти на життя як ...
<b>to work overtime -</b>	/ˈəʊvətaɪm/	працювати наднормово
<b>overtime pay</b>	/peɪ/	оплата надгодин
<b>to have a day off</b>	/ɒf/	мати вихідний
<b>to take a day off</b>	/teɪk/	взяти день відгулу
<b>holiday</b>	/ˈhɒlədi, -deɪ/	відпустка
<b>working day</b>	/deɪ/	робочий день
<b>working hours</b>	/aʊə/	робочий час
<b>to go to work</b>	/gəʊ/	ходити на роботу
<b>monthly salary -</b>	/ˈsæləri/	місячна зарплата
<b>salary package</b>	/ˈpækɪdʒ/	умови оплати
<b>pay rise</b>	/raɪz/	підвищення зарплати
<b>well-paid job</b>	/dʒɒb/	високооплачувана робота
<b>company car</b>	/ˈkʌmpəni/	службовий автомобіль
<b>company mobile phone</b>	/fəʊn/	службовий мобільний телефон
<b>to employ</b>	/ɪmˈplɔɪ/	прийняти на роботу
<b>to be employed</b>		бути працевлаштованим
<b>notice</b>	/ˈnəʊtɪs/	звільнення
<b>to fire somebody</b>	/faɪə/	звільнити з роботи
<b>to lose your job</b>	/luːz/	втратити роботу

<b>to quit a job</b>	/kwɪt/	кинути роботу
<b>notice period</b>	/'piəriəd/	термін на звільнення
<b>resign from a job</b>	/rɪ'zaɪn/	звільнитися з роботи
<b>to be on benefit</b>	/'benəfɪt/	отримувати допомогу
<b>to retire</b>	/rɪ'taɪə/	піти на пенсію
<b>retirement</b>	/rɪ'taɪəmənt/	пенсія
<b>to strike</b>	/straɪk/	страйкувати
<b>full-time job</b>	/fʊl/	робота на повну ставку
<b>half-time job</b>	/hɑ:f/	робота на півставки
<b>part-time work</b>	/pɑ:t/	робота на часткову ставку
<b>odd job</b>	/ɒd/	тимчасова робота
<b>permanent job</b>	/'pɜ:mənənt/	постійна робота
<b>temporary work</b>	/'tempərəri, -pəri/	тимчасова робота
<b>seasonal work</b>	/'si:zənəl/	сезонна робота
<b>summer job</b>	/'sʌmə/	робота на канікули
<b>chairman</b>	/'tʃeəmən/	президент
<b>vice chairman</b>	/vaɪs/	віце-президент
<b>management</b>	/'mænɪdʒmənt/	керівництво
<b>Managing Director</b>	/də'rektə, daɪ-/	Виконавчий директор
<b>director</b>	/də'rektə, daɪ-/	директор
<b>supervisor</b>	/'su:pəvaɪzə/	керівник
<b>manager</b>	/'mænɪdʒə/	менеджер
<b>assistant</b>	/ə'sɪstənt/	асистент
<b>staff</b>	/stɑ:f \$ stæf/	персонал
<b>team</b>	/ti:m/	група



### 3. EDUCATION

<b>State system –</b>	/steɪt/ /'sɪstɪm/	free system
<b>Nursery school</b>	/'nɜːsəri/ /sku:l/	a school for children between the ages of about two and five
<b>Primary school</b>	/'praɪməri/	in the U.K. and other countries, a school for children between five and eleven years old
<b>Secondary school</b>	/'sekəndəri/	a school for older children, usually children from grades 9-12, or aged approximately 14-18
<b>Comprehensive school</b>	/,kəmprɪ'hensɪv/	a school in the UK for children above the age of eleven of all abilities
<b>Grammar school</b>	/'græmə/	in the UK, a school for children aged between eleven and 18 who have passed an examination that shows they are good at studying
<b>Leave school</b>	/li:v/	finish school
<b>timetable</b>	/'taɪm, teɪbəl/	a detailed plan showing when events or activities will happen
<b>subject</b>	/'sʌbdʒɪkt/	an area of knowledge that is studied in school, college, or university.
<b>student loan</b>	/ləʊn/	an agreement by which a student borrows money from a bank to pay for education and then pays the money back after they finish studying and start working
<b>scholarship</b>	/'skɒləʃɪp/	an amount of money given to a person by an organization to pay for their education, usually at a college or university
<b>assignment</b>	/ə'saɪnmənt/	a piece of work or job that you are given to do
<b>fee</b>	/fi:/	money paid for education

<b>tutor</b>	/ˈtju:tə/	a teacher at a British college or university who teaches one student or a small group (ментор, репетитор)
<b>tutorial</b>	/tju:ˈtɔ:riəl/	a small class of one, or only a few students / instruction (невеликий клас / інструкція)
<b>degree</b>	/diˈɡri:/	the qualification given to a student after he or she has completed his or her studies
<b>dormitory</b>	/ˈdɔ:mətəri/	a large building at a college or university where students live
<b>learning environment –</b>	/ɪnˈvaɪrənmənt/	an educational approach, cultural context, or physical setting in which teaching and learning occur (атмосфера навчання)

#### 4. MONEY

<b>currency exchange</b>	/ˈkʌrənsi/ /ɪksˈtʃeɪndʒ/	обмін валют, пункт обміну валют
<b>exchange rate –</b>	/reɪt/	обмінний курс
<b>we buy/we sell</b>	/baɪ/ /sel/	курс купівлі/продажу іноземної валюти
<b>teller</b>	/ˈtelə/	касир у банку
<b>current account</b>	/əˈkaʊnt/	поточний/розрахунковий рахунок у банку
<b>deposit</b>	/dɪˈpɒzɪt/	депозит, банківський вклад
<b>bank loan</b>	/bæŋk/ /ləʊn/	банківський кредит
<b>plastic card, plastic money</b>	/ˈplæstɪk/	будь-яка грошова пластикова карта bank card – будь-яка банківська пластикова карта
<b>credit card</b>	/ˈkredit/ /kɑ:d/	кредитна карта, карта з автоматичним наданням кредиту

<b>ATM</b> (Automatic Teller Machine)	/mə'ʃi:n/	банкомат
<b>POS terminal</b> , point of sale terminal	/'tɜ:mɪnəl/	POS- термінал, пристрій для розрахунку банківськими картами за товари і послуги в точці продажу
<b>PAN</b> – personal account number	/'nʌmbə/	номер пластикової карти, номер карткового рахунку
<b>PIN</b> - personal identification number	/aɪˌdentɪfɪ'keɪʃən/	Пін-код
<b>CVV2</b> – card verification value 2	/'vælju:/	код верифікації карти 2. Використовується для підтвердження платежів через Інтернет, а також, для інших платежах, в яких використовуються реквізити карти, але не сама карта
<b>cash</b>	/kæʃ/	готівка
<b>coin</b>	/kɔɪn/	монета
<b>heads</b>	/hed/	лицьова сторона монети, аверс, решка (зазвичай, із зображенням обличчя короля або королеви) і з номіналом
<b>tails</b>	/teɪl/	зворотна сторона монети, реверс, орел (зазвичай із зображенням герба з тваринами або птахами, тобто, з володарями хвостів)
<b>heads or tails</b>		орел або решка

## 5. SHOPPING

<b>to do the shopping</b>	/'ʃɒpɪŋ/	buy things from shops
<b>to go shopping</b>	/'ʃɒpɪŋ/	go to the shops
<b>window shopping</b>	/'wɪndəʊ/	the activity of spending time looking at the goods on sale in shop windows without intending to buy any of them
<b>choice</b>	/tʃɔɪs/	when you can choose

		between two or more things
<b>cheap</b>	/tʃi:p/	not expensive, or costing less than usual
<b>expensive</b>	/ɪk'spensɪv/	costing a lot of money
<b>long</b>	/lɒŋ/	continuing for a large amount of time
<b>short</b>	/ʃɔ:t/	having a small distance from one end to the other
<b>tight</b>	/taɪt/	fitting your body very closely
<b>big</b>	/bɪɡ/	large in size or amount
<b>small</b>	/smɔ:l/	little in size or amount
<b>wide</b>	/waɪd/	measuring a long distance or longer than usual from one side to the other
<b>loose</b>	/lu:s/	large and not fitting tightly
<b>cash desk</b>	/kæʃ/	the place in a shop where you pay for the things that you buy
<b>cashier</b>	/kæ'ʃɪə/	someone whose job is to receive and pay out money in a shop, bank, etc

## 6. TRANSPORT

<b>by train</b>	/baɪ/ /treɪn/	to go somewhere using a train
<b>by bus</b>	/bʌs/	to go somewhere using a bus
<b>by car</b>	/kɑ:/	to go somewhere using a car
<b>by plane</b>	/pleɪn/	to go somewhere using a plane
<b>by ship</b>	/ʃɪp/	to go somewhere using a ship
<b>by boat</b>	/bəʊt/	to go somewhere using a boat
<b>on foot</b>	/fʊt/	to go somewhere using your legs
<b>aeroplane</b>	/'eərəpleɪn/	літак
<b>bicycle</b>	/'baɪsɪkəl/	велосипед

<b>bus driver</b>	<b>/ˈdraɪvə/</b>	водій автобуса
<b>bus stop</b>	<b>/stɒp/</b>	автобусна зупинка
<b>driver</b>	<b>/ˈdraɪvə/</b>	водій
<b>lorry</b>	<b>/ˈlɒri/</b>	вантажівка
<b>means of transport</b>	<b>/mi:nz/ /ˈtrænsɒ:t/</b>	види транспорту
<b>motorcycle</b>	<b>/ˈməʊtəˌsaɪkəl/</b>	мотоцикл
<b>railway</b>	<b>/ˈreɪlweɪ/</b>	залізниця
<b>speed</b>	<b>/spi:d/</b>	швидкість
<b>taxi</b>	<b>/ˈtæksi/</b>	таксі
<b>to brake</b>	<b>/breɪk/</b>	гальмувати
<b>underground</b>	<b>/ˈʌndəgraʊnd/</b>	метро

## 7. HEALTH

<b>dentist</b>	<b>/ˈdentɪst/</b>	стоматолог
<b>ask for help</b>	<b>/help/</b>	просити допомоги
<b>catch a cold (flu)</b>	<b>/kætʃ/ /kəʊld/</b>	застигати
<b>cough</b>	<b>/kɒf /</b>	кашель
<b>examine</b>	<b>/ɪgˈzæmɪn/</b>	перевіряти
<b>feel good/ill/sick</b>	<b>/sɪk/</b>	почувати себе добре/погано
<b>get better</b>	<b>/ˈbetə/</b>	видужувати
<b>get worse</b>	<b>/wɜ:s/</b>	погіршуватися
<b>give the first aid</b>	<b>/eɪd/</b>	надавати першу допомогу
<b>have a sore throat</b>	<b>/sɔ:/ /θrəʊt/</b>	мати хворе горло
<b>have a tummy ache</b>	<b>/ˈtʌmi/ /eɪk/</b>	біль у животі
<b>have an earache</b>	<b>/ˈɪəreɪk/</b>	мати хворе вухо
<b>have a backache</b>	<b>/ˈbækeɪk/</b>	болить спина
<b>have broken arm</b>	<b>/ɑ:m/</b>	мати поламану руку

<b>have a headache</b>	<b>/ˈhedɛɪk/</b>	мати головний біль
<b>have a high temperature</b>	<b>/haɪ/   /ˈtemprətʃə/</b>	мати високу температуру
<b>have a stomachache</b>	<b>/ˈstʌmək-eɪk/</b>	мати біль у шлунку (животі)
<b>have a toothache</b>	<b>/ˈtu:θ-eɪk/</b>	зубний біль
<b>health</b>	<b>/helθ/</b>	здоров'я
<b>hurt</b>	<b>/hɜ:t/</b>	боліти, завдавати болю
<b>keep fit</b>	<b>/fɪt/</b>	тримати у формі
<b>look dizzy</b>	<b>/ˈdɪzi/</b>	виглядати кволим
<b>patient</b>	<b>/ˈpeɪʃənt/</b>	пацієнт
<b>prescribe</b>	<b>/prɪˈskraɪb/</b>	виписувати ліки, призначати
<b>recover</b>	<b>/rɪˈkʌvə/</b>	видужувати
<b>stay in bed</b>	<b>/steɪ/</b>	бути на постільному режимі
<b>take care of</b>	<b>/keə/</b>	доглядати за
<b>take medicine</b>	<b>/ˈmedsən/</b>	приймати ліки
<b>call (visit) a doctor</b>	<b>/ˈdɒktə/</b>	дзвонити (відвідувати) лікаря

## 8. FEELINGS

<b>happy</b>	<b>/ˈhæpi/</b>	щасливий
<b>angry</b>	<b>/ˈæŋɡri/</b>	злий
<b>to be interested in</b>	<b>/ˈɪntrɪstɪd/</b>	зацікавлений
<b>calm</b>	<b>/kɑ:m/</b>	спокійний
<b>nervous</b>	<b>/ˈnɜ:vəs/</b>	нервовий
<b>embarrassed</b>	<b>/ɪmˈbærəst/</b>	збентежений
<b>in love</b>	<b>/lʌv/</b>	закохані
<b>hungry</b>	<b>/ˈhʌŋɡri/</b>	голодний
<b>thirsty</b>	<b>/ˈθɜ:sti/</b>	спраглий

<b>frustrated</b>	/frʌ 'streɪtɪd /	засмучений
<b>bored</b>	/bɔ:d/	нудьгуючий
<b>sick/ill</b>	/ɪl/	хворий
<b>worried</b>	/'wʌrɪd/	схвилюваний
<b>homesick</b>	/'həʊm, sɪk/	сумувати по дому
<b>lonely</b>	/'ləʊnli/	самотній
<b>confused</b>	/kən 'fju:zd/	збентежений
<b>afraid/scared</b>	/ə 'freɪd/ /skeəd/	наляканий
<b>excited</b>	/ɪk 'saɪtɪd/	збуджений, піднесений
<b>sad</b>	/sæd/	сумний
<b>surprised</b>	/sə 'praɪzd/	здивований
<b>tired</b>	/taɪəd/	втомлений
<b>comfortable</b>	/'kʌmfətəbəl, 'kʌmfət/	зручний
<b>uncomfortable</b>	/ʌn 'kʌmfətəbəl, - 'kʌmfət/	незручний

## 9. FILM

<b>cast</b>	/kɑ:st \$ kæst/	the actors in a film, play, or show
<b>character</b>	/'kærəktə/	a person in a movie
<b>crew</b>	/kru:/	group of people who work in a movie
<b>director</b>	/də'rektə, daɪ- /	film maker
<b>extra</b>	/'ekstrə/	a person in a film who does not have a speaking part and who is usually part of the scene, for example, in a crowd
<b>fiction film</b>	/'fɪkʃən/ /film/	narrative film
<b>dubbing</b>	/dʌbɪŋ/	a means of translating foreign-language films into the audience's language
<b>opening credits</b>	/'əʊpənɪŋ/	a list of the most prominent people involved in film, shown at the beginning

<b>screenplay</b>	/ˈskriːnpleɪ/	the text for a film
<b>stunt</b>	/stʌnt/	an exciting and dangerous action, usually needs to be done by someone skilled
<b>soundtrack</b>	/ˈsaʊndtræk/	the music in a film
<b>confusing</b>	/kənˈfjuːzɪŋ/	заплутаний, що збиває з толку
<b>convincing</b>	/kənˈvɪnsɪŋ/	переконливий
<b>embarrassing</b>	/ɪmˈbærəsɪŋ/	бентежний, незручний (момент)
<b>gripping</b>	/ˈɡrɪpɪŋ/	захоплюючий, напружений (сюжет)
<b>imaginative</b>	/ɪˈmædʒənətɪv/	образний, уявний
<b>moving</b>	/ˈmuːvɪŋ/	зворушливий, хвилюючий
<b>unrealistic</b>	/ˌʌnrɪəˈlɪstɪk/	нереалістичний
<b>characters</b>	/ˈkærəktə/	герої, персонажі





## **5. IRREGULAR VERBS**

Base Form	Past Simple (V2)	Past Participle (V3)
arise	arose	arisen
awake	awoke	awoken
be	was/were	been
bear	bore	born(e)
beat	beat	beaten
become	became	become
begin	began	begun
bend	bent	bent
bet	bet	bet
bind	bound	bound
bite	bit	bitten
bleed	bled	bled
blow	blew	blown
break	broke	broken
breed	bred	bred
bring	brought	brought
broadcast	broadcast	broadcast
build	built	built
burn	burnt/burned	burnt/burned
burst	burst	burst
buy	bought	bought
can	could	... (been able)
catch	caught	caught
choose	chose	chosen
cling	clung	clung
come	came	come
cost	cost	cost
creep	crept	crept
cut	cut	cut
deal	dealt	dealt
dig	dug	dug
do	did	done
draw	drew	drawn
dream	dreamt/dreamed	dreamt/dreamed
drink	drank	drunk
drive	drove	driven

Base Form	Past Simple (V2)	Past Participle (V3)
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
feel	felt	felt
fight	fought	fought
find	found	found
fly	flew	flown
forbid	forbade	forbidden
forget	forgot	forgotten
forgive	forgave	forgiven
freeze	froze	frozen
get	got	got
give	gave	given
go	went	gone
grind	ground	ground
grow	grew	grown
hang	hung	hung
have	had	had
hear	heard	heard
hide	hid	hidden
hit	hit	hit
hold	held	held
hurt	hurt	hurt
keep	kept	kept
kneel	knelt	knelt
know	knew	known
lay	laid	laid
lead	led	led
lean	leant/leaned	leant/leaned
learn	learnt/learned	learnt/learned
leave	left	left
lend	lent	lent
let	let	let
lie (in bed)	lay	lain
lie (to not tell the truth)	lied	lied
light	lit/lighted	lit/lighted
lose	lost	lost
make	made	made
may	might	...

Base Form	Past Simple (V2)	Past Participle (V3)
mean	meant	meant
meet	met	met
mow	mowed	mown/mowed
must	had to	...
overtake	overtook	overtaken
pay	paid	paid
put	put	put
read	read	read
ride	rode	ridden
ring	rang	rung
rise	rose	risen
run	ran	run
saw	sawed	sawn/sawed
say	said	said
see	saw	seen
sell	sold	sold
send	sent	sent
set	set	set
sew	sewed	sewn/sewed
shake	shook	shaken
shall	should	...
shed	shed	shed
shine	shone	shone
shoot	shot	shot
show	showed	shown
shrink	shrank	shrunk
shut	shut	shut
sing	sang	sung
sink	sank	sunk
sit	sat	sat
sleep	slept	slept
slide	slid	slid
smell	smelt	smelt
sow	sowed	sown/sowed
speak	spoke	spoken
spell	spelt/spelled	spelt/spelled
spend	spent	spent
spill	spilt/spilled	spilt/spilled
spit	spat	spat

Base Form	Past Simple (V2)	Past Participle (V3)
spread	spread	spread
stand	stood	stood
steal	stole	stolen
stick	stuck	stuck
sting	stung	stung
stink	stank	stunk
strike	struck	struck
swear	swore	sworn
sweep	swept	swept
swell	swelled	swollen/swelled
swim	swam	swum
swing	swung	swung
take	took	taken
teach	taught	taught
tear	tore	torn
tell	told	told
think	thought	thought
throw	threw	thrown
understand	understood	understood
wake	woke	woken
wear	wore	worn
weep	wept	wept
will	would	...
win	won	won
wind	wound	wound
write	wrote	written

Навчальне видання

**ПРАКТИЧНИЙ ПОСІБНИК ДЛЯ САМОСТІЙНОЇ РОБОТИ  
з дисципліни «Іноземна мова (англійська)»  
для здобувачів вищої освіти І–ІІ курсів усіх спеціальностей  
освітнього ступеня «бакалавр»**

*Електронне видання*

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*Видавець університет «Україна»  
03115, м. Київ, вул. Львівська, 23, тел./факс (044) 424-24-14, 424-56-26.  
E-mail: [ukraina.vdk@email.ua](mailto:ukraina.vdk@email.ua)  
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