

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ

ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ  
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ  
«САМАРСКИЙ НАЦИОНАЛЬНЫЙ ИССЛЕДОВАТЕЛЬСКИЙ  
УНИВЕРСИТЕТ ИМЕНИ АКАДЕМИКА С.П. КОРОЛЕВА»  
(САМАРСКИЙ УНИВЕРСИТЕТ)

*О. Н. ИСАЕВА, И. Б. КРИВЧЕНКО, Ю. В. ВЕДЕНЁВА*

ОСОБЕННОСТИ  
КОММУНИКАТИВНО-ПРАГМАТИЧЕСКОЙ  
ОРГАНИЗАЦИИ ТЕКСТОВ НА АНГЛИЙСКОМ ЯЗЫКЕ

Рекомендовано редакционно-издательским советом федерального государственного автономного образовательного учреждения высшего образования «Самарский национальный исследовательский университет имени академика С.П. Королева» в качестве практикума для обучающихся по основным образовательным программам высшего образования по направлениям подготовки 45.03.01 Филология, 45.03.02 Лингвистика

САМАРА

Издательство Самарского университета

2024

УДК 811.111(075)

ББК Ш143.21я7

И851

Рецензенты: канд. филол. наук, доц. Ю. А. Б л и н о в а;  
канд. филол. наук, доц. С. А. С т р о й к о в

*Исаева, Ольга Николаевна*

**И851 Особенности коммуникативно-прагматической организации текстов на английском языке:** практикум / *О.Н. Исаева, И.Б. Кривченко, Ю.В. Веденёва.* – Самара: Издательство Самарского университета, 2024. – 88 с.

**ISBN 978-5-7883-2034-2**

На материале английского языка в данном пособии рассматриваются коммуникативно-прагматические особенности организации разных типов текстов. Комплекс разработанных авторами упражнений направлен на формирование и развитие навыков построения текста на английском языке. Тематическая связь текстов с программой курсов «Практический курс первого иностранного языка» и «Основной изучаемый (английский) язык» способствует в целом формированию коммуникативной компетенции у обучающихся. Данный практикум может быть использован как в аудитории для выполнения заданий под руководством преподавателя, так и для самостоятельной работы обучающихся.

Практикум предназначен для работы с обучающимися 2 курса по основным образовательным программам высшего образования по направлениям подготовки 45.03.02 Лингвистика и 45.03.01 Филология.

Практикум подготовлен на кафедре английской филологии.

УДК 811.111(075)

ББК Ш143.21я7

ISBN 978-5-7883-2034-2

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## ВВЕДЕНИЕ

Практикум «Особенности коммуникативно-прагматической организации текстов на английском языке» нацелено на всестороннее формирование и развитие у обучающихся навыков устной и письменной коммуникации на английском языке в профессиональной сфере деятельности. В практикум включены разные виды текста как основной единицы коммуникации, взятые из различных функциональных стилей, а также упражнения, направленные на анализ особенностей коммуникативно-прагматической организации представленных текстов и отработку умений и навыков их корректного использования в собственной речевой деятельности на английском языке. Отбор теоретического и практического материала проводился с учетом требований учебных дисциплин. Структура практикума представляется обоснованной и логичной, поскольку предполагает поэтапное изучение языкового материала. Практикум состоит из трех основных разделов, сопряженных с изучаемыми темами “Job Hunting”, “Medical Issues”, “Cultural Awareness”. Разработанные авторами задания носят коммуникативный характер, что в полной мере способствует формированию профессиональных компетенций у обучающихся.

Представленный в практикуме материал сопровождается упражнениями разного уровня сложности, что обеспечивает возможность как аудиторной, так и самостоятельной работы для обучающихся с разным уровнем языковой подготовки. Предусмотрено продолжение работы с пройденным материалом, что способствует формированию навыков и умений осуществлять сбор и анализ языковых и литературных фактов, филологический анализ и интерпретацию текста.

## I. JOB HUNTING

### One Man's Career

When Simon started work, he was at the very **bottom of the career ladder**. He had quite a **dead-end job** doing **run-of-the-mill** tasks. He stayed there for a couple of years, but then decided he had to **get out of a rut**. He **pulled out all the stops** and managed to persuade his manager that he should be given more responsibility. The deputy manager **got the sack** for incompetence and Simon **stepped into his shoes**. For several months he was **rushed off his feet** and **he had his work cut out** to keep on top of things. But he was soon recognized as an **up-and-coming** young businessman and he was **headhunted** by a rival company for one of their top jobs. Simon had **climbed to the top of the career ladder**.

*Exercise 1. Read the mini-text above and match the idioms in bold to the following explanations:*

- a) a job without a good future;
- b) boring, routine;
- c) in a low position in a work organization or hierarchy;
- d) got to the top position in a work organization or hierarchy;
- e) very busy;
- f) escape from a monotonous, boring situation;
- g) took over his job;
- h) becoming more and more successful;
- i) made a great effort to do something well;
- j) was dismissed from his job;
- k) invited to join a new workplace which had noticed his talents;
- l) had something very difficult to do.

*Exercise 2. Find the Russian equivalents to the following phrases meaning "to be busy at work":* a) to be rushed off your feet; b) to be snowed under; c) to be up to one's eyes / ears at work; d) to be on the go all the time; e) to have one's hands full.

*Exercise 3. Match the idioms in bold with the explanations below:*

1. Plans for building the extension have been **put on hold** until our finances are in a better state.
2. The plans **look great on paper**, but you never know quite how things will turn out, of course.
3. A lot of preparation has gone on **behind the scenes** for the opening ceremony for the Olympics.
4. Please don't **talk shop**. It's too boring for the rest of us.
  - a) when you read about it, but might not turn out to be so;
  - b) talk about work when you are not at work;
  - c) in secret, often when something else is happening publicly;
  - d) left until a later date.

*Exercise 4. Complete each of these idioms with one word:*

1. The job looks good on \_\_\_\_\_, but the reality is quite different.
2. I'd hate to work in a run-off-the-\_\_\_\_\_ - job.
3. Mary has been up to \_\_\_\_\_ eyes in work all day.
4. When John retires, his son will \_\_\_\_\_ into his shoes.
5. My cousin's an up-and-\_\_\_\_\_ musician.
6. I must try to get out of a \_\_\_\_\_ at work.
7. I've been on the \_\_\_\_\_ all day.
8. Why did Kirsty's boss give her the \_\_\_\_\_?
9. I wish you wouldn't talk \_\_\_\_\_ all the time!
10. Rosy was very thrilled to be \_\_\_\_\_ hunted for her new job.

*Exercise 5. Match each idiom with its definition:*

- |                        |                   |
|------------------------|-------------------|
| behind the scenes      | very busy         |
| dead-end               | be dismissed      |
| get the sack           | make an effort    |
| off the record         | promising         |
| on hold                | hidden            |
| pull out all the stops | unofficially      |
| rushed off your feet   | delayed           |
| up-and-coming          | without prospects |

*Exercise 6. Complete the text:*

We had a difficult day at work today. We were all \_\_\_\_\_ under because we are having some important visitors next week and management has decided to pull out all the \_\_\_\_\_ to impress them. We are going to have our work \_\_\_\_\_ out to get everything done in time. Long-term tasks have been put on \_\_\_\_\_ so that everything is ready for our visitors. Anyone who objects has been told they will \_\_\_\_\_ the sack and everyone who wants to \_\_\_\_\_ the career ladder will have their \_\_\_\_\_ full until the week is over. The visitors would be horrified if they knew what was going on \_\_\_\_\_ the scenes!

*Exercise 7. Choose the correct word or phrase to complete the sentences:*

1. Someone who applies for a job is called an applier / applicant.
2. A person applying for a job is also called a candidate / manager.
3. When you apply for a job, you are often asked to attend a job interview / test.
4. You get a degree / license from a university when you complete the course.
5. Degrees, diplomas and certificates show your qualifications / work experience.
6. If you are unemployed / self-employed, you run your own small business.
7. If you have done something for a long time, you have a lot of experiments / experience.
8. Being able to use a computer is an important skill / qualification these days.
9. If you have a job with a company, you work for / as the company.
10. If you are an electrician, you work for / as an electrician.

*Exercise 8. Write a mini text describing your work in the future.*

*Exercise 9. Read the following essay. Write out the new words and phrases. What is the structure of the text under consideration?*

## Choosing a Career

How do you choose a career? Many students leave high school and enter college without a clear idea of what they want to do in life. Part of the problem is the size and complexity of the job market itself. Seven hundred and sixty-three different occupations were listed in a recent publication of the United States Department of Labour, and this list is obviously incomplete. With so many kinds of work, how can you tell which will interest you? Besides, some of these occupations are already overcrowded. In old industries, there may be little need for new workers, while new and growing industries will offer good jobs, now and in the future. To get the best job, you are to make the best use of your own special talents. The article that follows tries to get you started.

For most people, choosing a career isn't easy, yet it is one of the most important decisions you will make in your life. Find the right career, and you will be happy and successful. Find the wrong career, and you may be unhappy and unsuccessful. It pays, therefore, to explore your choice from every angle, collect as much information as you can, actually try different kinds of work before making up your mind. Above all, evaluate yourself. Be sure you know your own interests and talents. Unfortunately, not everyone takes the trouble. Those who don't, can make costly mistakes. For example, some people simply follow in the footsteps of a parent or a relative. One young man I know became a doctor because that was his father's profession. Yet he could not stand the sight of blood. Watching an operation made him sick to his stomach. One day he had to amputate a leg, and, after making the first cut, fainted in the operating room. A young woman I know became an accountant although she hated maths. Her uncle encouraged her by promising a job in his company. It took her several years, and several disasters with the company books, before she realized her mistake. Procrastinating, postponing a decision, is another error people make. I'll get started tomorrow, or next week, or next year. Those people refuse to face the problem, hoping it will go away. But if



you don't take the first step now, how can you plan for the future, take the right courses in school, get in the right programmes? Procrastinators just drift, missing many opportunities. Well then, how do you find a career? Some people show their talents at a very early age. But most of us are not so talented, or so lucky. Everyone has skills, but yours may not be so obvious; may, in fact, go undetected. Your career search has to look for everything. Be systematic. Analyze your problem. Determine what information you have. Then go after the information you need. First, start with yourself. Make a list of inventory of your interests, your talents, and abilities. Most people have a lot of these, but at the beginning they are undeveloped and may not seem outstanding. By concentrating on a few, or on one, you may surprise yourself, and everyone else, by how well you can do. The interest inventory that follows covers the major fields in which most people find careers: science, arts, social service, business, sales. Then find where your interests lie.

*Exercise 1. Make up sentences using the word combinations:*

make the best use of; it pays; above all; explore smth. from every angle; follow in the footsteps of; take the trouble to do smth.; cover major fields.

*Exercise 2. Give definitions to the following emphasizing the difference between the words:*

a) work; job; occupation; trade; profession; vocation;

b) salary; wages; payment; benefit; bonus; fine.

*Exercise 3. Translate into Russian:*

apply in person or by letter; apply for a job; apply to the manager; applicant; application; a problem of great complexity; earnings; employ; employer; employee; employment; interview; interviewer; interviewee; a part-time job, a full-time job; make a good job of smth.; be out of job; jobless; unemployed; manual labour; list one's arrangements for the week; to evaluate oneself; encourage.

## Hard and Soft Skills in Job Hunting

*Exercise 1. Work in pairs and discuss:*

1) Look at the list of different types of skills that employers value. What are the most important skills to get a job in a competitive job market?

2) Try to put them into two major groups. Explain your grounds.

Technical skills;

Emotional intelligence;

Teamwork;

Flexibility;

Leadership skills;

Design skills;

Basic computer skills like HTML coding;

Communication skills;

Certificates, degrees, or formal education;

Problem-solving skills;

Work ethic;

Speaking a foreign language;

Banking, tax, and finance knowledge;

Engineering.

*Exercise 2. Complete the sentences 1-7 with the words in the box:*

problem-solver   flexibility   communication   emotional   engineering ethic   teamwork
--

1. The working schedule doesn't allow much \_\_\_\_\_.
2. Although viewed as the ideal way of working in a company, \_\_\_\_\_ remains highly problematic for many professionals.
3. The minimum requirement for the post was a degree in \_\_\_\_\_.
4. He is considered a troubleshooter and a \_\_\_\_\_.
5. Managers often say that older workers are friendlier to customers and have a better work \_\_\_\_\_ than their younger counterparts.

6. \_\_\_\_\_ intelligence is as important as academic intelligence.

7. Knowing how to deliver a story effectively combined with knowing the right story to tell is a powerful influencing \_\_\_\_\_ skill.

*Exercise 3. Match the definitions with the words and word phrases:*

1) the combined actions of a group of people working together effectively to achieve a goal	A emotional intelligence
2) the belief that work is valuable as an activity and is morally good	B flexibility
3) the ability to understand the way people feel and react and to use this skill to make good judgments and to avoid or solve problems	C teamwork
4) the quality of being able to change or be changed easily according to the situation	D leadership skills
5) the specialized knowledge and expertise required to perform specific tasks and use specific tools and programs in real world situations	E problem-solving skill
6) the qualities individuals in <u>influential</u> roles possess to direct tasks and empower others	F work ethic
7) the ability to identify the root of a problem, analyze potential solutions, and decide what to do	G formal learning
8) the process of training and learning provided by official educational establishments	H technical skills

*Exercise 4. Read the article on the role of hard and soft skills. Which are more important – hard or soft skills?*

### ***Hard Skills and Soft Skills***

When thinking about careers or professional advancement we normally emphasize the so-called ‘hard skills’. Hard skills refer to your practical abilities. They are directly linked to your ability to perform a particular task or do a certain job. These skills can be evaluated or measured, as they are the result of various degrees, certificates, specialized knowledge, seminars, vocational training or on-the-job experience. When it comes to required skills for a certain position, the particular hard skills are found in the job description – described with very specific language. Thus, what job candidates must do is to prove and measure their proficiency of particular hard skills.

In today’s fast-paced world, to become successful in a career requires more than just technical expertise and knowledge. As the nature of work continues to evolve, it is important for individuals to possess qualities and abilities that allow them to collaborate with teams and colleagues – otherwise known as ‘soft skills’. Soft skills, on the other hand, are more difficult to measure or quantify, as they usually do not come from a degree or specialized training, but from life experience, personality and attitude. They are often called ‘people skills’ or ‘interpersonal skills’, as they typically relate to how we deal or interact with other people.

Some commonly mentioned soft skills would include, among others: creativity, team work, communication skills, leadership, flexibility and organization. These types of skills are important, as they help to form a well-rounded person and employee. They can provide a competitive edge in a job search. Soft skills are relevant to just about every industry or job, because people are always key, in one way or another. From communication and collaboration to adaptability and

problem-solving, soft skills are the foundation of effective teamwork and organizational success.

While hard skills are quite different than soft skills, the combination of the two creates a good balance between knowledge and interpersonal attributes. Hard skills show mastery and proficiency, while soft skills show communication and collaboration abilities. People with the right combination of hard skills and soft skills can help level up any business in terms of both productivity and culture.

*Exercise 5. Write out all the hard and soft skills mentioned in the article.*

*Exercise 6. Are the sentences true (T), false (F) or not given (NG). Where possible, underline the phrase that helped you decide:*

1. Hard skills are simply easier to track and measure because you can look at certain data.

2. The most reliable way to assess hard skills is to use a specific skill test.

3. Soft skills are always tricky to detect.

4. Soft skills are of minor importance for effective teamwork and organizational success.

5. Only hard skills matter since they show a person's mastery and proficiency.

*Exercise 7. Give the equivalents from the article:*

профессиональный рост; акцентировать (выделять); выполнять определенное задание; оценивать; дипломы и сертификаты (свидетельства); профессиональная подготовка; опыт работы (приобретенный на конкретном рабочем месте); измерять уровень мастерства; быстро меняющийся мир; технические навыки (компетенции) и знания; развиваться (эволюционировать); сотрудничать с командами и коллегами; определять количество; как мы взаимодействуем или общаемся с другими людьми; сформировать всесторонне развитую личность; обеспечивать конкурентное преимущество; люди всегда играют ключевую роль; коммуникация и сотрудничество; адаптивность и умение решать

проблемы; основа эффективной командной работы; демонстрировать мастерство и высокий уровень (профессионализм); повышать уровень бизнеса; как с точки зрения производительности, так и с точки зрения культуры.

*Exercise 8. Translate into English using active vocabulary:*

1. Эта должность предлагает много возможностей для профессионального роста.

2. Данная инструкция по пользованию поясняет, как использовать программное обеспечение для выполнения определенной задачи.

3. Профессиональная подготовка сотрудников является приоритетной в данной компании.

4. Он настоящий профессионал с прекрасными личностными качествами и в то же время с большим опытом работы.

5. Поскольку характер рабочей деятельности постоянно меняется (эволюционирует), для людей важно обладать такими качествами и способностями, которые позволяют им сотрудничать с командами и коллегами.

6. Данные виды навыков важны, поскольку они помогают сформировать всесторонне развитую личность и обеспечивают конкурентное преимущество при поиске работы.

7. В любой отрасли люди всегда играют ключевую роль.

8. Коммуникация и сотрудничество являются основой эффективной командной работы.

9. Каждый кандидат продемонстрировал мастерство и высокий уровень (профессионализм) публичных выступлений (public speaking).

10. Только правильное сочетание «жестких» и «гибких» навыков способно помочь повысить уровень любого бизнеса, как с точки зрения производительности, так и культуры.

*Exercise 9. Choose the correct option.*

1) Hard skills are directly connected to performing...

a) quantities

c) a particular task or certain job

b) measurements

d) motivation

2) *Soft skills are often called...*

- a) vocational skills
- b) people skills
- c) light skills
- d) irrelevant skills

3) *An example of a soft skill would include...*

- a) employee benefits
- b) a specific job
- c) written and verbal communication
- d) continuing education

4) *A soft skill would be when one...*

- a) motivates and leads people
- b) goes to a seminar
- c) transports people
- d) gets a college degree

*Exercise 10. Study the following list of hard and soft skills. Choose the ones you possess:*

### ***Hard skills***

The ability to type a certain number of words per minute

Knowledge of a computer program or skills relating to information technology support

Proficiency in a language

The ability to certify and run a machine or system that requires common training for operators

Data analysis

The ability to copywrite or edit documents

A specific degree, industry-recognized certifications or awards

### ***Soft skills***

Effective communication skills

Expression of empathy for colleagues' troubles and stress points

Self-awareness and the ability to 'read the room'

Ability to work well in teams

Flexibility to pick up tasks and embrace changes in plans

Leadership qualities

Ability to manage time efficiently, such as meet deadlines and project targets on time

A solid and consistent work ethic

Attention to detail

*Exercise 11. Render the following text into English.*

***Что такое hard или soft skills?***

Так называемые hard skills – профессиональные навыки, которым человека можно научить и которые можно измерить. Чтобы обрести hard skills, необходимо усвоить определенные знания в той или иной области, качество обучения можно проверить с помощью экзамена. Примеры hard skills: технические знания, использование компьютерных программ, знание иностранного языка, набор текста на компьютере, вождение автомобиля.

Напротив, soft skills – универсальные компетенции, которые гораздо труднее измерить количественными показателями. Иногда их называют личностными качествами, потому что они зависят от характера человека и приобретаются с личным опытом, а не через профессиональную подготовку. Примеры soft skills: коммуникабельность, умение работать в команде, креативность, пунктуальность, уравновешенность.

Интересно, что понятия hard и soft skills впервые были использованы в военном деле. В середине XX в. армия США начала разрабатывать научный подход к подготовке военнослужащих. В ходе разработки американские исследователи выявили важность для военнослужащих не только профессиональных навыков (hard skills), но и личностных компетенций (soft skills), которые не поддаются специальному обучению.

Сначала данные понятия широко использовались в военном деле и психологии, затем они стали использоваться в бизнесе. Сегодня в вакансиях, в том числе на русском языке, можно встретить вместо разделов "профессиональные навыки" и "личностные качества" – hard skills и soft skills.



### ***Что важнее: hard или soft skills?***

Как правило, ответ на данный вопрос зависит от конкретной профессии и должности. Можно выделить 3 группы профессий, где по-разному представлены soft и hard skills:

1) профессии, в которых требуются исключительно hard skills: например, физик-ядерщик, который должен обладать исключительными знаниями, и при этом может не уметь работать в команде и взаимодействовать с людьми;

2) профессии, в которых необходимы как hard, так и soft skills: например, учителя, врачи, юристы, таможенники. Их профессиональный рост невозможен без формального обучения, а также личностных качеств (коммуникабельность, организованность, гибкость, трудовая этика), так как они работают с людьми;

3) профессии, в которых soft skills играют первостепенную роль: например, торговля, бизнес, политика или творческие профессии. Нередко продавец без формального образования маркетолога способен привлечь много клиентов исключительно благодаря soft skills. В эффективных продажах задействованы самые разные компетенции: умение говорить красиво, выступать публично, умение слушать, эмпатия.

*Exercise 12. Read the article on how to acquire soft skills. What is the main perspective of it?*

### ***How to Acquire Soft Skills***

Soft skills – also known as “people skills” or “interpersonal skills” – are a set of personal attributes and abilities that allow individuals to effectively interact with others in a professional setting. Soft skills are personal strengths that help you to collaborate effectively, manage time and communicate with clarity. They are the perspectives, reactions and mental frameworks you use that are not exclusive to your job. Don't confuse the word "soft" with weak: you can lead with empathy and curiosity instead of ego and cruelty.

While hard skills refer to the technical abilities you've acquired through some sort of training, education or experience, soft skills are the less tangible personal qualities that help you succeed in the job. If hard skills are the base of your career pizza, soft skills are all the delicious toppings (and yes, that includes pineapple).

Soft skills are unlike hard skills in that they require situational awareness to know when to use which skill. When you're hired for an accounting job, you know that most days you'll need hard skills you learned in school like mathematical formulas, bookkeeping, and probably some work in a spreadsheet application. However, it's not as cut and dry when you use soft skills because they are dependent upon intangible factors. You need hard skills to land a job, but you need soft skills to progress in your career.

You can't be successful in a job without soft skills. The most competent IT manager in the world won't be good at their job if they can't communicate processes clearly to their team. The best copywriter on the planet won't get anything done if they can't manage their time and end up spending three weeks on a low-priority project that could have been done in a day. Technical and soft skills exist together, not as one or the other. No matter how much you've honed your craft, it's nothing without soft skills to support it. And employers know that.

This is why acquiring soft skills is so unique. Practice is the best way to acquire soft skills and demonstrate them effectively. And you might be wondering, "How can I highlight soft skills in my role?" The answer is simple – having a genuine concern for others is the main ingredient to strengthening your soft skills and growing your career.

Listen to your coworkers and leaders to understand their success, challenges, opportunities and concerns. Then see if there are any skills, experiences, advice, or resources you can offer. Practice doing this in your meetings, one-on-ones, and even on your lunch break with the team. You'll be surprised by how quickly you acquire these soft skills and grow your career.

*Exercise 13. Match the definitions with the underlined words and phrases from the article:*

- 1) a number of personal qualities
- 2) communicate productively
- 3) professional environment (milieu)
- 4) to control time
- 5) learn new competences
- 6) real, physical
- 7) knowledge of circumstances
- 8) obvious and commonplace
- 9) to make your skill perfect
- 10) to really care about others
- 11) to make something stronger or more effective
- 12) two people talking directly, usually with one teaching or giving information to the other

*Exercise 14. Complete the sentences with phrases from the article:*

1. They used to work more effectively, showing a g\_\_\_\_\_ c\_\_\_\_\_ for their clients.
2. Being more observant isn't enough to master s\_\_\_\_\_ a\_\_\_\_\_.
3. This film seems pretty c\_\_\_\_\_ and d\_\_\_\_\_ to me.
4. Everyone needs to learn how to i\_\_\_\_\_ with others, and it is a lifelong process.
5. But if you h\_\_\_\_\_ your c\_\_\_\_\_, work diligently, you might just find yourself cast in the role of a lifetime.
6. He even knows how to m\_\_\_\_\_ t\_\_\_\_\_, and therefore almost does not break deadlines.
7. I hope people don't think... I'm marrying you for your money... instead of your... less t\_\_\_\_\_ qualities.
8. Do you want to a\_\_\_\_\_ s\_\_\_\_\_ that foster cooperation and social innovation?

*Exercise 15. Give the English equivalents from your active vocabulary:*

приобретать (профессиональные) навыки; совокупность личностных качеств и способностей; встреча один на один; оттачивать мастерство; в профессиональной среде; банальный, скучный; искренне заботиться о других; осязаемый (материальный); ситуационная осведомленность; эффективно распоряжаться (управлять) временем; взаимодействовать с другими людьми.

*Exercise 16. Form the derivatives from the following words:*

acquire, effect, situate, success, apply, genuine, strong.

*Exercise 17. What do these items relate to in the article?*

1) weak; 2) ego and cruelty; 3) pizza; 4) pineapple topping; 5) bookkeeping; 6) a spreadsheet application; 7) three weeks; 8) the main ingredient; 9) a lunch break.

*Exercise 18. Answer the questions:*

1. What is a set of personal attributes and abilities of a good teacher/a good firefighter?
2. Are you able to interact with others effectively?
3. Is it of prime importance to manage time nowadays? Why?
4. What do you do to hone your language proficiency?
5. Do you have a genuine concern for your family/friends?
6. If you had a one-on-one with the President, what would you ask him about?

*Exercise 19. Read the article on various types of soft skills:*

The number of soft skills in the universe is basically infinite. So we've rounded up a list of the soft skills most critical to building a successful career.

### ***Communication***

Collaboration without communication is impossible. What does it mean to be an effective communicator, though? Everyone has different preferences, so part of the skill is being able to adapt your communication skills to the environment. How you speak to a strategic

partner will be different from how you speak to your peer, for example. It's all about reading the room.

Effective communication is essential to build strong relationships with colleagues or clients. Not only does this involve the ability to convey messages in a clear and compelling way, but also the ability to understand the needs of others and respond to feedback. Employers want people who can build professional relationships with colleagues, which is especially important when working with teams.

### *Leadership*

A good leader has the ability to inspire their team to achieve greatness. They are able to set a clear vision, communicate it effectively and create a culture of accountability and excellence. More importantly, they're able to inspire and influence team members to achieve shared goals and objectives.

The ability to lead effectively is often considered a critical component of professional success, and is highly valued by employers in a wide range of industries and professions. Because most employees work in teams, leadership is widely recognized as a critical attribute for success in the modern workplace.

### *Teamwork*

There are two kinds of people: those who played team sports growing up and those who have "jobs where I don't have to talk to anyone" in their search history. Teamwork doesn't come naturally to everyone. It involves the ability to work with others toward a shared goal. It requires communication, collaboration and a shared commitment to work in a group. Individuals who are able to work collaboratively with others are more likely to achieve their professional goals, and to contribute to the success of their organizations.

In a professional setting, good teamwork can help to foster creativity and innovation because it encourages members to share ideas, brainstorm new solutions and collaborate on new initiatives. Working

as part of a collaborative team can also enhance job satisfaction and contribute to a positive work environment.

### ***Creativity***

Creativity involves the ability to think outside the box and come up with ideas that challenge assumptions. Needless to say, it requires a mindset of curiosity, risk-taking and a willingness to embrace ambiguity and uncertainty.

On the other hand, creativity is essential for effective problem-solving, meaning it allows individuals to tackle issues from new and different angles. Creative individuals also give organizations a competitive edge by enabling them to develop new products and systems that set them apart from their competition.

### ***Time management***

Time management involves the ability to set priorities, organize tasks and allot time across different activities. It requires discipline and willingness to avoid distractions and low-priority tasks.

Naturally, good time management skills can help individuals avoid the stress and anxiety that can arise from missed deadlines. But more importantly, those who can manage their time effectively are more likely to be seen as reliable and efficient, which allows them to stand out in the workplace.

### ***Adaptability***

In today's rapidly changing business landscape, adaptability is a key soft skill that enables individuals to stay ahead of the curve. An employee with this skill can adjust to changing circumstances, for example, and learn new skills and technologies to remain relevant in the workplace.

You'll always have restrictions, like limited time, budget, or staffing – so, you have to figure out how to work within constraints.

And with the pace of change in the workplace (and the world more broadly), you need to be able to show that you're adaptable.

### ***Emotional intelligence***

Emotional intelligence refers to the ability to recognize and understand one's own emotions and those of others. In today's collaborative work environments, this skill enables employees to navigate complex social dynamics and work effectively within teams. It also allows them to provide constructive feedback in a way that is sensitive to the emotions of others, leading to more successful outcomes and stronger relationships. Effective leaders often have the ability to motivate others and navigate challenging situations with grace and empathy.

Workplaces are just a grown-up version of playground sandboxes. If you haven't figured out how to play well with others yet, it's time to learn. The good news is: you already have soft skills. In fact, you've been learning them since preschool. But you can continue to practise the ones you have and hone the ones you struggle with.

*Exercise 20. Define the soft skills mentioned in the article.*

1. Communication is ...
2. Leadership is ...
3. Teamwork is ...
4. Creativity is ...
5. Time management is ...
6. Adaptability is ...
7. Emotional intelligence is ...

*Exercise 21. Which soft skills do you possess? Which soft skills would you like to acquire?*

*Exercise 22. Transcribe the words. Make sure you know their meanings:*

infinite, environment, strategic, peer, colleague, effectively, accountability, collaborative - collaboratively, initiative, to contribute,

ambiguity, to foster, anxious – anxiety, efficient, priority, to allot, dynamics.

*Exercise 23. Give the English equivalents from the article:*

бесконечный, безграничный; стратегический партнер; ровесник; чувствовать ситуацию (понимать, что происходит); способность выражать мысли ясно и убедительно; понимать потребности других людей; вдохновлять (воодушевлять) команду; общая (совместная) цель; мыслить нестандартно; поощрять (способствовать развитию); креативность; повышать уровень удовлетворенности работой; осознанно принимать двойственность и неопределенность; решить проблему (вопрос); с нового и необычного ракурса; отличать от ...; избегать отвлекающих факторов; менее приоритетные (второстепенные) задачи; нарушать сроки; выделяться на работе; быть на шаг впереди.

*Exercise 24. Give synonyms to:*

important, a colleague, to get, a goal, to encourage, to enhance, an angle, effective, to manage.

*Exercise 25. Complete the phrases used in the article:*

to build ...

to achieve ...

to convey ...

to share ...

to avoid ...

*Exercise 26. Do you agree or disagree?*

1. Collaboration without communication is impossible.
2. The ability to lead effectively is a critical component of professional success.
3. Teamwork doesn't come naturally to everyone.
4. Creative individuals are always set apart from their competition.
5. Good time management skills can help individuals avoid the stress and anxiety that can arise from missed deadlines.



6. Adaptability is a key soft skill that enables individuals to stay ahead of the curve.

7. Workplaces are just a grown-up version of playground sandboxes.

*Exercise 27. Answer the questions:*

1. What does it mean to be an effective communicator?
2. Are you always able to convey messages in a clear and compelling way?
3. Do you excel in reading the room?
4. What is a good leader? Does it comprise innate or acquired qualities?
5. Are you good at teamwork? Did you use to play team sports?
6. In what way can teamwork be profitable?
7. Are you able to think outside the box?
8. Can a creative person succeed in teamwork?
9. Have you ever missed deadlines? Is it a great thing to manage your time effectively?
10. Are you adaptable enough? Do you easily adjust to changing circumstances?
11. Are you sensitive to the emotions of others?

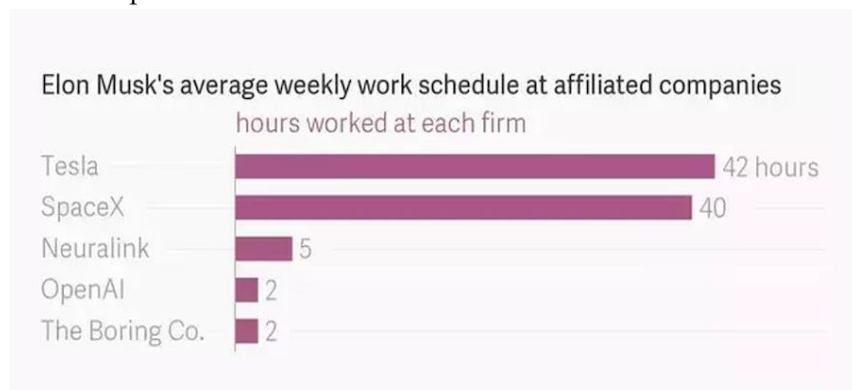
*Exercise 28. Render into English:*

В последнее время стало удивительно модно быть продуктивным. Людям важно преуспевать всегда и везде: на работе, дома, даже в отпуске. Безусловно, будучи продуктивным, человек успевает сделать все, что запланировал, даже если список дел огромный. После этого он испытывает удовлетворение от проделанной работы. Но есть и обратная сторона медали в виде большого количества минусов, ставящих под вопрос необходимость продуктивности в жизни каждого.

Дело в том, что желание быть продуктивным может перерасти в одержимость. Преподаватель философии в Кремниевой долине Эндрю Таггарт считает, что стремление достичь максимальной производительности теперь похоже на религию. Ее основатели –

гуру тайм-менеджмента, специалисты по лайфхакам и тренеры продуктивности.

Тренд становится все популярнее, благодаря известным блогерам. Более того, технологические лидеры: Илон Маск, Тим Кук, Марк Цукерберг, Билл Гейтс – продвигают идею о необходимости продуктивности. Например, глава Apple Тим Кук ложится спать в 22:30, а встает в 3:45. Утром он читает около 800 писем, а уже в 5 утра занимается в спортивном зале. Гендиректор Tesla и SpaceX Илон Маск работает по 80-90 часов в неделю, выпивая восемь банок диетической колы и несколько больших чашек кофе.



В итоге мы принимаем иллюзию о том, что личная продуктивность – это счастье. Общество труда поощряет постоянную занятость и эффективность, но не дает задать себе самые важные вопросы: «Кто я?», «Зачем я это делаю?», «В чем смысл повседневной рутины?» Без размышлений и ответов на эти вопросы бессмысленно пользоваться методами тайм-менеджмента и техниками повышения продуктивности.

### **A Job Interview**

Before choosing a career, looking for the perfect job and apply for it you need to do some research. Researching yourself is the key to finding the job that is right for you.

The first thing you need to do when starting the job-hunting process is a self-assessment of your own strengths and weaknesses. This process will help you identify the skills, qualifications, experience, knowledge and personal characteristics that employers are looking for.

*Exercise 1. Complete the sentences using in, to, at:*

1. I'm excellent \_\_\_\_ communicating
2. I'm able \_\_\_\_\_ work effectively as part of a team
3. I'm quite good \_\_\_\_ organizing and planning

*Exercise 2. Match the personal characteristics (1-6) to the questions (a-f):*

<ol style="list-style-type: none"> <li>1. creative</li> <li>2. decisive</li> <li>3. flexible</li> <li>4. organised</li> <li>5. persuasive</li> <li>6. reliable</li> </ol>	<ol style="list-style-type: none"> <li>a. Do you always do what you say you'll do?</li> <li>b. Are you good at getting other people to agree with you?</li> <li>c. Are you good at making your mind up quickly?</li> <li>d. Are you able to plan ahead successfully?</li> <li>e. Are you able to cope with last-minute changes?</li> <li>f. Are you good at coming up with imaginative solutions?</li> </ol>
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*Exercise 3. Make the personal characteristics in Exercise 2 negative by adding a prefix (dis-, in- or un-):*

- |            |           |
|------------|-----------|
| creative   | decisive  |
| flexible   | organized |
| persuasive | reliable  |

*Exercise 4. Discuss the following questions:*

1. What general skills and knowledge do most employers look for in job applicants? 2. Apart from specific qualifications and technical expertise, what skills and knowledge have you got that make you employable?

*Exercise 5. Match the skills (1-8) to the examples of professional behavior(a-h):* 1) analytical skills; 2) creativity; 3) self-confidence; 4) communication skills; 5) independence; 6) interpersonal skills; 7) negotiation skills; 8) self-awareness.

a. I have a justified belief in my ability to do the job. I am able to express my opinion or provide advice when necessary. I am good at making decisions.

b. I actively seek feedback on my performance and carefully consider feedback. I demonstrate an interest in and understanding of my own and other cultures. I understand my own strengths and limitations.

c. I am good at getting a good deal. I am good at developing and managing relationships with others. I am able to persuade, convince and gain support from others.

d. I am able to formulate new ideas to solve problems. I am able to think ahead to spot or create opportunities. I set aside thinking time to come up with alternative ways of getting things done more efficiently

e. I can work with sustained energy and determination on my own. I can find ways to overcome obstacles to set myself achievable goals. I strive towards my own targets and refuse to settle for second best.

f. I am good at data analysis. I am excellent at interpreting data to see cause and effect and am able to use this information to make effective decisions.

g. I am able to express myself effectively. I am able to make my opinions totally clear and am rarely misunderstood. I produce clear, well-written reports that can be easily understood.

h. I am good at working cooperatively. I am good at working and communicating within a team to achieve shared goals. I am a good listener.

*Exercise 6. Complete the sentences using the correct form of the verbs award, complete, graduate, hold, obtain, read:*

1. I \_\_\_\_\_ with a BA in Sociology from the University of California in Los Angeles in 2007.

2. I \_\_\_\_\_ Economics at the London School of Economics and Political Science. I then \_\_\_\_\_ a Master's in Security Studies at the University of Birmingham, which included a semester at New York University at the Centre of European Studies.

3. I \_\_\_\_\_ with a BA in Hotel & Catering Management from Hong Kong Polytechnic University. I also \_\_\_\_\_ an MBA in Marketing, which I \_\_\_\_\_ last year.

4. After \_\_\_\_\_ from the School of Oriental Languages and Communication with a BA (Hons) in Mandarin Chinese and English in Maastricht (The Netherlands), I was \_\_\_\_\_ a scholarship to \_\_\_\_\_ International Relations at the College of Europe, Warsaw.

*Exercise 1. Read the how-to text taken from the online resource:*

### ***How to Pass a Job Interview***

Interviews are sometimes your one and only chance at making a good first impression and selling yourself as a viable candidate for a job. Spending a bit of time and effort preparing for the interview can be the deciding factor in whether or not you make it to the next round, or get the job. Learn to plan for success, approach the interview properly, and avoid common mistakes in job interviews to give yourself the best chance of getting a fresh start.

### ***Getting Prepared***

Do some research about the company ahead of time. You will make an impression as a serious candidate if you come to the interview with some background knowledge about the company and the direction in which it's heading. Try to figure out the goals of the business or the organization that you're applying for a job with, getting some sense of their style and the way they situate themselves against their competitors.

Focus on using the vocabulary that shows up on the company's website. If you're applying for a serving job at a "farm-to-table" restaurant, you should probably be familiar with what that means. If you're applying to work as an editor with a holistic magazine, you need to do some research into holistic medicine.

Knowing your interviewer's name and some details about that person's role in the company can help you have a more conversational

dialogue during your interview, which often leads to the interviewer forming a more positive impression.

Anticipate and practice your answers to common interview questions. The most stressful part of the job interview is figuring out how to answer the questions that you'll be asked. What does the interviewer want to hear? Trying to do some digging and anticipate possible questions will help you practice your answers beforehand. Come up with answers that are sincere, but still reflect positively on you as a candidate. Frequently asked interview questions include: What do you know about this company? Why are you a good fit for this company? What do you bring to a team? Describe a time when you overcame a challenge at work.

Come up with a good strength and weakness. What is your most difficult work-related challenge? What is your biggest strength? Biggest weakness? These are some of the most commonly asked interview questions, and the interview is the last moment you want to struggle for a good answer. You'll be asked this question in almost every single job interview. Good answers to these questions might sometimes be: "I'm very organized when it comes to my work and my schedule, but you'd never know it if you saw my desk" or "I tend to take on responsibilities but sometimes forget to ask questions when I need help.

Bring some good questions of your own. Interviewers will often ask if you have any questions during or after the interview, which can throw a lot of first-time interviewees. Asking a question shows you are engaged in the conversation, so come up with a list of questions to ask so you are prepared in case you can't come up with one quickly when you are prompted. Good questions might include: How do you like working here? What does someone need to be successful at this company? Who will I be working with most closely? What do the day-to-day operations consist of? Is there room for growth with this company? What's the turnover like for this position?

Avoid clichés. Interviews are a time to let your potential employer get to know you, the real you, not a pumped-up, cliched version of yourself who's giving canned answers to try to get a job. The purpose of the interview isn't to suck up, show off, or tell the interviewer what they want to hear. The purpose is to give sincere answers.

Complete all necessary documents ahead of time. Depending on the interview process, it is really helpful if you bring along an extra copy of your resume, references, work portfolio, and a cover letter, if applicable. Look over all documents for typos and grammatical errors. If you have time, give them to someone else to review and catch any silly mistakes you may have missed.

It's also important to familiarize yourself intimately with your resume, CV, and other application materials. It can look suspicious if you have trouble recalling content from your resume, so you want to make sure all names, dates, and described responsibilities are clear. Be sure to use the space on your resume to highlight your skills and experiences rather than include a list of references – the hiring team will request references once you get to the final stages of an interview process.

Dress the part. Pick out an outfit that makes you look professional and feel confident, as well as something that matches the business to which you're applying. In most cases dark-colored suits are appropriate for interviews, unless you are interviewing for a job with a very casual dress code, in which case dress pants and a clean, collared shirt are appropriate.

### *Nailing the Interview*

Get there on time. Nothing looks worse than arriving to a job interview late. Show up at the appropriate time, ready to go. If your interview is in an unfamiliar area, drive to the location the day before to make sure you aren't late because you got lost. Aim to arrive no fewer than 10 or 15 minutes before your assigned interview time to factor in unknown causes of delay like traffic conditions, etc.

Keep in mind though, while it's important to show up on time, showing up too early can be frustrating for potential employers. If they told you to be there at a specific time, that means they want you there at that time, not 30 minutes before. If you want to make a good impression, follow instructions specifically.

Stay busy as you wait, writing notes or reviewing the job description and company information. Keep documents and materials in your left hand so you are prepared to get up and shake hands as soon as the interviewer comes out to greet you.

Listen closely and pay attention. One of the worst things you could do in an interview is to have to ask an interviewer to repeat their question because you weren't paying attention. Don't disqualify yourself by letting your mind wander. Most interviews won't take more than 15 minutes, and certainly never longer than an hour or so. Focus on the conversation at hand and respond actively.

Sit up and keep your back straight. Lean forward and listen closely during an interview, using open and interested body language. Look at the interviewer when you're talking and when they are speaking. A great interviewing trick is to look at the bridge of the interviewers' nose, between the eyes. They will have no idea you aren't making eye contact and it will help you relax a little. Try it with a friend, you will be amazed.

Think before you speak. Another common mistake in an interview is talking too much and too quickly. You don't need to fill awkward silences with chatter. Especially if you're a nervous talker, don't feel the need to fill the space with talking. Sit back and listen. Don't give away too much. When you're asked a question, you don't need to have an immediate answer. In fact, it can be a turn off for an interviewer to feel as if you've given no thought whatsoever to a complicated question. Slow down and think about it. Pause, say, "That's a great question, let me think about a good answer."

Be willing to do what it takes. Your go-to answer in a job interview should be "Yes." Are you willing to work nights and



weekends? Yes. Are you comfortable taking on multiple clients? Yes. Do you have experience working in a high-paced environment? Yes. Most jobs provide enough on-the-job training for skills that are essential to conducting the day-to-day operations that you'll be able to pick up anything you're unfamiliar with after you get the job. Don't disqualify yourself ahead of time. Be agreeable and sort out the details after you get the job. Don't lie. Being willing to do what's necessary for the position doesn't mean that you should stretch your experiences or tell fibs that'll get you outed the first day on the job. If you've never cooked a meal in your life, you shouldn't tell the kitchen manager you're a great cook.

### *Avoiding Common Mistakes*

Don't show up with coffee. For some reason, lots of people think bringing a to-go cup of coffee to a job interview is a great idea. To an interviewer, this looks informal at best and disrespectful at worst. You're not on your lunch break, so treat yourself to a latte after the interview, not before. Even if the interview is early, or you might end up waiting a long time to get through with it, don't show up with a cup of coffee. The plus side is you won't have to worry about spilling it.

Turn off your phone and put it away. Biggest faux-pas of the mobile phone age? Using yours in a job interview. Never ever take your phone out and look at it at any point in the job interview. As far as your interviewer is concerned, you should be a troglodyte who's never even heard of an app. Turn your phone all the way off, keep it in your car, and never, under any circumstances, give the interviewer the impression that a text message takes precedence over getting this job.

Don't knock your previous boss. Making petty comments about previous coworkers, superiors, or other job in general should be avoided. Even if you're applying for a rival business, avoid painting yourself like someone with a grudge, or like someone who'll be difficult to work with. It's bad form to gripe about your previous job.

If you're asked why you're leaving your current job, say something positive. "I'm looking for more out of my work environment and I'm excited about getting a fresh start. To me, this looks like a great place to do it."

Don't be afraid to reveal yourself. Billionaire mogul Richard Branson claims to hire primarily based on personality, as opposed to experience or quantifiable skills. Each job is different and the essential aspects of the job can be learned. Focus on selling yourself and letting your true personality shine through, not on trying to be something you're not.

*Exercise 2. Transcribe the following words:*

viable; competitor; familiar; holistic; frequently; suspicious; location; wander; awkward; immediate; precedence; troglodyte; petty; billionaire; mogul.

*Exercise 3. Find the English equivalents in the text for:*

фоновые знания; «с глядки на вилку»; продуктивный диалог; предвосхищать; подбирать ответ на вопрос; придумать ответ / вопрос; опечатки; подобрать подходящую одежду; классические брюки (ам.); рубашка с воротником; незнакомый район города; слушать внимательно; поддерживать зрительный контакт; вывести кого-либо на чистую воду; кофе с собой; иметь приоритет над; в лучшем случае; в худшем случае; преимущество; ни под каким предлогом; дурной тон.

*Exercise 4. Find the synonyms in the text to:*

beforehand; objectives; foresee; often; urge; clichéd answers; a spare copy; if relevant; emphasize; at the appointed hour; take into account unknown causes of delay; bear in mind; get distracted; interact; your usual answer; exaggerate one's experience; tell lies; advantage; the wrong step; caveman; application; derogatory remarks; colleagues; complain about; be yourself.

*Exercise 5. Answer the questions:*

1. Does the HR manager pay attention to your soft or hard skills at the interview?

2. Which seems to be the best advice for being successful at the interview?
3. Are you to come earlier the assigned time?
4. How can you avoid being late?
5. What will the best outfit for a job interview be?
6. Who is supposed to ask questions during the interview?
7. How is the candidate supposed to show their interest during the interview?
8. What are the common mistakes interviewees make?
9. What is completely prohibited at the interview?
10. What difficult questions can one be asked? What are the best answers?
11. Can you anticipate any of the questions?
12. What can you do to produce a favourable impression on the HR manager?

*Exercise 6. Write out all the thesis sentences, which contain the controlling ideas and help to develop and organize the body of the text. Use the summary of the main points to retell the text.*

*Exercise 7. Imagine that you are at a job interview. Match the conversation openings (1-8) to the responses (a-h).*

1. I'm afraid Mr. Lewis is in a meeting at the moment.	a. No, no trouble at all.
2. Can I get you anything while you wait?	b. No, thank you. I'm fine.
3. I'm sorry I'm late. Our meeting overran a bit.	c. I know. It's awful, isn't it?
4. How are you?	d. Thank you. It's nice to meet you too.
5. It's nice to meet you at last.	e. You were highly recommended to me by a friend.
6. Did you have any trouble finding us?	f. I'm very well, thank you.
7. I can't believe the weather at the moment!	g. That's quite all right.
8. How did you find out about us?	h. That's okay. I was just admiring the office.

*Exercise 8. Match the beginnings of interview small talk (1-10) to their endings (a-j). Would you say these to the receptionist (R), the interviewer (I) or both (B)?*

1. Do you think I could have-?	a. I got caught in the rain.
2. Do you have a company brochure ?	b. your toilet to freshen up?
3. I'm very sorry I'm late.	c a glass of water while I'm waiting?
4. Do you think I could use	d. I was planning to be here over an
5. I was just admiring your office.	hour ago, but my train was cancelled.
6. Are there many other candidates ?	e. I could have a look at while I'm waiting?
7. I had terrible problems parking here.	f. Is it always this busy?
8. I'm afraid I'm not feeling very well.	g. It all looks very modern. Is it new?
9. The office is smaller than I expected.	h. Do you have many people working elsewhere?
10. Is there somewhere I could leave my umbrella?	i. Could I sit down for a few minutes?
	j. scheduled for interviews today?

*Exercise 9. Role play arriving at an interview and making small talk with the receptionist.*

Student A, you are the candidate. Try to get some useful information from the receptionist which you can use later in your interview.

Student B, you are the receptionist.

*Exercise 10. Write a mini-text illustrating one of the following proverbs:*

- 1) A good beginning makes a good ending.
- 2) Business before pleasure.
- 3) Jack of all trades and master of none.
- 4) No pains, no gains.
- 5) Every man is an architect of his own future.
- 6) Nothing is impossible to a willing heart.

*Exercise 11. Solve the problems:*

1. You go to an interview for a job but you have no experience. How will you explain to the interviewer why you should have the job? 2. Explain the procedure of choosing a career. 3. Go to an employment agency. Ask them if they have any job that you might be qualified to do. 4. You are looking for a job. You are a university graduate. Decide which job you would choose, considering what each of them would involve in terms of time, money, convenience: a) a university lecturer; b) a secretary and a shorthand typist ready to accompany her boss on his business trips abroad; c) a barman at a night club; 5. You are a boss. You have to fire one of your two employees. One is a very efficient worker. The other is not, but he is your brother-in-law. What would you do?

## II. MEDICAL ISSUES

### One Man's Health

Mark had been feeling **under the weather** for weeks. One day he came into work looking **like death warmed up** and so we told him to go away for a few days **to recharge his batteries**. After one day beside the sea, he no longer **felt off-colour** and by the second day he knew he was **on the road to recovery**. He sent us a postcard and we were all glad to learn that he was **on the mend**. By the end of the week, he returned to work as **fit as a fiddle**. And he's been **as right as rain** ever since.

*Exercise 1. Read the mini-text above and match the idioms in bold to the following explanations:*

- a) do something to gain fresh energy and enthusiasm
- b) perfectly well
- c) not very well
- d) looking extremely ill
- e) in good shape

- f) felt unwell
- g) getting better
- h) recovering

*Exercise 2. Find the Russian equivalents to the following phrases meaning "to be mad":*

- a) He's not all there.
- b) She's off her trolley.
- c) He's not right in the head.
- d) She's got a screw loose.
- e) She's a basket case.
- f) He's off his rocker.
- g) She's one sandwich short of a picnic.
- h) He's as nutty as a fruitcake.

*Exercise 3. Find the Russian equivalents to the following phrases meaning "to die":*

- a) She's popped her clogs.
- b) She's given up the ghost.
- c) He's fallen off his perch.
- d) He's bitten the dust.
- e) She's kicked the bucket

*Exercise 4. Match the idioms in bold with the explanations below:*

- 1) Try not to mention baldness while he's here it's **a sore spot** for him.
- 2) Refusing to lend him money now would **give him a taste of his own medicine** he's never lent you any.
- 3) Losing my job was initially **a bitter pill to swallow**.
- 4) The boss **has sugared the overtime pill** by offering large extra payment.
- 5) I can't stay in one place for more than a year without **getting itchy feet**.

a) do the same bad thing to someone that they have done to you in order to show them how unpleasant it is;

b) do something to make something unpleasant more acceptable;

c) unpleasant but has to be accepted;

d) want to travel or move on ;

e) a subject which someone would prefer not to talk about because it makes them angry or embarrassed.

*Exercise 5. Put these expressions into four groups of idioms that share the same meaning. Explain the meaning in each case:*

give up the ghost; be on the road to recovery; bite the dust; be on the mend; be as nutty as a fruitcake; feel off-colour; be not all there; feel under the weather; pop your clogs; be off your trolley; fall off your perch; be a basket case.

*Exercise 6. Complete the idioms:*

1. Don't mention the merger to him – it's a bit of a \_\_\_\_\_ spot for him.

2. Telling Joe what you feel may be a \_\_\_\_\_ pill for him to swallow, but you owe it to him nevertheless.

3. Watching travel programmes on TV always gives me \_\_\_\_\_ feet.

4. I wonder what's happened to Stan – he looks like death \_\_\_\_\_ up!

5. Plans to put increased funds into education are supposed to sugar the \_\_\_\_\_ of increased taxation.

6. Imagine someone as unfit as Ruth going on holiday in the Himalayas. She must have a \_\_\_\_\_ loose.

7. A good game of golf at the weekend always helps to \_\_\_\_\_ my father's batteries.

8. Tom was quite ill for a while last year, but he's as fit as a \_\_\_\_\_ now.

9. I was exhausted when I got home from work, but, after a nice cup of tea, I'm as \_\_\_\_\_ as rain.

10. Helen won't understand the problem – she's one \_\_\_\_\_ short of a picnic.

*Exercise 7. Match each statement with the most likely response:*

1. I've got itchy feet.
2. He's as right as rain now.
3. He's not right in the head.
4. I'm going to tell him what I think of him. That is a relief!
5. Dad's a bit off-colour today.
6. Failing the exam was a bitter pill to swallow.
  - a) Oh dear, I hope he's OK tomorrow.
  - b) Yes, but she'll soon get over it.
  - c) Where would you like to go?
  - d) That is a relief!
  - e) Good. Give him a dose of his own medicine.
  - f) I know, Jane told me he was off his rocker.

### **The National Health Service**

The UK has a free publicly-funded healthcare system – the National Health System (NHS). The NHS is different from many healthcare systems elsewhere as it is funded through taxation rather than health insurance. There is also a smaller private healthcare sector that people can choose if they wish.

Each region of the UK has its own NHS body (NHS Scotland, NHS Wales, and NHS Northern Ireland). The differences between the regional health services are mainly structural and how some of the services are delivered.

The NHS in England is overseen by the Department of Health. NHS England is responsible for commissioning primary care services such as doctors, dentists, and pharmacists. Since 2013, Clinical Commissioning Groups have had the responsibility of commissioning secondary care services in local areas, which are: planned hospital care, rehabilitative care, urgent and emergency care, most community health services, mental health and learning disability services.



There have been many structural changes to the NHS over the years. Many private companies and charities have become more involved in running services in recent years. All services are publicly funded and the government is ultimately accountable, although in reality it is more of a public-private partnership in terms of delivery.

### ***Who can access healthcare in the UK?***

The NHS is a residence-based rather than an insurance-based system. This means that all UK residents including expats can access services for free. People visiting the UK from a European Economic Area (EEA) country or Switzerland used to get free NHS care through their European Health Insurance Card (EHIC). However, this has currently changed since the UK left the EU.

Nationals from outside the EU/EEA/Switzerland can access the NHS for free on the same basis as a British citizen if they've settled in the UK and been given indefinite leave to remain. Other non-EU/EFTA nationals can access services such as emergency treatment and family planning services free of charge. However, they will need to take out health insurance to access other services.

Since 2015, those coming to the UK from outside the EU/EEA/Switzerland for more than six months have to pay a health surcharge of at least £150-200. If you are a third-country national who has paid the surcharge, you can access NHS services on the same basis as everyone else. If you haven't paid and don't have any medical insurance, you'll be charged at 150% of the standard NHS tariff for any care you receive. This is unless you're from a country that has a reciprocal healthcare agreement with the UK or qualify for an exemption.

### ***Healthcare costs in the UK***

NHS healthcare is funded mostly through direct taxation. Most services are provided free of charge to residents. However, there are some charges for certain services. These include charges for dental treatment and prescription charges.

Certain groups such as low earners and those aged over 60 are entitled to exemptions or reductions on NHS charges. This applies to both dental costs and prescription costs.

### ***Private healthcare in the UK***

A relatively low number of UK citizens (around 10.5% of the population) opt to pay for private health insurance compared to other European countries. There are several benefits of private health insurance, however, especially if you have an urgent illness or injury.

Private patients can access specialists more quickly, avoid long waiting times, and use better facilities. Private healthcare patients often enjoy private en-suite rooms rather than sharing wards with other patients.

Healthcare is generally available on both a personal and family basis. Premiums depend on your level of cover, lifestyle, age, and pre-existing medical conditions.

Healthcare plans usually operate on an excess basis, meaning you'll need to pay a proportion of the cost when you need to use your insurance. Many UK employers include subsidized or tax-only healthcare cover in their benefits packages.

It's also possible to pay for private healthcare on a one-off basis, should you need a specific type of treatment or an operation that has a very long waiting time on the NHS. Be careful though, as this option could cost you thousands of pounds depending on the treatment you require.

### ***Doctors and specialists in the UK***

Your local general practitioner (GP) is your first point of contact for most medical queries aside from emergencies. They can provide assessments and advice for most illnesses and complaints, prescribing medication, or referring to a specialist if necessary.

Most GP surgeries operate by appointment. However, many also offer a 'walk-in' service, usually for a couple of hours in the morning.

Many surgeries offer online booking services. GPs usually open between Monday-Friday, and if you need more urgent care you can call an out of hours number, or 111 for urgent but non-emergency advice.

GP appointments in the UK are short, usually lasting between 8-10 minutes; as a result, it's important to be concise about your problems. If you need a referral for a specialist at a hospital, your GP will provide a referral letter. Waiting times vary significantly from practice to practice.

### *Dentists in the UK*

Dental care is available either through the NHS or privately, but in both instances you'll usually need to pay. Free dental care is available for those aged under 18 (or under 19 if in full-time education), pregnant women and people who have had a baby in the last 12 months.

How much you'll need to pay for your dental care depends on the band of care you require. In England, the structure works like this:

- First band (£22.70): Dental examinations, scale and polish if required;
- Second band (£62.10): Also covers fillings, root canal work and removal of teeth;
- Third band (£269.30): Also covers crowns, dentures, bridges and lab work.

Prices for NHS dental care vary significantly in Scotland, Wales and Northern Ireland.

### *Hospitals in the UK*

Hospitals provide secondary care services in the UK and you will need a referral from your GP for most treatment other than emergency treatment.

There are two types of hospitals in the UK – NHS hospitals which are free, and independent hospitals run by private companies or charities which usually charge. NHS hospitals are run by NHS Trusts. Most general hospitals will offer accident and emergency (A&E),

maternity services, surgery, elderly care, and outpatient services. There are also a number of specialist hospitals (e.g., eye hospitals, orthopedic hospitals).

### ***Health centers and health clinics in the UK***

There are around 80 NHS walk-in centers providing healthcare in the UK open 365 days a year and outside office hours. Walk-in health centers in the UK are set up to deal with a range of minor injuries and illnesses. Some centers offer access to doctors and nurses but do not offer a full GP service and some do not treat young children.

Conditions treated in walk-in centers include infections/rashes, fractures, stitching and dressing of minor cuts, burns and bruises, and vomiting and diarrhea issues.

### ***Pharmacies in the UK***

Pharmacies in the UK are usually quite easy to find; they'll often be in town centers or even next to your GP surgery. In addition to independent pharmacies, large retail stores and supermarkets such as Boots and Tesco sometimes have their own pharmacies.

For some types of medicine, you'll need a prescription from your NHS doctor. You'll usually have to pay a flat charge for your prescriptions unless you are exempt from paying. These charges apply only to England, as prescription fees have been abolished in Scotland, Wales, and Northern Ireland.

Pharmacies are usually open until around 10-11pm.

### ***Mental healthcare in the UK***

The level of mental healthcare provision available in the UK is better than in many countries. However, a recent NHS review highlighted that mental health services in England have been poor compared to hospital services for physical conditions.

Research has shown that 1 in 4 adults and 1 in 10 children in the UK experience mental illness. Mental health services can be accessed

for free on the NHS. Some require a GP referral, while others allow people to refer themselves.

Services available include: psychological therapy and counselling services, drug and alcohol services, children's mental health services, eating disorder services.

### ***Women's healthcare in the UK***

The NHS provides a range of healthcare services for women. These can be accessed through GPs or well woman clinics.

### ***Children's healthcare in the UK***

The NHS works closely with local authority children's services and a range of specialist agencies to provide services aimed at improving children's health. Pediatricians are available through the NHS and pediatric services can be found online.

Community healthcare services for families and children are available through local Children's Centers. NHS nurses and other children's healthcare professionals offer care and advice in areas such as nutrition, healthy weight and breastfeeding. In addition, programs around healthy eating, physical activity and mental well-being are delivered through schools (e.g., the MEND program).

There is a free vaccination program for children in the UK. The vaccination schedule includes:

- 6-in-1 vaccine against diphtheria, tetanus, whooping cough, polio, hepatitis B, and haemophilus influenzae type B;
- Measles, mumps, and rubella (MMR) vaccine;
- Children's flu vaccine.

*Exercise 1. Read the text aimed at performing the informative function. What is peculiar about its structure? What lexical units are typical of the text? What are the grammatical structures used in the text?*

*Exercise 2. Transcribe and translate:*

rehabilitative; urgent; emergency; ultimately; accountable; to access; surcharge; tariff; exemptions; reductions; en-suite; ward;

query; require; concise; surgery; vary; significantly; orthopedic; pediatrician; measles; rubella; vaccine.

*Exercise 3. Translate into English:*

бесплатный; система здравоохранения; медицинская страховка; министерство здравоохранения; финансирование происходит за счет налогов; предоставлять услуги; находиться в подчинении у; плановая госпитализация; неотложная и скорая помощь; психическое здоровье; фармацевт; благотворительные организации; вид на жительство; хроническое заболевание; льготный пакет услуг; обратиться к узкому специалисту; зубная пломба; зубная коронка; мост; зубной протез; приемное отделение; амбулаторное лечение; женская консультация; календарь прививок.

*Exercise 4. What do the following abbreviations stand for:*

the UK

the EU

the NHS

the EEA

the EFTA

the EHIC

GP

MEND

MMR

*Exercise 5. Write out and translate all the medical terms.*

*Exercise 6. Answer the questions:*

1. What services are free-of charge in the UK? Who for?
2. Who can qualify for exemptions and reductions?
3. Where do in-patients and out-patients get their treatment in the UK?
4. Do they currently pay a lot of attention to mental health?
5. How can a patient consult a specialist? What does he/she have to do?

6. Describe the peculiarities of dental treatment in the UK.
7. Where can services for women be accessed in the UK?
8. What areas of health seem to be the most important within the NHS?
9. What services are aimed at providing children's health?
10. What does the vaccination schedule include?

*Exercise 7. Write a summary of the text allowing 2-3 sentences under each of the headings.*

*Exercise 8. Write a text comparing the British and the Russian Systems of Healthcare. For this task refer to the following text.*

### **The Russian Healthcare System**

Healthcare in Russia is free to all residents through a compulsory state health insurance program. However, the public healthcare system has faced much criticism due to poor organizational structure, lack of government funds, outdated medical equipment, and poorly paid staff. Because of this, many patients in Russia choose to take out private medical treatment which is widely available in many areas. Patients access doctors, dentists, and medical specialists through the state system or privately. In recent years, some state facilities have begun to offer private treatment to those with insurance. Some private providers also offer some public healthcare services.

The Russian Ministry of Health oversees the Russian public healthcare system, and the sector employs more than two million people. Federal regions also have their own departments of health that oversee local administration. A Bloomberg report ranked Russian healthcare last out of 55 developed countries based on the efficiency of state healthcare systems. Russian citizens seem to be of a similar opinion, with only 2% saying they were proud of the Russian healthcare system. Every Russian citizen and resident receives free public healthcare under the Russian healthcare system via Obligatory Medical Insurance (OMI). Foreign residents in Russia, both permanent and temporary, can access public healthcare through OMI. Many expat

residents are also covered by voluntary healthcare insurance (VHI) which is supplementary insurance usually offered through employers.

Unemployed foreign citizens with a residence permit may be eligible for an OMI policy under certain conditions; you will need to check via a medical insurance company that subscribes to the Russian healthcare system.

### ***Costs of healthcare in Russia***

Employers finance OMI through contributions. Once you begin working in Russia, your employer will pay around 2–3% of your salary into a social tax; a percentage of which is paid into a national Russian healthcare fund. Once an employer pays for this compulsory medical insurance, you have the right to free medical assistance from public Russian healthcare clinics.

Those who cannot contribute to OMI due to not working (e.g., unemployed, pensioners, children, those too ill to work) can still access free basic healthcare. Many employers also offer VHI coverage as part of their benefits package. This covers some treatments not included in OMI, such as dental care and some outpatient treatments.

Individuals in Russia can also take out separate private health insurance plans. Private insurance entitles you to the full range of healthcare services. With private insurance, you generally have to pay upfront and claim reimbursement from your insurance company. Some insurance providers require pre-authorization, meaning that you must contact your insurance company before using medical services in Russia.

### ***Private healthcare in Russia***

The private healthcare sector in Russia has grown over the past couple of decades, especially in the bigger cities. To access private treatment, you will need to take out a private health insurance plan. There are many private insurers operating in Russia that will cover treatments such as dental care, specialist care, and mental health



treatments. Private treatment is available without insurance but you will have to cover full costs yourself.

### ***Doctors and specialists in Russia***

You can usually make an appointment by calling your clinic, and appointments are available both in the daytime and in the evening in some cases. You can choose which family doctor you register with, although if you're using a state healthcare scheme, you'll need to ensure your doctor is under contract to provide state healthcare. When you register with the doctor (and later when you visit), you should provide proof of your Russian health insurance.

Some health centers in Russia are associated with hospitals and employ both GPs and specialists. As in many other countries, a family doctor can refer you for further treatment, or provide you with a prescription allowing you to pick up medicine at a Russian pharmacy.

Dental care in Russia is usually paid for either separately or as an additional extra on a private healthcare insurance package. If you decide to go to a non-private dental clinic. Dental clinics in Russia offer everything from preventative and restorative treatment to cosmetic treatment, and some are even open 24/7.

### ***Women's healthcare and children's healthcare in Russia***

Women's healthcare in Russia includes access to gynecologists and maternity care services, although many women choose private health insurance to access a full range of services. Maternity care includes regular check-ups and childbirth classes. While most hospitals run classes in Russian, you can ask your international healthcare center about English-speaking pre-natal classes. Similar to healthcare for the population as a whole, children's healthcare in Russia varies greatly across the regions. Services are far more prevalent in urban areas and big cities, while infrastructure is lacking in many rural parts.

Children receive free healthcare in Russia under the OMI system: there are many pediatricians, specialist services, child psychologists,

and children's wards in hospitals. Children receive regular screenings during their early years. Health services are also delivered through schools and kindergartens. Parents can also cover their children through private health insurance, this will give them access to a wider range of doctors, pediatricians, and services, including some services not available through state healthcare. Russia has a high percentage of vaccinated children – between 92-95% – and vaccinations are covered through either OMI or private health insurance. The Russian vaccination schedule includes inoculations against diseases such as:

- Diphtheria and Tetanus;
- Measles, Mumps and Rubella;
- Hepatitis B;
- Polio;
- Influenza.

### *Health centers and clinics in Russia*

Each region of Russia has its own state-funded health centers. These can be independent facilities or linked to state hospitals. Doctors often work out of polyclinics, as do specialists in Russia. In the private sector, there are many health centers and medical centers that provide both inpatient and outpatient **care**. What facilities you have access to will depend on your location and what is available in your area.

In total, Russia has more than 17,000 pharmacies, of which 60% belong to municipal authorities, 23% to regional governments, and 17% are privately owned. Pharmacies are identified by the internationally-recognized green cross sign. In addition to standalone pharmacies, you can also find Russian pharmacy kiosks in major supermarkets and some metro stations, although medical kiosks can only sell medicine that doesn't require a prescription. Russian **pharmacies** are usually open the same hours as shops. Some medicines for which you might need a prescription back home can be bought over the counter in Russia, although you will need a prescription from your doctor for certain types of Russian medicine such as pain killers and anti-depressants. While

pharmacists can give basic medical advice, they can't write you a prescription.

### ***Mental healthcare in Russia***

Russian law guarantees the rights of citizens to psychiatric care as a civil right. However, state-provided mental healthcare has been poorly funded in Russia since the break-up of the Soviet Union. The number of mental health professionals has reduced in recent years. According to the World Health Organization, there are currently 8.5 psychiatrists and 4.6 psychologists per 100,000 of the population. If you need mental health treatment in Russia, you can visit your GP who will refer you for necessary treatment. This could be for specialist outpatient treatment at a hospital, psychotherapy, community-based treatment, or a stay in a psychiatric unit for more serious problems. GPs and specialists can prescribe medication if necessary.

Treatment will depend on the nature of the illness, as well as what is available in your region. Visitors of the country can choose private insurance which will give them access to private facilities such as psychotherapists and alternative therapy treatments

### ***Emergency healthcare in Russia***

In an emergency in Russia, you should dial 112 and ask for the ambulance service. A doctor will come with the ambulance and if required take the patient to the local hospital, or a private hospital if they have adequate private insurance. Regardless of your health insurance status, you can receive initial medical care for free in emergency situations.

*Exercise 1. Write out and translate the underlined phrases.*

*Exercise 2. Answer the following questions:*

1. What kinds of service does Russian Health care system provide to all residents of the country?
2. Why is Russian Health care system often criticized?
3. Does everyone have free access to healthcare in Russia?

4. Is private healthcare treatment popular in our country?
5. What are the advantages of private healthcare? What is peculiar about private clinics?
6. What is the difference between Obligatory Medical Insurance and Voluntary Health Insurance? Which one is preferable in your opinion?
7. What diseases are included into vaccination schedule?
8. How is medical treatment of inpatients and outpatients organized?
9. Are there any differences between general practitioners(GP) and specialists? What are they responsible for?
10. How does emergency healthcare work ?

*Read a scientific article on addiction. Translate it into Russian paying attention to the underlined words and word combination.*

### **Addiction**

Addiction – a compulsive, uncontrollable dependence on a substance – is characterized by tolerance, which occurs when the addicted person becomes less responsive to the substance the longer he or she uses it and, consequently, needs more of it to produce the desired effect. Substances that are habit-forming include alcohol, illegal drugs, some prescription and nonprescription drugs, nicotine, and caffeine. When the addicted person tries to reduce or eliminate the habit-forming substance, he experiences mental and physical symptoms called withdrawal symptoms. Common ones include aches and pains, anxiety, diarrhea, insomnia, and nausea.

Substances can be addictive in three different ways: psychologically, physically, or functionally. Psychological dependence, or habituation, is characterized by an emotional need and craving for and reliance on substances to maintain a sense of well-being. Physical addiction, or true addiction, occurs when the person physically needs

the substance in such a way that if he drastically reduces or stops its use, withdrawal symptoms such as those discussed earlier appear. Functional dependence describes the dependence of the body's physical functions on a certain substance to maintain a sense of well-being (For instance, a person may become functionally dependent even on laxatives or nasal sprays).

"Addictions are very complex," says Sheryl Samuelson, Ph.D., RN, of Millikin University School of Nursing in Decatur, Illinois. "They usually affect not only the addicted individual but also significant others and employers, and they are not usually behaviors a person can easily stop. They are often related to emotional and physical aspects of the person that may not be known or understood".

### ***Preventing Addiction***

Although certain factors increase a person's risk of developing an addiction, they do not guarantee it. Even a strong genetic link can be overcome. Just as there are people who develop an addiction with no family history, there are people with a family history of addiction who do not develop one. The tips that follow may help you and your family members counter your risks and prevent addiction.

- Know your family history. Knowing whether a family member has shown signs of alcoholism or drug addiction can help you gauge your own risk. If the problem does run in your family, be aware of it and avoid the substance or take it only in moderation.

- Know the consequences of alcohol or drug use and abuse. This knowledge can be an active deterrent. It can also help you educate youngsters in your care.

- Evaluate your use of alcohol, tobacco, and drugs. If you find that you are using one or more with some regularity, it may be wise to cut back to prevent dependence from developing.

- Know the warning signs of substance abuse and dependence.
- Know what to do if you suspect that you or a family member has a problem, and work to see that you or they get needed help.

- If you have children in your care, establish firm rules prohibiting alcohol, tobacco, and other drug use.

- Communicate with your family members. Strong family bonds and communication can head off problems for both children and adults.

*Exercise 1. Write a scientific article on one of the forms of addiction providing tips on how to avoid it.*

### ***A Doctor Talking to a Nurse in a Hospital Ward***

*D: Doctor N: Nurse*

D: Good morning, nurse. How are things on the ward today?

N: Very quiet at the moment, doctor.

D: How's Mr Harris getting on?

N: He's fine. He had his operation early this morning and he's still under the anaesthetic at the moment, but it seems he's come through it very well.

D: Good. I think he'll need at least a week to build up his strength, but after that he should be up and about pretty quickly. How's Mr Stephens?

N: The surgeons decided to go ahead with the operation last night, and at first we were rather worried – we thought he wasn't going to come through it, but he seems to be over the worst now and his condition is stable.

D: Well, he's in good hands, and I'm sure you'll do an excellent job of looking after him. I think we may need to give him some antibiotics to fight off any possible infection. And Mr Spencer?

N: I'm afraid he took a turn for the worse in the night. He died early this morning.

D: I see. Have his relatives been informed?

N: Yes, they have.

D: What about Mr King? Has there been any change?

N: There's been an improvement in his condition, but he's in pain when the effect of the drugs he's taking starts to wear off, and he says he's had some attacks of breathlessness.

D: Has he told you what brings them on?

N: No, but I know he hasn't given up smoking. Old habits die hard, I suppose... At the moment he says he doesn't feel up to doing anything he just wants to lie in bed and rest. Should he keep on taking the tablets?

D: Yes, for the moment – it's best to be on the safe side. But we'd like to try out a new course of treatment on him. I think I'll go and have a word with him now...

*Exercise 1. Write out and explain the underlined words.*

*Exercise 2. Report the dialogue in Indirect Speech.*

*Exercise 3. Match the multi-word verbs with the definitions:*

- 1) to come through something;
- 2) to build something/someone up;
- 3) to go ahead (with something);
- 4) to fight someone/something off ;
- 5) to wear off ;
- 6) to bring something on;
- 7) to feel up to (doing) something;
- 8) to try something out (on someone):
  - a) to feel mentally or physically capable of doing something;
  - b) to disappear gradually until it no longer exists or has any effect;
  - c) to cause an illness or pain to occur;
  - d) to increase the strength, size, or intensity of someone/something;
  - e) to survive or to recover from a serious illness or situation;
  - f) to proceed with something;
  - g) to overcome or defeat someone/something unpleasant and threatening;
  - h) to test something to see if it is useful or.

*Exercise 4. Complete the following sentences, using the multi-word verbs:*

1. My cousin was in a serious car accident last week. Fortunately, he \_\_\_\_\_ it with only eight minor injuries.

2. I'm taking lots of vitamin C to help me \_\_\_\_\_ this cold.

3. We had intended to go out last night, but we were so tired we didn't \_\_\_\_\_ it, so we stayed at home.

4. Many nervous breakdowns are \_\_\_\_\_ by stress.

5. The company was finally given permission to \_\_\_\_\_ with production of the new drug.

6. The dentist told me that when the effect of the anaesthetic \_\_\_\_\_, I might feel a little pain. g. Before you buy a second-hand car, you should always \_\_\_\_\_ it.

7. I still feel very weak after my illness. I think I need some vitamins to help me \_\_\_\_\_ my strength.

*Exercise 5. Roleplay the dialogue.*

*Exercise 6. The words in this list are all verbs. What are the noun forms? Write them down:*

- 1) diagnose;
- 2) examine;
- 3) prescribe;
- 4) suffer;
- 5) operate;
- 6) cure;
- 7) recover;
- 8) analyse;
- 9) infect;
- 10) carry;
- 11) replace;
- 12) degenerate;
- 13) refer;
- 14) paralyse;
- 15) obstruct.

*Exercise 7. Rewrite the sentences below, changing the verbs (which are in **bold**) to nouns. Do not change the meaning of the sentences, but be prepared to make grammatical changes if necessary:*

1. I **diagnosed** that the patient had a heart condition.

My ...



2. I **examined** the patient fully.

*I made a full ...*

3. I **prescribed** a course of antibiotics.

*I wrote a ...*

4. He **suffered** very little.

*He experienced very little ...*

5. We **operated** immediately.

*The ...*

6. This disease cannot be **cured**.

*There is no ...*

7. He has **recovered** fully.

*He has made a full ...*

8. The lab **analysed** the blood sample.

*The lab made an ...*

9. We found that the tissue was **infected**.

*We found an ...*

10. Ten per cent of the population are thought to **carry** the bacteria.

*Ten per cent of the population are thought to be ...*

11. We **replaced** the patient's hip.

*The patient was given a hip ...*

12. His condition has **degenerated**.

*There has been a ...*

13. The patient was **referred** to a specialist.

*The patient was given a ...*

14. His arm was **paralysed** after the stroke.

*He suffered ...*

15. The artery was **obstructed** by a blood clot.

*The blood clot was forming an ...*

*Which combinations are more typical of scientific texts?*

*Exercise 8. Complete the sentences using the adjectives in the box.*

*Use each adjective once only:*

acute; bedridden; critical; deaf; depressed; excessive; harmful; infirm; inflamed; latent; lethal; mobile; obsessive; painful; persistent; premature; severed; subjective; tender; viable
---

1. These fumes are \_\_\_\_\_ if inhaled.

2. The report was \_\_\_\_\_ of the state of aftercare provision.

3. She had a \_\_\_\_\_ cough.

4. The psychiatrist gave a \_\_\_\_\_ opinion on the patient's problem.

5. My grandfather is quite \_\_\_\_\_ now.

6. The skin has become \_\_\_\_\_ around the sore.

7. It is important for elderly patients to remain \_\_\_\_\_.

8. His foot is so \_\_\_\_\_ he can hardly walk.

9. A fetus is \_\_\_\_\_ by about the 28th week of the pregnancy.

10. You have to speak slowly and clearly when you speak to Mr Jones because he's quite \_\_\_\_\_.

11. The baby was born five weeks \_\_\_\_\_.

12. The patient was passing \_\_\_\_\_ quantities of urine.

13. He felt \_\_\_\_\_ chest pains.

14. He is \_\_\_\_\_ and has to be looked after by a nurse.

15. The children were tested for \_\_\_\_\_ viral infection.

16. He has an \_\_\_\_\_ desire to steal small objects.

17. Her shoulders are still \_\_\_\_\_ where she got sunburnt.

18. Surgeons tried to sew the \_\_\_\_\_ finger back onto the patient's hand.

19. She was \_\_\_\_\_ for weeks after the death of her husband.

20. Bright light can be \_\_\_\_\_ to your eyes.

*Exercise 9. Change the sentences below from active to passive:*

1. The nurse noticed a rise in the patient's pulse rate.

*Passive:*.....

2. The consultant is allowing him to watch the operation.

*Passive:*.....

3. All chemists sell the tablets.

*Passive:*.....

4. The doctor diagnosed appendicitis.

*Passive:*.....

5. The paramedics comforted the injured person until the ambulance arrived.

*Passive:*.....

6. The midwife delivered the twins.

*Passive:*.....

7. The gland was producing an excess of hormones.

*Passive:*.....

8. They looked after him very well in hospital.

*Passive:*.....

9. We examined the tissue under the microscope.

*Passive:*.....

10. The doctor gave me an unpleasant mixture to drink.

*Passive:*.....

11. You cannot take the lotion orally.

*Passive:*.....

12. Toxic fumes poisoned the workers.

*Passive:*.....

13. Doctors are predicting a rise in cases of whooping cough.

*Passive:*.....

14. The drug suppresses the body's natural instinct to reject the transplanted tissue.

*Passive:*.....

*Exercise 10. Correct the prepositions:*

1. The hospital has installed new apparatus through the physiotherapy department.

2. Her lips were cracked of the cold.

3. The boy's little toe was crushed the door.

4. The tissue was examined on the microscope.

5. It is important that needles used at injections should be sterilised.

6. He is recovering from a bout flu.

7. She was given to a pain-killing injection.
8. Some types of wool can irritate to the skin.
9. This report quotes the number of cases of cervical cancer from thousand patients tested.
10. The doctor put the patient to sleep within a strong narcotic.
11. She burnt her hand at the hot frying pan.
12. We have no spare beds on the hospital at the moment.
13. He will have an operation to remove of an ingrowing toenail.
14. Please ensure that the patient takes of his medicine.

*Exercise 11. Match the formal and informal names of diseases:*

1. Chickenpox is the same as	a) allergic rhinitis
2. A cold is the same as	b) infectious parotitis
3. The flu is the same as	c) coryza
4. German measles is the same as	d) influenza
5. Hay fever is the same as	e) rubella
6. Measles is the same as	f) rubeola
7. Mumps is the same as	g) pertussis
8. Whooping cough is the same as	h) varicella

*Exercise 12. Complete these six conversations between doctors and patients by writing in the name of the illness. Use the informal terms from the table above:*

1. What seems to be the trouble?

*My eyes and my nose are running all the time. I feel terrible.*

When did this begin?

*At the beginning of July.*

It's probably just .....

2. What's the problem?

*It's my son. He's got a rash and swelling in his armpits.*

Does he have a fever?

*Yes.*

Hmm. He may have.....

3. How are you feeling?

*I've got this terrible cough.*

*Mm-hmm.*

*And after I cough I make a noise when I try to breathe.*

Sounds like .....

4. How are you today?

*Oh, not very well. I've got a cough and a terrible cold.*

Do you have a fever?

*Umm, yes I do.*

It's probably a touch of .....

5. What's the problem?

*It's my daughter. She's got a fever and this swelling.*

Where's the swelling?

*In her throat.*

It could be.....

6. So, what can I do for you?

*It's the twins. They're covered in these dreadful red spots.*

Are they experiencing any itching?

*Yes, they are.*

It may be.....

*Exercise 13. Match each of the following instruments and items of equipment with its correct description below:*

bandage; catheter; curette; drain; forceps; gag; hook; pipette; probe; scalpel; sling; splint; stethoscope; stretcher; syringe; thermometer; tourniquet; wheelchair
---

1. \_\_\_\_\_ = a chair with wheels in which someone can sit and move around;

2. \_\_\_\_\_ = a small sharp-pointed knife used in surgery;

3. \_\_\_\_\_ = an instrument used to explore inside a cavity or wound;

4. \_\_\_\_\_ = a surgical instrument with handles like a pair of scissors, made in different sizes and with differently shaped ends, used for holding and pulling;

5. \_\_\_\_\_ = a surgical instrument like a long thin spoon, used for scraping the inside of an organ;
6. \_\_\_\_\_ = a thin glass tube used for taking and measuring samples of liquid;
7. \_\_\_\_\_ = an instrument or tight bandage wrapped round a limb to constrict an artery, so reducing the flow of blood and stopping bleeding from a wound;
8. \_\_\_\_\_ = a surgical instrument with a bent end used for holding structures apart in operations;
9. \_\_\_\_\_ = a tube used to remove liquid from the body;
10. \_\_\_\_\_ = an instrument placed between the teeth to stop the mouth from closing;
11. \_\_\_\_\_ = a medical instrument made of a tube with a plunger which either slides down inside the tube, forcing the contents out through a needle as in an injection, or slides up the tube, allowing a liquid to be sucked into it;
12. \_\_\_\_\_ = a tube passed into the body along one of the passages in the body;
13. \_\_\_\_\_ = a piece of cloth which is wrapped around a wound or an injured limb;
14. \_\_\_\_\_ = a triangular bandage attached around the neck, used to support an injured arm and prevent it from moving;
15. \_\_\_\_\_ = a folding bed, with handles, on which an injured person can be carried by two people;
16. \_\_\_\_\_ = a stiff support attached to a limb to prevent a broken bone from moving;
17. \_\_\_\_\_ = two earpieces connected to a tube and a metal disc, used to listen to sounds made inside the body;
18. \_\_\_\_\_ = an instrument for measuring temperature.

### III. CULTURAL AWARENESS

#### The Story of My Life

When I was young, my parents gave me **an excellent start in life** and I always **played a full part in the life of** my school. Later, I enjoyed student life. I have been interested in politics for all of **my adult life**, and I've always been active **in public life**. **Family life** is very important to me and when my son was **fighting for his life** after his accident, I gave up all political activity for a while. Later, when the scandal hit me, I fought – unsuccessfully – for my **political life**, so I had to give up for good. If only my **private life** had stayed private!

*Exercise 1. Explain the expressions in bold.*

*Exercise 2. Use these collocations in the sentences below:*  
double life; public life; shelf life; everyday life; working life.

1. Some men lead a \_\_\_\_\_. Even though people think they are happily married, they have another relationship, or even two families.
2. My father spent his whole \_\_\_\_\_ in the coal industry.
3. After three weeks in Africa \_\_\_\_\_ is going to seem pretty dull.
4. This is a policy with a very short \_\_\_\_\_. By next month, nobody will be interested in it any more.
5. People in \_\_\_\_\_ have to be very careful how they behave.

*Exercise 3. Fill in the following expressions: way of life; quality of life; spark of life; the meaning of life; the kiss of life; loss of life.*

1. The heavy rains destroyed many homes and resulted in tragic \_\_\_\_\_ on a scale not seen for many years.
2. You can improve people's \_\_\_\_\_ if you improve their level of education.
3. My sister nearly drowned once. She'd actually stopped breathing and a paramedic had to give her \_\_\_\_\_.
4. I sometimes just gaze out of the window and wonder about \_\_\_\_\_.

5. I wish Joe had more personality. There's no \_\_\_\_\_ in him at all.

6. I'd like to live abroad for a while to experience a completely different \_\_\_\_\_.

## **Great Britain**

The United Kingdom of Great Britain and Northern Ireland is situated on the British Isles. The British Isles consist of two large islands, Great Britain and Ireland, and above five thousand small islands: the Hebrides, the Orkneys, the Shetland Islands, the Scilly Isles and others. The UK is a small country with an area of some 244,100 square kilometres. It occupies only 0.2 per cent of the world's land surface. The United Kingdom is made up of four countries: England, Scotland, Wales and Northern Ireland. Their capitals are London, Edinburgh, Cardiff and Belfast respectively.

The British Isles are separated from the European continent by the North Sea and the English Channel. The Strait of Dover or Pas de Calais [ˈpɑːdəˈkæleɪ] is the narrowest part of the Channel. The western coast of Great Britain is washed by the Atlantic Ocean and the Irish Sea. The North Sea and the English Channel are often called "the narrow seas"; they are not deep but are frequently rough. The seas around Britain provide exceptionally good fishing grounds. The country has many bays favourable for shipping.

There are a lot of rivers in Great Britain, but they are not very long. The rivers flow east into the North Sea (the Tweed, the Tyne, the Thames) and west into the Irish Sea or the English Channel (the Mersey, the Avon, the Severn). The Severn is the longest river, while the Thames is the deepest and the most important one.

England has no large lakes. But the Lake District in the north-western part of the country is known for its beauty. There are sixteen lakes there. There are a lot of lakes in Scotland. They are called lochs. The beautiful loch Lomond is the largest, whereas loch Ness is probably the most famous one.



The surface of the British Isles varies very much. The island of Great Britain can be roughly divided into two main regions – Lowland Britain and Highland Britain. England is separated from Scotland by the Cheviot Hills. The Pennine Chain extends southward from the Cheviot Hills into the Midland. The north of Scotland is mountainous and is called the Highlands, while the south, which has beautiful valleys and plains, is called the Lowlands. The north and west of England are mountainous, but all the rest – east, centre and southeast – is a vast plain. One will not find very high mountains or large plains in Great Britain. Everything occupies very little place. Nature seems to have carefully adapted things to the size of the island itself. The highest mountain is Ben Nevis in Scotland which is 4,406 feet high (1,343 m).

The climate is mild and temperate. This is due to the Gulf Stream which warms its shores. Rainfall is plentiful during the whole year. The heavy fogs of England are famous. January and February are usually the coldest months, July and August are the warmest. All this provides excellent opportunities for farming. Agriculture takes an important sector in economy of the country. Great Britain has different types of farming, ranging from beef breeding in Scotland and sheep farming in the mountains of Wales to growing wheat, barley, oats and potatoes in the eastern counties. Sea fishing is of great importance in Scotland and in the north-east of England.

Being an island Great Britain had to develop its fleet as a major means of transportation and communication with the rest of the world. Today Britain is one of the greatest maritime nations in the world. The harbours of the island serve as convenient ports among which are London, Liverpool, Glasgow, Portsmouth and others. Britain is the world's third largest trading nation, accounting for about 11 per cent of international trade in manufactured goods.

The UK is also a highly developed industrial country. It is known as one of the world's largest producers and exporters of machinery, electronics, textile, aircraft and navigation equipment. One of the chief

industries of the country is shipbuilding. The largest shipbuilding yards are in Glasgow.

The population of the United Kingdom is over 67 million people. Foreigners often call British people "English", but the Scots, the Irish and the Welsh do not consider themselves to be English. The English are Anglo-Saxon in origin, but the Welsh, the Scots and the Irish are Celts, descendants of the ancient people, who crossed over from Europe centuries before the Norman Invasion. It was this people, whom the Germanic Angles and Saxons conquered in the 5th and 6th centuries AD. These Germanic conquerors gave England its name – "Angle" land. They were conquered in their turn by the Norman French, when William the Conqueror of Normandy landed near Hastings in 1066. It was from the union of Norman conquerors and the defeated Anglo-Saxons that the English people and the English language were born. The official language of the United Kingdom is English. But in western Scotland some people still speak Gaelic [‘geilik] and in northern and central parts of Wales people often speak Welsh.

The UK is a parliamentary democracy with a Constitutional monarch, King Charles III, as head of state. The country is governed in the King’s name by the Government. The King is a temporal head of the Church of England. The British Parliament consists of two chambers: the House of Lords and the House of Commons. There are three main political parties in Great Britain: the Labour, the Conservative and the Liberal parties. The \_\_\_\_\_ party is in power now. The Prime Minister is \_\_\_\_\_.

The flag of the United Kingdom, known as the Union Jack, is made up of three crosses. The big red cross is the cross of Saint George, the patron saint of England. The white cross is the cross of Saint Andrew, the patron saint of Scotland. The red diagonal cross is the cross of Saint Patrick, the patron saint of Ireland.

*Exercise 1. Fill in the gaps with the missing information.*

*Exercise 2. Show all the geographical objects on the map. Show the borders of the countries within the UK and their capitals.*

*Exercise 4. Write out all the proper names. Translate them into Russian. Pay attention to the differences in the English and Russian traditions.*

*Exercise 5. Answer the following questions:*

1. Where is the UK situated?
2. What parts does it consist of?
3. Are there any high mountains in Great Britain?
4. What are the main rivers?
5. What influences the climate of Great Britain?
6. What are the most highly developed industries in the country?
7. What important industrial and cultural centres do you know in Great Britain?
8. Where are the most famous universities?
9. What system of ruling the country is there in the UK?
10. Who reigns and who rules the country?
11. What structure does the British Parliament have?
12. What are the three main political parties in Great Britain?

*Exercise 6. Say if these statements are true or false:*

1. The UK is made up of England and Scotland.
2. The English Channel separates Great Britain from the Continent.
3. On the west coast the UK is washed by the Atlantic Ocean.
4. The mountains in Great Britain are not very high.
5. The climate in Great Britain is tropical.
6. The summers in the UK are very hot.
7. The UK's leading industry is food processing.
8. Birmingham and Sheffield are big industrial cities.
9. London is one of the commercial centres of the world.
10. Only English is spoken in Great Britain.

*Finish these sentences:*

1. The UK is made up of ...
2. The British Isles consist of Great Britain, ...

3. The Atlantic Ocean and the warm waters of the Gulf Stream ...
4. Coal, iron and steel ...
5. The symbols and patron saints of the countries in the UK are ...

### **London and its Sights**

London is one of the most world's enjoyable cities. Visited by tourists in the millions, the city offers them an astonishing variety of scenes. In this historic city the modern rubs shoulders with the old, the present is ever conscious of the past.

London survived the Plague, which killed nearly 100 000 people, and the Great fire which followed. Also the World War II brought tremendous destruction. Many of historical buildings were laid in ruins and today the face of London is changed. London has buildings that express all the different areas of its history, for London manages in a unique way to reflect its past and at the same time to fulfill the functions of a modern city. There is always something new to be discovered, some fresh approach to a familiar scene, some curious piece of its history to be investigated.

From the centre of Westminster Bridge, one can have a splendid view of the Houses of Parliament which spread magnificently on the north bank of the Thames. This structure is a remarkable example of Gothic architecture. The Clock Tower, which contains the hour-bell called "Big Ben", is known the world over. Royal Palaces and houses were built along the banks of the Thames in medieval days. The Houses of Parliament, called officially the Palace of Westminster, were formerly a palace for kings and queens.

The palace was used both as a royal residence and also as a parliament house until the sixteenth century. In the course of the sixteenth century when the royal family moved to the new palace within the half a mile of Westminster – Whitehall Palace, the Palace of Westminster was occupied by the Parliament and became its home. So

the site of Westminster has been involved with the government of England for 500 years.

### ***Westminster Abbey***

Westminster Abbey is a national shrine where the kings and queens are crowned and famous people are buried. Founded by Edward the Confessor in 1050, the Abbey was a monastery for a long time. The present building dates largely from the time of Henry III who began to rebuild the church, a task which lasted nearly 300 years. The west towers were added in the eighteenth century. Since William I almost every English monarch has been crowned in this great church, which contains the tombs and memorials of many of Britain's most eminent citizens. One of the greatest treasures of the Abbey is the oaken Coronation Chair made in 1300.

Near the West Door of the Abbey the Unknown Warrior lies in a simple grave commemorating the men who died in the First World War. The Abbey is also known for its Poets' Corner. Graves and memorials to many English poets and writers are clustered round about.

### ***St. Paul's cathedral***

St. Paul's Cathedral has always dominated the center of London. It stands on the site of former Saxon and Norman churches. They later were destroyed in the Great Fire and the present building, completed in 1710, is the work of the eminent architect Sir Christopher Wren. It is an architectural masterpiece. Londoners have a particular affection for St. Paul's, which is the largest Protestant Church in England. Its high dome, containing the remarkable Whispering Gallery, is a prominent landmark towering above the multi-storeyed buildings which line the river-bank.

### ***Trafalgar Square***

Trafalgar Square is the natural centre of London. The Square was so named to commemorate Nelson's victory at the battle of Trafalgar in 1805, and the monument in the centre, known as Nelson's Column, is surmounted with the statue of Nelson 16 feet high. The pedestal of the Column is decorated with bas-reliefs representing Nelson's most familiar victories. At the base of Nelson's Column are four lions. The square has now become a huge traffic island, the statue and fountains have enlivened the space so that it remains a place of pilgrimage for visitors. When the square is not used for demonstrations, it is full of visitors feeding the pigeons or watching the traffic.

On the north side of the square are the National Gallery and the National Portrait Gallery. The National Gallery has an outstanding varied collection of paintings from British, Italian, Spanish, French, Dutch and other famous schools. It is an international rather than, as it is named, a National Gallery.

### ***The Tower of London***

The River is the main approach to London from the east. 1000 years ago William the Conqueror decided to build a strong fortress to protect the City of London, which he had just conquered. The Tower of London was one of the first and most impressive castles built after the Norman invasion of England in 1066. Since the times of William I various kings have built and extended the Tower of London and used it for many purposes. The Tower has been used as a royal palace, an observatory, an arsenal, a state prison, and many famous and infamous people have been executed within its walls. It is now a museum. For many visitors the principal attraction is the Crown Jewels, the finest precious stones of the nation. A fine collection of armour is exhibited in the keep. The security of the Tower is ensured by a military garnison and by the Yeoman Warders or "Beefeaters", who still wear their picturesque Tudor uniform.

*Exercise 1. Expand on the information given. Give a more detailed account of every sight.*

*Exercise 2. Transfer the information into a presentation.*

*Exercise 3. Give a detailed transcription of one of the English traditions.*

### ***Pre-reading tasks***

*Exercise 1. Answer the questions:*

What do you think influences a country's food?

What influences the food in your country?

*Exercise 2. Read the quotations about English food. Do all the people have the same opinion about English food?*

1. "It takes some skill to spoil a breakfast- even the English can't do it!"

JK Galbraith, economist

2. "On the Continent people have good food; in England people have good table manners."

George Mikes, writer and humorist

3. "If the English can survive their food, they can survive anything!"

George Bernard Shaw, writer

4. "Even today, well-brought up English girls are taught to boil all vegetables for at least a month and a half, just in case one of the dinner guests comes without his teeth!"

Calvin Trillin, American writer

5. "English cooking? You just put things into boiling water and then take them out again after a long while!"

An anonymous French chef

*Exercise 3. Read the text quickly. Match a paragraph 1-5 with a summary below:*

1. Historical and climatic influences on British cooking.

2. There's everything except an English restaurant.

3. The legacy of World War II Where there is hope for the future.
4. Where there is hope for the future.
5. The British love affair with international cooking.

### **In Search of Good English Food**

How come it is so difficult to find English food in England? In Greece you eat Greek food, in France French food, in Italy Italian food, but in England, in any High Street in the land, it is easier to find Indian and Chinese restaurants than English ones. In London you can eat Thai, Portuguese, Turkish, Lebanese, Japanese, Russian, Polish, Swiss, Swedish, Spanish, Italian – but where are the English restaurants?

It is not only in restaurants that foreign dishes are replacing traditional British food. In every supermarket, sales of pasta and poppadoms are booming. Why has this happened? What's wrong with the cooks of Britain that they prefer cooking pasta to potatoes? Why do the British choose to eat lasagna instead of shepherd's pie? Why do they now like cooking in wine and olive oil? But perhaps it is a good thing. After all, this is the beginning of the 21st century and we can get ingredients from all over the world in just a few hours. Anyway, wasn't English food always disgusting and tasteless? Wasn't it always boiled to death and swimming in fat? The answer to these questions is a resounding 'No', but to understand this, we have to go back to before World War II.

The British have in fact always imported food from abroad. From the time of the Roman invasion foreign trade was a major influence on British cooking. English kitchens, like the English language? absorbed ingredients from all over the world – chickens, rabbits, apples, and tea. All of these and more were successfully incorporated into British dishes. Another important influence on British cooking was of course the weather. The good old British rain gives us rich soil and green grass, and means that we are able to produce some of the finest



varieties of meat, fruit and vegetables, which don't need fancy sauces or complicated recipes to disguise their taste.

However, World War II changed everything. Wartime women had to forget 600 years of British cooking, learn to do without foreign imports, and ration their use of home-grown food. The Ministry of Food published cheap, boring recipes. The joke of the war was a dish called Woolton Pie (named after the Minister for Food!). This consisted of a mixture of boiled vegetables covered in white sauce with mashed potato on the top. Britain never managed to recover from the wartime attitude to food. We were left with a loss of confidence in our cooking skills and after years of Ministry recipes we began to believe that British food was boring, and we searched the world for sophisticated, new dishes which gave hope of a better future. The British people became tourists at their own dining tables and in the restaurants of their land! This is a tragedy! Surely food is as much a part of our culture as our landscape, our language, and our literature. Nowadays, cooking British food is like speaking a dead language. It is almost as bizarre as having a conversation in Anglo-Saxon English!

However, there is still one small ray of hope. British pubs are often the best places to eat well and cheaply in Britain, and they also increasingly try to serve tasty British food. Can we recommend to you our two favourite places to eat in Britain? The Shepherd's Inn in Melmerby, Cumbria, and the Dolphin Inn in Kingston, Devon. Their steak and mushroom pie, Lancashire hotpot, and bread and butter pudding are three of the gastronomic wonders of the world!

by Verona Paul and Jason Winner

*Exercise 4. Read the article more carefully. Choose the best answer:*

1. The writers believe that British cooking ...
  - a) has always been very bad.
  - b) was good until World War II.
  - c) is good because it is so international.

2. They say that the British...
  - a) eat only traditional British food in their homes.
  - b) don't like cooking with foreign ingredients.
  - c) buy lots of foreign ingredients.
3. They say that the British weather...
  - a) enables the British to produce good quality food.
  - b) often ruins fruit and vegetables.
  - c) is not such an important influence on British food as foreign trade.
4. They say that World War II had a great influence on British cooking because...
  - a) traditional British cooking was rediscovered and some good cheap recipes were produced.
  - b) people had limitless supplies of home-grown food.
  - c) people started to believe that British food was boring, so after the war they wanted to cook more interesting and international dishes.
5. They say that...
  - a) British tourists try lots of new dishes when they are abroad.
  - b) nowadays it is very unusual for British people to cook British food.
  - c) literature and language are more culturally important than food.
6. The writers' final conclusion about British cooking is that...
  - a) there is no hope.
  - b) you will only be able to get British food in expensive restaurants.
  - c) you will be able to get more good traditional British dishes, especially in pubs.

*Exercise 5. Discuss in pairs:*

1. Do you agree that food is as much a part of a country's culture as its landscape, language, and literature?
2. Which are your favourite places to eat in your country? Why?

*Exercise 6. Study the text and find the following:*

1. One example of “like” used as a verb and two examples of “like” used as a preposition.
2. Two examples of the pattern “adjective + infinitive”.
3. Examples of verbs that are followed by an -ing form.
4. Examples of verbs that are followed by an infinitive with “to”.

## ЗАКЛЮЧЕНИЕ

Учебно-методическое пособие «Особенности коммуникативно-прагматической организации текстов на английском языке» представляет собой учебно-методический комплекс для освоения обучающимися специфики организации англоязычных текстов с учетом прагматических и коммуникативных задач говорящего / пишущего. При условии тщательного освоения теоретического материала и выполнения заданий обучающиеся должны сформировать и развить коммуникативные компетенции и овладеть навыками построения текста на английском языке и умением осуществлять отбор лексических, грамматических и стилистических единиц адекватно коммуникативным задачам.

Результатом работы с пособием должно стать развитие и углубление исходного уровня владения иностранным (английским) языком, расширение активного словарного запаса обучающихся в рамках заданных тематических блоков, формирование и развитие навыков владения грамматическим материалом, а также совершенствование фонетических и произносительных навыков и развитие навыков перевода.

Осуществление коммуникации на английском языке предполагает полное понимание особенностей коммуникативно-прагматической организации англоязычных текстов, поскольку именно текст рассматривается в качестве основной единицы коммуникации. Использование определенных фонетических, лексических, грамматических и стилистических единиц и структур является культурно-обусловленным и во многом зависит от типа текста и сферы его функционирования.

## SUPPLEMENT: SAMPLE DIALOGUES

### *Choosing a Career*

A: Wow! I can't get over that I entered the university on a budgetary basis!

H: And I can't believe that this nightmare is finally over! Congrats!

A: Definitely. It was very difficult for me to make a choice. I feel so sorry for future school-leavers because of this. Many students finish high school and begin college without a clear idea of what they want to do in life.

H: You've hit the nail on the head there. For most people, choosing a career isn't easy, yet it is one of the most important decisions you will make in your life. Find the right career, and you will be happy and successful. Find the wrong career, and you may be unhappy and unsuccessful all life long.

A: Unfortunately, not everyone takes this trouble. Those who don't, can make costly mistakes. For example, some of my friends simply follow in the footsteps of a parent or a relative. They have not started studying yet, but it is already clear that they are not interested in their profession at all.

H: Such a familiar situation. Another mistake my schoolmates made was procrastinating, postponing a decision. I used to tell them: if you don't take the first step now, how can you plan for the future, take the right courses in school, get in the right programs? Procrastinators just drift, missing many opportunities.

A: You are absolutely right! I also reminded them: be systematic. Analyze your problem. Determine what information you have. Then go after the information you need. First, start with yourself because if you don't do this, you just won't succeed.

H: I hope teenagers won't make these mistakes and will follow our advice in the future. And what about you? What faculty did you choose?

A: I got accepted to the Vocal & Opera Faculty. And you?

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H: I'm doing a course in International Relations.

A: It must be difficult. How did you find out you wanted to go there?

H: It was very uneasy for me to research myself. I had to do some personality tests to find out my transferable skills.

A: Oh, I see. I also made a mind map with my strengths and weaknesses in order to identify the qualifications, experience, knowledge and personal characteristics.

H: The same with me. I did that too! I observed my personal qualities. I wrote whole sentences with explanations. For example, I am flexible, organized and persuasive. This is expressed in the fact that I can cope with last-minute changes, plan ahead successfully, and I'm good at getting other people to agree with me as well.

A: This will really help you in your future occupation! One of my positive qualities is reliability. I mean, I almost never cancel plans at the last minute. If I arranged a meeting with someone, this will definitely happen, because I don't want to let the person down and even spoil his day.

H: I fully agree with you. I think it also expresses your respect for others, because time is the most precious thing we have. Why did you choose this special field?

A: So, I think that I am not bad at creative activities. I have many interests: I can sing, play the piano well, I used to go to the dance classes. I suppose this faculty is the most suitable for me because I am fond of singing.

H: Cool! You know, I have one creative friend, and he entered a technical university because he also has analytical skills. He is really good at data analysis. He is my best friend; we've known each other for almost 10 years.

A: To be honest, I have no idea about data analysis. My best friend is a journalist type. He is excellent at communication. He is able to express himself effectively and he produces clear, well-written reports that can be easily understood.

H: So, then. What do you think are the most important skills for your future occupation?

A: I think the most important soft skills are creativity and self-confidence.

H: Why? I believed the most important thing was talent. How can you be a performer if you cannot sing?

A: Well, of course, talent is also significant, but you can learn how to sing. What I mean is that you should be able to think ahead, to spot and create opportunities in order to make successful concerts and you should believe in your ability to do the job.

H: You'll need it everywhere! In ordinary life, the ability to present yourself correctly and find an unusual way out of the situation will help you. I would also like to have such skills, but this is definitely not my cup of tea.

A: What qualities seem to be important for you?

H: I think I need negotiation skills and self-awareness which are the key to success.

A: What does it mean?

H: You should be good at developing and managing relationships with people in order to hold meetings and conferences with politicians. You can also come in contact with representatives of another culture, so you need to be able to demonstrate an interest in and understanding of your own and other cultures.

A: Oh, it sounds so serious. Actually, studying at a university is difficult. I am afraid that some of my weaknesses may prevent me from achieving what I want.

H: Well, studying at a higher educational institution is really much more essential than at school. What weaknesses are you talking about, by the way?

A: Occasionally, I am indecisive and unpunctual. So I try to realize what attracts me more and it takes a lot of time. Besides, sometimes my friends have to wait for 10 or 15 minutes before I come. These are not good personal characteristics.

H: It's okay. I have some weaknesses too. I could be better at performing in public, but I'm still very nervous from time to time. This can actually become a barrier in building my career, taking into account that I'll be in the public eye in the future. However, no one is perfect. We just need to work out our weak points.

A: As for me, I'm trying to fight my weaknesses too. You know, recently I've seen some psychological courses about leadership, organizational and team-working skills. We can take these classes together.

H: Oh, that's a great idea!

A: Then I'll look for more information and tell you tomorrow.

H: OK, bye!

### *At the Doctor's*

A: Well, what's the matter with you, Mrs. Walker?

H: You'd better ask me what is not wrong with me, doctor. I seem to be suffering from all the illnesses imaginable: insomnia, headaches, backache, indigestion, constipation and pains in the stomach. To make things still worse, I've caught a cold, I've got a sore throat and I'm constantly sneezing and coughing.

A: I'm sorry to hear that. Anyhow, I hope things aren't as bad as you imagine. Let me examine you. Your heart, chest and lungs seem to be all right. Now open your mouth and show me your tongue. Now breathe in deeply, through the nose... There doesn't seem to be anything



radically wrong with you, but it's quite clear that you're run down, and if you don't take care of yourself, you may have a nervous breakdown and have to go to hospital.

H: Before you prescribe me some treatment, I would like to know the cost of your services.

A: Although everyone in Britain can have free treatment under the NHS, it is also possible to have treatment done privately, for which one has to pay. Some people have private health insurance to help them pay for private treatment. Under the NHS, people who need to go to the hospital (for an operation, for instance) may have to wait a long time on a waiting list for their treatment. If they pay for the treatment, they will probably get it more quickly as they will have a splendid opportunity to jump the queue. So it is up to you to decide.

H: Wow, it's so comfortable in England. In America hospitals are in general well-equipped and efficient, and doctors earn incomes far above the general average. For anyone who is sick, the cost of treatment is very high. There is a strong prejudice against "socialized medicine" (particularly among doctors), and there are only two federal health programs. Medicare provides nearly free treatment for the elderly, Medicaid – for the poor, though, with an extremely complex system of admissible charges through Medicare, elderly people do not recover the full cost of some types of expensive treatment.

A: You have an interesting system. By the way, I have a friend doctor Walker, are you somehow connected in any way with the senior dentist of the seventh polyclinic?

H: I'm not a doctor, but I'm an intern at this hospital. Yesterday I had the first real patient of my own.

A: Really? Who was it?

H: A nice old dear with a lot of teeth to be pulled out. It's such wonderful practice for me!

A: Are you quite sure that some of his teeth couldn't be filled?

H: None of them! I sent him to have his teeth X-rayed, so it's all right.

A: How did you manage to get such a marvellous patient, I wonder?  
H: He came with a bad toothache. It had been bothering him for a day or two already.  
A: Were there no other dentists in the surgery?  
H: No, I was the only one. It was Sunday.  
A: Poor old thing! I hope you didn't try to pull out all his teeth at once, did you?  
H: Don't be silly. I just chose the easiest one to begin with.  
A: I see.. And how did you get along?  
H: Wonderfully, I tested his blood pressure and gave him a couple of injections, though he said that my smile worked better than any anaesthetic.  
A: Oh, he did, did he? And he didn't have a heart attack after the tooth was taken out? It would have been natural for an old man.  
H: No, he just felt a bit sick and giddy. I gave him a tonic and told him to stay in bed for a while and take his temperature.  
A: I'm glad you did it. Well done.  
H: Due to health problems, I also go to a nutritionist. Keeping fit and staying healthy have, not surprisingly, become a growing industry. I learned a lot of useful information there.  
A: I think it is such a good and widespread idea – apart from the amount of money spent on doctors' prescriptions and medical treatment, huge sums are now spent on health foods and drugs of various kinds, from vitamin pills to mineral water, apart from health clubs and books and videos about keeping fit.  
H: Yes, we are more concerned then ever, it seems, about the water we drink and the air we breathe, and we are smoking less, though not yet drinking less alcohol. This does not appear to mean that coughs and sneezes have been banished, or that we can all expect to live to a hundred.

A: Everyone should go to a specialist to check their health because there may be problems that we do not know about or some actions may lead us to complications.

H: I agree with you, we need to consult not only an ordinary physician, but also a psychotherapist to prevent the appearance of various mental disorders.

A: Yes, of course. the psychological state depends on the physical. for example, patients come to me and say "I'm am tired all the time, I have a headache and I think I'm getting even worse". This cannot but interfere with being in a good mood.

H: I couldn't agree to it more. A friend of mine, who is obsessed with the idea of being as fit as a fiddle, is a nonsmoker and teetotaler, and he is very particular about what he eats. Now he is bedridden because of his broken leg. He was really tired at his job but part of his healthy lifestyle is to play football every day after work, and recently he tripped due to extreme fatigue and fell while running, and broke his leg.

A: Poor boy. Chronic fatigue is very dangerous because it can become one of the causes of dangerous diseases. with concomitant factors, diseases such as appendicitis, insomnia, or even stroke and cancer, for example, can appear.

H: The nurse said that surgeons do not always manage to operate on patients with cancer, because this is a very serious disease.

A: Unfortunately, not but there's nothing we can do about it. Well, you know, we can change something in your condition. I advise you, first of all, to stop worrying. Take a long rest, have regular meals, keep to a diet of salads and fruit, and very little meat. Keep off alcohol. If possible, give up smoking, at least for a time. Have this tonic made up and take two tablespoonfuls three times a day before meals. If you do this, I can promise you full recovery within two or three months.

H: And if I don't, doctor?

A: Then you'd better make you will, if you haven't yet done so.

H: I see. Well, thank you, doctor. I shall have to think it over and decide which is the lesser evil: to follow your advice or prepare for a better world.

### *Eating Out in Britain*

A: I can finally have a lunch! I haven't had a thing since morning!

H: Haven't you had breakfast? Poor thing! It is very important to at least have a bite in the morning, for example, today I had some sandwiches with tea.

A: Oh, you're lucky! Let's go to a new café that has opened nearby. This place has very good reviews!

H: Are you sure we can go there? We don't know what kinds of food can be ordered, neither do we know whether it is delicious. Maybe we'd better go to a place we have already visited? Then we will definitely not waste money and time.

A: Oh, come on. This place has low prices and a large variety of dishes. People say there is very comfortable furniture, beautiful design and live music plays there sometimes! All in all, we always can leave if we don't like something.

H: Okay, you're right. Probably we should try something new. "The Spirit of England" – that sounds interesting!

A: I believe there must be some traditional dishes of the British. By the way, does everyone in England have a snack for breakfast or is it rather a substantial course?

H: Some people begin with a plateful of porridge but more often cornflakes with milk and sugar. Then comes at least one substantial course, such as kippers or bacon and eggs. Afterwards comes a toast with butter and marmalade or jam. Oh, and the meal is washed down with tea or coffee.

A: Mmm, my mouth's watering! We're finally here. Wow, it's very cozy here! Look – soft chairs, blue tablecloths, what intense lighting!

H: I really like the paintings on the walls. These old majestic English castles and flower fields complement the interior so well!

A: Let's make an order?

H: All right and what is on the menu?

A: For starters there are different salads, olives, cheese, and seafood.

H: Seafood is just to my liking! I'm on a diet right now and I can't eat fattening food. So, it is a perfect option. What else?

A: Pea soup with meat, chicken soup with noodles and mushroom soup. I want to order chicken soup with noodles, and you?

H: Hmm, I'm not as hungry as you, so I'll do without soup. What can we have for seconds?

A: Fried chicken and mashed potatoes, beefsteak...I'm afraid the steak may be a bit under or overdone. Whereas the garnish I think is always fine. I want to try fried chicken.

H: You reminded me about the best lunch I have ever had. It was in the Leaky Cauldron and the meat was done to a turn, and there also was the perfect buckwheat porridge!

A: I have never heard about Leaky Cauldron. What is it?

H: In the Harry Potter books, the Leaky Cauldron is a longstanding London pub and inn frequented by members of the Wizarding community.

A: I didn't know you are a fan of this story. As for me, last year I was in Italy in the most beautiful and unusual restaurant on the mountain near the sea. I ordered Foie Gras. I even asked for another helping of it.

H: It all sounds very appetizing. I hope one day I'll try these dishes as well. What about the dessert? I hope they offer apple pie here, there is nothing like it to me!

A: You're lucky! They have apple pie on their menu and many other desserts!! Pies with strawberries, jelly, chocolate pudding and layer cakes with raspberries! I want to have a piece of each pie from the menu!

H: I suppose you are a big eater! I'll take some apple pie and some strawberry jelly.

A: It's good that there is homemade food rather than fast food. Now you can find a fast food restaurant on every street, and a lot of people go there. What a pity that few people realize the harmfulness of these oil-fried dishes.

H: This is a really big problem right now. Let's hope that the popularity of such places will fall every year, otherwise the health of all mankind may be in danger.

A: We will see. So, only drinks are left! There is a great variety of teas here!!

H: Amazing! What a nice cafe after all. The food is really tasty, and all these cute sofas, paintings, small details create a great atmosphere. I should never thought that I could feel the spirit of England to that extent!

A: I couldn't agree more. How fortunate for us to come here. Now we know one more excellent cafe. We definitely need to visit it again so that we can listen to live music.

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Учебное издание

*Исаева Ольга Николаевна,  
Кривченко Ирина Борисовна,  
Веденёва Юлия Вячеславовна*

**ОСОБЕННОСТИ  
КОММУНИКАТИВНО- ПРАГМАТИЧЕСКОЙ  
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*Практикум*

Редакционно-издательская обработка  
издательства Самарского университета

Подписано в печать 18.04.2024. Формат 60×84 1/16.

Бумага офсетная. Печ. л. 5,5.

Тираж 120 экз. (1-й з-д 1-27). Заказ № . Арт. – 1(Р1ПР)/2024.

ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ  
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ  
«САМАРСКИЙ НАЦИОНАЛЬНЫЙ ИССЛЕДОВАТЕЛЬСКИЙ  
УНИВЕРСИТЕТ ИМЕНИ АКАДЕМИКА С.П. КОРОЛЕВА»  
(САМАРСКИЙ УНИВЕРСИТЕТ)  
443086, САМАРА, МОСКОВСКОЕ ШОССЕ, 34.

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Издательство Самарского университета  
443086, Самара, Московское шоссе, 34.