

**Дрогобицький державний педагогічний університет
імені Івана Франка
кафедра практики англійської мови і методики її навчання**

Анна ПОГОРІЛА

**ПРАКТИЧНИЙ КУРС АНГЛІЙСЬКОЇ МОВИ:
ТРЕНУВАЛЬНІ ВПРАВИ ДЛЯ САМОСТІЙНОЇ РОБОТИ СТУДЕНТІВ З
ТЕМ «СПІЛКУВАННЯ. ДОВКІЛЛЯ. СПОРТ»**

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Рецензенти:

Сливка Л.З., кандидат філологічних наук, доцент кафедри англійської мови та перекладу Дрогобицького державного педагогічного університету імені Івана Франка;

Пристаї Г.В., кандидат філологічних наук, доцент кафедри практики англійської мови і методики її навчання Дрогобицького державного педагогічного університету імені Івана Франка.

Відповідальний за випуск:

Сирко І.М., кандидат філологічних наук, доцент, доцент кафедри практики англійської мови і методики її навчання Дрогобицького державного педагогічного університету імені Івана Франка.

Погоріла А.І.

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Навчальний посібник укладено відповідно до програми навчальної дисципліни «Практика усного та писемного англійського мовлення» для підготовки фахівців першого (бакалаврського) рівня вищої освіти спеціальності 014 Середня освіта (Мова і література (англійська, німецька)); «Середня освіта (Мова і література (англійська, польська)), галузі знань 01 Освіта / Педагогіка, затвердженій вченою радою Дрогобицького державного педагогічного університету імені Івана Франка.

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Drohobych Ivan Franko State Pedagogical University
Department of English Language Practice and Teaching Methods

Anna Pogorila

**COURSE OF THE ENGLISH LANGUAGE PRACTICE: TRAINING
EXERCISES FOR INDIVIDUAL WORK OF STUDENTS ON THE TOPICS
“COMMUNICATION. ENVIRONMENT. SPORT”**

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Reviewers:

Slyvka L.Z., Candidate of Philological Sciences, Associate Professor at the Department of English Language and Translation of Drohobych Ivan Franko State Pedagogical University;

Prystay G.V., Candidate of Pedagogical Sciences, Associate Professor at the Department of English Language Practice and Teaching its Methods of Drohobych Ivan Franko state Pedagogical University.

Responsible for the publication:

Syrko I.M., Candidate of Philological Sciences, Associate Professor, Head of the Department of English Language Practice and Teaching Methods of Drohobych Ivan Franko State Pedagogical University.

Pogorila A.I.

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The practical guide has been concluded in accordance with the program of the educational discipline "Practice of the spoken and written English Language" for training specialists of the educational-qualifying level "Bachelor", specialty 014 Secondary Education (Language and Literature (English, German); (Language and Literature (English, French)), field of knowledge 01 Education / Pedagogics, approved by Academic Council of Drohobych Ivan Franko State Pedagogical University.

The practical guide is focused on the development of lexical and communicative competences and consists of parts which include a great variety of exercises.

It is aimed at students of higher educational establishments, school leavers of secondary schools as well as grammar schools and lyceums.

The bibliography consists of 11 titles.

ЗМІСТ / CONTENTS

Передмова / Foreword.....	6
Спілкування: Тематичний словник / Communication: Topic Vocabulary	8
Ідіоми / Idioms.....	9
Лексичні та комунікативні вправи / Lexical and Communicative Exercises...	13
Проект / Project.....	17
Довкілля: Тематичний словник / Environment:Topic Vocabulary.....	21
Лексичні та комунікативні вправи / Lexical and Communicative Exercises...	24
Проект / Project.....	29
Письмо / Writing Activity	33
Спорт : Тематичний словник / Sport: Topic Vocabulary	41
Ідіоми / Idioms.....	46
Синоніми / Synonyms.....	49
Література / References.....	56

ПЕРЕДМОВА

Практикум розроблено згідно з чинною програмою навчальної дисципліни «Практичний курс англійської мови» для підготовки бакалаврів за спеціальністю 014 Середня освіта (Мова і література (англійська, німецька)), «Середня освіта (Мова і література (англійська, польська)), у галузі знань 01 Освіта/Педагогіка. Даний посібник можна використовувати як додаткове джерело затреновування матеріалу до базового підручника New Language Leader для поглибленого та самостійного вивчення тем «Спілкування. Довкілля. Спорт».

Навчальний матеріал посібника систематизовано у чотирьох розділах: **«Тематичний словник»**, **«Ідіоми»**, **«Лексичні вправи»**, **«Творча робота»**. У кожному з них подано добірку актуальних лексичних одиниць за означеними темами, що сприятиме розширенню активного словникового запасу. Вправи мають лексичне, граматичне та комунікативне спрямування й розраховані на розвиток мовленнєвих умінь у різних видах мовленнєвої діяльності.

Особлива увага приділяється формуванню навичок вживання ідіоматичних виразів, адже ідіоми є невід'ємною складовою живого мовлення та важливим показником високого рівня володіння іноземною мовою.

Вправи в посібнику охоплюють різноманітні типи завдань: вправи на встановлення відповідності, заповнення пропусків, альтернативний і множинний вибір, роботу з текстом, дискусії, творчі завдання, переклад, створення тематичних проєктів. Рівень складності завдань варіюється, що дозволяє адаптувати матеріал до індивідуальних навчальних потреб студентів.

Сподіваємося, що цей посібник стане ефективним інструментом для вдосконалення мовних навичок і набуття впевненості у використанні англійської мови у реальних життєвих ситуаціях.

FOREWORD

The practical guide is aimed at students of higher educational establishments, school (lyceum and grammar school) leavers.

The Workshop is designed in accordance with the current programme of the discipline «Practical English Course» for bachelors majoring in 014 Secondary Education (Language and Literature (German)) in the field of knowledge 01 Education/Pedagogy. This book can be used as an additional source of practice Material for the New language leader textbook for in-depth and independent study of the topics «Communication.Environment. Sport».

The learning material is organised into four sections: «Topical Vocabulary», «Idioms», «Vocabulary Exercises», «Project». They contain vocabulary items on the topic in question to expand and train students' vocabulary, lexical and communicative exercises, as well as idioms. The proposed text comprehension, matching, fill-in-the-blank, alternative and multiple-choice exercises, discussion, creative projects and translation activities help to improve students' full acquisition of English. The tasks in the manual have different levels of difficulty and are adapted to the learning needs of the student and the applicant.

The Workshop is intended for students of higher educational institutions, teachers, senior pupils of specialized schools, lyceums and grammar schools.

TOPICAL VOCABULARY

1. elaborate means of communication – вишуканий спосіб спілкування
2. get in touch with – зв'язатись/сконтактуватись
3. keep track of – відслідковувати
4. bump into – випадково зустрітись
5. lose touch with – втратити зв'язок з
6. track down – знайти
7. catch up with – обмінюватись новинами
8. stay in touch with – підтримувати відносини
9. concept – ідея, задум
10. go back to – датуватись
11. choose at random – обрати навмання
12. a sample of people – вибірка людей
13. target – ціль
14. decade – десятиліття
15. link sb to sb – повзувати когось з кимось
16. recreate experiment on the internet – відтворити експеримент в інтернеті
17. confirm – підтвердити
18. invade one's space – втручатись в особистий простір
19. make a good first impression – справляти хороше перше враження
20. look confident and capable – виглядати впевнено і здатним
21. make an effort to smarten your appearance – докласти зусиль щоб зробити свою зовнішність ошатною
22. crack under pressure – тріснути під тиском
23. give away one's emotions – проявити емоції
24. sit still – сидіти нерухомо
25. actions speak louder than words – не словом, а ділом
26. speech impediment – вада мовлення
27. stammer – заїкання
28. assertive – напористий

29. interact successfully – успішно взаємодіяти
30. do public speaking – виступати перед публікою
31. via the web – через інтернет
32. get a word in edgeways – вставити слово/втрутитись в розмову
33. lack of confidence – брак впевненості
34. maintain good posture – зберігати гарну поставу
35. at all times – завжди
36. participate actively in – приймати активну участь у
37. carry out research – здійснювати дослідження
38. communication barriers – бар'єри/перешкоди у спілкуванні
39. get straight to the point – перейти зразу до основного
40. be on the same wavelength – бути однодумцем
41. be addicted to – бути залежним від
42. be completely out of the blue – несподівано
43. by chance – випадково
44. catch up with all the news from home – довідатись про новини вдома
45. technophobe – людина, яка боїться технологій
46. it's been a bit rough recently – останнім часом багато проблем
47. show off – хизуватись
48. insensitive – нетактовний
49. sort it out – владнати
50. manage the money – розпоряджатись грошми
51. weekly expenses – щотижневі витрати
52. there's an obvious solution – є очевидне вирішення
53. sort sth out – владнати
54. reasonable – розсудливий, поміркований
55. stick to one's weekly budget – дотримуватись щотижневого бюджету
56. "fight of flight" response – відповідь або бій, або втеча
57. sweat – потіти
58. mouth may go dry – може пересохнути в горлі
59. sound strained – звучати напружено

- 60. keep sb alert – тримати на сторожі
- 61. bump into by chance – випадково натрапити
- 62. catch up with all the news from home – довідатись про всі новини

вдома

- 63. get in the way – перешкоджати, ставати на заваді
- 64. overall – загалом
- 65. get a loan from – брати позику
- 66. rehearsal is essential – репетиція є необхідною
- 67. stumble over words – заїкатись через підбір слів
- 68. pay attention to the environment you're in to distract yourself –

звернути увагу на оточення, щоб відволіктись

- 69. change the pace of delivery – змінити темп мовлення
- 70. engage with the audience – взаємодіяти з глядачем

Idioms

1) be on the same wavelength (of two or more people) to think in a similar way and to understand each other well:

e.g. *What makes the problem worse is that Howard and Tina are not on the same wavelength about how to deal with it.*

2) actions speak louder than words what you do is more important than what you say, because the things you do show your true intentions and feelings:

e.g. *Team USA is not expected to win, but they believe actions speak louder than words.*

3) think before you speak to check that something is not going to cause problems or have a bad result before you before mentioning it in a conversation:

e.g. *The Government needs to think before it speaks into throwing huge amounts of money on individual projects.*

4) get a word in edgeways to say something when someone else is talking

e.g. *Rosa was talking so much that nobody else could get a word in edgeways!*

5) hear it on the grapevine to hear news from someone who heard the news from someone else:

e.g. *I heard through the grapevine that he was leaving - is it true?*

6) get straight (or "right") to the point: to address the main subject directly, without deviation

e.g. *Could you just get straight to the point? I don't have time to listen to irrelevant information.*

7) have a quick word with smn have a short conversation with smn. It implies a brief exchange of words, often to convey a message or discuss a specific topic

e.g. *It's a secret, so that's why I want to have a quick word with you.*

[\[https://dictionary.cambridge.org/dictionary/english/be-on-the-same-wavelength\]](https://dictionary.cambridge.org/dictionary/english/be-on-the-same-wavelength)

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<https://dictionary.cambridge.org/dictionary/english/be-on-the-same-wavelength>

Match the sentence with the appropriate explanation of the idiom

1. She promised to help me with my homework. It's been two days since then and well, actions speak louder than words.

2. How many times do I have to tell you to think before you speak? You have insulted her feelings again.

3. It will be an eternity before I get a word in edgeways.

4. I have heard on the grapevine that there will be a famous band on tonight's show, but I really don't know any details.

5. You should have heard them. They were on the same wavelength and just knocked everyone's socks off.

6. Could you get straight to the point already? We don't have much time left.

7. I know you're in a hurry but could I have a quick word with you? It's an urgent matter.

- a) – to speak to smn for a short time.
- b) – what we do is more important than what we say
- c) – talk directly about the subject.
- d) – to get a chance to say sth
- e) – to hear news from smn who heard it from smn else
- f) – to think in the same way as smn else
- g) – consider your words before you say sth

Fill in the appropriate idiom:

- h) My boyfriend said he would skydive with me, but
- i) as you can't take back your words.
- j) When the adults are talking, my younger brother tries to ...
- k) By the way, I heard it ... that you went on holidays to Cairo.
- l) My friends and I are ...
- m) Well, to ... , we didn't win the first place in the competition.
- n) I know you don't have much time, so I want to have ... with you.
- o) Despite his promises of being a responsible roommate, his constant messiness in the common areas, proved that ...

Translate into English using active idioms:

1. Слід спочатку думати, ніж говорити під час делікатної розмови, щоб не зранити почуття людей.
2. На сімейному зібранні, коли всі ділилися своїми історіями, було важко вставити хоча б слово щоб розповісти про свою недавню поїздку.
3. Я чув, що в керівництві компанії можуть відбутись певні зміни, але я чекаю на офіційне підтвердження.
4. Наша команда добре співпрацює разом, тому що ми всі на одній хвилі коли справа стосується нашого спільного бачення успіху проекту.
5. Під час проведення переговорів, вона не марнувала ні хвилини і одразу переходила до справи обговорюючи умови заздалегідь.
6. Мені потрібно переговорити з колегою про майбутню презентацію, щоб переконатися що ми узгодили всі основні моменти.

Test your knowledge of the idioms. Fill in the gaps with an appropriate idiom.

The Art of Conversation

In our daily talks, 1... it is important to 2, making sure our words are just right. But sometimes, it's hard to join in when others talk a lot.

We 3 ... things ... – little bits of gossip or news passed around. It shapes how we see things and what we say.

When we agree with someone and understand each other well, we are 4 ... it feels good when that happens.

But sometimes, we just need to be quick and to the point. 'Could you 5 ... ?' we might ask, wanting things simple and clear.

In the end, talking is like a dance. We use these sayings to guide us, making sure our conversations are smooth and meaningful.

There are some mistakes in the following topic find them and correct:

A Dance of Words and Deeds

In the intricate tapestry of human communication, where actions whisper louder than words and thoughts shape our speech, there exists a delicate balance between expression and interpretation. As we traverse the landscape of conversations,

we encounter a myriad of idioms that guide our interactions, urging us to tread with caution and mindfulness.

Think before you say, they say, for words once uttered cannot be retracted in the midst of dialogue, it's essential to pause and ponder, ensuring that our words are a reflection of our intentions and convey the essence of our thoughts accurately. But amidst the cacophony of voices, it's often a challenge to set a word in edgeways, as conversations swirl around us like a whirlwind, leaving little room for individual contribution.

Yet, amidst the chatter, whispers are listened on the grapevine, snippets of information passed from ear to ear, weaving a web of shared knowledge and communal understanding. These murmurs shape our perceptions, influencing our interactions and colouring the fabric of our conversations.

But when minds align and understanding blooms, we find ourselves on the same wave weight, harmonizing in thought and intention. It's a moment of connection, where words flow effortlessly and communication transcends mere speech.

Still, amidst the ebb and flow of dialogue, there comes a time when brevity is key. "Could you get quickly to the point?" we ask, craving clarity amidst the tangle of words. And in response, a quick word is had, a moment of exchange that holds significance beyond its brevity, a testament to the power of concise communication.

In the dance of words and deeds, we navigate the intricacies of human interaction, guided by age-old idioms that serve as beacons of wisdom. Through mindfulness and understanding, we forge connections that transcend mere conversation mere conversation, weaving a tapestry of shared experiences and mutual understanding.

Vocabulary Exercises

Join two parts of a sentence:

1. Although she battled arthritis and diabetes daily,
2. It is essential not invade someone's space without their consent,
3. It's important to link students to tutors who can
4. Researches often recreate experiments on guinea pigs
5. Over the past few decades advances in medicine
6. The laboratory results confirm
7. When meeting new people, it's crucial
8. During the job interview,
9. Despite the intense competition, she didn't crack
10. His facial expressions gave
11. Before the meeting, he made
12. The children were asked to sit
13. In negotiations, actions often
 - a) have revolutionized healthcare approach.
 - b) to verify their findings.
 - c) it is important to look confident and capable to impress the hiring manager.
 - d) to make a good first impression to establish positive relationships.
 - e) away his emotions, revealing his true feelings about the situation.
 - f) her trip to Africa was abruptly halted when she contracted malaria.
 - g) that the hypothesis was accurate.
 - h) speak louder than words, demonstrating true intentions and commitments.
 - i) still during the assembly to avoid disrupting the proceedings.
 - j) under the pressure and delivered a stellar performance.
 - k) guide them through their academic journey.
 - l) an effort to smarten his appearance by wearing a tailored suit.
 - m) as it can make them feel uncomfortable.

Fill in the words of active vocabulary:

1. Speech therapy can help individuals overcome and communicate more effectively.
2. He tends to ... when he's nervous or anxious, but he's working on improving his speech fluency.
3. Being ... means confidently express your opinions and stand up for your rights while respecting others.
4. Despite their differences, the teams were able to ... successfully during the project.
5. Sarah had a fear of, but she's been working hard to overcome it and now feels more confident when doing public speaking engagements.
6. Nowadays, many businesses prefer to conduct meetings via the ... to save time and resources.
7. It was difficult to get a word edgewise during the heated ... as everyone had strong opinions they wanted to express.
8. His lack of confidence often holds him back seizing opportunities and reaching full
9. Athletes are trained not only in their sport but also in how to maintain to prevent injuries.
10. As a professional, it's important to ... a high level of integrity at all times, both in and out of the workplace.
11. It's crucial for students to ... actively in class discussions to deepen their understanding of the subject matter.
12. The research team plans to research in the field of renewable energy to find sustainable solutions to environmental challenges.
13. Language barriers, cultural differences, and technological limitations are common communication ... faced in international business settings.

Fill in the gaps with a suggested word:

Intermediaries principle concept experiments separation

The 1... of "six degrees of separation" suggests that any two people in the world can be connected through a chain of no more than six 2... . This idea has

fascinated researches and the public alike, highlighting the interconnectedness of human society.

Studies have attempted to validate this theory through various 3 ... , often employing social networks and communication patterns to track connections between individuals. While the exact number six may vary depending on the context and population studied, the underlying 4... remains constant; we are closer to each other than we might think. The rise of social media platforms has further blurred the lines of 5 ... , facilitating the rapid spread of information and enabling connections across distances.

Translate into English:

1. У сучасному взаємопов'язаному світі поняття шести ступенів відокремлення перетворилося з простої теорії на практичну реальність, формуючи те, як ми сприймаємо та взаємодіємо одне з одним.

2. Розуміння наслідків цього явища може мати глибокі наслідки для різних галузей – від соціології та психології до маркетингу та теорії мереж.

3. Незважаючи на розвиток технологій та комунікацій, базова передумова про шість ступенів відокремленості слугує нагадуванням про нашу спільну людську сутність і складні мережі, які нас поєднують.

4. Вивчення цих зв'язків може сприяти емпатії, співпраці та більшому почуттю приналежності до суспільства, яке стає все більш глобалізованим.

5. Зрештою концепція шести ступенів відокремленості спонукає нас визнати фундаментальну взаємопов'язаність людства і прийняти багатство наших різноманітних соціальних мереж.

Fill in the gaps with the appropriate phrase:

In today's digital age, communication habits have undergone a profound transformation, 1... . The prevalence of smartphones, social media and 2 ... has revolutionized the speed and accessibility of communication. While these technological advancements have facilitated greater connectivity, they have also given rise to 3 Asynchronous communication methods, such as email and text messaging, have become increasingly favoured over traditional synchronous forms like 4 ... , reflecting a shift towards convenience and efficiency. 5 ... central to many

people's communication habits, serving as virtual meeting places where individuals share updates, exchange messages, and engage in conversations with nearest and dearest. However, the reliance on digital communication has also led to concerns about erosion of interpersonal skills, including the ability to convey tone and body language effectively, as well as the potential for misunderstandings and miscommunication. Effective communication in the digital age requires a balance between leveraging technology for its benefits while also recognizing the importance of maintaining 6 Employers and organisations are increasingly recognizing the need to adapt to evolving communication habits, implementing strategies such as remote work policies, digital etiquette guidelines and communication training programmes to foster clear and efficient communication channels. Moreover, individuals are encouraged to cultivate 7 ... such as active listening, clear expression and empathy to navigate the complexities of the digital landscape with intention and integrity. By understanding and adapting to 8 ... we can harness the power of technology to foster authentic connections, collaborate effectively and navigate the ever-changing dynamics of human interaction in the 21st century.

- a) face-to-face conversations or phone calls
- b) modern communication habits
- c) instant messaging platforms
- d) mindful communication habits
- e) social media platforms have become
- f) new communication challenges
- g) meaningful human connections.
- h) reshaping the way we interact and connect with others.

Project

The Impact of Modern Communication: Blessing or Curse?

Objective: To critically analyze the effects of modern means of communication on society and individuals, and to formulate a well-supported argument on whether they are a blessing or a curse.

Instructions:

1. Research:

- Conduct research to gather information on various modern means of communication, such as social media, instant messaging, email, video calls, etc.
- Explore both the positive and negative impacts of these channels on society, relationships, mental health, productivity, privacy and other relevant aspects.
- Collect statistics, case studies, expert opinions and real-life examples to support your arguments.

2. Analysis:

- Reflect on the gathered information and analyse the advantages and disadvantages of modern communication tools.
- Consider how these tools have revolutionized communication, connected people globally, facilitated knowledge sharing and empowered individuals and communities.
- Also, analyse the potential drawbacks, such as increased screen time, information overload, cyberbullying, privacy concerns and the erosion of face-to-face interactions.

3. Argument Development:

- Based on your analysis, form a clear stance on whether modern means of communication are more of a blessing or a curse.
- Develop a well-structured argument supported by evidence, reasoning and examples.
- Anticipate counterarguments and address them effectively to strengthen your position.

4. Presentation:

- Prepare a written essay or presentation outlining your findings, arguments and conclusions.
- Structure your document or presentation logically with introduction, body paragraphs and conclusion.
- Use clear language, proper citations and visual aids if necessary to enhance comprehension and engagement.

5. Discussion:

- Engage in a discussion or debate with peers or groupmates, presenting your argument and inviting counterarguments.
- Encourage constructive dialogue and exchange of ideas, respecting different perspectives and viewpoints.
- Reflect on the insights gained from the discussion and consider how they might influence your own understanding of the topic.

6. Conclusion:

- Conclude your essay or presentation by summarizing your main points and reiterating your stance on whether modern means of communication are ultimately a blessing or a curse.
- Reflect on any personal insights or changes in perspective resulting from your research and discussion.

7. Optional: Action Plan

- Consider proposing potential solutions or strategies to mitigate the negative effects of modern communication tools while maximizing their benefits.
- Reflect on how individuals, communities and policymakers can promote responsible and healthy use of these technologies.

Environment

TOPICAL VOCABULARY

1. urban – міський
2. rural – сільський
3. suburban – приміський
4. residential – житловий
5. up-and-coming – перспективний
6. long-established – давно створені
7. detached house – особняк
8. wind farm – вітрова електростанція
9. crime rate – рівень злочинності
10. mindless vandalism – бездомний вандалізм
11. traffic congestion – скупчення транспорту
12. renewable energy – відновлювальна енергія
13. environmental issue – проблема довкілля
14. to have access to all facilities – мати доступ до закладів
15. on the edge of – на окраїні
16. hamlet – хутір
17. the whole pace of life is much slower – ритм життя є значно спокійніший
18. magnificent scenery – чудовий краєвид
19. dump – викидати
20. cosmopolitan atmosphere – атмосфера великого міста
21. a wide range of shops – великий вибір магазинів
22. constant buzz of activity – постійний гул від активності
23. loads of police – багато поліції
24. pay higher taxes – платити більші податки
25. uncollected litter – неприбране сміття
26. tackle noise pollution – боротись з шумовим забрудненням
27. reduce emissions from burning fossil fuels – зменшити викиди від спалювання

28. be highly sensitive to small changes in – бути дуже чутливим до невеликих змін

29. to lose algae that feed them – втратити водорості які їх годують / дають їм забарвлення

30. slight changes in the climate may result in – незначні зміни в кліматі можуть призвести до

31. at a worrying rate – тривожними темпами

32. to expand – розширюватися

33. to conclude – завершитися

34. famine – голод

35. to cool off – похолодання

36. the rim of – край, межа

37. molten rock – розплавлена порода

38. superplume – супершлейф

39. vent – жерло

40. hot springs – термальні/гарячі джерела

41. popping mud pots – грязеві ями

42. magma chamber – магматична камера

43. roughly the same dimensions as – приблизно також розміру як

44. exert on the crust – тиск на земну кору

45. the cataclysm is pretty well beyond imagining – катаклізм який неможливо уявити

46. park headquarters – штаб-квартира парку

47. have swarms of earthquakes – зазнають велику кількість землетрусів

48. constitute warning signs – є попереджувальними знаками

49. precursor of – передвісник

50. to preserve an air of picturesqueness – зберігати атмосферу мальовничості

51. topographical constraints – топографічні обмеження

52. at the height of summer – у розпал літа

53. fossil fuels – корисні копалини

- 54. emit carbon dioxide – випускати вихлопні гази
- 55. onshore wind farms – вітрові електростанції, що знаходяться на суходолі
- 56. to be sited – знаходитись
- 57. to be unpleasant eyesore – бути неприємним видовищем
- 58. to erupt – вивергатися
- 59. to solidify – тверднути
- 60. to crack the rock – розламати скалу
- 61. run out (of) – закінчитись
- 62. to sort out a venue – обрати місце події
- 63. to organize some publicity – надати розголос
- 64. in case things get out of hand – на випадок якщо щось піде не так
- 65. short and snappy questions – короткі та влучні питання
- 66. sample – зразок
- 67. raise money for – збирати гроші

Vocabulary Exercises

Explain the meaning of the following words and phrases in your own words:

- 1) fossil fuels;
- 2) global warming;
- 3) a nuclear power station;
- 4) greenhouse gases;
- 5) renewable and non-renewable sources of energy;
- 6) deforestation;
- 7) ozone layer.

Translate into English

1. Викопне паливо – це природне паливо, що утворилось із залишків мертвих організмів продовж мільйонів років. До нього відносять вугілля, нафту та природний газ. Ці види палива є обмеженими ресурсами та невідновлювальними. Викопне паливо спалюють для виробництва енергії, але при його спалюванні виділяється вуглекислий газ та інші забруднюючі речовини, що призводить до забруднення повітря та зміни клімату.

2. Глобальне потепління – це довготривале підвищення середньої температури поверхні Землі, спричинене насамперед діяльністю людини, зокрема спалюванням викопного палива, вирубкою лісів та промисловими процесами. Збільшення кількості парникових газів, таких як вуглекислий газ, метан і окис азоту, затримує тепло в атмосфері Землі, що призводить до зміни кліматичних умов, підвищення рівня моря, танення полярних льодовиків та інших екологічних наслідків.

3. Атомна електростанція, також відома як ядерний реактор, це – об'єкт, який виробляє електроенергію за допомогою ядерних реакцій. Ці реакції, як правило, включають розщеплення (поділ) атомів урану або плутонію, які вивільняють велику кількість енергії. Ця енергія використовується для нагрівання води і виробництва пари, яка потім приводить у дію турбіни для вироблення електроенергії. Атомні електростанції не виробляють викиди парникових газів під час виробництва електроенергії, але створюють ризики,

такі як захоронення радіоактивних відходів та можливість аварій, що несе потенційний ризик для людства.

4. Парникові гази – це гази, які затримують тепло в атмосфері Землі, що призводить до парникового ефекту та глобального потепління. До основних парникових газів належать вуглекислий газ (CO_2), метан (CH_4), окис азоту (N_2O) та гази фтору. Ці гази поглинають і випромінюють інфрачервоне випромінення, затримуючи тепло і нагріваючи поверхню Землі. Хоча деякі парникові гази утворюються природним шляхом, людська діяльність така як спалювання викопного палива та вирубка лісів, значно збільшила їхню концентрацію в атмосфері.

5. Відновлювальні джерела енергії – це природні ресурси, які можуть поповнюватися або регенеруватися з часом, такі як сонячне світло, вітер, вода (гідроенергія), біомаса і геотермальне тепло. Ці джерела вважаються постійними, оскільки вони є наявними постійно і не виснажують обмежені ресурси. Невідновлювальні джерела енергії, з іншого боку, є обмеженими ресурсами, які не можуть бути поновленими протягом життя людини або в терміни прийнятні для людського суспільства. Прикладами невідновлювальних джерел енергії є вугілля, нафта та природний газ, а також ядерна енергія, отримана з урану або плутонію.

6. Вирубка лісів – це процес розчищення або видалення лісів чи дерев із земельної ділянки, як правило, для розширення сільськогосподарських угідь, містобудування, лісозаготівлі або інфраструктурних проектів. Вирубка лісів може мати значні екологічні наслідки, включаючи втрату середовища існування, зменшення біорізноманіття, ерозію ґрунту, порушення кругообігу води та збільшення викидів парникових газів. Деревина відіграють вирішальну роль у поглинанні вуглекислого газу з атмосфери, тому вирубка лісів сприяє зміні клімату, зменшуючи здатність Землі поглинати вуглець.

7. Озоновий шар – це область стратосфери Землі, яка містить високу концентрацію молекул озону (O_3). Він розташований приблизно на висоті від 10 до 30 кілометрів над поверхнею Землі. Озоновий шар відіграє важливу роль

у захисті життя на Землі, поглинаючи значну частину шкідливого ультрачервоного проміння.

Which of these problems may you find in your country/town? Use the prompts from the box to make up several sentences. You can use your own ideas.

Smog, deforestation, trees, greenhouse effect, cars, fumes, urbanization, water, toxic waste

e.g. In our town there is a danger to pollute water because of the factories.

Translate the sentences into Ukrainian:

1. The urban landscape was dominated by towering skyscrapers and bustling streets.
2. Life in rural areas is often characterized by close-knit communities and agricultural activities.
3. Suburban neighborhoods offer a compromise between city amenities and rural tranquility.
4. The residential area was filled with cozy homes and tree-lined streets.
5. The up-and-coming neighborhood attracted young professionals with its trendy cafes and art galleries.
6. The long-established tradition of the town's annual festival drew visitors from far and wide.
7. Their dream home was a spacious detached house with a large backyard.
8. The construction of a wind farm in the countryside sparked debate among locals about its impact on the environment.
9. Despite efforts to reduce it, the crime rate in the city remained high.
10. Mindless vandalism has become a serious problem in the neighborhood, with graffiti covering many walls.
11. Traffic congestion during rush hour made commuting a frustrating experience for many city dwellers.

12. Governments worldwide are investing in renewable energy sources to combat climate change.

13. Addressing environmental issues such as pollution and deforestation requires global cooperation.

14. Residents of the new development will have access to all facilities, including parks, schools, and shopping centers.

15. Their cottage was situated on the edge of the forest, offering stunning views of the countryside.

16. The tiny hamlet consisted of just a few houses nestled amidst fields and meadows.

17. In rural areas, the whole pace of life is much slower, allowing for a greater sense of tranquility.

18. Tourists flock to the region to admire its magnificent scenery of rolling hills and crystal-clear lakes.

19. It's important to dispose of waste responsibly and not dump it in natural habitats.

20. The cosmopolitan atmosphere of the city attracted people from diverse cultural backgrounds.

21. The downtown area boasted a wide range of shops, from boutique fashion stores to artisanal bakeries.

22. The constant buzz of activity in the market square added to the city's vibrant energy.

23. The presence of loads of police officers ensured the safety of the event attendees.

24. Residents in affluent neighborhoods often pay higher taxes to fund better public services and infrastructure.

Use active vocabulary to paraphrase the underlined words:

1. The survey revealed fascinating insights into noise pollution.
2. Subjects often discussed or argued about in the group include politics and religion.
3. The results of the experiment were groundbreaking.

4. The size of the audience at the concert exceeded expectations.
5. After years of practice, she became unaffected by criticism.
6. Trust is closely connected with effective communication in relationships.
7. His blunt remarks showed he wasn't thinking about other people's feelings.
8. Addressing climate change is something very important for the future of our planet.

Fill in the missing preposition:

1. According ... the latest reseach, the findings come ... a comprehensive survey ... urban living.
2. Many residents in the area are troubled ... the issue of dog mess left ... public places.
3. The study found that one ... three listed noise pollution as one ... their top cocerns.
4. ... the survey, respondents placed traffic congestion eighth ... the list of what troubled them most.
5. People were found to be more than twice as concerned ... air quality compared ... five years ago.
6. A significant portion of the population is dissatisfied ... the current state ... public transportation.
7. Noise pollution remains a pressing issue ... residents, affecting their quality of life.
8. The study was carried six months to gather comprehensive data ... community concerns.
9. As many as three ... ten people reported being annoyed by loud music and disturbances.
10. Residents frequently complain ... the local council ... issues such as littering and inadequate street cleaning.
11. ... time, people develop immunity ... traffic jams, but they still express frustration ... a perceived "lack of consideration" ... drivers.

Fill in the blanks with the most appropriate word from the word bank provided:

Word Bank:

- | | |
|--------------|-----------------|
| 1. turbine | 6. wind farm |
| 2. renewable | 7. electricity |
| 3. energy | 8. harness |
| 4. blades | 9. rotor |
| 5. generator | 10. sustainable |

Exercise:

1. Wind _____ is derived from kinetic energy of the wind and is considered a clean and abundant energy source.
2. A wind _____ is a device that converts the wind's kinetic energy into mechanical energy.
3. The _____ of a wind turbine are designed to capture the energy from the wind.
4. In a wind turbine, the rotating _____ drives a generator to produce electricity.
5. A large area with multiple wind turbines installed for the purpose of generating electricity is called a _____.
6. Wind power is classified as a _____ energy source because it is naturally replenished and does not deplete finite resources.
7. The primary goal of a wind power is to _____ the energy of the wind to generate electricity.
8. The _____ of a wind turbine spins as the wind blows, turning the rotor to generate electricity.
9. Wind energy is considered to be a _____ solution to the world's energy needs, as it does not produce greenhouse gas emissions.
10. The main component of a wind turbine responsible for converting wind energy into electrical energy is the _____.

Match the term with its correct definition:

1. Solar power
2. Wind power

3. Hydroelectricity
4. Biomass
5. Geothermal Energy

Definitions:

- a) Energy generated from the natural heat on the Earth's interior.
- b) Energy derived from organic materials such as wood, agricultural residues or waste.
- c) Energy produced by harnessing the flow of water, typically from rivers or dams.
- d) Energy obtained by converting sunlight into electricity using solar panels or solar cells.
- e) Energy generated from the movement of air, captured by wind turbines and converted into electricity.

Project

Task: Create a Brochure on Volcanoes

Objective: Your task is to create an informative brochure about volcanoes to educate visitors about a volcano research centre.

Audience: Visitors to the volcano research centre who are interested in learning about volcanoes, including students, tourists and families.

Content Guidelines:

1. Introduction:

- Provide a brief overview of what volcanoes are and where they are found.
- Explain the importance of studying volcanoes and their impact on the environment and society.

2. Types of Volcanoes:

- Describe the different types of volcanoes, such as shield volcanoes, stratovolcanoes and cinder cone volcanoes.
- Include illustrations or diagrams to visually represent each type.

3. Volcanic Eruptions:

- Explain the process of a volcanic eruption, including magma chamber buildup, eruption triggers, and eruption types (e.g. effusive vs. explosive).
- Highlight famous volcanic eruptions throughout history and their impacts.

4. Volcanic Hazards:

- Discuss the various hazards associated with volcanic activity, such as lava flows, pyroclastic flows, ash fall, lahars and volcanic gases.
- Provide safety tips for individuals living near or visiting volcanic areas.

5. Volcanic Monitoring and Research:

- Explain how scientists monitor volcanic activity using various techniques such as seismology, gas monitoring and satellite imagery.
- Discuss ongoing research efforts aimed at better understanding volcanic processes and predicting eruptions.

6. Famous Volcanoes:

- Showcase notable volcanoes from around the world, including their location, characteristics and historical eruptions.
- Include photographs or illustrations to highlight each volcano's unique features.

7. Volcano Tourism:

- Provide information for visitors interested in volcano tourism, including popular volcano destinations and safety precautions.
- Highlight the benefits and challenges of volcano tourism for local communities and the environment.

8. Conclusion:

- Summarise the key points covered in the brochure.
- Encourage readers to continue learning about volcanoes and to visit the volcano research centre for more information.

9. Design Guidelines:

- Use a visually appealing layout with clear headings, subheadings and bullet points for easy readability.
- Incorporate high-quality images, maps and illustrations to enhance understanding.
- Choose colours and fonts that reflect the theme of volcanoes and volcanic landscapes.
- Ensure the brochure is well-organised and easy to navigate with logical flow from one section to the next.

Additional Notes:

- The brochure should be informative, engaging and suitable for audiences of all ages and educational backgrounds.
- Consider including QR codes or links to online resources for further exploration of specific topics.
- Proofread the content carefully to ensure accuracy and clarity.
- Aim for a balance between text and visuals to maintain reader interest throughout the brochure.

Read and translate the following topic:

The Answer is Blowing in the Wind

In a world facing escalating environmental challenges and a growing demand for sustainable energy, the answer to many of our concerns may indeed be blowing in the wind. Wind energy, often regarded as a symbol of renewable power and innovation, has emerged as a beacon of hope in our quest for a cleaner, greener future.

Harnessing the power of the wind is not a new concept. For centuries, civilizations have utilized wind energy for various purposes, from milling grain to sailing ships. However, it is only in recent decades that wind energy has gained prominence as a viable source of electricity generation on a commercial scale.

At the heart of wind energy are wind turbines, towering structures adorned with rotor blades that gracefully spin in the breeze. These turbines work by capturing the kinetic energy of the wind and converting it into electricity through a generator. The simplicity and elegance of this process belies its significance in our transition away from fossil fuels.

One of the most compelling aspects of wind energy is its renewability. Unlike finite fossil fuels such as coal, oil and natural gas, the wind is an abundant and inexhaustible resource. As long as the sun continues to shine and the Earth's atmosphere remains in motion, we can rely on the wind to provide us with clean and sustainable energy.

The environmental benefits of wind energy are undeniable. By harnessing the power of the wind, we can significantly reduce our reliance on carbon-intensive fossil fuels and mitigate the impact of climate change. Wind power produces no greenhouse gas emissions or air pollutants during operation, making it a crucial ally in our fight against global warming and air pollution.

Moreover, wind energy offers economic opportunities for communities around the world. The development of wind farms creates jobs, stimulates local economies and attracts investment in renewable energy infrastructure. Countries with abundant wind resources stand to benefit the most, as they capitalize on their natural endowments to drive economic growth and energy security.

However, the journey towards a wind-powered future is not without its challenges. Intermittency, grid integration and land use conflicts are among the key

hurdles that must be overcome to maximize the potential of wind energy. Furthermore, concerns about the visual impact of wind turbines and objections from local communities underscore the importance of effective communication and stakeholder engagement.

Despite these challenges, the future of wind energy appears promising. Technological advancements, energy storage solutions and supportive policy frameworks are paving the way for continued growth and innovation in the wind sector. Offshore wind development, in particular, holds immense potential for expanding the reach of wind energy and tapping into new sources of clean power.

In conclusion, the answer to our energy needs may indeed be blowing in the wind. Wind energy represents a beacon of hope in our quest for a sustainable and resilient future. By harnessing the power of the wind, we can reduce our dependence on fossil fuels, mitigate climate change and create a cleaner, greener world for generations to come.

As we stand on the cusp of a renewable energy revolution, let us embrace the power of the wind and chart a course towards a brighter tomorrow.

This essay explores the significance of wind energy in addressing global energy challenges and emphasizes its potential to reshape the energy landscape for a sustainable future.

Mark the following statements as T (true) or F (false). The ones that are false, correct

1. Wind energy has been utilized for various purposes by civilizations for only a few decades.
2. Wind turbines capture the kinetic energy of the wind and convert it into electricity through a process involving solar panels.
3. Wind power produces greenhouse gas emissions and air pollutants during operation, contributing to climate change and air pollution.
4. Intermittency, grid integration and land use conflicts are not significant challenges associated with wind energy.
5. Offshore wind development does not hold any potential for expanding the reach of wind energy and tapping into new sources of clean power.

Comprehension questions:

1. What is the central theme of the essay?
2. What are some historical uses of wind energy mentioned in the essay,
3. How do wind turbines generate electricity?
4. What are some environmental benefits of wind energy discussed in the essay?
5. What are some challenges associated with widespread adoption of wind energy?

Vocabulary Exercise: Provide a list of vocabulary words from the essay (e.g. renewable, inexhaustible, intermittency, mitigation etc) and define each term in your own words. Then use it in the sentences of your own to demonstrate understanding.

Critical Thinking Exercise: Discuss the statement: “The future of wind energy appears promising.”

Research Task: Research and present a specific aspect of wind energy mentioned in the essay such as offshore wind development, grid integration challenges or economic opportunities. Explore recent advancements, case studies and potential solutions related to the topic.

Writing: Imagine you are policymaker who is asked to promote renewable energy initiative in the local community. Write a letter to stakeholders outlining a plan for incentivizing the development and adoption of wind energy, addressing potential challenges and highlighting the benefits for the local economy and environment.

Writing Activity

Translate into English:

Розкриття потенціалу відновлювальної енергетики: подолання викликів та використання можливостей.

В умовах зростання занепокоєння щодо зміни клімату та згубних наслідків викидів парникових газів, пошук сталих та відновлювальних джерел енергії набрав безпрецедентних обертів. Оскільки, країни світу прагнуть зменшити свою залежність від викопних видів палива і перейти на більш чисті альтернативи палива, все більше уваги приділяється технологіям відновлювальної енергетики.

Одним з найперспективніших напрямів у цьому прагненні є вітроенергетика – поновлюване джерело, здатне виробляти енергію, не сприяючи парниковому ефекту і не посилюючи глобальне потепління. Вітрові турбіни, високі конструкції, прикрашені лопатями ротора, використовують кінетичну енергію вітру і перетворюють її в електрику, пропонуючи маяк надії в нашому прагненні до більш чистого, екологічно чистого майбутнього.

Переваги вітрової енергії є чисельні та різноманітні. На відміну від викопного палива, яке є обмеженим ресурсом з обмеженими екологічними наслідками, енергія вітру є відновлюваною та доступною. Використовуючи переваги цього практично безмежного ресурсу, ми можемо значно зменшити наші викиди вуглецю в атмосферу і пом'якшити наслідки зміни клімату.

Однак, як і будь-яка інша трансформаційна технологія, вітроенергетика не позбавлена недоліків. Занепокоєння щодо візуального впливу вітрових турбін, особливо в мальовничих або густонаселених районах, викликають заперечення з боку громадськості та створюють проблеми з втіленням нових проєктів. Дехто вважає, що вітрові турбіни спотворюють природний ландшафт, тоді як інші висловлюють обґрунтоване занепокоєння щодо шумового забруднення і потенційного впливу на дику природу.

Крім того, нестабільність вітрової енергії створює проблеми для стабільності та надійності енергосистеми. На відміну від звичайних електростанцій, потужність яких можна збільшувати або зменшувати, щоб

задовольнити коливання попиту, вітрові турбіни залежать від примх погоди. Ця мінливість може призвести до періодів надлишкової або недостатньої пропозиції, що вимагає ретельного управління та координації з іншими джерелами вироблення електроенергії.

Незважаючи на ці труднощі, неможливо переоцінити потенціал вітроенергетики для задоволення наших потреб в електроенергії та значного впливу на перехід до низьковуглецевого майбутнього. З розвитком технологій та інтеграцією енергосистем, вітроенергетика стала економічно ефективним і надійним джерелом чистої енергії, здатним конкурувати з традиційними викопними видами палива як в економічному, так і в екологічному плані.

Незважаючи на ці виклики, неможливо переоцінити потенціал вітроенергетики для задоволення наших потреб в електроенергії та значного впливу на наш перехід до низьковуглецевого майбутнього. З розвитком технологій та інтеграцією енергосистем вітроенергетика стала економічно ефективним і надійним джерелом чистої енергії, здатним конкурувати з традиційними викопними видами палива як в економічному, так і в екологічному плані.

Щоб повністю розкрити потужність вітроенергетики та реалізувати її потенціал, політики зацікавлені сторони та громада повинні працювати разом, щоб вирішити проблеми, подолати перешкоди та скористатися можливостями. Це вимагає цілісного підходу, який збалансовує охорону навколишнього середовища з економічним розвитком і соціальною справедливістю.

Визначаючи відповідні місця для вітроелектростанцій, взаємодіючи з місцевими громадами та впроваджуючи ефективну політику та стимули, ми можемо використати весь потенціал вітроенергетики і прокласти курс до більш сталого і стійкого майбутнього. Давайте разом скористаємося нагодою перетворити вітер змін на силу добра.

A Guide for Students to Designing Effective Questionnaires

Introduction:

Designing a questionnaire is an essential skill for students conducting research or gathering data for projects. A well-designed questionnaire can yield valuable insights and ensure the accuracy of collected information. This guide aims to provide students with practical tips and considerations for creating effective questionnaires.

1. Define Your Objectives:

Before drafting questions, clearly define the objectives of your questionnaire. Determine what information you aim to gather and how it will contribute to your research or project goals.

2. Identify Your Target Audience:

Consider the characteristics of the people who will be completing your questionnaire. Tailor the language, tone and content of your questions to suit the demographics and preferences of your target audience.

3. Keep It Simple and Clear:

Use clear and concise language to ensure that respondents understand each question easily. Avoid using colloquial expressions that may confuse participants.

4. Use a Mix of Question Types:

Incorporate a variety of question types, including multiple-choice, yes/no, rating scales and open questions. This diversity will provide a comprehensive understanding of the topic and allow for nuanced responses.

5. Arrange Questions Thoughtfully:

Organize your questions in a logical and coherent sequence. Begin with straightforward and non-threatening questions to ease respondents into the survey. Gradually progress to more complex or sensitive topics as the questionnaire unfolds.

6. Avoid Leading or Biased Questions:

Ensure that your questions are neutral and unbiased to obtain objective responses. Avoid leading questions that steer participants toward a particular answer or reflect your own biases.

7. Test Your Questionnaire:

Before distributing your questionnaire, pilot-test it with a small group of individuals to identify any potential issues or ambiguities. Use their feedback to refine and improve the clarity and effectiveness of your questions.

8. Consider Response Options:

Provide clear and relevant response options for each question. Ensure that all possible answers are covered and that respondents can accurately express their opinions or experiences.

9. Include Instructions and Explanations:

Offer clear instructions at the beginning of the questionnaire to guide respondents on how to complete it. Additionally, provide explanations or definitions for any terms or concepts that may be unfamiliar to participants.

10. Respect Respondents time:

Be mindful of respondents' time constraints and keep the questionnaire concise and focused. Limit the number of questions to essential ones that directly contribute to achieving your research objectives.

Conclusion:

Designing an effective questionnaire requires careful planning, consideration and attention to detail. By following the guidelines outlined in this guide, students can create questionnaires that yield reliable and insightful data for their research or projects. With practice and refinement, students can master the art of questionnaire design and enhance the quality of their academic work.

The Answer is Blowing in the Wind

Introduction: Wind energy has emerged as a promising solution to meet the growing demands for electricity while addressing environmental concerns associated with fossil fuels. Harnessing the power of the wind through wind turbines offers a renewable and sustainable alternative to traditional energy sources. However, like any energy technology wind power comes with its own set of challenges and considerations.

Key terms to be used:

- | | |
|------------------------|--------------------------------|
| 1. Generate power | 10. Rotor blade |
| 2. Fossil fuels | 11. Spin |
| 3. Renewable resources | 12. Shut down |
| 4. Greenhouse effects | 13. To be an eyesore |
| 5. Global warming | 14. Unoccupied sites |
| 6. Climate change | 15. Objections from the public |
| 7. Drawbacks | 16. Significant difference |
| 8. Take advantage of | 17. Electricity demands |
| 9. Wind turbine | |

Task: In this essay, you should depict the potential of wind energy as a renewable power source, its environmental benefits, drawbacks and challenges it faces in widespread adoption.

Outline:

1. Harnessing the Power of the Wind:

- Introduction to wind energy and its significance as a renewable source of power.
- Explanation of how wind turbines work to generate electricity.

2. Environmental Benefits:

- Comparison between wind energy and fossil fuels in terms of greenhouse gas emissions and their contribution to global warming and climate change.
- Highlighting the role of wind power in reducing carbon emissions and mitigating environmental impacts.

3. Drawbacks and Challenges:

- Discussing the intermittency of wind energy and its implications for reliability and grid integration.
- Addressing concerns about the visual impact of wind turbines and objections from public, including their perception as eyesores.
- Exploring the need for suitable sites for wind farms and the challenges of finding unoccupied locations with optimal wind conditions.

4. Overcoming Challenges and Maximizing Potential:

- Strategies to take advantage of wind energy, including technological advancements in wind turbine design and efficiency.
- Importance of community engagement and addressing public concerns through effective communication and stakeholder involvement.
- Government policies and incentives to promote the development of wind energy and meet growing electricity demands sustainably.

5. Conclusion:

- Recap the environmental benefits of wind energy in reducing greenhouse gas emissions and combating climate change.
- Emphasis on the need for continued investment, innovation and collaboration to overcome challenges and maximize the potential of wind power in the transition to a sustainable energy future.

In this essay, we have explored the answer to our energy needs blowing in the wind. By harnessing this abundant and renewable resource, we can make a significant difference in reducing our reliance on fossil fuels and mitigating the impacts of climate change. However, to fully realise the benefits of wind energy, we must address its drawbacks and challenges while seizing the opportunities it presents for a cleaner, greener future.

Topic: Understanding Renewable and Non-Renewable Sources of Energy

Introduction: Energy is essential for powering our daily lives and economies. However, not all energy sources are created equal. Some are renewable, meaning they can be replenished naturally over time, while others are non-renewable meaning they are finite and will eventually run out. Understanding the differences between

renewable and non-renewable energy sources is crucial for addressing environmental concerns and transitioning to sustainable energy systems.

Task: Imagine you are a sustainability advocate tasked with educating your community about renewable and non-renewable sources of energy. Create an informational brochure or poster that explains the concepts of renewable and non-renewable energy, highlights examples of each type and discusses their environmental impact and significance.

Guidelines:

1. Provide a clear definition of renewable and non-renewable sources of energy
2. Identify and describe at least three examples of renewable energy sources such as solar power, wind energy and hydropower. Explain how each source is harnessed and its benefits.
3. Identify and describe at least three examples of non-renewable energy sources such as coal, oil and natural gas. Explain how each source is extracted and its environmental consequences.
4. Discuss the environmental impact of both renewable and non-renewable energy sources, including their contributions to climate change, air pollution and habitat destruction.
5. Highlight the importance of transitioning to renewable energy sources for a sustainable future and reducing reliance on non-renewable sources.
6. Use visuals, diagrams or statistics to enhance understanding and engagement.
7. Provide additional resources or references for those interested in learning more about renewable energy and sustainability efforts.

Conclusion: By creating an informative brochure or poster about renewable and non-renewable energy sources, you can raise awareness about the importance of sustainable energy choices and inspire positive action within your community. Encourage readers to consider their energy consumption habits and support renewable energy initiatives for a cleaner, greener future.

TOPICAL VOCABULARY

1. name after sb – назвати на честь когось
2. be on the ball – бути уважним та пильним і повністю усвідомлювати те, що відбувається
3. move the goalposts – змінювати правила так, що стає важчим досягти поставлених цілей
4. take your eye off the ball – відволіктися, втратити пильність щодо чогось важливого
5. a level playing field – ситуація, в якій кожен має рівні можливості для успіху
6. a whole new ball game – цілком відмінна ситуація або обставини, що вимагають різних стратегій чи підходів
7. score an own goal – ненавмисно зробити щось, що завдає шкоди власним інтересам або команді таким чином, що приносить користь протилежній стороні
8. start the ball rolling – ініціювати або почати дію чи процес, часто для того щоб розпочати чи прискорити проект, дискусію або діяльність
9. familiar with – знайомий з
10. contribution to – внесок у
11. become skilled in doing sth – стати вправним у виконанні чогось
12. to take up sth – почати чимось займатись
13. to set up – засновувати
14. bring out – опублікувати
15. pioneering spirit – дух новаторства
16. self-defence – самозахист
17. assaults on innocent people – напади на невинних людей
18. have an impact on sb – мати вплив на когось
19. martial art – бойове мистецтво/єдиноборство
20. courtesy – ввічливість
21. blocking and striking techniques – техніка блокування та нанесення ударів

22. muscle imbalances – дисбаланс м'язів
23. flexibility – гнучкість
24. agility – спритність, рухливість
25. physical stamina – фізична витривалість
26. suppleness – гнучкість
27. come easily or overnight – наставати легко чи швидко
28. ongoing commitment – постійна віддача
29. impact – вплив
30. take tremendous joy in doing sth – отримувати неймовірне задоволення від виконання чогось
31. take greatest satisfaction from doing sth – отримувати велике задоволення від виконання чогось
32. cross a barrier – долати перешкоду
33. number of incidences – кількість інцидентів
34. be floppy – бути недбалим
35. fast-flowing kicks – швидкі удари ногою
36. instil discipline – привчати до дисципліни
37. to be restricted in terms of sth – бути обмеженим у чомусь
38. from a parent's perspective – з точки зору батьків
39. an outstanding achievement – визначне досягнення
40. win the bid for the Winter Olympics – виграти заявку на зимову олімпіаду
41. versatile – багатогранний
42. to be emotionally detached – бути емоційно відстороненим
43. skip nights out – пропускати нічні розваги
44. mental intensity – розумова активність
45. handle – справлятися
46. push the limits and extremes beyond sth – виходити за межі обмежень та крайнощів
47. It boils down to sth – це зводиться до

48. an inordinate amount of drive and determination – надмірна кількість драйву та рішучості
49. live life to extremes – жити екстримально
50. That is the way I roll – це мій спосіб життя
51. Four cracking years of winning stuff – чотири шалені роки перемог
52. unbeaten – непереможний
53. surpass the longest run of wins in sport – перевершити найдовшу серію перемог у спорті
54. achieve one of the most amazing feats in sport – досягнути одного з найдивовижніших досягнень у спорті
55. 400 metres medley – 400 метрів комплексним плаванням
56. 100 metre hurdles – стометрівка з перешкодами
57. heptathlon – пятиборство
58. high jump – стрибок у висоту
59. shot put – метання ядра
60. long jump – стрибок в довжину
61. javeline – спис
62. a role model – приклад для наслідування
63. be arguably the world's greatest female athlete – бути, можливо найвидатнішою спортсменкою у світі

Idioms

a) ***Be on the ball*** – to be alert, attentive and well-prepared. It implies being quick to understand and react to situations often with efficiency and competence.

e.g. *Sarah is always **on the ball** during meetings, never missing any important details.*

b) ***Move the goalposts*** – to change the rules or requirements of a situation or task in a way that makes it difficult for someone achieve success. It suggests shifting the criteria for success after the fact.

e.g. *The professor keeps **moving the goalposts** by adding new requirements to the assignment just when we think we've met the original criteria.*

c) ***Take your eye off the ball*** – to become distracted or lose focus on what is important. It suggests failing to pay attention to a crucial aspect of a situation, leading to mistakes or oversights.

e.g. *I missed the deadline because I **took my eye off the ball** and got caught up in other tasks.*

d) ***A level playing field*** – a situation where everyone has an equal opportunity to succeed without any advantages that unfairly influence the outcome. It implies fairness and impartiality.

e.g. *We need to ensure that all candidates have access to the same resources to create **a level playing field** in the job application process.*

e) ***A whole new ball game*** – a completely different situation or set of circumstances that requires a fresh approach or perspective. It implies a significant change from what was previously experienced.

e.g. *Moving to a new country and starting a business **there is a whole new ball game** compared to what I was used to back home.*

f) ***Score an own goal*** – to unintentionally or inadvertently act in a way that harms one's own interests or team. It originates from soccer, where scoring a goal in one's own net is considered a mistake.

e.g. *By making that thoughtless comment, he **scored an own goal** and alienated his colleagues.*

g) ***Start the ball rolling*** – to initiate or begin an action or process often with intention of getting things moving or progressing. It suggests taking the first step towards achieving a goal.

e.g. *Let's **start the ball rolling** on the project by scheduling our first team meeting.*

Match the idiom with the appropriate definition:

- | | |
|--------------------------|-------------------------------|
| a) be on the ball | e) a level playing field |
| b) score an own goal | f) take your eye off the ball |
| c) a whole new ball game | g) start the ball rolling |
| d) move the goalposts | |

1. To be alert, attentive and fully aware of what is happening or what needs to be done.
2. A completely different situation or set of circumstances, often requiring different strategies or approaches.
3. To change the rules or criteria for success in a way that makes it more difficult for someone to achieve their objectives.
4. To initiate or begin an action or process, often to get something started or moving forward.
5. To inadvertently do something that harms one's own interests or team, often in a way that benefits the opposing side.
6. To become distracted or lose focus on what is important.
7. A situation where everyone has an equal opportunity to succeed without any unfair advantages or disadvantages.

Match the sentence with the corresponding explanation:

1. Sarah is always on the ball in meetings. She never misses important details and is quick to come up with solutions.
2. We need to ensure that all candidates have access to the same resources and support to create a level playing field in the job market.
3. Starting a business is challenging, but expanding internationally is a whole new ball game that requires careful planning and consideration.
4. I failed the exam because I took my eye off the ball and spent too much time on social media instead of studying.

5. I thought I have met all the requirements for the project, but my boss keeps moving the goalposts, making it impossible to finish on time.
6. By revealing our pricing strategy to our competitors, we scored an own goal and gave them an advantage in the market.
7. Let's start the ball rolling by brainstorming ideas for the new marketing campaign.
 - a) Take the first step or make the initial effort to kick-start a project, discussion or activity.
 - b) Metaphorical expression to describe actions that backfire or have unintended negative consequences.
 - c) Emphasis on a significant change or shift from current situation to something entirely different.
 - d) It is commonly used in discussions about fairness, equality or competition, emphasizing the importance of equal opportunities.
 - e) It is often used to caution someone against losing sight of their goals or priorities due to distractions or lack of attention.
 - f) It is often used to describe someone who is quick to understand and respond to a situation, someone who is proactive and efficient.
 - g) It is used in contexts where rules or expectations are changes unfairly. Making it harder for someone to reach their goals.

Fill in the gap with an appropriate idiom:

- | | |
|-------------------------------|---------------------------|
| h) be on the ball | l) a whole new ball game |
| i) move the goalposts | m) score an own goal |
| j) take your eye off the ball | n) start the ball rolling |
| k) a level playing field | |
1. He always ... when it comes to project deadlines
 2. The company kept ... by changing the requirements halfway through.
 3. You can't afford to ... if you want to succeed in this competition.
 4. The new policy aims to create ... for all employees.
 5. Moving to a new country is ... for most people.
 6. By refusing the offer, he effectively ... for his opponents.
 7. Let's ... by scheduling the first meeting next week.

Fill in the gap with one word only:

The Soccer Match

Once upon a time in a small town nestled in the hills, there was a soccer team called the Hillside Hawks. They were known for being on the 1 ..., always practicing diligently and fully aware of their opponents' strategies.

One day, the Hawks had a crucial match against their rivals, the Valley Vipers. As the game progressed, the Vipers seemed to be wining, but the Kawks were determined not to give up. However, just when they were about to 2 ... a goal, the referee suddenly moved the 3 ..., claiming a foul had been committed.

This unexpected change threw the Hawks off the guard. They took their 4 ... off the ball for a moment, allowing the Vipers to score another goal. The Hawks realised they needed to regroup and refocus if they wanted to win.

Despite the setback, the Hawks remained determined to 5 ... the palying field. They knew that in order to succeed, they needed to stay focused and play their best.

As the game continued, the Hawks found themselves in a whole new 6 ... game. With time running out, they needed to come up with a new strategy to score goals and turn the game around.

In the final minutes of the match, one of the Hawks accidentally scored an own 7 ..., much to the dismay of the team and their supporters. It seemed like they had lost all hope of winning.

However, just when it seemed like all was lost, the captain of the Hawks stepped up and started the ball 8 He rallied his team, encouraging them to keep fighting until the very end.

With renewed determination, the Hawks fought back and manged to score a goal in the last few seconds of the game, securing a draw. Though they didn't win, they proved that with perseverance and teamwork, they could overcome any challenge.

And so, as the sun set over the hills, the Hillside Hawks left the field with their heads held high, ready to face whatever challenges came their way in the future.

Paraphrase the sentence, using the appropriate idiom:

1. She's always attentive and fully aware of what's happening around her.

2. They kept changing the rules, making it harder for us to achieve our goals.
3. He got distracted and missed an important detail.
4. We strive to create a fair environment where everyone has equal opportunities.
5. Moving to a new city presents completely different challenges.
6. By rejecting the offer, he unintentionally harmed his own interests.
7. Let's initiate the process by scheduling the first meeting next week.

Synonyms

Exploring shades of meaning: audience, spectators, viewers, onlookers, bystanders.

Instructions:

- For each word provided (spectators, audience, viewers, onlookers, bystanders) write a brief description or scenario where the word is appropriately used. Consider the context in which each word is commonly found.
- Highlight the subtle differences in meaning between each word and how they may be used interchangeably in some situations.
- Try to be creative and think of varied contexts where these words might be applied.

1. Spectators:

- Description: Imagine a crowded stadium during a football match. People from all walks of life gather to watch the game. They are cheering, clapping and eagerly following the action on the field. In this scenario the term “spectators” accurately describes those who are actively engaged in observing the event.

•

2. Audience

3. Viewers

4. Onlookers

5. Bystanders

• Nuance: "Spectators" often implies a sense of active participation in watching an event unfold, typically in a live setting like a sports match, concert, or theater performance. They are not merely present but are actively engaged in observing the spectacle.

2. Audience:

• Description/Scenario: Picture a theater with a captivated audience watching a play. Every seat is filled, and all eyes are focused on the stage. The performers feed off the energy of the audience as they deliver their lines and execute their roles.

- Nuance: "Audience" typically refers to a group of people who gather to witness a performance, presentation, or any form of entertainment. Unlike "spectators," "audience" emphasizes the passive reception of the content rather than active participation.

3. Viewers:

- Description/Scenario: Consider a family sitting in their living room, watching a documentary on television. Each member of the family is engrossed in the program, absorbing the information presented on the screen.

- Nuance: "Viewers" is a broad term that encompasses individuals who watch television programs, movies, online videos, or any visual content. It can include both active engagement, such as discussing the content or analyzing it critically, and passive consumption, such as simply enjoying the show.

4. Onlookers:

- Description/Scenario: Visualize a bustling city street where an artist is creating a masterpiece with chalk on the pavement. Passersby stop in their tracks to admire the artwork, forming a circle around the artist. These individuals are onlookers, observing the creation process with fascination.

- Nuance: "Onlookers" are individuals who observe a situation, event, or scene without necessarily being directly involved. They may watch with curiosity, interest, or even concern, but their role is primarily that of observers rather than participants.

5. Bystanders:

- Description/Scenario: Imagine a heated argument erupting between two strangers in a public park. Nearby, a group of people who were simply enjoying a picnic find themselves unintentionally drawn into the conflict. These individuals become bystanders, caught in the situation but not actively participating.

- Nuance: "Bystanders" are individuals who are present at an event or incident but are not directly involved in it. Unlike "onlookers," who may choose to observe, bystanders often find themselves in a situation by chance or circumstance. They may witness an event without actively engaging or intervening.

Discussion:

- Reflect on the scenarios provided for each word. How do the contexts differ?
- Consider instances where these words might overlap or be interchangeable.

Are there situations where one word could be substituted for another without significantly altering the meaning?

- Discuss how each word conveys a unique perspective on the act of observing or being present in a particular situation. What nuances in meaning do these distinctions highlight?

This exercise aims to illustrate the subtle differences in meaning between these words and encourage a deeper understanding of their usage in various contexts.

Absolutely! Let's delve into the nuances of these words:

Exercise: Exploring Shades of Meaning**Instructions:**

- For each word provided (spectators, audience, viewers, onlookers, bystanders), write a brief description or scenario where the word is appropriately used. Consider the context in which each word is commonly found.
- Highlight the subtle differences in meaning between each word and how they may be used interchangeably in some situations, but not in others.
- Try to be creative and think of varied contexts where these words might be applied.

1. Spectators:

- Description/Scenario: Imagine a crowded stadium during a football match. People from all walks of life gather to watch the game. They are cheering, clapping, and eagerly following the action on the field. In this scenario, the term "spectators" accurately describes those who are actively engaged in observing the event.

- Nuance: "Spectators" often implies a sense of active participation in watching an event unfold, typically in a live setting like a sports match, concert, or

theater performance. They are not merely present but are actively engaged in observing the spectacle.

2. **Audience:**

- Description/Scenario: Picture a theater with a captivated audience watching a play. Every seat is filled, and all eyes are focused on the stage. The performers feed off the energy of the audience as they deliver their lines and execute their roles.
- Nuance: "Audience" typically refers to a group of people who gather to witness a performance, presentation, or any form of entertainment. Unlike "spectators," "audience" emphasizes the passive reception of the content rather than active participation.

3. **Viewers:**

- Description/Scenario: Consider a family sitting in their living room, watching a documentary on television. Each member of the family is engrossed in the program, absorbing the information presented on the screen.
- Nuance: "Viewers" is a broad term that encompasses individuals who watch television programs, movies, online videos, or any visual content. It can include both active engagement, such as discussing the content or analyzing it critically, and passive consumption, such as simply enjoying the show.

4. **Onlookers:**

- Description/Scenario: Visualize a bustling city street where an artist is creating a masterpiece with chalk on the pavement. Passersby stop in their tracks to admire the artwork, forming a circle around the artist. These individuals are onlookers, observing the creation process with fascination.
- Nuance: "Onlookers" are individuals who observe a situation, event, or scene without necessarily being directly involved. They may watch with curiosity, interest, or even concern, but their role is primarily that of observers rather than participants.

5. **Bystanders:**

- Description/Scenario: Imagine a heated argument erupting between two strangers in a public park. Nearby, a group of people who were simply enjoying a

picnic find themselves unintentionally drawn into the conflict. These individuals become bystanders, caught in the situation but not actively participating.

- Nuance: "Bystanders" are individuals who are present at an event or incident but are not directly involved in it. Unlike "onlookers," who may choose to observe, bystanders often find themselves in a situation by chance or circumstance. They may witness an event without actively engaging or intervening.
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