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Джонас Тичерман



АНГЛИЙСКИЙ ЯЗЫК  
ДЛЯ  
ПРОДОЛЖАЮЩИХ

Чтение, лексика и речевые модели

Джонас Тичерман

**Английский язык для  
продолжающих. Чтение,  
лексика и речевые модели**

«Издательские решения»

## **Тичерман Д.**

Английский язык для продолжающих. Чтение, лексика и речевые модели / Д. Тичерман — «Издательские решения»,

Сборник тематических текстов и практических заданий уровня B2 предназначен для развития навыков чтения, расширения словарного запаса и формирования устойчивых речевых моделей. Материалы охватывают актуальные темы повседневной жизни, работы, обучения и личностного развития. После каждого текста представлены лексика, речевые шаблоны и упражнения для закрепления материала и развития уверенного использования английского языка в речи.

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# **Английский язык для продолжающих Чтение, лексика и речевые модели**

**Джонас Тичерман**

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## **Введение**

Настоящее издание представляет собой сборник текстов для изучающих английский язык на уровне В2, направленный на развитие навыков чтения, расширение словарного запаса и формирование устойчивых речевых моделей. Материалы книги ориентированы на взрослых и старших школьников, которые уже обладают базовой языковой подготовкой и стремятся перейти к более уверенному и осознанному использованию английского языка в устной и письменной речи.

Каждая тема раскрывается через связный текст, отражающий реальные ситуации и актуальные аспекты повседневной жизни, такие как работа, обучение, финансы, личностное развитие, социальные отношения и современные привычки. Особое внимание уделяется естественному языку, характерному для повседневного общения, при этом тексты сохраняют ясную структуру и логическую последовательность.

После каждого текста представлены разделы с ключевой лексикой и выражениями, а также речевыми шаблонами, которые помогают систематизировать новый языковой материал. Это позволяет не только понимать прочитанное, но и активно использовать изученные конструкции в собственной речи.

Дополнительно включены практические задания в формате вопросов для личного ответа, модельные ответы и упражнения на закрепление лексики. Такой подход способствует развитию навыков самостоятельного высказывания, а также формированию более уверенного владения языком в различных коммуникативных ситуациях.

Цель данного сборника заключается в последовательном развитии языковой компетенции учащихся, расширении активного словарного запаса и формировании навыков осмысленного использования английского языка на среднем уровне.

## Online Shopping in Everyday Life

### Text

Online shopping has become a normal part of everyday life for many people around the world. A few years ago, most people preferred going to physical stores, but now it is common to buy almost everything online. Clothes, electronics, groceries, books, and even services can be ordered with just a few clicks. This shift happened mainly because technology has improved and internet access has become faster and more reliable.

One of the main reasons people choose online shopping is convenience. You can shop at any time without worrying about store opening hours. For example, if you are busy during the day, you can still order something late at night. Another advantage is that it is easy to compare prices. Instead of visiting different shops, you can simply open several websites and find the best deal. This helps people save both time and money.

In addition, online shopping offers a wide choice of products. You are not limited to what is available in your local area. Many online stores also provide customer reviews, which help buyers make better decisions. Reading other people's experiences can reduce the risk of buying low-quality products. Because of this, many people feel more confident when shopping online.

However, online shopping is not perfect. One common problem is that the product sometimes looks different in real life compared to pictures. This can be disappointing, especially when expectations are high. Delivery delays are another issue, particularly during busy periods like holidays. Although most websites offer return policies, the process of returning items can take time and effort.

Another disadvantage is the risk of overspending. Since buying online is very easy, people may make impulsive purchases without thinking carefully. Clicking «buy now» takes only a second, so it is easy to lose control of your budget. There are also concerns about security because users need to share personal and payment information online. That is why it is important to use trusted websites and be careful.

In my personal experience, I use online shopping quite often, but I try to stay responsible. I usually make a list of what I need before I start browsing, because it helps me avoid unnecessary purchases. I also compare different websites and look for discounts or promo codes. Sometimes I wait a day before buying something, especially if it is not essential. This gives me time to think and avoid impulsive decisions.

To sum up, online shopping is a useful tool that makes life easier, but it should be used wisely. It offers convenience, variety, and time-saving benefits, but it also requires self-control and careful decision-making.

### Key Vocabulary and Expressions

physical stores — физические магазины

online shopping — онлайн-покупки

convenience — удобство

reliable internet access — стабильный доступ к интернету

compare prices — сравнивать цены

best deal — лучшее предложение  
customer reviews — отзывы покупателей  
make a decision — принимать решение  
delivery delays — задержки доставки  
return policy — политика возврата  
impulsive purchase — импульсивная покупка  
overspending — перерасход денег  
payment information — платёжная информация  
trusted website — надёжный сайт  
product quality — качество товара  
shopping experience — опыт покупок  
online platform — онлайн-платформа  
browsing websites — просмотр сайтов  
discount offer — скидочное предложение  
budget control — контроль бюджета

#### Useful Patterns

I usually + verb because... — Я обычно... потому что...

It helps me + verb — Это помогает мне...

One advantage is that... — Одно из преимуществ в том, что...

Instead of + V-ing, I... — Вместо того чтобы..., я...

It is important to + verb — Важно...

This can lead to... — Это может привести к...

I prefer to + verb rather than... — Я предпочитаю..., а не...

For example, I... — Например, я...

This makes it easier to... — Это делает проще...

#### Practice: Answer the Questions

1. How often do you shop online?

Model answer:

I shop online quite often, especially for books and small items. It is convenient and saves me a lot of time.

2. What do you usually buy online?

Model answer:

I usually buy clothes and electronics online. I like comparing prices and reading customer reviews before making a decision.

3. What is the biggest advantage of online shopping?

Model answer:

The biggest advantage is convenience. I can shop anytime and find better deals without visiting physical stores.

4. Have you ever had a problem with online shopping?

Model answer:

Yes, once I received a product that was different from the pictures. It was disappointing, but I used the return policy to fix the problem.

5. Do you think people spend more money online? Why?

Model answer:

Yes, I think so because online shopping makes it very easy to buy things quickly. This can lead to impulsive purchases.

6. How do you avoid overspending online?

Model answer:

I make a list before shopping and try to stick to it. I also wait before buying non-essential items.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I usually prefer online shopping because it offers convenience and helps me compare prices easily. For example, I can check customer reviews and find the best deal without leaving home, which makes the whole process much more efficient.

## Healthy Lifestyle Habits

### Text

Healthy lifestyle habits are an important part of feeling good and staying energetic in everyday life. Many people today try to improve their health not only by exercising, but also by paying attention to what they eat, how they sleep, and how they manage stress. Even small changes in daily routines can make a big difference over time.

One of the most important habits is eating balanced meals. A healthy diet usually includes fruits, vegetables, protein, and whole grains. People who eat regularly and avoid skipping meals often have more stable energy during the day. It is also helpful to drink enough water because proper hydration supports concentration and physical performance. Many people realize that when they eat better, they feel better, both physically and mentally.

Another key habit is regular physical activity. This does not necessarily mean going to the gym every day. Walking, cycling, swimming, or even short home workouts can improve overall health. Exercise helps the body stay strong and flexible, and it also improves mood. After physical activity, people often feel more relaxed and focused, which makes it easier to handle daily tasks.

Sleep is another essential part of a healthy lifestyle. Getting enough rest allows the body and mind to recover. People who sleep well usually have better concentration, memory, and emotional balance. On the other hand, lack of sleep can make it harder to stay productive during the day. That is why many experts recommend maintaining a regular sleep schedule.

Stress management also plays a big role in overall well-being. Modern life can be busy, so it is important to find ways to relax. Some people enjoy reading, listening to music, or spending time outdoors. Others prefer meditation or simple breathing exercises. When stress is under control, it is easier to stay positive and focused on daily goals.

In my personal experience, I try to follow a few simple healthy habits. I usually start my day with a light breakfast and a glass of water. I also try to move during the day, even if it is just walking instead of taking transport. Although I sometimes have busy days, I try to keep a consistent sleep routine because it helps me feel more productive. I also find that small breaks during work or study help me stay focused for longer periods.

To sum up, healthy lifestyle habits are not about strict rules, but about balance and consistency. Eating well, staying active, sleeping enough, and managing stress all work together to improve quality of life. When these habits become part of a daily routine, they create a strong foundation for long-term well-being.

### Key Vocabulary and Expressions

healthy lifestyle — здоровый образ жизни

balanced meals — сбалансированное питание

whole grains — цельнозерновые продукты

stable energy — стабильный уровень энергии

proper hydration — правильная гидратация

physical activity — физическая активность

overall health — общее здоровье  
improve mood — улучшать настроение  
sleep schedule — режим сна  
emotional balance — эмоциональное равновесие  
stress management — управление стрессом  
well-being — благополучие  
daily routine — ежедневная рутина  
stay productive — оставаться продуктивным  
make a difference — иметь значение / влиять  
healthy habits — полезные привычки  
physical performance — физическая работоспособность  
mental focus — умственная концентрация  
relaxation techniques — техники расслабления  
long-term benefits — долгосрочные преимущества

#### Useful Patterns

I usually + verb because... — Я обычно... потому что...

It helps me + verb — Это помогает мне...

One of the most important habits is... — Одна из самых важных привычек — это...

This makes it easier to... — Это делает проще...

I try to + verb every day — Я стараюсь... каждый день

It is important to + verb — Важно...

When I + verb, I feel... — Когда я..., я чувствую...

This can improve... — Это может улучшить...

I find that... — Я замечаю, что...

#### Practice: Answer the Questions

1. What does a healthy lifestyle mean to you?

Model answer:

A healthy lifestyle means having good habits like eating balanced meals, staying active, and sleeping well. It helps me feel more energetic and focused every day.

2. Do you do any physical activity?

Model answer:

Yes, I try to stay active by walking every day. It helps me improve my mood and maintain overall health.

3. How important is sleep for you?

Model answer:

Sleep is very important for me because it helps me recover and stay productive. When I sleep well, I feel more focused during the day.

4. What do you do to relax?

Model answer:

I usually listen to music or take a short walk to relax. It helps me reduce stress and feel more balanced.

5. Do you eat healthy food regularly?

Model answer:

I try to eat balanced meals most of the time, including fruits and vegetables. It gives me stable energy throughout the day.

6. What healthy habit would you like to improve?

Model answer:

I would like to improve my sleep schedule. I think it would help me feel even more productive and focused.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I try to follow a healthy lifestyle because it improves my overall health and helps me stay productive. For example, I make sure to eat balanced meals and stay hydrated, which gives me stable energy throughout the day.

## Traveling and Exploring New Countries

### Text

Traveling and exploring new countries is one of the most exciting ways to spend free time and learn about the world. Many people travel not only to relax, but also to experience different cultures, try new food, and meet new people. In today's world, traveling has become much easier because of affordable flights, online booking systems, and a wide choice of destinations.

One of the main reasons people enjoy traveling is the chance to see new places. Every country has its own traditions, architecture, and lifestyle. For example, walking through historical streets in one city can feel completely different from visiting modern skyscrapers in another. These experiences help people understand how diverse the world really is. Although traveling can sometimes be tiring, the memories are usually worth it.

Another important part of traveling is cultural exchange. When people visit a new country, they often learn how locals live, what they eat, and how they communicate. Trying traditional food or joining local events can make the trip more meaningful. Because of these experiences, travelers often return home with a broader perspective and a better understanding of different cultures.

Traveling also helps people develop personal skills. For example, when you are in a foreign country, you may need to use a different language, navigate public transport, or solve unexpected problems. This builds confidence and independence. Even small challenges, like asking for directions or ordering food in another language, can become valuable learning experiences.

However, traveling also requires planning. It is important to book accommodation in advance, check travel documents, and prepare a budget. Without proper organization, the trip can become stressful. Many people use travel apps and websites to compare prices and find the best options. This makes the whole process more convenient and efficient.

In my personal experience, traveling is something I really enjoy whenever I have the opportunity. I usually plan my trips carefully because it helps me avoid unnecessary problems. I like visiting both popular tourist attractions and quiet places that are less crowded. Although I sometimes feel tired after long journeys, I always find it worth it because I return with new impressions and ideas.

To sum up, traveling is not just about moving from one place to another. It is about learning, discovering, and growing as a person. It opens the mind, creates unforgettable memories, and helps people understand the world from different perspectives.

### Key Vocabulary and Expressions

travel experience — опыт путешествий

explore new countries — исследовать новые страны

cultural exchange — культурный обмен

local traditions — местные традиции

historical places — исторические места

tourist attractions — туристические достопримечательности

travel budget — бюджет на поездку

accommodation booking — бронирование жилья

online booking system — система онлайн-бронирования  
affordable flights — доступные авиабилеты  
public transport — общественный транспорт  
travel documents — документы для путешествия  
broader perspective — более широкий взгляд  
unforgettable memories — незабываемые воспоминания  
personal development — личностное развитие  
language barrier — языковой барьер  
travel planning — планирование поездки  
local cuisine — местная кухня  
travel destination — направление путешествия  
real-life experience — реальный жизненный опыт

#### Useful Patterns

I enjoy + V-ing because... — Я люблю... потому что...

It helps me + verb — Это помогает мне...

One of the reasons is that... — Одна из причин в том, что...

When I travel, I usually... — Когда я путешествую, я обычно...

This makes it easier to... — Это делает проще...

I prefer to + verb rather than... — Я предпочитаю..., а не...

Although + clause, I... — Хотя..., я...

It is important to + verb — Важно...

This experience allows me to... — Этот опыт позволяет мне...

#### Practice: Answer the Questions

1. Do you enjoy traveling? Why?

Model answer:

Yes, I enjoy traveling because it helps me explore new countries and learn about different cultures. It also gives me unforgettable memories and new experiences.

2. What kind of places do you prefer to visit?

Model answer:

I prefer visiting both historical places and modern cities. It is interesting to see how different lifestyles exist in different parts of the world.

3. Have you ever had a travel experience that surprised you?

Model answer:

Yes, once I visited a place where the local traditions were very different from what I expected. It was surprising but also very interesting.

4. How do you usually plan your trips?

Model answer:

I usually plan my trips in advance by checking travel destinations, booking accommodation, and organizing my travel budget. This helps me avoid stress.

5. What do you usually learn when you travel?

Model answer:

I usually learn about local culture, food, and communication styles. It gives me a broader perspective on life.

6. Do you prefer traveling alone or with others?

Model answer:

I prefer traveling with others because it is more enjoyable and I can share experiences. However, traveling alone also helps build independence.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I enjoy traveling because it allows me to explore new countries and experience local traditions. For example, I once tried local cuisine in a different country, which gave me a broader perspective and created unforgettable memories.

## My Daily Routine

### Text

My daily routine is quite simple, but it helps me stay organized and productive throughout the day. I think having a regular routine is important because it gives structure to life and makes it easier to manage time. Although every day can be slightly different, there are certain habits that I try to follow consistently.

I usually start my day in the morning by waking up at a fixed time. After that, I take some time to get ready and have breakfast. A good morning meal helps me feel more energetic and focused. I also try to avoid rushing in the morning because it sets a better tone for the rest of the day. When I have enough time, I like to plan my tasks and think about what I need to do.

During the day, I often study, work, or complete different tasks depending on my schedule. I usually make a to-do list because it helps me stay organized and not forget important things. If I have a lot of work, I try to take short breaks in between tasks. This makes it easier to maintain concentration and avoid fatigue. Even small breaks, like walking or drinking water, can improve productivity.

In the afternoon, I usually continue with my responsibilities. Sometimes I meet friends or go out for a short walk. I find that a little fresh air helps me feel more relaxed and improves my mood. Although I can be busy, I always try to include some free time in my day because balance is important.

In the evening, I slow down and focus on relaxing activities. I might watch something, read a book, or listen to music. I also use this time to prepare for the next day. For example, I check my schedule and organize my tasks in advance. This helps me feel more prepared and less stressed in the morning.

Before going to bed, I try to avoid using my phone too much because it can affect sleep quality. Instead, I prefer to relax and go to sleep at a reasonable time. Good sleep is very important for me because it helps me recover and stay productive the next day.

To sum up, my daily routine is based on balance, planning, and consistency. It helps me stay focused, manage my time effectively, and maintain a healthy rhythm in everyday life.

### Key Vocabulary and Expressions

daily routine — повседневная рутина  
stay organized — оставаться организованным  
manage time — управлять временем  
fixed time — фиксированное время  
morning meal — утренний приём пищи  
feel energetic — чувствовать себя энергичным  
set the tone — задавать настроение / тон  
to-do list — список задач  
complete tasks — выполнять задачи  
stay focused — оставаться сосредоточенным  
take short breaks — делать короткие перерывы  
maintain concentration — поддерживать концентрацию

improve productivity — повышать продуктивность  
fresh air — свежий воздух  
free time — свободное время  
relax and unwind — расслабляться  
prepare in advance — готовиться заранее  
sleep quality — качество сна  
avoid distractions — избегать отвлечений  
balanced lifestyle — сбалансированный образ жизни

#### Useful Patterns

I usually + verb because... — Я обычно... потому что...  
It helps me + verb — Это помогает мне...  
One of my habits is to... — Одна из моих привычек — это...  
I try to + verb every day — Я стараюсь... каждый день  
This makes it easier to... — Это делает проще...  
When I have time, I... — Когда у меня есть время, я...  
Although + clause, I... — Хотя..., я...  
I find that... — Я замечаю, что...  
It is important to + verb — Важно...

#### Practice: Answer the Questions

1. What is your daily routine like?

Model answer:

My daily routine is quite structured. I usually wake up at a fixed time, make a to-do list, and complete my tasks throughout the day.

2. Do you follow a strict schedule?

Model answer:

Not very strict, but I try to stay organized. I plan my tasks in advance, but I also allow some flexibility.

3. What do you usually do in the morning?

Model answer:

In the morning, I wake up, have breakfast, and prepare for the day. It helps me feel energetic and ready.

4. How do you stay productive during the day?

Model answer:

I stay productive by using a to-do list and taking short breaks. This helps me maintain concentration.

5. What do you do in the evening?

Model answer:

In the evening, I relax, listen to music, or read. I also prepare for the next day.

6. Do you think having a routine is important? Why?

Model answer:

Yes, I think it is important because it helps manage time and stay organized. It also creates a balanced lifestyle.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I try to follow a daily routine because it helps me stay organized and improve productivity. For example, I make a to-do list every morning and take short breaks during the day, which helps me maintain concentration and manage my time more effectively.

## Social Media and Its Influence

### Text

Social media has become one of the most important parts of modern life. Many people use it every day to communicate, share information, and follow news or trends. It is difficult to imagine daily life without these platforms because they influence how we think, interact, and even make decisions.

One of the main advantages of social media is communication. People can stay in touch with friends and family no matter where they are in the world. It is very convenient because messages, photos, and videos can be shared instantly. This helps people feel closer even when they are physically far apart. Social media also allows users to meet new people who share similar interests, which can be useful for building communities.

Another positive influence is access to information. Social media platforms provide quick updates about current events, educational content, and useful tips on different topics. Many people use it to learn new skills or follow experts in various fields. Because information is available so easily, it has become a powerful tool for learning and personal development.

However, social media also has some negative effects. One common issue is distraction. People often spend more time scrolling than they planned, which can reduce productivity. It is easy to lose track of time because content is constantly changing. Another problem is comparison. Seeing other people's lives online can sometimes make users feel unhappy or less confident about their own lives, even though online content is often carefully selected.

There is also the issue of misinformation. Not everything shared online is accurate, so it is important to check sources and think critically. Without careful attention, people can easily believe false information. This is why digital awareness and media literacy are becoming more important skills in today's world.

In my personal experience, I try to use social media in a balanced way. I enjoy it because it helps me stay connected and learn new things, but I also try to limit my time on it. For example, I set specific periods during the day when I check updates instead of constantly opening apps. This helps me stay focused and avoid unnecessary distraction.

To sum up, social media has both positive and negative influences. It improves communication and access to information, but it can also affect focus and self-perception. The key is to use it consciously and maintain a healthy balance in everyday life.

### Key Vocabulary and Expressions

social media platforms — социальные медиа-платформы

stay in touch — оставаться на связи

instant communication — мгновенная коммуникация

share information — делиться информацией

online communities — онлайн-сообщества

access to information — доступ к информации

current events — текущие события

educational content — образовательный контент

personal development — личностное развитие  
digital tools — цифровые инструменты  
distraction — отвлечение  
lose track of time — потерять счёт времени  
content consumption — потребление контента  
social comparison — социальное сравнение  
self-confidence — уверенность в себе  
misinformation — дезинформация  
critical thinking — критическое мышление  
media literacy — медиаграмотность  
balanced use — сбалансированное использование  
online presence — онлайн-присутствие

#### Useful Patterns

I use + noun to + verb — Я использую... чтобы...  
It helps me + verb — Это помогает мне...  
One advantage is that... — Одно из преимуществ в том, что...  
One problem is that... — Одна проблема в том, что...  
It is easy to + verb — Легко...  
This can lead to... — Это может привести к...  
I try to + verb regularly — Я стараюсь регулярно...  
It is important to + verb — Важно...  
In my experience, I... — В моём опыте я...

#### Practice: Answer the Questions

1. How often do you use social media?

Model answer:

I use social media every day, but I try to control the time I spend on it. It helps me stay connected and informed.

2. What do you usually use social media for?

Model answer:

I usually use it to communicate with friends and check updates about current events. It is a convenient way to stay in touch.

3. Do you think social media is more helpful or harmful?

Model answer:

I think it is both helpful and harmful. It depends on how people use it in their daily life.

4. Have you ever felt distracted by social media?

Model answer:

Yes, sometimes I spend more time than I planned. It is easy to lose track of time when scrolling.

5. How do you manage your social media use?

Model answer:

I try to set limits and check it only at certain times. This helps me stay focused and avoid distraction.

6. Do you think social media affects people's confidence?

Model answer:

Yes, it can affect self-confidence because people often compare themselves to others. However, it depends on how critically they use it.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I use social media for communication and access to information, but I try to maintain a balanced use. For example, I limit my screen time because it helps me avoid distraction and stay more focused during the day.

## Education and Modern Learning

### Text

Education has changed a lot in recent years, especially because of technology. Modern learning is no longer limited to classrooms and textbooks. Today, students can study online, watch educational videos, join virtual classes, and use interactive tools that make learning more flexible and interesting.

One of the main features of modern education is accessibility. People can learn almost anything from anywhere in the world. This is especially useful for those who have busy schedules or cannot attend traditional classes. Online courses allow learners to study at their own pace, which means they can spend more time on difficult topics and move faster through easier ones.

Another important aspect is variety. Modern learning offers different methods, such as video lessons, quizzes, group discussions, and practical tasks. This helps students understand information in different ways and makes learning more engaging. Many people find that interactive content is more effective than traditional memorization because it keeps their attention and improves understanding.

Technology also plays a big role in education. Digital tools help teachers organize materials, track progress, and communicate with students more easily. At the same time, students can use apps and platforms to practice skills, check their knowledge, and receive instant feedback. Because of this, learning has become more personalized and efficient.

However, modern education also has some challenges. One of them is the need for self-discipline. When learning online, there is no teacher physically present to guide every step, so students must manage their time and motivation independently. This can be difficult for some people, especially if they are easily distracted.

Another challenge is information overload. Since there is so much content available, it can be hard to choose reliable and useful sources. That is why critical thinking and the ability to evaluate information are very important skills in modern learning.

In my personal experience, I have found that combining traditional and modern methods works best. I like attending structured lessons because they help me stay focused, but I also enjoy using online resources to revise and explore topics in more detail. Although it sometimes requires extra effort to stay organized, I think this combination is very effective.

To sum up, education and modern learning are constantly evolving. Technology has made learning more accessible, flexible, and interactive, but it also requires responsibility and self-management. When used properly, modern learning tools can greatly improve the educational experience.

### Key Vocabulary and Expressions

modern learning — современное обучение

educational system — образовательная система

online learning — онлайн-обучение

accessibility of education — доступность образования

at your own pace — в своём темпе

interactive tools — интерактивные инструменты  
virtual classes — виртуальные занятия  
educational content — образовательный контент  
self-discipline — самодисциплина  
time management — управление временем  
personalized learning — персонализированное обучение  
digital platforms — цифровые платформы  
learning experience — учебный опыт  
critical thinking — критическое мышление  
information overload — информационная перегрузка  
structured lessons — структурированные занятия  
effective learning — эффективное обучение  
knowledge retention — запоминание знаний  
study materials — учебные материалы  
skill development — развитие навыков

#### Useful Patterns

I learn by + V-ing — Я учусь, делая...  
It helps me + verb — Это помогает мне...  
One advantage is that... — Одно из преимуществ в том, что...  
It allows people to + verb — Это позволяет людям...  
I prefer to + verb because... — Я предпочитаю..., потому что...  
This makes it easier to... — Это делает проще...  
Although + clause, I... — Хотя..., я...  
It is important to + verb — Важно...  
This can improve... — Это может улучшить...

#### Practice: Answer the Questions

1. Do you prefer online or traditional learning? Why?

Model answer:

I prefer a combination of both because online learning offers flexibility, while traditional learning helps me stay focused and organized.

2. What do you think is the biggest advantage of modern education?

Model answer:

The biggest advantage is accessibility. People can learn anything from anywhere at their own pace.

3. Do you think technology improves education?

Model answer:

Yes, I think technology improves education because it provides interactive tools and makes learning more engaging.

4. What challenges do students face in modern learning?

Model answer:

One of the main challenges is self-discipline, because students need to manage their time and stay motivated.

5. How do you usually study or learn new things?

Model answer:

I usually combine structured lessons with online resources. This helps me understand topics better and improve knowledge retention.

6. Do you think learning will become completely digital in the future?

Model answer:

I don't think it will be completely digital because traditional methods are still important for focus and interaction.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I prefer modern learning methods because they improve accessibility and allow me to study at my own pace. For example, I use digital platforms to revise topics, which helps me improve knowledge retention and understand difficult material more effectively.

## Learning Foreign Languages

### Text

Learning foreign languages has become an important part of modern life. In a globalized world, being able to communicate in more than one language opens many opportunities for work, travel, and personal development. Many people start learning a new language in school, but others continue later on their own using online resources, apps, or language courses.

One of the main reasons people learn foreign languages is communication. When you know another language, you can talk to people from different countries, understand their culture, and make new friends. This is especially useful when traveling, because it makes everyday situations like ordering food, asking for directions, or shopping much easier and more comfortable.

Another important benefit is career opportunities. Many employers prefer candidates who can speak more than one language. It can be useful in international companies, tourism, education, and business. Because of this, language skills can increase job options and even improve salary potential in some cases.

Learning languages also improves cognitive skills. Studies show that people who study languages often have better memory, concentration, and problem-solving abilities. It also trains the brain to think in different ways, which can be helpful in many areas of life. Although learning a language takes time and effort, the long-term benefits are worth it.

However, learning a foreign language is not always easy. One of the main challenges is consistency. Many learners start with motivation but lose it after a while because they do not practice regularly. Another difficulty is speaking confidence. Even if a person knows grammar and vocabulary, it can be hard to speak fluently without fear of making mistakes.

In my personal experience, the most effective way to learn a language is through daily practice. I try to expose myself to the language as much as possible by reading, listening, and speaking. For example, I sometimes watch videos or read simple articles, which helps me improve vocabulary naturally. Although I still make mistakes, I see progress over time, which keeps me motivated.

To sum up, learning foreign languages is a valuable skill that brings many advantages. It improves communication, creates career opportunities, and develops the mind. Even though it requires patience and regular practice, it is one of the most useful investments in personal growth.

### Key Vocabulary and Expressions

foreign language — иностранный язык  
globalized world — глобализированный мир  
communication skills — навыки общения  
language learning — изучение языка  
cultural understanding — понимание культуры  
language barrier — языковой барьер  
career opportunities — карьерные возможности  
job prospects — перспективы работы  
cognitive skills — когнитивные навыки

memory improvement — улучшение памяти  
concentration ability — способность к концентрации  
problem-solving skills — навыки решения проблем  
daily practice — ежедневная практика  
speaking confidence — уверенность в разговоре  
language exposure — языковая практика / погружение  
vocabulary building — расширение словарного запаса  
grammar rules — грамматические правила  
learning progress — прогресс в обучении  
language fluency — беглость речи  
personal growth — личностный рост

#### Useful Patterns

I learn + language by + V-ing — Я учу язык, делая...  
It helps me + verb — Это помогает мне...  
One of the main reasons is... — Одна из главных причин — это...  
This makes it easier to... — Это делает проще...  
I try to + verb every day — Я стараюсь... каждый день  
Although + clause, I... — Хотя..., я...  
It is important to + verb — Важно...  
This can improve... — Это может улучшить...  
I notice that... — Я замечаю, что...

#### Practice: Answer the Questions

1. Why do people learn foreign languages?

Model answer:

People learn foreign languages to improve communication skills, travel more easily, and create better career opportunities in the future.

2. What language are you interested in learning?

Model answer:

I am interested in learning English more deeply because it helps me communicate with people from different countries and access more information.

3. What is the biggest challenge in learning a language?

Model answer:

The biggest challenge is consistency because it is difficult to practice every day and stay motivated for a long time.

4. How do you practice a foreign language?

Model answer:

I practice by reading, listening, and sometimes speaking. This helps me improve vocabulary and language fluency.

5. Do you think speaking is more important than grammar?

Model answer:

I think both are important, but speaking is more useful in real communication because it helps people interact in everyday situations.

6. How can learning a language change a person?

Model answer:

It can improve confidence, communication skills, and cultural understanding. It also supports personal growth.

Expand Your Answer

Try to give a longer answer. Use at least 2—3 expressions from the vocabulary list and add one reason or example.

Example:

I learn foreign languages because they improve communication skills and open career opportunities. For example, daily practice helps me build vocabulary and improve speaking confidence, which makes it easier to communicate in real-life situations.

## Work and Career Goals

### Text

Work and career goals are an important part of life because they give people direction and motivation for the future. Most people start thinking about their career path during school or university, but goals often change as they gain more experience and understand what they truly want.

One of the main reasons people set career goals is personal development. Having clear goals helps individuals focus on what skills they need to improve and what steps they should take to achieve success. For example, someone might want to improve communication skills, learn new technologies, or gain experience in a specific field. Because of this, career planning becomes a useful tool for long-term growth.

Another important aspect is job satisfaction. Many people want not only a good salary but also meaningful work that makes them feel fulfilled. When a job matches personal interests and values, it is easier to stay motivated and productive. Although salary is important, many professionals believe that enjoying your work is even more valuable in the long run.

Career goals also help people stay organized and focused. When you have a clear direction, it is easier to make decisions about education, training, and job opportunities. For instance, someone who wants to work in technology may choose to study programming or data analysis. This structured approach increases the chances of success.

However, achieving career goals is not always easy. One of the challenges is uncertainty. The job market changes quickly, and it can be difficult to predict which skills will be most valuable in the future. Another challenge is competition, because many people apply for the same positions. That is why continuous learning and adaptability are very important.

In my personal experience, I try to think about my career goals step by step. I focus on improving my skills gradually and gaining new knowledge whenever possible. Although I do not have everything planned in detail, I believe that flexibility is also important because opportunities can change over time. I also try to learn from different experiences, even small ones, because they help me understand my strengths and interests better.

To sum up, work and career goals are essential for personal and professional growth. They help people stay motivated, develop new skills, and make better decisions about their future. Even though the path is not always clear, having direction makes the journey more meaningful.

### Key Vocabulary and Expressions

career goals — карьерные цели

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