

Tatiana
Bazhan

135

ВАРИАНТОВ

К НОВОЙ ОФИЦИАЛЬНОЙ ДЕМОВЕРСИИ

АНГЛИЙСКИЙ ЯЗЫК

ВПР

ТИПОВЫЕ ЗАДАНИЯ

Тексты для аудирования
Ответы

7

КЛАСС



Tatiana Bazhan

Английский язык. ВПР. 7 класс

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Аннотация

Данное пособие — это готовый план подготовки на весь учебный год: 135 тренировочных вариантов, ровно 15 в месяц с сентября по май, без зубрёжки и с системным результатом. Каждый вариант включает аудирование, чтение, грамматику и письмо, полностью соответствует ФГОС и демоверсии ВПР 2026 года. Все аудиоскрипты интегрированы в текст, а ключи для самопроверки приведены в конце пособия. Материал охватывает все темы кодификатора для 7 класса и организован по трём уровням сложности: базовому, повышенному и репетиционному экзамену. Пособие адресовано учащимся, учителям, репетиторам и родителям для систематической подготовки как в школе, так и самостоятельно.

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Tatiana Bazhan

АНГЛИЙСКИЙ ЯЗЫК.

ВПР. 7 класс

О пособии

Настоящее пособие представляет собой сборник из 135 тренировочных вариантов для подготовки к Всероссийской проверочной работе (ВПР) по английскому языку в 7 классе.

Издание полностью соответствует актуальной демоверсии ВПР 2026 года и требованиям Федерального государственного образовательного стандарта основного общего образования (ФГОС ООО).

Структура каждого варианта включает четыре раздела: аудирование, чтение, грамматика и письмо, что позволяет комплексно отработать все виды речевой деятельности в формате экзамена.

Пособие охватывает все темы кодификатора для 7 класса: видо-временные формы глагола (Present Simple, Present Continuous, Present Perfect, Present Perfect Continuous, Past Simple, Past Continuous, Past Perfect, Past Perfect Continuous, Future Simple, be going to), страдательный залог (Present, Past and Future Simple Passive, Present and Past Continuous Passive,

Present, Past and Future Perfect Passive), условные предложения (нулевой, первый, второй и третий типы), модальные глаголы и модальные предположения (can, could, must, have to, may, might, should, ought to), придаточные времени, артикли, местоимения (включая возвратные), степени сравнения прилагательных и наречий, герундий и инфинитив (в простой, длительной и перфектной формах), Complex Object, конструкцию I wish + сослагательное наклонение, косвенную речь, а также наречия образа действия.

Особое внимание уделяется страноведческому материалу. Тексты для аудирования и чтения знакомят учащихся с географией, историей, культурой, традициями и выдающимися личностями Великобритании, США, Австралии, Канады, Новой Зеландии и других стран.

Темы текстов вызывают познавательный интерес у школьников: от необычных профессий и экстремальных видов спорта до цифровых технологий, кибербезопасности, психологии подростков, финансовой грамотности и мирового культурного наследия.

Задания сгруппированы по принципу уровневой дифференциации:

- варианты 1–60 — базовый уровень,
- 61–120 — повышенный,
- 121–135 — репетиционный экзамен.

Аудиоскрипты интегрированы в текст, что позволяет выполнять задания на восприятие речи на слух без использова-

ния дополнительных аудиоматериалов. Ключи для самопроверки приведены в конце пособия.

Издание адресовано учащимся 7 классов, учителям, репетиторам и родителям для систематической подготовки к ВПР как в школе, так и при самостоятельных занятиях. Рекомендуемый график работы — 15 вариантов в месяц с сентября по май, что обеспечивает равномерное распределение нагрузки и исключает необходимость интенсивной подготовки непосредственно перед экзаменом.

Аудиоскрипты всех вариантов



РАЗДЕЛ 1. Вариант 1



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker thinks that in 10 years he will be _____.

1. working abroad 2. running his own business 3. studying at university

B. The speaker chose this career because he _____.

1. wants to help people 2. likes working with computers 3. follows his father's advice

C. According to the speaker, his future job requires _____.

1. good communication skills 2. physical strength 3. artistic talent

D. The speaker admits that he _____.

1. doesn't understand all the details of the job yet 2. knows everything about this profession 3. remembers his first experience in this field

E. The speaker's parents _____.

1. don't support his choice 2. think he should become a doctor 3. believe he will succeed

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

The world's most unusual jobs

Have you ever thought about a career that doesn't involve sitting in an office from 9 to 5? Some people have chosen professions that seem strange to most of us, but these jobs are as real as any other.

One of the most unusual jobs is that of a professional food

taster. These people work for large food companies and their job is to taste new products before they appear on supermarket shelves. They carefully smell, taste and describe every detail of the product.

A food taster must remember hundreds of different flavours and understand how ingredients work together. They don't just eat for pleasure – they work hard to make sure that the food we buy is safe and delicious. Interestingly, many food tasters love their job because they can try things that ordinary people never get to taste. However, they often need to stop eating between tastings to keep their sense of taste fresh.

Another amazing profession is being an island caretaker. Imagine living on a beautiful tropical island, swimming in clear blue water and watching amazing sunsets every evening. Sounds like a dream, doesn't it? But the job is more serious than it seems. Island caretakers look after the island's environment, write blogs about their life there, and report any problems to the authorities. They have to notice even small changes in the island's nature. They also need to welcome tourists and show them around. Some people think this job is as easy as a holiday, but it actually requires a lot of responsibility. You must love being alone because you often spend weeks without seeing other people. You also need to know how to use modern technology to send reports and photos.

These unusual professions show that work doesn't have to be boring. Whether you are tasting chocolate or watching dolphins

from your window, the most important thing is to enjoy what you do.

A. Food tasters work for _____.

1. restaurants 2. supermarkets 3. food companies 4. ordinary people

B. Food tasters stop eating between tastings because they _____.

1. want to stay healthy 2. need to keep their sense of taste fresh 3. don't like the food they taste 4. have to work in the office

C. An island caretaker's job includes _____.

1. swimming with dolphins every day 2. writing about life on the island 3. building new houses for tourists 4. cooking for visitors

D. The author thinks that being an island caretaker is _____.

1. as easy as a holiday 2. more difficult than it looks 3. the best job in the world 4. boring and lonely

E. According to the text, the most important thing about a job is _____.

1. earning a lot of money 2. having a good boss 3. enjoying what you do 4. working with people

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Jobs of the future

Many experts are trying to predict which professions А_____ disappear in the next 20 years. Some jobs, like bank tellers and cashiers, are already В_____ common than they used to be. At the same time, completely new careers are appearing. For example, people С_____ drone operators or virtual reality designers right now. These jobs didn't exist ten years ago. I strongly believe that creative professions will survive because machines cannot D_____ human imagination. However, if you want to be successful in the future, you need E_____ new skills constantly. The world is changing faster than ever before.

A. 1) will 2) are 3) have 4) were

B. 1) little 2) less 3) least 4) as little as

C. 1) are 2) were 3) have 4) will

D. 1) replace 2) to replace 3) replacing 4) replaced

E. 1) learn 2) learning 3) to learn 4) learnt

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объемом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: My future job

...At school we are talking about future careers. I think I want to become an engineer because I like building things.

What job do you want to do in the future? Why did you choose this profession? Do your parents agree with your choice?

Write back soon.

Best wishes,

Peter

Вариант 2



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The first speaker earns money by _____.

1. delivering newspapers 2. walking dogs 3. washing cars

B. The first speaker started this job because he _____.

1. wanted to buy a new phone 2. needed to help his parents
3. saw an advertisement

C. The second speaker thinks that walking dogs is _____.

1. easier than delivering newspapers 2. as difficult as delivering newspapers 3. more interesting than delivering newspapers

D. The first speaker admits that he _____.

1. doesn't like dogs very much 2. remembers his first client well 3. forgets to walk the dogs sometimes

E. Both speakers agree that earning their own money makes them feel _____.

1. tired and stressed 2. proud and independent 3. bored and lonely

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Pocket money: should children get it and how to manage it?

The question of whether to give children pocket money is one that many parents think about carefully. Some believe that children should learn the value of money from an early age, while others worry that pocket money might make children less willing to help around the house without payment.

Many experts agree that giving children pocket money can be a good idea if it is done correctly. Firstly, it teaches children that money does not grow in trees. When children receive a fixed amount every week, they quickly understand that they cannot buy everything they want. They have to make choices. For example, if they spend all their money on sweets on Monday, they will not have anything left for a new game on Friday. This is an important lesson that will help them later in life. Secondly, pocket money can help children learn how to save. A child who wants to buy an expensive toy but only receives a small amount each week will have to save for several weeks or even months. During this time, they learn patience and planning. Some parents even open bank accounts for their children so that they can see their savings grow. This is as useful as any school lesson about mathematics.

However, there are some rules that parents should follow. It is important not to give too much money. The amount should be appropriate for the child's age. Younger children do not need as much as teenagers. Parents should also discuss with their children what the money is for. Some families give pocket money for extra things like sweets and toys, while others expect their children to pay for their own bus tickets or school lunches. Another important point is that children should not receive pocket money for doing basic household chores. Making their bed or washing the dishes is something every family member should do without payment. However, parents can offer extra money for additional work like washing the car or gardening. This teaches children that

hard work can bring financial rewards. Finally, parents should let children make mistakes with their money. If a child spends all their pocket money on something useless and then regrets it, they will remember this feeling and think more carefully next time. Learning from mistakes is often more effective than being told what to do.

A. According to the text, some parents worry that pocket money may _____.

1. teach children bad habits 2. make children less helpful at home 3. cause arguments in the family 4. stop children from saving money

B. When children receive a fixed amount of money, they learn that _____.

1. they can buy everything they want 2. money is easy to earn 3. they must make choices 4. parents have a lot of money

C. Some parents open bank accounts for their children to _____.

1. teach them about mathematics 2. show them how to spend money 3. help them see their savings grow 4. give them more pocket money

D. According to the text, children should not get pocket money for _____.

1. washing the car 2. gardening 3. doing extra work 4. making their bed

E. The author believes that children learn best about money when they _____.

1. are told what to do by their parents 2. make mistakes and remember them 3. receive a lot of pocket money 4. do not have to save for anything

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропусκα, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

My holiday business idea

This summer I want to earn some money. My elder sister A_____ a small business last year selling handmade bracelets, and she did very well. Now I think I can do the same, but with something different. I love B_____ in the garden and I know a lot about flowers. So, my idea is to offer gardening services to our neighbours. They are mostly elderly people who C_____ to take care of their gardens themselves. I can water plants, cut grass and plant new flowers. My parents think this is a great idea. They say I work D_____ than many adults and that I am very responsible. I have already made some leaflets and I am going to put them into our neighbours' letterboxes tomorrow. I really hope my business

will be successful. I want E_____ enough money to buy a new bicycle by the end of the summer.

A. 1) starts 2) started 3) has started 4) was starting

B. 1) work 2) working 3) to work 4) worked

C. 1) don't want 2) aren't wanting 3) won't want 4) haven't wanted

D. 1) more carefully 2) most carefully 3) careful 4) as carefully

E. 1) save 2) saving 3) to save 4) saved

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Earning money

...My parents give me pocket money every week, but I want to earn some extra money myself.

Do you have a part-time job or a way to earn money? What do you spend your money on? Do you save money for something special?

Write back soon.

Best wishes,

Peter

Вариант

3



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the lawyer, children can start working legally at the age of _____.

1. 12 2. 14 3. 16

B. The lawyer says that children under 14 _____.

1. can work with their parents' permission 2. are not allowed to work officially 3. can work only in summer

C. Teenagers aged 14–15 are allowed to work _____.

1. more than 20 hours per week 2. up to 20 hours per week 3. only at weekends

D. The lawyer advises teenagers to _____.

1. work without a contract 2. understand their rights before starting work 3. earn as much money as possible

E. According to the lawyer, working early in life helps teenagers _____.

1. earn a lot of money quickly 2. become more responsible 3. forget about their studies

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

What is an employment contract and why is it important (even for children)?

When people start a new job, they usually sign a document called an employment contract. But what exactly is it, and why is it so important? Many young people who start their first part-time job do not think about contracts at all. They simply agree to work and receive money. However, understanding what a contract is can protect you from many problems.

An employment contract is a legal agreement between an employer and an employee. It clearly describes the rights and responsibilities of both sides. For example, it states how much money the employee will receive, how many hours they will work each week, and what their duties are. It also explains what happens if someone breaks the rules. Without a written contract, it is very difficult to prove what was agreed. This is as important for a teenager delivering newspapers as it is for a manager in a large company.

Many people think that employment contracts are only for adults. This is not true. If you are old enough to work legally, you have the right to a contract. Even if you are working a small job, like walking dogs or helping in a shop, you should ask for written confirmation of your working conditions. This is especially important because teenagers often do not know their rights. A contract helps them remember what they agreed to and protects them if something goes wrong.

So, what should a good contract include? First, it should clearly state your pay. You need to know exactly how much you will earn per hour and how often you will be paid. Second, it

should describe your working hours. You need to know when you must start and finish work and whether you have breaks. Third, it should explain what you are expected to do. You need to understand your duties so that you can do your job well. Finally, it should say what to do if you have a problem. Who should you talk to if you are unhappy or if something unfair happens?

Some teenagers feel nervous about asking for a contract. They think the employer might not hire them if they ask too many questions. But according to experts, a good employer will respect you for wanting to understand your rights. If an employer refuses to give you a contract or explain your working conditions, this is a warning sign. It means they might not follow the rules. Remember, work should be a positive experience. A contract is not something to be afraid of. It is a tool that helps both the employer and the employee have a clear and fair working relationship. Knowing your rights makes you feel safer and more confident at work.

A. An employment contract describes _____.

1. only the employee's duties 2. the rights and responsibilities of both sides 3. how to find a new job 4. what to do after work

B. The author believes that a contract is important for teenagers because _____.

1. they work harder than adults 2. they earn more money than adults 3. they often do not know their rights 4. they forget their working hours

C. A good contract should include information about

_____.

1. the employee's hobbies 2. the employer's family 3. working hours and breaks 4. the employee's school grades

D. According to experts, if an employer refuses to give you a contract, you should _____.

1. accept the job anyway 2. see this as a warning sign 3. ask for more money 4. work without asking questions

E. The author says that a contract makes employees feel _____.

1. nervous and stressed 2. safer and more confident 3. tired and bored 4. less independent

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Health and safety at work

When you start your first job, you need A_____ about health and safety rules. These rules exist to protect you from accidents and injuries. At my first job in a café, my manager B_____

me all the safety instructions on my first day. She showed me how C_____ heavy plates correctly and where to find the first aid kit. At first, I thought the rules were unnecessary, but now I understand they are very important. Remember, you should always work D_____ than usual when you are in a new environment. You also need to wear proper clothing and shoes. I always wear comfortable shoes because I E_____ standing for long hours. Safety is not something to ignore. It is as important as doing your job well.

A. 1) learn 2) learning 3) to learn 4) learnt

B. 1) explains 2) explained 3) has explained 4) is explaining

C. 1) carry 2) carrying 3) carried 4) to carry

D. 1) more carefully 2) most carefully 3) careful 4) as carefully

E. 1) hate 2) am hating 3) hating 4) hated

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагода-

рить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Work and safety

...At school we are learning about children's rights at work.

Do you think teenagers should be allowed to work? What jobs would be safe for people of our age? Have you ever had a job or would you like to have one?

Write back soon.

Best wishes,

Peter

Вариант 4



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the psychologist, the most important quality for finding a good job is _____.

1. intelligence 2. responsibility 3. creativity

B. The psychologist says that punctuality shows that a person _____.

1. respects other people's time 2. wants to earn more money

3. likes working alone

C. Employers value people who can _____.

1. work faster than others 2. communicate well with others 3. remember everything perfectly

D. The psychologist believes that confident people _____.

1. are always right 2. find jobs more easily 3. never make mistakes

E. According to the psychologist, a person who is always learning _____.

1. forgets old information quickly 2. needs to work harder than others 3. has more chances to succeed

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Responsibility and punctuality — why do employers value these qualities?

Have you ever wondered why employers always ask about responsibility and punctuality during job interviews? These two qualities might seem simple, but they are actually among the

most important things that employers look for in any candidate. Understanding why can help you become a better employee and find a job more easily.

Responsibility means that you do what you are supposed to do without someone constantly checking on you. A responsible person completes their tasks on time, takes care of their equipment and tools, and admits their mistakes when something goes wrong. Employers love responsible workers because they do not need to waste time supervising them. A responsible employee is as valuable as two employees who need constant guidance. When you are responsible, your boss can trust you with important tasks and projects.

Punctuality is about being on time. This seems like a small thing, but it actually says a lot about a person. When you arrive on time for work or for a meeting, you show that you respect other people's time. If you are late, you are telling your boss and your colleagues that your time is more important than theirs. This creates a bad impression very quickly. Interestingly, punctuality is not just about arriving on time. It is also about finishing tasks on time. If you promise to complete something by Friday, you should do it by Friday. Not on Monday.

Employers also notice how people behave in difficult situations. A responsible person does not panic when something goes wrong. They try to find a solution calmly. They understand that problems are normal and that the most important thing is to fix them. Such people are often promoted faster because they

can handle pressure. They also work well in teams because they do not blame others for their own mistakes.

Another important quality is communication. Employers need people who can express their ideas clearly and listen to others. Good communication helps to avoid misunderstandings and makes work more efficient. People who communicate well are often better at solving problems because they can discuss different points of view calmly.

Finally, employers value people who are willing to learn. The world is changing fast and companies need employees who can adapt. A person who learns new skills quickly is more valuable than a person who knows everything but refuses to change. Employers often prefer to hire someone who is not perfect but eager to learn over someone who is experienced but not interested in improving.

A. Responsible employees do not need _____.

1. to work hard 2. constant supervision 3. to communicate 4. any training

B. Being late for work shows that you _____.

1. are not interested in the job 2. do not respect other people's time 3. work better alone 4. need more money

C. People who handle pressure well _____.

1. panic easily 2. blame others for mistakes 3. are often promoted faster 4. work slower than others

D. Good communication helps _____.

1. create problems 2. avoid misunderstandings 3. work alone

4. earn more money

E. Employers prefer people who _____.

1. know everything 2. never change their mind 3. are experienced but lazy 4. are eager to learn

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Teamwork: can I negotiate and compromise?

Teamwork is an essential skill in almost every job. When you work in a team, you have A_____ with other people. This is not always easy because everyone has different opinions and ideas. Last year I worked on a school project with three classmates. At first, we couldn't agree on anything. I B_____ we should make a presentation, but my friends wanted to make a video. I was frustrated because I C_____ that a video would take too much time. However, I realised that I needed to compromise. I listened to their ideas carefully, and they listened to mine. Finally, we decided to combine both ideas. Now I understand

that good teamwork requires patience. You should always listen D_____ than you speak. Sometimes you need to accept that other people's ideas might be better than yours. I also learnt that it is important E_____ calm when disagreements happen. Teamwork can be difficult, but it is also very rewarding when everyone works together.

- A. 1) cooperate 2) cooperating 3) to cooperate 4) cooperated
B. 1) think 2) am thinking 3) thought 4) was thinking
C. 1) know 2) knew 3) have known 4) was knowing
D. 1) more carefully 2) most carefully 3) careful 4) as carefully
E. 1) stay 2) staying 3) stayed 4) to stay

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Personality and success

...My teacher says that our personality affects our success in life.

Do you agree with that? What qualities do you think are the most important for a successful career? Do you think you have these qualities?

Write back soon.

Best wishes,

Peter

Вариант 5



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker believes his greatest strength is _____.

1. his memory 2. his creativity 3. his physical strength

B. The speaker realised he was good at this skill when he _____.

1. won a competition 2. helped his friend with a project 3. read a book about it

C. According to the speaker, his skill helps him _____.

1. earn money 2. make friends 3. solve problems

D. The speaker admits that he sometimes _____.

1. forgets to use his skill 2. needs to improve his other skills

3. wishes he could do something else

E. The speaker's teacher _____.

1. noticed his talent first 2. doesn't understand his skill 3.

thinks he should develop other abilities

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

How to handle criticism and mistakes at work or at school

Nobody likes to be criticised. When someone tells us that we have done something wrong, our first reaction is often to feel upset or defensive. However, learning how to handle criticism and mistakes is one of the most important skills you can develop. It can help you grow as a person and succeed in your career.

First of all, it is important to understand that criticism is not always negative. There are two types of criticism: constructive

and destructive. Constructive criticism is meant to help you improve. For example, when your teacher explains how to make your essay better, they are not trying to hurt your feelings. They want to help you learn. Destructive criticism, on the other hand, is simply negative and does not offer any useful advice.

Learning to tell the difference between these two types is a very useful skill. When you receive criticism, try not to react immediately. Take a deep breath and listen carefully to what the person is saying. Sometimes people feel nervous and speak more aggressively than they intend to. If you are not sure what they mean, ask questions.

Understanding the criticism fully is more important than defending yourself immediately. When you truly understand the feedback, you can decide whether it is useful or not. Making mistakes is a normal part of life. Everyone makes mistakes, even professionals with many years of experience. The difference between successful people and unsuccessful people is not that successful people never make mistakes. It is that successful people learn from their mistakes. They don't repeat the same errors again and again. They analyse what went wrong and find ways to do better next time. This is as important for a student as it is for a company director.

Another helpful strategy is to separate your work from your identity. If someone criticises your work, they are not criticising you as a person. Your work is something you do, not who you are. This distinction can help you accept feedback without

feeling personally attacked. When you understand this, criticism becomes easier to handle.

It is also useful to ask for feedback regularly. Instead of waiting for someone to tell you about your mistakes, ask your teacher, your boss or your colleagues what you could do better. This shows that you are willing to learn and improve. People respect others who ask for help and want to grow. It is much better to ask questions than to pretend you know everything.

Finally, remember to be kind to yourself. When you make a mistake, don't spend too much time feeling bad about it. Acknowledge it, learn from it, and move forward. Being too hard on yourself is as unhelpful as ignoring your mistakes completely.

A. Constructive criticism is meant to _____.

1. hurt your feelings
2. help you improve
3. show that you are wrong
4. make you feel bad

B. When you receive criticism, you should first _____.

1. defend yourself immediately
2. ignore what the person says
3. react angrily
4. listen carefully and ask questions

C. The difference between successful and unsuccessful people is that successful people _____.

1. never make mistakes
2. learn from their mistakes
3. work harder than others
4. ignore criticism completely

D. Separating your work from your identity helps you _____.

1. feel personally attacked
2. work less efficiently
3. accept feedback more easily
4. avoid all criticism

E. Asking for feedback regularly shows that you are _____.

1. not confident in your abilities 2. willing to learn and improve 3. afraid of making mistakes 4. trying to impress others

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Self-confidence and modesty: where is the golden mean?

Self-confidence is an important quality. People who believe in themselves A_____ more likely to succeed. However, too much confidence can become arrogance, and that is not attractive to anyone. I have a friend who is very talented. He B_____ everything about computers and he works really well. However, he often C_____ to show off his knowledge. Some people think he is arrogant, but actually he is just confident. He doesn't mean to be rude. He just wants others to see what he can do. I think he should be D_____ about his skills but also modest. The truth is that finding the right balance is not easy. You need E_____ in your abilities but also accept that other people have talents too.

The golden mean is believing in yourself while respecting others.

A. 1) is 2) are 3) was 4) were

B. 1) knows 2) is knowing 3) knew 4) has known

C. 1) want 2) wants 3) is wanting 4) wanted

D. 1) proud 2) prouder 3) more proud 4) as proud

E. 1) believe 2) believing 3) believed 4) to believe

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Personal qualities

...We are doing a project about personal qualities at school.

What do you think is your strongest quality? Why is it important to you? Do you think you need to improve any other qualities?

Write back soon.

Best wishes,

Peter

Вариант 6



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The first speaker's hobby is _____.

1. photography 2. painting 3. playing music

B. The first speaker thinks his hobby could become a job because _____.

1. many people need his services 2. he is better than professionals 3. his parents want him to do it

C. The second speaker started her hobby _____.

1. at school 2. when she was very young 3. after watching a video

D. The second speaker believes that turning a hobby into a job _____.

1. is always a bad idea 2. can make you enjoy it less 3. is easier than it seems

E. Both speakers agree that having a hobby _____.

1. is a waste of time 2. helps you relax and learn 3. should be kept secret

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Handicrafts, modelling or drawing: how to monetise your creativity

Many people have creative hobbies. They enjoy making things with their hands, drawing beautiful pictures or building detailed models. But have you ever thought about turning your hobby into a source of income? Today, it is easier than ever to make money

from creative work, and many people are doing it successfully.

One of the most popular ways to monetise creative hobbies is through online platforms. You can sell your handmade items on websites like Etsy or similar local platforms. For example, if you make jewellery, knit scarves or create decorative items, you can reach customers from all over the world. Many people start by selling a few items and then realise that their hobby can become a real business. A hand-knitted scarf can sell for much more than a factory-made one because it is unique.

Another option is to offer your skills as a service. If you are good at drawing, you can create custom portraits for people. Many families love to have portraits of their children, pets or grandparents. You can also design invitations, logos or illustrations for books. Some young artists create personalised birthday cards and sell them to their classmates and neighbours. This is a wonderful way to earn money while doing something you love.

Modelling is another hobby that can become profitable. Some people build miniature houses, cars or aeroplanes. These detailed models are often bought by collectors who appreciate the time and skill required to create them. Others build models of famous buildings and sell them to tourists as souvenirs. The key to success is to make your work as good as or better than what people can buy in shops. If your models are truly special, people will pay more for them.

However, turning a hobby into a profession is not always

easy. When you start doing your hobby for money, it becomes work. You may need to work on a schedule and meet deadlines. Sometimes you have to make things you don't enjoy because customers ask for them. This can be frustrating. Some people say that doing a hobby for work makes them enjoy it less. They miss the freedom of doing it just for fun. So, you need to think carefully about whether you really want to turn your hobby into your main job.

Another important point is that creative hobbies require constant learning. Techniques change, new materials appear and customer tastes evolve. You need to stay up to date and keep improving your skills. This is as important as producing good work. If you stop learning, your work will not improve and you might lose customers. Despite these challenges, many people successfully make a living from their creative hobbies. They balance their passion with business skills like marketing, pricing and customer service. They also set aside time to do creative work just for themselves, without any pressure to sell it. This helps them stay inspired and remember why they loved their hobby in the first place.

A. One way to sell handmade items is through _____.

1. supermarkets 2. online platforms 3. school fairs 4. local shops

B. Custom portraits can be created for _____.

1. famous people only 2. families and individuals 3. art galleries 4. museums

C. Collectors buy detailed models because they _____.

1. are cheap
2. are easy to build
3. are unique and require skill
4. are made of expensive materials

D. Some people say that doing a hobby for work _____.

1. makes them enjoy it less
2. makes them earn more money
3. is always a good idea
4. is easier than doing it for fun

E. Creative people need to keep learning because _____.

1. their work is never good enough
2. techniques and tastes change
3. they forget their skills quickly
4. they have too much free time

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Gadgets and programming: hobby or future career?

My name is Dima and I love computers. I spend most of my free time A_____ about new technologies and learning programming languages. My friends often ask me why I enjoy this so much. At first, programming was just a hobby for me. I

B_____ that it was fun to create simple games and websites. But now I think it could become my future career. I C_____ more confident day by day. I want to develop useful applications that people need. Some people think that working with computers all day is boring, but I disagree. I believe that programming is as creative as painting or music. You D_____ something new from nothing. My parents support my choice. They say I should work E_____ than anyone else to achieve my goals. I hope one day my hobby will become a successful profession.

A. 1) read 2) reading 3) to read 4) reads

B. 1) think 2) thought 3) am thinking 4) was thinking

C. 1) become 2) became 3) am becoming 4) have become

D. 1) create 2) created 3) creating 4) to create

E. 1) harder 2) hardest 3) hard 4) as hard

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагода-

ритель друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Hobbies and careers

...My brother is really good at photography and he wants to become a professional photographer.

What hobbies do you have? Do you think your hobby could become your future job? What would you need to do to make it happen?

Write back soon.

Best wishes,

Peter

Вариант 7



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker has been doing sports for _____.

1. one year 2. three years 3. five years

B. According to the speaker, sport taught him _____.

1. to be more aggressive 2. to be more disciplined 3. to be more competitive

C. The speaker believes that self-discipline helps him _____.

1. wake up early every day 2. complete his homework on time
3. eat healthy food
- D. The speaker thinks that team sports taught him _____.
1. how to win every game 2. how to work with other people
3. how to become a professional athlete
- E. The speaker says that sport will help him in his future career because _____.
1. employers like athletes 2. he can become a coach 3. it teaches perseverance

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

My favourite sport and its impact on character

Sport has always been an important part of my life. I have been playing basketball for over five years now, and I can honestly say that this sport has shaped my character in many positive ways.

Basketball is not just about physical activity. It is a game that teaches you about yourself and about other people. Many skills that I have learned on the basketball court are just as useful in

everyday life as they are in the game. One of the most important things that basketball has taught me is the value of teamwork. In basketball, no matter how talented a player is, they cannot win the game alone. You need to pass the ball to your teammates, trust them and work together to score points. This has helped me in my school projects. Now I understand that listening to others and accepting different ideas is much more important than trying to do everything myself. I have become a better group member because I know how to cooperate with others.

Basketball has also taught me how to handle failure. In every game, there is a winner and a loser. I have lost many games and I have learned that losing is not the end of the world. It is an opportunity to learn and improve. After a loss, my coach tells us what we did wrong and what we can do better next time. This has helped me accept criticism more easily in other areas of my life. I don't get upset when I make a mistake. Instead, I think about how to do better next time.

Another valuable lesson from basketball is time management. As a student, I have to balance training, schoolwork and time with my family. I have learned to plan my day carefully so that I have enough time for everything. I do my homework as soon as I come home from school because I know that I have practice in the evening. This discipline has improved my grades because I no longer leave my homework until the last minute. I feel that I am more organised than I was before I started playing basketball. Self-discipline is perhaps the most important quality that sport

has given me.

When you train regularly, you have to be consistent. You cannot skip practice just because you are tired or the weather is bad. This has taught me to keep going even when things are difficult. Now I am applying this attitude to my studies. When I find a subject difficult, I don't give up. I keep trying until I understand it. This has made me a stronger person both physically and mentally.

Finally, sport has improved my confidence. When I do something well on the court, I feel proud of myself. This feeling carries over into other areas of my life. I feel more confident when I speak in class or when I meet new people. I know that if I work hard, I can achieve my goals. Sport has shown me that effort always pays off.

A. The author says that teamwork in basketball has helped him _____.

1. win every game 2. become a better group member 3. work alone more effectively 4. avoid school projects

B. When the author loses a game, he _____.

1. gets upset and stops playing 2. blames his teammates 3. sees it as an opportunity to learn 4. asks to change his coach

C. The author manages his time better because he _____.

1. has no homework 2. needs to balance training and schoolwork 3. plays basketball every weekend only 4. has a personal assistant

D. Self-discipline has taught the author to _____.

1. skip practice when tired 2. give up on difficult subjects 3. keep going even when things are difficult 4. avoid training in bad weather

E. Playing basketball has made the author feel _____.

1. more confident 2. more tired 3. less organised 4. less successful

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Sports professions (not only players but also coaches, masseurs, managers)

When we think about sports careers, we usually imagine professional athletes. However, there are many other jobs in the world of sport. Coaches, masseurs and managers A_____ just as important as the players. My uncle is a sports coach. He B_____ football to young children. He says that being a coach is more than just C_____ players how to play. You need to understand each player individually and help them develop their strengths.

A good coach is like a teacher and a friend at the same time. He believes that coaching is as rewarding as playing. My cousin has a different sports profession. She D_____ as a sports manager for a basketball team. She organises games, travels with the team and manages the budget. She loves her job because she can E_____ close to sports without being an athlete herself. There are so many opportunities in this field for people with different talents.

- A. 1) is 2) are 3) was 4) were
B. 1) teaching 2) taught 3) teaches 4) was teaching
C. 1) teach 2) taught 3) to teach 4) teaching
D. 1) work 2) works 3) worked 4) is working
E. 1) stay 2) staying 3) stayed 4) to stay

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Sport and discipline

...I play tennis every weekend and I think it helps me become more responsible.

Do you do any sports? How does sport help you in your studies or in your daily life? Do you think sport can help you in your future job?

Write back soon.

Best wishes,

Peter

Вариант 8



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker works _____.

1. every day 2. three days a week 3. only at weekends

B. The speaker says that the most difficult thing about balancing work and study is _____.

1. waking up early 2. managing time properly 3. communicating with colleagues

C. The speaker avoids burnout by _____.

1. sleeping less 2. taking breaks and resting 3. working faster

D. According to the speaker, it is important to _____.

1. tell your boss about your school schedule 2. work as much as possible 3. forget about homework sometimes

E. The speaker thinks that having a job while studying _____.

1. is always a bad idea 2. teaches valuable life skills 3. makes school less important

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

The impact of sleep and nutrition on productivity (at school and at work)

Have you ever noticed that on some days you feel full of energy and can complete all your tasks easily, while on other days everything seems difficult? The answer to this difference often lies in two simple things: how well you sleep and what you eat.

Sleep and nutrition are the foundations of good productivity,

whether you are a student trying to study for exams or a young person working a part-time job. Let's start with sleep.

When you sleep, your brain processes information from the day and prepares you for the next one. Without enough sleep, you cannot concentrate properly. You forget things more easily and you make more mistakes. For teenagers, experts recommend at least eight to nine hours of sleep every night. However, many teenagers sleep much less than this because they stay up late watching videos, playing games or doing homework. The result is that they feel tired during the day and cannot perform as well as they could. This is as true for a student as it is for a young worker. Lack of sleep makes you slower and less efficient at everything. Good sleep is not just about quantity. The quality of your sleep matters too. If you use your phone or computer before bed, the blue light can stop you from falling asleep easily. It is better to put away all electronic devices at least one hour before going to bed. Reading a book or listening to calm music is much more helpful than scrolling through social media. A quiet, dark room also helps you sleep more deeply.

Now let's think about nutrition. What you eat during the day directly affects how your brain works. If you eat heavy, sugary foods, you might feel energetic for a short time, but soon after you will experience a 'sugar crash' and feel tired again. On the other hand, healthy foods like fruit, vegetables, nuts and whole grains give you steady energy throughout the day. A good breakfast is especially important. Eating breakfast helps you

concentrate better in the morning and makes you feel less hungry during the day. Students who eat breakfast regularly perform better in their studies than those who skip it.

Water is another important factor. Many people do not drink enough water during the day. Even mild dehydration can make you feel tired and reduce your ability to concentrate. It is recommended to drink water regularly, not only when you feel thirsty. You should also avoid too much coffee or energy drinks. They might give you a quick boost, but they can also make you feel anxious and make it harder to sleep at night.

The good news is that making small changes to your daily routine can bring big improvements. Going to bed at a regular time, eating a healthy breakfast and drinking enough water are simple habits that can transform your productivity. These changes are not difficult, but they require some discipline. The effort is worth it because you will feel better, learn faster and work more efficiently.

A. According to experts, teenagers need _____.

1. five to six hours of sleep every night
2. eight to nine hours of sleep every night
3. ten to eleven hours of sleep every night
4. as much sleep as adults

B. Blue light from devices can _____.

1. help you fall asleep faster
2. improve your concentration
3. make it harder to fall asleep
4. reduce your stress levels

C. Eating healthy foods gives you _____.

1. a quick boost of energy
2. a 'sugar crash' after some time

3. steady energy throughout the day 4. more sleep at night

D. Students who eat breakfast regularly _____.

1. perform worse in their studies 2. perform better in their studies 3. feel hungrier during the day 4. sleep less at night

E. Even mild dehydration can _____.

1. improve your concentration 2. help you sleep better 3. reduce your ability to concentrate 4. make you feel more energetic

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Digital detox: why it is important to turn off your phone during work

My name is Katya and I love my smartphone. I use it for everything: talking to friends, watching videos and even A_____ my homework. But I also notice that my phone B_____ me from concentrating on my work. When I started my first job at a café, I C_____ that I couldn't stop checking my phone every few

minutes. My manager told me that this was not professional and that I should D_____ better. She explained that customers need your full attention. Now I E_____ my phone in my bag during my shift. I feel much more focused and my work has improved significantly.

A. 1) do 2) to do 3) doing 4) did

B. 1) distracts 2) distracted 3) is distracting 4) was distracting

C. 1) realise 2) realised 3) have realised 4) was realizing

D. 1) concentrate 2) concentrating 3) to concentrate 4) concentrated

E. 1) am leaving 2) left 3) leaving 4) have left

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Health and routine

...I am so busy with school and my part-time job that I feel tired all the time.

What do you do to stay healthy and energetic? Do you think sleep is important for good grades and work? What advice would you give me to feel better?

Write back soon.

Best wishes,

Peter

Вариант

9



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предло-

женных (1, 2 или 3).

A. Soft skills are _____.

1. technical abilities 2. personal qualities 3. academic knowledge

B. According to the psychologist, soft skills are important because _____.

1. they help you get good grades 2. they help you communicate and work with others 3. they are easy to learn at school

C. The psychologist says that listening is _____.

1. less important than speaking 2. as important as speaking 3. more important than speaking

D. The psychologist believes that teamwork skills _____.

1. are only useful for adults 2. are useful for both children and adults 3. are not necessary for future careers

E. According to the psychologist, the best way to develop soft skills is _____.

1. reading books 2. practising them in real life 3. watching videos

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите

рите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

The ability to listen and hear — the main skill in any profession

When we think about important skills for a career, we usually think about technical knowledge. We believe that a doctor needs to know medicine, an engineer needs to know mathematics and a teacher needs to know their subject. However, there is one skill that is often overlooked but is actually more important than many technical skills: the ability to listen and truly hear what other people are saying.

Listening is not the same as hearing. Hearing is a physical process. Your ears receive sounds and your brain recognises them. But listening is an active process. It requires attention, understanding and response. When you truly listen to someone, you are not just waiting for your turn to speak. You are trying to understand their perspective, their feelings and their needs. This is as important in a conversation with a friend as it is in a business meeting. In any profession, listening is essential. For example, a good doctor must listen carefully to their patients. They need to understand the symptoms, but they also need to understand the patient's concerns and fears. A patient who feels heard is more likely to trust the doctor and follow their advice. Similarly, a teacher who listens to their students can understand their difficulties and adjust their teaching methods. A manager who listens to their employees can create a more positive and

productive work environment. In all these cases, listening is the foundation of good relationships and effective work.

Listening also helps you avoid misunderstandings. Many conflicts at work and in personal life happen because people do not listen to each other. They assume things that are not true. They react before understanding the full situation. When you listen carefully, you get the complete picture. You ask questions to clarify things you don't understand. This reduces the chance of mistakes and arguments. It is much easier to solve a problem when you truly understand it. Another benefit of listening is that it makes people feel valued. When someone listens to you attentively, you feel respected and appreciated. This builds trust and strengthens relationships. In a workplace, this means better teamwork and collaboration. When people feel that their opinions are heard, they are more motivated to contribute and work hard. This creates a positive atmosphere where everyone wants to do their best.

Developing listening skills takes practice. You can start by giving people your full attention when they speak. Put away your phone. Look at the person. Show that you are interested. Avoid interrupting. Ask questions to show that you are following their ideas. Summarise what they said to make sure you understood correctly. These simple habits can transform the way you communicate with others. You will notice that people respond more positively to you when they feel genuinely listened to.

A. The author says that listening is _____.

1. the same as hearing 2. less important than technical skills 3. an active process that requires attention 4. only useful for doctors and teachers

B. A doctor who listens to their patients _____.

1. works faster than other doctors 2. earns more money than other doctors 3. builds trust with their patients 4. does not need medical knowledge

C. Many conflicts happen because people _____.

1. do not listen to each other 2. talk too much 3. have different opinions 4. work too hard

D. When people feel listened to, they _____.

1. feel less motivated 2. work less efficiently 3. feel valued and respected 4. become more competitive

E. To improve listening skills, you should _____.

1. interrupt the speaker 2. give the speaker your full attention 3. look at your phone while listening 4. avoid asking questions

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3

или 4).

Emotional intelligence: can I understand other people's feelings?

Emotional intelligence is the ability A_____ your own emotions and understand the emotions of others. Some people think this is a natural talent, but I believe it can be learned. I remember when I was younger, I often B_____ why my friends felt upset. I didn't understand their reactions. But now I am more careful. I try C_____ how others might be feeling in different situations. When my friend looks sad, I ask her what is wrong instead of ignoring her. My parents teach me that everyone D_____ emotions differently. Some people show their feelings openly, others hide them. It is important to be patient and kind. Now I think that emotional intelligence is as important as academic knowledge. I want E_____ better at understanding people.

A. 1) understand 2) to understand 3) understanding 4) understood

B. 1) don't understand 2) didn't understand 3) haven't understood 4) wasn't understanding

C. 1) to imagine 2) imagine 3) imagining 4) imagined

D. 1) experiences 2) experience 3) is experiencing 4) experienced

E. 1) become 2) becoming 3) to become 4) became

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объемом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Soft skills

...At school, we talked about soft skills like communication and teamwork.

Do you think these skills are important for students? What soft skill do you think is the most useful? Are you good at any of these skills?

Write back soon.

Best wishes,

Peter

Вариант

10



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker believes that choosing a hobby club should be based on _____.

1. what your friends are doing 2. your genuine interest 3. what your parents want

B. According to the speaker, a hobby club can help you _____.

1. get better grades in all subjects 2. develop useful skills for the future 3. become famous one day

C. The speaker's first choice of club was _____.

1. a robotics club 2. a sports club 3. an art club

D. The speaker says that the most important thing about a club

is _____.

1. winning competitions 2. enjoying what you do 3. meeting new people

E. The speaker advises younger students to _____.

1. try many different clubs 2. only join one club 3. choose a club that is easy

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

My yearly plan: what I want to achieve in 7th grade for my development

The beginning of the school year is always a good time to think about goals. I am now in the 7th grade and I believe this year is important for my personal development. I am no longer a child, but I am not yet an adult. This is the perfect time to build good habits and discover my strengths and weaknesses.

My first goal is to improve my time management. I often spend too much time on things that are not important, like scrolling through social media or watching videos. Then, I have

to rush through my homework in the evening. This makes me feel stressed and tired. This year, I want to learn how to plan my day better. I will make a weekly schedule and stick to it. I will do my homework as soon as I come home from school. I believe this will help me have more free time and feel more relaxed.

My second goal is to read more books. I used to read a lot when I was younger, but now I spend most of my free time online. I miss the feeling of losing myself in a good story. So, I have decided to read at least one book every month. This is not too difficult, but it requires discipline. I also want to read books that are not just for school. I want to explore different genres and authors. Reading will help me improve my vocabulary and my writing skills. It will also help me understand other people's perspectives and the world around me better.

My third goal is to learn something new outside of school. Last year I joined a robotics club and I really enjoyed it. It taught me how to solve problems and work in a team. This year I want to learn a new skill, maybe playing a musical instrument or learning a foreign language.

I think learning new things is as important as doing well at school. It makes life more interesting and helps you discover hidden talents.

My fourth goal is to become more physically active. I spend too much time sitting at my desk. I want to start doing sports regularly. I don't want to become a professional athlete, but I want to stay healthy and fit. I will start by walking to school

instead of taking the bus. I will also try to join a sports club or just exercise at home. I believe that having a healthy body is important for having a healthy mind.

My final goal is to spend more time with my family. Sometimes I forget that my family is always there for me. I want to have dinner with them more often, talk to them about my day and listen to their stories. These small moments are precious. I want to appreciate them before I grow up and leave home.

A. The author wants to improve his time management because _____.

1. he has too much free time 2. he feels stressed and tired 3. his parents told him to 4. he wants to impress his friends

B. The author wants to read more books because _____.

1. his teacher requires it 2. he misses reading for pleasure 3. he wants to become a writer 4. he has nothing else to do

C. The author learned from his robotics club how to _____.

1. make money 2. become a professional engineer 3. solve problems and work in a team 4. fix electronic devices

D. The author wants to become more physically active because _____.

1. he wants to be a professional athlete 2. he wants to stay healthy and fit 3. his doctor told him to 4. his friends are all doing sports

E. The author wants to spend more time with his family because _____.

1. he has no friends 2. he wants their money 3. he thinks family moments are precious 4. his parents are strict

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Mistakes in choosing an activity: how not to regret wasted time

Choosing an activity or a club is not always easy. Sometimes we choose something and then we A_____ we made a mistake. This happened to me last year when I joined a photography club. I B_____ that I would learn many interesting things. But after three months, I C_____ that I didn't enjoy taking photos as much as I thought I would. The lessons were too technical for me. I felt that I could D_____ my time and energy. However, I learned an important lesson. Next time, I will try an activity before I join it. I will also ask more questions about what the club offers. This way, I E_____ to make the same mistake again.

A. 1) realise 2) realised 3) realise 4) will realise

B. 1) think 2) thought 3) have thought 4) was thinking

C. 1) understand 2) understood 3) have understood 4) was understanding

D. 1) wasted 2) am wasting 3) was wasting 4) waste

E. 1) won't want 2) don't want 3) didn't want 4) haven't wanted

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Choices and planning

...I am thinking about joining a new club this year but I'm not sure which one to choose.

What clubs do you have at your school? Have you ever joined a club that was not right for you? What advice would you give me about choosing a club?

Write back soon.

Best wishes,

Peter

Вариант

11



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker believes that clothes _____.

1. are the most important thing for success 2. can affect how people perceive you 3. do not matter at all

B. According to the speaker, a school uniform _____.

1. makes all students look the same 2. helps students focus on their studies 3. is uncomfortable and ugly

C. The speaker thinks that dressing neatly shows _____.

1. that you have a lot of money 2. that you respect yourself and others 3. that you are more intelligent

D. The speaker's first job interview taught him that _____.

1. clothes are not important 2. appearance matters 3. he should always wear casual clothes

E. The speaker advises young people to _____.

1. wear expensive clothes 2. dress appropriately for the situation 3. follow fashion trends strictly

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Neatness and hygiene — respect for yourself and others

Have you ever thought about what your appearance says about you? Many people believe that how you look is not important, that only your character and your abilities matter. While it is true that a person's inner qualities are more important than their outer appearance, it is also true that your appearance sends a message to the world.

Being neat and clean shows respect for yourself and respect for other people. Neatness means being tidy and well-groomed. It does not mean wearing expensive or fashionable clothes. You can be neatly dressed in simple, affordable clothes. The key is that your clothes are clean and in good condition. Your hair is combed and your shoes are not dirty. These small details tell others that you care about yourself and that you take pride in your appearance. When you look neat, people are more likely to take you seriously and treat you with respect.

Hygiene is even more important than neatness. Basic hygiene habits like showering daily, brushing your teeth and using deodorant are essential. These habits are not just about looking good. They are about health and comfort for yourself and for the people around you. Nobody wants to be near someone who has bad breath or body odour. Such things can make people feel uncomfortable and can create a negative impression that is difficult to change.

At school, neatness and hygiene can affect your relationships with teachers and classmates. Teachers notice when a student is well-groomed and organised. They may unconsciously associate neatness with responsibility and diligence. Similarly, classmates are more likely to want to work with someone who looks clean and tidy. A student who does not take care of their personal hygiene may find themselves isolated or excluded from group activities.

In the workplace, appearance becomes even more important.

Many jobs have dress codes or uniform requirements. Even when there is no formal dress code, there are usually unwritten rules about what is appropriate to wear. For example, you would not wear shorts and a T-shirt to a job interview for a professional position. You would wear something more formal, like a shirt and trousers. This shows that you understand the expectations of the workplace and that you are serious about the job. It is also important to remember that different situations require different types of dress. What is appropriate for a sports practice is not appropriate for a school ceremony or a job interview. Learning to dress appropriately for different occasions is a valuable life skill. It shows that you are adaptable and that you understand social norms.

Ultimately, neatness and hygiene are not about being perfect or looking like a model. They are about showing basic respect for yourself and others. Taking care of your appearance does not take much time or money, but it can make a big difference in how people perceive you and how you feel about yourself.

A. Being neatly dressed means _____.

1. wearing expensive clothes
2. following fashion trends
3. wearing clean clothes in good condition
4. looking like a model

B. Basic hygiene habits are important because _____.

1. they make you look fashionable
2. they are about health and comfort
3. they cost a lot of money
4. they are difficult to maintain

C. Teachers may associate neatness with _____.

1. intelligence 2. wealth 3. responsibility and diligence 4. popularity

D. In the workplace, appearance becomes more important because _____.

1. employers are superficial 2. there are usually dress codes or expectations 3. you need to wear expensive clothes 4. everyone judges you by your looks

E. Learning to dress appropriately for different occasions shows that _____.

1. you have a lot of money 2. you follow fashion trends 3. you are adaptable and understand social norms 4. you want to impress everyone

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

First impressions: how do I look in the eyes of teachers and employers?

First impressions are powerful. People form opinions about

you within seconds of meeting you. That is why it is important A_____ about how you present yourself. When I started my first job, I B_____ that my appearance mattered a lot. My manager told me that customers feel more confident when employees look neat and professional. She said that looking good is not about being vain. It is about showing respect. Now I always dress appropriately for every situation. I C_____ to look clean and tidy every day. At school, I also notice that teachers treat students who are neat and organised differently. They listen to them more carefully and often give them more responsibilities. I D_____ that this is unfair, but it is the reality. So, I try to look presentable every day. I E_____ that my appearance is as important as my knowledge.

A. 1) think 2) thinking 3) to think 4) thought

B. 1) realise 2) realised 3) have realised 4) was realizing

C. 1) try 2) tried 3) have tried 4) am trying

D. 1) know 2) knew 3) have known 4) am knowing

E. 1) understand 2) understood 3) have understood 4) was

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по

переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Image and appearance

...My school is thinking about introducing a uniform. Some students are happy about it, but others are not.

What do you think about school uniforms? Do you think appearance is important for success? How do you decide what to wear to school?

Write back soon.

Best wishes,

Peter

Вариант 12



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker's main motivation to study is _____.

1. to get high grades 2. to achieve his future goals 3. to please his parents

B. According to the speaker, small pieces of success _____.

1. are not important 2. help him stay motivated 3. make him feel tired

C. The speaker says that his parents motivate him by _____.

1. punishing him for bad grades 2. encouraging and supporting him 3. comparing him to other children

D. The speaker believes that motivation comes from _____.

1. external rewards only 2. internal desire to improve 3. competition with others

E. The speaker advises other students to _____.

1. only study subjects they like 2. set small achievable goals 3. study as much as possible

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Small victories: why you should praise yourself for completed work

Many people believe that the only thing that matters is the final result. They think that if you have not achieved your main goal, then all your effort was a waste of time. This is not true. Every step forward is important, no matter how small it is.

Recognising and celebrating your small victories along the

way is one of the most effective ways to stay motivated and keep moving towards your larger goals. When you work on a big project or prepare for an important exam, it can sometimes feel overwhelming. The amount of work seems huge and you might feel that you will never finish. This is exactly the moment when you need to break your goal into smaller, manageable steps. Instead of thinking about the entire project, think about what you can achieve today. Maybe you can write one page of your essay. Maybe you can learn ten new English words. Maybe you can solve five mathematical problems. These are small victories, and they are worth celebrating.

Why is it important to praise yourself for these small achievements? First, because it gives you immediate positive feedback. When you finish a task, your brain releases dopamine, a chemical that makes you feel good. This feeling encourages you to continue working. If you only wait until the end of the project to feel satisfied, you might lose motivation along the way. Small celebrations keep your energy and enthusiasm high. Second, recognising small victories helps you see your progress. Often, when we work hard, we do not notice how far we have come. We only see how far we still have to go. This can be discouraging. By keeping track of your small achievements, you can look back and see that you are actually making steady progress. This is as important as the final result because it reminds you that you are moving in the right direction. Third, praising yourself builds your confidence. Every time you complete a task, no matter how

small, you prove to yourself that you are capable. These small pieces of success accumulate over time and create a strong belief in your own abilities.

When you face a difficult challenge, you can remember all the things you have already accomplished. This gives you the courage to keep going. However, it is important to be honest with yourself. Not every small step deserves a huge celebration. You should only praise yourself for genuine effort and real progress. If you praise yourself for doing nothing, the praise will lose its value. The goal is to acknowledge real achievements, not to create false confidence. Finally, remember that small victories can be shared with others. Tell your friends or family about what you have achieved. Their encouragement and recognition can also motivate you. Sharing your success creates a positive cycle of support and motivation.

A. The author says that breaking a big project into smaller steps helps you _____.

1. finish it faster 2. avoid feeling overwhelmed 3. get better grades 4. impress your teacher

B. When you finish a small task, your brain releases dopamine, which _____.

1. makes you feel tired 2. makes you feel good 3. makes you forget things 4. makes you hungry

C. Recognising small victories helps you _____.

1. ignore your progress 2. see how far you have come 3. feel more stressed 4. focus only on the final result

D. Praising yourself for small achievements builds _____.

1. arrogance 2. laziness 3. confidence 4. isolation

E. The author advises that you should only praise yourself for _____.

1. doing nothing 2. completing all tasks at once 3. genuine effort and real progress 4. perfection in everything

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

How not to be afraid of difficulties and see things through to the end

Everyone faces difficulties in life. The difference between successful people and those who give up is the ability A_____ challenges and keep going. Last year I decided B_____ a difficult project. At first, I was very excited. But soon I faced many problems. My computer broke down, I couldn't find the information I needed and I felt like giving up. However, my friend told me that C_____ were part of the process. He said

that every problem had a solution if you looked for it. Now I am not afraid of difficulties any more. I D_____ that they help us grow and become stronger. When I finish something difficult, I feel proud of myself. I also E_____ my success with others. This motivates me to take on new challenges.

- A. 1) face 2) to face 3) facing 4) faced
B. 1) start 2) starting 3) started 4) to start
C. 1) difficulty 2) difficulties 3) difficulty's 4) difficulties'
D. 1) realised 2) realise 3) have realised 4) am realizing
E. 1) share 2) shared 3) am sharing 4) have shared

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Motivation and goals

...I am trying to learn French and sometimes I feel like giving up because it is so difficult.

What motivates you to keep going when things are hard? Do you have any goals that you are working towards? How do you celebrate your small achievements?

Write back soon.

Best wishes,

Peter

Вариант

13



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the speaker, a leader is someone who _____.

1. tells others what to do 2. inspires and helps others 3. is the most popular student

B. The speaker believes that leadership skills _____.

1. are something you are born with 2. can be developed with practice 3. are not important for teenagers

C. The speaker's first experience as a leader was _____.

1. in a sports team 2. in a school project 3. in a volunteer group

D. The speaker says that a good leader _____.

1. always knows everything 2. listens to others' ideas 3. works alone

E. The speaker advises young leaders to _____.

1. be confident but not arrogant 2. be strict with everyone 3. never ask for help

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

How to resolve conflicts with classmates or colleagues

Conflicts are a normal part of life. Whenever people work

or study together, disagreements can happen. Different opinions, different personalities and different expectations can all lead to conflict. However, the problem is not the conflict itself. The problem is how we handle it.

Learning to resolve conflicts effectively is an essential skill for school, for work and for life. The first step in resolving any conflict is to stay calm. When we are angry or upset, we often say things we later regret. Our emotions can make us react without thinking. Take a few deep breaths before you respond. If you feel too emotional, it is better to take a short break and come back to the conversation later. A calm mind can think more clearly and find better solutions.

The second step is to listen. Many conflicts continue because people do not really listen to each other. They are too busy preparing their own arguments. If you want to resolve a conflict, you need to understand the other person's point of view. Let them speak without interrupting. Show that you are listening by nodding and asking questions. Sometimes, when people feel heard, they become less defensive and more willing to find a solution.

The third step is to express your own feelings honestly but respectfully. Use 'I' statements instead of 'you' statements. For example, say 'I feel frustrated when the work is not divided fairly' instead of 'You never do your share of the work'. 'You' statements sound like accusations and make people defensive. 'I' statements express your feelings without blaming the other person. This

makes it easier for both sides to have a productive conversation.

The fourth step is to find common ground. Even in a conflict, there is usually something that both sides agree on. Maybe you both want the project to be successful. Maybe you both want to have a positive relationship. Focus on these shared goals. When you remember that you are on the same team, it becomes easier to work together towards a solution.

The fifth step is to look for solutions together. Instead of insisting on your own solution, ask the other person what they think could work. Brainstorm ideas together. Be creative and open-minded. Sometimes the best solution is one that neither of you thought of at first. Finding a solution together also builds trust and strengthens the relationship.

Finally, sometimes it is necessary to ask for help. If you have tried everything and the conflict is still not resolved, speak to a teacher, a manager or another adult you trust. This is not a sign of weakness. It is a sign of maturity to recognise when you need outside help. An impartial person can often see the situation more clearly and suggest solutions that you might not have considered.

A. When you are angry during a conflict, you should _____.

1. say what you think immediately 2. take a break and come back later 3. raise your voice to be heard 4. blame the other person

B. Listening to the other person is important because

_____.

1. it gives you time to prepare your argument 2. it shows that you are right 3. it helps you understand their point of view 4. it makes you look smarter

C. Using 'I' statements is better than 'you' statements because _____.

1. they sound like accusations 2. they express feelings without blaming 3. they are longer and more formal 4. they make the other person feel guilty

D. Focusing on common ground helps both sides _____.

1. forget about the problem 2. remember that they are on the same team 3. win the argument 4. avoid talking to each other

E. Asking for help from a teacher or manager is _____.

1. a sign of weakness 2. a sign of maturity 3. a waste of time

A	B	C	D	E

4. an admission of failure

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Helping others: volunteering and community work

Volunteering is a wonderful way to help others and make a difference in your community. Many teenagers A_____ that volunteering is only for adults, but this is not true. Last summer I

B_____ at a local animal shelter. I C_____ the animals, cleaned their cages and played with them. It was hard work but I loved it. I felt that I D_____ something meaningful. My parents were very proud of me. They said that helping others was as important as studying. Now I continue E_____ at the shelter every weekend. I think everyone should try volunteering at least once.

A. 1) think 2) thinks 3) thought 4) are thinking

B. 1) volunteer 2) volunteered 3) have volunteered 4) was volunteering

C. 1) feed 2) fed 3) feeding 4) have fed

D. 1) do 2) did 3) was doing 4) have done

E. 1) work 2) working 3) to work 4) worked

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Leadership and leaders

...Our class is choosing a new class representative. I am thinking about running for this position.

Do you think I would make a good leader? What qualities should a good leader have? Have you ever been a leader in any project?

Write back soon.

Best wishes,

Peter

Вариант

14



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е

выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker thinks that a budget is _____.

1. a complicated thing for adults only 2. a simple plan for your money 3. something that limits your freedom

B. According to the speaker, planning a budget helps you _____.

1. spend more money 2. avoid wasting money 3. forget about your expenses

C. The speaker divides his money into _____.

1. spending and saving 2. spending, saving and sharing 3. spending only

D. The speaker says that saving money makes him feel _____.

1. anxious 2. proud and secure 3. bored

E. The speaker advises other teenagers to _____.

1. spend all their money immediately 2. start budgeting as early as possible 3. only save money, never spend it

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите

рите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Piggy bank or bank account: how to save what you have earned

You have worked hard and earned your first money. Congratulations! Now comes the important question: what should you do with it? Should you keep it in a piggy bank at home, or should you open a bank account? Both options have their advantages and disadvantages, and understanding them can help you make the best choice for your situation.

A piggy bank is the traditional way to save money. It is simple, easy and requires no paperwork. You can put your coins and notes in it whenever you want. The best thing about a piggy bank is that you can see your money grow. When it becomes heavier, you feel a sense of achievement. This can be very motivating for younger children who are learning about money. However, a piggy bank has some serious disadvantages. First, it is not secure. If someone finds your piggy bank, they can take your money. Second, your money does not grow in a piggy bank. It stays the same amount. You cannot earn interest or any extra money from it. Third, it is easy to take money out of a piggy bank. If you are tempted to spend your savings, it is very easy to do so.

A bank account offers many advantages. First, it is much more secure. Banks have strong security systems to protect your money. You do not need to worry about someone stealing your savings. Second, your money can grow in a bank account. Most

banks pay interest on the money you deposit. This means that your money increases over time, even if you do not add anything to it. This is as valuable as earning more money from work. Third, having a bank account teaches you about the financial system. You learn how to manage your money, how to use a bank card and how to keep track of your balance. These are important skills for adult life. However, a bank account also has some disadvantages. First, you usually need to be a certain age to open one, often around 14 or 16. Some banks allow younger children to open accounts with their parents' help. Second, there may be fees or minimum balance requirements. It is important to check these details before opening an account. Third, you cannot see your money growing in the same way as with a piggy bank. Your money is digital, which some people find less satisfying. Some people use both methods. They keep a small amount of cash in a piggy bank for small expenses and save the rest in a bank account. This gives them the best of both worlds. They have easy access to cash for immediate needs, while their main savings are safe and growing in the bank.

The most important thing is to start saving early. Whether you choose a piggy bank or a bank account, the habit of saving is one of the most valuable habits you can develop. It will help you achieve your goals and give you financial security in the future.

A. The best thing about a piggy bank is that _____.

1. your money grows on its own 2. it is secure and safe 3. you can see your money grow 4. you can earn interest

B. A bank account offers the advantage of _____.

1. allowing you to spend money easily 2. paying interest on your savings 3. requiring no paperwork 4. keeping your money visible

C. To open a bank account, you might need to _____.

1. be a certain age 2. have a lot of money 3. be a professional
4. have a job

D. Some people use both a piggy bank and a bank account because _____.

1. they cannot decide which is better 2. they want to have cash for small expenses and savings in the bank 3. they have too much money 4. they do not trust banks

E. The most valuable habit you can develop is _____.

1. spending money quickly 2. borrowing from friends 3. saving money early 4. keeping money at home

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Should you lend money to friends?

Lending money to friends is a common situation. A friend might need money for lunch, for a bus ticket or for something they want to buy. But is it a good idea? I A_____ about this question many times. I have a friend who B_____ money from me regularly. At first, I didn't mind. I thought that friends should help each other. But then I noticed that he C_____ to pay me back on time. When I asked him about it, he became upset. This created tension between us. I just D_____ that lending money can ruin friendships. I try to avoid it. If a friend really needs help, I offer other types of support. I believe that E_____ clear about money is important for any friendship.

A. 1) think 2) thought 3) have thought 4) was thinking

B. 1) borrows 2) borrowed 3) has borrowed 4) was borrowing

C. 1) forgot 2) forget 3) has forgotten 4) was forgetting

D. 1) understand 2) understood 3) have understood 4) am understanding

E. 1) be 2) being 3) to be 4) been

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по

переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Financial literacy

...I get pocket money every week, but I always spend it all by the end of the week.

Do you save your pocket money? What do you usually spend your money on? Do you have any tips for saving money?

Write back soon.

Best wishes,

Peter

Вариант 15



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the speaker, happiness at work depends mostly on _____.

1. how much money you earn 2. how much you enjoy what you do 3. how famous you become

B. The speaker believes that a job can make you happy if it _____.

1. gives you a sense of purpose 2. requires little effort 3. allows you to work alone

C. The speaker's parents told him that _____.

1. work is always hard and unpleasant 2. you should find something you love doing 3. money is the only thing that matters

D. The speaker says that helping others through his work makes him feel _____.

1. tired 2. fulfilled 3. stressed

E. The speaker advises young people to _____.

1. choose the highest-paying job 2. follow their interests and values 3. wait until adulthood to think about happiness

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

My role model among famous people (and why)

Everyone needs someone to look up to. A role model is a person whose behaviour, values or achievements inspire you to become a better version of yourself. For me, that person is not a pop star or a famous athlete. My role model is a scientist named

Dr Stephen Hawking. Although he passed away several years ago, his life and work continue to inspire me every day.

Dr Hawking was one of the greatest physicists of our time. He made important discoveries about black holes and the origins of the universe. But what impresses me even more than his scientific achievements is his personal story.

When he was only 21 years old, he was diagnosed with a terrible disease that gradually paralysed his entire body. Most people would have given up. They would have accepted that their life was over. But Dr Hawking did not give up. He continued his research, wrote bestselling books and gave lectures all over the world. He did all of this while communicating through a special computer that read his eye movements.

What makes Dr Hawking a true role model for me is his attitude towards life. He once said, 'However difficult life may seem, there is always something you can do and succeed in.' These words have stayed with me. Whenever I feel like giving up on a difficult task, I remember his courage and determination. He showed me that physical limitations cannot stop you from achieving greatness if you have a strong mind and a strong will.

Another reason why Dr Hawking is my role model is his sense of humour. Despite his condition, he remained cheerful and positive. He appeared in television shows, made jokes about his situation and never felt sorry for himself. This teaches me that happiness is a choice. Even when life is hard, you can choose to find joy and meaning.

Dr Hawking also believed in the importance of education and curiosity. He said that we should always ask questions and never stop learning. This is a value that I try to live by. I want to be curious about the world and always seek to understand how things work. I believe that education is the key to a better future, both for individuals and for society as a whole.

Finally, Dr Hawking showed me that you can be successful while being kind and humble. He never boasted about his achievements. He always gave credit to his colleagues and collaborators. He used his fame to advocate for important causes like disability rights and environmental protection. This is the kind of person I want to become. A person who uses their abilities to make the world a better place.

A. Dr Hawking's personal story impresses the author because _____.

1. he was a pop star 2. he did not give up despite his illness 3. he made a lot of money 4. he was famous on television

B. Dr Hawking believed that _____.

1. life is always difficult 2. there is always something you can succeed in 3. only healthy people can achieve greatness 4. happiness depends on wealth

C. Dr Hawking's sense of humour showed the author that _____.

1. sadness is unavoidable 2. happiness is a choice 3. jokes are not important 4. life is always funny

D. Dr Hawking believed in the importance of _____.

1. making money 2. becoming famous 3. education and curiosity 4. physical strength

E. Dr Hawking used his fame to advocate for _____.

1. his own interests 2. disability rights and environmental protection 3. making more money 4. appearing on television

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

A letter to my future self: who will I be in 5 years in my profession?

Dear Future Me, I am writing this letter to remind myself of my dreams. Right now, I A_____ about what I will be in five years. I hope I will be a successful professional who loves what they do. I imagine myself B_____ as a doctor. I see myself helping patients every day. I know that the path will be difficult, but I am ready C_____ hard. I want D_____ a difference in people's lives. I also hope that I will still E_____ the same values that I have today: kindness, honesty and perseverance. Whoever

you become, I hope you are happy. Love, Your Present Self

A. 1) think 2) am thinking 3) thought 4) have thought

B. 1) work 2) working 3) to work 4) worked

C. 1) work 2) working 3) to work 4) worked

D. 1) make 2) to make 3) making 4) made

E. 1) have 2) having 3) to have 4) had

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Thinking about the future

...We had a project at school where we had to write about our dream job and our role models.

What job would you like to do in the future? Who is your role model and why? Do you think your dream job will make you

happy?

Write back soon.

Best wishes,

Peter

РАЗДЕЛ 2. Вариант 16



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker learnt to predict the weather from _____.

1. his grandfather 2. the internet 3. a book

B. Low-flying birds usually mean that _____.

1. the weather will be sunny 2. rain is coming 3. it will be windy

C. Ants building higher anthills show that _____.

1. they are preparing for a cold winter 2. they are looking for food 3. they want to move to a new place

D. Red sky in the evening indicates that _____.

1. the next day will be rainy 2. the next day will be fine 3. a storm is approaching

E. The speaker says that these traditional methods are _____.

1. less reliable than modern technology 2. as useful as weather apps 3. completely useless nowadays

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

The most unusual weather phenomena (fire tornadoes, fish rains)

Most people are familiar with common weather phenomena like rain, snow, wind and thunderstorms. However, nature can sometimes produce events that seem impossible. These rare and unusual weather phenomena remind us that the natural world is full of surprises.

One of the most spectacular and terrifying weather

phenomena is the fire tornado, also known as a fire whirl. This occurs when intense heat from a large wildfire meets strong winds. The hot air rises rapidly and begins to spin, creating a tornado-like column of fire. Fire tornadoes can reach temperatures of over 1,000 degrees Celsius. They can lift burning debris high into the air and spread the fire over great distances. Fire tornadoes are not just dangerous. They are also extremely difficult to stop. Firefighters cannot approach them because of the intense heat. Fortunately, fire tornadoes are rare and usually last only a few minutes.

Another bizarre weather event is the fish rain. This phenomenon has been reported in many countries throughout history. It occurs when small fish are sucked up into the air by a waterspout or a tornado over a lake or the sea. The fish are carried high into the atmosphere and then dropped back to the ground, sometimes miles away from where they were taken. Fish rains are not dangerous to humans because the fish are usually small and fall over a large area. However, they can be quite surprising for the people who witness them. Imagine walking outside and seeing fish falling from the sky! Similar phenomena have also been reported with frogs and other small aquatic creatures.

There are also reports of coloured rain, where rain falls in unusual colours like red, yellow or black. This can happen when dust or sand from the Sahara Desert is carried by the wind and mixed with rain. The coloured particles give the rain a strange appearance. In some places, red rain was so heavy that it

looked like blood was falling from the sky. This was historically interpreted as a bad omen, but we now understand the scientific explanation behind it.

Some scientists believe that climate change may be making these unusual phenomena more common. As global temperatures rise, extreme weather events become more frequent. This means that we might see more fire tornadoes, more intense storms and other strange weather events in the future. Understanding these phenomena is important not just for our curiosity, but also for our safety.

A. A fire tornado occurs when intense heat from a wildfire meets _____.

1. heavy rain 2. strong winds 3. cold air 4. lightning

B. Fire tornadoes are difficult to stop because _____.

1. they move very fast 2. they are rare 3. they are extremely hot 4. they last a long time

C. Fish rain happens when fish are sucked up by _____.

1. a waterspout or a tornado 2. a strong wind 3. a volcano 4. a flood

D. Coloured rain can be caused by _____.

1. chemicals from factories 2. dust from the desert mixed with rain 3. fish falling from the sky 4. fire tornadoes

E. Climate change may make unusual weather phenomena _____.

1. less common 2. disappear completely 3. more frequent 4. less dangerous

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

How animals sense approaching earthquakes or storms

Animals have always been known for their ability to sense natural disasters before they happen. My grandmother told stories about how her dog A_____ strangely before a storm. I once asked a biologist about this. He explained that animals have better hearing than humans. They can hear low-frequency sounds that we cannot B_____. I remembered that my cat hid under the sofa an hour before the earthquake last year. Afterwards, I C_____ that she had sensed something unusual. Some birds used to fly in circles before a storm. Scientists believe that birds feel changes in air pressure. They D_____ instinctively to protect themselves. In Japan, people E_____ strange behaviour in fish before tsunamis for a long time. In fact, this information is passed down through generations and helped many people survive.

A. 1) act 2) acted 3) have acted 4) used to act

B. 1) don't notice 2) notice 3) haven't noticed 4) wasn't noticing

C. 1) haven't understood 2) didn't understand 3) understood 4) was understanding

D. 1) have reacted 2) react 3) used to react 4) had reacted

E. 1) had observed 2) observed 3) have been observing 4) used to observe

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Weather and nature

...Last week we had a terrible thunderstorm and our power went out for two days! My grandmother told me stories about how people used to predict weather before smartphones.

Do you know any traditional ways to predict the weather?
What is the most unusual weather you have experienced? Would
you like to live in a place with extreme weather?

Write back soon.

Best wishes,

Peter

Вариант 17



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker first became interested in big wave surfing after _____.

1. watching a film 2. reading a book 3. trying it himself

B. The biggest waves are found in _____.

1. Australia 2. Hawaii 3. South Africa

C. Big wave surfers use special boards that are _____.

1. shorter and lighter 2. longer and heavier 3. the same as normal boards

D. The speaker says that the most dangerous thing about big waves is _____.

1. the cold water 2. the sharks 3. the power of the water

E. The speaker believes that big wave surfing is _____.

1. too dangerous for everyone 2. an addictive passion 3. only for professional athletes

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Rafting on mountain rivers

White water rafting is one of the most exciting outdoor activities in the world. It involves navigating a rubber raft down a fast-flowing river with rapids and obstacles. But not all rivers are the same. Some are gentle and suitable for beginners, while others are extremely dangerous and only for experienced professionals.

To help people understand the level of difficulty, rivers are

classified using an international system of grades. Grade 1 is the easiest level. The water is calm with small waves and gentle currents. There are no obstacles. This level is perfect for families with young children and people who have never tried rafting before. You don't need any special skills or experience. It is more like a relaxing boat ride than an adventure.

Grade 2 is slightly more difficult. The water moves faster and there are small rapids and waves. You might need to paddle occasionally to keep the raft moving in the right direction. This level is still suitable for beginners, but you should be comfortable in the water. Children over eight years old can usually enjoy this level with adult supervision.

Grade 3 is where things start to get exciting. The rapids are moderate and irregular. There are waves that can splash water into the raft. You need to follow instructions from your guide carefully. This level requires some basic paddling skills and a reasonable level of fitness. Many people consider Grade 3 the most enjoyable level because it offers adventure without being too dangerous. It is as challenging as a good roller coaster ride.

Grade 4 is for experienced rafters only. The rapids are intense and powerful. There are large waves, strong currents and sharp turns. You need to be in excellent physical condition. You also need to be able to react quickly to changing conditions. Mistakes at this level can lead to capsizing. This is the highest level that most commercial rafting companies offer to the public.

Grade 5 is extremely difficult and dangerous. The rapids are

very long, continuous and unpredictable. There are huge waves and dangerous obstacles like rocks. Only professional rafters with years of experience attempt this level. Even then, serious injuries or even death are possible. Many rivers at this level are not open to commercial rafting.

Grade 6 is considered virtually impossible. Rapids at this level have never been successfully navigated. They are extremely dangerous and often deadly. Attempting a Grade 6 rapid is considered almost suicidal. Very few people have even tried, and most have regretted it.

A. Grade 1 rafting is suitable for _____.

1. professional athletes 2. families with young children 3. experienced rafters 4. teenagers only

B. At Grade 3 level, you need _____.

1. no skills at all 2. years of experience 3. basic paddling skills and fitness 4. special rescue equipment

C. Grade 4 rafting requires excellent physical condition because _____.

1. it is a relaxing boat ride 2. the rapids are intense and powerful 3. it is suitable for beginners 4. there are no obstacles

D. Grade 5 rapids are attempted by _____.

1. commercial rafting companies 2. families with children 3. only professional rafters 4. beginners

E. Grade 6 rapids are considered _____.

1. the most enjoyable 2. virtually impossible 3. suitable for all ages 4. easy to navigate

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Cage diving with sharks — is it sport or madness?

I have always been fascinated by sharks. When I was younger, I used to watch documentaries about them for hours. But I never imagined that one day I would actually swim with them. Last summer, my friend suggested going cage diving in South Africa. I was terrified at first. I remembered that I had seen a film about shark attacks when I was a child. It had scared me so much that I A_____ swimming in the sea for months. But my friend convinced me to try it. When we arrived at the boat, I was shaking with fear. The instructor B_____ everything. He said that the sharks C_____ closer to the boat before, but now they were more cautious. I felt a little better after hearing that. We put on our wetsuits and got into the cage. As the cage D_____ into the water, I saw a great white shark E_____ towards us. It was the most amazing experience of my life. Now I understand why

people do this. It is not madness. It is the feeling of being close to one of nature's most perfect creatures.

A. 1) didn't go 2) hadn't gone 3) wasn't going 4) hadn't been going

B. 1) explained 2) had explained 3) was explaining 4) used to explain

C. 1) didn't come 2) hadn't come 3) weren't coming 4) used to come

D. 1) had lowered 2) lowered 3) was lowered 4) had been lowering

E. 1) swim 2) swimming 3) to swim 4) swam

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Extreme water sports

...My brother tried white water rafting last weekend and he loved it!

Have you ever tried any extreme water sports? Would you like to try something like that? What do you think is the most exciting water activity?

Write back soon.

Best wishes,

Peter

Вариант 18



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The cave hotel is located in _____.

1. Istanbul 2. Cappadocia 3. Ankara

B. The rooms in the cave hotel are _____.

1. dark and cold 2. warm and comfortable 3. small and noisy

C. The speaker says that sleeping without windows was _____.

1. terrifying 2. relaxing 3. boring

D. The hotel has modern facilities like _____.

1. a swimming pool 2. a cinema 3. a spa

E. The speaker recommends the cave hotel for _____.

1. people who love nature 2. people who want a unique experience 3. people who are afraid of heights

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

A treehouse with a lift and a jacuzzi

When most people think of a treehouse, they imagine a simple wooden platform built in a backyard. It is a place where children play and sleep during summer holidays. But some treehouses are far from simple. They are luxurious, expensive and designed for adults who want a truly unique experience.

One of the most extraordinary treehouses in the world is located in the rainforest of British Columbia, Canada. It is built around a massive 150-year-old Douglas fir tree. The treehouse has three separate structures connected by suspension bridges.

Each structure is a private suite with a bedroom, a bathroom and a living area. The design was inspired by the surrounding nature. The rooms have large windows that offer panoramic views of the forest and the mountains. But the most impressive feature is a glass lift that takes guests from the ground to the treehouse. This lift is perfect for guests who cannot climb stairs.

The treehouse is equipped with modern amenities. The bathroom has a rainfall shower and a deep bathtub. The kitchen has everything you need to cook meals, including a stove and a refrigerator. But the highlight is the outdoor hot tub on the main deck. Guests can relax in the warm water while watching eagles fly overhead and listening to the sounds of the forest.

The owners designed the treehouse to be as eco-friendly as possible. They used sustainable materials and renewable energy sources. Solar panels provide electricity. Rainwater is collected and filtered for use in the bathrooms. The treehouse has a minimal impact on the environment. Despite its luxury, it respects the surrounding nature.

Staying in a treehouse like this is not cheap. A night costs several hundred dollars. But for many people, the experience is worth the price. They can feel closer to nature without giving up comfort. The treehouse is popular for romantic getaways. It has been featured in travel magazines and on television shows. The success of this treehouse has inspired other similar projects. Now you can find luxury treehouses in many countries. Some have pools, others have helipads. The concept has evolved from

a simple childhood dream into a serious architectural trend. This shows that the desire to connect with nature is universal. It also shows that creativity and innovation can transform traditional ideas into something new.

A. The treehouse in British Columbia is built around _____.

1. an old oak tree 2. a fir tree 3. a pine tree 4. a maple tree

B. The treehouse has three separate structures connected by _____.

1. wooden stairs 2. tunnels 3. suspension bridges 4. rope ladders

C. The most impressive feature of the treehouse is _____.

1. the swimming pool 2. the glass lift 3. the fireplace 4. the garden

D. The treehouse is eco-friendly because _____.

1. it has no electricity 2. it uses sustainable materials and renewable energy 3. it is made of plastic 4. it is very small

E. The success of this treehouse has inspired _____.

1. people to build simple treehouses 2. luxury treehouses in many countries 3. children to play more 4. hotels to close

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

The ice hotel (Sweden) — what happens if you melt the bed?

I will never forget my stay at the Ice Hotel in Sweden. I had seen pictures of it before, but nothing could have prepared me for the reality. When I arrived, I couldn't believe my eyes. Everything was made of ice and snow. The hotel was A_____ from blocks of ice taken from the nearby river. The temperature inside was minus five degrees. I remembered that I B_____ warm clothes, but they seemed insufficient. My bed was made of ice too. It had a mattress covered with reindeer skins to keep me warm. I C_____ that sleeping on ice would be awful, but it was surprisingly comfortable. The staff advised us to sleep in thermal underwear and hats. They said that guests D_____ cold before they started giving better sleeping bags. The most amazing part was the ice bar. Glasses were made of ice and drinks were served at freezing temperatures. I E_____ anything like it. I took a photo of my ice bed before I went to sleep.

A. 1) built 2) had built 3) were building 4) used to build

B. 1) brought 2) had brought 3) was bringing 4) used to bring

C. 1) thought 2) was thinking 3) had thought 4) used to think

D. 1) woke up 2) had woken up 3) used to wake up 4) were waking up

E. 1) didn't taste 2) had never tasted 3) wasn't tasting 4) hadn't been tasting

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Amazing places to stay

...I saw a documentary about a hotel made of ice in Sweden yesterday. It looked incredible but also very cold!

Have you ever stayed in any unusual place? Would you like to stay in a hotel made of ice or in a treehouse? What kind of unusual accommodation interests you most?

Write back soon.

Best wishes,

Peter

Вариант 19



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker started feeling the effects of altitude at _____.

1. 2,000 metres 2. 3,000 metres 3. 4,000 metres

B. At high altitudes, the air has _____.

1. less oxygen 2. more oxygen 3. the same amount of oxygen

C. The guide advised the group to _____.

1. breathe deeply and slowly 2. breathe quickly 3. hold their breath

D. The speaker says that climbing slowly helped him _____.

1. save energy 2. avoid altitude sickness 3. take more photos

E. The speaker believes that the hardest part of high-altitude trekking is _____.

1. the cold weather 2. the physical effort 3. the lack of oxygen

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Mountain biking: downhill volcano ash

Riding Mountain biking is already an exciting sport, but some riders take it to a whole new level. They do not just ride down hills. They ride down active volcanoes covered in volcanic ash. This sport is known as volcano boarding or ash cycling. It combines the thrill of speed with the challenge of unpredictable terrain.

Volcano boarding was first developed in Nicaragua. Riders climb to the top of Cerro Negro, an active volcano, and then ride

down its slopes. The surface is made of loose volcanic ash and small rocks. It is not like a normal mountain trail. The ash is soft and slippery. It feels like riding on sand or snow, but it is much dustier. The rider uses a special bike designed for this surface. The tyres are wider than usual to provide better grip. The biggest challenge is controlling the speed. On ash, you can slide faster than you intend to. Some riders have reached speeds of over 80 kilometres per hour. At that speed, even a small mistake can be dangerous. You need to lean back and use your weight to steer. The brakes are almost useless because the bike slides on the loose surface. It is as difficult as controlling a bike on ice.

Before riding, riders must climb the volcano. This is physically demanding and can take up to an hour. The climb is steep and the loose ash makes every step hard. You sink into the ash with each step. Many riders say that the climb is actually harder than the ride down. The effort to reach the top is as exhausting as running a marathon.

Safety equipment is essential. Riders wear helmets, protective clothing and goggles. The goggles protect their eyes from ash particles. The protective clothing prevents cuts in case of a fall. Despite the gear, injuries are common. Broken bones and cuts are not unusual. Professional riders accept these risks as part of the sport.

The popularity of volcano boarding has grown in recent years. Tourists from all over the world come to try it. The local economy benefits from this tourism. However, the activity is not without

its critics. Some environmentalists worry about the impact on the volcano's fragile ecosystem. There are also concerns about safety. Despite these concerns, the sport continues to attract new enthusiasts. For them, the thrill of riding down a volcano is worth any risk.

A. Volcano boarding involves riding down _____.

1. snowy mountains 2. active volcanoes covered in ash 3. steep rocky cliffs 4. ice-covered slopes

B. The surface of Cerro Negro is made of _____.

1. hard rock 2. sand and snow 3. loose volcanic ash and small rocks 4. ice and mud

C. The rider uses a special bike with wider tyres to _____.

1. go faster 2. climb the volcano 3. provide better grip 4. look more impressive

D. The biggest challenge is controlling the speed because _____.

1. the brakes are perfect 2. the surface is too hard 3. the brakes are almost useless on loose ash 4. the bike is too heavy

E. Many riders say the hardest part is _____.

1. the ride down 2. the climb up 3. the equipment 4. the cost

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Free solo climbing — why do people do it without a rope?

Free solo climbing is one of the most dangerous sports in the world. Climbers scale vertical rock faces without any ropes or safety equipment. One mistake means death. Yet some people choose to do it. Alex Honnold is the most famous free solo climber. He A_____ for his famous climb of El Capitan for years. He used to practise the route many times with ropes before he attempted it without them. He knew every handhold and foothold. He B_____ every movement. When he finally C_____ El Capitan without ropes, the world was shocked. Many people asked why he did it. Honnold said that climbing was his passion. He D_____ to explain it to others before, but they never understood. Some people think he is crazy. Others admire his courage. I believe that free solo climbers experience something that most people never E_____. The concentration and focus required is as intense as meditation. When you climb without a rope, there is no room for distraction.

A. 1) prepared 2) had been preparing 3) was preparing 4) used to prepare

B. 1) visualised 2) had visualised 3) was visualising 4) used to visualize

C. 1) climbed 2) had climbed 3) was climbing 4) had been climbing

D. 1) tried 2) has tried 3) was trying 4) had tried

E. 1) feel 2) had felt 3) were feeling 4) had been feeling

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Outdoor adventures

...My family is planning a hiking trip in the mountains next summer. I'm a bit nervous because I've never done anything like that before.

Have you ever been hiking or climbing? What advice would you give to a beginner? What do you think is the best part of spending time in the mountains?

Write back soon.

Best wishes,

Peter

Вариант 20



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the speaker, a tent is essential because _____.

1. it protects you from rain and wind 2. it makes you feel comfortable 3. it looks nice in photos

B. The speaker recommends a sleeping bag that _____.

1. is lightweight and compact 2. is cheap and simple 3. has a

bright colour

C. The speaker says that you should always carry _____.

1. at least two litres of water 2. at least three litres of water 3. as much water as possible

D. The first aid kit should include _____.

1. only painkillers 2. bandages and antiseptic 3. medicine for every disease

E. The speaker believes that a lighter is more important than matches because _____.

1. it works even when wet 2. it is cheaper 3. it is easier to use

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

How to choose a campsite so you don't wake up in a puddle

Camping is a wonderful way to enjoy nature and escape the stress of daily life. However, a bad campsite can ruin your entire trip. One of the most common mistakes beginners make is choosing the wrong place to pitch their tent. Waking up in a puddle of water is not a pleasant experience. Fortunately, with a

little knowledge and observation, you can avoid this problem.

The most important rule is to avoid low-lying areas. Water always flows downhill. If you set up your tent at the bottom of a slope, any rain will drain towards you. This is a simple rule, but many people forget it. Even if the weather is fine when you arrive, rain can come unexpectedly. It is always better to choose higher ground. A flat area on a gentle slope is much safer.

The second rule is to look for signs of previous flooding. If you see mud, wet patches or water marks on trees, this is a warning sign. It means the area is likely to flood when it rains. Also, avoid spots near rivers or streams. They may look beautiful, but they can rise quickly after heavy rain. It is better to stay at least 50 metres away from any water source. This gives you a safety margin if the water level suddenly increases.

The third rule is to consider the ground itself. Is it soft and mossy? Soft ground can become muddy and wet very quickly. Hard, sandy or gravelly ground drains better. You should also clear the ground of sharp stones and sticks before you pitch your tent. These can damage your tent floor and let water in. Some campers put a tarp under their tent for extra protection.

The fourth rule is to pay attention to the wind. Avoid exposed ridges where the wind is strong. However, avoid deep valleys where cold air collects at night. A sheltered spot among trees can provide protection from wind while still offering good drainage. If you are camping near the coast, remember that the wind can change direction during the night.

The fifth rule is to think about the sun. In summer, morning sun can wake you up early. You might want to choose a spot that is shaded in the morning. In autumn or spring, you might want a spot that catches the morning sun to warm you up. Consider your own preferences.

Finally, always look up. Dead branches hanging above your tent are dangerous. They can fall during a storm and cause serious injury or damage. A good campsite is not just about the ground. It is about the whole environment around you.

A. Beginners often make the mistake of choosing _____.

1. a spot near the forest
2. the wrong place to pitch their tent
3. the wrong time to go camping
4. too much equipment

B. You should avoid low-lying areas because _____.

1. they are too windy
2. water flows downhill towards them
3. they are too sunny
4. they have too many rocks

C. Signs of previous flooding include _____.

1. dry leaves
2. mud, wet patches and water marks on trees
3. birds in the area
4. green grass

D. You should stay at least 50 metres away from water sources because _____.

1. mosquitoes live there
2. the water level can rise suddenly
3. it is too noisy
4. the view is not good

E. Before pitching your tent, you should _____.

1. water the ground
2. clear the ground of sharp stones and sticks
3. dig a hole
4. make a fire

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Gas canister vs campfire: which will cook pasta faster?

When you go camping, you have to decide how to cook your food. You can use a gas canister and a portable stove, or you can make a campfire. Both have their advantages, but which one will cook pasta faster? Last summer, my friends and I decided to test this. We A_____ for three days and we used a gas stove for cooking. Then, we decided to try a campfire. We B_____ a fire and waited for the flames to become strong. The pot was placed over the fire. It was much slower than we C_____. I remember that my grandfather D_____ everything on a campfire. He said it was faster than gas. But I think his fire was bigger than ours. After our experiment, we E_____ that gas was faster for cooking pasta. The heat from a gas stove was more focused and intense.

A. 1) camped 2) had been camping 3) had camped 4) were camping

B. 1) built 2) had built 3) were building 4) used to build

C. 1) expected 2) had expected 3) were expecting 4) used to expect

D. 1) cooked 2) had cooked 3) was cooking 4) used to cook

E. 1) concluded 2) had concluded 3) were concluding 4) used to conclude

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Camping for beginners

...I want to try camping for the first time this summer. I have no experience and I haven't even got any equipment yet.

Have you ever been camping? What equipment do I really need? What advice would you give to a complete beginner?

Write back soon.

Best wishes,
Peter

Вариант 21



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. BASE jumping differs from skydiving because _____.

1. you jump from a plane 2. you jump from a fixed object 3. it is safer than skydiving

B. The speaker says that the most dangerous part of BASE jumping is _____.

1. the wind 2. opening the parachute 3. landing safely

C. The speaker had been preparing for his first jump for _____.

1. several days 2. several weeks 3. several months

D. The speaker describes the feeling of freefall as _____.

1. terrifying 2. peaceful 3. exciting and freeing

E. The speaker thinks that BASE jumping is _____.

1. only for professionals 2. safer than it looks 3. an escape from routine

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Zorbing — is it fun or does it make you sick?

Zorbing is one of the strangest and most entertaining activities you can try. The idea is simple. You get inside a giant inflatable ball, called a zorb, and roll down a hill. The ball is made of transparent plastic, so you can see the world spinning around you as you descend. It is like being inside a giant hamster wheel, but without the control.

Zorbing was invented in New Zealand in the 1990s. It quickly

became popular around the world. Today you can find zorbing venues in many countries. There are two main types of zorbing: hydro zorbing and dry zorbing. In hydro zorbing, a small amount of water is added to the ball. You slide around inside the ball as it rolls, which makes the experience even more chaotic and slippery. Dry zorbing has no water and is more like a gentle ride.

For most people, the experience is thrilling. The feeling of rolling down a hill without any control is unusual. It is as exciting as a roller coaster. However, not everyone enjoys it. Some people feel sick and disoriented. The spinning motion can cause nausea, especially on long or steep slopes. This is why zorbing is not recommended for people who get motion sickness easily.

Despite these risks, zorbing is generally safe. The balls are made from strong, durable material. They are designed to protect the person inside. If you fall or bump into something, the ball absorbs the impact. Zorbing venues usually test their equipment regularly. They also provide safety instructions before you start. The experience can be different depending on the slope. Short, gentle slopes are suitable for beginners. You roll slowly and have time to enjoy the view. Long, steep slopes are for adrenaline seekers. The ball accelerates quickly and the world becomes a blur. Some venues even offer night zorbing with lights inside the ball.

Zorbing is not just for fun. Some people use it as a form of therapy. The unusual sensory experience can help people with certain conditions. It also builds trust and confidence.

Many corporate team-building events include zorbing as a group activity. Zorbing has also inspired variations. Some companies offer water zorbing on lakes. You float inside the ball on water. Other companies combine zorbing with other activities like skiing. Innovation continues to evolve this strange sport.

A. Zorbing was first developed in _____.

1. the United States 2. New Zealand 3. Australia 4. the United Kingdom

B. In hydro zorbing, water is added to the ball to _____.

1. make it heavier 2. make the experience more chaotic and slippery 3. clean the ball 4. make it more comfortable

C. Zorbing is not recommended for people who _____.

1. are very tall 2. get motion sickness easily 3. love roller coasters 4. are professionals

D. The balls are safe because they _____.

1. are made of metal 2. are made from strong, durable material 3. are very small 4. have brakes

E. Some people use zorbing as a form of _____.

1. transport 2. therapy 3. exercise 4. competition

A	B	C	D	E

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Flyboarding: flying over water using a jet stream

Flyboarding is one of the most spectacular water sports. You wear a board attached to a hose that connects to a jet ski. The jet ski pushes water through the hose. The pressure lifts you high into the air, as if you are flying. I tried flyboarding for the first time last summer. I A_____ videos online before, but nothing prepared me for the reality. When I first got on the board, I was nervous. I B_____ anything like it. My instructor C_____ me that people who D_____ it often regretted it. The first attempt was a disaster. I fell into the water as soon as I tried to lift off. But my instructor encouraged me to try again. He E_____ people for many years. He gave me simple advice: 'Don't fight the water. Let it lift you.'

A. 1) have seen 2) saw 3) had seen 4) was seeing

B. 1) have experienced 2) experienced 3) had experienced 4) was experiencing

C. 1) told 2) had told 3) has told 4) was telling

D. 1) didn't try 2) hadn't tried 3) weren't trying 4) hadn't been trying

E. 1) taught 2) had taught 3) has taught 4) had been teaching

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объемом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Extreme air sports

...My friend tried skydiving last weekend and he loved it! He wants me to join him next time. I'm not sure if I'm brave enough.

Have you ever tried any extreme sport? Would you ever jump out of a plane or from a skyscraper? What would you do if you had the chance?

Write back soon.

Best wishes,

Peter

Вариант



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker went on safari in _____.

1. Kenya 2. South Africa 3. Tanzania

B. The group used cameras instead of guns because _____.

1. they wanted to take photos 2. they were not allowed to hunt
3. they had forgotten their guns

C. The most impressive animal the speaker saw was _____.

1. a lion 2. an elephant 3. a giraffe

D. The guide told the group to stay quiet because _____.

1. the animals were sleeping 2. loud noises would scare the animals away
3. there were other tourists nearby

E. The speaker describes the experience as _____.

1. boring and tiring 2. unforgettable and exciting 3. dangerous and scary

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Geocaching — treasure hunting by GPS coordinates in the forest

Have you ever dreamed of being a treasure hunter? Imagine walking through a forest, following clues and searching for hidden treasure. This is exactly what geocaching offers.

Geocaching is a modern outdoor treasure hunt. It uses GPS technology to help participants find hidden containers, called geocaches, around the world. The concept is simple. Someone hides a container, usually a small waterproof box, somewhere interesting. They record the GPS coordinates and post them online. Other people use these coordinates to find the cache. When you find it, you sign the logbook inside. You can also take a small item from the cache and leave something else in exchange. This is called 'trade even or trade up'. The rule is that you leave

something of equal or greater value.

Geocaching began in 2000 when GPS became available to the public. Since then, it has grown into a global phenomenon. There are millions of geocaches in over 190 countries. They are hidden in cities, forests, mountains and even underwater. Some are easy to find. Others are extremely difficult and require climbing, diving or solving complex puzzles.

The beauty of geocaching is that it is suitable for everyone. Families with young children can enjoy easy caches in parks. Experienced adventurers can tackle difficult caches in remote locations. It is as fun for a beginner as it is for an expert. The only equipment you need is a GPS device or a smartphone with a geocaching app.

Geocaching has a strong community spirit. Players often help each other by leaving hints and clues online. There are also events where geocachers meet in person. They share stories, exchange trackable items and discover new locations together.

One of the most important rules of geocaching is to respect nature. Geocachers should not damage plants or disturb wildlife. They should stay on marked paths when possible. They should also keep the location of the cache secret so that other people can enjoy the hunt. This responsibility is as important as finding the cache itself.

Some people think geocaching is just a game. For many, it is much more than that. It is a way to explore new places, stay active and meet new people. It encourages observation and attention

to detail. It creates memories that last a lifetime. Geocaching combines adventure with community in a way few other activities can match.

A. The speaker compares geocaching to _____.

1. a sport 2. treasure hunting 3. camping 4. hiking

B. When you find a cache, you should _____.

1. take everything inside 2. sign the logbook and trade items
3. hide it in a new place 4. tell everyone the location

C. Geocaching became popular in _____.

1. 1990 2. 2000 3. 2010 4. 2020

D. Geocaching is suitable for families because _____.

1. it is only for children 2. there are easy caches in parks 3. it is very cheap 4. it requires special skills

E. One of the most important rules of geocaching is to _____.

1. find as many caches as possible 2. respect nature 3. use expensive equipment 4. compete with other players

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую фор-

му, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Night forest with a torch: listening to owls and searching for fireflies

I have always loved nature, but I had never experienced the forest at night. Last summer, my friend Alex suggested we go for a night walk in the forest. He said he used to do it when he A_____ in the countryside. I was nervous at first. I B_____ afraid of the dark since childhood. But I decided to try it. We entered the forest just after sunset. The trees looked mysterious in the fading light. I C_____ on my torch. The beam of light cut through the darkness. It was quieter than I had expected. We walked along the path slowly. Alex told me to listen carefully. He said I D_____ owls if I was quiet enough. We stopped near a large oak tree. I E_____ off my torch. The darkness was complete. Then, I heard it. An owl was calling somewhere above us. Its voice was deep and haunting. I had never heard anything like it before.

A. 1) live 2) used to live 3) had lived 4) lived

B. 1) be 2) was 3) had been 4) used to be

C. 1) switched 2) had switched 3) was switching 4) used to switch

D. 1) hear 2) heard 3) would hear 4) used to hear

E. 1) turn 2) had turned 3) turned 4) used to turn

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объемом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Unusual holiday activities

...My family is planning our summer holiday. We want to try something different this year.

Have you ever done any unusual activities during your holidays? What would you recommend for a family looking for adventure? What is the most memorable experience you have ever had?

Write back soon.

Best wishes,

Peter

Вариант 23



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker first tried snowboarding at the age of _____.

1. ten 2. twelve 3. fourteen

B. A half-pipe is a _____.

1. U-shaped structure made of snow 2. straight slope for beginners 3. small hill for children

C. The speaker says that the most difficult trick to learn was

- _____.
1. a backflip
 2. a 360-degree spin
 3. a rail slide

D. The speaker's first successful trick in the half-pipe made him feel _____.

1. terrified
2. proud and excited
3. disappointed

E. The speaker recommends snowboarding because _____.

1. it is easier than skiing
2. it is a great way to enjoy winter
3. it is not dangerous at all

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Dog sledding: how to control a team of 8 huskies

Dog sledding is one of the oldest forms of transport in cold regions. For centuries, people in the Arctic have used dogs to travel across snow and ice. Today, dog sledding is also a popular sport and tourist activity. But driving a team of eight huskies is not as easy as it looks. It requires skill, patience and a deep understanding of the dogs.

The most important thing about dog sledding is the

relationship between the musher and the dogs. The musher is the person who drives the sled. The dogs are not just animals pulling a vehicle. They are athletes and partners. They need to trust the musher. They also need to know that the musher trusts them. This trust is built over time through training and daily care. The lead dogs are the most important members of the team. They sit at the front and follow the musher's commands. They must be intelligent and brave. They need to make decisions when the musher cannot see the trail clearly. The lead dogs also set the pace for the rest of the team. The other dogs follow their example. Without a good lead dog, the team cannot function well.

Communication is essential. The musher uses voice commands to control the dogs. 'Gee' means turn right. 'Haw' means turn left. 'Hike' means start running. 'Whoa' means stop. The musher must use a firm and clear voice. The commands must be consistent. Dogs do not understand human language, but they learn the meaning of sounds and tones. The musher should never shout in anger. This confuses the dogs and breaks their trust.

The musher also needs to understand the dogs' body language. A dog that holds its tail low is tired or scared. A dog that wags its tail quickly is happy and ready to run. A dog that yawns may be nervous. Paying attention to these signs helps the musher know when to push the team and when to rest.

Physical fitness is important for both the dogs and the musher. The musher must be able to run alongside the sled when the dogs

need help going uphill. The dogs need to be in excellent shape to pull the sled for many hours. They need a balanced diet and plenty of water.

The musher must also know how to care for the dogs' paws, which can get injured on ice or rough snow. Dog sledding is not just a sport. It is a partnership between humans and animals. The bond between a musher and their dogs is as strong as any friendship. Many mushers say their dogs are their best friends. They spend more time with their dogs than with other people. This deep connection makes dog sledding a unique and rewarding experience.

A. The lead dogs sit at the front of the team and _____.

1. pull the sled alone 2. follow the musher's commands 3. decide the route 4. carry the supplies

B. The musher uses voice commands like 'Gee' and 'Haw' to _____.

1. feed the dogs 2. control the dogs' direction 3. calm the dogs down 4. reward the dogs

C. Dogs do not understand human language, but they _____.

1. understand human thoughts 2. learn the meaning of sounds and tones 3. read the musher's mind 4. follow other dogs' orders

D. A dog that holds its tail low is likely to be _____.

1. happy 2. excited 3. tired or scared 4. hungry

E. The bond between a musher and their dogs is described as _____.

1. professional and formal 2. as strong as any friendship 3. based on fear 4. temporary and casual

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Ice climbing — climbing up a frozen waterfall

Ice climbing is one of the most challenging winter sports. It requires physical strength and technical skill. When I first heard about it, I thought it was impossible. I A_____ anything more difficult than a rock wall. But my friend convinced me to try it. Last winter, we drove to a frozen waterfall in the mountains. I B_____ pictures of ice climbers before, but I C_____ how they did it. When I saw the waterfall, my heart sank. It looked terrifying. I D_____ on my crampons and picked up my ice axes. My instructor gave me some advice. He said, 'Don't look down. Focus on the next move.' I took a deep breath and started climbing. The ice was harder than I had expected. I had to swing my axes with force to get a grip. My arms were burning. I was

using muscles I didn't know I had. But I kept going. Finally, I reached the top. I E_____ so exhausted. But I had also never felt so proud. When I looked down at the frozen waterfall, I realised that I had done something incredible. I had climbed a frozen waterfall. Now I understand why people love this sport.

A. 1) never climb 2) had never climbed 3) never climbed 4) had never been climbing

B. 1) see 2) saw 3) have seen 4) had seen

C. 1) never understand 2) had never understood 3) have never understood 4) never understood

D. 1) put 2) had put 3) was putting 4) used to put

E. 1) had never felt 2) have never felt 3) had never felt 4) was never feeling

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Winter adventures

...I've always loved winter but I'm looking for new ways to enjoy it. Do you like winter sports? Have you ever tried any unusual winter activity? What would you recommend to someone who wants to try something exciting in the snow?

Write back soon.

Best wishes,

Peter

Вариант 24



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker learned to start a fire without matches from _____.

1. his grandfather 2. the internet 3. a scout leader

B. The first method the speaker describes uses _____.

1. a magnifying glass and sunlight 2. a battery and chewing gum 3. flint and steel

C. The speaker says the battery and foil method works because _____.

1. the foil gets very hot 2. the battery produces a spark 3. the foil reflects light

D. The speaker warns that the battery method can be _____.

1. dangerous 2. slow 3. messy

E. The speaker believes these skills are _____.

1. outdated and useless 2. useful for emergencies 3. only for experts

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

How to clean a fish with a knife and cook it on a stick

Fishing is a popular outdoor activity. But catching a fish is only half the story. If you are camping and you want to eat your catch, you need to know how to clean and cook it. This is not difficult, but it requires the right technique.

The first step is to prepare your fish. Rinse the fish in clean water to remove dirt and slime. Place the fish on a flat surface.

Hold the fish firmly by the tail. Use a sharp knife. A dull knife is more dangerous than a sharp one because it can slip. Make a cut behind the gills. Cut down to the backbone but do not cut through it. Turn the knife and cut along the backbone towards the tail. This separates the fillet from the bones. Repeat on the other side.

The second step is to remove the skin. Place the fillet skin-side down on the surface. Hold the tail end of the fillet firmly. Insert the knife between the skin and the meat at the tail end. Angle the knife slightly upwards. Grip the skin and slide the knife along the fillet. The skin should come off in one piece. This technique is as important as filleting the fish itself.

The third step is to check for bones. Run your fingers along the fillet. Remove any small bones with tweezers or your fingers. Even a small bone can ruin a meal. This is a tedious but essential step.

Now you are ready to cook. One of the simplest methods is cooking the fish on a stick. Find a straight, green stick. Green wood does not burn easily. Sharpen one end of the stick. Push the stick through the fish from the mouth to the tail. This keeps the fish stable while cooking. Hold the stick over the fire. Turn it regularly so the fish cooks evenly. The fish is ready when the flesh is opaque and flakes easily with a fork.

Another popular method is wrapping the fish in foil with herbs and butter. Place the wrapped fish in the hot coals of the fire. Cook for about 10–15 minutes. This method is slower than

cooking on a stick. But it gives the fish a wonderful flavour.

Cooking fish outdoors is a rewarding experience. There is something special about eating food you have caught and prepared yourself. It is as satisfying as any meal you could have in a restaurant. With practice, these skills become second nature and you will be able to enjoy fresh fish wherever you go.

A. The first step in cleaning a fish is to _____.

1. remove the skin 2. rinse it in clean water 3. cook it on a stick 4. check for bones

B. The author says a dull knife is more dangerous than a sharp one because _____.

1. it is heavier 2. it can slip 3. it is harder to sharpen 4. it makes the fish taste worse

C. You should insert the knife between the skin and the meat at the tail end and _____.

1. cut straight down 2. slide it along the fillet 3. cut the fish in half 4. remove the head first

D. You should check for bones because _____.

1. bones are nutritious 2. even a small bone can ruin a meal 3. bones add flavour 4. bones are easy to remove

E. Green wood is good for cooking because _____.

1. it burns quickly 2. it does not burn easily 3. it adds flavour 4. it is easy to find

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

The knot that won't come undone (the bowline) and its uses

I have always loved camping. When I was younger, my father A_____ me on trips. He taught me many useful skills. One of the most important was tying knots. My father said that a good knot could save your life. He taught me the bowline knot. It is a strong knot that won't come undone. He B_____ me that sailors used to use this knot for centuries. The bowline is perfect for making a loop that won't slip or tighten. I C_____ the importance of the bowline at first. But when I needed it, I was grateful. Last summer, I went kayaking with a friend. We D_____ for hours when a storm came. We needed to tie our kayaks together quickly. I had never felt so relieved to know a knot. I tied the bowline in seconds. It held us together safely. Now I always carry a rope when I go camping. I E_____ the bowline to everyone who wants to learn.

A. 1) took 2) had taken 3) was taking 4) used to take

B. 1) told 2) had told 3) was telling 4) used to tell

C. 1) didn't understand 2) hadn't understood 3) wasn't understanding 4) used to understand

D. 1) paddled 2) had paddled 3) were paddling 4) had been paddling

E. 1) taught 2) had taught 3) was teaching 4) teach

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Camping hacks

...I'm planning my first camping trip and I'm a bit nervous. I want to be prepared.

Do you know any useful camping tricks? How do you start a fire without matches? What other skills would you recommend

for a beginner?

Write back soon.

Best wishes,

Peter

Вариант 25



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker went to the Amazon with _____.

1. his family 2. a group of scientists 3. his school class

B. Before the trip, the speaker was most afraid of _____.

1. snakes 2. spiders 3. mosquitoes

C. The guide told the group that the most dangerous animals in the Amazon are _____.

1. jaguars 2. snakes 3. mosquitoes

D. The speaker got sick during the trip because of _____.

1. a snake bite 2. a mosquito bite 3. bad food

E. The speaker describes the Amazon trip as _____.

1. a terrible experience 2. challenging but unforgettable 3.

boring and disappointing

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Crossing the desert on camels — how much water to take

Crossing a desert is one of the most challenging adventures a person can undertake. The heat is intense. The landscape is endless and empty. There is no water. For centuries, people have used camels to travel across these vast sandy oceans. Camels are perfectly adapted to desert life. They can survive for days without water. But humans cannot. If you are planning a desert crossing, the most important question is: how much water do you need?

The amount of water you need depends on several factors. The temperature is the most important factor. In extreme heat,

you can lose up to two litres of water per hour through sweating. The more you sweat, the more water you need. Physical activity also increases water loss. Walking on sand is more difficult than walking on hard ground. You use more energy and sweat more. The weight of your equipment also matters. A heavy backpack makes you work harder. Experts recommend that each person should carry at least four litres of water per day in moderate heat. In extreme heat, you may need up to six litres per day. For a five-day crossing, this means 20 to 30 litres of water per person. That is 20 to 30 kilograms of extra weight. This is why camels are essential. They can carry heavy loads for long distances.

But water is only part of the solution. You also need to manage your water carefully. Drink small amounts regularly. Do not wait until you are thirsty. If you wait, you are already dehydrated. This makes you weaker. Dehydration also affects your judgment. You can make poor decisions without realising it. This can be as dangerous as running out of water.

You should also plan your route carefully. Avoid travelling during the hottest part of the day. Rest in the shade during midday. Travel during the early morning and late afternoon when the temperature is cooler. This reduces your water consumption. Many desert travellers use a simple rule. They divide their water into portions for each day. They never drink tomorrow's water today. This discipline is essential for survival. Even when you are thirsty, you must not exceed your daily portion. Finally, always carry extra water. Equipment can break. Camels can get sick.

You might get lost. An emergency supply can save your life.

A. The most important question when planning a desert crossing is _____.

1. how many camels to take 2. how much water to take 3. which route to take 4. what food to take

B. In extreme heat, a person can lose up to _____.

1. one litre of water per hour 2. two litres of water per hour
3. four litres of water per hour 4. six litres of water per hour

C. Experts recommend carrying at least four litres of water per day in _____.

1. extreme heat 2. moderate heat 3. cold weather 4. rainy weather

D. You should drink water regularly because _____.

1. it is better to wait until you are thirsty 2. it reduces the weight you carry 3. if you wait, you are already dehydrated 4. it makes the trip faster

E. Many desert travellers never drink tomorrow's water because _____.

1. they prefer to save it for emergencies 2. they want to test their discipline 3. they might need it later 4. this discipline is essential for survival

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Climbing Everest: why are oxygen cylinders needed?

Mount Everest is the highest mountain in the world. Climbing it is a dream for many adventurers. But the mountain is dangerous. The air at the top is thin. There is very little oxygen. That is why climbers use oxygen cylinders. I A_____ to climb Everest. Last year I read a book about a famous climber. He B_____ how he C_____ without oxygen. He believed that oxygen cylinders made climbers weaker. But many experts disagreed. They argued that oxygen saved lives. I had never understood why oxygen was so important until I visited the Himalayas. I didn't train much before my trip. When I reached 6,000 metres, I felt terrible. My head was pounding. I felt dizzy and sick. My guide noticed that I D_____. He E_____ me a mask with oxygen. I felt better instantly. After a few minutes, the headache was gone.

A. 1) has always wanted 2) always wanted 3) have always wanted 4) was always wanting

B. 1) used to describe 2) had described 3) was describing 4) described

C. 1) didn't train 2) used to train 3) was training 4) hadn't been training

D. 1) struggled 2) had struggled 3) was struggling 4) had been struggling

E. 1) offered 2) had offered 3) was offering 4) used to offer

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Dangerous journeys

...I'm planning a trip to a remote area. Some people say it's risky, but I think it's worth it.

Have you ever been on a dangerous journey? What was the biggest challenge you faced? Would you recommend travelling to remote places?

Write back soon.

Best wishes,



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker went to the rope park with _____.

1. his family 2. his school class 3. his friends

B. The most difficult route was called _____.

1. the Black Route 2. the Red Route 3. the Expert Route

C. The speaker says that the hardest part of the route was _____.

1. walking on the rope bridge 2. climbing the rope ladder 3.

the zip line at the end

D. The speaker felt nervous but also _____.

1. bored 2. excited 3. tired

E. The speaker recommends the rope park because _____.

1. it is cheap 2. it helps you overcome fears 3. it is easy for everyone

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Paintball: tactics for playing in the forest (snipers and scouts)

Paintball is an exciting team sport that combines strategy, speed and teamwork. Players shoot each other with paint-filled pellets using special guns. The game is played in various environments, but forest terrain is one of the most popular and challenging.

Playing in a forest requires different tactics than playing in an urban or open field. The most important role in a forest game is the scout. Scouts move ahead of the team. They observe the enemy's position and report back. Scouts must be quiet and fast.

They wear camouflage clothing to blend in with the trees and bushes. They move from tree to tree, using natural cover. A good scout can see the enemy before the enemy sees them. Scouts are as valuable as snipers in a team.

Snipers are another important role. Snipers stay at the back. They find a position with a clear view of the enemy's territory. They shoot accurately from a distance. Snipers must be patient. They wait for the perfect moment. One well-aimed shot can eliminate an enemy player. Snipers often position themselves on higher ground. A slight elevation gives them a better field of vision.

The team leader is responsible for the overall strategy. The leader decides where to attack and when to retreat. The leader must communicate constantly with the team.

Good communication is as important as good shooting. Players use hand signals and code words to avoid being heard by the enemy.

Another tactic is flanking. One group stays in the centre to distract the enemy. Another group moves around the side to attack from behind. This surprises the enemy and creates confusion. Flanking works best when the team is coordinated. Each player must know their role and execute it correctly.

Defensive strategies are also important. Some players stay behind to guard the team's base. They create defensive positions using natural objects like logs and rocks. They watch for enemy scouts trying to infiltrate their territory. A strong defence

protects the team's flag or base.

Communication is the key to any successful paintball team. Players use walkie-talkies and hand signals. They share information about enemy movements. They warn each other about ambushes. A team that communicates well works faster and smarter.

A. The scout's main job in a forest paintball game is to _____.

1. shoot from a distance
2. move ahead and observe the enemy
3. guard the base
4. lead the team

B. Snipers choose higher ground because _____.

1. it is safer
2. it gives them a better field of vision
3. it is easier to hide there
4. they can move faster

C. The team leader is responsible for _____.

1. shooting accurately
2. guarding the base
3. the overall strategy
4. scouting the enemy

D. Flanking involves _____.

1. attacking from the front
2. defending the base
3. moving around the side to attack from behind
4. staying in the centre

E. A team that communicates well works _____.

1. slower but smarter
2. faster and smarter
3. alone without teamwork
4. only with hand signals

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуски, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Outdoor laser tag with reconnaissance drones

Laser tag is a game where players use infrared beams to 'shoot' each other. It is similar to paintball but without the paint. There are no bruises, no messy cleaning and no pain. But outdoor laser tag is more exciting than the indoor version. Last summer, I tried a new kind of laser tag. The game used small drones for reconnaissance. The drones flew above the field. They sent video to the players' tablets. This was different from the games I had played before. I had never experienced anything like it. Before the game, I A_____ how the drones worked. I was nervous. I B_____ a drone before. But the instructor C_____ everything. He said, 'The drone will follow you. But it can also be destroyed.' He showed us how to control it. When the game started, I used my drone to find the enemy. I D_____ their position within minutes. I felt like a spy. The game was more intense than any I had played before. I E_____ a game so much.

- A. 1) didn't understand 2) haven't understood 3) wasn't understanding 4) used to understand
- B. 1) hadn't used 2) didn't use 3) haven't used 4) wasn't using
- C. 1) explained 2) had explained 3) was explaining 4) used to explain
- D. 1) discovered 2) had discovered 3) was discovering 4) used to discover
- E. 1) hadn't never enjoyed 2) didn't enjoy 3) haven't enjoyed 4) had never enjoyed

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Active park activities

...My school is planning a trip to an adventure park with rope

courses and paintball.

Have you ever done activities like this? Which one would you recommend? What was your favourite activity at a park like this?

Write back soon.

Best wishes,

Peter

Вариант 27



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker built an igloo _____.

1. in the mountains 2. near his house 3. at a winter camp

B. The speaker says that the most important thing about an igloo is _____.

1. the entrance 2. the shape 3. the size

C. The temperature inside the igloo was _____.

1. the same as outside 2. much warmer than outside 3. colder than outside

D. The speaker slept in the igloo with _____.

1. a sleeping bag 2. a blanket 3. nothing

E. The speaker describes the experience as _____.

1. terrible 2. unforgettable and cosy 3. boring

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

A shelter made of branches and leaves (a debris hut) for an overnight stay

When you think of survival shelters, you might imagine a tent or a wooden cabin. But in a real emergency, you may not have these things. You might only have what nature can provide. A debris hut is a simple shelter made from branches, leaves and other natural materials. It can protect you from wind, rain and cold. It is as effective as a tent in many situations.

The first step is to find a suitable location. Choose a dry, flat area. Avoid low-lying areas where water can collect. Look for

a place with plenty of natural materials nearby. You need long branches for the frame. You need leaves, grass and moss for insulation. Pine forests are excellent for this because pine needles provide good insulation.

The second step is to build the frame. Find a long, sturdy branch. Lean one end against a tree or a rock. The other end should touch the ground. This is the main ridgepole. Then, place smaller branches along both sides. They should meet at the ridgepole. This creates a triangular frame. The frame should be just big enough for you to crawl into.

The third step is to cover the frame. Start with a layer of large leaves or bark. This keeps out rain. Then, add a thick layer of smaller leaves, grass and moss. This layer traps warm air. The thicker the layer, the warmer you will be. The walls should be at least 30 centimetres thick. This is as important as the frame itself.

The fourth step is to make a bed. Cover the floor of the shelter with a thick layer of leaves and grass. This insulates you from the cold ground. The ground loses heat faster than the air. Without a thick bed, you will be cold even with a good shelter.

The final step is to block the entrance. Use branches or leaves to cover the opening. Leave only a small gap for air. A closed entrance keeps the wind out. It also traps your body heat inside. The shelter will be much warmer.

A debris hut is not a permanent shelter. It is designed for one or two nights. It requires effort to build. But it can save your

life. The ability to build a shelter from natural materials is a skill worth learning.

A. A debris hut is a shelter made from _____.

1. wood and nails
2. branches, leaves and natural materials
3. snow and ice
4. plastic and metal

B. The first step in building a debris hut is to _____.

1. find a long branch
2. choose a suitable location
3. cover the frame with leaves
4. make a bed

C. The main ridgepole should be placed _____.

1. flat on the ground
2. leaning against a tree or a rock
3. in the middle of the shelter
4. across the entrance

D. The layer of leaves, grass and moss on the frame should be at least _____.

1. 15 centimetres thick
2. 30 centimetres thick
3. 50 centimetres thick
4. 100 centimetres thick

E. The bed inside the shelter should be thick because _____.

1. it makes the shelter look better
2. the ground loses heat faster than the air
3. it is easier to sleep on
4. insects cannot get through

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Cocoon sleeping bag vs blanket sleeping bag: which is warmer?

When you go camping, your sleeping bag is one of the most important items. It can mean the difference between a good night's sleep and a miserable one. But which type is warmer: a cocoon sleeping bag or a blanket sleeping bag? I used to think that all sleeping bags were the same. I was wrong. Last winter, I A_____ camping with my cousin. He brought a cocoon sleeping bag. I brought a blanket sleeping bag. Before the trip, I B_____ there was a difference. I C_____ why he had chosen his bag. When the temperature dropped to -10°C , I realised my mistake. I couldn't stop shivering. My cousin was warm. He offered to swap. I D_____ embarrassed but I accepted. He E_____ that cocoon bags wrap around your body. They trap heat better. Blanket bags allow more movement, but they let warm air escape. Now I always choose a cocoon bag for winter camping. I have never regretted it.

A. 1) went 2) had gone 3) was going 4) used to go

B. 1) hadn't known 2) known 3) was not knowing 4) used to know

C. 1) understand 2) understood 3) haven't understood 4) didn't

understand

D. 1) felt 2) have felt 3) had felt 4) was feeling

E. 1) explained 2) had explained 3) was explaining 4) used to explain

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Wilderness shelters

...My family is planning a camping trip in the wilderness. We want to try building our own shelter instead of using a tent.

Have you ever built a shelter in nature? What materials did you use? Would you recommend this experience?

Write back soon.

Best wishes,

Peter

Вариант 28



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker bought a solar power bank before a _____.

1. beach holiday 2. camping trip 3. city break

B. On the first day, the weather was _____.

1. sunny 2. cloudy 3. rainy

C. The power bank worked well when _____.

1. the sun was shining 2. it was connected to a car 3. the

temperature was warm

D. The speaker says that solar power banks are _____.

1. always reliable 2. not perfect for cloudy weather 3. better than normal power banks

E. The speaker advises to _____.

1. always take a spare normal power bank 2. only use solar power banks 3. avoid electronics in nature

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

How to use a compass and a map if your GPS breaks

Modern technology has made navigation incredibly easy. You can open an app on your phone and know exactly where you are. But what happens when your GPS stops working? Your phone can run out of battery. It can lose signal in remote areas. It can break if you drop it. This is why you should always carry a map and compass. Knowing how to use these traditional tools can save your life.

The first step is to understand your map. Maps show the

landscape from above. They use symbols to represent features like rivers, roads, mountains and forests. There is usually a legend that explains these symbols. You need to identify landmarks around you. Find a mountain, a river or a road. Match them to the symbols on your map.

The second step is to orient your map. Place the map on a flat surface. Turn it so that the top of the map points north. The compass will help you do this. The red needle of the compass points north. Turn the map until the north line on the map matches the red needle.

The third step is to find your location. Look at the landscape around you. Identify at least two visible landmarks. These could be a church tower, a distinctive hill or a bridge. Find these landmarks on your map. Draw imaginary lines from these landmarks towards your approximate position. The point where the lines cross is your location. This technique is as accurate as a GPS if you do it correctly.

The fourth step is to plan your route. Once you know where you are, decide where you want to go. Draw a straight line on your map between your location and your destination. Note the direction of this line. Use your compass to follow this direction in the real world. Check your map regularly to make sure you are on the right track.

You should also pay attention to the terrain. A line on a map might go through a river or a steep hill. You may need to adjust your route to avoid these obstacles. A direct route is not always

the best route. Learning to use a map and compass takes practice. It is a skill that can save your life. Start in a familiar area. Practise before you need it.

A. The first step in using a map and compass is to _____.

1. find your location 2. orient your map 3. understand your map 4. plan your route

B. The red needle on a compass points _____.

1. south 2. east 3. west 4. north

C. To find your location, you need to identify at least _____.

1. one visible landmark 2. two visible landmarks 3. three visible landmarks 4. four visible landmarks

D. After finding your location, the next step is to _____.

1. draw a new map 2. plan your route 3. check the weather 4. call for help

E. The author recommends practising map and compass skills in _____.

1. a remote mountain 2. a dense forest 3. a familiar area 4. a foreign country

A	B	C	D	E

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Portable water filter (pump filter) — is it safe to drink from a puddle?

When you are hiking, water is essential. You cannot carry enough for a multi-day trip. You need to find water sources along the way. But drinking water from streams, rivers or puddles is dangerous. It can contain bacteria and parasites. A portable water filter can make it safe. Before I bought a water filter, I used to carry all my water. It was heavy. I was always thirsty. I A_____ about using a filter before. Last summer, I borrowed a pump filter from a friend. I B_____ surprised by how well it worked. When I reached the stream, I C_____ for a place to fill my bottle while I was looking around. I knew that the water looked clear, but I also knew that clear water could be dirty. I put the tube into the water and started pumping. The clean water came out of the other end. I D_____ anything so fresh. The filter removed all the harmful bacteria. I was amazed. Now I never go hiking without a filter. I believe everyone should E_____ one. It is as essential as a map or a first aid kit. It weighs almost nothing and it costs very little.

A. 1) used to think 2) never thought 3) was thinking 4) had never thought

B. 1) was 2) had been 3) is 4) used to be

C. 1) was looking 2) looked 3) had looked 4) used to look

D. 1) never tasted 2) had never tasted 3) was tasting 4) have tasted

E. 1) had 2) have 3) was having 4) used to have

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Going hiking

...I'm going on a long hiking trip next month. I want to be well prepared.

What equipment do you think is the most important? Do you use a compass or do you rely on your phone? Have you ever had any problems with your gear while hiking?

Write back soon.

Best wishes,
Peter

Вариант 29



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker first tried motorcycle trials at the age of _____.

1. twelve 2. fifteen 3. eighteen

B. The obstacles in motorcycle trials are made of _____.

1. wood 2. concrete 3. natural rocks

C. The speaker says that the most difficult part of trials is

_____.
1. maintaining balance 2. going fast 3. jumping high

D. The speaker describes the feeling of completing a difficult section as _____.

1. exhausting 2. incredible 3. frightening

E. The speaker recommends trials for people who like

_____.
1. speed 2. precision and control 3. group activities

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Downhill skateboarding on a mountain road at 80 km/h

Downhill skateboarding is one of the most extreme sports in the world. Unlike ordinary skateboarding, which involves tricks in skateparks, downhill skateboarding is all about speed. Riders race down steep mountain roads, sometimes reaching speeds of over 80 kilometres per hour. The sport has grown rapidly in recent years, with competitions held in many countries.

The equipment is specialised. Downhill skateboards are

longer and lower than regular skateboards. This gives them greater stability at high speeds. The wheels are softer and larger, which provides better grip on the road. Riders wear full protective gear: helmets, leather suits, gloves and knee pads. The gloves have plastic slides on them. Riders use these slides to touch the ground when they turn. This technique is called dragging.

The most important skill in downhill skateboarding is braking. At 80 km/h, you cannot stop quickly. You need to slow down gradually. Riders use a technique called air braking. They stand up straight and spread their arms wide. This increases air resistance and reduces speed. They also use foot braking, which involves placing one foot on the ground to slow down. But this can be dangerous at high speeds.

Downhill skateboarding is not just about speed. It is about control and precision. Riders must read the road ahead. They need to anticipate every turn. A mistake at high speed can be fatal. That is why many riders practise the same route many times before racing. This is as important as any safety equipment.

The sport has a strong community. Experienced riders teach beginners. They share tips about technique, equipment and safety. There are strict rules in competitions. Riders must follow the course and stay in their lane. Overtaking is allowed but only in certain areas.

Many people think downhill skateboarding is crazy. But for the riders, it is a passion. They describe it as pure freedom. The feeling of the wind rushing past is addictive. The concentration

required is extreme. But the sense of achievement is immense.

A. Downhill skateboarding is about _____.

1. doing tricks in skateparks
2. racing down steep mountain roads
3. jumping over obstacles
4. performing in competitions

B. Downhill skateboards are longer and lower than regular skateboards to provide _____.

1. more speed
2. greater stability
3. better tricks
4. lighter weight

C. Riders use their gloves with plastic slides to _____.

1. protect their hands
2. touch the ground when they turn
3. increase speed
4. brake quickly

D. Air braking involves _____.

1. putting your foot on the ground
2. spreading your arms wide
3. sitting down on the board
4. jumping off the board

E. Riders practise the same route many times because _____.

1. they enjoy repetition
2. they need to memorise every turn
3. they want to set a record
4. they have nothing else to do

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса,

обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Quad bikes through swamps — how not to get stuck

Quad biking is an exciting way to explore rough terrain. You can ride through forests, up mountains and across deserts. But one of the most challenging environments is a swamp. The mud is deep. The ground is soft. You can get stuck easily. Last summer, I went quad biking with my friends. We wanted to cross a swamp. We A_____ how difficult it would be. We weren't prepared. We B_____ the right tyres. I was driving when my quad suddenly stopped. The wheels started spinning. I C_____ to move forward but nothing happened. I was stuck. My friend came to help me. While he D_____ my quad with a rope, his own quad started sinking. We E_____ both trapped. We spent an hour trying to free ourselves. It was tiring. Finally, we managed to get out.

A. 1) didn't know 2) hadn't known 3) weren't knowing 4) used to know

B. 1) didn't have 2) hadn't had 3) weren't having 4) used to have

C. 1) was trying 2) tried 3) had tried 4) used to try

D. 1) pulled 2) was pulling 3) had pulled 4) used to pull

E. 1) was 2) are 3) had 4) were

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объемом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Extreme wheel sports

...I've always been interested in extreme sports, especially things with wheels. My friends want to go quad biking next weekend.

Have you ever tried quad biking or something similar? What was it like? Would you recommend it to a beginner?

Write back soon.

Best wishes,

Peter

Вариант 30



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker tried freeze-dried food during _____.

1. a school trip 2. a camping trip 3. a cooking class

B. The speaker describes the texture of freeze-dried food as _____.

1. crunchy and tasty 2. dry and cardboard-like 3. soft and juicy

C. The speaker says that freeze-dried food is convenient

because _____.

1. it is cheap 2. it is very light 3. it tastes like fresh food

D. The speaker's favourite freeze-dried meal was _____.

1. chicken and rice 2. pasta with sauce 3. beef stew

E. The speaker thinks that freeze-dried food is _____.

1. excellent for outdoor trips 2. disgusting and inedible 3. only for astronauts

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

How to start a fire in the rain using vaseline and cotton wool

Starting a fire is one of the most important survival skills. Fire provides warmth, light and a way to cook food. But starting a fire is not always easy. It is especially difficult when the weather is wet. Rain can make wood damp and matches useless. Fortunately, there is a simple trick that works even in the rain. It uses two common items: vaseline and cotton wool.

The first step is to prepare your tinder. Cotton wool is excellent for this. It is light and fluffy. It catches fire easily. But

it burns very quickly. You need to make it burn longer. This is where vaseline comes in. Mix a small amount of vaseline into the cotton wool. The vaseline acts as fuel. It makes the cotton wool burn longer and hotter. The mixture should be soft but not too wet.

The second step is to create a spark. You can use a fire steel or a lighter. A fire steel works even when it is wet. It is more reliable than matches in the rain. Strike the fire steel over the vaseline-cotton mixture. The sparks will ignite the cotton wool. The mixture will burn strongly. It is as effective as any commercial fire starter.

The third step is to add the fuel. Once the tinder is burning, you need to add small twigs and dry leaves. Do not add large logs immediately. They will smother the fire. Add larger pieces of wood gradually. This is as important as the spark itself.

You also need to protect the fire from the rain. Find a sheltered spot. A natural overhang or a rock can provide cover. You can also build a small shelter using branches and leaves. This keeps the rain off the fire. Protect the fire like it is your most precious possession. It is, in a survival situation. This method is simple but effective. It works in the rain, snow and wind. The materials are cheap and easy to carry. Many hikers always carry vaseline and cotton wool in their packs. It is a small item that can save your life.

A. Cotton wool is good for starting a fire because _____.

1. it is cheap 2. it is light and catches fire easily 3. it lasts a

long time 4. it can be eaten

B. Vaseline is added to the cotton wool to _____.

1. make it smell better 2. make it burn longer and hotter 3. make it waterproof 4. make it lighter

C. A fire steel is more reliable than matches in the rain because _____.

1. it is cheaper 2. it works even when wet 3. it is easier to use 4. it produces more sparks

D. Once the tinder is burning, you should _____.

1. add large logs immediately 2. add small twigs and dry leaves gradually 3. put the fire out 4. cover it with soil

E. Hikers carry vaseline and cotton wool in their packs because _____.

1. they are comfortable 2. they are small and can save your life 3. they taste good 4. they are easy to find

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

What you shouldn't eat in the forest, even if you are starving

The forest is full of food. Mushrooms and berries grow everywhere. But not all of them are safe. Some are poisonous. Eating them can kill you. I A_____ that all wild berries were safe. I was wrong. When I was younger, I B_____ which berries were edible. My grandmother taught me. She warned me about red berries with white dots. She C_____ they were dangerous. She also told me that some mushrooms were as poisonous as snakes. Last year, I went hiking with my friends. We were walking through the forest when we D_____ a bush with bright red berries. One of my friends wanted to pick them. I stopped him. I had seen those berries before. I E_____ my grandmother's words. He didn't understand why I had stopped him. I explained that those berries could make us sick. We found blueberries instead. They were safe and delicious.

A. 1) think 2) thought 3) had thought 4) used to think

B. 1) didn't know 2) hadn't known 3) wasn't knowing 4) used to know

C. 1) said 2) had said 3) was saying 4) used to say

D. 1) had seen 2) saw 3) was seeing 4) used to see

E. 1) remembered 2) had remembered 3) was remembering
4) used to remember

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объемом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Camping food

...I'm going camping for a week and I'm worried about food. I don't want to carry heavy things.

What do you usually eat when you go camping? Have you ever tried freeze-dried food? What would you recommend for a week-long trip?

Write back soon.

Best wishes,

Peter

РАЗДЕЛ

3.

Вариант



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the speaker, blue light from screens _____.

1. definitely causes insomnia 2. can affect sleep but isn't the only factor 3. has no effect on sleep at all

B. The speaker says that people who use screens before bed _____.

1. should stop immediately 2. can use night mode to reduce the effect 3. ought to wear special glasses

C. The speaker believes that blaming insomnia on screens is sometimes _____.

1. an excuse for poor habits 2. completely justified 3. a medical condition

D. The speaker recommends that teenagers _____.

1. should avoid all screens after 8 pm 2. must stop using phones completely 3. can use screens but should reduce brightness

E. According to the speaker, the most important factor for good sleep is _____.

1. avoiding blue light 2. having a regular sleep schedule 3. using blue light filters

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Thumbs of the century: can constant texting cause arthritis in teenagers as young as 20?

We live in a world where texting has become the primary form of communication for many people. Teenagers especially spend hours every day typing messages on their smartphones. This constant activity uses the thumbs more than any previous

generation. Some doctors are now asking an important question: could this lead to arthritis in young people?

Arthritis is a condition that causes pain and inflammation in the joints. It was traditionally seen as a disease of old age. But doctors are now seeing cases in much younger patients. These patients both text constantly and play games on their phones. Either texting or gaming alone might not cause problems, but the combination of both can be harmful.

The human thumb is not designed for repetitive movements. When you type on a phone, you use small muscles and tendons in your thumb and wrist. Over time, this can cause inflammation. The condition is sometimes called 'texting thumb' or 'smartphone thumb'. The medical name is tendinitis. It is not arthritis, but it can lead to arthritis if left untreated.

Both children and adults are at risk, but teenagers are especially vulnerable. Their bones and joints are still developing. They also tend to use their phones more than older people. This is why doctors are concerned. They recommend that teenagers should take regular breaks from their phones. They ought to stretch their hands and wrists. They can also use voice-to-text features to reduce typing.

However, not everyone agrees. Some researchers argue that there is not enough evidence to prove that texting causes arthritis. They say that many other factors contribute to arthritis. These include genetics, diet and overall health. Either texting causes arthritis, or it is simply another activity that some people blame

for their problems. More research is needed.

Despite the disagreement, most experts agree that moderation is important. You don't have to stop using your phone completely. But you should be aware of how much you use it. You should also pay attention to any pain or discomfort in your thumbs. If you experience pain, you can see a doctor. You ought not to ignore it.

A. The author says that texting has become _____.

1. a rare form of communication 2. the primary form of communication 3. less important than calling 4. only for teenagers

B. Doctors are seeing cases of arthritis in young patients because _____.

1. they eat unhealthy food 2. they both text constantly and play games on their phones 3. they don't exercise 4. they don't sleep enough

C. The condition called 'texting thumb' is medically known as _____.

1. arthritis 2. tendinitis 3. carpal tunnel 4. osteoporosis

D. Teenagers are especially vulnerable to thumb problems because _____.

1. they don't listen to doctors 2. they use their phones more than older people 3. they have stronger thumbs 4. they don't need to type

E. The author recommends that teenagers should _____.

1. stop using phones completely 2. take regular breaks and stretch 3. use only voice features 4. ignore any pain

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Digital detox: is it realistic to live without social media for a week and how does it affect mental health — treatment or torture?

I decided to try a digital detox last summer. I thought it would be easy. I was wrong. A digital detox means you stop using all digital devices. Both phones and computers are included. Either you stop completely, or it doesn't work. There is no middle ground. On the first day, I A_____ what to do. I kept reaching for my phone. But I knew I B_____ check it. I told myself that I C_____ complete the week. I believed that the detox would both help me sleep better and improve my concentration. By day three, I felt strange. I was both bored and peaceful. I realized that I D_____ my phone for too long. I had never noticed how often I checked it. I also noticed that I E_____ more time to read and talk to my family.

- A. 1) didn't know 2) don't know 3) haven't known 4) wouldn't know
- B. 1) can 2) shouldn't 3) might 4) have to
- C. 1) could 2) must 3) might 4) would
- D. 1) had used 2) had been using 3) was using 4) used to use
- E. 1) have 2) had 3) was having 4) used to have

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Digital detox

...My parents say I spend too much time on my phone. They want me to do a digital detox for a week. I'm not sure I can do it.

Have you ever tried a digital detox? What was it like? Do you think it's a good idea?

Write back soon.

Best wishes,

Peter

Вариант 32



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the speaker, the main cause of posture problems in teenagers is _____.

1. carrying heavy backpacks 2. sitting for long hours with poor posture 3. playing sports incorrectly

B. The speaker says that video games are _____.

1. the only cause of obesity 2. one factor among many 3.

completely harmless

C. The speaker recommends that teenagers _____.

1. should stop playing video games completely 2. ought to take regular breaks and exercise 3. must only play standing up

D. The speaker believes that schools _____.

1. should be responsible for children's health 2. cannot do anything about the problem 3. both parents and schools should work together

E. According to the speaker, the best way to stay healthy is _____.

1. avoiding all screens 2. a combination of activity and good habits 3. taking vitamin supplements

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

The disease of cleanliness: why do urban children have more allergies than rural children?

Allergies are becoming increasingly common, especially among children. In the past, allergies were relatively rare. Today,

they affect millions of people worldwide. Interestingly, research shows that children who grow up in cities are more likely to have allergies than children who grow up on farms or in rural areas. This difference is so significant that scientists have given it a name: the hygiene hypothesis.

The hygiene hypothesis suggests that exposure to germs and bacteria in early childhood helps to develop a strong immune system. When children are exposed to various microorganisms, their immune system learns to fight them. This training helps the immune system recognise dangerous invaders and ignore harmless things like pollen or dust.

Children in rural areas are exposed to a wider variety of microorganisms. They play in the dirt, touch animals and breathe in different types of pollen. This constant exposure trains their immune system. Children in cities, on the other hand, live in much cleaner environments. They spend most of their time indoors. They use hand sanitiser and antibacterial soap. Their immune system does not get enough training. When it encounters harmless substances, it overreacts. This overreaction is what we call an allergy. But is technology to blame?

The rise of allergies coincides with the rise of technology. Children today spend more time indoors than ever before. They play video games instead of playing outside. They chat online instead of playing in the dirt. Some people argue that technology is the cause. Others believe that both technology and lifestyle changes are responsible.

Parents who want to protect their children from allergies can take simple steps. They should encourage their children to spend time outdoors. They shouldn't overuse antibacterial products. They can also keep pets. Studies show that children who grow up with dogs have fewer allergies.

These steps aren't difficult, but they require effort. However, not everyone agrees. Some scientists say that the hygiene hypothesis is too simple. They argue that genetics also play an important role. Either the environment is the main cause, or genetics is equally important. More research is needed. Despite the disagreement, most experts agree that spending time outdoors is beneficial for children. It is good for their immune system, their physical health and their mental wellbeing.

A. The hygiene hypothesis suggests that exposure to germs in early childhood _____.

1. causes allergies 2. helps develop a strong immune system 3. is dangerous 4. only affects rural children

B. Children in rural areas have fewer allergies because they _____.

1. eat different food 2. are exposed to more microorganisms 3. have different genetics 4. use less technology

C. Children in cities are more likely to have allergies because they _____.

1. live in cleaner environments with less exposure 2. eat too much sugar 3. don't sleep enough 4. have too much homework

D. Some people believe that technology is to blame for

allergies because _____.

1. technology is bad for health 2. children spend more time indoors and less time in nature 3. screens cause allergies 4. technology is new

E. Studies show that children who grow up with dogs _____.

1. have more allergies 2. have fewer allergies 3. are healthier overall 4. don't use technology

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

The myopia epidemic: should reading on tablets be considered the main cause of declining eyesight in schoolchildren?

Myopia, or short-sightedness, is becoming more common among children. In some countries, more than 80% of teenagers are short-sighted. This is a serious problem. But what is causing this epidemic? Is it reading on tablets and phones? Or are other factors responsible? I used to have perfect vision. But after

two years of online school and constant screen use, I noticed a change. I couldn't see the board clearly. I had to sit at the front of the class. My parents said I A_____ see an optometrist. The doctor told me that I had developed mild myopia. He recommended that I B_____ take more breaks from screens. I asked my doctor whether screens were the only cause. He explained that both genetics and lifestyle matter. He said that children who spend more time outdoors have better vision. This is because sunlight helps the eyes develop properly. But he also said that both reading on tablets and reading books C_____ cause eye strain. The key is to take regular breaks and look at things far away. Now I make sure that I take breaks. I also D_____ spend more time outdoors. I haven't reversed the myopia, but it hasn't got worse. I E_____ have listened to my parents earlier.

- A. 1) can 2) may 3) should 4) must
B. 1) should 2) have 3) had 4) might
C. 1) should 2) may 3) can 4) must
D. 1) have 2) might 3) can 4) ought to
E. 1) should 2) must 3) can 4) might

A	B	C	D	E

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Health and technology

...My parents are worried about my eyesight. I spend a lot of time on my phone and tablet. They say I should reduce my screen time.

Do you have any problems with your eyesight? What do you do to protect your eyes? Do you think screens are really that bad?

Write back soon.

Best wishes,

Peter

Вариант 33



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. The speaker says that screen-related headaches are caused by _____.

1. the brightness of the screen 2. a combination of eye strain and posture 3. the content on the screen

B. The speaker recommends that students _____.

1. should avoid computers completely 2. ought to take regular

breaks 3. must wear special glasses

C. The speaker believes that parents _____.

1. should not force children to study on computers 2. can help by encouraging breaks 3. have no role in the problem

D. According to the speaker, the best way to reduce headaches is _____.

1. taking painkillers 2. reducing screen time and improving posture 3. drinking more water

E. The speaker advises teenagers to _____.

1. both take breaks and adjust their screen settings 2. either stop using screens or accept the pain 3. neither complain nor do anything

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

Audio medicine: does your favourite music help to cure headaches faster, or does it only mask the problem?

Many people listen to music when they have a headache. They believe that their favourite songs can help them feel better. But is

this actually true? Does music have real healing power, or does it simply distract us from the pain?

Music has been used as a form of therapy for centuries. In ancient Greece, doctors used music to treat mental and physical illnesses. Today, music therapy is a recognised medical field. Therapists use music to help patients manage pain, reduce stress and improve mood. The positive effects of music are well documented.

When you listen to music you enjoy, your brain releases dopamine. This is a chemical that makes you feel happy. Dopamine also reduces the perception of pain. This means that music can actually make a headache feel less intense. This is not just a placebo effect. It is a real biological response. However, the type of music matters. Fast, loud music can increase stress and make headaches worse. Slow, calming music is more effective. Classical music, ambient sounds and nature sounds are often recommended. Both the tempo and the volume are important. Either calming music or ambient sounds can help. Loud, aggressive music should be avoided.

Music also affects your breathing and heart rate. Slow music can lower your heart rate and promote relaxation. This helps to reduce tension headaches. Tension headaches are often caused by stress and muscle tightness. By reducing tension, music can help to prevent headaches before they start. But music has limitations. It cannot cure a serious headache or migraine. It can reduce pain, but it does not address the underlying cause. If you have frequent

headaches, you should see a doctor. You ought not to rely only on music. You should also consider other factors like hydration, sleep and screen time.

In conclusion, music is a useful tool for managing headaches. It can both reduce pain and improve your mood. But it works best when combined with other healthy habits. Neither music alone nor ignoring the problem is the right approach. A combination of strategies is the most effective.

A. When you listen to music you enjoy, your brain releases dopamine, which _____.

1. causes headaches
2. reduces the perception of pain
3. increases stress
4. makes you tired

B. According to the text, fast and loud music can _____.

1. make headaches worse
2. cure headaches faster
3. help you relax
4. improve concentration

C. Slow music can reduce tension headaches because it _____.

1. makes you forget the pain
2. lowers your heart rate and promotes relaxation
3. makes you fall asleep
4. distracts you from work

D. The author says that music therapy works best when combined with _____.

1. other healthy habits
2. louder music
3. longer listening sessions
4. only classical music

E. The author concludes that neither music alone nor ignoring the problem is the right approach; a combination of strategies is

_____.

1. unnecessary 2. the most effective 3. only for adults 4. too difficult

A	B	C	D	E

Задание 3. Грамматика

Прочитайте текст и вставьте вместо каждого пропуска, обозначенного буквами А–Е, нужную грамматическую форму, выбрав её из четырёх предложенных вариантов (1, 2, 3 или 4).

Water balance: is a glass of water really the best medicine for fatigue, or is it just a myth of fitness bloggers?

I used to feel tired all the time. No matter how much I slept, I was always exhausted. I thought I A_____ be ill. My friend suggested that I B_____ drink more water. She said that dehydration C_____ cause fatigue. I was surprised. I had never heard this before. I decided to try it. I set a goal: I would drink eight glasses of water every day. It was not easy. I often forgot. But after a week, I noticed a difference. I had more energy. My headaches disappeared. D_____ my mood and my concentration improved. I started to research the topic. I read that water is essential for every cell in your body. E_____ your brain nor your

muscles can function properly without water. When you are dehydrated, your body has to work harder. This makes you feel tired.

- A. 1) might 2) may 3) can 4) must
- B. 1) could 2) should 3) might 4) had to
- C. 1) had 2) have 3) could 4) may
- D. 1) and 2) both 3) neither 4) either...or
- E. 1) either 2) neither 3) both 4) nor

A	B	C	D	E

Задание 4. Письмо

Вы получили электронное сообщение от своего друга по переписке Питера из Великобритании. Напишите ему ответное письмо объёмом 80–90 слов, ответьте на три его вопроса. Оформите свой ответ в соответствии с правилами оформления письма. Не пишите адрес и дату. Не забудьте поблагодарить друга за полученное письмо.

From: Peter@mail.uk

To: Russian_friend@mail.ru

Subject: Headaches and screens

...I've been getting headaches after studying on my computer. My parents say I should spend less time on screens, but I have

to do my homework.

What do you do to avoid headaches? Do you think screens really cause problems? What advice would you give me?

Write back soon.

Best wishes,

Peter

Вариант 34



Задание 1. Аудирование

Вы услышите интервью. Для каждого предложения А–Е выберите один правильный вариант ответа из трёх предложенных (1, 2 или 3).

A. According to the speaker, smartphone temperature apps _____.

1. are completely accurate 2. have limited reliability 3. are better than thermometers

B. The speaker says that these apps work by _____.

1. measuring heat from the screen 2. using the phone's sensors

3. asking the user to describe symptoms

C. The speaker recommends using apps for _____.

1. a general health check 2. accurate medical diagnosis 3. replacing doctors

D. The speaker believes that apps _____.

1. should not be used at all 2. can be useful as a preliminary tool 3. are dangerous

E. According to the speaker, if you have a fever you _____.

1. should trust the app completely 2. ought to use a real thermometer and see a doctor 3. can ignore it

A	B	C	D	E

Задание 2. Чтение

Прочитайте текст. Для каждого предложения А–Е выберите один правильный вариант ответа из четырёх предложенных (1, 2, 3 или 4).

QR code health: should you store your entire medical history in the cloud?

Imagine visiting a doctor and not having to fill out endless forms. Instead, you simply show a QR code on your phone. The doctor scans it and instantly sees your entire medical history. This is already possible with modern technology. But is it a good

idea? Should we trust our most sensitive health information to the cloud?

There are both advantages and disadvantages. On the positive side, having your medical history on your phone is convenient. You don't have to remember every detail. You don't have to carry paper documents. You can access your records at any time. If you are travelling, you can show your health information to any doctor. This is especially useful in emergencies. QR code health systems can save lives.

Конец ознакомительного фрагмента.

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