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КАФЕДРА АНГЛІЙСЬКОЇ ФІЛОЛОГІЇ

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ПРАКТИКА УСНОГО І ПИСЬМОВОГО ПЕРЕКЛАДУ

навчально-методична розробка для студентів 3-го року навчання

Ужгород – 2023

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Пропоноване видання задумане для студентів 3-го року навчання спеціальності “Філологія” з метою поглиблення знань із курсу. У виданні подано аудіовізуальний матеріал для здійснення усного послідовного та синхронного перекладу, а також тексти для перекладу з аркуша. Матеріал відображає програму дисципліни, та сприяє покращенню якості її опанування.

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Lesson 1. Environment

Part 1
Memory Training. Snowball repetition

1. Забруднення пластиком – це скупчення пластикових предметів і частинок.
2. Забруднення пластиком – це скупчення пластикових предметів і частинок, **наприклад, пластикових пляшок, пакетів та мікрочастинок**.
3. Забруднення пластиком – це скупчення пластикових предметів і частинок, наприклад, пластикових пляшок, пакетів та мікрочастинок **у довкіллі Землі**.
4. Забруднення пластиком – це скупчення пластикових предметів і частинок, наприклад, пластикових пляшок, пакетів та мікрочастинок у довкіллі Землі, **що негативно впливає на диких тварин.**
5. Забруднення пластиком – це скупчення пластикових предметів і частинок, наприклад, пластикових пляшок, пакетів та мікрочастинок у довкіллі Землі, що негативно впливає на диких тварин, **дику природу.**
6. Забруднення пластиком – це скупчення пластикових предметів і частинок, наприклад, пластикових пляшок, пакетів та мікрочастинок у довкіллі Землі, що негативно впливає на диких тварин, дику природу **та на людину.**

***

1. There are 7 key types of pollution.
2. There are 7 key types of pollution – **air, water, soil, noise.**
3. There are 7 key types of pollution – air, water, soil, noise, **radioactive, light, thermal.**
4. There are 7 key types of pollution – air, water, soil, noise, radioactive, light, thermal **and these are primary causes that affect our environment in many ways.**
5. There are 7 key types of pollution – air, water, soil, noise, radioactive, light, thermal and these are primary causes that affect our environment in many ways **and all these types of pollution are interlinked.**
6. There are 7 key types of pollution – air, water, soil, noise, radioactive, light, thermal and these are primary causes that affect our environment in many ways and all these types of pollution are interlinked **and influence each other.**

7. There are 7 key types of pollution – air, water, soil, noise, radioactive, light, thermal and these are primary causes that affect our environment in many ways and all these types of pollution are interlinked and influence each other, **therefore we need to tackle all of them together.**

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

Air Pollution Cools Climate More Than Expected – This Makes Cutting Carbon Emissions More Urgent

Air pollutants kill around 7 million people every year. Much of this pollution is **tiny particles suspended** in the air which, when inhaled, can cause people to develop heart and lung diseases, as well as cancer. Small particles in the atmosphere also **birth** clouds, whether they are crystals of sea salt from the Southern Ocean or **sulfate** from **industrial chimneys**. Collectively, these particles are called **aerosols.**

Moisture in the atmosphere can only condense into cloud **droplets** with aerosols. The aerosols that fossil fuel burning adds to the atmosphere make these droplets more numerous and clouds more reflective of sunlight, and potentially longer-lasting. All of this increases the amount of sunlight that clouds **scatter back** to space instead of being absorbed by the Earth. This is partly why the **Intergovernmental Panel on Climate Change** (IPCC) has concluded that human-made aerosols cool the climate and **mask** some of the warming from greenhouse gases. This may sound like good news, but there is no cause for celebration. Aerosols (and their cooling effect) are very short-lived. While the CO_2 emitted into the atmosphere today from cars and **coal power stations** will still be there centuries later, the aerosols emitted as air pollution will **cease** to have an influence a month from now. This means that as soon as we stop emitting aerosols, their **buffering effect** on climate change disappears, while the greenhouse gases in our atmosphere will continue to heat the planet.

And in new research, we found that the effect of air pollution on the reflectivity of clouds may be bigger than previously assessed. If the extent to which air pollution masks the greenhouse effect is indeed bigger, delegates gathered in Sharm El-Sheikh for COP27, the latest UN climate change summit, must work even harder to reduce fossil fuel burning.

The effect of aerosols on clouds

We used data on **ship emissions** to quantify the effect of human-emitted aerosols on the climate. Ship emissions often pollute relatively clear air far from land, which makes it easier to study the effects of aerosols in isolation. Some of the aerosols emitted by ships are visible in satellite images as long, **white streaks** called

ship tracks. But our data suggest that less than 5% of this pollution is visible. Ship tracks arise when aerosol emissions from ships enter clouds and make them brighter.

Our study used a global database of ship routes containing more than 2 million tracks over six years. Combined with weather forecasting models, we simulated where these emissions were carried by the wind and entered clouds, which allowed us to study the aerosol effect even when no ship tracks were visible. Using satellite data, we measured the number of droplets and the amount of water in polluted versus unpolluted clouds.

We found that ship emissions – even when invisible in satellite images – make nearby clouds more reflective. This is partly because invisible ship emissions (the vast majority) increase the amount of water in clouds. Previous estimates suggested that ship emissions had a **slight drying effect** on clouds, which is why scientists are likely to have underestimated how much air pollution cools the atmosphere. The same may be true for aerosols more generally: air pollution may brighten clouds more than previously understood, **entailing** a stronger cooling effect. More research is needed before scientists can apply these results to all air pollution. Another recent study from our research group **gave a glimpse** of a future with less air pollution. We used computer algorithms trained to find visible ship tracks in satellite images before and after regulations were introduced in 2020 by the **International Maritime Organization** to lower air pollution from global shipping. We found that the resulting reduction in ship pollution **slashed** the number of visibly brighter (and so, more reflective) clouds in ship tracks by 25%. This illustrates how reducing air pollution alone may unintentionally warm the climate.

Air pollution and climate action

But regulating air pollution is not **at odds** with protecting the climate. In many cases, both are achievable by eliminating their common cause: fossil fuels. In the transport sector, that means reducing the number of cars running on fossil fuels, for example, and not just applying better filters to their **exhaust pipes**. Similar arguments can be made for industry, electricity generation and heating. Overall, scientific understanding of air pollution and climate change **compels** us to end the burning of fossil fuels – both for human health and for the planet.

(www.theconversation.com)

Translating

Climate Change: The Place on Earth Heating Fastest

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=5zSNSxjCwZ0) paying attention to the vocabulary related to the environment.*

First study the unknown words and phrases:

to reject more drastic measures – відмовитися від більш радикальних мір;
to cut carbon emissions – зменшити викиди вуглецю;
geopolitical turmoil – геополітичні потрясіння;
climate fight – боротьба з кліматичними змінами;
Svalbard – архіпелаг Свальбард або Шпіцберген – норвезький архіпелаг розташований у Північному Льодовитому океані.
to venture – заглибитись;
framed with sadness – оповитий сумом;
a seal – тюлень;
a beluga whale – кит білуга;
to affect weather patterns – впливати на погодні умови;
to be triggered by the thawing – викликане шляхом відтавання;
to undermine the efforts – ставати на заваді;
to hamper our ability – заважати;
to put further strain – чинити тиск; створювати ще більшу напругу; ще більше загострювати ситуацію;
fragile environment – слабка екологія;
mining town – шахтарське містечко;
climate emergency – кліматична надзвичайна ситуація;
at smb. peril – на чийсь страх та ризик.

2. *Translate the following sentences from Ukrainian into English:*

1. Одне з місць, де геополітичні потрясіння вже впливають на боротьбу з кліматичними змінами – це Свальбард в Північному полярному колі. Норвезький архіпелаг нагрівається швидше будь-якого іншого місця в Європі.

2. Полярний ведмідь може вижити в таких умовах лише маючи добре розвинені навички полювання. Їх основною їжею є тюлені, кількість яких стає все меншою, а також лід, який потрібен як одним так й іншим.
3. Процес відтавання підвищує рівень моря та впливає на погодні умови у всьому світі.
4. Провідний полярний дослідник Кім Голоман каже, що наразі війна в Україні стає на заваді до розуміння кліматичних змін.
5. Щороку Свальбард приваблює десятки тисяч туристів, що, своєю чергою, чинить ще більший тиск на й так слабку екологію місцевості.

3. Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:

Frog Lenses Can Develop Differently Depending On What Environment They Will Live In As Adults

The eyes of anurans (frogs and toads) are important to understand how vertebrates developed their eyesight. When tadpoles become frogs, their body shape isn't all that changes. The vast majority of frogs and toads begin their lives as aquatic larvae before they undergo a process known as metamorphosis. Their bodies and behaviors change as their tails give way to legs and they adapt to a life further away from water.

A new study reveals that the changes are even more extensive than previously known. CT scans of more than 100 different species revealed that the lenses of their eyes also changed, depending on what environment they will live in as adults. Aquatic and burrowing species tended to keep their lens similar to how they were as young aquatic tadpoles, with spherical lenses to focus underwater and for short distances underground. Meanwhile, terrestrial species including climbers, gliders and hoppers tended to flatten out their lenses as adults to give them better vision in air.

Amartya Mitra, a former Ph.D. student at the National Museum who led the research, says, "The lens focuses light onto the retina to provide a focused image, but how much refraction is needed depends on the environment an animal lives in. Frogs and toads make important animals to study eye evolution in as they inhabit different environments at different life stages."

"In water the refractive index, which sets the amount light is bent, is pretty much the same as the inside of the eye which means aquatic animals need powerful, spherical lenses to focus the light. On land, the cornea focuses light to some degree and so the lens is flatter and less powerful."

(www.phys.org)

Lesson 1. Environment
Part 2
Memory and Attention Training

7 volcanoes – 23 thunderstorms – 44 earthquakes
60 frogs – 71 bears – 11 seals
47 eco-communities – 13 ecovillages – 26 ecocities
42 pressure groups – 83 conservationists – 64 poachers
8 food miles – 56 tidal waves – 43 oil slicks
346 backbones – 85 skeletons – 41 fins
26 claws – 59 beaks – 75 fish
19 mammals – 27 reptiles – 97 primates
54 invertebrates – 87 species – 39 crustaceans
9 blue whales – 61 creatures – 18 predators

Translating
How Hilton Hotel Soaps Get Recycled

1. Provide a simultaneous interpretation of the given video (https://www.youtube.com/watch?v=msJxMq5AZ5A&t=7s).

2. Translate the following sentences:

1. Шон Сайплер зупинявся у більш ніж 150 готельних номерів щороку і одного дня на його думку спало дізнатися, що ж відбувається з напів використаним милом, яке він залишає у номері?
2. У 2009 Сайплер разом зі своїми друзями почали очищати планету за допомогою картоплечисток, м’ясорубок та газових плит сидячи в одномісному гаражі у Флориді. Він винайшов спосіб переробки використаних брусків мила на нові стерильні. Ці нові бруски можна пожертвувати дітям та сім’ям по всьому світу, в яких немає вільного доступу до засобів гігієни.
3. Ті, в кого доступ до засобів гігієни є обмеженим є більш вразливі до пневмонії та діареї, які вбивають майже 1,5 мільйони дітей віком до 5 років, але це можна попередити за допомогою миття рук.
4. Безприбуткова ініціатива швидко переросла з гаража до більш потужного перероблювального обладнання в Орландо, Лас Вегасі, Монреалі та Гонг-Конгу. Зараз вони працюють з 8000 готелями та базами відпочинку, включаючи мережу готелей Волта Діснея, готелі Маріот та Хілтон.

5. Як це працює: працівники готелю обізнані в процесі збору та переробки. Покоївки збирають усі використані бруски мила і пляшки і складають їх у спеціальні контейнери.
6. Процес стерилізації усуває всю патогенну флору і вже формуються стерилізовані бруски, які розміщують на технологічну лінію на якій відновлюються нові бруски. Коли бруски мила вже запаковані – їх поширюють серед безхатьків та організацій в США, а також потребуючих по всьому світу.
7. У деяких готелів вже інший підхід до зменшення відходів – вони повністю прибрали одноразові засоби гігієни з їх номерів.

3. Translate the newspaper article from Ukrainian into English. Mind the vocabulary related to the environment.

Коли український папір з опалого листя завоює світ? Секрети технології Розробкою українця зацікавилась навіть королева Великобританії. Розвінчуємо міфи про папір з листя та зазираємо у майбутнє.

Технологію перетворення листя на папір намагалися реалізувати у Франції, у 1919 році, але через брак ресурсів і знань, нічого не вдалося. Проте українець Валентин Фречка, ще будучи школярем, не здогадувався про невдалі досліди французів. Методом проб і помилок два роки тому йому таки вдалося віднайти технологію, яка дозволяє зробити технічний папір, основною сировиною якого є звичайне опале листя. Тепер 19-річний студент займається керівництвом власної компанії RE-leaf PAPER, що розвивається шаленими темпами та отримує замовлення на переробку листя з усього світу.

Компанія виготовляє технічний папір – щось типу розхідника, який далі йде на виробництво картону, пакетів або інших пакувань. Найцікавіше – такий папір можна виготовляти із звичайного опалого листя. Комунальні служби збирають його восени, а компанія RE-leaf PAPER транспортує та заготовляє листя для подальшого використання: воно гранулюється, потім потрапляє на підприємство та проходить через сушильну камеру, а потім відправляється в

елеватори. В такому вигляді вже готова сировина може зберігатись та використовуватись для переробки в будь-яку пору року.

Чи потрапляють важкі метали з міського листя до паперу?

Перед тим, як стати папером, волокно з листя проходить ряд різноманітних оброблень, щоб відокремити волокно від усього іншого: «Ми обробляємо листя для того, щоб очистити волокно від інтегрованих у нього компонентів (наприклад, лігнін та геміцелюлози). Якщо у листі присутні якісь інші, сторонні компоненти, наприклад, важкі метали, чого ми не спостерігали ще ніколи, то ці компоненти вимиваються в процесі обробки маси у спеціальних камерах, – коментує Валентин. Папір, вироблений RE-leaf PAPER, проходитиме спектральний та радіологічний аналіз в Україні та Німеччині, але, крім похідних нафтопродуктів, пилу з асфальту та гуми, на листі нічого не було. Усі ці речовини відділяються під час хімічної сепарації та не потрапляють до паперу».

Чи використовуються хімікати для склеювання паперу з листя?

«Багато хто запитує, як ми все це склеюємо, є навіть хейтери, які вважають, що ми використовуємо хімікати, а наше виробництво не екологічне», – каже Валентин Фречка. Насправді матеріали склеюються між собою звичайним кукурудзяним крохмалем: розчин з нього подається на спеціальну частину машини, і вона з двох сторін приклеює цей крохмаль. Потім залишок забирається, і папір сушиться. Так отримується папір, по характеристиках такий самий, як і звичайний. Окрім крохмалю, додаються флокулянти – це утримуюча речовина, яка додається в будь-який папір.

«Тож навіть якщо ви з'їсте такий папір, – нічого не станеться. Потрібно розуміти, що це все проходить термічну обробку, біологічна чистота тут гарантована» – каже винахідник. Папір, створений RE-leaf PAPER навіть пройшла валідацію Canopy, що підтверджує її безпечність, на черзі – валідація WWF. Просертифікувати продукцію компанія зможе на кошти від українського фонду стартапів.

Чи не буде порушуватись екосистема від збору листя?

«Багато хто каже, що ми порушуємо екосистему, коли збираємо листя», – ділиться Валентин. «Проте, парк створено людиною – це урбоекосистема, яка не підтримує сама себе. Законодавство багатьох країн, наприклад, у Німеччині, передбачає обов'язковий його збір та утилізацію».

Чи з’явиться папір з листя в українських магазинах?

Виробничі потужності поки що мінімальні, пілотні, як каже Валентин. Зараз можливо випускати до 5 тон паперу в місяць, а згодом цей показник зросте до 10 тон. Для однієї тони паперу потрібно 2,5 тони листя, або близько 11 тон листя – для 5 тон паперу. Сировини, яка збиралася б у Харкові, Одесі,

Херсоні, Львові та Києві, цілком могло б вистачити для того, щоб покрити потреби всієї України у паперових упаковках. Проте Валентин намагається зараз вивести продукцію на іноземний ринок. Чому? Фречка прямо під час інтерв'ю проводить розрахунки та порівнює потреби нашого ринку у паперових пакуваннях із європейськими:

Навіть якщо на кожного жителя України буде припадати по 1 кілограму упаковки на рік, це буде близько 30 мільйонів тон. Ці 30 мільйонів будуть еквівалентні 1 мільярду доларів – це лише приблизні цифри для нашої країни, але вони значно менші за європейські.

«Динаміка росту використання паперових пакувань визначає наші пріоритети. В Україні вона не така велика, як у Європі, де є різні програми по досягненню сталості, заміни пластику та поліетилену на екологічно безпечне пакування», – каже пан Фречка.

Чому папір з листя – альтернатива майбутнього?

Першою стадією екологічного розвитку суспільства стала тенденція поступової відмови від пластику, але тепер ми дійшли нового висновку: звичайний папір також не екологічний. Для виробництва тони паперу потрібно в середньому 2 тони деревини, тобто приблизно 17 дерев. Натомість, під час виробництва паперу з листя жодне дерево не страждає. До того ж, листя – дуже дешева сировина, у собівартість якої входить лише його доставка до виробництва.

Зараз на RE-leaf PAPER листя постачається комунальними службами з Києва та частково – з Житомира. Перейматись через те, що листя не вистачить, не варто, оскільки тільки у столиці кожного року його збирається близько 200 тон. Задача місцевих комунальних служб – правильно його утилізувати, проте, на жаль, воно просто вивозиться на звалища: «Мені всі кажуть: "Ні, та ви що, ми ж компостуємо це листя, у нас все законно…» – але ти йдеш далі та розумієш, що це все маячня, яка не має нічого близького з реальністю», каже Валентин.

Тож забирати частину листя у міста для його переробки – це справа, вигідна обом сторонам, як для міста, так і для виробництва Фречки. Він жартує: «Службам не треба буде прикриватися, що все законно».

(https://rubryka.com/article/paper-from-fallen-leaves/)

4. *Provide at-sight translation of the following attention looking through the unknown words and phrases.*

Electric Cars: Five Big Questions Answered

In less than eight years, the government plans to ban the sale of all new petrol and diesel cars and vans and as part of this shift is promising to expand the network of public charging points to 300,000.

It's part of a government strategy in order to help the UK meet its 2050 net zero target, where electric vehicles (EVs) will soon become the most common option for anyone wanting to buy a brand-new car.

Among the 35 million cars driving around on UK roads just 1.3% were EVs in 2020 but that figure is starting to climb. Battery electric and hybrid cars accounted for nearly a third of new cars leaving dealerships last month, according to The Society of Motor Manufacturers and Traders. (SMMT). But would-be buyers still have a lot of reservations.

Why are electric cars so expensive?

Electric cars usually cost thousands of pounds more than their petrol, or diesel, counterparts. This is because EV batteries are expensive to make and a high level of investment is needed to transform existing factory production lines to manufacture the new technology.

However, costs are expected to come down in the near future: The SMMT forecasts electric and internal combustion engine cars should cost roughly the same “by the end of this decade”.

Meanwhile, experts say you should also consider the total spend over the car's lifetime. The cost of the electricity used to power your EV has been rising sharply recently and will vary according to your household tariff, but it is still cheaper than petrol or diesel fuel per mile. Melanie Shufflebotham is the co-founder of Zap Map, which maps the UK's charging points. She says if an EV is charged at home “the average price people are paying is roughly 5p per mile”. This compares she says, to a cost of between 15-25 pence per mile for petrol or diesel cars.

There are other potential savings too. Vehicle tax is based on how much pollution a car emits, so zero emissions vehicles like electric cars are exempt. Meanwhile, says Melanie Shufflebotham, an EV is usually cheaper to maintain because “typically, a petrol or diesel car has hundreds of moving parts, whereas an electric car doesn't”. For instance, an electric vehicle will not require its oil changing and because it has fewer moving parts, is likely to suffer less wear and tear. The cost of replacing batteries is high, but many manufacturers offer a guarantee of at least eight years.

Are there enough public chargers for all the EV drivers who will need them?

Right now, the UK has around 30,000 public charging points, of which two thirds are “fast” or “rapid” chargers, according to Zap Map. The government

announced on Friday plans to expand this ten-fold to 300,000 by 2030. Last July, the Competition and Markets Authority raised concerns that the on-street charging rollout has been «slow and patchy» and called on the government to set up a national strategy to improve the infrastructure before the 2030 deadline.

The current number of public chargers is “nowhere near enough” says Paul Wilcox, the UK managing director of Vauxhall. But he believes the situation will improve vastly by 2030 as EVs become more common, because as demand rises, the number of chargers installed will increase. “I'm absolutely confident … because once you get the volume of cars you'll get the commercialization of charging”. Only rapid and ultra-rapid chargers are suitable for drivers wishing to recharge on long journeys. According to Zap Map, at the moment around 5,500 of those exist. Of those – just over 800 are Tesla Superchargers which can only be used by Tesla drivers.

What about “range anxiety” - how far can a fully-charged EV travel?

The distance a car can be driven on a single battery charge is known as range and varies between models. Peter Rolton, Executive Chairman at Britishvolt, which is building an EV battery factory in Northumberland, says the technology to increase range is improving. “A hatchback [car] currently has around 200-250 miles range”. By the end of the decade, he says better batteries will push that distance by many miles. EVs are powered by lithium-ion batteries and research is ongoing to improve their range. The game-changer will be if, and when, manufacturers can commercialize the next stage of the technology - known as solid state batteries. These batteries will be lighter and charge much faster than their lithium-ion counterparts.

James Gaade, head of programme management at the Faraday Institution says “many automakers are targeting the introduction of solid-state batteries” within the next decade. These, he says “could herald a step change in EV range”. In a nutshell, these cars are expected to be able to travel much further on a single charge in the future.

What if I am not able to charge at home?

The majority of households in the UK, some 18 million (65%), either have, or could offer, off-street parking for at least one vehicle. according to data from the RAC. However, according to the Competition and Markets Authority that leaves more than eight million households without access to home charging, including some people living in flats.

There are other alternatives, says Melanie Shufflebotham of Zap Map. “Local authorities are beginning to install on-street chargers…and then apart from that it's about finding a charger at a local supermarket, or a local charging hub, so you can charge up periodically, as you would with a petrol or diesel car”.

However, people relying on public chargers face higher costs to power up their EV than those able to charge at home, with prices varying depending on which company owns the charging point. Public charge points also attract a higher rate of VAT; 20% compared with the 5% paid by domestic users charging at home.

Will we all own cars in the future?

Maybe not. Paul Wilcox of Vauxhall says “seismic changes are coming”. He expects to see “a huge rise in things like subscription models”, where customers pay monthly to use a car with other costs like insurance and maintenance included. Another area expected to grow is what's known as “fractional ownership”, or car sharing clubs. Melanie Shufflebotham says car sharing could grow in popularity, until driverless cars eventually become a reality. “Imagine, just as you'd call up an Uber now, you will have an app to call up an autonomous car to take you where you want to go. In the nearer term I think car sharing is a really important solution”.

(https://www.bbc.com/news/business-60838192)

Lesson 2. Health Issues
Part 1
Memory Training. Snowball repetition

1. Медицина – система наукових знань і практичної діяльності.
2. Медицина – система наукових знань і практичної діяльності, **метою якої є зміцнення та збереження здоров’я.**
3. Медицина – система наукових знань і практичної діяльності, метою якої є зміцнення та збереження здоров’я, **подовження життя людини, профілактика й лікування.**
4. Медицина – система наукових знань і практичної діяльності, метою якої є зміцнення та збереження здоров’я, подовження життя людини, профілактика й лікування **хвороб.**
5. Медицина – система наукових знань і практичної діяльності, метою якої є зміцнення та збереження здоров’я, подовження життя людини, профілактика й лікування хвороб, **будова і процеси життєдіяльності.**
6. Медицина – система наукових знань і практичної діяльності, метою якої є зміцнення та збереження здоров’я, подовження життя людини, профілактика й лікування хвороб, будова і процеси життєдіяльності **організму людини**.
7. Медицина – система наукових знань і практичної діяльності, метою якої є зміцнення та збереження здоров’я, подовження життя

людини, профілактика й лікування хвороб, будова і процеси життєдіяльності організму людини **в нормі і при патології.**

***

1. There is a need to raise more awareness.
2. There is a need to raise more awareness **about the dangers.**
3. There is a need to raise more awareness about the dangers **of tobacco use.**
4. There is a need to raise more awareness about the dangers of tobacco use **in the general population.**
5. There is a need to raise more awareness about the dangers of tobacco use in the general population, **especially in youth.**
6. There is a need to raise more awareness about the dangers of tobacco use in the general population, especially in youth **and remind everyone that it is prohibited to smoke tobacco.**
7. There is a need to raise more awareness about the dangers of tobacco use in the general population, especially in youth and remind everyone that it is prohibited to smoke tobacco **in public places.**
8. There is a need to raise more awareness about the dangers of tobacco use in the general population, especially in youth and remind everyone that it is prohibited to smoke tobacco in public places **such as workplaces, schools, hotels, bars and restaurants.**

Translating
What Happens When We Sleep?

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=eTgNgGO_bLs) paying attention to the vocabulary related to health.*

First study the unknown words and phrases:

to drift off – занурюватись у сон; заснути
paralysis – нерухомість
circadian rhythm – циркадні ритми
light cues – сигнали світла; освітлення
ramping up – нарощувати, активувати
twitch – смикати
delta sleep – дельта-сон (так званий «глибокий сон»)
delta brainwaves – мозкові хвилі
proliferation – розповсюдження; поширення
life expectancy – тривалість життя

shuteye – сон

2. *Translate the following sentences from Ukrainian into English:*

1. Приблизно кожен на нашій планеті щоночі занурюється в стан без свідомості та нерухомості.
2. Сон регулюється циркадним ритмом або біологічним годинник у нашому мозку.
3. Біологічний годинник реагує на сигнали світла підвищеним виробленням гормону меланіну вночі.
4. Серцебиття та дихання сповільнюються, температура тіла знижується та м'язи можуть смикатися.
5. Відсутність у людини сну менше ніж 7 годин на добу асоціюється з підвищеним ризиком розвитку хронічних захворювань, які зменшують тривалість життя.

Zelensky Asks Ukrainians To Limit Energy As WHO Says

3. *Translate the words and word combinations into Ukrainian. Provide a simultaneous interpretation of the given video extract (https://www.youtube.com/watch?v=GluG35peA1s).*

Unscheduled power cuts; higher level of consumption; frugal; life threatening; knock-on efforts; emergency blackouts; backdrop; stark warnings; backup generators; power grid; to expose; respiratory diseases; hovering.

4. *Compare the source and target abstracts. What translation transformation dominates in the target text? Why? Do you share the interpreter's idea?*

«Звичайно, енергетики, комунальники, рятувальники та всі, хто залучений, працюють по максимуму. Але системна шкода нашій енергетиці від ударів російських терористів настільки значна, що всім нашим людям і бізнесу варто бути ощадливими й розносити споживання по годинах доби», – наголосив Зеленський.	«Of course, energy workers, utility workers, rescuers and everyone involved who work here maximum but the systematic damage to our energy network by the attacks of russian terrorists is so significant that all of our people and businesses should be very frugal and try to spread consumption across the day», – announced Zelensky.

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

Monkeypox, Marburg and Miserable Heat: How the World Should Respond To Intersecting Crises

The World Health Organization's recent declaration of **monkeypox** as **a global health emergency** underscores a disconcerting reality: the world is beset by **interlocking and intersecting** crises. Deadly heat waves are sweeping the globe, **sparking wildfires** and causing **crop failure**. Conflicts in the Horn of Africa, Afghanistan, Ukraine and elsewhere have led to a record 100 million people being **forcibly displaced**. The return of polio in a number of countries and the **first-ever outbreak of Marburg virus** in Ghana shows that disease threats continue to emerge against the backdrop of the COVID-19 pandemic, which is now **fueled by omicron subvariants.**

These crises, and those **looming** on the horizon, are **exposing the fragility of advances** in human health and development. Crises shock global systems and **roll back gains**, with the world's most **vulnerable people bearing the brunt**. Driving continued progress and **preventing backsliding in the face of challenges** requires thinking bigger and urgent action. But the problems can seem too enormous, numerous and widespread to tackle.

So, where do we start? By investing in more resilient systems for health and prioritizing those investments even when resources are **scarce**, including in times of crisis.

Restoring advancement toward the **United Nations' Sustainable Development Goals** and **future-proofing progress requires agile**, collaborative, well-resourced and **equitable** systems for health that leave no one behind when crises inevitably strike. To do this, there are three key steps we should take as an international community.

First, we must ensure that delivery of essential services can continue uninterrupted, and that **equity** is never sacrificed in the **rollout** of new innovations. This requires prioritizing development and strengthening health systems, especially in **resource-restricted settings**. COVID-19 exposed the fault lines of top-down systems, which can fail to support vulnerable populations. These failures have global **repercussions**: the **inequitable rollout** of COVID-19 vaccines **has crippled** the global response and likely prolonged the pandemic. Responses originating within local communities and at country level are crucial to meeting the needs of vulnerable populations, and closing the health equity gap between and within countries. Most low- and middle-income countries have developed expertise over decades of dealing

with HIV, tuberculosis, malaria and other serious infectious diseases – know-how that must not go unutilized.

Agility is also key. When lockdowns began, the global health community alongside national and local health providers proved resourceful, implementing **multi-month dispensing of ARVs, telemedicine and self-testing diagnostic tools** to allow patients to access care from home. Adaptations like these are critical for ensuring continuity of care, especially in displaced populations. In Afghanistan, for example, the United Nations Development Programme (UNDP) and the Global Fund to Fight AIDS, Tuberculosis and Malaria (the Global Fund) **rolled out** an innovative **digital intervention** allowing health care workers to maintain records for mobile populations.

Second, we must foster an even greater **ethos o**f collaboration. In our increasingly interconnected world, threats to health disrupt economic and political security, and vice versa. Meeting these challenges requires working outside of national and global **siloes**.

A careful balance is needed, as one-size-fits-all approaches can neglect local realities and the needs of key and vulnerable populations. We must **elevate** the voices and priorities of vulnerable people – including **refugees, key populations, survivors of gender-based violence** and more – to drive more equitable progress. The UNDP-Global Fund partnership operates in difficult and complex settings, and the people we serve are disproportionately vulnerable to crises. Organizations like ours are most effective when we collaborate closely with national governments and other trusted partners to strengthen the local, community-driven systems for health.

Finally, we must ramp up ambition and investments now to prepare for crises we know will come. Work done today to build resilient systems for health **underpins** future achievements. Every dollar invested in fighting HIV, tuberculosis and malaria results in USD$31 in **health gains and economic returns** , further contributing to the achievement of the overall **SDG agenda.** The upcoming **Seventh Replenishment** of the Global Fund has a target of USD$18 billion. This is just the minimum required to get the world back on track toward ending HIV, tuberculosis and malaria, as well as safeguarding against future threats.

Being only reactive has **devastating consequences**. The **International Monetary Fund** estimates that by 2024 the economic impact of COVID-19 will amount to **USD$12.5 trillion**. Investing around USD$10 billion per year in pandemic **preparedness** would significantly reduce the probability of another catastrophe of this magnitude. By **leveraging the synergies** between investments in fighting existing diseases and investments to prevent, detect and respond to new threats, we can build pandemic preparedness on a **marginal cost basis**.

Yet, it is dangerous to assume that the next health crisis will be a replica of the COVID-19 pandemic. While the spread of monkeypox and the response to date bears some **disturbing similarities** to the early days of COVID-19, a broader crisis, driven by food and energy shortages resulting from the Ukraine war, is now **rippling across** the globe. In addition to the awful threat of mass starvation, we face the prospect of even greater numbers of people being made more vulnerable to existing infectious diseases by being **inadequately nourished**.

Extreme weather events caused by climate change have a similar impact, often leading to **upsurges** in malaria and other infectious diseases.

In a **world confronted by a cascade of overlapping crises**, we must strive to build more resilient systems for health, able to withstand a variety of shocks. We must also intensify international collaboration, enhancing adaptability and agility. When it comes to pandemics, the world has a pattern of losing interest before the fight is truly won, while neglecting the need to prepare properly for the next threat. We need to **kick these habits** and commit to protecting everyone, everywhere from the deadliest infectious diseases, whether HIV, tuberculosis, malaria or COVID-19, or future threats. What's **at stake** is millions of lives.

(https://www.theglobalfund.org/en/opinion/2022/2022-08-19-monkeypox-marburg-and-miserable-heat-how-the-world-should-respond-to-intersecting-crises/)

2. *Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:*

Blood Pressure Highly Likely To Cause Neurotic Personality Trait

Diastolic blood pressure – the lower of the two numbers in a blood pressure reading – is highly likely to cause neurotic personality trait, finds research published in the open access journal ***General Psychiatry.*** And keeping it under control can help curb neurotic behaviors, anxiety, and heart and circulatory diseases, conclude the researchers.

High blood pressure is a major risk for cardiovascular disease and thought to be associated with psychological factors, such as anxiety, depression, and neuroticism – a personality trait characterized by susceptibility to negative emotions, including anxiety and depression.

But which causes which isn't entirely clear. In a bid to find out, the researchers used a technique called Mendelian randomization. This uses genetic variants as proxies for a particular risk factor – in this case, blood pressure – to obtain genetic

evidence in support of a causal relationship, reducing the biases inherent in observational studies.

Between 30% and 60% of blood pressure is down to genetic factors, and over 1000 genetic single nucleotide polymorphisms, or SNPs for short, are associated with it. SNPs help predict a person's response to certain drugs, susceptibility to environmental factors, and their risk of developing diseases. The researchers drew on 8 large-scale study datasets containing whole genome DNA extracted from blood samples from people of predominantly European ancestry (genome-wide association studies). They applied Mendelian randomization to the 4 traits of blood pressure – systolic blood pressure (736,650 samples), diastolic blood pressure (736,650), pulse pressure (systolic minus diastolic blood pressure; 736,650), and high blood pressure (above 140/90 mm Hg; 463,010) with 4 psychological states – anxiety (463,010 samples), depressive symptoms (180,866), neuroticism (170,911) and subjective wellbeing (298,420).

The analysis revealed that high blood pressure and diastolic blood pressure had significant causal effects on neuroticism, but not on anxiety, depressive symptoms, or subjective wellbeing.

But after adjusting for multiple tests, only diastolic blood pressure was significantly associated with neuroticism (over 90%), based on 1074 SNPs. The researchers acknowledge certain limitations to their findings. For example, it wasn't possible to completely exclude pleiotropy – where one gene can affect several traits. And the findings may not be more widely applicable beyond people of European ancestry. But blood pressure links the brain and the heart, and so may promote the development of personality traits, they explain. Individuals with neuroticism can be sensitive to the criticism of others, are often self-critical, and easily develop anxiety, anger, worry, hostility, self-consciousness, and depression.

«Neuroticism is viewed as a key causative factor for anxiety and mood disorders. Individuals with neuroticism more frequently experience high mental stress, which can lead to elevated (blood pressure) and cardiovascular diseases», they write. And they suggest: «Appropriate surveillance and control of blood pressure can be beneficial for the reduction of neuroticism, neuroticism-inducing mood disorders, and cardiovascular diseases».

(https://www.bmj.com/company/newsroom/blood-pressure-highly-likely-to-cause-neurotic-personality-trait/)

Lesson 2. Health Issues
Part 2
Memory Training

1. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства.
2. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства, **де наші предки вміли проводити прості реконструктивні операції.**
3. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства, де наші предки вміли проводити прості реконструктивні операції **та робили перші кроки в пошуках методів поліпшення своєї зовнішності**.
4. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства, де наші предки вміли проводити прості реконструктивні операції та робили перші кроки в пошуках методів поліпшення своєї зовнішності, **однак сьогодні, сфера пластичної хірургії – це не лише виправлення набутих чи вроджених дефектів людського тіла.**
5. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства, де наші предки вміли проводити прості реконструктивні операції та робили перші кроки в пошуках методів поліпшення своєї зовнішності, однак сьогодні, сфера пластичної хірургії – це не лише виправлення набутих чи вроджених дефектів людського тіла, **це унікальна галузь медицини.**
6. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства, де наші предки вміли проводити прості реконструктивні операції та робили перші кроки в пошуках методів поліпшення своєї зовнішності, однак сьогодні, сфера пластичної хірургії – це не лише виправлення набутих чи вроджених дефектів людського тіла, це унікальна галузь медицини, **що вирішує питання здоров'я.**
7. Пластична хірургія – це галузь медицини, яка сягає своїми коренями далеко в історію людства, де наші предки вміли проводити прості реконструктивні операції та робили перші кроки в пошуках методів поліпшення своєї зовнішності, однак сьогодні, сфера пластичної хірургії – це не лише виправлення набутих чи вроджених дефектів людського тіла, це унікальна галузь медицини, що вирішує питання здоров'я, **естетики та самооцінки людини.**

***

1. Healthy lifestyle means eating a balanced diet.

2. Healthy lifestyle means eating a balanced diet, **getting regular exercise.**
3. Healthy lifestyle means eating a balanced diet, getting regular exercise, **avoiding tobacco and drugs.**
4. Healthy lifestyle means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs **and getting plenty of rest.**
5. Healthy lifestyle means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest – **our bodies are like machines.**
6. Healthy lifestyle means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest – our bodies are like machines **that require a balance of protein.**
7. Healthy lifestyle means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest – our bodies are like machines that require a balance of protein, **carbohydrates, fat, vitamins.**
8. Healthy lifestyle means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest – our bodies are like machines that require a balance of protein, carbohydrates, fat, vitamins, **minerals and water to stay in good working order.**

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

Using Vapes May Set The Stage For Dental Decay

Researchers say e-cigarettes and similar devices are associated with a higher risk for cavities. A **vaping habit** could end up leading to a **tarnished smile**, and more frequent visits to the dentist.

Research by faculty from Tufts University School of Dental Medicine found patients who said they used vaping devices were more likely to have a higher risk of **developing cavities**. With **CDC** surveys reporting that 9.1 million American adults – and 2 million teenagers – use tobacco-based vaping products, that means a lot of vulnerable teeth.

The findings of this study on the association between vaping and risk of caries – the dental term for cavities – serve as an **alert** that this once seemingly harmless habit may be very **detrimental**, says Karina Irusa, assistant professor of comprehensive care and lead author on the paper. The study was published November 23 in ***The Journal of the American Dental Association***.

Over the last few years, **public awareness** has increased about the dangers of vaping to systemic health – particularly after the use of vaping devices was tied to lung disease. Some dental research has shown ties between e-cigarette use and increased markers for gum disease, and, separately, damage to the **tooth's enamel**, its **outer shell**. But relatively little emphasis has been placed on the intersection between e-cigarette use and oral health, even by dentists, says Irusa.

Irusa says that the recent Tufts finding may be just a hint of the damage vaping causes to the mouth. «The extent of the effects on dental health, specifically on dental decay, are still relatively unknown,» she says. «At this point, I'm just trying to raise awareness,» among both dentists and patients.

This study, Irusa says, is the first known specifically to investigate the association of vaping and e-cigarettes with the increased risk for getting cavities. She and her colleagues analyzed data from more than 13,000 patients older than 16 who were treated at Tufts dental clinics from 2019 – 2022.

While the vast majority of the patients said they did not use vapes, there was a statistically significant difference in dental caries risk levels between the e-cigarette/vaping group and the control group, Irusa found. Some 79% of the vaping patients were categorized as having high-caries risk, compared to just about 60% of the control group. The vaping patients were not asked whether they used devices that contained nicotine or THC, although nicotine is more common.

"It's important to understand this is preliminary data," Irusa says. "This is not 100% conclusive, but people do need to be aware of what we're seeing". Further studies need to be done, and Irusa wants to take a closer look at how vaping affects the microbiology of saliva.

One reason why e-cigarette use could contribute to a high risk of cavities is the **sugary content** and **viscosity** of **vaping liquid**, which, when aerosolized and then inhaled through the mouth, sticks to the teeth. (A 2018 study published in the journal *PLOS One* likened the properties of **sweet-flavored** e-cigarettes to **gummy** candies and **acidic** drinks.) Vaping aerosols have been shown to change the oral microbiome making it more hospitable to decay-causing bacteria. It's also been observed that vaping seems to encourage decay in areas where it usually doesn't occur – such as the bottom edges of front teeth. "It takes an esthetic toll," Irusa says.

The Tufts researchers recommend that dentists should routinely ask about e-cigarette use as part of a patient's medical history. That includes pediatric dentists who see adolescents – according to the **FDA/CDC**, 7.6% of middle- and high-school students said they used e-cigarettes in 2021.

The researchers also suggest patients who use e-cigarettes should be considered for a "more rigorous **caries management protocol**", which could

include **prescription-strength fluoride toothpaste** and **fluoride rinse, in-office fluoride applications**, and checkups more often than twice a year.

"It takes a lot of investment of time and money to manage dental caries, depending on how bad it gets". Irusa says. "Once you've started the habit, even if you get **fillings**, as long as you continue, you're still at risk of secondary caries. It's a **vicious cycle** that will not stop".

(https://now.tufts.edu/2022/11/23/using-vapes-may-set-stage-dental-decay)

2. *Scan the text and search for the unknown words and phrases. Provide at-sight translation of the text:*

Drinking During Pregnancy Changes Baby's Brain Structure

A new MRI study revealed that consumption of alcohol even in low to moderate amounts during pregnancy can change the baby's brain structure and delay brain development. Results of the study will be presented next week at the annual meeting of the Radiological Society of North America (RSNA).

"Fetal MRI is a highly specialized and safe examination method that allows us to make accurate statements about brain maturation prenatally", said study senior author Gregor Kasprian, M.D., associate professor of radiology from the Department of Biomedical Imaging and Image-guided Therapy of the Medical University of Vienna in Austria.

Alcohol consumption during pregnancy can expose the fetus to a group of conditions called fetal alcohol spectrum disorders. Babies born with fetal alcohol spectrum disorders could develop learning disabilities, behavioral problems or speech and language delays.

"Unfortunately, many pregnant women are unaware of the influence of alcohol on the fetus during pregnancy". said lead author Patric Kienast, M.D., a Ph.D. student in the Department of Biomedical Imaging and Image-Guided Therapy, Division of Neuroradiology and Musculoskeletal Radiology at the Medical University of Vienna. "Therefore, it is our responsibility not only to do the research but also to actively educate the public about the effects of alcohol on the fetus".

For the study, researchers analyzed MRI exams of 24 fetuses with prenatal alcohol exposure. The fetuses were between 22 and 36 weeks of gestation at the time of MRI. Alcohol exposure was determined via anonymous surveys of the mothers. The questionnaires used were the Pregnancy Risk Assessment Monitoring System (PRAMS), a surveillance project of the Centers for Disease Control and Prevention and health departments, and the T-ACE Screening Tool, a measurement tool of four questions that identify risk drinking.

In fetuses with alcohol exposure, the fetal total maturation score (TMS) was significantly lower than in the age-matched controls, and the right superior temporal sulcus (STS) was shallower. The STS is involved in social cognition, audiovisual integration and language perception.

“We found the greatest changes in the temporal brain region and STS», Dr. Kasprian said. «We know that this region, and specifically the formation of the STS, has a great influence on language development during childhood”.

Brain changes were seen in the fetuses even at low levels of alcohol exposure.

“Seventeen of 24 mothers drank alcohol relatively infrequently, with average alcohol consumption of less than one alcoholic drink per week”, Dr. Kienast said. “Nevertheless, we were able to detect significant changes in these fetuses based on prenatal MRI”. Three mothers drank one to three drinks per week, and two mothers drank four to six drinks per week. One mother consumed an average of 14 or more drinks per week. Six mothers also reported at least one binge drinking event (exceeding four drinks on one occasion) during pregnancy.

According to the researchers, delayed fetal brain development could be specifically related to a delayed stage of myelination and less distinct gyrification in the frontal and occipital lobes. The myelination process is critical to brain and nervous system function. Myelin protects nerve cells, allowing them to transmit information faster. Important developmental milestones in infants, as rolling over, crawling and language processing are directly linked to myelination. Gyrification refers to the formation of the folds of the cerebral cortex. This folding enlarges the surface area of the cortex with limited space in the skull, enabling an increase in cognitive performance. When gyrification is diminished, functionality is reduced.

“Pregnant women should strictly avoid alcohol consumption”, Dr. Kienast said. «As we show in our study, even low levels of alcohol consumption can lead to structural changes in brain development and delayed brain maturation». It is unclear how these structural changes will affect brain development in these babies after birth. “To assess this accurately, we need to wait for the children who were examined as fetuses at that time to get a little older, so that we can invite them back for further examinations”, Dr. Kienast said. “However, we can strongly assume that the changes we discovered contribute to the cognitive and behavioral difficulties that may occur during childhood”.

(https://www.sciencedaily.com/releases/2022/11/221122111554.htm)

Translating

E-cigarettes: Are they Safe?

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=G5RzMPCnWbc) paying attention to the vocabulary related to health.*

First study the unknown words and phrases:

to be banned – бути забороненим;
to have a binge of vaping – закурити;
diacetyl – діацетил;
popcorn lung – попкорн легень;
to warrant – гарантувати, виправдовувати;
butterscotch flavor – смак ірису;
withdrawal – вихід з ринку; відкликання;
heck knows – Дідько його знає!

2. *Translate the following sentences from Ukrainian into English:*

1. Наукова думка експертів щодо використання та звичайних та електронних цигарок розділилася.
2. Цього тижня Всесвітня організація охорони здоров'я оголосила про заборону використання електронних сигарет в приміщенні.
3. Ми протестували загалом чотири різні торгові марки в лабораторії Лідсу: три були безпечні, тоді як в одній рідині знайшли діацетил – хімічну речовину, яку безпечно споживати, але небезпечно вдихати. Це пов'язано з серйозною хворобою легень, яку вона може спричинити.
4. Ця специфічна хімічна речовина асоціюється з незвичним, але вже відомим станом легень під назвою «попкорн легень», оскільки працівники саме заводів, де виготовляють попкорн вдихали цю хімічну речовину у великих кількостях, що, в результаті, спричинило важкий стан легень – важкий настільки, що доходило навіть до трансплантації.
5. Однак, ми вирішили, що це був вихід з ринку цього продукту, а не просто нагадування. Таке сталося в нашій компанії за 5 років вперше і нам дуже шкода.

Minnesota Surgeons Divided on Latest Trend in Cosmetic Surgery

1. *Translate the following words and word combinations into Ukrainian:*

Buccal fat pad removal; an influx of request; craving; to span a lifetime; an appetite for a different aesthetic; chubby cheeks; cheek fat; defined face; chiseled cheeks; facial slimming; to turn smb. away; to atrophy; to sculpt the fat pad; improved contour; to be aware of the concerns.

2. *Provide a simultaneous interpretation of the given video (https://www.youtube.com/watch?v=Idu4WmiyRN4) paying attention to vocabulary related to health.*

3. *Translate the following sentences from English into Ukrainian:*

1. Тренд на пластичну хірургію розділяє думку соціальних медіа. Видалення грудок Біша робить обличчя людини більш витонченим та є операцією, яку вже не виправити.
2. Коко любить дивитись як інші їдять, але її найсильніший голод сягає майже тривалості її життя. Називайте його як «апетит до іншої естетики».
3. В дитинстві в мене були круглі щічки і не важливо на скільки кілограм я схудла, жирова тканина в моїх щоках залишалася. Я завжди хотіла позбутися цього, оскільки це моя найбільша невпевненість.
4. Лікар Метью Кемп каже: «Круглі щоки Вам молодості і Вам вони потрібні в процесі старіння. З віком жирова тканина атрофується самостійно, і це саме те, що вказує вік людини».
5. Згідно зі словами хірурга, Коко була ідеальним кандидатом у своїй віковій категорії, в діапазоні між 25 та 35 роками. Американська Асоціація пластичних хірургів каже, що вона справді була ідеальним пацієнтом: фізично здорова та з постійною вагою, оскільки така операція є не рекомендованою людям з худим обличчям.

Lesson 3. Work and Study

Part 1. Work

Memory Training

45 companies – 66 factories – 90 plants;
17 employers – 51 employees – 34 workers;
29 bosses – 87 accountants – 11 HR managers:
72 CEOs – 68 secretaries – 45 IT developers;
13 posts – 55 positions – 37 occupations;
54 training sessions – 62 workshops – 22 seminars;
19 brands – 74 logos – 88 images;
15 offices – 33 departments – 86 cloakrooms;
66 headquarters – 14 subdivisions – 77 subsidiaries;
21 working platforms – 16 learning courses – 30 training.

Translating

Redundancies in the UK Jobs Market Begin to Surge Due to the Pandemic

1. Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=oMF9TuAlcYw) paying attention to the vocabulary related to work.

First study the unknown words and phrases:

long anticipated wave of unemployment – довгоочікувана хвиля безробіття;
steep climb – крутий злет;
ominously similar path – зловісно схожий шлях;
revenue – дохід;
permanent redundancies – постійні скорочення;
lag in the data – затримка в інформації;
furlough scheme – схема звільнень;
propping up the labor market – підтримувати ринок праці;
to straw in the wind – солома на вітрах;
claimant count – кількість заявок на виплати по безробіттю;
disproportionally effected – непропорційно;

bleak picture – похмура картина;
International Monetary Fund –Міжнародний валютний фонд;
unforgiving equation – непросте рівняння;
tighter measures – більш жорсткі міри;
livelihood – засоби для існування.

2. *Translate the following sentences from Ukrainian into English:*

1. Допоки ми знаходимось на наріжному камені між кризою зі здоров'ям та економічним занепадом, уряд каже, що в них в пріоритеті зараз зберегти робочі місця. Свіжа статистика свідчить про те, що довгоочікувана хвиля безробіття вже почалася.
2. Компанія, що надає друкарські послуги в м. Лутон – де рівень безробіття зростає дуже стрімко – на початку пандемії втратила 80% доходу.
3. Останні цифри свідчать про так звану солому на вітрах, оскільки кількість заявок на виплату по безробіттю зросла до 2,7 мільйонів, що подвоїло минулорічний показник. 1,5 мільйони людей звертаються за державною допомогою.
4. Похмура картина з працевлаштуванням ставатиме ще гіршою, оскільки наразі вже 1,52 мільйони людей без роботи. Міжнародний валютний фонд наголошує, що ця цифра зросте до 2,5 мільйонів наступного року.
5. Непросте рівняння полягає в тому, що чим жорсткіші міри застосовуються аби захистити наше життя тим більш спустошливим є вплив на засоби існування.

Skilled Professionals Can Now Earn Six Figure Salaries

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=qfcnr4BBXYg) paying attention to the vocabulary related to work.*

First study the unknown words and phrases:

to be a string of a star – бути зіркою;
snobby – зарозумілий, чванливий;
to have the last laugh – сміятися останнім;
to keep sth under your heart – тримати під серцем (в таємниці);
to boast about things – пишатися (хвалитися) чимось або кимось;
to look down on sth (sb) – зухвало дивитися;
to put sb off doing sth – відбивати охоту;
Jobs Agency manpower – кадрове агентство робочої сили;
lucrative – прибутковий;

eclipsed – затьмарений;
inquisitive – допитливий;
star rates – рейтинг зіркових особистостей.

2. *Translate the following sentences from Ukrainian into English:*

1. Ймовірно в нього немає вищої освіти або усіх відмінних оцінок, але електрик зі східного району Лондона Конрад Палмер має всі необхідні інструменти у багажнику свого мікроавтобусу аби заробляти 150 тисяч фунтів у рік.
2. Корінні жителі Лондону можуть ставитись зверхньо до роботи руками, але сміється той, хто сміється останній.
3. Перукар – це ще одна з професій, яку можуть зневажати, але в таких колористів як Амелія Камден заробітна плата вимірюється шестизначним числом.
4. Ми шукаємо не тільки випускників, але й тих, хто готовий вчитися та адаптуватися.
5. Провідне кадрове агентство Лондону зазначає, що проблемою також є те, що багато хто обирає академічне навчання нехтуючи робочими навичками та не обираючи прибуткову роботу практичного характеру.

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

How to Handle Simultaneous Interpretation in Virtual and Hybrid Events

A **Virtual Event** by definition means that most of the participants are in separate locations and are linked via one of the many available virtual event platforms. A **Hybrid event** allows delegates to meet face to face at a **Venue** and be

joined virtually by a number who, because of distance or travel restrictions, are unable to attend in person. If, in either case, interpretation is required, a **Remote Simultaneous Interpretation software platform** provides an **elegant solution.**

It's sensible to know from the onset whether interpretation is needed rather than launch into the event planning - including choosing a virtual event platform, registration, audience engagement etc. – and then try and add translation as an **afterthought to be tagged** at the last minute.

If you are **platform agnostic**, you might opt for an RSI platform that has video conferencing facilities integrated within, as long as you are satisfied with the other functionalities that you need (registration, audience engagements, etc.).

If you have already chosen a platform, either a mainstream video conferencing or a virtual event one, the RSI platform will have to work in parallel with it, which means that the **attendees** will listen to the translations through a separate channel. The majority of the RSI platforms can do this and you are free to choose the one that offers the attendees the most suitable user experience and better integrates with your event platform.

There are other considerations in choosing an RSI Platform

- If you've **contracted out** the production to a third party how will they provide the interpretation and does it suit your needs
- Do you wish to operate the RSI software yourselves or do you want a full service from the software provider
- Do you have preferred interpreters or would you want the RSI provider to supply them
- How many people during the event will need translation

But most importantly, it's vital to consider the user experience.

At **in-person events** the attendees have become accustomed to hearing voices coming from two different places (the loudspeakers in the hall and the headset receivers) listen to the speakers through the loudspeakers of the venue and to the translation audio through the **headset receivers** because the human brain is capable of focusing on the interpreted audio without being disturbed by the original from the floor.

With virtual events, it seems common sense to have all of the functions of a platform and the translation on one device. Just log in and everything is there. But, in fact, this produces a poorer user experience. Why? Because both channels (original and translation) are heard from the same source with the original audio muted or lowered to a whisper, therefore losing the original emphasis and tone of voice. And also, the chances are the translation channels are not **properly synced with the floor**.

The best way to listen to the translation during a virtual event is **to replicate** the user experience of in-person events. The attendees to the virtual event watch the floor on their computers and listen to the translation through their smartphones equipped with earphones.

Now we come to how the partnership between a virtual event platform and an RSI platform will combine to provide a professional service to those attendees requiring translation.

The manager of the RSI platform will join the virtual event platform as an attendee and will capture the live or **streamed content** and broadcast it to the interpreters who will be operating remotely. Each of the translation channels will be broadcast to the attendees by the method agreed in the planning - separate app on a mobile device, web page or **embedded within the event platform**.

In order for this to be **accomplished seamlessly**, there needs to be time spent rehearsing well before event day and enough time allowed on event day for technical and sound checks.

Practicing and rehearsing becomes even more important when it comes to Hybrid Events, where you have attendees at a live event and others joining virtually.

There are technical challenges with Hybrid events mostly centered around **latency.**

RSI platforms send out the translation audio feeds to the clients' devices in real time, consequently the platform used for distributing the original video contents to your remote attendees must also send them out in real time, otherwise the two streams will not be synchronized.

If your remote attendees are connected through Zoom, MS Teams or other video conferencing platforms, they will receive the stream in almost real time, but if you are using YouTube or Vimeo these streams are viewed with a delay of 15-30 seconds and so will not be in sync with translation streams.

Here we have been talking about using an RSI platform for both the live and virtual attendees. However, it is possible to have the live attendees receive their translation channels using an InfraRed system whilst the remote attendees are connected via an RSI platform.

Not all RSI platforms are capable of integrating the translation audio feeds with the Infrared System. So, this has to be factored in when planning the event. Technically this is done either through a **Dante interface** (which has to be supported by both systems) or other kinds of interfaces (Wi-Fi Broadcaster, sound cards, etc.) in order to avoid duplicating the number of interpreters.

Get this right and the interpreters can be connected by remote and operate on the RSI platform, and their translation audio feeds can **be plugged into the Infrared System** for their distribution to the on-site attendees, or they could operate on-site

in the Infrared System booths and their audio feeds can be plugged into the RSI platform for distribution to the remote attendees.

(https://blog.ablio.com/how-to-handle-simultaneous-interpretation-in-virtual-and-hybrid-events/)

2. *Provide at-sight translation of the following text after scanning the unknown vocabulary:*

The 10 Best Jobs Working From Home For 2020

If you've been entertaining the idea of working from home, there are more opportunities than you might imagine. While it's true it's unlikely you'll find a work-at-home arrangement in all the usual places, there are companies that specialize in the arrangement. It's just a matter of knowing where to find them. And we can help with that! Just days ago, the website FlexJobs, which specializes in work-at-home jobs, released its list of the 100 Top Companies with Remote Jobs in 2020.

If you have a serious interest in getting a working from home position in the near future, that list will be an excellent place to start. But to keep you from being overwhelmed in that search, I'm listing the top 10 potential employers from that list. You may find the job you've been looking for without needing to scan through all 100 employers. FlexJobs updates this list each year but there haven't been any dramatic changes from 2019. In fact, the top five employers for 2020 are identical to those for 2019. But once we get past the top five, changes start to kick in.

1. Appen

Appen once again took the top spot on the FlexJobs list. The Australia-based technology services company also has offices in the US, as well as employment opportunities in more than 130 companies. In fact, the company claims more than one million contractors employed globally. As you might expect, they work with some of the biggest companies in the world, especially large technology organizations.

FlexJobs updates this list each year but there haven't been any dramatic changes from 2019. In fact, the top five employers for 2020 are identical to those for 2019. But once we get past the top five, changes start to kick in.

Appen offers a surprisingly broad range of work-at-home situations, including positions with flexible and part-time hours. While the company focuses primarily on technology, there are a multitude of jobs available. For example, if you speak more than one language, you may be able to find work in translation.

But the company also offers work with transcription and linguistics, as well as micro-tasks. There are also positions with corporate clients around the world, in

fields as diverse as finance, marketing, sales, and engineering. As you might expect, you'll need to have both a home computer and a mobile device.

2. Lionbridge

Though it's based in Waltham, Massachusetts, Lionbridge offers positions in 26 countries, and provides the option to either work from home, or at one of their 47 offices around the world. Positions are available for both full- and part-time work. You can also work as a freelancer through the company, depending on the specific service you can provide.

Lionbridge is currently hiring corporate associates in technology, finance, marketing and sales, as well as translators and interpreters. One interesting subcategory is testers, raters and curators. These home-based positions are open to college students, as well as home-based workers. Industries serviced including banking and finance, gaming, manufacturing, legal services, and life sciences.

The company works with more than a half-million people, and seems especially well-suited to linguistics experts and cultural translators. If you are bilingual, this could be the work-at-home situation for you. The company works with translators in more than 350 languages.

3. VIPKid

VIPKid is a company providing instruction in English to more than 500,000 students in China, including 300 low income rural schools. To accomplish that goal, they hire teachers from all over the world. They use technology-designed personalized learning and create a connection between teachers and students, regardless of geography.

If you qualify, you'll be working with students between the ages of four and 12, who are learning English as a second language. The website advertises the company pays $22 per hour for participating teachers.

Though the company is based in Beijing, China, they have a US office in San Francisco. They're looking for teachers who speak English fluently, and can provide one-on-one instruction based on the US Common Core State Standards.

To qualify, you're required to have a bachelor's degree. You can live just about anywhere you want, as long as you have a stable Internet connection, though they are currently excluding new teachers based in California (no explanation for this is given). If you're accepted, you'll be required to provide a minimum six-month commitment. You'll also be required to have an HD external or integrated camera with a headset and microphone.

4. Liveops

Liveops operates what we might think of as a dispersed call center. That is, they don't actually have call centers but instead operate with a network of remotely based individuals. As a Liveop agent you'll be part of an on-demand workforce

requiring the need to be available during high-traffic times when demand is strongest.

The company attempts to match individuals with companies based on specific experience and skills. Some of the industries you may find yourself working in include direct response, financial services, healthcare, insurance, retail, technology, telecommunications, utilities, and travel and hospitality. Along the way, the company offers community support, career development, flexible vacation time, and even healthcare. However, some positions are independent contractors.

If you sign up with the company, you could be working in customer service, inbound sales, insurance claims, technical support, roadside assistance, healthcare, payroll support, and even food order taking. Exactly what your capacity will be is determined by your previous experience.

5. Working Solutions

Like Liveops, Working Solutions functions as a flexible call center. They work with some of the biggest companies in their respective industries, including Hotels.com, Sylvan Learning, Microsoft, T-Mobile, Michael's, and StubHub. The company is based in Dallas, Texas, and began operations in 1996. They employ home-based workers in sales, service, and technical support throughout the US and Canada.

Working Solutions primarily employs people as independent contractors, claiming you can be your own boss and even setting your own hours. But even though you're working as an independent, they provide education in the client's business through their Working Solutions University. The University is provided free of charge to participating agents.

Positions are currently available as tax software customer service representatives, seasonal customer service agents, sales development representatives, and travel reservation specialists.

6. Kelly Services

Kelly Services is one of the most popular employment agencies in the US. Best known for temporary jobs, the company began operations in 1946, and now offers positions in more than 30 countries around the world. It has more than 500,000 workers around the globe. Ranked Number 8 on the FlexJobs 2019 list, Kelly Services has moved up two notches for 2020.

One of the features that distinguishes Kelly Services from the top five on this list is that it is a full-service employment agency. That includes permanent placement and temporary assignments, in addition to work-at-home positions, both full-time and part-time. They even have some positions available for freelancers.

The company offers placements with many of the biggest employers in the US and globally. Many of the positions are in accounting and finance, administrative

positions, the automotive field, engineering, information technology and call centers. But as such a large and well-established employment firm, you can expect to find just about any type of position that fits your skill set.

7. EF – Education First

EF – Education First was on the FlexJobs 2019 list as well, but jumped 21 places from #28 to #7, so good things must be happening with this company! They specialize in international language training and educational travel. It offers both academic degrees and cultural exchange services.

While not all positions offered are designed for remote workers, many are. The positions are available both in the US and from anywhere in the world. It employs 37,000 people in various positions in both schools and offices around the world. The company currently offers more than 900 jobs in nearly 1,000 locations.

Many of the positions are academically oriented, particularly in teaching, though they offer many other opportunities. These include general management and administration, sales and marketing, technology, operations and customer service, finance and business intelligence. They even offer creative positions, designing the learning experience. Subcategories include branding, graphic and interactive design, campaigns, user experience, and video and animation.

8. SYKES

SYKES is a company specializing in customer contact management, and while they do offer work from home positions, the majority of the jobs offered are traditional employment situations. This is another company that moved up on the FlexJobs list, rising from #15 in 2019 to #8 in 2020.

As a member of the SYKESHome Work At Home team, you'll be working remotely, primarily handling customer service related positions. These include customer service representatives, team leads, and support positions. But their extensive list of work from home positions includes system engineers, teacher quality evaluators, bilingual Spanish/English and French/English customer service reps, as well as area manager IT client services.

9. Concentrix

Concentrix was also #9 on the 2019 list and has retained that position despite changes in the bottom half of the top 10. It's a technology enabled global business services company specializing in customer engagement and improving business performance. The company operates in 40 countries to help client companies establish better connections with their customers.

Primary industries include automotive, banking and financial services, insurance, healthcare, technology, consumer electronics, media and communications, retail and e-commerce, travel and transportation, energy and the public sector.

Most of the work-at-home positions offered are in sales and service representative capacities. They're available through the Concentrix Anywhere program, which provides dispersed, remote call center capabilities for clients. If hired, you'll receive paid training and employee benefits.

As is typically the case with remote positions, you will need to have a dedicated workspace in your home, and a PC with a high-speed Internet connection. You may also need to purchase specific equipment, which could include a headset, flash drive, or a dual monitor. You must also be a "people person", and will be required to be available seven days a week.

10. Williams-Sonoma

Williams-Sonoma moved up a notch from the #11 position in 2019 to make the top 10 for 2020. This is an interesting entry as well, since Williams-Sonoma is a well-known retailer, focusing on the sale of kitchen and cookware supplies. But the company does offer remote positions, and as an employee you'll be eligible for benefits, including health insurance, participation in the 401(k) plan, and paid vacation.

Work-at-home positions are typically available in art and creative positions, marketing, and customer service. The company has also hired for positions such as data entry, business analyst, technology project manager, software engineer, and recruiter, among other capacities.

Preparing Yourself for Your Working From Home Career

If you've never worked from home in the past, you'll need to prepare yourself for the new venture. Both finding a work-at-home position and creating the right work environment are critical to your success.

If you're looking for a work-at-home position, even among some of the employers listed above, you should be aware that not all such positions will be readily available. You may have to go on the company's careers page or job board and enter terms such as "work-at-home", "work-from-home", "remote position", or something similar. This will be especially important if most of the jobs offered by an employer are on-site.

Once you've landed a work-at-home situation, you'll need to prepare your home life for the shift. As I've already mentioned in some of the descriptions above, some of what you should expect to have in place before you start the job include:

- A separate workspace, preferably an office with a door. This will be especially important if your work will take place when other members of the household are at home.
- A good high-speed Internet connection.
- Your computer should be a late model, and in good working order.
- A dedicated phone line, including a headset.

· Any other equipment that may be required by the position you're applying for.

You'll also need to be sure your workspace is comfortable. "A good strategy is to implement is a standing desk," recommends Anthony Montenegro, Founder of The Blackmont Group. "Brands such as Varidesk even come as handy low-cost laptop versions. Taking intermittent standing breaks while continuing to labor productively at your desk can break the monotony of sitting all day."

How to Not to Sabotage Working From Home

As much as you may look forward to working from home, you'll also need to be aware that it does come with some important limitations. You'll need to take those into account from the very beginning, and make sure they don't bring your work-at-home career to an early end.

"I think the most important factor in successfully working from home is setting a boundary between work and personal time,» warns Russ Thornton, who runs Wealthcare for Women from his home. «Many jobs can suck up all your available time if you let them. When I "shut down" for the day, I shut off my computer, leave my office, and only very rarely do I set foot back in my office before I start work the next morning".

The potential for your work-at-home job to overwhelm your personal life is real. But so is the opposite – *allowing your personal life to invade your professional time.*

"There are two strategies that work extremely well for me when working from home," advises Morgan Ranstrom, a Certified Financial Planner at Trailhead Planners in Minneapolis. "First, when I work from home I still 'get ready.' I shower and I put on business casual attire. This helps me get in the mindset of "I'm going to work". Second, time blocking is a savior when working from home. There are countless ways to distract yourself when you're at home – the laundry, washing the dishes, walking the dog. Don't fall for it".

Conclusion

There are more opportunities to work from home than most people know. Start by checking with the companies known to hire for remote positions, like those on the list above. Then be prepared to create an effective workspace, and implement the type of discipline that will be essential to making your work-at-home venture a successful one.

(https://www.forbes.com/sites/jimwang/2020/08/12/best-work-from-home-jobs-2020/)

Lesson 3. Work and Study

Part 2. Study

Memory Training

1. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини.
2. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини, **її кар'єра та добробут.**
3. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини, її кар'єра та добробут; **на навчання за кордоном їдуть з метою отримання знань та навичок.**
4. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини, її кар'єра та добробут; на навчання за кордоном їдуть з метою отримання знань та навичок – **талановиті, креативні і цілеспрямовані абітурієнти мають можливість вступити на безкоштовне навчання за кордоном.**
5. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини, її кар'єра та добробут; на навчання за кордоном їдуть з метою отримання знань та навичок – талановиті, креативні і цілеспрямовані абітурієнти мають можливість вступити на безкоштовне навчання за кордоном, **таким абітурієнтам надають стипендії.**
6. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини, її кар'єра та добробут; на навчання за кордоном їдуть з метою отримання знань та навичок – талановиті, креативні і цілеспрямовані абітурієнти мають можливість вступити на безкоштовне навчання за кордоном, таким абітурієнтам надають стипендії, **вони можуть брати участь в написанні грантів.**
7. Вибрати хороший ВУЗ – непросте завдання, адже від цього вибору буде залежати майбутнє людини, її кар'єра та добробут; на навчання за кордоном їдуть з метою отримання знань та навичок – талановиті, креативні і цілеспрямовані абітурієнти мають можливість вступити на безкоштовне навчання за кордоном, таким абітурієнтам надають стипендії, вони можуть брати участь в написанні грантів, **їх зараховують на навчання за рахунок навчального закладу.**

***

1. One of the most important benefits of studying is that it helps you develop problem-solving skills.
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6. One of the most important benefits of studying is that it helps you develop problem-solving skills: being able to solve problems quickly and effectively is a valuable skill – it will come in handy not only in your academic career but also in your professional life, also, to be successful you need to think critically: **this means being able to see both sides of an issue.**
7. One of the most important benefits of studying is that it helps you develop problem-solving skills: being able to solve problems quickly and effectively is a valuable skill – it will come in handy not only in your academic career but also in your professional life, also, to be successful you need to think critically: this means being able to see both sides of an issue **and weighing pros and cons before making a decision.**

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

Montessori : The World's Most Influential School?

Tech geniuses, nation builders and famous artists have praised the benefits of a Montessori education – but does it hold up to ***scientific scrutiny****? David Robson and Alessia Franco investigate.*

When considering the lives of the rich and famous, it is always tempting to look for the secrets of their successes. So here's **a brain teaser**: what do the cook Julia Child, the novelist Gabriel García Márquez, the singer Taylor Swift, and Google's founders Larry Page and Sergey Brin all have in common? The answer is that they all attended Montessori schools as young children. In the US, the schools' influence in the art and tech world has long been noted. But the reach of the educational method goes far beyond that. Indian independence leader Mahatma Gandhi was a fan, and described how children taught with it "felt no **burden of learning** as they learnt everything as they played". Rabindranath Tagore, the Nobel-Prize-winning poet, set up a network of Montessori schools to free children's creative self-expression.

But does the method actually work?

It is more than a century since the Italian doctor and educator Maria Montessori designed her famous principles, which encouraged children to develop autonomy from a young age. Her life offers an inspiring story of an early feminist who **dared to defy the Fascist regime in the pursuit of her dream**. And according to some estimates, there are now at least 60,000 schools across the world using the Montessori method.

Remarkably, however, the benefits of a Montessori education remain a matter of debate. This is partly due to the inherent difficulties of conducting scientific research in the classroom, meaning that the existing studies have been subject to severe criticism by sceptics. It is only recently that researchers have been able to resolve some these issues, and their conclusions make intriguing reading for teachers, parents, students – and indeed anyone who is fascinated by the **malleability of the infant mind.**

Playing with breadcrumbs

Montessori was born in the small Italian municipality of Chiaravalle in 1870 to progressive parents, who frequently **mingled** with the country's leading thinkers

and scholars. This enlightened family environment provided Montessori with many advantages over other young girls of the time.

"Her mother's support was vital for some important decisions, such as her enrolment in a technical school after her elementary education," says Elide Taviani, a member of the board of directors of the Opera Nazionale Montessori in Rome, Italy – the organisation founded by Montessori to research and promote her educational methods. Her parents' support also proved to be essential for her decision to study medicine, a field that was dominated by men.

“Maria Montessori's family were always extremely sensitive to social issues,” adds Taviani, such as the **fight for female emancipation** – a battle that Montessori would continue into adulthood. “She represented an important reference point for other women of the era.”

Soon after graduating, in 1896, Montessori began work as a voluntary assistant in a psychiatric clinic at the University of Rome, where she cared for children with learning difficulties. The rooms were bare, with just a few pieces of furniture. One day, she found that the children were enthusiastically playing with breadcrumbs that had dropped on the floor, says Catherine L'Ecuyer, a researcher in psychology and education at the University of Navarra in Spain and author of The Wonder Approach. "It then occurred to her that the origin of some intellectual disabilities could be related with **impoverishment**." With the right learning materials, these and other young minds could be **nurtured**, Montessori concluded. The observation would lead Montessori to develop a new method of education that focused on providing the optimum stimulation during the sensitive periods of childhood.

At its centre was the principle that all the learning materials should be child-sized and designed to appeal to all the senses. In addition, each child should also be allowed to move and act freely, and use their creativity and problem-solving skills. Teachers took the role of guides, supporting the children without **coercion** or control.

Montessori opened her first "Casa dei Bambini" – "Children's House" – in 1907, and it soon **spawned** many others. Over time, she also **forged** connections with visionaries around the world, including Gandhi. Perhaps surprisingly, when the Fascists first came into power in Italy in 1922, they initially embraced her movement. But they soon came to oppose the emphasis on the children's freedom of expression. According to Taviani, Montessori's values had always been about human respect, and "the rights of children and women. But the Fascists wanted to exploit her work and her fame."

Things reached a breaking point when the Fascist regime tried to influence the schools' educational content, and in 1934 Montessori and her son decided leave

Italy. She would only return to her homeland in 1947, and she continued to write about and develop her method until her death in 1952, at the age of 81.

Children in charge

Today there are many different kinds of Montessori schools, not all of which are recognised by Opera Montessori, but certain fundamental principles have remained **intact.** One is the idea of teachers as gentle guides, encouraging the children to complete the activities with as little adult interference as possible.

"Our children learn to self-manage," says Miriam Ferro, the headteacher of the Ecoscuola Montessori in Palermo, Sicily, which welcomes children from their first few months up to the age of six.

Some subjects at Ecoscuola are similar to those taught in other pre-schools and schools, such as mathematics and music. But there is also a segment called "practical life" that goes right back to Montessori's original vision of children's autonomy. It involves real-life practical tasks, such as serving drinks to their classmates. For safety, teachers would take charge of boiling the water, but the children would play active roles in cleaning the work surface and then presenting the drinks to others. "And during breakfast and lunch they are also self-directed, taking it in turn to lay the table and serve their classmates," says Ferro.

The method encourages independence, but also, collaboration. Children of different ages are taught in the same classroom, so that the six-year-olds, for example, can help the three-year-olds. There are no tests or grades, to avoid competition between pupils. Each session is three hours long, to allow the children to **immerse** themselves in what they are doing. The learning materials are designed for being handled and explored with all the senses, such as letters and numbers made of sandpaper, which the child can trace with their finger.

As cheerful and sensible as this concept may sound, does it **bring about any tangible benefits**, beyond those seen in a typical classroom?

It may seem like a simple question, but it's very hard to answer. Research suggests there may be benefits to specific aspects of a Montessori education – but the results come with important **caveats**. That's because the standard scientific process used to find out if something works or not, is difficult to apply to the classroom.

To measure the effects of an intervention scientifically, you would typically conduct **a randomised controlled trial**. This involves randomly allocating the participants into two groups – the "experimental" group who are given the intervention, and the "control" group who undergo a comparable, but different, procedure that is not expected to have the desired effect. If those who received the intervention did better those who did not, you can conclude that it has worked as desired. In medicine, the people in the intervention group might receive a real tablet,

while the control group might receive **a 'placebo' pill** that looks just like the real thing, but does not contain the active ingredients.

Unfortunately, it is very hard to apply the same **rigour** to the testing of educational interventions. You might decide to compare pupils in Montessori schools to those in some other educational system. But many Montessori schools are fee-paying, and the parents' choice may be related to many other confounding factors that could also influence a child's progress. It's not just the parents' wealth that matters. "Parents sending their children to a Montessori school may be more engaged in their education, so their own educative style at home may positively influence their success," explains Javier Bernacer at the Institute for Culture and Society, University of Navarra in Spain.

"Children who went to a Montessori school tended to have better literacy, numeracy – and story-telling skills"

Certainly, some studies had appeared to demonstrate a range of benefits for children's development, but we can't be sure if it's a result of the Montessori method or whether it's simply due to their **privileged background.**

Angeline Lillard, a professor of psychology at the University of Virginia in Charlottesville, has attempted to overcome these issues by looking at a particular Montessori School in Milwaukee, the US. Children who applied for the school were selected through a lottery system. This random selection should eliminate those other confounding factors – allowing Lillard to be more confident that any differences were down to the Montessori method itself. Analysing their progress at age five, Lillard found that the children who went to the Montessori school tended to have better **literacy, numeracy, executive function and social skills**, compared to those who had attended the other schools. And at age 12, they showed better story-telling abilities.

As positive as these results are, it's worth noting that this was based relatively small sample of pupils. Chloe Marshall at the University College of London Institute of Education says that Lillard's results provide the most rigorous test yet, "but it's just one piece of evidence, and we need replication in science".

The benefits of "unstructured time"

Looking at the education and psychology literature more generally, however, Marshall suspects that the method does bring some benefits, without any **downsides.** For example, there is some recent evidence that providing children with **unstructured time**, in which they are allowed to get on with their own activities without too much interference from an adult, does lead to greater independence and self-direction – and this approach is at the very heart of the Montessori method.

There is also some evidence that children in classrooms that only use the verified Montessori learning materials perform better than classrooms with other kinds of educational objects – suggesting that their unique design does benefit early learning. Solange Denervaud, a neuroscientist at the Centre Hospitalier Universitaire Vaudois in Switzerland and a former Montessori teacher herself, is similarly positive. In a recent study she found that children who attend Montessori schools tend to have greater creativity, which, in turn, seemed to be linked to better **academic outcomes.** (Although she was unable to obtain a fully randomised sample of pupils, she tried to make sure that she was comparing children of similar intelligence and socioeconomic backgrounds in an attempt to eliminate some of the confounding factors.)

Denervaud suspects that the advantages derive from the children's experience of **taking the lead** on their learning activities from a young age, and the increased opportunity to find their own solutions to a problem and to learn from their mistakes – all of which should encourage more flexible thinking. "It's a safe space **to do trial and error**," she suggests. Might the success of Montessori alumni reflect these benefits? Marshall says we need **to reserve judgement**, since we don't yet have convincing evidence on the long-term benefits. Denervaud is more positive: given her results, she believes that Montessori education could help people to get ahead in creative industries.

"When you're at school, you're building the architecture of your mind," she says. It would make sense that people who have learnt to be self-motivated, flexible, and cooperative at a young age should have an advantage later in life, she says.

The Montessori brand

Whatever the true benefits of the method, there is certainly something appealing about the central idea – and its **proponents** have made a huge success of marketing its message of **a liberated, self-directed childhood free from the tyranny of conventional education**. Maria Montessori was tireless in the promotion of her method and her successors have continued spreading the world.

"It has become, not by accident, a 'brand'," explains Gianfranco Marrone, a professor of semiotics, the study of signs and symbols, at the University of Palermo. He points to the rise of brands and marketing since the 1980s, which extends to

educational institutions. The name Montessori, he suggests, is now associated with a high quality of education, and even a life philosophy, that has attracted many parents.

"When you're at school, you're building the architecture of your mind" - Solange Denervaud

Ironically, however, many schools today bear Maria Montessori's name while only **loosely adhering** to her methods. This is because the word is not trademarked. While there are official Montessori institutions in different countries providing teacher training and accreditation, this is not necessary for schools to use the term in their advertising.

"It is increasingly difficult to find authentic Montessori education," says L'Ecuyer, who worries that some schools may simply be following a trend, without **truly embracing** the principles regarding child autonomy, or the length of the learning sessions – all of which could influence important outcomes. The lack of consistency in applying the method may explain why there is variability in measures of the Montessori method's benefits, including some failures to note any advantages over other educational systems.

Marshall is more **sanguine** about these changes. While she agrees that the diverse approaches can sometimes **skew assessments** of the Montessori method, she also recognises that the movement may need to adapt to social and technological change. Take electronic devices, and their many uses in education: "That's not something she could have written about."

It's a testament to Montessori's work that, more than 100 years after she opened her first school, educators are still **wrestling with** her theory, and that it is continuing to inspire serious research. And given the **enticing** recent results, it may continue to fire conversations for another century.

(https://www.bbc.com/future/article/20230131-does-the-montessori-method-actually-work)

2. *Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:*

Навчання у часи війни: як наші діти в школу (не) ходили

В Україні добігла кінця перша чверть першого воєнного навчального року. Паралізований початком війни освітній процес після літніх канікул запрацював у нових реаліях – з урахуванням усіх складних викликів і безпекової ситуації. Що ж з цього вийшло?

Перед вереснем у соцмережах розгорнулися справжні баталії - після того, як у Міністерстві освіти оголосили, що навчання проходитиме очно – за наявності перевірених укриттів у освітніх закладах. Багато батьків критикували таке рішення через постійну небезпеку ракетних обстрілів усієї території нашої держави. Однак батькам дали вибір – навчати дітей онлайн чи водити до школи, або взагалі обрати сімейну форму навчання. Така змішана форма має задовольнити усіх учасників освітнього процесу.

Коли в Україні масово запроваджувалося онлайн-навчання під час пандемії коронавірусу, багато списів було зламано у палких дискусіях в суспільстві: дехто був проти, дехто критикував саму організацію процесу. Та ніхто не міг і подумати, що подібний досвід стане в пригоді через криваву та руйнівну війну. Тому онлайн-навчання стало справжньою панацеєю після початку військової агресії, адже мільйони українців – як діти, так і вчителі – роз'їхалися по різним куточкам України і світу, і уроки через інтернет стали запорукою хоч якоїсь стабільності.

Що стосується офлайн-навчання, то у шкіл був час підготувати за наказом МОН укриття у літні місяці для того, щоб прийняти учнів у нинішніх непростих умовах. Дозвіл на початок очного освітнього процесу у кожному закладі давала комісія, яка перевіряла наявність і стан укриттів, де учні разом із вчителями мають перебувати під час повітряних тривог.

Таким чином, з вересня багато українських дітей нарешті сіли за парти, решта навчалася вдома. Різні школи по-різному влаштовували освітній процес: десь з однієї паралелі зібрали окремі класи з дітей, які будуть навчатися очно, і дітей, чиї батьки категорично проти офлайн-навчання. Десь діти навчаються позмінно чи класи чергують очне і онлайн-навчання – ходять тиждень через тиждень, адже кількість місць в укритті може бути обмеженою. Одним словом, школи, як змогли, пристосувалися до реалій, щоб забезпечити освітній процес нашим дітям.

Онлайн-уроки важливі також і для дітей, які ще не повернулися з-за кордону: так вони не будуть пропускати саме українську шкільну програму та будуть відчувати зв'язок із рідним класом та вчителями.

Деякі батьки, які вагалися щодо очного навчання та на початку року обрали онлайн, змінили свою думку, побачивши, що процес у школах йде та багато дітей відвідують шкільні класи. Адже перебування дітей під контролем вчителів у шкільному укритті (якщо воно справді надійне) є безпечнішим для учнів, які, наприклад, залишилися самі вдома або просто не мають свого укриття (будемо чесні, далеко не всі сумлінно спускаються у бомбосховища з багатоповерхівок під час чергової повітряної тривоги).

До тривог учні та вчителі вже адаптувалися: в школі всі гуртом йдуть до укриттів, а онлайн-уроки перериваються до відбою, щоб всі могли прослідувати до безпечного місця. Але нещодавно додалася нова гостра проблема, яка зачепила всю країну, - обстріли енергетичної інфраструктури та масові відключення світла.

Вся Україна зараз годинами сидить без електрики, це паралізує роботу багатьох підприємств і закладів. Освітні – не виняток. І якщо в школах це створює лише певні незручності (наприклад, неможливість застосувати інтерактивні засоби навчання, що не є критичним, а освітлення у денний час вистачає з вікон), то онлайн-навчання унеможливлюється через постійні відключення. Якщо електрики немає у вчителя, то весь клас залишається без уроку, якщо у деяких учнів, - то вони можуть відставати від програми. Через це процес навчання гальмується, адже треба витрачати час на доопрацювання шкільного матеріалу.

Через віялові та аварійні відключення у деяких громадах місцева влада оголосила осінні канікули, які до того мали перенести на зиму, додавши зайвий тиждень до зимових. Та навряд чи це наразі щось суттєво змінить у освітньому процесі: рашисти не припиняють свої терористичні ракетні атаки на об’єкти критичної інфраструктури (особливо люблять це робити по понеділках), і віялові відключення точно не припиняться за тиждень, а навпаки обіцяють бути жорсткішими, адже 40 відсотків енергетичної інфраструктури країни серйозно пошкоджено.

Батькам і вчителям залишається і надалі пристосовуватися до надскладних умов українського сьогодення. Вчителі, які викладають онлайн, можуть записувати уроки чи окремі відео з поясненням матеріалу для дітей, які через відсутність електрики не змогли бути присутніми на уроці (а якщо світла не було у вчителя, то відеоурок має бути обов’язковим, щоб не відставати від програми).

Батьки теж мають включатися в освітній процес своєї дитини, як би це не було важко з роботою та побутовими справами (особливо це стосується батьків учнів початкових класів, яким без допомоги може бути складно опанувати шкільну програму). У кого є фінансова можливість – завжди можна знайти репетитора, який буде пояснювати малечі незрозумілий матеріал. Також можна користуватися різноманітними відео на освітніх платформах – є як безкоштовні, так і платні програми.

Усім українцям зараз важко, та ми не маємо права зневіритися на злісну радість нашому ворогу. Бездоганного навчання у воєнний час не варто чекати, але найголовніше зараз – зберегти життя і здоров’я усіх нас. Після перемоги все наздоженемо, а зараз слід вчитися за можливостями, які наразі доступні.

(https://www.unian.ua/society/navchannya-u-chasi-viyni-yak-nashi-diti-v-shkolu-ne-hodili-12032175.html)

Translating

Man Who Learnt To Read At 18 Becomes Cambridge University's Youngest Professor

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=g28uXeXz9l8).*
   First study the unknown words and phrases:
   privilege – привілей;
   autism spectrum disorder – розлад спектру аутизму;
   full-time assistance – постійна допомога;
   to take on the world – підкорювати світ;
   market appointment – вимога ринку;
   tokenistic appointment – формальна вимога;
   unanimous – одноголосно;
   kind sentiment – приємні побажання.

2. *Translate the following sentences from Ukrainian into English:*

1. Я завжди вважав це привілеєм, що я не міг розмовляти до 11 років як це могли робити інші, але це дозволило мені поглянути на світ іншими очима.
2. Професору Джейсону Ердей у віці 3 років було поставлено діагноз розлад спектру аутизму. До 11 років він не розмовляв, а до 18 – не писав і не читав.
3. Лікарі передбачали, що йому потрібна буде постійна допомога, але вони помилялися.
4. «Коли у віці 22 років я сказав, що хочу отримати науковий ступінь доктора філософії, Ви сказали мені наступні слова: «Ти знаєш, це буде найдивовижніша історія у світі, коли дитина, яка не вміла читати і писати отримає науковий ступінь. Ти знаєш, що ти можеш спробувати підкорити світ і у тебе це вийде.»»
5. Я дуже оптимістично налаштована щодо нашого дослідження, оскільки воно вивчає нові можливості того, як зробити вищу освіту доступну кожному. Що ми можемо зробити, щоб запевнити, що це не просто вимога ринку через 5 років?

Fines And "Class Bubbles" – New Plans To Get Children Back To School

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=y0sd2W-aTss) paying attention to the vocabulary related to education.*

First study the unknown words and phrases:

class bubbles – відокремлені (ізольовані) класи;
group bubbles – відокремлені (ізольовані) групи;
precaution – застереження;
GSCE (General Certificate of Secondary Education) – атестат про загальну середню освіту;
mobile units – мобільні бригади.

2. *Translate the following sentences from Ukrainian into English:*

1. Учні початкової школи перебуватимуть в ізольованих класах, а учні середньої школи в ізольованих групах. Соціальна дистанція не буде нав'язана, але учнів старших класів заохочують тримати дистанцію якомога далі та не торкатись один одного.
2. У разі двох або більше випадків спалаху коронавірусу протягом 2 тижнів – великі групи відправляють додому на самоізоляцію з метою застереження.
3. Відвідування школи буде обов'язковим з загрозою штрафів для батьків, якщо діти не будуть ходити в школу.
4. Якщо спалах вірусу підтверджено, мобільні бригади оглядатимуть цілий клас або ж навіть усіх у школі.
5. Ми не можемо більше пропускати навчання, ми не можемо більше сидіти склавши руки та повторювати, що діти не можуть ходити до школи. Тому ми створили систему контролю, щоб мінімізувати ризик поширення вірусу.

Lesson 4. Travelling
Part 1
Memory Training. Snowball repetition

1. Set the wheels in motion for your next journey abroad.
2. Set the wheels in motion for your next journey abroad **and open yourself up.**
3. Set the wheels in motion for your next journey abroad and open yourself up **to many opportunities.**
4. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities **for cross-cultural learning.**

5. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning **that await for you.**
6. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning that await for you: **by travelling you will become highly adaptable.**
7. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning that await for you: by travelling you will become highly adaptable, **culturally-sensitive and global aware.**
8. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning that await for you: by travelling you will become highly adaptable, culturally-sensitive and global aware **so you shouldn't miss the opportunity to enrich your life.**
9. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning that await for you: by travelling you will become highly adaptable, culturally-sensitive and global aware so you shouldn't miss the opportunity to enrich your life **while building a valuable cross-cultural skill set.**
10. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning that await for you: by travelling you will become highly adaptable, culturally-sensitive and global aware so you shouldn't miss the opportunity to enrich your life while building a valuable cross-cultural skill set **that you can take with you in your future career.**
11. Set the wheels in motion for your next journey abroad and open yourself up to many opportunities for cross-cultural learning that await for you: by travelling you will become highly adaptable, culturally-sensitive and global aware so you shouldn't miss the opportunity to enrich your life while building a valuable cross-cultural skill set that you can take with you in your future career, **no matter what your field or focus may be.**

***

1. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища.
2. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, **це вся Україна і її заповідні куточки.**

3. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, **красиві парки і заповідники.**
4. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, красиві парки і заповідники, **туристичні пам'ятки та цікаві місця.**
5. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, красиві парки і заповідники, туристичні пам'ятки та цікаві місця; **тури по Україні – це можливість отримати незабутні враження на все життя.**
6. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, красиві парки і заповідники, туристичні пам'ятки та цікаві місця; тури по Україні – це можливість отримати незабутні враження на все життя, **доступне і незабутнє задоволення.**
7. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, красиві парки і заповідники, туристичні пам'ятки та цікаві місця; тури по Україні – це можливість отримати незабутні враження на все життя, доступне і незабутнє задоволення, **це приємне проведення часу, неповторні емоції.**
8. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, красиві парки і заповідники, туристичні пам'ятки та цікаві місця; тури по Україні – це можливість отримати незабутні враження на все життя, доступне і незабутнє задоволення, це приємне проведення часу, неповторні емоції **і дотик до невичерпної української культури**.
9. Подорож по Україні – це краса гір і морів, мальовничі пейзажі, замки і фортеці, казкові міста і селища, це вся Україна і її заповідні куточки, красиві парки і заповідники, туристичні пам'ятки та цікаві місця; тури по Україні – це можливість отримати незабутні враження на все життя, доступне і незабутнє задоволення, це приємне проведення часу, неповторні емоції і дотик до невичерпної української культури; **це подорожі і пригоди, які не можуть набриднути.**

Translating

Holidaymakers Facing Travel Disruption As Flights Cancelled at UK Airports

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=YxRFoMZT1wk) paying attention to the vocabulary related to travelling.*

First study the unknown words and phrases:

series of flight cancellations – ряд скасованих польотів;
struggling – намагання;
rebound in demand – зростання попиту;
queen's platinum jubilee celebration – святкування платинового ювілею Королеви;
hi-vis jacket (high visibility) – світловідбиваючий жилет;
short-staffed airports – аеропорти, недоукомплектовані персоналом;
to lay off – звільнити;
blame game got underway – кількість звинувачуваних зросло;
holiday giant – туристичний гігант;
heartbreaker of doom – порушник тиші;
jetting off – злітати.

2. *Translate the following sentences from Ukrainian into English:*

1. Міністр транспорту Великобританії Грант Шеппс закликав авіалінії припинити продаж квитків на рейси, які вони будуть не в змозі виконати, після великої кількості скасованих рейсів, коли туристи намагалися вилетіти на відпочинок, але їм це не вдалося.
2. Аеропорти по всій Європі також намагаються справитися з підвищеним рівнем попиту, але аеропорти Британії цього тижня є перенавантаженими через шкільні канікули, а також два додаткових вихідних дні з нагоди святкування платинового ювілею Королеви.
3. Пасажир фільмує крізь вікно терміналу чоловіка, який, будучи один з пілотів, у світловідбиваючому жилеті вантажить багаж на літак. Це вказує на те, наскільки аеропорти є неукомплектованими. Авіаційна

галузь звільнила тисячі працівників протягом пандемії, а зараз знову найняти людей – є проблемою.

4. Міністр транспорту Грант Шеппс зазначає, що авіалінії справді продали більше квитків ніж можуть виконати рейсів. Міністр вимагає зустрічі з керівниками авіакомпаній.
5. Найбажаніший відпочинок було зіпсовано. Вів'єн та її чоловік повинні були летіти в понеділок з Брістолю до Менорки. Після безлічі годин очікування – рейс було скасовано.

What Is Motivating Those Who Make The Journey Across The Channel?

1. Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=1UzLTlT_n4s) paying attention to the vocabulary related to travelling.

First study the unknown words and phrases:

RLNI (Royal National Lifeboat Institution) – Королівський національний інститут рятувальних шлюпок;
to put smb off – відштовхнути від чогось; відбивати інтерес;
stark reminder – суворе нагадування;
flimsy dinghy – надувний човен;
people smuggler – контрабанда людей;
coast guard – берегова охорона;
International Organization for Migrations – Міжнародна організація міграції (МОМ)
fleeing conflict and poverty – рятуючись від конфліктів та бідності;
deterrent – стримуючий фактор;
The International Rescue Committee – Міжнародний комітет порятунку
asylum seekers – шукачі притулку.
former Boarder Force official – колишній прикордонник;
appealing – привабливий;
desperation – відчай.

2. Translate the following sentences from Ukrainian into English:

1. Навіть крижана вода не відштовхнула біженців від здійснення подорожі з Королівським національним інститутом рятувальних шлюпок та іншими рятувальними човнами і ця поді зараз на слуху. Сьогодні – це суворе нагадування наскільки небезпечним може бути перетинання каналу – четверо людей загинуло під час перетинання каналу на надувному човні.

2. Капіл Флед Сірія заплатив дві х половиною тисячі фунтів нелегальним перевізникам у Франції, щоб вони пришвидшили подорож тоді як врешті решт його було врятовано береговою охороною.
3. Контрабандисти, що нелегально транспортують людей, є дуже небезпечними, деякі з них володіють зброєю та змушують людей та змушують людей сідати на човни, мовляв: «Або ми їм платимо або вони нас вб'ють».
4. Згідно Міжнародної організації міграції, цього року близько 45000 людей перетнули канал, тоді як дані про зниклих без вістки мігрантів нараховують 205 осіб починаючи з 2014.
5. Міжнародний комітет порятунку разом з депутатами закликає уряд створити безпечні маршрути, щоб шукачі притулку мали безпечніший шлях дістатися Британії. Колишній працівник прикордонної служби зазначає, шо перетин каналу приваблює біженців, оскільки не передбачає жодних традиційних перевірок як це присутньо під час перетину будь-яких інших кордонів. Це той відчай, який, на жаль, коштує життя.

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

Is It Sensible, Safe Or Even Good Taste To Visit Turkey Now? A Local Guide Offers Advice

A tour leader finds that, beyond the areas devastated by the earthquake, the country is open for business and keen that visitors keep coming

The **desperate plight** of those hit by the recent earthquakes in south-east Turkey and northern Syria, where the **death toll** now stands close to 50,000, moved many in Britain to donate towards the **rescue effort.**

Though such displays of **foreign sympathy and generosity** have been widely welcomed in Turkey, there is concern that the quakes may cause tourists to reconsider their Turkish holiday plans this year. In my own case the earthquakes occurred in the week that I was to lead a winter tour of Istanbul and Cappadocia. Prior to the disaster, we had arranged for two of our guests to continue on a private tour that would have taken them right through the area destroyed by the earthquake.

It was made clear there was no raised danger to guests in Istanbul or in the **volcanic hinterland region** of Cappadocia.

As a travel writer who has been leading small-group cultural tours to Turkey for a decade, I am practised at **pondering the wisdom of visiting** in times of Turkish trouble, **regrettably frequent** in this otherwise exceptional country, be it on account of Islamic or separatist terrorism, **security clampdowns, civil unrest, attempted coups or refugee crises**. But this was my first experience of how we should respond to a natural disaster. The question was whether it was sensible, safe or even in good taste to **push on** with our visit at a time of overwhelming national tragedy.

I was **quick to commiserate** with my contacts in Turkey, many of whom had lost friends and colleagues, and were clearly in shock. Guide, archaeologist and lecturer Yunus Ozdemir, who runs our tours, revealed that he had lost five students who had been training as tourist guides in Adiyaman, one of the **worst-hit cities**. Even so, he and others were clear that there was no raised danger to our guests from earthquake activity in either Istanbul or the volcanic hinterland region of Cappadocia; nor did they think our partners and suppliers there – hoteliers, drivers, guides and others – would **thank us for cancelling out of respect**. In the event, all 11 of our guests decided after some consultation to go ahead.

Even at a time like this, our Turkish hosts proved typically hospitable – as obliging, attentive and keen as ever to serve us. That may be because Turkey's **current turmoil** is also economic, with President Recep Tayyip Erdoğan's **unorthodox fiscal policies** widely blamed for a rapidly devaluing lira and **soaring prices**, not least for food and other **staples**. And with Brits alone making 3.8 million visits to the country in 2022, many Turks are highly dependent on tourism for their livelihoods. Ersin, one of the reception staff at Istanbul's Régie Ottoman hotel, was not only grateful that our group had come but admitted that he and his colleagues were worried at the prospect of mass cancellations in the months ahead.

For some years we have run tours to Turkey, not only in the warmer months but in the winter when the queues, considerable for much of the year, are **blissfully** absent at major sites like Istanbul's Topkapi Palace and Cappadocia's Open Air

Museum. Another draw is that the winter weather, though obviously unpredictable, can be lovely for exploring. As it happened, we enjoyed a succession of bright and dry days, in contrast with the **vicious cold** which had **gripped** the country, to fatal effect, at the time of the worst quakes. We experienced an exceptional welcome and hospitality everywhere we went

Dawn Reid, tourist

Not that the earthquake was ignored. It remained headline news all through our stay. On street corners digital displays detailed phone lines for donating in a range of currencies. Flight announcements were prefaced by expressions of **national condolence** and wishes for the country's speedy recovery. In passenger lounges, the **State Airport Authority** displayed photographs of staff members lost to the quake. In Cappadocia, sufficiently near the epicentre (close to Gaziantep) that the quakes were strongly felt, hotels and restaurants had been quick to host and feed those made homeless by the quakes.

"Naturally there were questions about enjoying a holiday in a country suffering so much," said guest Dawn Reid, from Bath. "But what we experienced was an exceptional welcome and hospitality everywhere we went."

For Gabrielle and Mike Abbott of Chichester, who were to have extended their stay travelling in the area **fated to be hit** by the earthquake, we set about creating an **alternative itinerary.** "We were shocked by news of the earthquake," said Gabrielle, "Not least because our guided tour was to have passed through Antakya, Gaziantep and Urfa. As it was, our hosts rerouted us to take in Konya and Antalya, along with lots of fabulous ancient sites and hikes along the Mediterranean coast. Although we are saddened by the terrible events in the south-east, we have been made very welcome and have been having a wonderful holiday here.

Our tour **showcased** much that is exceptional about Turkey: the astonishing wealth of cultural sites, the fabulous food and the charming people. One afternoon we hiked along Cappadocia's **snow-covered Rose Valley**, home to some of the region's most **arrestingly beautiful** geological formations. We stopped at the foot of one of Cappadocia's many rock-carved churches where Emin **single-handedly runs** a little cave cafe. He brought us freshly squeezed pomegranate juice and made a point of thanking us for coming.

"You are always welcome," he said. "And especially in the winter when the work is thin." The message was clear: beyond the areas devastated by the earthquake, Turkey remains firmly open for business.

(https://www.theguardian.com/travel/2023/feb/28/turkey-tourism-visit-local-guide-offers-advice)

2. *Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:*

Bear-Watching And Beyond: Six Of The Wildest Adventure Holidays In Europe

From donkey hikes in France to high plains drifting in the Swiss Alps, you don't need to go **long-haul** to have a **memorable encounter** with nature.

Finland: Watching bears, owls and wolves in lakeland

A six-and-a-half-hour train ride from Helsinki, the town of Kajaani is the unofficial capital of Finland's Lakeland region. The number of **perfectly serene bodies of water** here, **ripe for paddleboarding, kayaking and myriad watersports**, easily outnumber the settlements dotted between them.

But it's not the waters that offer the wildest experience. In the woodlands to the east, European brown bears **roam in multitudes**. Surveys conducted in 2019 put the population of these relatives of the North American **grizzly** at around 2,000. A number of bear hides can be hired for watching them eat, **court** and play.

The Bear Centre is located in a wilderness area called Vartius, just over a mile from the Russian border (where many of the bears roam in from). Guests can **safely wander the marked trails** by day – birdwatching possibilities from hides abound, with multiple species of owl, eagles, woodpeckers and **curious blue jays spotted** regularly.

Then, by night, everyone follows a guide to **decamp** to their own personal hide and watches the bears emerge from the trees (stay for just one night or several). June and July bring long hours of daylight for photo **ops**; August and September offer the best chance to see mothers with their cubs; and October brings with it early snow. **Wolverines** and wolves often **put in an appearance** too.

The hides range from very basic with a mattress on a **bunkbed** (though these are the best for photography as they have special openings for **unhindered shots**) to the luxurious, with huge picture windows, central heating, a **kitchenette** and shower, plus an audio system so you can hear the sounds of the forest. From €99 per person.

Estonia: Bog hiking, swimming and wild camping

Just 40 miles, or an hour's drive, east of Tallinn – the capital famed for its Christmas markets and **stag parties** – is a landscape **brimming with** (literally) **bucketloads** of wild water. Part of Kõrvemaa nature reserve, Kõnnu Suursoo is one of Estonia's "**boglands**", **swathes of wilderness pockmarked** by mineral-rich lakes, edged by forests of **indigenous** European white **elm, ash and maple**, and covered with a carpet of **sphagnum moss.**

Boardwalks and pathways allow safe passage across the **quagmire**, but a guide can be hired (try Prangli Travel) who will supply special "**bog shoes**" (basically, snowshoes) and lead walkers off paths into miniature woodlands, where hardy trees more than 20 years old are still only the height of a ruler. It's worth taking a local along for the stories alone – these landscapes are said to be the home of an abundance of spirits – such as Hiid, Hero of the Forest, who watches over visitors from the treetops, and Allikaravitseja, Elf of the Springs, who appears in the reflections of the water to bless only the kindest people.

Swimming in these natural pools is possible too year-round (although they can be frozen in the winter). The geological make-up is believed to do wonders for the skin, and the cool temperature is **exhilarating f**or the soul. **Foraging** is easy, with **bilberry, cranberries and chanterelle mushrooms** found in spring, summer and autumn.

Within walking distance to Kõnnu Suursoo bog is Järvi Päarnjarvi campsite, which is free to use and offers benches and fire pits, so there's a chance to warm up after days spent swimming, walking and storytelling. For a multi-day adventure, soomaa.com offers bogshoe tours and canoe trips in all five seasons (the fifth is the **"flood" season**).

Spain: Cycling on the trail of Iberian lynx in Andalucía

Less than an hour's drive from Seville (or a four-hour cycle) is Andalucía's Coto Doñana national park. Comprising around 20 miles of white sand beaches, **undulating dunes, pockets of woodland and a smattering of saltmarsh**, it is an **untamed mosaic of terrain**.

Amid its varied habitats are **woodlarks, warblers, shrikes and bee-eater birds, fallow and red deer, wild boars, Egyptian mongoose** and one of the most endangered feline species in the world – **the Iberian lynx.** Sporting what looks like a white beard and **elongated black tufts** from the tips of its ears, a few years ago it was estimated there were only 100 of these cats left in the wild. Conservation projects have made some progress; even so, there are still only about 400 today – and this national park is one of the best places to attempt to see them. They are **elusive,** so a guided wildlife-watching tour (Discovering Doñana offers small-group day trips from €50 per person) is recommended to at least get oriented and familiar with the lynx's habitat.

The best way to explore is on two wheels (Bike Tour Doñana, a couple of miles outside the park, offers a range of bikes) and there are several tracks to choose from, including the 10-mile Asperillo trail, which takes in **reforested umbrella pine and myriad opportunities** to stop and watch for birds; the 40-mile Guadalquivir Marshes trail, which offers gravel tracks amid the marshes with an overnight break possible in El Rocío; and the 15-mile Vereda del Loro, that will take you to the in-park campsite (a good place to base yourself).

For those who prefer hiking there are plenty of walking routes – from short, one-milers to full-day, 10-mile wanders across different areas of the park (info available from one of the many visitor centres) – and there's even a boat from Sanlúcar de Barrameda to Poblado de la Plancha for a watery exploration.

Accommodation abounds in the **marsh-adjacent village of** El Rocío with budget camping, pensions and hotels, starting from around €25 a night. Other options can be found in the more urban beachside resort of Matalascañas.

Portugal: Rewilding in the Greater Côa valley

Criss-crossed by deep river valleys, patchworked with oak forests and swathes of **rocky heathland**, the Greater Côa valley in Portugal's north-east is slowly changing. Since 2019, this region – between the mighty Douro river and the tree-covered Malcata mountains – has been in the care of non-profit organisation Rewilding Portugal, with the aim of creating a cross-border wildlife corridor with neighbouring Spain.

Since it began, there have been many successes, including the discovery of both a black and **griffon vulture colony**; the release of 10 semi-wild Sorraia horses into the area to increase natural grazing, thereby reducing wildfire risk; and the training of locals as nature guides to ensure both visitors and the community who live around the valley benefit from the rewilding initiative.

A great way to explore the valley is by walking the Grande Rota do Côa, a 138-mile trail that follows the length of the Côa river from its headwaters near Spain (south-west of the small town of Soito) to the Côa Museum – where this river meets the Douro. The walk is divided into 11 stages, and along the way there are numerous villages to stay in. Wildlife-spotting opportunities include wild boar, red and **roe deer**, birds such as **raptors and vultures**, and a small pack of **Iberian wolves**.

Rewilding Europe Travel – a specialist in rewilding project trips – has a five-day trip (from €645), with local expert naturalists, to showcase the subtle changes and bold plans that are happening in the valley.

France: Donkey hikes on ancient mule tracks in the Ardèche

In the south of France, **equidistan**t from Montpellier and Marseille on the Mediterranean coast, are the **limestone cliffs, tree-lined slopes and water-carved gorges** of a region sculpted by nature – the Gorges de l'Ardèche.

Running between this canyon's amphitheatre of rocky caverns and its **namesake** long, winding river, is the GR4 – one of the country's famous hiking

trails. Many will walk the 71-mile section of it here in four days, staying in B&Bs or campsites en route, as it **undulates up** and over the Massif Central towards the pre-alpine Vercors.

But in addition to the walking route, the region is traced by hundreds of old mule tracks. Historically used as hardy transporters of goods from farms to towns, donkeys were once the lifeblood of this region. Over time, and the invention of roads and mechanised vehicles, their use saw a steady decline. Rather than lose a piece of their heritage, many owners in this region kept their **loyal steeds**, and now lend them to hikers who fancy walking at a much slower pace on the old network of paths – and have someone, or rather, something carry the bags.

Walking with a donkey is not a **high-speed escapade**, and it allows plenty of time to stop and appreciate the surroundings, making it a great adventure for families. Enjoy the wildflowers, bridges formed from weather-beaten stone, or one of the 2,000 caves that have been lived in by humans for thousands of years.

Accommodation options en route include a cheap and cheerful campsite on a farm, a cosy **chambre d'hôte** (B&B) or a hotel all set up with a **paddock** in which to leave a mule. The adventure is offered both as a group or a private, self-guided experience, and can be as long as a week or as short as a day, offered by locally run Trekane from €65.

Switzerland: A high-altitude walking 'farm safari'

Cable cars are a familiar sight in the Swiss mountains, but away from slick modern versions (not to mention crowds) at many ski resorts is an entire network of much more rustic models – vital to the farmers who work amid this **vertiginous** landscape.

Known in the local dialect as Buiräbähnli, they are used to transport people and produce up and down **steep ascents**. Now they have an additional purpose – forming a handy link in a circular walking route, named the Buiräbähnli Safari, a venture that aims to bring business to these small, high-altitude **smallholds.**

The concept is simple. After taking the train to Engelberg, walkers begin a 28-mile route through wild mountain landscapes, using eight of these cable cars to connect together **mountain huts** (for overnight stays) and farms (for **feasting** on local produce and **hearty meals** en route). There are no queues for a ride in this area of the mountains – the Buiräbähnli operate on a "request only" basis, and to catch one you have to pick up a phone inside the cabin/cable car, turn a handle and ask for it to be switched on and fired up. From there, it's a high-level **meander** around lakes and through fields of wildflowers, up and over mountain passes and descents into small villages.

The farms on the trail range from meat and dairy to organic produce, and even a **family-run venture** where alpacas and llamas help children living in difficult circumstances. The Engelberg tourist board has a map and guide to accommodation and cable car passes.

(https://www.theguardian.com/travel/2023/feb/25/six-wild-adventure-holidays-in-europe-bear-watching-and-beyond)

Lesson 4. Travelling
Part 2
Memory Training. Snowball repetition

1. Airplanes fly by travelling on wind flow.
2. Airplanes fly by travelling on wind flow **and have specially designed wings that create lift**.
3. Airplanes fly by travelling on wind flow and have specially designed wings that create lift, **like birds, airplane wings create an unequal distance**.
4. Airplanes fly by travelling on wind flow and have specially designed wings that create lift, like birds, airplane wings create an unequal distance **across the top and bottom of the wing.**
5. Airplanes fly by travelling on wind flow and have specially designed wings that create lift, like birds, airplane wings create an unequal distance across the top and bottom of the wing, **forcing the surrounding air to move faster over the top.**
6. Airplanes fly by travelling on wind flow and have specially designed wings that create lift, like birds, airplane wings create an unequal distance across the top and bottom of the wing, forcing the surrounding air to move faster over the top **than the air travelling beneath**.
7. Airplanes fly by travelling on wind flow and have specially designed wings that create lift, like birds, airplane wings create an unequal distance across the top and bottom of the wing, forcing the surrounding air to move faster over the top than the air travelling beneath; **fast moving air causes the pressure to decrease.**
8. Airplanes fly by travelling on wind flow and have specially designed wings that create lift, like birds, airplane wings create an unequal distance across the top and bottom of the wing, forcing the surrounding air to move faster over the top than the air travelling beneath; fast moving air causes the pressure to decrease, **meaning the air pressure beneath an airplane's wings is significantly greater.**

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1. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту.

2. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту **й перебуває поза конкуренцією**.

3. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту й перебуває поза конкуренцією **в подоланні великих водних і арктичних просторів.**

4. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту й перебуває поза конкуренцією в подоланні великих водних і арктичних просторів **на далеких і недалеких маршрутах.**

5. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту й перебуває поза конкуренцією в подоланні великих водних і арктичних просторів на далеких і недалеких маршрутах, **виконує найважливіші завдання інтернаціоналізації.**

6. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту й перебуває поза конкуренцією в подоланні великих водних і арктичних просторів на далеких і недалеких маршрутах, виконує найважливіші завдання інтернаціоналізації **й глобалізації світового господарства**.

7. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту й перебуває поза конкуренцією в подоланні великих водних і арктичних просторів на далеких і недалеких маршрутах, виконує найважливіші завдання інтернаціоналізації й глобалізації світового господарства, **а також це швидкісне перевезення.**

8. Повітряний транспорт на сьогоднішній день – це найшвидший і найдорожчий вид транспорту й перебуває поза конкуренцією в подоланні великих водних і арктичних просторів на далеких і недалеких маршрутах, виконує найважливіші завдання інтернаціоналізації й глобалізації світового господарства, а також це швидкісне перевезення **пошти, вантажів, багажу.**

Translating
First Distanced Car Journey

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=Bb5EIWymZp4) paying attention to the vocabulary related to travelling.*

First study the unknown words and phrases:

combustion engine powered car – автомобіль з двигуном внутрішнього згоряння;
cobblestone – бруківка;
witchcraft – чаклунство;
pioneer – першопроходець;
to go off very pleased – бути задоволеним;
dowry – придане;
steer – керувати;
permit – дозвіл;
gasoline – бензин;
solvent – розчинник;
hairpin – шпилькам для волосся;
unclog – прочистити;
carburetor – карбюратор;
garter – підв'язки для панчіх;
leather strap of the brakes – шкіряний ремінь гальма.

2.Translate the following sentences from Ukrainian into English:

1. Це перше авто в світі з двигуном внутрішнього згоряння, яке сьогодні не так легко завести. Уявіть, що Ви повернулись у 1800-ті, коли на вулиці не було навіть бруківки, а тільки бруд та пісок. Німці є досить скептичними до усього нового, тому перше авто називали машиною чаклунського диявола.
2. Берта Бенц була першою жінкою, яка здійснила довгу подорож на чомусь повністю новому, що було незнайоме усім навколо і ніхто не

очікував, що жінка стане першопрохідцем. Карл Бенц був безуспішним винахідником з бідної сім'ї, але Берта вірила в нього та навіть своє придане вклала у його справу. Берта Бенц була не лише вірною домогосподаркою, яка проводила час на кухні поки Карл був у майстерні, вона була разом з ним. Ось чому ми не кажемо, що автомобіль винайшов Карл Бенц, а завжди кажемо, що це були Карл та Берта Бенц.

3. У Карла Бенца був дозвіл керування автомобілем в околицях Менхейму, там де вони жили, але Берта хотіла, щоб з їх винаходом можна було подолати довгі відстані. Одного серпневого ранку у 1888 році, вона вирішила здійснити тест драйв на її транспортному засобі на відстань 100 км. Вона зібрала їх двох синів – Орегона, якому було 15 та Річарда, якому було 13, заливши записку на кухні: «Я поїхала х дітьми навідати своїх батьків».
4. Сьогодні подолати відстань у 100 км здається легким, але в ті часи, коли не було належних доріг та навігаційних систем, а автомобіль міг їхати максимум зі швидкістю 16 км / год. – це була справжня авантюра. Також складно було знайти паливо і першими заправними станціями були аптеки. Берта використовувала шпильку для волосся та свої підв'язки для панчіх, щоб відкрити карбюратор.
5. Коли Карл запатентував своє перше авто він ніколи не міг би уявити, що його винахід змінить наше життя по всьому світу, оскільки цей простий триколісний транспортний засіб перетворився у автівку люкс-класу з потужним двигуном.

How Will People Travel in the Future?

1. *Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=ekld9AAiXrk) paying attention to the vocabulary related to travelling.*

First study the unknown words and phrases:

to envisage – передбачати, уявляти;
hoverboard – ховерборд;
robotaxi – робо-таксі;
passenger drones – пасажирські дрони;
helicopter hybrids – гібридні вертольоти;
shared passenger miles – пасажиро-кілометри;
air traffic control systems – система управління повітряним рухом;
high speed bullet train – високошвидкісний потяг;
to leave smth in the dust – витіснити;
pod – капсула;
supersonic jet – надзвуковий реактивний літак;

to slash – скоротити;
boldly taking up the challenges – сміливо приймати виклики.

2. *Translate the following sentences from Ukrainian into English:*

1. Голлівудські кінострічки передбачали майбутнє з ховербордами та літаючими автомобілями. ЦІ уявні машини не є далекими від реальності. До 2030 року, четверта частина пасажиро-кілометрів буде здолана безпілотними транспортними засобами.
2. Увага також буде зосереджена на спільних подорожах. Це зменшить кількість автомобілів на дорогах на 60%, викидів на 80% та автокатастроф на 90%ю Також є ще літаючі автомобілі, а якщо бути точним, то пасажирські дрони та гібридні вертольоти.
3. Китай займає топову позицію у світі серед експлуатації високошвидкісних потягів, які можуть подорожувати зі швидкістю 400 км/год. Але багатообіцяючий Гайперкуп має намір витіснити високошвидкісні потяги. Це система, в якій капсула буде переміщатися по спеціально обладнаним вакуумним тунелям. Відсутність повітряного опору у капсулі означає, що вона моду рухатися зі швидкістю 1000 км/год.
4. Виробники надзвукових реактивних літаків обіцяють скоротити час подорожей. Еріон планує перевозити 12 пасажирів в умовах преміум класу зі швидкістю у 1.4 рази вищою за швидкість звуку. Це на 60% швидше ніж звичайне повітряне судно сьогодні. Тоді як Райвел Бум сподівається запустити свої рейси на надзвукових літаках до 2023, пасажиромісткістю 55 людей, що у 22 рази більша за швидкість звуку.
5. Скептики зазначають, що такі ідеї є не практичними та фінансово-затратними, а також несуть за собою купу технічних проблем, які потребують вирішення. Але, незважаючи на це, машинобудівні та технологічні компанії сміливо приймають виклики пасажирських перевезень, тим самим обіцяючи перенести нас у майбутнє.

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

We Took The Kids To Corsica Without Flying – By Adding Three Days Of Adventure

A thrilling tour of the mountainous island – with two small boys in tow – takes in beaches, culture and dramatic scenery

It's changed again!" the seven-year-old says as we hit the snowline at about 1,400 metres. He's impressed that such a small island can contain so much. The mountains close in and the road **bends sharpen**; we've only been in the car for an hour, but this morning's beach feels a long way away. The **constantly shifting scenery keeps restlessness at bay** – no mean **feat** with a seven- and a nine-year-old in the back seats.

Lying between mainland France and Italy in the Ligurian Sea, and often referred to as the Île de Beauté, Corsica is renowned for its geographic variety: two-thirds of the island is a **crumpled mass** of granite peaks, **torrents** and valleys formed 250 million years ago.

The continuous mountain range **carving a spine** down the middle of the island is the setting for one of Europe's most spectacular hiking routes, the GR20. It's also one of the continent's most challenging, but a little research reveals that much of the route is accessible in **bite-size chunks** which are **doable** with small children. With about 200 beaches, coastal paths and storied ports **framing the peaks**, it's a dream combination for an active family holiday.

Even better is the fact that we can experience such epic landscapes without jumping on a plane. With the help of no-fly tour operator Byway, we add three days to our trip, making a leisurely round trip by train and **overnight ferry**, adding a sense of adventure that flying could never provide. We break the journey in Cassis in southern France, falling head-over-heels for the **laid-back harbour** and nearby Parc National des Calanques, before boarding a coastal train to Toulon.

From there we sail overnight with Corsica Ferries to the capital, Ajaccio, on the island's west coast. The journey itself is fun. After enjoying the onboard disco and looking out for **fin whales** by moonlight (the Ligurian Sea is a migratory channel), we sleep soundly in a cabin for four. Disembarking at dawn feels exotic. Palm trees **sway** above silent streets and snow-capped mountains glow under the rising sun. Our first hotel, La Pinède, is a 15-minute taxi ride west along the coast. **Towering pines, bleached boulders and rusty refuge roofs** remind me of the Rockies. "I'm Spider-Boy!" my son **bellows.**

Later that day, we take a bus to the Pointe de la Parata headland to scramble on rocks, chase lizards and get lost among a kaleidoscope of greens **pock-marked with white and pink rockroses**. It's our first glimpse of the ***maquis*** – scrub that covers more than a third of the island. Made up of **myrtle, thyme, honeysuckle and other sweet-smelling hardy plants**, it is particularly lovely from mid-April, when we're here, until late June.

Ajaccio itself offers a different kind of history lesson. Napoleon Bonaparte was born here, and as we're heading to his family home, now a museum, the kids **lure** us into Naporama, where the military leader's life story is told in more than 800 Playmobil figures. It's an **enthralling** enough Napoleon fix for one day. "I'm not sure he was a great guy," the nine-year-old comments, despite our guides' best efforts to persuade us otherwise.

From Ajaccio, we explore the island's northern half on an **itinerary** that takes in a bit of everything with minimal distances (our longest drive is under two hours). For those with more time, the whole thing is **doable** by rail, thanks to the Chemins de Fer de la Corse. But as we're travelling off-season, when trains aren't as frequent, we hire a car and take turns to jump on board for some sections of the route.

Our second overnight is at a Wes Anderson-esque, pastel-pink guesthouse, U Castellu, in Vizzavona, an hour inland from Ajaccio. The GR20 passes moments from the hotel, so we follow its red-and-white **waymarkers** to the Cascade des Anglais waterfall, squealing with delight as we discover **mossy plunge pools** fit for the most mythical of worlds. An evening feast of stewed pork ("Mountain pig!" enthuses the chef) and eggs baked in cream cheese awaits us at the hotel. It may not be the lightest cuisine, but everything is **proudly local**.

We **set off** early the next morning to follow the GR20 in the other direction, climbing Bocca Palmentu (1,640 metres). Over three hours, we ascend through dense pine forests, passing **sporadic clumps of crocuses and negotiating snow-laden paths to a heather-clad plateau.** The route can get busy with hikers in peak season but is quiet in April: it seems we're as likely to be disturbed by wild boars as by people.

The next stop is Corte, the island's cultural heart. Two of us take the train from Vizzavona, **pirouetting along steep-sided valleys** on the 19th-century Trinichellu (little train) route. The town is surrounded by towering peaks and home to an impressive citadel, so it's easy to see why nationalist leader Pasquale Paoli made Corte his capital after declaring independence from Genoa in 1755. It still **exudes a quiet sense of rebellion**: locals cackle over glasses of Cap Corse (a **bittersweet fortified wine**) in sunny squares from 10am.

Musée de la Corse, in the citadel's former barracks, is a mix of anthropology and history – perhaps reflecting the island's longing to make peace with its past while holding on to its unique culture. Our boys, however, are more enthralled by the fortress's ancient **nooks and crannies**. Church bells ring, kites soar overhead and **house martins** flit between terracotta roofs; we wonder whether we've slipped into a different century.

Home for the next two nights is Les Jardins de la Glacière, **a hotel sandwiched between rock and river** in the Vallée de la Restonica. It's a renowned swimming spot, so we **brave the chilly waters** before trekking up to a glacial lake, Lago di Capitello.

Then the landscape changes again. Tall Corsican pines, **bleached boulders and rusty refuge roof**s remind me of the Rocky mountains. "I'm Spider-Boy!" the seven-year-old shouts as he clambers up rocks. After picnicking by the frozen lake at the top, we slide back down snowy paths on our bottoms. We are planning some beach time at our next stop – Calvi, capital of the Balagne region in the north. But we're in no hurry and **meander** there along the Route des Savoir-Faire de Balagne, which showcases more than 40 small-scale **artisans** scattered among enchanting **hilltop hamlets**. "It helps get the tourists away from the beach," a potter in pretty Pigna says after inviting us to watch his wheel in action.

Calvi's slick waterfront feels a world away again. The town has it all – fancy yachts, a citadel plunging into a cobalt sea and a three-mile white-sand bay. After dropping bags at Hôtel Casa Bianca, we hit the beach. Mirroring its complex past, Corsica manages to be proud, aloof, complex and **plain-speaking** all at once.

On the next day, we make the most of the coastal railway, trundling past **gnarly** pines to Plage d'Aregno for lunch. We can hardly believe our luck when we spot dolphins offshore and a golden eagle overhead. Too soon, the ferry back beckons, and we head to our final stop, the town of Bastia on the north-east coast. Less glamorous than Ajaccio, Bastia has charm in spades. We while away a day playing cards in the old citadel as hundreds of **swifts** screech overhead and kids play football in cobbled squares. **Burnt patches** on the road tell of recent **riots** and the island's ongoing quest for independence. The past comes tumbling into the present, leaving us with more questions than answers.

It's a neat reminder that Corsica's beauty may lure visitors for the first time, but it's the layers beyond the landscapes that will bring them back. Mirroring its complex past, Corsica manages to be proud, aloof, complex and plain-speaking all at once: character traits that perhaps **bubble up** best while going slow in the quieter months, adding a little depth to an ideal family adventure.

(https://www.theguardian.com/travel/2023/mar/11/corsica-without-flying-family-adventure)

2. *Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:*

A Guide To Your Next Business Trip.

Corporate Road-Warriors Are Back. Pre-Pandemic Business Travel Isn't

Sharp attire and a purposeful stride. The left-hand turn on the plane away from the cheap seats. Skipping the in-flight film to refine a presentation. Over the past two pandemic years these obvious giveaways of the globetrotting executive became a rare sight. According to the Global Business Travel Association (GBTA), a trade body, worldwide spending on flights, hotels, c

ar hire, restaurants and other expensable services fell from $1.4trn in 2019 to $660bn in 2020 as a result of covid-19 lockdowns and tough limits on cross-border movement.

Despite fresh disruptions, from coronavirus outbreaks and a tragic plane crash in China to Russia's war in Ukraine, many places are relaxing travel restrictions. America and Europe are mostly open for business. On March 21st Hong Kong said it would admit vaccinated arrivals from nine countries, including America and Britain, from April 1st and relax onerous hotel-quarantine requirements. Business travellers are once again visible at airports, on airplanes and in hotels. The GBTA expects corporate travel to rebound sharply this year and return to its pre-pandemic peak by 2024.

That is a relief to full-service airlines, which counted on business travellers for 30% of revenues and a higher proportion of profits, and big global hotel chains, which earned two-thirds of their sales from executive guests. For corporate road-warriors the news is more mixed. Remaining covid-19 measures, readjusted travel budgets, changing work patterns, heightened risk awareness by companies and individuals: all are changing business travel in profound ways. Some of the changes will make travelling for work a more pleasant experience. Others will not.

Throwing your laptop, mini-toiletries and clothes into a wheelie bag used to be a pretty universal corporate ritual. Henceforth whether or not you do will depend more on whom you work for, your role, where you are going and the purpose of your trip. Scott Davies, boss of the Institute of Travel Management, another industry body, explains that overall travel budgets used to be set annually, often against broad commercial objectives. As they are rebuilt after the covid lull, he expects many trips to be considered on a case-by-case basis. Many marginal jaunts won't clear the hurdle (see chart 2), especially as companies get serious about reducing their carbon footprints, which swell with every air mile.

Some trips will be quick to return. Indeed, even at the height of the pandemic essential business travel continued; managing and maintaining remote oil wells, large infrastructure or factories far from the head office is impossible over the internet. The share of travel spending by manufacturing, utilities or construction firms edged up from 48% in 2019 to 51% in 2020, according to the GBTA. Companies for which face-to-face client meetings are desirable to maintain relationships and vital to drum up new business, such as finance and professional-services firms, have been swift to get workers back on the road. Anecdotal evidence suggests that as soon as one company heard that a competitor was out pressing the flesh (or at least bumping fists) it followed suit.

If you do pack that suitcase, your destination is likelier to be domestic. As with leisure travel, long-haul trips for work are recovering more slowly. A poll of over 450 companies by the GBTA in February found that two in three had restarted domestic trips but fewer than one in three had done so for cross-border journeys.

Domestic trips in America, which accounted for nine in ten American corporate excursions in 2019, according to Bernstein, a broker, will increasingly go ahead. So will short-haul hops between European cities, which in 2018 made up two-thirds of eu business trips. Until the latest covid flare-ups the same looked true for flying in China, where business-travel spending fell by far less than the global average in 2020 and was recently forecast to grow by double the global average in 2021 (though Chinese borders remain impregnable to most outsiders).

Your fellow passengers will disproportionately work for smaller companies. American Airlines reckons that travelers from smaller firms are back to 80% of their pre-covid numbers. The comparable figure for big firms is 40%. One reason is that small businesses mostly send people on those popular domestic routes. Another is that they may be a bit more relaxed about their workers' wellbeing. Vik Krishnan of McKinsey, a consultancy, says that the pandemic has prompted travel managers at big companies to feel a heightened sense of their duty of care to employees.

Fight for flight

Getting a trip approved is, then, getting harder than before. A recent survey of 170 North American corporate-travel managers by Morgan Stanley, a bank, shows that budgets in 2022 are expected to be 31% below the level of 2019. In the short run approval may get harder still. On March 15th Ed Bastian, chief executive of Delta Air Lines, told the *Financial Times* that the war-induced spike in the oil price "will no question" raise ticket prices on both domestic and international routes. Other airline bosses doubtless have similar designs.

Even if your supervisor signs off on your trip, you will find it harder to plan. The world's airlines are running at around two-thirds of their pre-covid capacity. That means less choice on times and fewer direct flights, notes Richard Clarke of Bernstein. The problem is not confined to flying. The scrapping of the 5.40am Eurostar train from London to Paris forces executives to arrive the night before in order to strike that morning deal over a croissant and café au lait.

Once on the road, the experience isn't what it used to be, either. With many executive lounges yet to reopen, the weary manager must seek refuge at a noisy restaurant—or worse, since plenty of eateries, too, remain shut, on a bench in the concourse within earshot of a disaffected infant. At many airports you will also still need to wear a mask. Although London's Heathrow and a few other airports have lifted mask requirements, America's federal mask mandate has been extended until at least April 18th. In the past year the Transportation Security Administration has fined nearly 1,000 unmasked travelers, so you ignore the rule at your peril (and good luck expensing that fine).

On board the plane you may find yourself in economy class more often, and not merely because of the rising air fares. Some climate-conscious airlines are already reconfiguring planes with fewer business-class seats (whose emissions per occupant are three times those of an economy seat). CEOs of large companies will be sad to hear that first-class seats, which are even dirtier, may disappear for good. In the air, expect to be served by cabin crew draped in personal protective equipment (especially in Asia, which remains more concerned than the West about hygiene).

You, too, must keep your mask on, unless you are consuming food or drink (of the non-alcoholic variety on American Airlines, which will only restart in-flight booze sales in mid-April). At least hot meals are back; as recently as last month even first-class passengers on American and Delta had to do without such sustenance on domestic flights.

Over the longer term, the news for the itinerant executive isn't all bad. The introduction of touchless technology and online check-in for flights and hotels should speed up travel a little (at least once pandemic paperwork such as passenger-locator forms and vaccine certificates no longer needs verifying). With many planes sitting idly on the tarmac as a result of covid-related cancellations, some airlines

used the opportunity to spruce them up. Australia's Qantas has, for example, modernized its fleet of a380 superjumbos by installing comfier seats for premium passengers. Singapore Airlines has updated the cabins on some of its short-haul fleet. The few who get to hitch a ride on a corporate jet are also becoming a bit less select. Business-jet traffic has recovered much more swiftly than commercial aviation. According to Wingx, a consultancy, January was the busiest month ever, with the number of flights 15% higher than in January 2019. In a survey by Morgan Stanley, 11% of respondents said their firms would be more liberal with the use of business jets in 2022 than they were in 2021.

Chronic jet-lag may become a thing of the past. With long-haul travel still constricted, firms are reportedly opting to send executives on fewer trips that stretch to more days. Unseemly displays of corporate machismo, such as flying half way across the world for one short meeting, may never return, no doubt pleasing everyone concerned.

And many of those longer trips are combining work and play. Morgan Stanley sees evidence at American hotel chains that Thursdays and Sundays are becoming more popular with guests, suggesting that some workers may be moving trips towards the start of the week or its end, to blend work with pleasure. Such trips have become common enough to earn an ugly moniker, "bleisure". Danny Finkel of Trip Actions, a firm which helps others manage business travel, says this could appeal to those who approve expenses, too: weekend flights are often much cheaper, offsetting the cost of extra nights at a hotel.

Perhaps the best news for the bedraggled business traveler is that some trips simply won't happen. Jarrod Castle of UBS, a bank, notes that 40% of business trips are to meet clients and another 40% involve internal meetings. Conferences, exhibitions and the like make up the rest. He reckons that perhaps half of the intra-company jaunts, especially for training or get-togethers between non- c-suite executives, are expendable. That means a fifth fewer trips overall. No grumbling there.

(https://www.economist.com/business/2022/03/26/a-guide-to-your-next-business-trip)

Lesson 5. Social Issues
Part 1
Memory Training. Snowball repetition

1. Global poverty is one of the most pressing problems.
2. Global poverty is one of the most pressing problems **that the world faces today.**

3. Global poverty is one of the most pressing problems that the world faces today, **the poorest in the world are often undernourished.**
4. Global poverty is one of the most pressing problems that the world faces today, the poorest in the world are often undernourished, **without access to basic services.**
5. Global poverty is one of the most pressing problems that the world faces today, the poorest in the world are often undernourished, without access to basic services **such as electricity and safe drinking water.**
6. Global poverty is one of the most pressing problems that the world faces today, the poorest in the world are often undernourished, without access to basic services such as electricity and safe drinking water; **they have less access to education.**
7. Global poverty is one of the most pressing problems that the world faces today, the poorest in the world are often undernourished, without access to basic services such as electricity and safe drinking water, they have less access to education **and suffer from much poorer health.**

***

1. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності.
2. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності, **оскільки саме цей канал комунікації використовується для поширення ідей.**
3. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності, оскільки саме цей канал комунікації використовується для поширення ідей, **об’єднання однодумців у спільноти (як віртуальні, так і реальні).**
4. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності, оскільки саме цей канал комунікації використовується для поширення ідей, об’єднання однодумців у спільноти (як віртуальні, так і реальні), **організації заходів, координації зусиль.**
5. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності, оскільки саме цей канал комунікації використовується для поширення ідей, об’єднання однодумців у спільноти (як віртуальні, так

і реальні), організації заходів, координації зусиль, **підтримки особистісних зв'язків.**

6. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності, оскільки саме цей канал комунікації використовується для поширення ідей, об'єднання однодумців у спільноти (як віртуальні, так і реальні), організації заходів, координації зусиль, підтримки особистісних **та професійних** зв'язків.
7. Соціальні мереж дедалі більше стають певною мірою інформаційним відбитком саме громадської активності, оскільки саме цей канал комунікації використовується для поширення ідей, об'єднання однодумців у спільноти (як віртуальні, так і реальні), організації заходів, координації зусиль, підтримки особистісних та професійних зв'язків, **а також має розважальний характер.**

Translating
Social Media Addiction – How it Changes Your Brain

1. Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=DcIgk94Fp6Y&t=70s) paying attention to the vocabulary related to social issues.

First study the unknown words and phrases:

tweet - твіт;
mimetic desire - бажання наслідувати;
to contend - змагатися;
to come grips - вступити в боротьбу;
an external mediator of desire - зовнішні фактори, що впоивають на бажання;
an internal mediator of desire - внутрішні фактори, що впливають на бажання;
rivals - суперники;
benchmarks - орієнтири;
envious - заздрісний;
transcendence - трансцендентність;
to emulate - наслідувати;
boundaries - кордони;

vicious - порочний;
inflaming - ті, що розпалюють;
dopamine hit - доза дофаміну.

2. Translate the following sentences from Ukrainian into English:

1. Усі ми живемо в світі, де ми можемо написати комусь у Tweeter або почати з кимось розмову. Це може бути навіть Президент США. І ми отримаємо відповідь. Загалом, соціальні медіа обмежили діапазон нашого бачення роз розміру голівки голки.
2. Отже, яким є бажання наслідувати? Бажання наслідувати означає, що ми адаптуємо чиєсь бажання під себе, навіть не усвідомлюючи цього. Соціальні медіа пропонують нам мільйони моделей для наслідування, серед яких ми обираємо.
3. Будь-яке наше бажання - це форма трансцендентності. Ми воліємо перейти кордони, стрибнути вище своєї голови, бути іншою людиною ніж ми є зараз. Це дуже добре мати позитивні моделі для наслідування.
4. До вибору моделі потрібно підходити відповідально. Також ми повинні відчувати, коли модель надихає нас на щось, що принесе певне зажоволення або ж вона подарує нам просто дозу допаміну, яка дозволить нам пофантазувати про життя, яке ми ніколи не будемо мати. Або ж навіть якщо й будемо - то ми будемо почувати себе в ньому нещасними.
5. Є дві моделі для наслідування. Перша модель має назву зовнішньої. Це модель з якою ми не контактуємо і не змагаємось. Інша модель - внутріщня. Це люди, з якими ми спілкуємось, конфліктуємо та змагаємось. Це можуть бути члени нашої сім'ї, колеги або навіть наші друзі. Нам легше порівнювати себе з іншими. Це люди, яких ми беремо собі за орієнтир і дуже часто більше заздримо нашому однокласнику, у якого зараз гідна робота та гарна дружина, аніж найбагатшим людям Всесвіту.

Why Do We Binge-Watch?

2. Provide a consecutive interpretation of the given video
(Why do we binge-watch? | BBC Ideas) paying attention to the vocabulary related to social issues.

First study the unknown words and phrases:

binging - “залипання в екрані”;
in bulk - навалом, оптом;
ER (Emergency Room) - серіал “Швидка допомога”;
to nudge - підштовхнути;
Subtle little things - маленькі хитрощі;
thumbnail - ескіз; мініатюра;
get sucked - втягувати;
to credit hours - виділяти години;
conductive - сприятливий;
arcs - дуги;
in chunks - дозовано;
linear broadcast channel - медіа канал;
shovel - лопатка.

2. Translate the following sentences from Ukrainian into English:

1. Вдаючись до маленьких хитрощів, Netflix намагається підщтовхнути нас все ближче й ближче до перегляду його продукту. Компанія є однією з перших, хто володіє інформацією про випуск нового серіалу і за якою схемою ій потрібно працювати. Так само вони автоматично завантажують наступний епізод після закінчення попереднього. І саме так Ви майже не помічаєте як вже провели більше ніж 3 години перед екраном.

2. Я зрозумів, що люди глибоко соромляться визнавати той факт, що вони дивляться телевізор. Коли ми бачимо себе в образі головного героя - це провокує роботу гормону любові - окситоцину і це саме він створює тісний звязок між нами та екраном”.

3. «Якщо Ви знаходите час дивитися серіали від початку до кінця, то Ви вже потенційно створюєте простір, щоб працювати зі своїми емоціями, відносинами. Я дивився телевізор з більше ніж 700 людьми і я бачив, що люди переживають сильні емоції».

3. Отже, зараз Ви можете переглядати серіали 8 годин поспіль, тоді як раніше це було дозовано по 60 хвилин на звичайному каналі. «Залипання в екран» є зазвичай не дуже корисним, чи не так?

4. Netflix збагнув, що люди полюбляють дивитися серіали скопом. Згадайто тільки «Друзі», «Сайнфелд», «Закон і Порядок», «Швидка допомога». І найдивніше у цьому всьому те, що таку тенденцію започаткував глядач.

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

Social Media Is A Bad Feelings Machine. Why Can't We Just Turn It Off For Good?

I have a fantasy and it goes like this: a political party is formed, running on an anti-social-media platform. It campaigns on a pledge to ban social media. ("**SWITCH IT OFF**" is its straightforward, and elegant, slogan)

The party wins a general election and at midnight, on what comes to be known as **Social Media Freedom Day**, the prime minister pushes a giant button that blocks all access to social media. Crowds cheer. On the anniversary of Social Media Freedom Day – which becomes a bank holiday, of course – children burn **effigies** of Mark Zuckerberg and dress up as the Twitter bird.

I write this as someone who owes her career and her partner to social media. I had no journalism qualifications, connections or experience when I began blogging in the mid-2010s, and through Twitter I was able to get a paid internship that gave me my start in journalism. My boyfriend and I connected through Instagram after years of liking each other's posts. So much of my personal, and professional happiness has been made possible through social media.

But as time has gone on I have become more and more certain that the solution to many of the most **pressing issues** of our time is simply to switch social media off.

I have spent much of 2021 reporting on the pandemic – in particular how the spread of misinformation on social media has **pushed people to reject lifesaving vaccinations**. I have listened to family members **weep** as they remember loved ones who would be alive today were it not for social media conspiracy theories. The instinct to dismiss these deaths is a **callous** one. All of us make bad decisions, not least when you have the weight of the internet pressing upon your **cerebral cortex**.

In October, Facebook **whistleblower** Frances Haugen testified before Congress about her experiences working at the social media giant. There, she saw evidence that its products were making teenagers anxious, depressed and suicidal, and contributing to ethnic violence in countries such as Ethiopia. Facebook, Haugen

concluded, was putting "astronomical profits before people". And yet the response to these **allegations** was **handwringing** followed by a collective **shrug.** No one seems to be prepared to take the brave, but necessary, step of unplugging the **damn thing.**

On social media I see **grifters** pushing **quack therapies** on impressionable people. I see people radicalised into **obsessive hatred** of communities of people they've never even met. I see cases of a condition called "**poster's brain**" – in which habitual social media users feel **compelled** to post offensive, and often career-ending content – so severe I fear there is no cure. (Like the podcaster who announced to the world earlier this year that he refused to feed his hungry child for six hours until she learned how to open a tin of beans, to name one.) I see ministers **debasing** the offices of state. Democracies **subverted** and genocides **fomented.**

And you know what the **tech overlords** are doing while we are fighting on the internet all day? They are getting extremely rich. They're **paddle-boarding** in Hawaii. They're banning their children from using social media while simultaneously planning a version of Instagram for kids, because our children can grow up anxious, depressed and miserable off the back of their algorithms, but not theirs.

And of course, I am entirely **complicit.** I use social media and even though I try hard not to be cruel on it, I'd be lying if I said I didn't enjoy watching someone I've formed a negative opinion about, despite having never met them in real life, get roasted by an internet **horde.** I'm in the **bear pit,** eating nuts, enjoying the show.

Of course I could delete all my social media accounts. Cancel my season ticket to **The Discourse;** stop watching as a new villain of the day is crowned on Twitter. You think I don't want to do that? I Google "**lighthouse keeper jobs Orkney**" twice a week. But I'm a journalist. The editors who commission me are on social media. I worry about disappearing. And besides, I'm addicted. I've checked Twitter eight times writing this piece.

I need a responsible adult to do it for me. I've had enough of the **bad feelings machine.** Won't somebody switch it off? Please? Can we switch it off?

2. *Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:*

Never Unfollow, Gossip With Caution, And Always Ask Before You Post – How To Behave Online

Social media is bad. And awkward. And one of the easiest places to make an idiot of yourself. We all know it, and we all know why, but it exists and most people

are on it one way or another because there's something deeply and irreparably wrong with us.

So, given that millions of us are in this position, how can we avoid some of the endless pitfalls that come with presenting ourselves on social media? And how do we avoid embarrassment or falling out with friends, partners or employers? With the caveat that each generation uses social media differently (here's to you over-50s, and your love of ending a message with an ellipsis, and to Gen Z's obsession with the term "low-key"), here are some general dos and don'ts for online behaviour, corroborated by social media and etiquette experts.

Friendships

Gossip with caution

If you must, truly spicy gossip should be sent via voice note directly to one recipient, but is much better related in person. The same rule applies if you're going to be rude about somebody. Everyone likes to be a little rude about somebody, just don't make it easy for that somebody to catch you doing it. "It's never a good idea to gossip about someone on social media or even by text," says Diane Gottsman, an etiquette expert. "Anything you say can be shared and most probably will." A screenshot is a powerful thing.

Never unfollow

If you don't want to get annoyed by somebody online, mute them; don't unfollow. It may seem obvious, but I know someone who unfollowed his sister's wife because he found her annoying and didn't realise she'd be able to see that he'd done that. Needlessly awkward.

Let things slide

No doubt you have friends who you love in person but whose social media presences you find cringey or annoying. I do, and I'm certain people who would drive me to hospital in labour are sick to the back teeth of the asinine crap I put on Instagram. This is all fine and normal: just don't tell them. Let people be.

Don't post other people's dating profiles anywhere public, even if they've said something stupid

Be kind with big announcement posts

It's easy to make a joke comment under someone's engagement or pregnancy announcement. But even if you think it's obviously tongue in cheek or they'll get it, people are often anxious about these kind of breezy and celebratory posts, and you don't want to be the doofus who writes "the kid's got your massive forehead Callum mate" under a picture of an ultrasound.

Ask before you post

If you have pictures or videos of your friend evidently wasted or doing something embarrassing, ask before posting. Specifically, ask the day after, not while they're still spread-eagled on the floor cry-singing Nothing Compares 2 U. "There is probably a culture in your friend community about how this is handled but, when in doubt, either ask or err on the side of caution," advises Catherine Newman, an etiquette columnist for online magazine Real Simple.

Relationships

To delete or not to delete?

You've broken up. What to do with all those Instagram posts? This one divided the experts. "If the posts make you feel bad, or you worry they'll be off-putting to future dates, delete away. If you want to keep them, keep them," says Newman.

Gottsman, however, says that most often it is best to delete ex-partners as a courtesy to the new one. My view is do not delete unless you really want to – you are permitted to delete wedding photos, if only because the people you match with on Hinge and who stalk you before the date probably don't need to see your dad welling up at the sight of you committing your life to some other clown. But if a new partner has a problem with evidence of you having lived a life before them, I would argue that that's childish.

Avoid public shaming

Don't post other people's dating profiles anywhere public, even if they've said something stupid like "personal trainers are the estate agents of the human body" or look completely barking in five near-identical pictures next to tractors.

Ask your partner to respect your online privacy

As above, if a friend is annoying you online, muting is the way to go. But what if the problem poster is your husband? What do you do if he's posting tone-deaf tweets, or replying to Piers Morgan all the time? Julia Esteve Boyd, a former finishing school teacher, recommends "reminding your partner that what they tweet will also have an impact on you and your online image, especially if they tag you. Asking them to respect your privacy, or at least to take into consideration your feelings, should help the situation."

Play it cool

If you don't know somebody well – or even at all – don't send them lots of DMs or comments on their posts, even if you really, really fancy them. It just seems weird. This obviously doesn't apply if they comment widely on your stuff too. Then you can go nuts. But if they don't, take whatever amount of engagement you think would be acceptable, just a bit of friendly behaviour, and divide it by at least five. Being horny is a widespread brain disease, but there are symptom management tools at your disposal.

If you are single, it is OK to mildly flirt with someone over the course of several years by liking their Instagram stories. It's not particularly dignified or likely to actually get you anywhere, but it's all right. Enjoy that milligram of dopamine: life is short.

Be considerate with pictures of children

When it comes to posting pictures of other people's children, the solution is simple: ask your friends before posting. People are weird about this in every conceivable way, and you don't want to get caught in the crossfire.

Family

Change your settings if you must

The worst has happened. Your aunt's new husband, who is big in the "weird joke at Sunday lunch" scene, has found your Instagram and followed you. Change your settings so he can't see your posts. He may notice, but it's classier than a block and better than having stuff like "Err, you seem to have misplaced your skirt!" followed by the monocle emoji under an obvious thirst trap.

Steer clear of the generation beneath you

On the flip side of this: don't follow your teenage niece's Instagram. Chances are she has a private account for the truly interesting content anyway, but if she wants you following her public-facing one, she'll follow you first or tell you she wants you to follow her. But let me tell you straight up, she doesn't want that.

Get on the same page as your partner

What should you do when your partner is posting loads of pictures of your kids and you'd prefer that they didn't? "The sensible advice," says Robyn Wilder, HuffPost UK's parenting columnist, "is to have a measured, reasonable conversation about both your motivations and preferred outcomes, and reach some sort of compromise (eg obscuring your kids' faces in future photos, or switching to private accounts). The less-sensible advice is to passive-aggressively share a series of unflattering photos of your partner without their consent, and when they inevitably get upset and point this out, counter with "SEE?" Take your pick.

Work

Go private

Make all your profiles private if you are looking for work. I know someone who had their social media profiles mentioned in person during a job interview, and felt their blood run cold as they remembered that their latest photo dump caption was "get a load of this, sluts x".

Have two profiles, one private, one professional

If colleagues already follow you, just bear that in mind when you post stuff like "get a load of this, sluts x". Boyd recommends that if you have to use social media for work, consider having a professional profile and a private personal one. Or just stop saying "sluts" ironically.

Be humble-ish

It's OK to boast a bit on social media: we all understand that sharing good news is part of what it's for. If you get a new job and you're excited about it, post away. Just don't share every tiny success on Instagram, or people will start to resent you. Save it for LinkedIn.

Miscellaneous

Don't snitch on strangers Identifiable content of strangers doing stuff like picking their nose on the bus or wearing an unusual hat … don't post those. No matter how unusual the hat is. Imagine you were out wearing an unusual hat and someone made a TikTok of you that went viral. All for the crime of existing in public. No.

Don't drink and post

This one's hard to follow, but don't post anything at all after three or more drinks. I regularly break this rule and then wake up dehydrated and out of my mind at 4am, with a dark voice in my head saying that there is something on my Instagram story that will make me want to throw myself out the window if it's still there by the time other people get up. But the rule stands.

Think before you rant

If you're about to start arguing with a stranger about something online, first ask yourself this: is it possible that this person is only 13 years old? It is often the case that the person is 13 years old. Do not engage.

Don't engage with strangers

In fact, generally, the rule about arguing with strangers is: do not engage. So if you're engaging, you need a really good reason to have made an exception to that rule, or you're going to waste many of your Sunday afternoons sweating at your computer and being called a little bitch etc by some guy sweating at his own computer in a town you've never heard of and will never see.

Avoid hashtags

I'm serious. Not for anything. They're dead. Stop it. This isn't even really an etiquette thing, I just think people ought to know this.

Lesson 5. Social Issues
Part 2
Memory Training. Snowball repetition

1. A child must experience consistent and ongoing care by a loving caregiver.
2. A child must experience consistent and ongoing care by a loving, **nurturing** caregiver.
3. A child must experience consistent and ongoing care by a loving, nurturing caregiver, **whether that person is a parent or substitute caregiver**.
4. A child must experience consistent and ongoing care by a loving, nurturing caregiver, whether that person is a parent or substitute caregiver, **the security and support that such an adult can provide**.
5. A child must experience consistent and ongoing care by a loving, nurturing caregiver, whether that person is a parent or substitute caregiver, the security and support that such an adult can provide **gives a child self-confidence**.
6. A child must experience consistent and ongoing care by a loving, nurturing caregiver, whether that person is a parent or substitute caregiver, the security and support that such an adult can provide gives a child self-confidence **and resilience.**
7. A child must experience consistent and ongoing care by a loving, nurturing caregiver, whether that person is a parent or substitute caregiver, the security and support that such an adult can provide gives a child self-confidence and resilience **to cope effectively with stress.**

***

1. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства.
2. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства; **для щоб формування молоді відбулося адекватно суспільним процесам, необхідно визначити її роль.**
3. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства; для щоб формування молоді відбулося адекватно суспільним процесам, необхідно визначити її роль **і місце в суспільстві.**
4. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства; для щоб формування молоді відбулося адекватно суспільним процесам, необхідно визначити її роль і місце в суспільстві, **з'ясувати її проблеми.**
5. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства; для щоб формування молоді відбулося адекватно суспільним процесам, необхідно визначити її роль і місце в суспільстві, з'ясувати її проблеми; **серед них є традиційні.**
6. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства; для щоб формування молоді відбулося адекватно суспільним процесам, необхідно визначити її роль і місце в суспільстві, з'ясувати її проблеми; серед них є традиційні - **кохання, дружба, пошуки сенсу життя, створення сім'ї, тощо.**

7. Соціальне самопочуття молоді є одним з головних показників розвитку суспільства; для щоб формування молоді відбулося адекватно суспільним процесам, необхідно визначити її роль і місце в суспільстві, з'ясувати її проблеми; серед них є традиційні - кохання, дружба, пошуки сенсу життя, створення сім'ї, тощо; **вирішення багатьох проблем залежить від факторів соціального життя.**

Translating

Spain's Cost of Living Crisis

1. Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=YhKq0kNcP3o&t=25s) paying attention to the vocabulary related to social issues.

First study the unknown words and phrases:

low income area - місцевість з низьким рівнем доходу;
revenue - дохід;
to share the burden of rising cost - розділити тягар підвищення цін;
dietary staples - дієтичні продукти, харчовий раціон;
price squeeze - скорочення цін;
left-wing government - "лівий уряд"
short run - короткострокова перспектива;
GDP - ВВП;
cost of living - вартість життя;
uphill struggle - тривала боротьба.

2. Translate the following sentences from Ukrainian into English:

1. На кухні ресторану Докама готують найсмачнішу пататас бравас - смажену картоплю з гострим соусом. Заклад готує цю страву

найсмачніше у Мадриді, але за останні місяці її собівартість суттєво зросла.

2. Ресторан розділив тягар підвищення цін зі своїми клієнтами; ціни на страви зросли на 5%. За останній рік ціни на дієтичні продукти, овочі, крупи та хліб суттєво зросли, ціна на оливкову олію зросла на 27%, а електроенергія подорожчала майже удвічі.
3. Головною ідеєю зараз є те, щоб залишатися на плаву, оскільки ми зараз не заробляємо, а тримаємо бізнес з надією, що пандемія скінчиться, а ціни знизяться. Зараз знову зростає ВВП, а прожитковий мінімум оговтується від постійних потрясінь.
4. Щоб контролювати рахунки за електроенергію, "лівий уряд" під керівництвом Педро Санчеза запровадив зміни, що включають зниження податків, але є й інші фактори впливу, як до рикладу Covid-19.
5. Локдаун закінчився і це впливає на попит - від його повної відсутності до стрімко зростаючого попиту серед певного товару та послуг. Уряд Іспанії зробив обіцянку підняти мінімальну заробітну плату цього року, щоб вирівняти ситуацію зі зростанням цін.

Why Does Japan Have So Few Children?

1. Provide a consecutive interpretation of the given video (https://www.youtube.com/watch?v=yArB4rgA1hM) paying attention to the vocabulary related to social issues.

First study the unknown words and phrases:

Internal Affairs Ministry - Міністерство внутрішніх справ;
falling birth rate - спад народжуваності;
high life expectancy - висока тривалість життя;
labor shortage - дефіцит робочої сили;
tailored - індивідуальний;
gender imbalances -гендерний дисбаланс;
notorious work culture - відома робоча культура.

2. Translate the following sentences from Ukrainian into English:

1. Міністерство внутрішніх справ повідомляє, що наразі у Японії лише 14.6 мільйонів дітей віком до 14 років. Спад рівня народжуваності та високий рівень життя впливають на витрати держави, що своєю чергою, призводить до скорочення народжуваності.

2. Це частина світового тренду, яку ми бачимо в усіх розвинених країнах та країнах, що розвиваються, а почалося це ще з часів війни, коли жінки йшли працювати й вирішували відтермінувати появу дітей.
3. Вікно можливостей щодо поповнення в сім'ї стає вужчим й вужчим, але в Японії це особливо помітно. Специфіка житя, часто фінансову проблеми населення, відтерміновує появу дітей.
4. В Японії я бачила дітей, які сидять з мамами на їх робочих місцях, а офісі, оскільки заклади піклування до дітей є не скрізь, а система на робочому місці не завжди адаптована до такого.
5. Це врегулювало гендерний дисбаланс. Батько в Японії в середньому проводить вдома 41 хвилину вдень, тоді як жінка, зазвичай - 2.5 години.

Reading

1. *Read and translate the following text into Ukrainian. Study the words and word combinations in bold.*

The Adults Celebrating Child-Free Lives

From consciously child-free influencers, to online communities for people who've decided against having kids, the no-kids movement is booming – but so is the backlash.

In one of Marcela Munoz's most recent videos, the 27-year-old dances in a sunny park, wearing denim shorts and high tops. This **carefree, untethered social-media post** is the **embodiment of her mission** to celebrate her child-free lifestyle. As the owner of Childfree Millennial TikTok, Instagram and YouTube accounts, Munoz is one of a growing number of influencers producing content designed to validate why they never want to have kids.

"The number-one thing that I always say when people ask me why I'm child-free – it's because I don't have a desire to have children," says Munoz, a small-business owner from Kansas, US. She also believes kids would interfere with her passions for spontaneous travel, football training and regular **lie-ins**. In one of her other recent posts, she jokes, "if you have baby fever take a nap, if you enjoyed that nap don't have kids". "I can't tell you how many times my [parent] friends are like 'Oh my gosh, I only got two hours of sleep last night, my kids were throwing up and I had to take care of that,'" says Munoz. "That doesn't sound appealing to me at all!"

While deciding against having children is nothing new, a trend for owning the 'child-free' label and discussing that choice more openly is **picking up pace.** Alongside the rise of individual influencers like Munoz, online communities and support groups for child-free adults have mushroomed in the past couple of years.

But while the child-free movement is growing, researchers argue that societal acceptance and understanding of the choice to live without kids is shifting at a much slower pace.

Choosing a life without kids

Most child-free online communities define their members as people who have consciously decided never to have children. This contrasts with other adults who don't currently have kids, but want them in the future, or adults who had hoped to have children, but were unable to (usually labelled 'childless'). Childless people may have faced **fertility challenges** or other medical issues, or been affected by social circumstances, such as not meeting a suitable or willing partner at the right time, for instance.

The term 'child-free' has existed since the early 1900s, although it wasn't until the 1970s that feminists began using it more widely, as a way of denoting women who were voluntarily childless as a distinct group. The suffix 'free' was chosen to capture the sense of freedom and lack of obligation felt by many of those who had voluntarily decided not to have kids.

However, most academic research has typically "**lumped** all people who don't have children into the same group," explains Elizabeth Hintz, an assistant professor in communication at the University of Connecticut, US, who's studied perceptions of child-free identities. This doesn't reflect the very different experiences and feelings of child-free and childless people, she says, and means there's a lack of long-term comparative data looking specifically at either group.

Nevertheless, in our **hashtag-heavy social media age**, the 'child-free' label is gaining fresh momentum, says Hintz, as more people who've **opted** not to have children have reclaimed the word. This trend sits alongside some research that suggests growing numbers of adults in the West may be actively choosing not to have kids. In the US, a 2021 **Pew Research Center** study showed some 44% of non-parents aged 18 to 49 don't think they will have children, up from 37% in 2018. More than half listed their main reason as "don't want to have children" rather than more circumstantial factors such as medical issues or not wanting to raise a child without having a partner. In England and Wales, a 2020 YouGov study suggested that more than half of British 35-to-44-year-olds who haven't had kids never plan on doing so.

The reasons people don't want children

The reasons millennials and Gen Zers are choosing to be child-free are wide-ranging, says Hintz, although there are several common trajectories.

"There are people who know early in life that they don't want children and they never **waver**. There are people who come to the decision later in life and then proclaim it as a part of their identity. And then there are people who are sort of on the fence about whether to have children that might **flip-flop back and forth.**"

Ciara O'Neill, a London-based 31-year-old social media manager, puts herself firmly in the first category. "I've never really wanted to have a child, or I've never really seen myself as like a future parent," she says. "I don't feel like I have this **maternal yearning to procreate**, really." Her boyfriend of three years feels the

same way, she says, and the couple also believes having kids would make it more challenging for them to travel or work abroad in the future.

For Cristina Garcia Trapero, an English teacher working in Spain, deciding she wanted to identify as child-free was more of a gradual process. “When I was a teen or in my early 20s, I thought about kids, but it was because I believed that was what everyone had to do,” she says. Now 32 and currently single, she started embracing a child-free identity a couple of years ago, after concluding she couldn’t see herself as a mum. “I am a person who enjoys silence and alone time, and I wouldn't be able to have that with kids,” she says.

Garcia Trapero also lists “climate change and the state of the world” as external factors that influenced her reasoning, reflecting a small but growing trend identified by child-free researchers such as Hintz. In the 2021 Pew Research study, 9% of non-parents said that “the state of the world” was the reason they probably won’t have kids, with 5% citing a concern for the environment.

Margaret O’Connor, a counsellor and psychotherapist in Limerick, Ireland, works primarily with clients in Hertz’s so-called “flip-flop” group, and hosts the Are Kids for Me? podcast. She says practical and financial issues like living in insecure rental accommodation, working in the **gig economy** and limited access to healthcare are also increasingly **pertinent** for many millennials, as they weigh up whether to have children.

“These things can maybe be mitigated or navigated to a degree if the desire is strong enough to have a baby – you can move or get a different job,” she explains. However, she says growing numbers of young people who are uncertain about becoming parents are stopping to question what exactly those kinds of “sacrifices” might look like, in contrast to previous generations, who may have been more likely to follow societal norms and start a family, anyway.

Increased awareness of the potential physical and **mental toll** of starting a family is also having an influence, says O’Connor. “The women that I work with are really taking account of the impact of pregnancy and childbirth, and also their ability to be as engaged as they want physically and mentally,” says O’Connor. “Whether people live near their family of origin or friends network is also definitely a factor.”

The rise of child-free advocates

For a generation that grew up sharing everything on social media, Munoz argues that child-free millennials initially **dragged their heels** when it came to vocalising and celebrating their decisions online, but says there’s been “a big shift” in recent years. She argues that there’s been a snowball effect, with more people starting to feel comfortable talking about their experiences, after seeing “how open and vocal” other intentional non-parents have become.

“When I started my Instagram account, there were maybe three or four other child-free Instagram accounts … But now, two years later, fast forward – there are hundreds, hundreds and hundreds of child-free accounts,” she says. “You can tell that there's some sort of a movement going on right now.”

On Instagram, the hashtag #childfree has garnered more than 311,000 posts to date. And on TikTok, where Munoz is also active, the hashtags #child-free and #childfreebychoice have rocketed in popularity during the past couple years, with

570 million views and 391 million views of each tag, respectively. Munoz's TikTok strikes a light and comedic tone, but she says the subject still spawns plenty of deeper discussions about some of the pressures experienced by people who are child-free. For instance, some of her followers know they don't want children, but feel they could risk losing friendships or disappointing their own parents if they decide to be childfree.

"I'm not one to get into debates or be argumentative about things I am passionate about, so I find **humour to be my outlet** in expressing my child-free choice," says Munoz. "I'll just add that at the end of all my YouTube videos, I always say, 'this is your life, these are your decisions, live your best life'...Don't live the way your mom wants to live. Don't do what your best friend wants you to do. Don't do what your neighbour wants."

She says child-free content creators are providing the kind of community she felt was missing when she started to embrace her own child-free identity in her mid-20s, but didn't know anyone else in the same boat. "I really thought I was the only person in the world who didn't want to have kids," she says. "The community has just kind of solidified my decision, and has helped me also open other people's eyes to the fact that, yes, [being child-free] is a choice."

Another **burgeoning** online community is We Are Childfree, run by British-born Zoë Noble and her partner James Glazebrook, who are both in their early 40s, and live in Berlin. The group uses photojournalism, podcasts and meet-ups to celebrate the different ways in which child-free people live fulfilling lives. As of now, it has built up 66,000 followers across its social media platforms, since launching during the pandemic.

Reddit's global child-free **subreddit is swelling**, too. It recently reached 1.5 million subscribers, up from fewer than a half-million a decade ago, when University of Connecticut's Hintz began studying its threads. Here, people post anecdotes about some of the unsolicited comments or microaggressions they get from family members and strangers (such as "you'll change your mind", "you're just too focussed on your career aren't you" or "don't you want a little you?"). Others use it as a space to debate wide ranging topics related to being child-free, such as **access to sterilisation**, expressing a child-free identity within the **LGBTQ** community or how to approach being child-free when dating.

From boom to backlash

Experts say the boom in influencers and online communities celebrating being child-free is, on one hand, an indication that societal norms are shifting. The sheer number of people going online and finding others who share their perspectives is notable, says Hintz. "My sense is that [some] people are loud and proud about it because it's been something that's increasingly less taboo."

Exactly why taboos have shifted is likely down to a confluence of different factors, says Hintz. Crucially, non-parents are becoming increasingly aware of others who don't have children – whether via their own social circles or via online communities – simply since it's become more common. "Knowing someone personally who belongs to a stigmatised group can be one of the most powerful catalysts for changing one's own prejudicial views," she says. Meanwhile, "as the

child-free path becomes increasingly **well-trodden,** online communities become places of respite for intentional non-parents".

The pandemic may also have played a role, Hintz suggests, as public discussions about the challenges faced by many parents came to the fore. As parents began talking openly about their struggles with home-schooling, nursery closures or simply managing basic living expenses due to the economic impact of Covid-19, this provided a **safer backdrop** for talking about the advantages of being child-free.

Yet Hintz also points out that child-free content also generates "a lot of strong opinions" from outside the community, which indicates there is still a lack of respect or understanding for child-free adults from some quarters.

Munoz's content has frequently attracted harsh online comments from those who've **disparaged** her choices as being "anti-child" or "selfish", or from followers who simply don't believe she could find her lifestyle fulfilling. "A lot of parents just don't understand that it was a choice. And so, they see it as an attack on their choice of having children," she says. "They immediately go on the defence mode and tell you, 'oh, but you're going to regret it' and 'you're going to die alone', and 'who's going to take care of you when you're older?' and 'you'll never know true love'."

Munoz, a Christian, says she has also been criticised by some in her religious community, both online and within her own congregation, who believe she's rejecting the Bible's focus on procreation. Others have accused her of turning her back on her Hispanic background. "People will be like 'your culture, your heritage, you have to pass it down to generation after generation – what are you doing?!'"

Hintz points out that much of the criticism hurled at child-free advocates tends to be **steeply gendered**. "Reproductive decision making has always been a burden placed on women more so than their partners," she says. "And motherhood and femininity are so closely **intertwined** as well, so that is also, I think, a part of it." As a result, this means there's still often more pressure on women than men to follow a traditional "life script" and start a family, says Hintz, even in Western countries that have made great strides towards equality.

A new 'life script'?

Helping Gen Z and millennials get a better handle on what their alternative "life scripts" could look and feel like is a core goal for many child-free activists. "It's still not what the majority of people do. So, if it's different, it's scary," says O'Connor. "There is a bit of pressure that if you're not having children, you have to be off living this wonderful, glamorous or philanthropic life, or that you have to go off and do something significant."

Instead, she hopes her podcasts, social media channels and counselling sessions can help raise awareness that a child-free life might also just "be your regular day-to-day life, just not having children". "It could be volunteering. It can be being involved in your own family's or friends' lives as a support. But really it is whatever is important to you, or whatever you want it to be."

One couple hoping to be older **pinups** for a happy, regular life without kids are fiancés Veronica Prager, 46, and Rick Grimes, 51. Based out of Austin, Texas, they run the Childfree Connection online community, through which they share what they've learned about being child-free in their 30s, 40s and beyond. "There's a lot

on TikTok or whatever of like, ‘I’d rather be at the club than having to take care of a kid’. Which is interesting and which is fine, and makes sense for them at the time. But there does come a time where you’re not going to be at the club,” says Pager.

The couple currently spends their time kayaking, looking after their dogs and working flexibly from different locations. Despite never wanting their own kids, they also love hanging out with their nephews and nieces, and their content offers advice on how to navigate and maintain relationships with close friends and family who are parents.

“There are a lot of accounts out there that do a lot of ‘**kid bashing**’ and, like, ‘oh, we have it better’ and that type of thing. And that's not what we're about,” explains Grimes. “It's more about just what this life feels, looks like, what you can expect.”

Practical and financial issues are also covered, including how to plan for retirement as a non-parent. “There's a lot of fear of getting older and ‘who's going to take care of me’ and ‘what is my future going to look like’? So, we're right now doing it ourselves so that we can share it with our community,” says Prager. The couple even offer advice for members with lingering doubts about being child-free.

“There are days where you're going to feel very confident about your choice, and then all of a sudden the next day, you're going to have fear of missing out,” says Grimes. “That inner struggle going back and forth is important to keep a handle on, and [many need] to have a place to go, to get that support.”

Shifting societal stigma

How much the child-free movement could have an impact on future generations' decisions to have children, or wider perceptions of non-parents, is still up for debate.

O’Connor says it’s important to point out that most child-free advocates “are very pro-choice for everyone”, and don’t have the goal of “convincing people to be child-free” or “trying to recruit for the community”. But she hopes that as online groups grow and gain more prominence, they’ll help more people who are unsure about having kids to better understand their options, and give those who are already child-free more tools to “facilitate” their lifestyle choice.

Hintz is confident being child-free will become even “more normalised” in the coming years, simply because of the increasing proportion of people who aren’t having children now. She hopes this will help to combat some of the stigma that “child-free people are selfish and miserable”, since those who have or want kids will naturally start to come across more child-free singles or couples who can help to buck that myth.

However, whether this results in bigger shifts in public opinion will, she argues, likely also be influenced by the wider political, media and religious climate in any given location. For instance, those living in a predominantly right-wing, Christian, pro-life suburb might be less likely to change their attitudes towards intentional non-parents than those based in bigger, more liberal cities, even as more consciously child-free people emerge in their own communities.

O’Connor strongly agrees that the media has an important role to play moving forward. “There's a lack of positive representation of what being child-free or

childless looks like in society," she says. "We don't have in the wider media, in TV shows and in film, older people living just happy content, child-free lives."

In the meantime, social media influencers like Munoz argue there's already a lot to celebrate in terms of how much more visible the child-free movement has become throughout the past couple years.

"More and more articles are coming out about people not having kids … and seeing more accounts pop up, more channels being created on YouTube, it's so refreshing," she says. "I'm not discriminatory to people who have kids. I have a lot of friends in my life who are parents. But I just love that people are now thinking a little bit deeper about parenthood, rather than just assuming it's the thing to do."

(https://www.bbc.com/worklife/article/20230208-the-adults-celebrating-child-free-lives)

2. Look through the text and search for the unknown words and phrases. Provide at-sight translation of the text:

How To Measure Poverty

Counting the poor is the first step towards alleviating their plight

Eradicating poverty in all its forms is the first of the un's 17 development goals. It is also a priority for many countries. To succeed, multilateral organisations and national governments need good policy—and a way to track their progress. So how should they define and measure poverty?

In 1795 David Davies, a British priest, published a study that documented the lives of labourers in his rural parish. In perhaps the first-ever attempt to measure poverty systematically, he calculated a sum of money that would allow working-class families to live in "tolerable comfort". More than two centuries later, the same concept underpins definitions of poverty around the world. Countries identify a minimum level of income required to meet basic needs such as food, clothing and shelter. Those who have less are considered poor.

Unsurprisingly, these thresholds vary by country. In America, for instance, an individual was deemed poor by the government in 2022 if they earned less than

around $41 a day; the similar threshold in Ethiopia is $2 a day. These definitions help governments identify who should benefit from policies to alleviate poverty. In America, for instance, how near or far families are from the poverty line determine their eligibility for health and social programmes, such as Medicaid, a government-funded health-insurance scheme.

Poverty measures are also important for tracking the impact of policy. The World Bank, for example, uses an international poverty line to compare poverty across countries. Based on what constitutes poverty in the 28 poorest countries, the threshold of $2.15 (expressed in 2017 prices and adjusted for currency differences) is the global benchmark for extreme poverty. By this measure, the proportion of the world's population living in extreme poverty dropped from more than 35% in 1990 to less than 10% in 2019. According to a study published by researchers at the Centre for Global Development, a think-tank, in March 2023, this ratio could fall to 2% by 2050 with the right economic conditions.

Yet for many, such progress would not mean the near-elimination of poverty. The World Bank's dollar measure, which defines a bare-minimum standard of living, tracks "absolute" poverty. It does not account for inequality. Yet a person's well-being, some scholars argue, depends on how their standard of living compares with that of others. People's conception of what constitutes basic needs changes by place and over time.

That is why the eu calculates a "relative" poverty rate based on the share of people with incomes below 60% of the median income in the bloc. The oecd, a group of mostly rich countries, defines poverty as living on half the median household income of the country in question. By this measure, the world is much further from eliminating poverty. According to the World Bank, which introduced a relative-poverty measure in 2018, in 2019 there were three times as many people living in such "societal poverty" as there were in extreme poverty.

Increasingly, poverty measures take into account more than just income. The un's multidimensional-poverty index uses ten indicators that measure education, health and sanitation. These can produce significantly different estimates. In Chad 84% of the population was poor in 2019 by the un's measure. But according to the World Bank only 31% of people in Chad live in extreme poverty. In theory, a multidimensional measure can be used to direct policy more effectively. Those households that lack access to medical care, for instance, can be the focus of public-health policy.

Such initiatives work best if governments know exactly who needs help. Global standards, such as the World Bank's, are useful for picking out trends, but national policymaking requires more granular information to identify places and people that are struggling. Poor countries often lack the resources and know-how to collect such data. Their governments would often rather spend money on eye-catching projects, such as new schools. Building statistical capacity may not be glamorous. But it's hard to help the poor when you don't know who they are.

(*https://www.economist.com/the-economist-explains/2023/04/06/how-to-measure-poverty)*

Useful links

1. www.bbc.com
2. www.theguardian.com
3. www.forbes.com
4. www.economist.com
5. www.theglobalfund.org