

А.С. СИВЦЕВА, А.И. НАУМОВА

EFFECTIVE READING STRATEGIES: PRACTICAL GUIDE

**Учебное пособие по английскому языку
для студентов различных направлений подготовки**



**Севастополь
2025**

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ

Федеральное государственное автономное образовательное
учреждение высшего образования
«СЕВАСТОПОЛЬСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ»

ИНСТИТУТ ОБЩЕСТВЕННЫХ НАУК И МЕЖДУНАРОДНЫХ ОТНОШЕНИЙ

А.С. Сивцева, А.И. Наумова

ЭФФЕКТИВНЫЕ СТРАТЕГИИ ЧТЕНИЯ

EFFECTIVE READING STRATEGIES

Practical Guide

Учебно-методическое пособие
для студентов всех направлений подготовки

Севастополь
СевГУ
2025

УДК 811.111(075.8)
ББК 81.2Англ-923
С34

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С34 Эффективные стратегии чтения = Effective reading strategies. Practical Guide: учебно-методическое пособие для студентов всех направлений подготовки / Севастопольский государственный университет, Институт общественных наук и международных отношений ; А.С. Сивцева, А.И. Наумова. – Севастополь: СевГУ, 2025. – 63 с. – Текст : электронный.

ISBN 978-5-6053780-8-2

Пособие представляет собой системное руководство по развитию навыков эффективного чтения на английском языке. Данное издание направлено на освоение ключевых стратегий чтения и их практическое применение для развития смыслового чтения текстов. Каждый урок пособия содержит упражнения и задания, позволяющие читателю применить полученные знания на практике, что способствует развитию умений самостоятельного использования стратегий в различных контекстах – от научного чтения до повседневной работы с текстами. Описаны различные стратегии текстовой деятельности и предложены разнообразные тексты, в процессе работы с которым осваиваются современные стратегии чтения и понимания научных, учебных и художественных текстов.

УДК 811.111(075.8)
ББК 81.2Англ-923

Рассмотрено и рекомендовано к изданию на заседании кафедры «Иностранные языки», протокол № 8 от 25 марта 2025 г.

ISBN 978-5-6053780-8-2



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UNIT 1. THE DIGITAL AGE OF COMMUNICATION



PRE-READING STRATEGIES

The Impact of Technology on Communication

Lead In

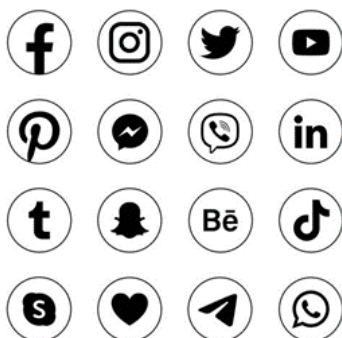
Activity 1. *Share your opinion:*

Communication is truly essential for personal growth and a broader understanding of the world. Describe ways people communicated 20 years ago versus how they communicate today. Write down your ideas in your notebooks or on the board.

Activity 2. Look at the title of the text. Try to predict how technology might have changed communication. Write down your predictions and discuss them in pairs.

The Impact of Technology on Communication

Activity 3. Look at the pictures below. Each picture represents a different way of communication. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of communication is important or interesting.



Activity 4. Match each word on the left to an explanation on the right:

instant messaging

Websites and applications that enable users to create and share content or to participate in social networking.

social media

the gulf between those who have ready access to computers and the internet, and those who do not.

digital divide	A worrying “digital divide” based on educational attainment and income".
face-to-face interaction	Synchronous social interaction between individuals co-present in the same physical location, normally through speech and nonverbal communication.
	Type of synchronous computer-mediated communication involving the immediate (real-time) transmission of messages between two or more parties over the Internet or another computer network.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section, be ready to answer the questions:

The Impact of Technology on Communication

Over the past few decades, technology has dramatically transformed the way people communicate. From the early days of telephones to the modern era of instant messaging and social media, the tools we use to stay connected have evolved significantly, shaping not just how we interact, but also how we perceive relationships, information, and the world around us.

The Evolution of Communication Tools

In the past, communication was often slow and limited by distance. Letters, which could take days or even weeks to arrive, were one of the most common forms of long-distance communication. The telephone revolutionized this by allowing people to talk to each other instantly, regardless of distance.

Answer the questions:

1. How has technology changed the way people communicate over the past few decades?
2. What are some examples of communication tools mentioned in the text that have evolved significantly due to technology?
3. In what ways has technology shaped not just how we interact, but also how we perceive relationships, information, and the world around us?
4. Why were letters considered one of the most common forms of long-distance communication in the past?
5. How did the telephone revolutionize communication according to the text?
6. What impact do you think instant messaging and social media have had on communication based on the information provided?

7. How do you believe advancements in technology will continue to influence communication in the future?

The Role of Social Media

Social media platforms like Facebook, Twitter, Instagram, and Snapchat have redefined communication in the 21st century. These platforms allow users to share their thoughts, experiences, and images with a global audience in real-time. Social media has made it easier to stay in touch with distant friends and family, but it has also changed the nature of our interactions.

Moreover, social media has given rise to new forms of communication, such as memes, hashtags, and viral content. However, they have also led to concerns about the quality of communication, as messages are often condensed into short, superficial exchanges.

The Impact on Face-to-Face Interaction

While technology has made it easier to stay connected, it has also had a significant impact on face-to-face communication. Many people now prefer texting or messaging over phone calls or in-person meetings, leading to less direct, personal interaction. This shift has raised concerns about the potential loss of important social skills, such as the ability to read body language or understand tone of voice.

Ultimately, the impact of technology on communication is complex and multifaceted. While it has undoubtedly brought people closer together in many ways, it has also created new challenges that society must address. As we move forward, it will be important to find a balance that allows us to enjoy the benefits of technology while maintaining the quality and depth of our human interactions.

Answer the questions:

1. How have social media platforms redefined communication in the 21st century?

2. What are some new forms of communication that have emerged due to social media?

3. In what ways has social media changed the nature of interactions between individuals?

4. What concerns have arisen regarding the quality of communication on social media platforms?

5. How has technology impacted face-to-face communication according to the text?

6. What social skills are at risk of being lost due to the shift towards digital communication over in-person interaction?

7. Why does the text suggest that finding a balance between technology and human interactions is important for society moving forward?

Activity 2. Read the statements and decide whether they are true or false

1. Technology has simplified the way people communicate, eliminating the need for traditional methods like letters.
2. Social media platforms have introduced new forms of communication, such as memes and hashtags.
3. The rise of social media has led to an increase in the quality of communication by allowing for more detailed exchanges.
4. The shift towards texting and messaging has raised concerns about the potential loss of social skills.
5. The telephone was the first technology to allow instant communication over long distances.
6. Social media has made it more difficult to stay in touch with distant friends and family.
7. The impact of technology on communication is straightforward and easy to understand.

Activity 3. Underline or highlight key points related to the impact of technology on communication. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of technology on communication.

Group 1

Instant messaging and social media

In today's digital age, platforms like Facebook, WhatsApp, and Instagram have transformed the way we communicate. Each of these platforms serves a unique purpose and has its own set of features that attracts different types of users. Facebook, for example, started as a social networking site focused on connecting people. Over the years, it has evolved to incorporate a variety of tools such as groups, events, and marketplace listings. Whether you want to stay in touch with family, join a community, or buy and sell items, Facebook offers a space for it. WhatsApp, on the other hand, is primarily used for instant messaging. With its end-to-end encryption, it ensures that conversations remain private.

It's not only about text messages but also voice, video calls, and even sharing documents. It's a go-to platform for more personal or group chats. Instagram stands out as a visually-driven platform. Users share photos and short videos, adding captions, hashtags, and filters to enhance their content. Stories and reels have become popular features that allow users to share moments that disappear after 24 hours or create short, engaging videos. All these platforms have changed how we interact with the world and each other. They provide new opportunities for expression, connection, and even business. However, it's

important to use them wisely and be aware of privacy settings and the potential for misinformation.

Group 2

Conducting business via video conferencing

In today's world, business meetings via video conferencing have become increasingly common. Many companies now use video calls to connect with teams and clients from different parts of the globe. This method saves time and money that would otherwise be spent on travel. To have a successful video conference, it's important to be well-prepared. First, make sure your internet connection is stable. Technical issues can disrupt the flow of the meeting and cause frustration. Next, choose a quiet place free from distractions. Wear professional attire even if you're at home, as it shows respect for the other participants. Always test your equipment beforehand. Check that your camera and microphone are working properly. It's also a good idea to have a backup plan in case of technical difficulties. If something goes wrong, you should have a way to reach the other participants, such as a phone call or email. During the meeting, remember to speak clearly and stay focused. Keep your mute button on when you're not speaking to minimize background noise. Stay engaged by taking notes and asking questions. Video conferencing can be a very effective tool for business communication when used properly.

Group 3

Face-to-face communication

In today's digital age, face-to-face communication holds a significant place. One of the primary benefits of talking to someone in person is the ability to read body language. When you see someone, you can understand their emotions more clearly. This helps to build trust and create stronger relationships. Another advantage is the immediate feedback you receive. If there's a misunderstanding, you can address it right away. This is harder to do through text messages or emails. Face-to-face communication also allows for a more personal touch. Sharing a laugh or a smile can make conversations more meaningful and memorable. Lastly, it encourages active engagement. When we meet someone, we are more likely to be fully present and attentive. This can lead to more productive and honest discussions. Despite the convenience of digital communication, nothing can replace the human connection that comes from meeting someone in person.



POST-READING STRATAGIES

Activity 1. Discuss the following questions with your partner:

- Do you think the changes in communication brought by technology are mostly positive or negative? Why?
- How has technology changed the way you communicate with your friends and family?"

Activity 2. Write a short essay or a paragraph responding to the problem:

- How future advancements in technology will affect communication?

Activity 3. Role-play a conversation between two people: one who prefers traditional communication methods (e.g., face-to-face, letters) and one who prefers modern methods (e.g., texting, social media). Afterward, discuss the benefits and drawbacks of each method.

UNIT 2. THE EVOLUTION OF LEARNING



PRE-READING STRATEGIES

The Future of Education

Lead In

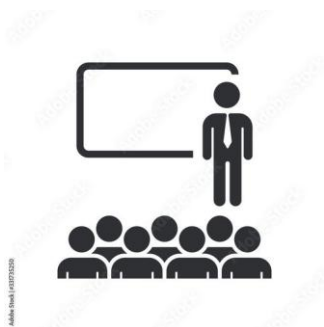
Activity 1. *Share your opinion:*

The rise of online education and personalized learning is a threat to the traditional model of education, or it is simply an evolution that will ultimately benefit all learners.. Write down your ideas in your notebooks or on the board.

Activity 2. *Look at the title of the text. Try to predict how technology might have changed communication. Write down your predictions and discuss them in pairs.*

The Future of Education

Activity 3. *Look at the pictures below. Each picture represents a different aspect of education. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of education is important or interesting.*



Activity 4. *Match each word on the left to an explanation on the right:*

Learning plan

It is a process of facilitating learning or the acquisition of knowledge, skills and habits.

Online learning

It is a form of education where students take courses, access learning materials, and interact with instructions through the internet.

Education	It is a digital environment that provides a shared space for users to connect, interact and engage in various activities.
Online platform	It is a structured document that outlines the goals, activities required for an individual or group to achieve a specific learning outcome.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section be ready to answer the questions:

The Future of Education

Education has always been a cornerstone of society, shaping the minds and futures of generations. However, as the world changes rapidly due to technological advancements, so too must our approach to education. The traditional model of education, centered on a teacher delivering information to students in a physical classroom, is evolving to meet the needs of the 21st century.

The Rise of Online Education

One of the most significant changes in education is the rise of online learning. With the advent of the internet, students no longer need to be physically present in a classroom to receive an education. Online platforms offer courses on a wide range of subjects, allowing students to learn at their own pace from anywhere in the world. This flexibility has made education more accessible.

Personalized Learning

Another major trend in education is the move toward personalized learning. Unlike the one-size-fits-all approach of traditional education, personalized learning tailors instruction to meet the individual needs of each student. Using data and artificial intelligence, educators can create customized learning plans that adapt to a student's strengths, weaknesses, and interests. This approach not only helps students learn more effectively but also keeps them more engaged in their education.

Answer the questions:

1. What is the main argument presented in the text?
2. What are some of the key changes happening in the field of education?
3. How does the rise of online education make education more accessible?
4. What is personalized learning and how does it differ from traditional education?
5. How can technology, like artificial intelligence, be used to personalize learning?
6. What are some potential benefits of personalized learning for students?

The Role of Technology in the Classroom

Technology is playing an increasingly important role in the classroom. Tools like interactive whiteboards, tablets, and educational software are changing the way teachers teach and students learn. Virtual classrooms, where students can attend classes through video conferencing, are becoming more common, especially in higher education. These technologies not only enhance the learning experience but also prepare students for a world where digital literacy is essential.

Lifelong Learning

In today's fast-paced world, learning doesn't stop when you leave school. The concept of lifelong learning emphasizes the importance of continually updating your skills and knowledge throughout your life. As industries evolve and new technologies emerge, the ability to learn and adapt becomes crucial for career success. Many educational institutions and companies are now offering courses and training programs aimed at adult learners, recognizing the need for ongoing education in a rapidly changing world.

Challenges and Opportunities

While the future of education offers exciting possibilities, it also presents challenges. One major concern is the digital divide—the gap between those who have access to technology and those who do not. Ensuring that all students have equal access to the tools and resources they need to succeed is crucial for creating a fair and equitable education system. Despite these challenges, the future of education holds immense promise. By embracing new technologies and approaches, we can create a more personalized, accessible, and effective education system that meets the needs of all learners.

Answer the questions:

- 1. What are some specific examples of how technology is changing the way teachers teach and students learn?*
- 2. Why is digital literacy becoming increasingly important in today's world?*
- 3. How does the concept of "lifelong learning" relate to the changing nature of work and technology?*
- 4. What is the "digital divide" and how does it impact the goal of creating a fair and equitable education system?*
- 5. What are some potential benefits of embracing new technologies and approaches in education?*
- 6. What challenges or concerns must be addressed to ensure that technology is used effectively and equitably in education?*

Activity 2. Read the statements and decide whether they are true or false:

1. The traditional model of education is becoming less relevant in the 21st century.
2. Online education has made education less accessible due to the need for internet access.
3. Personalized learning uses data and AI to create customized learning plans for each student.

4. Interactive whiteboards and educational software are examples of how technology is impacting classrooms.

5. Lifelong learning emphasizes the importance of ending education after leaving school.

6. The digital divide refers to the gap between those who have access to technology and those who don't.

7. The future of education only presents challenges and no opportunities.

Activity 3. *Underline or highlight key points related to the future of education. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.*

Activity 4. *Jigsaw reading: each group must read an allocated section and summarize it for the class. Then discuss how each part contributes to the overall understanding of the impact of travelling on broader personal horizons*

Group 1

The modern way of learning

Today, there is a dynamic landscape where technology empowers learners with flexibility, choice, and personalized experiences. From interactive video lectures to immersive virtual classrooms, online learning platforms offer a diverse range of formats to suit different learning styles. Learners can choose courses on a multitude of subjects, access expert instructors globally, and engage in vibrant online communities.

Beyond traditional classroom structures, online learning fosters a sense of active engagement. Students can revisit lessons at their own pace, participate in real-time discussions, and apply their knowledge through interactive simulations and projects.

This flexibility and personalized approach not only makes learning more accessible, but it also fosters a love of lifelong learning. In a world where knowledge is constantly evolving, the modern way of online learning empowers individuals to stay informed and adaptable, shaping the future of education and personal growth.

Group 2

The Role of Technological Tools in the Learning Process

Technological tools have become increasingly important in the learning process, transforming how students access, process, and demonstrate their knowledge.

Technology allows for individualized learning experiences, catering to different learning styles and paces. Adaptive learning platforms can adjust the difficulty of lessons based on a student's performance, ensuring they receive the right level of challenge. The internet provides access to a vast amount of information, making it easier for students to research topics in-depth, explore diverse perspectives, and stay up-to-date on current events.

Technological tools can engage students in interactive learning experiences, including simulations, virtual field trips, and gamified learning platforms. Online platforms facilitate collaboration and communication between students and teachers, enabling them to work together on projects, share ideas, and provide feedback. By leveraging these tools responsibly and strategically, we can create more engaging, personalized, and effective learning experiences for all.

Group 3

The challenges in the future education

While technology promises to revolutionize education, several challenges need to be addressed to ensure a truly effective and equitable future for learning:

Educators need to be equipped with the skills and knowledge to effectively integrate technology into their classrooms. Training programs and ongoing professional development are essential to facilitate this transition.

The use of technology in education raises concerns about data privacy and security. Robust safeguards need to be implemented to protect student data and ensure ethical use.

As technology becomes increasingly prevalent, students need to develop critical thinking skills to evaluate information, discern fact from fiction, and navigate the complexities of the digital world.

While technology can be a powerful tool for inclusivity, it's essential to ensure that all students have equal access to resources and support. This includes addressing learning disabilities, language barriers, and other challenges that might hinder learning.

Addressing these challenges requires collaboration between educators, policymakers, technologists, and communities. By working together, we can create a future where technology empowers learning, fosters equity, and prepares students for a successful and fulfilling future.



POST-READING STRATAGIES

Activity 1. *Discuss the following questions with your partner:*

- Do you think the changes in educational system brought by technology are mostly positive or negative? Why?
- How has technology changed the way you get the education, e.g. the higher education?

Activity 2. *Write a short essay or a paragraph responding to the problem:*

- The importance of critical thinking and problem-solving skills in a tech-driven educational world/

Activity 3. *Role-play a conversation between two people: one who prefers traditional educational methods (e.g., face-to-face, in the classroom) and one who prefers modern methods (e.g., online platforms). Afterward, discuss the benefits and drawbacks of each method.*

UNIT 3. THE UPSIDES OF TRAVELING



PRE-READING STRATEGIES

The benefits of traveling

Lead In

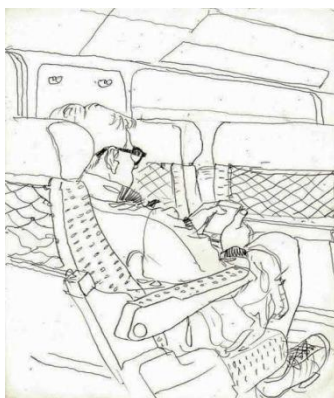
Activity 1. *Share your opinion:*

Traveling is truly essential for personal growth and a broader understanding of the world, or we can achieve similar benefits through other means, such as reading books, watching documentaries, or engaging with different cultures locally. Write down your ideas in your notebooks or on the board.

Activity 2. Look at the title of the text. Try to predict how travelling might have changed the idea about exploring the world in the century of tech. Write down your predictions and discuss them in pairs.

The Benefits of Traveling

Activity 3. Look at the pictures below. Each picture represents a different aspect of traveling. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of traveling is important or interesting.



Activity 4. Match each word on the left to an explanation on the right

Open-minded person

It is long-established practice, belief, or way of life that has been passed down through generations within a particular culture or community.

Personal growth	It is someone who is willing to consider new ideas and experiences without prejudice or preconceived notions.
Custom	It is a lifelong process of developing and improving oneself in various aspects of life.
Daily routine	It is a regular pattern of activities that you do on a daily basis.



WHILE-READING STRATEGIES

Activity 1. *Read the text in sections. After each section be ready to answer the questions:*

The Benefits of Traveling

Traveling has always been a popular activity, but beyond being a way to relax or escape daily life, it offers numerous benefits that can enrich our lives in many ways. Whether it's exploring new places, meeting different people, or simply stepping out of our comfort zones, traveling provides experiences that can have a lasting impact.

Broadening Horizons

One of the most significant benefits of traveling is the opportunity to broaden your horizons. When you visit new places, you are exposed to different cultures, languages, and ways of life. This exposure can challenge your existing beliefs and help you develop a more open-minded perspective. For example, spending time in a country with customs and traditions very different from your own can teach you to appreciate diversity and understand the world from a broader viewpoint.

Cultural Exchange

Traveling also promotes cultural exchange, which is the sharing of ideas, values, and traditions between people from different backgrounds. This exchange can happen in many forms—through conversations with locals, trying new foods, or participating in local festivals. Such experiences can deepen your understanding of other cultures and create connections that transcend geographical boundaries. These connections are valuable in a world that is increasingly interconnected.

Personal Growth

Another important benefit of traveling is the personal growth it fosters. Traveling often requires you to adapt to new situations, make decisions on the go, and navigate unfamiliar environments. These challenges can build resilience, self-confidence, and problem-solving skills. Whether it's figuring out how to

communicate in a foreign language or managing a difficult travel situation, each experience contributes to your personal development.

Answer the questions:

- 1. What are some of the main reasons why people travel?*
- 2. How does traveling help to broaden your horizons?*
- 3. What are some examples of how cultural exchange can happen while traveling?*
- 4. Why is cultural exchange important in today's world?*
- 5. How can traveling contribute to personal growth?*
- 6. What specific challenges might you face while traveling that can lead to personal development?*
- 7. How can traveling help you to become more open-minded?*
- 8. Do you think the benefits of traveling outweigh any potential drawbacks?*

Memorable Experiences

Traveling is also about creating memorable experiences that stay with you for a lifetime. Whether it's watching the sunset over the Grand Canyon, exploring the ancient ruins of Machu Picchu, or enjoying a peaceful afternoon in a Parisian café, these moments are often the highlights of our lives. The memories you make while traveling can provide joy and inspiration long after the trip is over.

Health Benefits

Beyond the mental and emotional benefits, traveling can also be good for your health. Physical activities like hiking, swimming, or simply walking around a new city can improve your physical fitness. Moreover, the mental break from your daily routine can reduce stress and improve your overall well-being. Many people return from trips feeling rejuvenated and more motivated in their everyday lives.

Adventure and Exploration

For those with a sense of adventure, traveling offers endless opportunities to explore the unknown. Whether it is trekking through a dense rainforest, diving into the depths of the ocean, or navigating the bustling streets of a foreign city, travel satisfies our innate curiosity and desire for discovery. The thrill of stepping into the unknown can be both exciting and rewarding, providing a sense of accomplishment and fulfilment.

Answer the questions:

- 1. What are some examples of memorable experiences that people might have while traveling?*
- 2. How do the memories we create while traveling benefit us even after the trip is over?*
- 3. In what ways can traveling be beneficial for our physical health?*
- 4. How can traveling help reduce stress and improve our overall well-being?*
- 5. What types of adventures can travellers seek out, and what makes these experiences rewarding?*
- 6. Do you think the sense of adventure and exploration is a key motivation for many travellers?*

Activity 2. Read the statements and decide whether they are true or false

1. Traveling is only beneficial for those seeking relaxation and escape from their daily lives.
2. Traveling can help individuals develop a more open-minded perspective.
3. Cultural exchange is only possible through formal programs or organized events.
4. Traveling can foster personal growth by requiring individuals to adapt to new situations and solve problems.
5. The memories created while traveling are only enjoyable during the trip itself.
6. Traveling can have positive impacts on both physical and mental health.
7. Traveling is only suitable for those who enjoy physical challenges and adventurous activities.
8. Traveling can satisfy our innate curiosity and desire for discovery.

Activity 3. Underline or highlight key points related to the benefits of travelling. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then discuss how each part contributes to the overall understanding of the impact of travelling on broader personal horizons

Group 1

Traveling: A Journey to Wisdom

Traveling is not just about ticking destinations off a list. It's a journey that, if embraced fully, can lead to a deeper understanding of the world and ourselves. It's a process of expanding horizons, challenging preconceptions, and ultimately, becoming wiser.

Stepping into a new culture, encountering different customs and perspectives, forces us to question our own beliefs and biases. A bustling market in Marrakech or a serene temple in Kyoto can shake us out of our comfort zones and spark a thirst for knowledge.

Traveling also teaches us adaptability and resilience. When faced with unexpected situations, language barriers, or logistical hurdles, we learn to think on our feet, problem-solve creatively, and find solutions outside our usual routines. This fosters a sense of independence and resourcefulness, traits that contribute to a wiser approach to life's challenges.

So, while travel may begin as a physical journey, it ultimately becomes a transformative path to wisdom, enriching our lives and shaping us into more compassionate, understanding, and adaptable individuals.

Group 2

Life's Canvas, Painted by Travel

Travel is more than just a vacation; it's a brushstroke on the canvas of life, adding vibrant colors and textures to our experiences. Each journey, from a

weekend getaway to a backpacking adventure, contributes to a richer understanding of ourselves and the world around us.

Through travel, we encounter different perspectives, challenging our assumptions and broadening our horizons. A conversation with a local artisan in a bustling market or a quiet moment observing a traditional ceremony can reveal hidden facets of humanity, enriching our worldview.

Travel also teaches us adaptability and resilience. Navigating unfamiliar landscapes, languages, and customs requires us to step outside our comfort zones and embrace the unknown. This experience fosters resourcefulness, problem-solving skills, and a sense of self-reliance that translates into valuable life lessons.

More than just gathering souvenirs, we collect memories and experiences that shape our lives. The taste of a street food vendor's specialty in a foreign city, the exhilaration of witnessing a breathtaking sunset, or the warmth of a shared laughter with newfound friends – these moments become brushstrokes on our personal canvas, adding depth and meaning to our journey.

So, travel not only broadens our horizons but also deepens our understanding of ourselves. It's a journey of discovery, both outward and inward, leaving an indelible mark on our lives, enriching our experiences, and making us more open, adaptable, and compassionate individuals.

Group 3

The Journey Within: How Travel Fuels Personal Growth

Travel, more than just a change of scenery, is a catalyst for personal growth. It's a journey that stretches beyond geographical boundaries, pushing us to confront our limits, embrace new perspectives, and ultimately, become the best versions of ourselves.

Stepping into unfamiliar landscapes, cultures, and languages challenges our preconceived notions and exposes us to the vast diversity of human experience. This exposure fosters empathy, understanding, and a broader worldview. We learn to appreciate differences, embrace new perspectives, and challenge our own biases, ultimately becoming more open-minded and tolerant individuals.

Travel also tests our resilience and adaptability. Navigating unfamiliar situations, overcoming language barriers, and navigating unforeseen challenges force us to think outside the box, problem-solve creatively, and adapt to change with grace. This fosters a sense of resourcefulness, independence, and confidence that transcends travel itself.

Furthermore, travel allows us to reconnect with ourselves. The break from routine, the immersion in new environments, and the quiet moments of reflection offer opportunities for introspection. We gain a clearer understanding of our values, passions, and aspirations, setting the stage for personal growth and self-discovery.

Travel is a transformative experience. It's not just about visiting new places, but about embarking on a journey within. It's a journey that challenges, inspires, and ultimately, empowers us to grow as individuals, enriching our lives and shaping us into more compassionate, resilient, and fulfilled people.



POST-READING STRATAGIES

Activity 1. *Discuss the following questions with your partner:*

- How does traveling challenge our existing beliefs and perspectives, and how can this contribute to personal growth?
- In what ways can travel foster adaptability and resilience?
- How are these skills translated into other areas of life?

Activity 2. *Write a short essay or a paragraph responding to the question:*

- *How can travel facilitate self-reflection and personal discovery?*

Activity 3. *Role-play a conversation between two people: one who thinks people can explore the world without leaving home with just a laptop and the Internet and another who thinks it is impossible to explore the world without visiting places of interest and experiencing all the delights of travel. Afterward discuss the benefits and drawbacks of each way of travelling.*

UNIT 4. THE HERITAGE AND VALUES OF HOLIDAYS



PRE-READING STRATEGIES

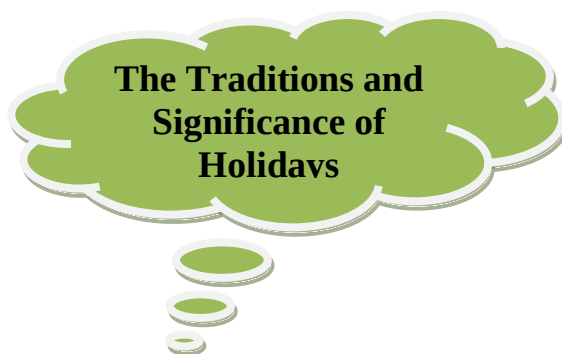
The Traditions and Significance of Holidays

Lead In

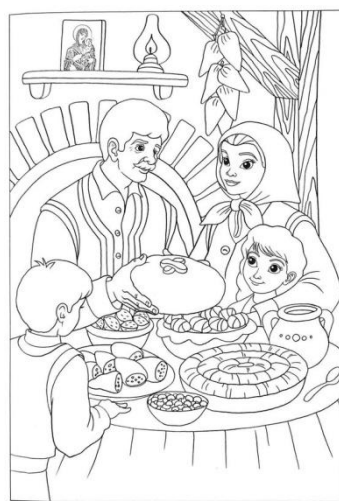
Activity 1. *Share your opinion:*

The globalization of holidays is a positive development that promotes cultural understanding or a threat to the authenticity and integrity of individual traditions. Write down your ideas in your notebooks or on the board.

Activity 2. *Look at the title of the text. Try to predict the culture of celebrating holidays will change in a generation Z. Write down your predictions and discuss them in pairs.*



Activity 3. *Look at the pictures below. Each picture represents a different aspect of traveling. Write a short paragraph about each picture describing what you see and how it makes you feel.*



Activity 4. Match each word on the left to an explanation on the right

Lifestyle	It is a significant accomplishment that an individual has attained through their own efforts and abilities.
Traditions	The increasing interconnectedness of the world through the movement of people, goods, ideas and culture.
Personal achievements	A belief or way of life that has been passed down from generation to generation.
Globalization	It is a way of living that reflects a person's values and choices.



WHILE-READING STRATEGIES

Activity 1 Read the text in sections. After each section be ready to answer the questions:

The Traditions and Significance of Holidays

Holidays are special occasions that are celebrated around the world, each with its own unique traditions and significance. From ancient festivals to modern celebrations, holidays provide an opportunity for people to come together and observe customs that are important to their cultural heritage.

Celebrating Cultural Heritage

One of the primary reasons for celebrating holidays is to honor and preserve cultural heritage. Many holidays have historical or religious origins that reflect the values and beliefs of a particular culture. For instance, Diwali, the Hindu festival of lights, symbolizes the victory of light over darkness and good over evil. It is celebrated with vibrant decorations, fireworks, and festive meals. Similarly, Christmas is celebrated by Christians around the world to commemorate the birth of Jesus Christ, often with traditions such as decorating Christmas trees, exchanging gifts, and attending church services.

Customs and Traditions

Holidays are marked by a variety of customs and traditions that differ from one culture to another. In the United States, Thanksgiving is a time for families to gather and enjoy a traditional meal that often includes turkey, stuffing, and pumpkin pie. This holiday originated as a way to give thanks for a successful

harvest and has evolved into a celebration of family and gratitude. In contrast, the Chinese New Year, also known as the Spring Festival, involves elaborate parades, lion dances, and fireworks to welcome the lunar new year and drive away evil spirits.

Festivities and Celebrations

Festivities during holidays often involve community activities and public events. For example, Carnival in Brazil is famous for its vibrant parades, samba music, and colorful costumes. This festival, which takes place before Lent, is a time for people to celebrate and enjoy life with friends and family. Similarly, the Oktoberfest in Germany is a world-renowned beer festival that features traditional Bavarian music, dance, and food. These celebrations not only bring people together but also provide a sense of unity and shared joy.

Answer the questions:

- 1. How do holidays contribute to the preservation of cultural heritage?*
- 2. In what ways can holidays be both a celebration of cultural identity and a source of unity among diverse communities? T*
- 3. What are some examples of how holidays have evolved over time to reflect changing social values and beliefs? T*
- 4. How do the customs and traditions associated with holidays vary across different cultures?*
- 5. What are the benefits of celebrating holidays with family and loved ones?*
- 6. How have modern technologies and changing lifestyles influenced the ways in which people celebrate holidays?*
- 7. Do you think it is important to preserve traditional holiday customs, or should we embrace new ways of celebrating?*
- 8. What is your favourite holiday, and why?*

Personal and Family Significance

Beyond their cultural and public aspects, holidays also hold personal and family significance. They provide an opportunity for individuals to connect with loved ones, create lasting memories, and reflect on personal achievements and milestones. For many, holidays are a time to relax and enjoy time off from work or school, recharge, and engage in activities that bring happiness and fulfillment.

The Globalization of Holidays

In today's globalized world, holidays from different cultures are increasingly recognized and celebrated across borders. For example, Halloween, which originated in Ireland and Scotland, is now widely celebrated in many countries with costume parties and trick-or-treating. This globalization of holidays allows people to experience and appreciate diverse traditions, fostering greater understanding and appreciation of different cultures.

The Future of Holiday Celebrations

As societies continue to evolve, so too do the ways in which people celebrate holidays. Modern technology and changing lifestyles are influencing how traditions are observed. Virtual gatherings and online celebrations have become more common, especially in the wake of global events such as the COVID-19

pandemic. While these changes offer new ways to connect, they also prompt questions about how traditional practices might adapt or be preserved in the future.

Answer the questions:

1. *How do holidays contribute to a sense of personal fulfilment and happiness?*

2. *What are some examples of how holidays provide opportunities for individuals to reflect on their personal achievements and milestones?*

3. *How do holidays strengthen family bonds and create lasting memories?*

4. *What are some of the positive impacts of the globalization of holidays?*

5. *What are some potential challenges or concerns related to the globalization of holidays?*

6. *In what ways has technology influenced how people celebrate holidays?*

7. *How might traditional holiday practices adapt or be preserved in the face of changing lifestyles and technological advancements?*

8. *What are your thoughts on the future of holiday celebrations? Do you think traditional practices will be preserved, or will new forms of celebration emerge?*

Activity 2. Read the statements and decide whether they are true or false:

1. All holidays are celebrated for the same reasons and with the same traditions.

2. The primary reason for celebrating holidays is to honor and preserve cultural heritage.

3. Diwali, the Hindu festival of lights, is celebrated to mark the birth of a religious figure.

4. Thanksgiving in the United States is a holiday that has remained unchanged since its origin.

5. The Chinese New Year is celebrated to welcome the solar new year.

6. Carnival in Brazil is a celebration that takes place during the Lent season.

7. Halloween, which originated in Ireland and Scotland, is now celebrated only in those countries.

8. The use of technology has had no impact on how people celebrate holidays.

Activity 3. Underline or highlight key points related to the extent of holidays is a reflection of a culture's values and beliefs? What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of globalization on celebrating holidays.

Group 1

A Tapestry of Traditions

Celebrating cultural heritage isn't just about preserving old customs, it's about weaving a vibrant tapestry of stories, values, and experiences. It's about recognizing the rich diversity of our past and ensuring future generations can connect with their roots.

Imagine the warmth of a traditional family meal, the rhythm of ancestral music, the artistry of a hand-crafted object. These are the threads that make up our cultural heritage. By celebrating these traditions, we pay tribute to those who came before us and ensure their legacies continue to inspire and enrich our lives.

Cultural heritage isn't static, it evolves and adapts. It's about finding ways to preserve the essence of our traditions while embracing modern influences. It's about sharing these traditions, fostering understanding and appreciation for different cultures, and creating a sense of belonging for everyone.

Group 2

Holiday Hues: The Family Tapestry

Holidays are more than just festive occasions; they are a chance for families to weave their own vibrant tapestry of shared memories, traditions, and love. Family gatherings, brimming with laughter, warmth, and cherished rituals, create a sense of belonging that transcends time.

Whether it's the heartwarming tradition of decorating the Christmas tree together, sharing a special Thanksgiving meal, or gathering for a lively Diwali celebration, these shared experiences create a lasting bond. Holidays provide a space to reflect on family history, share personal stories, and reinforce the values that bind us together.

Family significance in holiday celebrations isn't just about the activities; it's about the emotional connection. It's about feeling loved and supported, creating lasting memories, and strengthening the threads that make up the fabric of family. Holidays are a reminder that even in a world of constant change, the warmth and connection of family remain steadfast.

Group 3

Evolving Traditions

The way we celebrate holidays is constantly evolving. Technology, changing lifestyles, and a growing awareness of diversity are all shaping the future of how we mark these special occasions.

Virtual gatherings are becoming more common, allowing families and friends to connect across distances. Online celebrations offer new ways to share traditions and experiences, and interactive platforms are creating innovative ways to engage in festive activities.

As society becomes increasingly diverse, we're seeing a greater emphasis on inclusivity in holiday celebrations. People are embracing traditions from different cultures, fostering a sense of global community and celebrating shared humanity.

The future of holiday celebrations holds exciting possibilities. While some traditional customs will surely endure, others will adapt to reflect the changing

world around us. The key will be to find ways to honor the spirit of these special occasions while embracing the innovations that allow us to connect and celebrate in new and meaningful ways.



POST-READING STRATEGIES

Activity 1. Discuss the following questions with your partner:

- Do you think it is important for holidays to maintain their traditional customs, or should they adapt to modern lifestyles?"

Activity 2. Write a short essay or a paragraph responding to the problem:

- How can we strike a balance between celebrating the unique traditions of different cultures and fostering a sense of shared humanity through holidays??"

Activity 3. Role-play a conversation between two people: one who believes that the celebration of traditional holidays will soon disappear due to the development of society and the development of new habits and one who believes that honoring the traditions of ancestors helps humanity stay in touch with its ancestors). Afterward, discuss the benefits and drawbacks of each method.



PRE-READING STRATEGIES A Journey Through Time

Lead In

Activity 1. *Share your opinion:*

How has the evolution of transportation shaped our understanding of the world and our place in it? Write down your ideas in your notebooks or on the board.

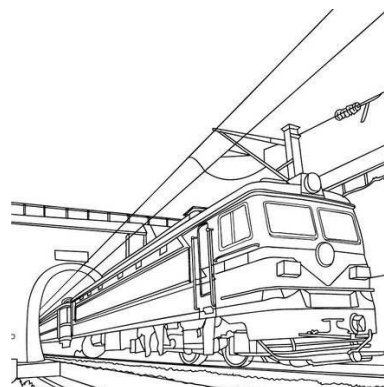
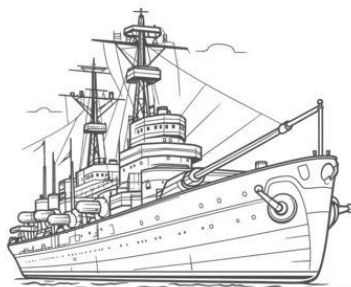
Activity 2. Look at the title of the text. Try to predict how transport might have changed the way of transportation through the time. Write down your predictions and discuss them in pairs.

A Journey through Time

Activity 3. Look at the pictures below. Each picture represents a different aspect of traveling with the help of different means of transport. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of traveling is important or interesting.



CITY BUS



Activity 4. Match each word on the left to an explanation on the right

Vehicle	The creation of something new or the improvement of an existing product, process or idea.
Innovation	It is a source that is naturally replenished over a relatively short period of time.
Sustainable material	It is any means of transportation that carries people or goods.
Renewable energy	It is used and produced in a way that minimizes environmental impact and ensures long-term availability.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section be ready to answer the questions:

A Journey Through Time

Transport is an essential part of our daily lives, connecting people and places in ways that shape our world. From the earliest modes of transport to the advanced technologies of today, the evolution of transport reflects human ingenuity and the changing needs of societies.

Early Forms of Transport

In ancient times, people relied on simple yet effective methods to get from one place to another. The earliest form of transport was walking. As societies progressed, they began using animals like horses, camels, and elephants to carry people and goods. These animals were crucial for trade and exploration. The invention of the wheel around 3500 BCE was a significant milestone, leading to the creation of carts and chariots. These innovations made travel faster and more efficient, paving the way for the development of civilizations.

The Age of Sail and Steam

The next major leap in transport came with the Age of Sail. Ships powered by wind became the primary means of long-distance travel and trade across oceans. The 19th century saw the advent of steam power, revolutionizing both sea and land transport. Steamships replaced sailing vessels, allowing for more reliable and faster ocean voyages. On land, the invention of the steam locomotive led to the creation of railways, which transformed transportation by enabling the rapid movement of goods and people over long distances.

Answer the questions:

1. *How has transportation shaped the course of human history?*
2. *What were the key innovations that led to the major leaps forward in transportation?*
3. *What were the advantages and disadvantages of using animals for transportation?*
4. *How did the Age of Sail and the introduction of steam power change the way people traveled and traded goods?*
5. *Why was the invention of the wheel a significant milestone in the development of transportation?*
6. *How did the invention of the steam locomotive revolutionize land transportation?*
7. *What are some of the social and economic consequences of the changes in transportation described in the text?*

The Rise of Automobiles and Airplanes

The 20th century brought about the automobile revolution. The development of the internal combustion engine led to the production of cars that became accessible to the general public. The Ford Model T, introduced in 1908, was one of the first cars to be mass-produced, making personal transportation affordable for many people. At the same time, aviation technology progressed rapidly. The Wright brothers' first successful flight in 1903 marked the beginning of modern aviation. Airplanes soon became an important mode of transport, reducing travel time between distant locations and opening new opportunities for global connectivity.

Modern Innovations

Today, transport continues to evolve with advancements in technology. Electric vehicles (EVs) are becoming more popular due to their environmental benefits. These vehicles reduce reliance on fossil fuels and lower emissions. High-speed trains, like those in Japan and France, have redefined rail travel with speeds exceeding 300 kilometers per hour. Additionally, the development of autonomous vehicles and drones promises to further revolutionize transport, making travel safer and more efficient. Urban areas are also seeing the rise of bike-sharing programs and electric scooters, providing convenient and eco-friendly options for short trips.

The Future of Transport

Looking ahead, the future of transport holds exciting possibilities. Innovations like hyperloop technology, which aims to transport passengers in near-vacuum tubes at very high speeds, could drastically cut travel times between cities. Advances in renewable energy sources and sustainable materials will likely play a crucial role in shaping the next generation of transport. As cities grow and the demand for efficient travel increases, the integration of smart technologies and better infrastructure will be key to addressing transportation challenges and improving the quality of life for people around the world.

Answer the questions:

1. How did the development of the internal combustion engine and the mass production of the Ford Model T change the way people lived?
2. What were the key technological advancements that led to the rise of modern aviation?
3. How has the development of airplanes impacted global connectivity and our understanding of the world?
4. What are the environmental benefits of electric vehicles, and what are some challenges to their widespread adoption?
5. How do high-speed trains and other modern rail systems compare to air travel in terms of efficiency, speed, and environmental impact? This question prompts students to consider the advantages and disadvantages of different modes of transport.
6. What are your thoughts on the potential benefits and drawbacks of autonomous vehicles and drones?
7. What do you consider to be the most important challenges facing transportation in the future, and what are some potential solutions?

Activity 2. Read the statements and decide whether they are true or false:

1. The invention of the wheel was a major factor in the development of early civilizations.
2. The Age of Sail saw the use of steam-powered ships for long-distance travel.
3. The Ford Model T was one of the first mass-produced automobiles, making personal transportation more affordable.
4. The Wright brothers' first successful flight occurred in the early 1900s.
5. Electric vehicles (EVs) are becoming less popular due to their high cost.
6. High-speed trains have not been able to compete with air travel in terms of speed.
7. Hyperloop technology aims to transport passengers in tubes at high speeds using magnetic levitation.
8. The future of transportation relies solely on technological advancements, with no need for sustainable.

Activity 3. Underline or highlight key points ethical considerations surrounding are the development of autonomous vehicles and drones. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then discuss how each part contributes to the overall understanding of vehicle on transportation.

Group 1

A Foot, a Beast, and a Wheel: Early Forms of Transport

Long before the roar of engines and the hum of electric motors, humanity's journey began with the simple act of walking. Our ancestors, driven by the need to explore, hunt, and trade, relied on their own two feet to navigate the world. As societies evolved, they harnessed the power of animals, using horses, camels, and elephants to carry people and goods. These beasts of burden proved essential for trade, exploration, and even warfare, shaping the landscapes of ancient civilizations.

A pivotal moment in transportation history arrived around 3500 BCE with the invention of the wheel. This seemingly simple innovation revolutionized travel. Carts and chariots, powered by human or animal strength, made travel faster and more efficient, enabling the transportation of heavier loads and paving the way for the development of complex societies.

The early forms of transport, though seemingly rudimentary, laid the foundation for the transportation systems that we know today. They embodied human ingenuity, resourcefulness, and a yearning to connect, explore, and build a better world.

Group 2

A World in Motion: Modern Innovations in Transport

The 21st century is witnessing a transportation revolution, fueled by technological advancements that are transforming how we move around the world.

Gone are the days of relying solely on fossil fuels and conventional vehicles.

Electric vehicles (EVs) are gaining traction, offering a greener alternative to gasoline-powered cars. High-speed trains, capable of reaching speeds exceeding 300 kilometers per hour, are redefining rail travel, connecting cities with unprecedented speed and comfort. And the development of autonomous vehicles and drones promises to revolutionize transportation, making travel safer, more efficient, and potentially even accessible to those who cannot drive themselves. Urban landscapes are also being reshaped by the rise of bike-sharing programs and electric scooters, providing convenient and eco-friendly options for short trips. These innovations are not only reducing congestion but also promoting healthier lifestyles and cleaner air.

As we look to the future, exciting possibilities are on the horizon. Hyperloop technology, with its potential to transport passengers at near-vacuum speeds, could drastically cut travel times between cities. The integration of smart technologies and better infrastructure will play a crucial role in addressing transportation challenges and improving the quality of life for people around the world. The journey of transportation continues, and the future promises to be a world in motion.

Group 3

A Glimpse into Tomorrow: The Future of Transport

The future of transportation is a thrilling blend of technological innovation and a deep desire for sustainability. As our planet faces environmental challenges and urban centers grow ever larger, the need for efficient, clean, and accessible transportation systems has never been greater. The landscape of tomorrow's transport is expected to be shaped by a number of exciting innovations:

Hyperloop Technology: This futuristic concept promises to transport passengers in near-vacuum tubes at speeds exceeding 1000 kilometers per hour, dramatically reducing travel times between cities.

Autonomous Vehicles: Self-driving cars and trucks are on the horizon, promising to improve safety, reduce congestion, and offer greater accessibility for those who cannot drive.

Drones and Air Taxis: Drones are evolving from hobbyist toys to potential cargo and passenger transport systems, while air taxis could offer an alternative to congested roads.

Sustainable Materials and Renewable Energy: The next generation of vehicles will likely rely heavily on renewable energy sources and sustainable materials to minimize environmental impact.

Beyond these technological advancements, the future of transportation also hinges on a fundamental shift towards a more integrated and efficient approach. Smart cities are implementing intelligent traffic management systems, enhancing public transportation networks, and promoting pedestrian-friendly environments.



POST-READING STRATEGIES

Activity 1. Discuss the following questions with your partner:

- To what extent should governments invest in public transportation systems versus individual modes of transport?"

Activity 2. Write a short essay or a paragraph responding to the problem:

- What are the potential social and economic consequences of a future where hyperloop technology or other high-speed transportation systems become commonplace?"

Activity 3. Role-play a conversation between two people: one who believes in the transformative power of transformation technology and one who values the comfort and familiar aspects of existing transportation methods. Afterward, discuss the benefits and drawbacks of each method.

UNIT 6. BIODIVERSITY LOSS AND CONSERVATION EFFORTS



Pre-Reading Strategies The Environment: Challenges and Solutions

Lead In

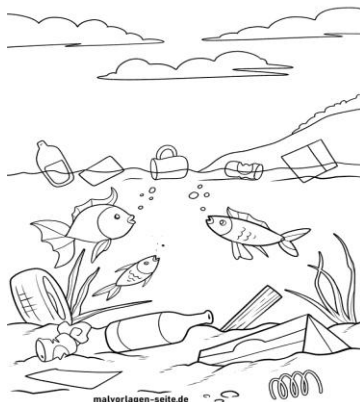
Activity 1. *Share your opinion:*

The most significant ways in which human activities have negatively impacted the environment. Write down your ideas in your notebooks or on the board.

Activity 2. *Look at the title of the text.* Try to predict how people can balance the need for human progress with the protection of the environment effectively? Write down your predictions and discuss them in pairs:

The Environment: Challenges and

Activity 3. *Look at the pictures below. Each picture represents a different aspect of destroying the nature. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of traveling is important or interesting.*



Activity 4. Match each word on the left to an explanation on the right

Environment	It is the act of protecting and preserving something.
Natural resource	The totality of external conditions influencing the life of an organism.
Deforestation	It is a material or substance that occurs in nature and can be used for economic gain.
Conservation	It is a permanent destruction of forests, primarily for the purposes of agriculture, logging and urbanization.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section be ready to answer the questions:

The State of Our Environment

The environment encompasses all living and non-living things around us, including the air we breathe, the water we drink, and the land we live on. However, human activities have increasingly impacted the environment in negative ways. Issues such as pollution, deforestation, and climate change are affecting ecosystems and human health globally.

Pollution: A Growing Concern

Pollution is one of the most pressing environmental issues today. It can take various forms, including air, water, and soil pollution. Air pollution, caused by emissions from vehicles, factories, and burning fossil fuels, contributes to respiratory problems and global warming. Water pollution, often resulting from industrial waste and plastic litter, harms aquatic life and contaminates drinking water. Soil pollution, caused by the use of pesticides and hazardous waste, degrades land quality and affects agriculture.

Climate Change and Its Effects

Climate change refers to long-term changes in temperature and weather patterns, primarily driven by greenhouse gases like carbon dioxide and methane. The burning of fossil fuels and deforestation are significant contributors to greenhouse gas emissions. The effects of climate change include rising sea levels, more frequent and severe natural disasters, and shifts in weather patterns that disrupt agriculture and wildlife habitats.

Answer the questions:

- 1. What are some examples of how human activities have negatively impacted the environment?*
- 2. How does pollution affect both human health and ecosystems?*
- 3. What are the main sources of air, water, and soil pollution, and what are their specific effects?*
- 4. How does climate change affect weather patterns and natural disasters?*
- 5. What are the major contributors to greenhouse gas emissions, and how do these emissions drive climate change?*
- 6. What are some of the long-term consequences of rising sea levels, more frequent natural disasters, and shifts in weather patterns?*
- 7. How can we reduce our reliance on fossil fuels and promote renewable energy sources?*
- 8. What are some practical steps individuals can take to reduce their environmental impact and contribute to a healthier planet?*

Conservation and Sustainable Practices

To address these challenges, conservation efforts and sustainable practices are essential. Conservation involves protecting natural resources and habitats to maintain biodiversity and ecosystem health. Sustainable practices include reducing waste, recycling, using renewable energy sources, and supporting eco-friendly products. Individuals can make a difference by adopting environmentally conscious habits, such as reducing energy consumption, minimizing single-use plastics, and participating in local clean-up initiatives.

Looking Ahead

The future of our environment depends on collective action and commitment to protecting and preserving natural resources. Governments, businesses, and individuals all have roles to play in creating a more sustainable world. By working together and making informed choices, we can address environmental challenges and ensure a healthier planet for future generations.

Answer the questions:

- 1. What is the difference between conservation and sustainable practices, and how do they work together to protect the environment?*
- 2. Why is protecting natural resources and habitats crucial for maintaining biodiversity and ecosystem health?*
- 3. How can individuals reduce their waste and promote recycling?*
- 4. What are some examples of renewable energy sources, and how can we transition to a more sustainable energy system?*
- 5. How can governments and businesses promote sustainable practices and encourage environmentally conscious behavior?*
- 6. What are the potential benefits of a more sustainable future for both present and future generations?*

Activity 2. Read the statements and decide whether they are true or false:

1. Human activities have had a mostly positive impact on the environment.

2. Pollution is a minor environmental concern.
3. Air pollution only affects respiratory health, not global warming.
4. Water pollution is primarily caused by agricultural runoff.
5. Climate change is primarily caused by deforestation.
6. Conservation efforts focus on protecting natural resources and habitats.
7. Sustainable practices involve using renewable energy sources and reducing waste.
8. Only governments and businesses have a responsibility in creating a sustainable world.

Activity 3. *Underline or highlight key points related to the pollution affects human health and the environment. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.*

Activity 4. *Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of technology on environment*

Group 1

The Silent Scourge: Pollution of Our Environment

Pollution, a silent and pervasive threat, is slowly poisoning our planet. It's a complex issue with far-reaching consequences, affecting the air we breathe, the water we drink, and the land we call home. From smog-choked cities to plastic-filled oceans, pollution manifests in various forms, each with its own devastating impact.

Air pollution, largely driven by industrial emissions and vehicle exhaust, creates respiratory problems and contributes to global warming. Water pollution, often caused by industrial waste and plastic litter, harms aquatic life and contaminates vital drinking water sources. Soil pollution, stemming from the overuse of pesticides and hazardous waste, degrades land quality, impacting food production and overall ecosystem health.

Pollution not only harms the environment but also threatens human well-being. It contributes to respiratory diseases, cancer, and other health issues. Moreover, the degradation of ecosystems disrupts natural cycles, leading to loss of biodiversity, habitat destruction, and ultimately, a less resilient planet.

Addressing pollution requires a multifaceted approach, involving responsible waste management, cleaner energy production, and a shift towards sustainable consumption patterns. Individuals can contribute by reducing their waste, embracing eco-friendly products, and advocating for stricter environmental regulations. Together, we must act now to protect our planet from this silent scourge and ensure a healthier future for generations to come.

Group 2

A Looming Threat

Climate change is not a distant future threat; it is a present reality that is reshaping our planet. The Earth's average temperature is steadily rising, driven by the increasing concentration of greenhouse gases like carbon dioxide and methane in our atmosphere. These gases trap heat, leading to a warming effect that is altering weather patterns, raising sea levels, and disrupting ecosystems.

The consequences of climate change are already being felt around the world. Extreme weather events, such as heatwaves, droughts, floods, and storms, are becoming more frequent and severe. Coastal communities are facing rising sea levels and the threat of coastal erosion. Glaciers and ice caps are melting at an alarming rate, contributing to rising sea levels and impacting freshwater supplies.

The impacts of climate change extend beyond the environment, threatening human health, food security, and economic stability. Rising temperatures and extreme weather events can lead to heat-related illnesses, spread of infectious diseases, and disruptions to agriculture. Climate change is a complex and multifaceted challenge that requires a global response.

Mitigation efforts, such as reducing greenhouse gas emissions through transitioning to renewable energy sources, improving energy efficiency, and protecting forests, are crucial to slow down the rate of climate change. Adaptation strategies, such as building resilient infrastructure, managing water resources effectively, and developing drought-resistant crops, are necessary to minimize the impacts of climate change.

Addressing climate change requires a collective effort. Governments, businesses, and individuals must all play a role in reducing emissions, adapting to the changing climate, and ensuring a sustainable future for generations to come. The time for action is now.

Group 3

Building a Brighter Future

Our planet faces a multitude of environmental challenges, but amidst the gloom, there's a beacon of hope: conservation and sustainable practices. These two concepts, often intertwined, offer a path towards a healthier and more resilient future.

Conservation, at its core, is about protecting and preserving our natural resources, from pristine forests and teeming oceans to precious biodiversity and fragile ecosystems. It's about safeguarding the delicate balance of nature, ensuring that future generations can enjoy the same natural wonders we do today.

Sustainable practices go a step further, encouraging a mindful approach to consumption and production. It's about making choices that minimize our environmental footprint, from reducing waste and embracing recycling to using renewable energy sources and supporting eco-friendly products.

Individual actions, while seemingly small, can have a powerful collective impact. Reducing our energy consumption, choosing sustainable products, and

participating in local conservation efforts all contribute to building a brighter future.

Governments and businesses also play a crucial role in promoting conservation and sustainable practices. Investing in renewable energy infrastructure, implementing stricter environmental regulations, and supporting sustainable agricultural practices are vital steps towards a greener future.

The path towards a sustainable world requires a collective effort, a commitment to responsible living, and a shared vision of a planet where nature and humanity thrive in harmony. By embracing conservation and sustainable practices, we can create a future where our planet flourishes and future generations can enjoy its bounty.



POST-READING STRATEGIES

Activity 1. Discuss the following question with your partner:

- What are some practical steps that individuals can take to reduce their environmental impact?

Activity 2. Write a short essay or a paragraph responding to the question:

- How can governments and businesses work together to promote sustainable practices and address environmental challenges?

Activity 3. Role-play a conversation between two people: one who believes that we can protect the nature from global environmental problems with the help of new technology and one who thinks that the new technologies destroy our nature so fast as much as it can be. Afterward, discuss the benefits and drawbacks of each method.

UNIT 7. THE NEW WAVE OF SCIENTIFIC DISCOVERY



PRE-READING STRATEGIES Modern Scientists Making Waves

Lead In

Activity 1. *Share your opinion:*

The biggest challenges and opportunities are facing modern scientists in the 21st century. Write down your ideas in your notebooks or on the board.

Activity 2. *Look at the title of the text.* Try to predict how are modern scientist using technology to push the boundaries of scientific discovery? Write down your predictions and discuss them in pairs:

Modern Scientists Making Waves

Activity 3. *Look at the pictures below. Each picture represents the most significant breakthroughs in modern science. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of traveling is important or interesting.*



Activity 4. *Match each word on the left to an explanation on the right*

Gene-editing technology

It is the practice of protecting and managing the natural world, including ecosystems, biodiversity, and natural resources, for the benefit of present and future generations.

Environmental conservation	It is a molecule that carries the genetic instructions used in the growth, development, functioning, and reproduction of all known living organisms and many viruses.
DNA	It is a group of techniques that allow scientists to alter the genetic makeup of an organism by directly changing its DNA sequence.
Reusable rocket	It is a thing designed to be launched and landed multiple times, rather than being discarded after a single use. This allows for significant cost savings and increased efficiency in space exploration.



WHILE-READING STRATEGIES

Activity 1. *Read the text in sections. After each section be ready to answer the questions:*

Introduction to Modern Scientists

In the rapidly evolving world of science, modern scientists are pushing the boundaries of knowledge and technology. Their groundbreaking research and innovations are shaping our future in fields ranging from medicine to space exploration.

Pioneers in Medicine

One notable figure is Dr. Jennifer Doudna, who co-discovered the CRISPR-Cas9 gene-editing technology. This revolutionary tool allows scientists to precisely alter DNA, opening new possibilities for treating genetic disorders and advancing genetic research. Her work has the potential to transform medicine, agriculture, and beyond.

Innovators in Technology

Another prominent scientist is Elon Musk, whose work in technology and space exploration has garnered global attention. As the CEO of SpaceX, Musk has been instrumental in developing reusable rockets and advancing space travel. His ambitious projects, such as the colonization of Mars, are pushing the limits of what is possible in space exploration.

Answer the questions:

1. What is the main idea of the text? (What is the text mainly about?)
2. What is gene-editing technology and how does it work?
3. What are some of the potential benefits of gene-editing technology?
4. How has Elon Musk contributed to space exploration?
5. What is the significance of reusable rockets in space travel?
6. What are some of the challenges that scientists face in the rapidly evolving world of science?
7. How do you think science will continue to shape our future?

Environmental Science Trailblazers

Dr. Jane Goodall, renowned for her research on chimpanzees, has made significant contributions to environmental science and conservation. Her work has not only provided deep insights into animal behaviour but also highlighted the importance of protecting wildlife and their habitats.

The Future of Science

The contributions of these and many other modern scientists demonstrate the diverse ways in which science impacts our world. From gene editing to space travel and environmental conservation, their work is addressing some of the most pressing challenges of our time. As technology and knowledge continue to advance, the role of scientists in shaping our future becomes increasingly vital.

Answer the questions:

1. What is Dr. Jane Goodall known for?
2. What are some of the contributions Dr. Goodall has made to environmental science and conservation?
3. How has Dr. Goodall's research on chimpanzees helped us understand animal behavior?
4. Why is it important to protect wildlife and their habitats?
5. What are some of the challenges that scientists are facing in addressing global issues?
6. How does the text illustrate the diverse ways in which science impacts our world?
7. Why is the role of scientists in shaping our future becoming increasingly vital?

Activity 2. Read the statements and decide whether they are true or false:

1. Modern scientists are only focused on medical research.
2. Dr. Jennifer Doudna discovered the CRISPR-Cas9 gene-editing technology on her own.
3. Gene-editing technology has the potential to help treat genetic disorders.
4. Elon Musk is the CEO of NASA.
5. Reusable rockets are designed to be used only once.
6. Elon Musk's ambitions include colonizing Mars.
7. Dr. Jane Goodall is known for her research on dolphins.
8. Science only impacts our world in a few specific areas.

Activity 3. Underline or highlight key points related to the ethical considerations that arise from the work of modern scientists.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of science in the 21st century.

Group 1

Leaders in Medical Science

Medicine has always been a field of innovation, constantly pushing boundaries to improve human health. Pioneers in medicine, those who dared to challenge conventional wisdom and explore new frontiers, have played a crucial role in shaping the field as we know it today.

One such pioneer was Louis Pasteur, who revolutionized our understanding of disease. He discovered that microorganisms, not invisible forces, caused illness, leading to groundbreaking advancements in sanitation and hygiene. This paved the way for the development of vaccines and antibiotics, transforming the fight against infectious diseases.

Another remarkable figure was Edward Jenner, who developed the first successful vaccine against smallpox. His work not only eradicated this devastating disease but also laid the foundation for the development of vaccines against countless other illnesses.

These pioneers, along with countless others, have paved the way for modern medicine. Their dedication to understanding the human body and seeking new solutions has led to incredible advancements in treating diseases, improving healthcare, and extending human lifespans.

The pursuit of knowledge in medicine continues, with scientists and researchers relentlessly pushing the boundaries of what is possible. Their groundbreaking discoveries hold the promise of a healthier and more vibrant future for all.

Group 2

Architects of the Future

The world is constantly evolving, and at the heart of this change are the innovators in technology. These are the visionaries, the problem-solvers, the dreamers who dare to imagine a better tomorrow and then build it with their ingenuity. They see possibilities where others see limitations, and their creations ripple through society, shaping our lives in ways we can only begin to imagine.

From the pioneers of the internet to the creators of artificial intelligence, these innovators are pushing the boundaries of what is possible. They are driven by a desire to improve lives, solve complex problems, and unlock the potential of human ingenuity. Their work transcends industries, influencing everything from healthcare to transportation, education to entertainment.

Their impact is undeniable. They have democratized information, connected us across continents, and brought previously unimaginable technologies into our everyday lives. They have revolutionized the way we communicate, learn, work, and even play. And they are constantly seeking new frontiers, pushing the boundaries of what we thought was possible.

The innovators in technology are the architects of the future, shaping the world we live in today and building the world we will inherit tomorrow. Their contributions will continue to inspire, challenge, and transform our lives in ways we can only begin to imagine.

Group 2

The Frontiers of Discovery

Science is not a destination, but a journey. It is a continuous exploration, a pursuit of knowledge that knows no bounds. And as we stand on the precipice of the future, the potential of science unfolds before us like a vast and uncharted landscape, brimming with possibilities.

The frontiers of discovery are constantly shifting, driven by the relentless curiosity of scientists and their unwavering commitment to pushing the boundaries of what we know. From the depths of the ocean to the vast expanse of the cosmos, from the intricacies of the human brain to the fundamental building blocks of matter, science is unlocking secrets that have captivated humankind for millennia.

As technology advances, our ability to delve deeper into these mysteries increases exponentially. We are developing tools that allow us to see the universe in unprecedented detail, to manipulate matter at the atomic level, and to unravel the complexities of life itself. This scientific revolution is reshaping our understanding of the world and our place within it.

The future of science is not merely about unlocking new knowledge, but about harnessing that knowledge to address the challenges we face. Climate change, resource scarcity, disease, and inequality – these are the issues that demand innovative solutions, and science stands poised to deliver.

The frontiers of discovery are not just about pushing the boundaries of knowledge, but about pushing the boundaries of human potential. Science is a testament to our capacity for innovation, ingenuity, and hope. It is a journey that holds the promise of a brighter future, a future where we can solve the world's most pressing problems and create a more just and sustainable world for all.

So, let us embrace the uncharted territories of science, with a spirit of curiosity, a thirst for knowledge, and a belief in the transformative power of human ingenuity. The future of science is a future of possibilities, and it is up to us to shape it.



POST-READING STRATAGIES

Activity 1. Discuss the following question with your partner:

- How can modern scientists communicate better their research and findings to the public?

-

Activity 2. Write a short essay or a paragraph responding to the problem:

- How are modern scientists working to address global challenges like climate change and disease?

Activity 3. Role-play a conversation between two people:

The lab is filled with high-tech equipment and the hum of scientific activity. Dr. N and Dr. Z are working intently at a computer, analyzing data. Afterward, discuss the benefits and drawbacks.

UNIT 8. EXTRAORDINARY INTERESTS FROM DIFFERENT CULTURES



PRE-READING STRATEGIES Unusual hobbies around the world

Lead In

Activity 1. *Share your opinion:*

The potential downsides or challenges of pursuing an unusual hobby. Write down your ideas in your notebooks or on the board.

Activity 2. *Look at the title of the text.* Try to predict how can unusual hobbies bridge cultural differences or create divisions? Write down your predictions and discuss them in pairs:

Unusual hobbies
around the world

Activity 3. *Look at the pictures below. Each picture represents a different unusual hobby. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of hobby is important or interesting.*



Activity 4. *Draw a line from each word on the left to an explanation on the right*

Hobby

It is the ability to do something well.

Skill

It is an activity done regularly in one's leisure time.

To broad one's horizons

It is the activity of trying to be more successful than others . An event where people try to win.

Competition

It is about expanded the worldview and becoming more open-minded.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section be ready to answer the questions:

Introduction to Unusual Hobbies

While many people enjoy common hobbies like reading, sports, or gardening, others seek out activities that are less conventional and more unique. These unusual hobbies can be fascinating, quirky, and sometimes even surprising. They reflect the diversity of human interests and the creativity of individuals.

Competitive Dog Grooming

One unusual hobby that has gained popularity is competitive dog grooming. Enthusiasts take their grooming skills to the next level by transforming their dogs into fantastical creatures or intricate designs.

Competitions showcase dogs with elaborate hairstyles and colorful designs, demonstrating the artistic and technical skills of their owners. This hobby requires a lot of patience, creativity, and grooming expertise.

Extreme Ironing

Extreme ironing combines the mundane task of ironing clothes with extreme sports. Participants take their ironing boards and irons to unusual and challenging locations, such as mountain tops, underwater, or during skydiving. The goal is to perform the task of ironing while in these extreme conditions, creating a unique blend of adventure and domesticity.

Answer the questions:

1. What is the main idea of the text?
2. What are some examples of unusual hobbies mentioned in the text?
3. Why are unusual hobbies considered "fascinating, quirky, and surprising
4. What are the requirements for participating in competitive dog grooming?
5. How does extreme ironing combine seemingly unrelated activities?
6. What kind of person might enjoy competitive dog grooming?
7. Do you think unusual hobbies are more about skill or creativity
8. Would you be interested in pursuing any of the unusual hobbies discussed in the text? Why or why not?

Collecting insects

Insect collecting is another unusual hobby that involves collecting and preserving various species of insects. Enthusiasts might focus on butterflies, beetles, or other insects, and often create elaborate displays or collections. This hobby requires knowledge of entomology and a keen interest in the diversity of insect life.

Competitive Duck Herding

Competitive duck herding is a fun and unusual activity where participants train and guide ducks through various obstacles or challenges. Using trained dogs, individuals compete to see who can herd the ducks with the greatest skill and precision. This hobby combines elements of animal training, teamwork, and competition.

The Appeal of Unusual Hobbies

Engaging in unusual hobbies allows people to express their creativity, challenge themselves, and connect with like-minded individuals. Whether through artistic endeavours, physical challenges, or unique collections, these hobbies provide a sense of fulfilment and joy. Exploring unusual hobbies can also lead to new discoveries and interests, broadening one's horizons.

Answer the questions:

1. What are the two unusual hobbies discussed in the text?
2. What are the specific steps involved in insect collecting, according to the text?
3. What kind of knowledge is required for insect collecting?
4. What are the elements that make competitive duck herding a unique hobby?
5. What are the benefits of engaging in unusual hobbies, according to the text?
6. How does the text connect unusual hobbies to the concept of "broadening one's horizons?"
7. Do you think the hobbies discussed in the text are more about personal expression or about competition? Explain your answer.
8. Would you be interested in pursuing either of these hobbies? Why or why not?

Activity 2. Read the statements and decide whether they are true or false:

1. All hobbies are considered "unusual" according to the text.
2. Competitive dog grooming is a hobby that requires significant patience and technical skill.
3. Extreme ironing involves ironing clothes in extreme conditions, such as on top of mountains or underwater.
4. Insect collecting is a hobby that requires a deep understanding of entomology, the study of insects.
5. Competitive duck herding is a hobby that involves only the individual's skill and does not require any teamwork.

6. The text suggests that unusual hobbies can lead to new discoveries and interests, expanding one's knowledge.

7. Engaging in unusual hobbies can help people connect with others who share similar interests.

8. The text implies that unusual hobbies are only appealing to those who are particularly creative or adventurous.

Activity 3. Underline or highlight key points related to the technologies which might impact unusual hobbies in the future. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of hobbies on a personality.

Group 1

Hobbies as Self-Expression and Identity

Hobbies serve as a powerful canvas for self-expression, allowing individuals to showcase their unique talents and interests. Whether it's the meticulous craftsmanship of a woodcarver, the lyrical beauty of a musician, or the strategic brilliance of a chess player, hobbies provide a platform for individuals to share their passions and connect with their inner selves. By dedicating time and effort to activities we enjoy, we tap into a wellspring of creativity and ingenuity, revealing hidden facets of our personalities that may have remained dormant otherwise.

For instance, the meticulous detail and precision required in hobbies like knitting or calligraphy can reveal a hidden propensity for order and meticulousness. Similarly, the spontaneous energy and creative flair required for dancing or painting can expose a vibrant and expressive side of our personality. These hobbies, in essence, become mirrors reflecting our inner selves, revealing aspects of our character that we may not have fully recognized before. Furthermore, hobbies can play a pivotal role in shaping our identity. By immersing ourselves in a hobby we love, we develop a sense of belonging to a community of like-minded individuals. Whether it's joining a local book club, participating in a sports team, or becoming a member of a hiking group, hobbies provide a platform for connecting with others who share our passions and interests. This shared experience fosters a sense of community and belonging, which in turn reinforces our sense of identity and purpose.

Group 2

Hobbies as Catalysts for Growth and Learning

Beyond self-expression and identity, hobbies offer a fertile ground for personal growth and learning. The challenges inherent in mastering a new skill, pushing boundaries, and achieving goals within a hobby environment can foster resilience, perseverance, and a growth mindset. Hobbies challenge us to step

outside of our comfort zones, embrace new experiences, and acquire valuable life skills that can be applied to other areas of our lives.

The pursuit of a hobby can introduce us to new concepts, broaden our understanding of the world, and expand our horizons. Whether it's learning a new language through language exchange programs, exploring the complexities of history through historical reenactment societies, or delving into the intricacies of science through amateur astronomy clubs, hobbies can serve as gateways to knowledge and understanding.

Moreover, the process of learning and mastering a new skill within a hobby context can boost self-confidence and enhance self-esteem. The feeling of accomplishment and pride that comes with conquering a challenging task, mastering a technique, or achieving a goal within a hobby can have a significant positive impact on our self-image. This newfound confidence can spill over into other areas of our lives, empowering us to take on new challenges and pursue our goals with greater conviction.

Group 3

Hobbies as Sources of Relaxation and Well-being

Life in the modern world can feel like a relentless whirlwind of demands, deadlines, and distractions. It's easy to get caught in the constant churn of daily routines, leaving little room for moments of peace and rejuvenation. This is where hobbies come in, offering a welcome respite from the chaos and serving as vital sources of relaxation and well-being. Hobbies, by their very nature, are activities we engage in for enjoyment and fulfillment. They provide a sanctuary where we can escape the pressures of daily life and immerse ourselves in something that brings us joy. Whether it's the meditative rhythm of knitting, the calming tranquility of gardening, or the exhilarating rush of adventure sports, hobbies .The act of engaging in a hobby can have a profound impact on our mental and emotional state. It allows us to switch off from the constant stream of thoughts, worries, and anxieties that often plague our minds. By focusing our attention on a specific activity, we create a mental space for relaxation.

Research has consistently shown the positive effects of hobbies on mental and physical health. Engaging in hobbies can reduce stress levels, improve sleep quality, boost mood, and increase our overall sense of well-being. The endorphins released during physical activity, the creative outlet provided by artistic hobbies, and the social interaction fostered by group hobbies all contribute to a healthier and happier lifestyle.

Furthermore, hobbies can serve as powerful tools for combating burnout and fostering resilience. When we dedicate time to activities that bring us joy and fulfillment, we replenish our energy levels, rekindle our passion for life, and develop a greater sense of purpose. This can help us navigate the challenges and demands of daily life with renewed vigor and a more positive outlook.



POST-READING STRATAGIES

Activity 1. Discuss the following question with your partner:

- What are some potential ethical concerns surrounding unusual hobbies?

Activity 2. Write a short essay or a paragraph responding to the question:

- Should unusual hobbies be encouraged or discouraged, and why?"

Activity 3. Role-play a conversation between two people: one who believes that unusual hobbies can broad our mind and develop the imagination and one who thinks that it is a waste of time. Afterward, discuss the benefits and drawback.

UNIT 9. THE JOURNEY BEYOND THE EARTH



Pre-Reading Strategies

Space Exploration: From Moon Landings to Mars Missions

Lead In

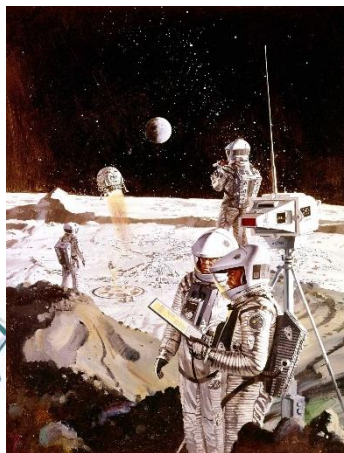
Activity 1. *Share your opinion:*

▪ The most exciting future possibilities for space exploration. Write down your ideas in your notebooks or on the board.

Activity 2. *Look at the title of the text.* Try to predict how the space exploration has influenced our understanding of the universe and our place. Write down your predictions and discuss them in pairs:

Space Exploration: From Moon Landings to Mars Missions

Activity 3. *Look at the pictures below. Each picture represents a different aspect of exploring the space. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of traveling through the space is important or interesting.*



Activity 4. Match each word on the left to an explanation on the right:

Data	The vast emptiness exists beyond our planet, containing stars, planets, and galaxies.
Space	It is the process of improving technology, making it more advanced.
Spacecraft	Facts or statistics collected for reference or analysis.
Technological advancement	It is a vehicle or device designed for traveling in outer space.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section be ready to answer the questions:

Introduction to Space Exploration

Space exploration has fascinated humanity for centuries, and in recent decades, it has become a field of tremendous scientific and technological advancement. From the early days of the space race to the latest missions exploring distant planets, space exploration continues to push the boundaries of what we know about the universe.

The Space Race Era

The space race, which began in the late 1950s, marked a period of intense competition between the United States and the Soviet Union. In 1961, Soviet cosmonaut Yuri Gagarin became the first human to orbit the Earth, an achievement that was soon followed by the United States' Mercury and Gemini missions. The most iconic moment of the space race came in 1969 when NASA's Apollo 11 mission successfully landed astronauts Neil Armstrong and Buzz Aldrin on the Moon. Armstrong's famous words, "That's one small step for man, one giant leap for mankind," marked a monumental achievement in human space exploration.

Advancements in Space Technology

Since the Moon landings, space exploration technology has advanced significantly. The development of the Space Shuttle program in the 1980s allowed for reusable spacecraft and regular missions to low Earth orbit. The International Space Station (ISS), a collaborative effort between multiple space agencies, serves

as a laboratory for scientific research in microgravity. Satellites and probes have provided invaluable data about our solar system and beyond, with missions like Voyager 1 and 2 exploring the outer reaches of space.

Answer the questions:

- 1. What is the main idea of the text?*
- 2. Why is space exploration described as a field of "tremendous scientific and technological advancement?"*
- 3. What was the main goal of the space race, and which countries participated?*
- 4. What was the significance of Yuri Gagarin's orbit of Earth in 1961?*
- 5. What were the key advancements in space technology since the Moon landings?*
- 6. What is the purpose of the International Space Station?*
- 7. How have satellites and probes contributed to our understanding of the universe?*
- 8. Do you think the space race was beneficial or detrimental to the progress of space exploration?*

The New Era of Exploration

In recent years, the focus of space exploration has shifted towards Mars and beyond. NASA's Perseverance rover, which landed on Mars in 2021, is tasked with searching for signs of past life and collecting samples for future return missions. Private companies, such as SpaceX, are also playing a significant role in space exploration. SpaceX's Starship, designed for interplanetary travel, aims to make human missions to Mars a reality in the coming decades.

The Future of Space Exploration

Looking ahead, the future of space exploration is filled with exciting possibilities. Missions to the Moon, such as NASA's Artemis program, aim to establish a sustainable human presence and serve as a stepping stone for further exploration of Mars. Advancements in technology, including reusable rockets and advanced propulsion systems, are likely to make space travel more accessible and cost-effective. As we continue to explore the cosmos, we may uncover new insights about our universe and our place within it.

Answer the questions:

- 1. What is the main focus of space exploration in recent years, according to the text?*
- 2. What is the primary mission of NASA's Perseverance rover on Mars?*
- 3. How are private companies like SpaceX contributing to space exploration?*
- 4. What is the goal of SpaceX's Starship, and what impact could it have on space exploration?*
- 5. What are some of the key goals of NASA's Artemis program?*
- 6. What are some of the technological advancements that could make space travel more accessible and cost-effective in the future?*
- 7. What are some potential benefits of exploring the cosmos, according to the text?*

8. *What are some of the challenges and opportunities that the future of space exploration might present?*

Activity 2. *Read the statements and decide whether they are true or false*

1. Space exploration has remained largely unchanged since the early days of the space race.
2. The space race was primarily a competition between the United States and the Soviet Union.
3. The Apollo 11 mission was the first successful human landing on the Moon.
4. The Space Shuttle program allowed for reusable spacecraft, reducing the cost of space travel.
5. The International Space Station is a research facility designed to study the effects of gravity on the human body.
6. NASA's Perseverance rover is currently exploring the surface of Mars.
7. Private companies like SpaceX are not involved in space exploration efforts.
8. The future of space exploration includes plans for establishing a permanent human presence on the Moon.

Activity 3. *Underline or highlight key points related to the most exciting future possibilities for space exploration, and what are the challenges that need to be achieved them. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.*

Activity 4. *Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of technology on the space development.*

Group 1

A clash of Titans in the Cosmic Arena

The late 1950s and 1960s witnessed a period of intense rivalry between the United States and the Soviet Union, a rivalry that transcended geopolitical boundaries and reached for the stars. This was the era of the Space Race, a breathtaking contest of scientific and technological prowess, fueled by national pride and the ambition to conquer the final frontier.

The Space Race began with the Soviet Union's launch of Sputnik 1, the first artificial satellite to orbit Earth, in 1957. This event sent shockwaves through the United States, igniting a sense of urgency and fear of falling behind in the technological arms race. The Soviets continued to dominate early space exploration, sending the first human, Yuri Gagarin, into orbit in 1961.

The United States, spurred by the desire to regain the lead, embarked on ambitious programs like Project Mercury and Project Gemini, culminating in the creation of NASA and the Apollo program. This program, fueled by President John F. Kennedy's bold declaration to put a man on the moon before

the end of the decade, aimed to achieve the ultimate symbol of technological dominance.

The race to the moon was a thrilling spectacle, captivating the world with its scientific advancements and the sheer audacity of human ambition. Every launch, every milestone, was meticulously followed by a global audience, as the world held its breath..

The Space Race era was a period of dramatic change and innovation, a time when the world focused its collective gaze on the stars, driven by dreams of scientific triumph and national glory. It left an enduring legacy, inspiring generations of scientists, engineers, and dreamers to push the boundaries of human exploration and reach for the limitless possibilities of the cosmos.

Group 2

The Cosmic Frontier

The human drive to explore, to push the boundaries of the known, is as old as our species. It's what led us to navigate uncharted oceans, to conquer towering mountains, and to reach for the stars. Now, with an insatiable hunger for discovery, we stand poised on the threshold of a new era of space exploration – one that promises to rewrite our understanding of the cosmos and redefine our place within it.

The future of space exploration is a tapestry woven with threads of technological innovation, scientific curiosity, and an unwavering human spirit. It's a future where missions to the moon, once considered the pinnacle of achievement, serve as stepping stones for bolder ventures. The red planet, Mars, with its potential for past life and even future colonization, has become the next great destination in our celestial journey.

Advanced propulsion systems, capable of reaching unimaginable speeds, are being developed, promising to shrink the vast distances of space and bring the stars within our reach. Reusable rockets, designed for multiple journeys, will make space travel more cost-effective, paving the way for more frequent and ambitious missions. And it's not just government-funded agencies that are leading the charge. Private companies, driven by innovation and ambition, are forging new frontiers in space. But the future of space exploration is not merely about reaching new destinations. It's also about understanding our universe with greater depth and precision. Telescopes, both ground-based and space-based, are becoming increasingly powerful, allowing us to peer into the depths of the cosmos and unravel the mysteries of distant galaxies, black holes, and the origins of the universe itself.

As we venture deeper into the cosmos, we're likely to encounter new discoveries, both awe-inspiring and challenging. The search for extraterrestrial life, once a realm of science fiction, is becoming a tangible scientific pursuit, with the potential to redefine our place in the universe and change our understanding of life itself. The future of space exploration is brimming with possibilities, filled with challenges and opportunities that will shape the future of humanity. It's a future where we'll continue to push the boundaries of

knowledge, technology, and human ingenuity, leaving behind a legacy of discovery and wonder for generations to come. The cosmos beckons, and the journey of exploration, a journey that began millennia ago, continues with renewed vigor, pointing towards a future filled with endless possibilities.

Group 3

Beyond the Moon, towards the Red Planet

The era of space exploration, once defined by the dramatic race to the moon, has entered a new, exhilarating chapter. The focus has shifted beyond Earth's natural satellite, towards a grander vision: the exploration of Mars and the potential for human expansion beyond our own planet.

This new era is driven by a confluence of factors: technological advancements, renewed scientific curiosity, and a growing sense of urgency to secure the future of humanity. The development of reusable rockets, powerful telescopes, and advanced robotic probes has opened new avenues for exploration, allowing us to reach further, observe with greater precision, and delve deeper into the mysteries of the universe.

The red planet, Mars, has become the focal point of this new era. With its potential for past life, its tantalizingly Earth-like features, and its proximity, Mars holds the promise of answering fundamental questions about life's origins and the possibility of establishing a human presence beyond Earth. NASA's Perseverance rover, currently traversing the Martian landscape, is a prime example of this new approach. Equipped with sophisticated instruments, it seeks signs of past life, collects rock samples, and prepares for future missions, including the ambitious goal of returning those samples to Earth.

But the journey to Mars is not solely the domain of government agencies. Private companies like SpaceX, driven by visionary leadership and innovative technologies, are playing an increasingly crucial role. Their focus on reusable spacecraft and ambitious plans for human missions to Mars signify a shift towards commercialization of space exploration, making the dream of inhabiting other worlds a tangible reality.

This new era of exploration is not just about reaching new destinations. It's about understanding our universe in greater detail, exploring its vastness, and unraveling its mysteries. Missions to distant planets, asteroids, and even exoplanets are on the horizon, driven by an insatiable thirst for knowledge and a yearning to understand our place in the grand tapestry of the cosmos.

The future of space exploration is filled with exciting possibilities, with challenges and opportunities that promise to reshape our understanding of the universe and our place within it. As we push the boundaries of knowledge and technology, we embark on a journey that could lead to groundbreaking discoveries, transformative advancements, and the realization of our long-held dreams of living among the stars.



POST-READING STRATAGIES

Activity 1. Discuss the following question with your partner:

- How has space exploration technology advanced since the moon landings, and what are some of the key innovations?

Activity 2. Write a short essay or a paragraph responding to the question:

- What are the potential benefits and challenges of establishing a human presence on the moon or Mars

Activity 3. Role-play a conversation between two people: one who believes that we can explore the whole space in the next 20 years and one who thinks humanity will never be able to reveal all the secrets of the space. Afterward, discuss the benefits and drawbacks of each method.

UNIT 10. THE PATH TO WELLNESS



PRE-READING STRATEGIES

Understanding health: Key components of a healthy lifestyle

Lead In

Activity 1. Share your opinion:

- The most important component of a healthy lifestyle. Write down your ideas in your notebooks or on the board.

Activity 2. Look at the title of the text. Try to predict how we can make healthy choices more accessible and affordable for everyone. Write down your predictions and discuss them in pairs:

Understanding health: Key components of a healthy lifestyle

Activity 3. Look at the pictures below. Each picture represents a different aspect of improving the health. Write a short paragraph about each picture describing what you see and how it makes you feel. You can also include details about why you think this aspect of healthy lifestyle is important or interesting.



Activity 4. Draw a line from each word on the left to an explanation on the right

Mental health	It refers to the overall well-being of our body.
Physical health	A special course of eating to lose weight, improve health, or treat a medical condition.
Diet	Any action requires a lot of physical effort and energy.
Vigorous activity	It refers to our emotional, psychological and social well-being.



WHILE-READING STRATEGIES

Activity 1. Read the text in sections. After each section be ready to answer the questions:

The Importance of Health

Health is a crucial aspect of our lives that affects our overall well-being and quality of life. It encompasses both physical and mental health and is influenced by various factors, including lifestyle choices, diet, exercise, and stress management.

Physical Health: Key Factors

Maintaining physical health involves several key components:

Nutrition: A balanced diet rich in fruits, vegetables, whole grains, and lean proteins provides the essential nutrients our bodies need to function optimally. Proper hydration is also important for overall health.

Exercise: Regular physical activity, such as walking, running, or strength training, helps improve cardiovascular health, build muscle, and enhance flexibility. The general recommendation is at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week.

Sleep: Adequate sleep is essential for physical recovery, mental clarity, and overall health. Most adults need 7-9 hours of sleep per night.

Mental Health: Nurturing the Mind

Mental health is equally important as physical health and includes aspects such as emotional well-being, stress management, and psychological resilience.

Stress Management: Techniques such as mindfulness, meditation, and deep-breathing exercises can help manage stress levels.

Social Connections: Building and maintaining strong relationships with family and friends can provide emotional support and reduce feelings of loneliness and isolation.

Mental Health Care: Seeking professional help, such as therapy or counseling, when needed is an important aspect of maintaining mental health. Addressing mental health concerns proactively can prevent more serious issues from developing.

Answer the questions:

- 1. What are the two main components of overall health discussed in the text?*
- 2. What are the key factors that contribute to physical health, according to the text?*
- 3. Why is a balanced diet important for physical health?*
- 4. What are the recommended guidelines for physical activity per week?*
- 5. How much sleep do most adults need per night?*
- 6. What are some techniques mentioned in the text for managing stress?*
- 7. Why are social connections important for mental health?*
- 8. When is seeking professional mental health care crucial?*

The Benefits of a Healthy Lifestyle

Adopting healthy habits can lead to numerous benefits, including:

Improved Physical Health: Lower risk of chronic diseases such as heart disease, diabetes, and obesity.

Enhanced Mental Clarity: Better cognitive function, mood stability, and reduced anxiety and depression.

Increased Energy Levels: Greater vitality and ability to handle daily tasks and challenges.

Promoting Health in the Community

Supporting public health initiatives, promoting access to health education, and encouraging healthy behaviors can contribute to overall community well-being. Communities can foster health by creating safe spaces for physical activity, providing healthy food options, and offering mental health resources.

Looking Ahead

As we continue to learn more about health and wellness, it is important to stay informed about new research and strategies that can help us lead healthier lives. By making informed choices and supporting each other, we can all contribute to better health outcomes for ourselves and our communities.

Answer the questions:

- 1. What are three benefits of adopting healthy habits mentioned in the text?*
- 2. What are some chronic diseases that can be reduced by a healthy lifestyle?*
- 3. How does a healthy lifestyle affect mental clarity?*
- 4. What are the three ways communities can promote health?*
- 5. What is the significance of staying informed about new research on health and wellness?*

6. *How can individuals contribute to better health outcomes for their communities?*

7. *What is the text's message about the importance of community involvement in promoting health?*

8. *What is the overall tone of the text regarding the importance of a healthy lifestyle?*

Activity 2. Read the statements and decide whether they are true or false:

1. The text states that health only includes physical well-being and does not consider mental health.

2. The text recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week.

3. True/False: The text suggests that social connections have no impact on mental health.

4. True/False: The text emphasizes the importance of seeking professional help when mental health concerns arise.

5. Adopting healthy habits can reduce the risk of chronic diseases like heart disease and diabetes.

6. The text suggests that communities can only contribute to health by promoting physical activity.

7. The text encourages individuals to stay informed about new health and wellness research.

8. The text promotes the idea that everyone can contribute to healthier outcomes for themselves and their communities.

Activity 3. Underline or highlight key points related to the communities create environments that support active lifestyles. What was interesting/ confusing/ surprising to find out about? Write a short summary (not more than 10-15 words) about the main ideas of the reading.

Activity 4. Jigsaw reading: each group must read an allocated section and summarize it for the class. Then, as a class, discuss how each part contributes to the overall understanding of the impact of our bad habits on the health.

Group 2

The Silent Saboteurs

Our bodies are incredible machines, capable of remarkable resilience. Yet, we often treat them with disrespect, engaging in habits that slowly chip away at their health. Smoking, for instance, damages lungs, weakens the heart, and increases the risk of cancer. Overeating and indulging in unhealthy processed foods overload our systems, leading to weight gain, diabetes, and cardiovascular disease. Lack of sleep disrupts our hormonal balance, impacting mood, cognitive function, and immune response. These bad habits, often seemingly harmless in isolation, become silent saboteurs, steadily undermining our well-being and shortening our lifespan. It's time to recognize these detrimental choices and make

conscious efforts to break free, prioritizing our health and building a foundation for a longer, more vibrant life.

Group 2

The Ripple Effect

Bad habits don't exist in a vacuum; they have a ripple effect that impacts not just our individual health, but also those around us. Consider the impact of a smoker: their secondhand smoke harms those nearby, particularly children and vulnerable individuals. Similarly, a lack of physical activity can be contagious, with sedentary lifestyles often being passed down through families. Our unhealthy choices, whether it be overconsumption of sugary drinks or a reliance on fast food, contribute to a culture of poor health that affects entire communities. By taking responsibility for our habits and prioritizing health, we not only improve our own well-being, but also set a positive example for others, fostering a healthier environment for all.

Group 2

Breaking the Cycle

Our bad habits are often deeply ingrained, ingrained through childhood experiences, societal norms, and personal comfort zones. However, recognizing these patterns is the first step towards change. It starts with awareness – understanding how our daily choices impact our health and the well-being of others. Next comes commitment – a firm decision to break free from detrimental behaviors and cultivate healthier alternatives. This involves setting achievable goals, seeking support from loved ones or professionals, and celebrating small victories. Breaking the cycle of bad habits isn't easy, but the rewards are profound: improved health, increased vitality, and a sense of empowerment that radiates into every aspect of our lives.



POST-READING STRATEGIES

Activity 1. Discuss the following question with your partner:

- What are some concrete steps we can take to promote health and well-being in our own lives and communities?

Activity 2. Write a short essay or a paragraph responding to the question:

- *How can we ensure that everyone has access to quality healthcare, including mental health services?*

Activity 3. Role-play a conversation between two people: one who believes that we can improve the health by optimizing our lives with positive emotions and one who thinks that social aspects have no effect on the health and general condition. Afterward, discuss the benefits and drawbacks of each method.

Учебное издание

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EFFECTIVE READING STRATEGIES:
PRACTICAL GUIDE**
(на английском языке)

Учебно-методическое пособие

В авторской редакции

Изд. № 87/2025. Объем 4 п.л. Усл. печ. л. 3,72. Уч.-изд. л. 3,92.
Издательский центр ФГАОУ ВО «Севастопольский государственный университет»