TAPESCRIPTS

UNIT 1

LESSON 1, ex. 2

A. Well. Family is our nature. Children are born into families, surrounded by people who love them and care about them. If a baby were born into a world of strangers, it just would not survive.

B. Friends come and go, but your family is always there for you because you are tied by blood. Moreover, if you want to know who you really are, you have to find out about your ancestors, their life and family history.

C. Family is where children learn more than in school. In school, we get a lot of information. At home, family teaches children about emotions, habits, discipline which helps them to live a better life in future.

D. Family is your support system, not just during childhood but also throughout life. They love and understand you no matter what you do, they know what you’ve been through in your life, and they can always support you. Family stay with you in any situation.

E. Your family is your circle of trust, that can protect you from all the problems in the world. If there’s a bully at school or your peers try to make you do something bad, it’s your family that you can always turn to. Because your family are happy when you are happy.

F. Your family is your home. Wherever you go, you always know that you have a place to go back to. That means that you are never alone in the world, and always have somewhere to go and someone will be happy to see you.
LESSON 2

L2. ex.2b (паузы для повторения)


L2. ex. 5a

Well. I think my family is quite typical for Britain. It’s not large. It’s my mum, dad, my older brother Jeffrey and me. My mum and dad are divorced and I spend every weekend with my dad’s new family. They are very nice and friendly and we usually have a great time together. We don’t have many relatives, but I’m a really good friend with my cousin Rebekka, who lives on a farm near Cornwall with her parents and our grandparents. We don’t visit them very often, but I love going there to play with the puppies and chickens and ride the horses. I love my family and I feel very lucky to have such beautiful people in my family, because we are all really close, though we don’t live together in one place.
LESSON 3

ex.3a, b

Emma: Well, I live with my mum and my brother lives with our dad and his new wife. My relatives are unbelievably different people. On my dad’s side there is a bunch of animal hunters who are mostly all stereotypical Alaskans. My grandad and two uncles of mine live in houses full of hunting trophies (at least they don’t live in igloos). My great-grandfather Don, a lifelong hunter, started this collection after he’d had a fight with a black bear.

Then my mom’s side: two uncles, one of whom, Kevin, is the president of the PETA, the animal rights organisation in his state I think. They are the biggest animal lovers you will ever meet... Both are single vegetarians, each has about 10 pets that are mostly non-domesticated animals. The in-laws met just once after my parents were engaged and have never spoken to each other since then.

Jacob

I'm not sure, but I think the size of my family is quite unusual. As a baby my mother was adopted into the family with 6 kids, so she is the youngest of seven. Every one of her siblings had at least one child, some adopted children too. Most of those children now have children of their own. Our Christmas holidays and family events are just crazy with so many people having fun together. By the way we have 6 Jacobses, 6 Sophias and 7 Alexanders in our extended family, so all kinds of funny mix-up stories are happening all the time.

Oliver

I should say that on my dad’s side, our ancestors are Italian, so we are overemotional to each other. Sometimes we fight loudly, cry together over some sentimental films, but we also laugh a lot, kiss and hug. On the other hand, my mum’s relatives act like complete strangers to each other. They are very nice, good, honest people, but in their closest family they never say they love each other, hug each other, or show real care for each other. I’ve never even seen them hug my mum or her brothers. Most people would think they hate each other or something, but it's completely natural to them.
LESSON 5

ex.1b
The World Health Organization have worked out a new age classification range. From now on you are allowed to be called young much longer, that is 25 to 44 years old. Middle age is the period of age between your 45th and 60th birthdays. If you just turned 61, people may call you an elderly person, 75 to 90 is the old age, and those who live longer are very lucky long lived people. With the number of centenarians all over the world rising each year I hope you meet your 100 in great company and good health.

ex.3b, c
Sarah Patricia Jones is a British salsa dancer and the Guinness World Record holder for the 'Oldest Acrobatic Salsa Dancer'. Paddy took up dancing at the age of 69, when she was feeling lonely after her beloved husband passed away. Along with her instructor and dancing partner Nico Espinoza, Paddy is best known for winning the Spanish talent show in 2009. She has also taken part in talent shows in Germany and Britain. At the age of 83, Paddy is a welcome superstar all over the world today.

In Novosibirsk, there is an Aikido group, all of its members are over 60. It all started with a gardening club in a social centre for the elderly that Nina Melnikova and Antonina Kulikova joined after retirement. One day sensei Andrei Podonnikov came to the centre and invited the ladies to join his aikido class. Today at 75 years of age, Nina and Tonya have been practising for more than seven years. They perform highly complex throws and pins. They now train at least twice a week, often in the snow in winter - with each training session lasting around three hours.

Most of his life, Paul Fegen was a multi-millionaire. Today, at 78, he is a card trick magician. Paul became bankrupt and lost all he had at the age of 66. For twelve years already, Paul has been performing five to ten times a week, under the stage name Fantastic Fig. During the shows, Paul is always assisted by his trained cat, Newton. “I’m much happier than I used to be,” says Paul. “When I had my own business in Los Angeles with 600 employees, I was always busy. I had to solve so many problems every day. Now, I’m a card magician and I have no problems: I just make people happy!”
Vyacheslav Kozel is an ordinary senior citizen who lives in a small village in Belarus. Knowing that the majority of the kids in his neighborhood had never been to a water park, he decided to bring the water park to them. “I’ve got four grandkids” - the 70 year-old Vyacheslav says. “I just wanted the village kids to have more fun.” 4 years ago, he created a pool area, a volleyball court, a soccer field, a water slide into the river and various swings — all with his own hands. Now he welcomes everyone in his water park for free. Today Ohorodniki village has become a great tourist attraction in the area.

He’s 105 and faster than many half his age. On 4 January 2017, Robert Marchand set a world record in one-hour track cycling in the over-105 age group, covering 14 miles in one hour. Marchand was born in Amiens, France in 1911, near the frontline of the First World War. His life has been full of adventure. He was a firefighter in Paris in the 1930s. He was a prisoner-of-war during World War II. He travelled the world and worked as a lorry driver, a woodcutter, a gardener and a wine-dealer. Marchand puts his remarkable fitness and longevity down to a diet consisting of: lots of fruit and vegetables, a little meat, not too much coffee – and an hour a day of cycling since he turned 67.
LESSON 6

ex.2b

The CIRCLES Program teaches social distance and relationship building through the use of six colour coded circles. These skills are important for physical and emotional safety.
Starting from the center circle, which is the 'self', each new colored circle represents behaviours, feelings, and actions appropriate to the distance from oneself (the center circle). The purple circle is you because you are unique and the most important person in your world. No one touches you unless you want to be touched. When someone steps up and talks to you with their nose two inches away from your nose, you may feel that your personal space is being violated. You can feel uncomfortable when that invisible barrier is crossed.
The Blue Circle is our Family Circle – Mom, Dad, siblings and some very close relatives from extended family. These are the people you may hug or get hugs from and we may tell each other that we love each other. Still, learning to respect personal space can make you realize that other people (your parents for example) are human beings who need their own space.
The Green Circle is for friends who you feel very close to. It’s OK that not every person you know is your friend. Friendship is based on mutual trust and respect.
The Yellow Circle is the Acquaintance Circle. Even if you see these people every day, you are not friends with them. You may or may not know their names. They could be classmates or team-mates, coaches, neighbours or others.
The Orange Circle is for community helpers. These are people we may not know but seek for professional help from them. They include teachers, councilors, policemen or doctors.
The Red Circle is for Strangers. You do not know these people at all even if you have seen them once or twice before. You do not trust them, never tell them personal things and never take anything from them.
LESSON 7

ex.3a

A

Dad: How was your day?
Daughter: Fine.
Dad: Who are you texting?
Daughter: No one.
Dad: What were you talking to your friends about?
Daughter: Nothing.

B

Mum: Your computer time is up. Take a break and go outside or something! It’s gorgeous out!
Daughter: Come on, mom.
Mum: You are just wasting your weekend!
Daughter: Just 10 more minutes, I promise.
Mum: Turn it off, now!
Daughter: urr. OK

C

Daughter: Can I go to Tim’s party?
Dad: Nope. You know we have plans.
Daughter: But everyone else is allowed to go. Why can’t I?
Dad: I don’t care what ‘everyone else’ is doing. You can’t go and that’s final.
Daughter: You never let me do anything! You are ruining my life.
Dad: We are done discussing it.
Daughter: There's no point in talking to you: you don't understand me. You don't even know me.

D

Son: I want to get a new iPhone.
Mum: Your phone is fine.
Son: Awww, please. I get good grades and I come home on time, you have to let me have a new IPhone!
Mum: When you learn to keep your room clean maybe I’ll think about it.
Son: You are so unfair! You never let me have anything I want!
Mum: Watch your tone!
Son: Okay, if I keep my room clean will you buy it?
Mum: We’ll see.
Son: This is just ridiculous!
UNIT 2

LESSON 1

ex.2b
According to the infographics by Anna Vital, on average we live for 78.3 years, and most of us remember people we meet after the age of 5. Assume we interact with three new people each day in a city, and that makes 80,000 people to meet in your lifetime. Enough to fill London’s Olympic Stadium. Well, how many of them will you call friends? It’s a surprising 150 people. This is the number of people that you have a meaningful relationship with. Does it seem too many for you? You are kind of right. The research shows that the number of people in your life that you can call true friends is much smaller. You will just know 10 to 20 people well enough to say you trust them.

ex. 3e
We make friends throughout life, in play school, school, college, office, just everywhere. Let us find out the “best qualities” the person you call “a true friend” should have!
1. A true friend is not judgemental at all. You can do or say anything and they won’t behave any differently towards you. You can tell your friends your goofiest stories, your silliest mistakes and still your friend would love you for who you are.
2. A true friend is loyal. No one ever wants their friends to talk about them behind their back. If you don’t feel that your friend is loyal and you can not trust them, what is the whole point of spending time or being friends with that person?
3. A good friend is sensitive. Sensitive people make good friends because they often understand the thoughts and feelings of others. For all those sad and gloomy days when you are feeling low, a true friend is always ready to listen to your problems.
4. Four is funny. Friends add happiness to life. They are always ready to cheer you up when you are sad by making stupid faces and telling jokes. They make you forget all your problems and add colors to your life.
5. Honesty may be the most important quality for friendship as it is difficult to be friend to anyone who tells you lies and can’t be trusted. If you want to have a Spiderman tattoo across your shoulder, someone just has to say “it looks ugly” and you will be grateful for their honest opinion.
6. A good friend is openly generous in personality and character. They will be generous with both their time and their money, and they will help you when needed. Friends share their joys and problems, they share clothes, books and chocolates. You should be able to share each and everything with each other.

7. A good friend will be supportive of you and your goals. They will help you become the person you want to be and know how to help you deal with problems. They are present at your sport games or piano concerts because they want to be, not because you asked them.

8. A true friend is forgiving. It is OK to have different opinions and views. Friends also fight, sometimes, a lot. They fight, but they never fall out. A good friend is a one who forgives their friends and no disputes can ruin your friendship.
LESSON 3

ex. 4b, c

A. Yeah … I had that happen before. It was a little misunderstanding on the way I typed something on Facebook. I’m like a really sarcastic person and … I don’t know. It was just the way I wrote something … they took it seriously. We got into a really big fight over that. Afterwards, more people were involved. It was just like really stupid.

B. My friends will have friends that I don’t know. You look at them…Then you feel bad because they’re like, ‘Oh, well, I just saw you in this play, be my friend.’ And then you’re like, ‘Okay.’ All right, you know, why not.” I mean, I’m not really making new friends, I’m just not hurting peoples’ feelings.

C. Well, it’s like one of my friends. He posts everything about his everyday life non-stop, like he’s still in bed in the morning, cleaning his teeth and a selfie in the bathroom mirror, his breakfast, his new bike tires and it never ends. I would just like to see less of it sometimes.

D. Aha, that’s true. My little sister, she once saw online everyone was going to a party, all her friends were invited and kept talking about it and posting pics and videos. And she felt really bad about it. She kept crying and wouldn’t listen to anything.

E. One of my friends Nick, he posted a picture with us making fire in the yard. He just thought it was cool, but my dad saw it. I actually had to give up computer games for a week, which was just because Nick hadn’t had a second thought about posting this photograph.

F. There are some boys at school, they steal your friend’s photograph and create false accounts and then text to you as if it’s your friend texting. I know a girl who thought it was her friend and sent them her picture, wearing bunny ears in the bathroom. They just reposted the picture to everyone at school and they kept naming the girl “toilette bunny” or something till the end of the school year.

G. Sometimes it gets scary. I think two weeks ago I got a friendship request. And we had one common friend so I had him in my friend’s list. And the person, this guy started sending me some strange comments… And he’s sending me these comments like oh, you’re so pretty, where do you live? I want to meet you. That gets a little scary really. Oh, and it happened to my brother once too. My brother got into an online relationship with a girl. He told her where he lived and she would show up at our house. She followed me around. ‘Where is your brother?’
LESSON 6

ex.3b

In a world full of people, there are many who can’t find friends or make close relationships. But there are a few easy tricks for making friends that everyone who's good at making friends does already. Stay with us.

**Trick number 1.** Leave Your Door Open. With strangers around, it is easier to shut the door, or shut yourself from the crowd and focus on your feelings. Instead, try to make connections. Spend a little extra time packing and unpacking your books in between classes...you never know which neighbour might start up a conversation. And don't forget to have something eye-catching with you, like an unusual book, a flower or just wear bright socks. It gives other people something to comment on and talk about.

**Trick 2.** Questions Are Key. A universal truth: People like to talk about themselves. If you don’t know how to break the ice, ask that cool-looking girl in your class where she got her bracelet, or that handsome guy in your English lecture which discussion group he joined. Questions are ideal icebreakers because they let the other person do a little personal chat—and create an environment where they will ask you a question in return. Bingo: Conversation!

**Trick 3.** Attend all afterschool events. In the words of Woody Allen, 80 percent of success in life is simply showing up. The same rule works for friendships: By just showing yourself to people and joining the club (whether that means soccer, art workshop or volunteering), you're setting yourself up for communication. By taking part in all the kinds of activities you enjoy, you're going to hang out with people who like the same things, which naturally makes you flock together.

**Trick 4.** Yes, Your clothes Matter. Being confident is a key part of making new friends, and the quickest way to feel self-confident is by wearing something that makes you feel comfortable. Go with a look that really makes you feel like you.

**Trick 5.** Remember: You're Not the Only One Who's Nervous. There are also lots of other people just like you looking to make new friends. Look around your school or your neighborhood. You don’t think you are unique, do you?

**Trick 6.** Be Super friendly, Not cold. We know, we know, this one sounds a little cheerleader-esque. But that's definitely not a bad thing. Smiling is a great head start, because studies show that people who don't smile tend to have a harder time forming relationships. In other words, be the kind of friend you hope to have. Breathe. Relax. Smile. Good?

**Trick 7.** Not Everyone's Going to Be Your BFF, So Don't push It. Best friends are hard to come by, no matter how long you've been looking.
LESSON 8

ex.1 c

Uh-huh.
Really?
Wow! That’s amazing!
That’s fantastic!
That’s interesting.
Oh, I see.
You must be joking!
No way!
Right.
UNIT 3

LESSON 1

ex.2a, c, ex. 5b

Sylvia's mother says, "Sylvia's busy, too busy to come to the phone."
Sylvia's mother says, "Sylvia's tryin' to start a new life of her own."
Sylvia's mother says, "Sylvia's happy now, why don't you leave her alone?"
And the operator says, "Forty cents more for the next three minutes."
Chorus: Please Missus Avery, I just gotta talk to her, I'll only keep her a while.
                   Please Missus Avery, I just wanna tell her goodbye.
Sylvia's mother says, "Sylvia's packin', she's gonna be leavin' today."
Sylvia's mother says, "Sylvia's marryin' a fellow down Galveston Way."
Sylvia's mother says, "Please don't say nothin' to make her start cryin' and stay."
And the operator says, "Forty cents more for the next three minutes."
Chorus

Sylvia's mother says, "Sylvia's hurryin', she's catchin' the nine o'clock train."
Sylvia's mother says, "Take your umbrella 'cause Silvie, it's startin' to rain."
Sylvia's mother says, "Thank you for callin' and Sir, won't you call back again."
And the operator says, "Forty cents more for the next three minutes."
Chorus
LESSON 2
Ex.2a

1. She believes that if you smile more, people are attracted to you. (Sarah)

2. She confirms that love makes you want to improve yourself. (Julie)

3. He says that first and foremost love is an emotional exercise. He adds that just like physical exercise fills you with energy, emotional exercise fills you with inspiration and mental energy. (John.)

4. He suggests making plans together with someone you love. He admits that they can never come true, but claims that dreaming is fun anyway. (Sam)

5. She suggests that everyone who wants to take their mind off chocolate or computer games fall in love. (Jasmine)

6. He promises that when you fall in love, your life will no longer be boring as you’ll have plenty to dream about. (Steve)

7. She informs you that when you fall in love, you can use short code conversations, as you catch each other’s meaning at once. (Sylvia)

8. She hopes you start to see beauty in anything and everything, just like her. She also declares that dark winter nights suddenly become full of mystery and romance. (Brenda)

9. He invites you to think back to the time when your parents were in love. He explains that then you will feel more respect for them. (Ben)

10. She warns that you’ll always have butterflies in your stomach. But she reassures you that they only mean that something exciting is happening in your life. (Judy)

11. She says that every song you are listening to seems to be about you. (Jane)

12. He insists love is good for your confidence: you feel cool because you ‘re somebody’s number one. (Bryce)
LESSON 3

Ex.1b
The one who loves you will also make you cry. Argentinean proverb
One who loves the vase loves also what is inside. African proverb
Love makes a man both blind and deaf. Arabian proverb
A life with love is happy; a life for love is foolish. Chinese proverb
Love and let the world know, hate in silence. Egyptian proverb
Every father should remember that one day his son will follow his example instead of his advice. Anonymous
Charity begins at home. English proverb
There is no love like the first love. Italian proverb
Love makes time pass, time makes love pass. French proverb

Ex.2a and 4a
1. Hi, my name’s Sarah and I’m sixteen. My father’s making my life so miserable! I used to get on so well with him, but these days all we do is argue and yell at each other. He’s so strict and has these really old-fashioned views. He won’t let me date boys, he won’t let me wear make-up, and he always says I should learn to behave and treat him with respect. He’s always commenting on my looks too, and it really upsets me. I wish he’d just let me alone, but how can I make him understand this?

2. My name’s Rachel. I’m 15 years old and worried that I might kill myself. A few months ago my boyfriend split up with me. We had only been going out for a month, but I had been madly in love with him for the past three years. There’s nothing I can do to take the heartache away. I went to see my doctor because I was so depressed, but he said there was nothing he could do to help. I feel under so much stress. I haven’t told anyone how I feel and I desperately need some advice.

3. Hi, I’m Anon. This summer I had a holiday romance in France. It lasted for more than a month, and when I left I was totally heartbroken. Since I’ve been back, my life just hasn’t felt the same. Although I know that the romance could never work out, I can’t get back to how I used to be with my boyfriend. We’ve been going out for a year and I care about him, but I don’t love him anymore. It would break his heart if I finished with him, and I can’t do that.
4. I’m Steven and I’m 17. I’m mad with my brother. I can never do anything right as far as my parents are concerned. The keep telling me how wonderful my brother is and that I should be more like him. Last week he won an award for boxing, but each time I ask my parents if I can join the club they say I’m not cut out for it. My brother is also good at football. So am I, but he gets all the credit. My parents go to all his matches but they make excuses not to come and watch me play. Last Saturday I scored a goal, but no one said well done. I really need to hear that right now, because I feel totally miserable. The problem is that we are twins.

5. Hello, EasyTalk. The other day my boyfriend was flicking through one of my magazines when he came across a photo of Gisele Bundchen. He sat there looking at her, then turned round to me and said, “Why don’t you look like that?” I know he was only joking but I felt really miserable at the time and now I’m worried that he thinks I’m not attractive enough. Do you think I should ask him if he still fancies me?

6. I’m a fifteen-year old boy with a big problem. You see, my mum and dad are always arguing, in fact they never stop. My dad has beaten up my mum twice and attacked me twice. I desperately want to run away but I’m afraid the police will bring me back, and then it will be worse. Do you think I could get into a foster home away from my parents?

7. Hi, I’m Josh from Essex. I’m 15 and I’m having a problem with a girl at school. She just won’t leave me alone. She has asked me out a zillion times and I’ve said no, but she keeps ringing me and trying to talk to me anyway. She’s been like this for a year and now it’s getting worse. She doesn’t seem to be able to accept that I just don’t like her. My friend says I should date her just once and then she’ll eventually leave me alone. But I think this will just encourage her more. Please help.

Ex.4c (Expert’s advice)

A. Why don’t you get a photo of Jared Leto or Daniel Radcliffe and tell your boyfriend that you feel miserable that he doesn’t look like them! Don’t let this nonsense get to you. Supermodels look brilliant in photos because they’ve got teams of make-up artists, hairstylists and soft-focus lighting to make them look perfect. Real people living in a real world don’t look like that. And without their make-up on, neither do supermodels! If this boy wants to go out with a supermodel, then he should hurry up and become Justin Bieber! Your boyfriend is being very insensitive to your feelings. Perhaps, instead of worrying whether or not he still loves you, I’d work out if you still love him!
B. If you run away, your life will definitely become worse. For a start, where will you go? And how will you survive without money? However, there are alternatives to think about; you don’t have to live with your father; neither does your mum. You can get help and move away from him. Anyone can see you are living in fear of your father and need to get away. Talk to your mum and tell her how you feel. If she won’t do anything, you can still help yourself. Contact your local social services and tell them what’s happening. No one has to live in fear of another person, even if they are related to them.

C. Well, Josh, some people just can’t take no for an answer. I think you are right not to date the girl – even once – as that will give her false hope and make her hang around even more. In fact, I think you’ve been nice for long enough. Try to talk to her nicely one last time and if she doesn’t get the message, it might be time for your parents to step in and contact her parents to get them to do something.

D. Growing up in the shadow of your twin must be difficult. If your twin gets more attention or wins more, it might be heartbreaking. I think you should try to talk to your parents about this. Tell them what you feel. They may not know you feel like this. Maybe, it’s better not to try to do all the things he does, like joining a boxing club. Maybe, by doing that you’ll only make yourself feel miserable if he’s better than you. Why not find things that can be just yours. Don’t follow in his footsteps but do your own things.

E. Why haven’t you told anyone how miserable you’re feeling? Is it because your doctor was so unhelpful? Or because you think no one will understand? The fact is, people will understand. Anyone who has ever been let down by someone they love knows how heartbreaking that can be. It makes you feel depressed. However, there are two things which can help you to get over it. One is time and the other is talking about how you feel. How is all your heartache going to disappear, if you never let it out in the open? You need to tell friends, and anyone else you rely on, how you feel. Help yourself by letting them comfort you, and if you feel so low that you find yourself thinking about killing yourself, then please contact The Samaritans (their number is in the local directory) as soon as possible.

F. I sympathise with how you feel – many fathers seem to be particularly good at upsetting their daughters with tactless comments and over-the-top rules. Many fathers find it difficult to get on with their growing daughters because, subconsciously, they don’t want them to grow. Chances are that he sees you as a little girl, who listens to everything he says and does what he wants. The fact is you are becoming an independent person, and sooner or later he will have to deal with this. Have you ever told him how you feel about his comments? If not, point out that they’re making you feel very unhappy and even mad at him. At the same time, try to remember he loves you and only wants the best for you. Try compromising about his rules, ask him to give you a bit more freedom, and in return, don’t attack him every time he says something. Believe me, with a little give and take you can both get what you want, and still have a good father / daughter relationship.
It might break his heart, but it would make him even more miserable if he knew that you only were staying with him because you were sorry for him. You must tell him the truth. This doesn’t mean telling him the whole truth about your holiday romance, but it does mean finishing your relationship with him. People fall out of love with each other all the time; it’s a natural part of a relationship. Just make sure you split up with him in a kind way, and try not to feel bad about what’s happened.
Did you have a bad temper as a child?

Oh, yeah, very much so. Looking back, I think it all began with football. As a kid, I was very passionate about the game. I used to go see Aberdeen play every Saturday and if they lost or weren’t playing well I’d get angry at them. Then, when I played with my mates I always tried my best, but if I didn’t play well, I’d get angry at myself ‘cause I knew I could play better. Sometimes I would take it out on them, shouting so that they’d play better. Sometimes it would work, and other times it wouldn’t! It was never physical, only verbal. I would never hit a guy I played football with.

Did it affect you at other times?

Yeah, at school it did, ‘cause I hated it. I wasn’t very good at school so I would take it out on my teachers. I’d refuse to do homework, I’d sulk and talk back to them all the time. Basically, I felt they weren’t treating me fairly, so I would try to stand up for myself.

There were a couple of occasions when I actually swore at my teachers, and I even got hit because of it. It’s really sick when a teacher hurts a kid. It shows that he or she is a coward, which makes you lose all respect for them.

Did these experiences make you worse?

Absolutely, I just wanted to hit them back! I never did, of course, but I thought about it enough. It just wasn’t worth it.

Looking back, I know it was wrong and very disrespectful to be rude to my teachers, but at the time I didn’t care. At that age, I was about 15, I was going through a rebellious period and I went against everything and everybody. I never took my anger out on my classmates, though and I never picked fights with anyone ‘cause when you’re at school you’re all in the same boat, so what’s the point?

So what are you like now?

Well, the other guys in the band say I’ve got the worst temper of all of us, and I reckon they’re probably right. For example, when we’re rehearsing and one of the guys keeps making the same mistake over and over, I shout and I really have a go at them. I know I shouldn’t but I can’t help it. I’m a perfectionist and I want things to go the way they’re
supposed to. It’s kind like how I felt about football when I was a kid. I hate things to go the wrong way.

**Have you ever said anything that you are sorry about?**

Yeah, once in an argument with a girlfriend I called her a name I shouldn’t have, then threatened to finfish the relationship. I got really angry over something stupid – it was so stupid I can’t even remember what it was – and stormed out of the house. On the way home I just kept thinking, “Why did I do that? Why? Why?” So I called her and apologised; then I went back to kiss her and say sorry. She accepted it, but she didn’t forget.

**What’s the worst thing you've ever done?**

I put my fist through a window at school. I was in Maths lesson and I hated it ‘cause I was really bad at Maths. The teacher used to pick on me, too, which made things worse. Well, one day she told everybody in the class that I was a ‘no-hoper’ and that I would never achieve anything in my entire life. I couldn’t believe she said it. I felt so humiliated and embarrassed I just went mad, putting my fist through one of the windows. Afterwards I had a very, very sore hand!

**What do you do to calm yourself down? Do you have any tricks?**

I don’t do anything really. I just try to chill out and let the anger go ‘whoosh’ over my head.

If I do have an argument with one of the guys in the band, I let the dust to settle for a bit, then try to sort it out later. There’s no point in carrying it on, especially in a band situation where you’re with each other 24 hours a day. You’ve got to get on. But I’ll tell you a secret – my temper’s not as half as bad as it used to be, ask anyone!
LESSON 6

Ex.1b

MEAN

You, with your words like knives
And swords and weapons that you use against me
You have knocked me off my feet again
Got me feeling like a nothing
You, with your voice like nails on a chalkboard
Calling me out when I’m wounded
You picking on the weaker man

Well you can take me down with just one single blow
but you don’t know, what you don’t know…

Someday I’ll be living in a big ol’ city
And all you’re ever going to be is mean
Someday I’ll be big enough so you can’t hit me
And all you’re ever going to be is mean
Why you gotta be so mean?

You, with your switching sides
And your wildfire lies and your humiliation
You have pointed out my flaws again
As if I don’t already see them
I walk with my head down
Trying to block you out ’cause I’ll never impress you
I just wanna feel okay again

I bet you got pushed around
Somebody made you cold
But the cycle ends right now
Cause you can’t lead me down that road
And you don’t know, what you don’t know…

Someday …

And I can see you years from now in a bar
Talking over a football game
With that same big loud opinion
But nobody’s listening
Washed up and ranting about the same old bitter things
Drunk and grumbling on about how I can’t sing
But all you are is mean

All you are is mean
And a liar, and pathetic, and alone in life
And mean, and mean, and mean, and mean

But someday …
EX. 3b

**What family were you born into?**

My father used to be an actor, my aunt – too. I’ve got four brothers and two sisters. Now it’s one sister, after Dakota died in an accident. When a child, I used to live in a two-room flat in a poor district in the Eastern part of New York with my family. When I was four I became an actor – I worked in clips, advertising different things.

**How did you become famous?**

At the age of 8 I got my first role in the film ‘Uncle Buck’. But real fame came after ‘Home Alone’. At the age of 9 I couldn’t go out, just go to the cinema – I was immediately surrounded with people. But I took everything for granted. 20th Century Fox was saved by this film. In half a year it got 200 mln dollars. I was named the best paid young actor of all times and got into Guinness Book of Records. But I couldn’t spend my money until I was 18. A real understanding of what it is to be a star came later.

**Where did you study to become an actor?**

My father became my manager. My life consisted of school, cinema and theatre. For the first two years I studied at a strict catholic school. Later I was sent to a specialised school training future musicians, ballet dancers, actors and actresses. ‘Home Alone-2’ became one of the top ten films, bringing a lot of money to its creators.

**Was it easy to combine school and cinema?**

First, when I had to skip classes because of the film, I was happy. Later, I started missing school. Sometimes I had 12 hours of filming a day. 1993 was the climax of my being tired. But my father was ruthless; he never asked me how I was feeling. He didn’t take me seriously at all.

**What was your relationship with Michael Jackson like?**

I met Michael Jackson in 1991. He called and invited my family over. It’s not easy to be the centre of attention but we weren’t sitting and complaining about how hard it is to be a star. I am the godfather of Michael Jackson’s children. I also was in his clip ‘Black and White’. I used to share everything with Michael.

**Have you had any personal problems?**

After 1993 the films I was in got worse and worse. My father didn’t want to stop; he was only interested in money. He was stubborn, abusive and cruel. The atmosphere in the family was terrible. Moreover, he wanted to make the other children actors as well – it was the Culkins’ attack on Hollywood. But by 1995 nobody wanted to work with my
father. My mother split up with him – they had no contact for 6 years. I think that my father wasn’t a good man, a good father and a good husband. I hope I won’t meet him again. My mother, however, let me make my own mistakes.

In 1998 I got married and for two years lived quite happily with my wife. In 2002 we quietly divorced. Tabloids accused me of drug-taking, alcohol taking and self-destruction, but I’ve never done all that really seriously. If I had all these problems, they weren’t too serious.

By the way, when I made my theatre debut, I received a telegram from my father. I was not ready to forgive him though. I think he wanted to be in touch with me because I’d started making money again.

What are you working on now?

I write poetry and film scripts. I’m enjoying writing not for money, but for self-expression. At 30 I’m home alone and I think I’ll stay a child forever as I don’t feel grown-up enough. I’m waiting for a good project – in cinema or theatre and for good reliable people to enter my life.
UNIT 4

LESSON 1

ex. 1b

We’ll start with the head. It’s covered with hair. On each side of the head, there is an ear so I can hear. There are two eyes that let us see the world. The nose is for smelling. The mouth has two lips for speaking, kissing and keeping food inside the mouth. Inside the mouth there are teeth for chewing and a tongue for tasting the food and talking.

The head sits on the neck which lets us look to the left and to the right, up and down. Inside the chest the heart beats day and night. When we eat, stomach fills with food. Two arms can hug you. Two hands and ten fingers can write and do many other useful things. We also have two legs, two feet and ten toes. What else does one need to be happy?!

ex. 2b

Body, stomach, wrist, shoulder, knee, hand, foot, fingers, elbow, toes, arm, leg, chest, back, arm, hair, bottom, heel, cheek, jaws, eyebrow.

ex. 4b

1. a place where people stay when they are ill or injured and need a lot of care from doctors and nurses

2. a shop where medicines are prepared and sold

3. the room or department in a hospital where people who have severe injuries or sudden illness are taken for emergency treatment. The abbreviation ER os often used.

4. the department of a hospital for people who are so ill or badly injured that they need to have special medical care and be watched very closely
LESSON 3

ex. 1c, d

Presenter:

This part of our Just What the Doctor Ordered programme is about health idioms. We had an e-mail from Josh who would like to know what the expression “By the skin of your teeth” mean. I’ll explain it in a minute. Meanwhile, phone us or send an sms to 3 86 21 47 if you have more questions of that type.

Now back to “the skin of your teeth”. If you pass a test or exam and get the lowest satisfactory mark or win a contest by a tiny bit, people might say you did so "by the skin of your teeth." In other words, one more mistake and you could fail it. Your teeth have no skin of course! But sometimes they have a film called plaque on them, especially first thing in the morning. So, if you feel that sticky film, it's time to brush your teeth!

Q: Hello. My name is Mary. I am 13. I was worried about the concert where I was singing the other day. The teacher said that having butterflies in my stomach is useful. But I had no butterflies there. How could they get into my stomach, especially in winter? I had no time to ask then. Can you help please?

Presenter: How did butterflies get in your stomach? Well, those really aren't butterflies in there. "Butterflies in the stomach" is a way of describing those nervous feelings you might get before a concert, a test or an important game. A writer created the phrase to describe the feeling, and people have been using it ever since. These feelings are normal and happen to many people — even grown-ups. Some people believe having butterflies in your stomach might even help you perform better.

Yes, there is an sms with the question “What does it mean to “have your heart in your mouth”?”

Mmm…This expression means that you're really afraid of something. Many years ago in ancient Greece, the poet Homer used the phrase in his famous poem The Iliad, and people
have been saying it ever since. When your heart starts beating so quickly and strongly that you can feel it in your throat it means you feel like you "have your heart in your mouth."

Q: Hello, I’m Jane. Why do people say ‘sick as a dog’?

Presenter: Dogs often eat anything they find and they often get sick. If a person is very sick, you may use this expression. It describes someone who is not feeling well.

One more sms about “have a frog in one’s throat”. It means to have difficulty in speaking because your throat feels dry and you want to cough.

Presenter: The last sms for today. It asks about “make no bones about something”

If you make no bones about something, you're telling the truth. For example, if you are honest and admit that you didn't do your homework, you're making no bones about it. This expression dates back to the 1500s and some people believe it had to do with soup. If there were no bones in a soup, a person could swallow it without worrying about choking. So, when you make no bones about something, people feel confident "swallowing" your answer.
LESSON 4

Ex. 3a

Q: What causes a cavity?

A: Certain types of bacteria can attach themselves to hard surfaces like the enamel that covers your teeth. If they're not removed, they grow in number until a colony forms. They mix with your saliva or spit (the liquid in your mouth) and the bacteria colony becomes a whitish film on the tooth. This film is called plaque, and it's what causes cavities.

Q: What can I do to have no bacteria in my mouth?

A: Having bacteria in your mouth is a normal thing. Your mouth is a busy place. Bacteria are constantly on the move on your teeth, gums, lips and tongue. While some of the bacteria can be harmful, most are not and some are even helpful.

Q: Why is it necessary to use toothpaste with fluoride?

A: Fluoride is a natural element that can be found in many things, like the water we drink and the food we eat. Decades ago, scientists began to notice that children who lived in places where fluoride occurred naturally in the water, had fewer dental cavities.

Fluoride that is absorbed by your body is used by the cells that build your teeth to make stronger enamel. Tooth enamel crystals that have fluoride are much more resistant to acid. They are less likely to break down.

If your dentist recommends a fluoride treatment, follow that advice. The fluoride in your mouth will help make the crystals in your tooth enamel stronger. Always use a toothpaste with fluoride.

Q: Why do we need to visit a dentist twice a year?

A: To check if there are any problems with your teeth and gums. But the most important part of tooth care happens at home. Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease. Besides, if you're like most people, you don't exactly look forward to facing a dentist's drill. So wouldn't it be better to prevent cavities before they appear?
LESSON 5

ex. 3b, c

**Presenter:** The flu is annoying enough on its own. So it doesn't help that flu season falls at one of the most exciting times of the year. What should we do to avoid missing out on school, sports events, parties and holiday fun?

**Doctor:** 1. First of all, get the flu vaccine. It's the best way to protect yourself against the flu. Hate shots? Get it as a nasal spray. Getting vaccinated doesn't just protect your own health. It also helps the people around you because there's less chance you'll catch the flu and pass it on.

1. Wash your hands often. In addition to getting the flu vaccine, hand washing is an important line of defense against flu viruses. Why? The body takes about 2 weeks to build immunity after a flu vaccine — and even a vaccine may not help if a new strain of virus starts making the rounds. Hand washing also helps protect against other germs and illnesses that there aren't vaccines for, like the common cold.

   Wash your hands after using the bathroom; after coughing or sneezing; before putting in or removing contact lenses; before using makeup; and before eating, serving, or preparing food. The great thing about hand washing is it's easy protection. So get in the habit of washing your hands when you come home from school or anywhere else where you're around a lot of people.

2. Keep your distance if someone is sick (coughing, sneezing, etc.). Flu viruses travel through the air, so try to stay away from people who look sick. Of course, people who have the flu virus don't always look sick. That's where vaccines and hand washing come in.

   It's also a good idea to avoid touching your nose, eyes, and mouth — three places flu viruses can easily enter the body.
3. Cough or sneeze into a tissue or your elbow — not into your hands. That way, you're not spreading the virus when you touch surfaces that other people may touch too.

4. Stay home if you have the flu. You don't want to pass your germs to someone else. Rest can help the body recover faster.

You also can fight the flu on a daily basis by keeping your immune system strong. Some great immune boosters are getting enough sleep, eating healthy food drinking plenty of water, and getting regular exercise.

Don't let the flu mess with your fall and winter fun. Fight back!
LESSON 6

ex. 1b

1. The human body is home to some 1,000 species of bacteria.
2. We have between 2 and 10 million bacteria between fingers and elbow.
   The number of germs on your fingers doubles after you use the toilet.
3. If you drop something on the floor but pick it up in less than four seconds, it will be
   OK. False. There is no five-second rule when it comes to food on the ground. Bacteria
   needs no time at all to contaminate food.
4. It has been found out that the TV remote control is the worst carrier of bacteria worse
   even than toilet handles.
5. Public transport brings you into contact with 5000 hands, many of which are unwashed!
6. There are more germs on a computer keyboard than there are on your toilet.
7. Germs can stay alive on hands for up to three hours.
8. Soap and water are the simplest form of cleaning.
9. Most people get colds and flu from handling something with germs on it then putting
   their fingers in their mouths, touching their noses or touching food that then goes into
   their mouths or even from rubbing their eyes.
10. 50% of people do not wash their hands after visiting the toilet
LESSON 7

Ex. 2a, b

Minor Emergency

Julia: Thank you for agreeing to see me on such short notice, Doctor.

Dr. Miller: Of course. What seems to be the problem?

Julia: I was baking a cake for my friend's birthday, and when I went to check on it, I accidentally stuck my hand in the oven. It was fine for an hour or two, but now it really hurts.

Dr. Miller: Yes, I see. It's beginning to blister. What did you do when it first happened?

Julia: Well, first I screamed. Then I ran my hand under a cold tap. I took some pain killers and hoped it would be all right. I called you when the blistering started. I have never had a burn like this one before!

Dr. Miller: Yes, you burnt yourself up pretty good!

Major Emergency

Paramedic: What happened?

Bystander: A car accident. He was in the sedan and she was on a motorcycle. I didn't see the whole thing, but it seems like he didn't slow down enough as he was coming around the corner. They collided and spun off to.

Paramedic: Were there just the two people?

Bystander: Yes. She's conscious, and he's in and out of consciousness. They're both pretty shook up. We have been trying to keep them awake. We suspect he has a concussion.

Paramedic: You're probably right. Thank you very much for sticking around.

Bystander: Yes, of course. Could someone please let me know what happens? I'm worried.

Paramedic: Certainly – we will pass along your contact information to their families. I'm sure they will be very grateful you were on the scene.

Bystander: Good luck.
1

Minor Emergency

Doctor: Wow, Chef Spaghettini! My husband and I just love watching your show!

Chef Spaghettini: Thanks, Doctor. Always nice to meet a fan.

Doctor: So, what seems to be the problem? A burn? Did your knife slip? I’ve seen how fast you slice and dice those onions on TV.

Chef Spaghettini: No, no. Nothing like that. Actually, it’s a bit embarrassing.

Doctor: Oh?

Chef Spaghettini: Yes, I think I have come down with some serious food poisoning. I haven’t been able to keep food down for days. In fact, I think I’m going to be sick again…

Doctor: I’ll get a waste bin!

2

Heart Attack

Professor: And those were Othello’s last words… last…. worrrrr.. oh!

Student 1: Is something wrong, Professor?

Student 2: Sir, are you all right?

Professor: I apologize. I just felt a shooting pain in my left arm… ah!

Student 1: Look, he’s clutching his chest.

Student 2: Who has a mobile phone out? Someone call an ambulance!

Student 3: I’m on it. I’m calling! Hello! Yes, hello! We have an emergency. Our professor at the University of Missouri is in pain, his face is red. He can’t speak. Yes, he’s holding his chest and he says he has pain. On your left side, Professor?

Professor: …yes…!

Student 3: They think it’s a heart attack. They’re sending an ambulance with paramedics now.

3

Dentist

Dentist: Open wide!

Patient: Uh huh…

Dentist: Well, let’s have a look. It has been a while since your last appointment, hasn’t it?

Patient: Uh huh…
*Dentist:* Pretty teeth! Looks like you’ve been brushing.

*Patient:* Uh huh…

*Dentist:* But not flossing. Am I right? I’m going to dig around your gums.

*Patient:* Uhh…

*Dentist:* Flossing is key, you know. Look at this plaque build-up. Sugary juices? Coca Cola? You look like the candy-eating type to me.

*Patient:* Uh uhhh…

*Dentist:* Well, no cavities yet. What sort of toothpaste do you use?

*Patient:* Uhhh…

*Dentist:* Use the good stuff, I always say. Fluoride and cavity protection.

*Patient:* Uh huh…

*Dentist:* Okay, spit!

*(In the waiting room)*

*Person 1:* I have never seen a human being turn that colour before.

*Person 2:* We’re pretty sure it’s the flu.

*Person 1:* Her face is actually green. Is she your daughter?

*Person 2:* I think it’s more of a yellow-colour, really. And yes, she’s my daughter.

*Person 1:* How long has she been sick?

*Person 2:* She got sick on Thursday. She had a fever and terrible chills. This is our second trip to the doctor.

*Person 1:* Think it’s contagious?

*Person 2:* I wouldn’t take any chances. Why don’t you wait on the other side of the room?
LESSON 8

Ex.3d

Get a good night's sleep. Getting enough sleep helps keep your body and mind in good shape. That will help you to deal with any negative stressors. If you stay up late and still need to get up early for school, you may not get all the hours of sleep you need.

Treat your body well. Experts agree that getting regular exercise helps people manage stress. And eat well to help your body function at its best. Under stressful conditions, the body needs its vitamins and minerals more than ever.

Watch what you're thinking. Your outlook and thoughts influence the way you see things. Is your cup half full or half empty? A healthy dose of optimism can help you make the best of stressful circumstances.

Solve the little problems. Learning to solve everyday problems can give you a sense of control. Develop skills to calmly look at a problem and take action toward a solution. Feeling capable of solving little problems builds the inner confidence and serves you well in times of stress.
LESSON 1

Ex. 1a

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.
LESSON 2

Ex. 2a, b

A: Eat a variety of foods. You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry and fish.

S: How much bread should I eat every day?

A: Eat at least 90 grams of whole grain bread and cereals, rice or pasta everyday. Look for the word “whole” before the name of the grain as it is very important. Grains, breads and cereals provide B-vitamins which help turn the food we eat into energy that our bodies need to work, play and grow.

S: And what about fruit and vegetables?

A: Vegetables provide vitamin A which helps us have healthy skin and good eye-sight. Fruits provide vitamin C which helps our bodies heal and grow new cells. It is very important to eat at least 100- 150 grams of fruit and the same amount of vegetables every day. You may choose from fresh and frozen as well as dried fruit, all kinds of fruit and vegetables are good for you.

S: The food pyramid shows very little fat. Why?

A: Your body doesn’t need a lot of fat. Get most of your fat from fish, nuts and vegetable oils. Eat less fats like butter, margarine and lard. Choose low-fat meat, chicken or turkey. Bake it or grill it. It is much healthier than frying. Add more fish, eggs, beans and nuts.

Meat, fish, beans and nuts provide protein and iron which helps build stronger muscles. Iron carries oxygen to all parts of your body, helps prevent infections, and also helps your body make more energy to get you through busy day.

S: And what about milk and milk products?

A: Dairy products are very important. They provide calcium which helps build strong bones and teeth. So, if you can consume milk, yogurt and cheese, do it every day. But go for low-fat milk. It’s better. Ice-cream is not very good for your health. So, try to limit it. The less ice-cream you eat the better for you.
LESSON 6

Ex. 2a, b

_Mary:_ Teenage Helpline. Mary Blake. How can I help?

_Jane:_ Hello Mary. I am Jane. Listen! I worry as I have several questions about my friend and I have no one to talk to as I am afraid to spoil everything.

_Mary:_ Don’t worry. If you wish don’t give me your friend’s name. I will try to help anyway.

_Jane:_ My friend started missing classes and I don’t know why. At school she says she is ill but she doesn’t stay at home and her parents don’t know anything. She tells me nothing. She is avoiding me and Sarah and is hanging on with the older girls. I am afraid that something went wrong and I don’t understand what exactly.

_Mary:_ Jane, I have some questions. Could you answer them honestly?

_Jane:_ Yeah…

_Mary:_ Has your friend recently become moody or behaves in ways which are unlike her usual behaviour?

_Jane:_ Sort of. She sometimes does strange things.

_Mary:_ Like what?

_Jane:_ Like asking for money without explaining what she needs it for. Or she once said I could buy her new jeans. She knew I liked it a lot but she loved her new jeans so much! I refused and she was unhappy about it.

_Mary:_ Does she get upset, anxious or depressed easily?

_Jane:_ It’s difficult to say as we don’t spend a lot of time together now. But probably yes.

_Mary:_ There may be different reasons for her behaviour but there is one thing I am afraid of. Your friend might be becoming drug addict. If you go to our sight you will find a wider list of signs of addiction. Analyse them and write to me ASAP (as soon as possible). We don’t really have any time to waste!
UNIT 6

LESSON 1

ex. 3a, c

*Bonsai Trees*

Bonsai means "tree in a pot" (or tray) in Japanese, and refers to growing trees in small pots in such a way as to look old, interesting and artistic. The art is believed to have originated in China thousands of years ago, and is now practised all over the world, e.g. in Japan, where traditional examples are known for their more formal designs, and in present day China, Vietnam and other south Asian countries where they are less formal, but may include more of a landscape feel, with large rocks simulating mountains, pools of water and tiny ceramic figures called 'mudmen' (many of which are fishermen, or storks - a symbol of luck in the Far East).

While bonsai may be decorative, they are very much living things and should first and always be regarded as such rather than conversation pieces. It can take decades to produce a beautiful bonsai, weeks to finish it off through lack of care and experience. However, if you have the time, interest and vision to want to grow bonsai, and it doesn't have to be hard, the rewards are terrific, and you'll never be sorry!

*Volunteering*

They say in order to help yourself, you should do something to help others. Volunteering involves giving work to an organization for free. The time can range from an hour to several thousand hours a year. Volunteering as a hobby can be as rewarding and enjoyable as the individual decides to make it. Some ideas for volunteering include reading to the elderly in the hospital, playing with children in an orphanage, helping a child with homework, working in a soup kitchen, taking a pet into a nursing home to cheer up the residents, shopping for an elderly neighbour and knitting for charity (There’s always a need for warm blankets, hats and gloves.) Start slowly with these and before you know it, you’ll find yourself doing more and more and loving it.

*Gadgets*

Gadgets of any type are the new trends in hobbies, especially among the young people. Gone are the days when children innocently collected stamps or match boxes or even buttons. Most
teens will be happy to collect electronic gadgets such as cell phones, iPods, cameras, video cameras, voice recorders and more. If you are thinking of a present, you really can't go wrong with these. As soon as one gadget hits the shelf, another newer model is already in production and on its way. New gaming systems and games are also a big hit with teen guys. Children and young men enjoy remote control toys, guns, boats and aero planes that provide thrill and realism in outdoor hobbies. Even competitions are held at various levels where young people demonstrate their flying and driving skills. Besides, in daily life, the cellular phones, TV remotes, i-Phones and EBook readers are the newest trends in hobbies and pastimes of the younger generation. Without these gadgets, one seems to be totally lost and helpless. The excessive use of cellular phones in messaging (SMS) and using these as mini computers is the hobbyists’ best pastime toy.

**Beatboxing**

Beatboxing is the art of producing **drum beats**, **rhythm**, and **musical** sounds using one's mouth, lips, tongue, and **voice**. In classic beatboxing, there are 3 main sounds plus the beat. You have to train very hard to become able to make the sounds and beats faster one after the other, which has the effect of sounding as though the sounds and beats are made at the same time. Listen ... (beatboxing)

After a lot of practice the beats sound like drums (with a bad bass) and additional melodies. Actually, it's quite easy to create some simple beats to begin, but afterwards it's hard to make them clear and strong.

"Human beatboxing" originated in 1980s. Today beatboxing is connected with **hip-hop culture**, being one of "the elements", although it is not limited to **hip-hop music**. Beatboxing is practised all over the world and also in European countries where it's growing in popularity.

**Scrapbooking**

One of the greatest things about taking up scrapbooking as a hobby is that anyone can do it. It doesn't matter what your budget is, how much time you have to dedicate to it, or even how artistic you are. Beginners can start slow and on a small scale with simple, inexpensive projects. Those who are more enthusiastic have just the sky as their limit when it comes to creating scrapbooking memories.
Scrapbooking is taking things like photos, printed pictures, decorations, and colorful paper and arranging them artfully in an album to create a sort of memorabilia. A scrapbook in itself can be considered as an extra fancy photo album. The size of a scrapbook will vary depending on the person making it and the event they are covering.

Scrapbooking can be a very personal experience. Some eventful occasions to scrapbook include: love stories, milestones in a child's life, graduations, travels and holidays. Scrapbooks can also be made in a more general sense as a tribute to a favorite activity like fishing and bowling or to pay homage to an occupation like nursing, firefighting, teaching, and more. It doesn't take talent to create a good scrapbook. All you need is a little creativity, as few or as many supplies as you like, and a desire to have some fun.
LESSON 2

ex. 2b, ex 3a

Q: You’re not from Minnesota, where are you from?
A: I’m from Somerset, Wisconsin. It’s about 20 minutes east of Stillwater.

Q: How old were you when you first started beatboxing?
A: I was about 15 when I started. Frankly speaking, I started out of pure boredom. I saw someone do it and I thought, 'I could do that too”. By the way, beatboxing could make an enjoyable hobby for anyone as it’s neither time nor money consuming.

Q: What other beatboxers do you look up to?
A: The biggest influence on me must be Reeps One. He started out with some simple dubstep stuff, but now he’s awesomely technical in addition to the dubstep element.

Q: Besides beatboxing, do you sing or play any instruments?
A: I’m awful at singing so I try to avoid it in my set, but you might hear me sing a cover of Pony by Ginuwine occasionally just to show people that it’s possible. I’ve been playing guitar for about six years, but I’ve definitely slowed down on it. It doesn’t really interest me as much as beatboxing.

Q: How did you get started beatboxing?
A: I saw the video of Roxorloops and instantly had to start learning it. I just searched “how to beatbox” on Youtube and pretty much learned from there. Then after that it was pretty much creating my own style.

Q: What are you trying to accomplish with beatboxing? Can you earn money this way?
A: You can’t be serious. Just to have fun, really. It’s hard to get paid for a set that’s only 10-20 minutes.

Q: What are your future goals?
A: I think I’m going to try and start a serious Youtube channel. I know people enjoy my beatboxing, and because I don’t have a lot of material on the internet I don’t get my name out as much as I probably should. And Youtube pays once you get enough views.

Q: Some of the noises you make are literally crazy. Something I couldn’t ever do. Did you always have this talent, or what is something you taught yourself?
A: Well my brother and I always did impressions of funny actors/movies, so that could have helped me in some way, but other than that it was really just teaching myself.
Q: What was it like to be on stage in front of all those people? Were you nervous?
A: I don’t really get nervous any more. I know I’m good at what I do, so I just try not to panic and just think of what I should do next.

Q: Right now beatboxing is a hobby, could you see it being a career ever?
A: It’s just a hobby. It’s a nice way to have fun and make money on the side, but because it’s hard to go longer than 20 minutes, you’re only going to get paid for a 20 minute set.

Q: What are your plans regarding the workshops you’ll be holding with schoolkids?
A: I do an introduction to beatboxing workshop, which is designed to get absolutely anybody making music with their voice within 60 minutes, whether they are a baby or a granny.

Q: Where do you see yourself in ten years?
A: Most likely working some sort of IT job, I enjoy computers so I think I’ll do well in that industry.

Q: Where can the listeners hear or see all of your work?
A: www.soundcloud.com/nwbeatbox

ex. 4 (звуки)

a) beatboxing and singing b) a girl beatboxing c) beatboxing and harmonica d) a drum set e) beatboxing and fluite f) beatboxing
OLD HOBBY

I've rediscovered an old hobby of mine
It brings me great joy and fills in the time

Now I don’t have to participate
In silly sports or games that I hate

It encourages me to do beautiful things
I can even do it as the birds sweetly sing

It requires a lota lota words
Adjectives and the most pesky of verbs

It sometimes surprises little wee me
Just how good this old hobby can be

It keeps my mind on an even track
I'm so glad that my old hobby came back

A few more lines I'll write this night
Poetry is a hobby of sheer deligt!
LESSON 5

ex. 2b, c

My name is Trish and I volunteer because it is my hobby and my passion. I love to help others out and provide knowledge and guidance where needed. I have met some amazing people who have inspired me to do new things, take chances and get involved in things I normally don’t participate in.

I remember my first year to volunteer in a summer day camp with kids, and what a great experience it was. I was always in position of a student, never a leader. As a volunteer I was helping others, but I also helped myself. I was very nervous on my first day, after going through preparation programs. I wanted to do a good job. What a surprise my first day was! It was great! It built my self-confidence a lot! Since I've grown up, I've forgotten what it's like to be a little kid. I didn't realize that even the simplest things could make them happy.

Ever since I've been volunteering at Summer Day Camps, I've really enjoyed getting to know the children and learning more about myself. All the time I've spent with these children taught me a great deal of things and I hope to see them again next summer!

My name is Ready, I’m from Jakarta, Indonesia. I am just an ordinary student who has a lot of hobbies. One of my hobbies is photography and more often than not I’m taking photographs. I am not really serious about photography, but I am doing it because I want to express the ideas that come into my mind.

I am not really very good at writing, but with a photo I can explain the messages that I want to share, just as some people write out what they think and feel. Some people, like me, pour their imagination into whatever work they choose to give their time to.

I have known about photography since I was in elementary school. I was interested in trying the cameras that my grandfather had, and he taught me a little about photography as a hobby. Then he gave me an SLR camera that he had used before — a Canon FTB — and I started taking pictures of the environment around me. Later I decided to get a more formal education about the basics of photography, and I started to learn about the photography Internet forums in Jakarta. Now I also follow some small exhibitions and photography competitions on the forums, and several were held at my school. One of my achievements is the first prize for the series of photographs that today illustrate my school catalogue.
My name is Peter Tringham and as a hobby I enjoy carving emu eggs. I started carving eggshells about four and one half years ago and over time I hope this hobby becomes a business of which I would be very proud.

Carved and painted emu eggs are a genuine part of our Australian Aboriginal Culture. Carving continues today with dozens of artists depicting important animals, people, traditions and scenes from the past or present. Together, these egg-images provide us with a rich visual history - they illustrate and tell stories of Australian traditions, adventure and environment. The process is simple and costs you nothing. All the equipment you need to start is a penknife and good light. Of course you need safety glasses as I have had a few trips to hospital to have the shell removed from my eyes.

Ostrich eggshells are my favorite to carve because of their thickness and size. I like the Emu eggs because of the 3 color tone and they are easier to carve but will also crack easier.

My mum is very supportive of my art. We are both waiting patiently for the time when I finish my studies and will be able to move to art full-time.

My name is Megan and I'm an Irish dancer. Irish dancing is what I'm passionate about, it is what makes me. It makes me stand out from the crowd. I don't do judo, I don't sing in the choir, instead I'm an Irish dancer.

Irish dancing is a competitive global sport, and it is not an easy sport to do. I’ve been doing it for 4 years and still I do 2 hour classes four nights a week. It is a hobby which takes up enormous amount of time, which is why it's the only hobby I do. But I don't mind, because Irish dancing is the only thing for me.

It’s also money consuming. Dancers that participate in championships would wear a wig, their dresses are either second hand or designed and cost thousands. They also wear heavy make-up and fake tan; this is so they won't look pale on stage.

From reading the description above you would think that Irish dancing was more like a beauty contest than a talent competition. If you do, then I would agree with you. Sometimes, I feel like throwing up my hands in the air and wonder, "Why am I still doing this?" after a bad result.

However, I can't. Because I love Irish dancing. Call me crazy, but it's my life. When I'm stuck with a load of homework to do, or I have a bad day, I just start dancing. Hopefully I would like to get in as a troupe dancer for Riverdance for a year, just to see what it's like.
Weddings are the worst, they're long, boring, and I thought I liked my cousin until he dragged me to his wedding.

We were in Toledo, Ohio, all my family was there, my brother, mom, dad, grandmas, grandpa, aunt, uncle, and cousins I never even knew about. The actual wedding was alright, until the reception. The reception was the worst time of my life except the cake, which was so good I could tell an entire story about that. The food was also delicious, but besides that it was horrible. I even fell asleep for a half an hour and there was music and lots of people talking, it sounded like the cafeteria during lunch. I thought I was going to die of boredom. All this reception was people dancing and having a good time, except for me.

The worst part was when my mom asked me to dance. She dragged me to the dance floor before I could even react to her question because I was in such a terrible mood. Then when we were out there, everybody was going on, and on, and on, about how nice I looked with my mother. By the time I could sit down the chef had left, so I had to get dessert and cake.

And as soon as I ate another piece of cake, I heard the words from my mom, the words I was ready to hear all night long, 'Christian, we can leave now.' My eyes grew to the size of watermelons, I swear they almost connected, and I had a smile that went from ear to ear. I was practically sprinting out the doors and when I turned around they were far behind me, then I said, 'Come on, let's get out of here!'

Well, if I have to go to another wedding, which I probably will because my cousin got divorced to the girl he married in this story and he's dating a new one, I will be prepared, with either a book or a pillow, or maybe both.

We moved from Fremont, California to Chandler, Arizona in June of 2010. Since this was a new house for us, we decided to throw a house warming party for us, inviting all of our cousins, during Thanksgiving. We had a total of 32 guests at our house, and it was the greatest four-day weekend of the year.

During this housewarming “party”, we had an Indian priest who performed rituals, bringing in a good fortune into our new home. These rituals started from nine or ten in the morning till seven at night. Then after these, it’s important to have homemade vegetarian food. We had
buckets and buckets of food, and by the end of the night, they were all empty. The next couple days were just fun filled days; we all got together and hung out, and caught up with each other. We had so many people at our house, that there never was a minute of boredom, every minute of every day was filled with laughter, screaming, and anyone can just feel the love coming out of our home. It felt as if we never moved, we were just in a new surrounding, but the people we love will always be with us. We even had some of our close family friends come and hang out with us those four days, and each and every day they were treated as if they were a part of the family. I also was able to get closer to my cousins that I haven’t talked to in a while, or have ever seen, it was a wonderful weekend. The most exciting part of our trip, was that when we dropped off everyone at the airport, we had a local newspaper reporter come and ask us what we had done for our Thanksgiving, and how we were able to manage having about 40 people at our house. Then when the newspaper was published, to come to think of it, the weekend was a house-warming, Thanksgiving, family reunion, and we haven’t had a better one since.
UNIT 7

LESSON 1

ex.3a

A. Early museums began as the private collections of wealthy individuals, families or institutions of art and rare or curious natural and manmade objects. These were often displayed in so-called wonder rooms or cabinets of curiosities. The oldest museum in evidence was Ennigaldi-Nanna's museum, dating from c. 530 BC and devoted to Mesopotamian antiques.

The oldest public museums in the world opened in Rome during the Renaissance. The Capitoline Museums, the oldest public collection of art in the world, began in 1471 when Pope Sixtus IV donated a group of important ancient sculptures to the people of Rome. However, many significant museums in the world were not founded until the 18th century and the Age of Enlightenment.

B. The history of theatre charts the development of theatre over the past 2,500 years. Since classical Athens in the 6th century BCE, colourful traditions of theatre have flourished in cultures across the world.

Greek theatre, most developed in Athens, is the root of the Western tradition; theatre is in origin a Greek word. It was part of a broader culture of performance in classical Greece that included festivals, religious rituals, politics, athletics and gymnastics, music, poetry, weddings and funerals. Participation in the city-state's many festivals – and attendance as an audience member – was an important part of citizenship. The theatre of ancient Greece consisted of three types of drama: tragedy, comedy, and the satyr play.

C. The cinema was invented in the 1890s, during the industrial revolution. It was considered a cheaper, simpler way to provide entertainment to the masses. Theatre and dance are ancient predecessors of film and include many common elements: scripts, sets, lighting, costumes, direction, choreography, and music. The Lumière brothers gave their first show of projected pictures to an audience in Paris in December 1895.

The first public exhibition of projected motion pictures ("movies" or "films") was in USA at Koster and Bial's Music Hall in New York City in April, 1896. However, the first cinema (movie theatre) opened exclusively for showing motion pictures was Vitascope Hall, established on Canal Street, New Orleans, in July, 1896. - It was converted from a vacant store. This 72-seat theater was designed from scratch solely to show motion pictures. The theater remained open for two years making it the first permanent, purpose built movie theatre in the world.
Reporter:
Many believe that Avatar by James Cameron has changed the moviegoing experience, because it is the largely computer-generated, 3-D film and the top-grossing movie in history. Like Avatar, Cameron’s thriller Terminator, about an indestructible human-machine cyborg, and Titanic, with its hyper-realistic feel for the “unsinkable” ship’s disastrous end, are morality tales about technology’s risks – created with the most advanced technology. The director spoke to our reporter Lorenza Muñoz.

One
(James Cameron):
Terminator was my first real film, and you can directly contrast 1984 to 2010. No single technique we used then was used today. We shot Terminator on film, and we don’t shoot on film today. All visual effects are digital now. Back then we used glass paintings, foreground miniatures and stop-motion animation. We thought we were being tremendously innovative – and we were. The technology has changed but the basics of the job haven’t. It is still about storytelling, about placing images side by side, about creating a feeling with images and music. Only the technical details have changed.

Two
We always planned to make this as a series of two or three movies. The appeal of going into the second film is that we can continue with the system we created. Now we will just speed it up, refine and make it more intuitive for the artists working on the film. The next movies will be more about details but not fundamentally different.

Three
I think there will be movie theaters in 1,000 years. People want the group experience, the sense of going out and participating in a film together. People have been predicting the end of movie theaters since I started in the business.

Four
We have to wait until the technology is available in every home. I think it will be standard in 4 years, not 40. We will have a glasses-free technology in five years at home and three years for
laptops. The limiting factor is going to be content. You can’t rely on a few films a year for this. It is going to have to be 3-D broadcast sports, scripted television, non-scripted television and reality television.

Five
It will always be a filmmaking center. Filmmakers from China and Japan and Germany come to Hollywood to have meetings with studio executives and to get money for their movies. It is a central switching station for global entertainment. Hollywood is also the place for filmmakers who want to make movies for a global market. China and Russia make films for their own markets, but I don’t see the likelihood of those places replacing Hollywood. India has a huge film industry that supplies hundreds of films a year, but it is very much about that market.

Six
If I’m alive. I will be 96, so I will be making films very, very slowly.
LESSON 4

ex. 2b

1. Theatre tends to be more, let me say, aristocratic while cinema is aimed mostly at mass audience. I doubt that any film will be around as long as a play written in the nineteenth century.

2. The major difference, though it sounds strange, is in the fact that cinema, as you probably meant to say, speaks to millions at the same time whereas a theatre performance to a few hundred. Cinemas will never have a problem with bringing in big business money.

3. There is a fundamental difference when we contrast theatre to cinema (and it has nothing to do with technical differences) – it is in the relationship of the actor to the audience.

4. Theatre also has a democratic element that cinema cannot have. Something is happening on stage in front of you and the audience has the possibility of showing their reaction, communicating their feelings. That makes each performance original.

5. The performance of emotion is the most difficult aspect of film acting: while the theatre actor can use enlarged gestures and loud voice to express emotion, the cinema actor must rely on tiny facial tics and lifts of the eyebrow to create a believable character.

6. Of course, more people go to the cinema just because it offers more visual entertainment through visual effects, whereas theatre offers more speech and real eye-contact.

7. Theatre is different from all other forms of visual presentation because it is live.
LESSON 6

ex. 3b

THE HISTORY OF THE NATIONAL ACADEMIC BOLSHOI OPERA AND BALLET THEATRE OF THE REPUBLIC OF BELARUS

The National Opera and Ballet Theatre was opened on May 25 1933 with the “Carmen”. But its history began in 1920s on the stage of the National Drama Theatre that had the opera and ballet troupe and a small symphonic orchestra. They staged musical-drama performances, parts of operas and ballets and played national music.

In 1920s the future stars of Belarusian opera and ballet were trained in Minsk, Vitebsk, Gomel technical schools. The National Studio of opera and ballet was founded in 1930. It was headed by a famous singer Anton Bonachich, who had worked with Shalyapin in Mariinsky Theatre, St Petersburg. Three years later the operas “Golden Cockerel”, “Carmen” and “Eugene Onegin” were staged.

The theatre building on the Trinity Hill was opened on 10 May, 1939 with the opera “Mihas Podgorny” by a Belarusian composer Eugene Tsikotsky. The new building was designed by a famous Belarusian architect Iosif Langbard. The first ballet performance on a new stage was “the Swan Lake”.

The young ballet group aspired to create a national ballet repertoire. The production of the first national ballet “Nightingale” (after Źmitrok Biadula’s book) in 1940 was a meaningful event for the theatre. The success of the theatre was based on a high-grade integration of classical and national Belarusian folk dance.

Classical ballets never leave the stage; they are an excellent school of mastery for the dancers of all generations.

During World War II (1941-1945) many actors of the theatre joined the Army or partisan movement. The theatre was evacuated to the Volga region. Actors formed front concert brigades to perform for the soldiers of the Soviet Army. When Minsk was liberated in 1944 the actors returned home. The theatre building damaged by bombs was reconstructed. A new season started with a premiere of an opera "Alesya" by Eugene Tikotsky.

The theatre was very popular with the public and often went on tour.

In 1940 the theatre was honoured with the title "Big", and in 1964 – "academic".
1950-s were marked by productions of ballet classics — "Esmeralda" by Caesar Puni, "Giselle" and "Corsair" by Adolf Adan, "La Bayadere" by Ludwig Minkus as well as all ballets by Tchaikovsky - "Swan Lake", "the Sleeping Beauty" and "Nutcracker". Since that time the repertoire has greatly enriched. The most famous operas staged in this theatre include Boris Godunov by Mussorgsky, Otello and Don Carlo by Verdi, The Tales of Hoffmann by Offenbach, Sadko and The Golden Cockerel by Rimsky-Korsakov.

The development of national tendencies in ballet are associated with the name of Eugene Glebov. Three ballets by this talented composer have been staged in the theatre: "Dream", "the Alpine ballad" and "the Chosen one".

The national operas created by Belarusian composers glorify the history of Belarus. Among them are "the Star Venus" and "New land" by Jury Semenjako, "Grey legend" by Dmitry Smolsky, "the Way of Life" by Henry Wagner, "Visit of the Lady" and "Anniversary" by Sergey Cortess, "The Wild Hunt of King Stah" by Vladimir Soltan, "the Master and Margarita" by Evgenie Glebov, and a number of others.

The theatre repertoire also includes international classics. "Nabukko", "Masquerade", "Aida", "Othello" by Juseppe Verdi, "Madam Butterfly", "Melancholy", "La Boheme" and "Turandot" by Dzhakomo Puccini. The Belarusian audience favour "Prince Igor" by Borodin, "Carmen" by Bizet, "Traviata" by Verdi and, certainly, "Eugene Onegin" by Tchaikovsky which is a smash hit.

The theatre building, which is a historical monument today, was renovated and reopened in 2009. It became even more magnificent with new sculptures around. The stage was slightly moved and audience space expanded. The latest lighting and motion equipment was installed and yet it looks very similar to the original design.

For the last 15 years the theatre troupe has performed in more than 30 countries of the world: from Portugal and Spain to Japan and China, from Norway and Great Britain to Turkey and Thailand. Everywhere the theatre was warmly greeted and found keen admirers.
When I look back at the museums I have enjoyed the most, I think about the places where I have been involved in an experience that cannot be replicated in a book, on a website, in a movie, or on TV. There I have been surrounded by the things that real people have used, and the power that arouses my imagination.

I have seen artifacts recovered from the Titanic, the space capsule that landed on the moon, and the original copy of the Constitution. I have been inside a slave cabin on a South Carolina plantation and in the cockpit of the World War II aircraft carrier.

I have stood in a one room schoolhouse, sat at a desk, rang the school bell.

I have seen terrific dresses worn by Jackie Kennedy.

I have looked at fabulous works of art -- Hudson River School landscapes, Frederick Remington sculptures.

I have seen the workshop where the Wright Brothers worked on bicycles, the house where Heinz ketchup was invented, and Thomas Edison's laboratory.

So you see, there is no substitute for the “real thing.” In an era of text-messaging, computer games, and virtual reality, we must ground ourselves with something that is REAL. Museums are in the unique position to provide these incredible experiences.
What is the best museum/art gallery in the world?

This was the question put on Facebook and Twitter. Unsurprisingly, the most popular tourist destinations in the world came out on top. Well, the top ten most popular museums are:

1. **The Louvre**

The Louvre may be the world’s greatest art museum – but many visitors to Paris avoid it. Discouraged by its size and richness, many people visit smaller galleries. And yet if you have at least some interest in the fruits of human civilisation throughout its history, you must visit it. The most famous works from antiquity include the Jewels of Rameses II, the Venus de Milo and many more. From the Renaissance, don’t miss the works by Michelangelo, Leonardo da Vinci, Raphael, Botticelli and others. You will find a lot more.

2. **The British Museum**

The British Museum was established in 1753. It was largely based on the collections of the physician and scientist Sir Hans Sloane. It is one of the world's greatest museums of human history and culture. Its permanent collection, numbering some eight million works, is amongst the finest, largest in existence, illustrating and documenting the story of human culture from its beginnings to the present. There are galleries devoted to Egypt, Western Asia, Greece, the Orient, Africa, Italy, the Romans, prehistoric and Roman Britain and medieval antiques.

3. **Musée d’Orsay**

Housed in the former railway station, on the left bank of the Seine, in Paris, Musée d’Orsay holds a spectacular collection of French Art, making it a must-see for any art lover. The museum displays France’s national collection of paintings and sculptures, furniture, and photography. It is probably best known for its extensive collection of impressionist and post-impressionist works which is the largest in the world. You can enjoy numerous paintings by Monet, Manet, Degas, Renoir, Cézanne, Seurat, Gauguin and Van Gogh.

4. **Museum of Modern Art (MoMA) New York**

MoMA is often identified as one of the largest and most influential museums of modern art in the world. It includes works of architecture and design, drawing, painting, sculpture, photography, prints, illustrated books, film, and electronic media.

The MoMA Library includes approximately 300,000 books and catalogs, over 1,000 periodical titles, and over 40,000 files about individual artists and groups. The archives holds primary source material related to the history of modern and contemporary art.
Most of the big hitters – Matisse, Picasso, Cezanne, Rothko, Pollock – are housed in the central five-storey atrium. The sculpture garden is a joy to sit in.

5. **Metropolitan Museum of Art**

The **Metropolitan Museum of Art**, colloquially "the Met," is located in [New York City](/search?q=New+York+City) and is the largest art museum in the United States. Its permanent collection contains over two million works. The permanent collection consists of works of art from [classical antiquity](/search?q=classical+antiquity) and [ancient Egypt](/search?q=ancient+Egypt), paintings and sculptures from nearly all the [European](/search?q=European) masters, and an extensive collection of [American](/search?q=American) and [modern](/search?q=modern) art. The museum is home to encyclopedic collections of [musical instruments](/search?q=musical+instruments), costumes and accessories, as well as antique [weapons](/search?q=weapons) and [armor](/search?q=armor) from around the world.

The Metropolitan Museum of Art was founded in 1870 to bring art and art education to the American people.

6. **Galleria degli Uffizi**

Galleria degli Uffizi, home to the Medici family’s private collection, was passed to Florence in 1743 by the last of the family, Anna Maria Ludovica, on condition that it would never leave the city. Galleria is housed inside the vast U-shaped Palazzo degli Uffizi. Its sheer size impresses the visitors. Don’t dream of viewing the 50-plus rooms and 1555 works of art properly in one visit. Decide which artists or periods of art interest you most. In high season (particularly in July), waiting times can be up to five hours. Visitors who reserve a ticket in advance have a much shorter wait.

7. **Museo del Prado**

**Museo del Prado** is one of the best and most important art galleries in the world. It’s an artistic feast that is many visitors’ main reason for visiting Madrid. It was converted from a natural history museum to a gallery of Spanish art in 1819. Its collection is based on the former Spanish Royal Collection and hosts over 8,000 drawings, 7,000 paintings, 4,800 prints, and numerous historic documents dating from the 12th century to the early 20th century. Some of the highlights of the collection are the works by [Francisco Goya](/search?q=Francisco+Goya), [Hieronymus Bosch](/search?q=Hieronymus+Bosch), [El Greco](/search?q=El+Greco), [Peter Paul Rubens](/search?q=Peter+Paul+Rubens), [Titian](/search?q=Titian), and [Diego Velázquez](/search?q=Diego+Velázquez). Spend as long as you can at the Prado or, better still, plan to make a couple of visits because it can all be a little too much if you try to take it all at once.

8. **Vatican museums**

Vatican museums in [Rome](/search?q=Rome), inside the [Vatican City](/search?q=Vatican+City), display works from the incredible collection built up by the [Roman Catholic Church](/search?q=Roman+Catholic+Church) throughout the centuries, including some of the most renowned classical sculptures and outstanding works of Renaissance art. The museums are huge and you’ll never manage to see everything in one go – you’d need several
hours just for the highlights. Each starts at the domed Quattro Cancelli area, near the entrance, and finishes at the Sistine Chapel, where Michelangelo's famous ceiling frescos are found.

9. Smithsonian museums

The Smithsonian museums are the most widely visible part of the United States' Smithsonian Institution. It is a museum and research complex of 19 museums and galleries and the National Zoological Park, as well as research facilities. Seventeen of these collections are located in Washington D.C. Among them you can find National Air and Space Museum, National Museum of African American History and Culture, National Museum of American History, National Museum of the American Indian, National Museum of Natural History, National Portrait Gallery, National Postal Museum Design Museum. There you can explore the wonders of the world.

Smithsonian Institution is open to the public without any pay. The institution has collections of 156 million artworks, specimens, and artifacts. The National Museum of Natural History alone has 145 million of these artifacts and specimens.

If you are interested in photographs of famous people go to the Portrait Gallery. It’s permanent collection contains more than 4000 images of known faces from all walks and eras of life. The presidential portraits are particularly notable. Look for Gilbert Stuart’s famous portrait of George Washington and a carefree bust of a first-term Bill Clinton. The sports and performing arts, paintings and photographs are also fascinating.

10. Tate Modern

The museum opened at this location in May 2000 and has become a popular tourist attraction thanks to its eclectic collection of modern art. Also, entrance to many of the collections and exhibits at Tate Modern is free, which adds to its popularity.

On the first floor, Turbine Hall, guests will find specially commissioned works that change from year to year. On the next level, a small exhibition space profiles changing works of contemporary artists, both regional and international.

On level 3, galleries include Abstraction, Expressionism, and Abstract Expressionism, and guests will view masterpieces by such artists as Matisse and Monet, just to name a few.

Level 4 houses temporary exhibits while level 5 focuses on Cubism, Futurism, Pop Art, Minimalism, Constructivism, and Conceptual Art. Artists displayed here might include Andy Warhol, Pablo Picasso, and Roy Lichtenstein.

Outside, you can hop aboard the Tate Boat and make the twenty minute trip to Tate Modern's sister museum, Tate Britain, which has the world's largest collection of British art.
"I cannot go to school today,"
Said little Peggy Ann McKay.
"I have the measles and the mumps,
A gash, a rash and purple bumps.
My mouth is wet, my throat is dry,
I'm going blind in my right eye.
My tonsils are as big as rocks,
I've counted sixteen chicken pox
And there's one more--that's seventeen,
And don't you think my face looks green?
My leg is cut--my eyes are blue--
It might be instamatic flu.
I cough and sneeze and gasp and choke,
I'm sure that my left leg is broke--
My hip hurts when I move my chin,
My belly button's caving in,
My back is wrenched, my ankle's sprained,
My 'pendix pains each time it rains.
My nose is cold, my toes are numb.
I have a sliver in my thumb.
My neck is stiff, my voice is weak,
I hardly whisper when I speak.
My tongue is filling up my mouth,
I think my hair is falling out.
My elbow's bent, my spine ain't straight,
My temperature is one-o-eight.
My brain is shrunk, I cannot hear,
There is a hole inside my ear.
I have a hangnail, and my heart is--what?
What's that? What's that you say?
You say today is...Saturday?
G'bye, I'm going out to play!"
I'm John Doe. I'm a journalist with an important magazine. The other day I saw a white-haired man sitting in front of his house. I could see the wrinkles in his face and neck, and his wrinkled hands. Articles on the secrets of living to an old age are always popular with our readers so I decided to ask him some questions to discover the secret of his long life.

JOHN: Is it all right, Sir, if I talk with you for just a moment?

MAN: Sure. I'll be delighted! It's so boring to sit here even for a short time. Until not very long ago I lived a full and active life without a moment's rest.

JOHN: Well, I say, that a lot of activity helps one to live a long time.

MAN: That's true, very true. I still feel very well, though I walk more slowly now.

JOHN: Is it all right if I smoked a cigarette?

MAN: Sure, go ahead.

JOHN: I'd offer you one, but I suppose you probably don't smoke, or drink...

MAN: On the contrary! I've always smoked my head off. Until a little while ago I went dancing every night. As for alcoholic drinks...

JOHN: You mean to say that you've done all these things all your life?

MAN: Of course. Why does that surprise you so much?

JOHN: I've always been told that doing those things is bad for the health.

MAN: Ridiculous!

JOHN: I suppose that you have another secret - a lot of fruit, vegetables, a lot of exercise in the fresh air.

MAN: Don't be silly! I hate exercise in the fresh air. I don't like any kind of vegetables.

JOHN: This is unbelievable!

MAN: What do you mean, unbelievable? What are you talking about?

JOHN: It's just that I can't understand how you've been able to live like that and to have lasted so long. Tell me, how old are you?

MAN: Me? I'm twenty-seven. Why?