**Лексические темы.**

1.Друзья в твоей жизни. Описание внешности, характера

2.Семья и семейные проблемы.

3.Домашние обязанности.

4.Проблемы подростков.

5.Молодежные группы. Молодёжные движения. Субкультура.

6.Мой колледж.

7.От чего зависит успех. Деньги в жизни людей.

8.Здоровый образ жизни.

9.Дом. Квартира.

10.Хобби. Увлечения.

11.Спорт в жизни людей.

12.. Экстремальные виды спорта.

13.Здоровое питание. Отношение к диетам.

14.Преимущества жизни в городе.

15.Виды транспорта. Транспортные проблемы.

16.Книги. Творчество знаменитых писателей.

17.Роль музыки в жизни человека. Условные предложения 2 типа.

18.Театр. Кино.

19.Газеты, телевидение, радио.

20.Преимущества и недостатки интернета.

**Содержаниетем.**

**1. Friends and Friendship.**

Friendship plays a very important role in our life. People usually make friends when they go to the same school, work together, or live nearby. It’s difficult to explain how two quite different persons make friends. You can have a lot of acquaintances but only a few true friends. It depends on many things. Among them are age, social status, mutual interests and sometimes personal qualities. It is easier to make friends with people who are much alike you, though sometimes these factors are of no importance.

Most of my friends are my former classmates but my best friend isNick. He is19.He is a student of a college. He is a good student because he studies hard and is very diligent. He wants to become a good specialist and he is especially interested in computers.

Now I want to tell you a few words about his appearance. He is rather tall and strong. He has an oval face, straightnose, dark-brown hair , blue eyes and a nice smile. He wears spectacles. People find him good-looking.

Nick goes in for sports. He plays football and basketball. He is also good at playing tennis. He’s got a very good ear for music. He likes jazz and plays the piano very well.

We made friends with Nick when he and his family moved to our house. We have very much in common: we like the same music, we both like reading. In general my friend is a very interesting person: he is intelligent and well-read.

We spend a lot of time together. We often watch video or listen to music. Sometimes we go to the cinema or to the theatre, or walk around the center of Moscow, visiting small cafes,museums,art galleries,shops.We talk for hours about all sorts of things(politics,teachers,sport and different trifles).We discuss films, television programs, books.

Nick is a nice guy.He is very honest and just, understanding and kind. I trust him a lot and I am sure I can rely on him in any situation. He is very responsible.-he finishes whatever he starts. He’s got only one shortcoming-he is a bit stubborn. Nevertheless, he is pleasant to deal with.Nick has a great sense of humor.

I never quarrel with Nick. But if there is some misunderstanding between us we try to make peace as soon as possible. What I like best about him is that he is always willing to help and share his knowledge, thoughts and feelings. I respect him for his fairness, strong will, intellect and modesty.

Without him I would feel lonely and uncomfortable. Our friendship helps me to feel strong and sure of myself.

**2. Family and Family problems.**

A family is an essential part of our society and I think everyone wants to have a happy family. A family is a little world. According to researches, households of three or even four generations will become typical.

Firstly, a family has things shared together like dreams, hopes and possessions. I thinkit’sgreat.

I think that having a good family is very important in our life because it is like a friendly port for us. We need a family for comfort and protection. When I have some problems I ‘m sure I can always rely on the help of my family. Secondly, a family is a place where they respect dwellers. Some people say that privacy is impossible in an extended family. But in my opinion, trust is more important for a happy family than any other feature.

As a rule, there are a lot of problems in an extended family, especially between brothers and sisters. For example, they don’t always want to share the room or other stuff. Sometimes they can be jealous or envious. Besides, there are a lot of problems and conflicts that appear between teenagers and their parents because they don’t understand each other. Generation gap will always exist not only because teenagers and their parents enjoy listening to different kinds of music. A lot of things are different: tastes, manners, behavior and things like that.

There are six of us in the family. I’ve got a mother, a father, a sister, a brother and a grandmother. My mother is a teacher of biology. She works in a college. She likes her profession.

My father is a computer programmer. He is very experienced. He is forty-six. My father often sings and when we are at home and have some free time, I play the guitar and we sing together.

My parents are hard-working people. My mother keeps house and takes care of me and my father. She is very good at cooking and she is clever with her hands. She is very practical. My father and I try to help her with the housework. I wash the dishes, go shopping and tidy our flat.

My parents have been married for twenty-six years. They have much in common, but they have different views on music, books and films. For example, my father likes horror films and my mother likes ‘soap operas’. My father is fond of tennis. My mother isn’t interested in sports. But my parents have the same opinion about my education and upbringing.

My grandmother is a pensioner. She lives with us and helps to run the house. She is fond of knitting.

My sister Helen is twenty-five. She is married and has a family of her own. She works as an accountant for a small business company. Her husband is a scientist. They’ve got twins: a daughter and a son. They go to a nursery school.

My brother Boris is eleven. He is a schoolboy. He wants to become a doctor but he is not sure yet.

We’ve got a lot of relatives. We are deeply attached to each other and we get on very well.

**3. Household Chores.**

Any family is in charge of the welfare, comfort, health, success in work and good relations.

Generally, there are stereotypical responsibilities of the husband, the wife, and the children. They say, the wife’s responsibilities are, basically, to do everything. The typical role of husband is that he goes out to work and earns money for the family. Maybe, at the weekend he cleans his car and does more technical things around the house. Sometimes, it depends on the country. Lots of people in Britain are really into DIY, that’s do it yourself, and they try to make furniture, put their own bathroom walls themselves, etc.

In many countries now it is more accepted that a woman can have a family and a carrier, whereas before it was seen as something shocking, and men were outraged that their children would be left with strangers, and thought it was the wife’s duty to bring them up. I think that‘s all changed now. I think, household chores should be shared by both of the parents. I strongly believe that the care and early education of children shouldn’t fall only into the hands of the mother, but the father should also take an active part.

I think that children should be given as much responsibility about the house as possible. I don’t think that parents should do everything for them especially if they can do certain things by themselves. It’s very good for a child to learn to be able to take care of himself and his possessions from the very early age.Besides,I am sure that everybody in the family should do their fair share, includingchildren. They can do such household chores as cleaning, taking out rubbish, watering the flowers and everyday shopping.

In our family I do a lot of things, because my parents usually work. I do most of the washing up, tidy my room and make my bed. I often go shopping. Cleaning the room is probably the best one, and the worst I think is cleaning the bath, because it kills your back. My father and I try to help my mother to do the chores. Everyone in the family is responsible for cleaning and repairing things when they have free time.

In a loving family every person ought to do the chores. That is the way I see it.

**4. The Problems Of Teenagers.**

The life of a teenager can be complicated sometimes. It is a difficult age and there are many problems on the way of becoming adults. For example, the choice of free-time activities, parent-child misunderstanding, the choice of future profession, dealing with the first love and so on.

All teenagers have their own views on their life and future. They often stay alone with their thoughts because nobody seems to understand them. In this situation it’s better to talk to someone who is more experienced in life matters.

One of the most common problems is the misunderstanding between teens and their parents. It has always been a problem but each generation becomes more difficult than the previous. During the teen years children often try to gain independence from their parents. They may push limits, break rules and overstep boundaries. Teenagers want to decide on their own what music to listen, what clothes to wear, who to make friends with etc. Sometimes their choice doesn’t satisfy their parents’ expectations. There are many different sources of conflict between teenagers and their parents such as dishonesty, messy room, grades at school, wrong friends etc.

The problem of drug is also actual at this age. Many teenagers suffer from drug addiction. It often leads to health problems and serious consequences. Other issues include smoking and drinking alcohol.

Very often teenagers have low self-esteem; many of them are not satisfied with their appearance. Another problem is communication: sometimes they have to deal with rudeness and intolerance of their peers.

A lot of teenagers are afraid of loneliness. They want other people to appreciate them. That is why young people tend to join some groups or copy particular models of behavior.

Teenagers often meet their first love. It is a wonderful time for them and one of the best stages of life. This event stays in one’s memory forever. Unfortunately, the first love can have unhappy memories and unhappy endings.

Clearly there are a lot of problems in teenagers’ lives. However, there are some wonderful moments that can happen only when you are young. So, it’s better to enjoy the time!

**5. Youth Movements and Subcultures.**

A lot of teenagers joindifferent groups and movements. Why? Perhaps it is the lack of any other way to express themselves that attracts young people to different subcultures. Maybe they protest against their parents or rebel against the older generation. In my opinion, the main reason of joining the group is the ability to show your solidarity with like-minded friends. There are a lot of different subcultures nowadays, so young people can find a group or a movement that will suit their interests.

A subculture is any group with a distinct style and identity. There are a lot of subcultures with their own beliefs,values,fashion and favorite music which are popular with teenagers nowadays.

Among them are Emo, Straight Edge, Punk, Goth, Hip-Hop subcultures and others. One of the most recent subcultures is Cyber. Science –fiction inspired fashion and an interest in electronic dance-music are two areas that define the Cyber subculture.Cybers also tend to have a general interest in new and future technology and an optimistic view of its influence on society.

Some people think that all subcultures are awful .Of course we must admitthat not all groups are peaceful. Some of them are rather rebellious. Sadly, they are prepared to physically hurt people in an attemptto get their message across. For example, punks are opposed to the values, norms and materialism in the society. They express it in loud and violent music, strange clothing and hair of unusual colours.What’s more, many of teenage subcultures are associated with drugs and violence. However, a lot of teens think about changing the world to the best, for example, hippies. Today hippies are more socially active. They set up environmental groups and join charity projects.

I would like to join some group of Goths because I approve of their lifestyle. Goths see the world as a dark place and like it that way. I completely agree with them because our life is very difficult. Goths make a statement with their fashion as well as with their philosophy. With startling white make-up, black or purple hair, black lipstick and fingernails, these people certainly stand out of the crowd. I also like black colours, so I think it is an ideal subculture for me.Of course, when I join the group, I will have to obey certain rules, but on the other hand belonging to a group will help me to express my individuality.

**6. MyСollege.**

Education is very important in the modern world, which is full of technological advances. There is no doubt that without education you won’t be able to find an interesting and highly-paid job because every company needs well-qualified employees. While studying you can get necessary knowledge for your future profession. Besides you can make lots of new friends. College life is very interesting. Anyway, you have to get down to some hard work if you want to achieve your aims.

Now let me tell you about my College of Technical Communication number 54. I am really glad that I study here. It is one of the finest country’s educational institutions. It gives a solid background in all spheres of knowledge and prepares for practical work.

Our College is quite large. It was founded in …It is a large school where more than…students are currently enrolled. All of them are full-time students. There are also about…graduate students.

The course of study in my College lasts from 3 to 4 years. The academic year is divided into two terms. At the end of each term students pass examinations and credit tests. For an exam you get a mark. We have holidays twice a year: two weeks in January and two months in summer.

There are many faculties in my college. I study in the… faculty. Our College has several buildings in Moscow with up-to date equipment, and students can carry out lab work and various experiments there. Many students from my group do their own research work. After finishing college many of them continue their education.

Our college is connected with a number of institutes and universities, for example ……When we graduate we can enter a university without taking entrance exams. The graduates of our college work successfully in many companies and offices of the country such as……

If you work regularly, attend all the lectures and seminars, and get good marks, you will be given a scholarship. If you are at the top of the group and take part in social activities, your scholarship will be higher.

The classes in the college begin at 9 o’clock and we have 3 or 4 lessons a day. Each lesson lasts 90 minutes, between lessons we have 15minutes breaks when we can relax, talk with friends or have lunch.

 My college is not only a place of education. It is a place where we develop our relationship. At college we can enjoy different cultural activities and show our individual talents. Everyone has an opportunity to join a club or to take part in different contests. I can say that social life is of great importance for students, and in our college it is organized very well. Students always have a lot of parties, competitions and excursions.

**7. SuccessAndMoney In the Life Of People.**

Текст 1.

Does one's success depend on the amount of money a person earns? This question has always worried people and the answer to it is not simple.

In my opinion, being rich does not necessarily mean that you are successful. First of all, if you only work for money, you will not get satisfaction from your job. What is more, while making your fortune, you may not have enough time for your family so you are bound to have problems in family relationship. Finally, lots of money can worsen your character because rich people are often greedy and arrogant so you are unlikely to have any true friends.

Unfortunately, most people view success in terms of money. They believe money will bring happiness because they will be able to buy luxurious things, travel around the world and realize their dreams. However, there are a lot of millionaires with personal problems and they are often very unhappy. You can buy houses and cars but money will not help you to buy love, friendship and good health, which are the most valuable things in life. What is more, being wealthy is often a powerful predictor that people spend less time doing pleasurable things and therefore feel stressed.

In conclusion, I would argue that being rich is not the only way of being successful in life. From my point of view, it is more important to have an interesting job, good friends and a happy family. Other people make you happy, not money!

Текст 2.

No doubt that everybody wants to earn as much as possible so as to be able to do whatever they want. However, a lot of young people are afraid of being rich. Why?

As for me, I do not see any drawbacks in being rich. On the contrary, with lots of money you can get a prestigious education, travel around the world and support your family. Besides, if you have a large income, people think you are very successful and re­spect you more. Finally, being rich means you can help poor peo­ple. For instance, if I had a lot of money, I would give some to cancer research or donate to charities.

Many teenagers are afraid of becoming rich because they think someone will rob or even kill them. Moreover, they con­sider rich people to be criminals who have made a fortune by committing crimes. However, this is not true at all. There are many millionaires who are absolutely honest, for example, Bill Gates. He has taken a tiny software company and turned it into, a multi-billion dollar powerhouse. Now Bill Gates is one of the wealthiest people on the planet and yet he is a noted philanthro­pist who has donated a lot of money to non-profit educational organizations.

In conclusion, 1 want to say that money is power, and having money means having the power to make positive changes. Person­ally, I would like to be a millionaire so as to be able to help people who are in need.

**8. Healthy Way Of Life**.

We often hear a statement that the health of modern teenagers is much worse than their counterparts who lived 50 years ago. But is it really so?

 In my opinion, nowadays young people are not as healthy as they used to be. To begin with, young people today eat lots of genetically modified food, which is definitely harmful. Besides, modern teenagers often smoke, drink alcohol and take drugs which leads to serious deseases.What is more, lots of teenagers are addicted to computers or watch TV all day long instead of walking and doing sports. As a result, many young people are overweight and suffer from heart diseases.

 However, many people ignore these facts claiming that teenagers’ health is steadily improving due to modern health care and better nutrition. Of course, young people do not die today of such diseases as pneumonia and tuberculosis but their health is definitely getting worse because they breathe polluted air, drink polluted water and eat food with different harmful additives. Additionally, teenagers usually ignore their parents’ advice to eat healthy food and eat what they want or even skip meals. What is more, we must admit that today we are threatened by such incurable diseases as AIDS or hepatitis.

 I think that our society should pay more attention to the health of younger generation because they are the basis of our future development. I strongly believe that teenagers should be actively involved in various health projects.

People nowadays are more self-conscious than they used to be. They understand that good health is above wealth. To be healthy we should avoid different bad habits (smoking, drinking etc.) that can cause a number of heart and lung diseases and shorten our lives dramatically.

 To my mind, the only way to stay healthy and to keep fit is going in for sports. To be healthy, it is also very important to spend a lot of time in the open air.

Personally I believe that regularity in life promotes our health. Sleeping eight or nine hours, getting up early, regular meals, a healthy diet is also a good way to live happily.

**9. My Flat.**

We have a nice flat in the centre of Saint-Petersburg within easy reach of shops and metro stations. It is in an old four-storey building. As there are not so many storeys in it we don't need an elevator. There is a big park within a five-minute walk from our block of flats and it is very pleasant to walk there with a company of friends.
Our flat is on the ground floor. It is very comfortable and well planned. There are all modern conveniences such as central heating, gas, electricity, cold and hot running water and a rubbish chute.
Our flat is very cozy. There are three rooms in our flat: a living room and two bedrooms. Besides, there is a kitchen, a toilet, a bathroom and a hall. We don't have a balcony because our flat is on the ground floor.
The living-room is the largest and most comfortable room in the flat. It is a large square room with a broad window overlooking the park. There are beautiful brown curtains on it and our living-room is usually full of sunshine. The floor is covered with wall-to-wall carpeting so I can watch TV or do my homework sitting on the floor. Opposite the window there is a wall unit with lots of books, a TV-set and a video. To the right of the door there is a big round table with five chairs. Opposite the table there is a sofa and two comfortable armchairs. We like this room best of all, in the evenings we gather there to have tea or coffee, watch TV, read a newspaper, talk to each other and rest.
Our kitchen is small but very well equipped. We have a great variety of electric appliances of any kind: a gas-stove with an electric oven, a microwave oven, a dish-washing machine, and a refrigerator. To the left of the door there is a square table where we usually have meals. Opposite the table there is a cupboard, where we keep spoons, forks, knives, saucepans, frying pans and plates. The floor of the kitchen is covered with linoleum because it is the most convenient variant for the kitchen. Sometimes I invite my friends and we sit in the kitchen drinking tea and talking for hours.
The bathroom is next to the kitchen. We have hot and cold water in the tap, a shower and a bath. There is also a washing-machine opposite the bath. The walls of the bathroom are faced with green Dutch tiles.
My room is the smallest one but I like it very much. First of all, because it is my own room and secondly, because it is very cozy and light. I furnished it myself. There is a writing table at the window, where I would do my homework every day. To the left of the door there is wardrobe for my clothes and shoes. In the left-hand corner there is my bed with a bedside table at its head. Near the writing table there is a computer table with my computer on it. There is a thick carpet on the floor and I like to read books sitting on it. On the walls there are some posters of my favourite musicians, photos and water-colours. Generally I'm pleased with my room but from time to time I change it round. Sometimes I like to stay alone in my room, especially when I'm in a bad mood.

In conclusion I'd like to say that we try our best to make our flat tidy and comfortable.

**10. Hobbies.**

Hobbies differ like tastes. If you have chosen a hobby according to your character and taste - you are lucky because your life becomes more interesting.

Hobbies are divided into four large classes: doing things, making things, collecting things, and learning things.

The most popular of all hobby groups is doing things. It includes a wide variety of activities, everything from gardening to traveling and from chess to volleyball.

Gardening is one of the oldest man’s hobbies. It’s a well-known fact that the English are very fond of gardening and growing flowers, especially roses.

Both grown-ups and children are found of playing different computer games.

Making thing includes drawing, painting, making sculpture, designing costumes, handicrafts. Two of the most famous hobby painters were President Eisenhower and Sir Winston Churchill. Some hobbyists write music or play musical instruments. President Bill Clinton, for example, plays saxophone.

Almost everyone collects something at some period in his life: stamps, coins, matchboxes, books, records, postcards, toys, watches and other things. Some collections have no real value. Others become so large and so valuable that they are housed in museums and art galleries. Many world-famous collections started in a small way with one or two items. People with a good deal of money often collect paintings, rare books and other art objects. Often such private collections are given to museums, libraries and public galleries so that others might take pleasure in seeing them.

No matter what kind of hobby a person has, he always has the opportunity of learning from it. By reading about the things he is interested in, he is adding to what he knows. Learning things can be the most exciting aspect of a hobby.

As for me, I prefer active hobbies. Sailing, for example.Thereis a good sailing club in our town. It’s a very exciting and challenging hobby. Though it is sometimes rather dangerous and requires a lot training it’s a good way to keep fit and to stay healthy.

 I am also fond of photography. My parents gave me a good camera for my birthday.It’s digital so there’s no need to develop a film and print our photos. We can watch them on my computer, choose the best ones and print them on my printer. Sometimes we publish our photos in different magazines. From time to time I take part in various exhibitions.

**11. SportsIn the Life Of People.**

Sport is one of those things that makes our lives really worth living. In one way or another, everyone is involved in sports, whether they play or watch it. Although a lot of people seem to be interested in sports, not all of them consider it useful.

On the one hand, we must admit that sport takes a lot of energy and time and it can be really exhausting. Sportsmen train all day long and have to follow a diet, which does more harm than good. Besides, some sports such as snowboarding or rock climbing can be rather dangerous. As a result, people often have serious injuries. Moreover, sport makes you unhappy when you lose, which can lead to psychological problems.

On the other hand, sport helps us to keep fit and to stay healthy. Among the benefits of regular exercise are a healthier heart, weight control and less susceptibility to illnesses. In addition, sport helps us to overcome difficulties and give a chance to acquire self-confidence. What is more, sport makes us more organized and better disciplined in our daily activities. It is also a good way to spend free time and to make friends.

 To sum up, I would argue that sport is very important for people’s health. However, it is not necessary to become a professional sportsman. If you go in for sports just for pleasure, to stay in good health or to relax, then I am sure sport is definitely useful. Besides, it’s a god way to spend your free time and to make new friends.

 As for me, I enjoy different sports such as tennis, volleyball or skiing but best of all I love swimming because it is a vey good exercise for the whole body.Swiiming helps me to work off my excess weight and extra energy. Swimming is an inexpensive and simple sport. You do not need any complicated equipment. You just need a swimming costume or trunks, perhaps, a cap. You can swim in the sea or a river or you can go to a special swimming pool.

 No doubt, it’s impossible to try all existing kinds of sports. That’s why I also like to watch sports programmes on TV. Sometimes I go to the stadium with my family or friends to support my favouirite teams and sportsmen. But certainly watching sports events and going in for sports are two different teams.

**12. Extreme Sports.**

 There’s no doubt that extreme sports are becoming more and more popular nowadays.Nevetheless, these sports are considered rather dangerous and it is quite difficult to understand why people put their lives at risk.

 As for me, I can understand people who are addicted to risky sports, First off all, they try extreme sports for the thrill and excitement. They just want a new experience and new emotions. Besides, risky sports enable people to conquer fears and to satisfy curiosity. Finally, young people are likely to take risks because they want to look daring and outrageous.

 However, parents are often against extreme sports because of the possibility of injury. They are also afraid that young people will become addicted to taking risks. As a matter of fact, many extreme sports are even less dangerous than traditional ones. Improvements in equipment allow the reduction in risk and if you do not take things to the edge, extreme sports are rather safe. In addition, risky sports help people to relax and to find new friends who share the same passion. In my opinion, it is much better than drug addiction.

 There are a lot of extreme sports in the world. I want to tell you a few words about some of them. Kite Surfing is rather popular nowadays. In this kind of sport sportsmen surf on a surfboard attached to a power kite that can take them into the air.Kitesurfers have to learn to control both the surfboard and the kite at the same time, and to performtricks and turns while in the air. The second not less popular is Freestyle motor cross when people perform stunts on special light, powerful, off-road bikes. Using ramps, riders can jump over obstacles up to 35 meters. While ‘flying’ on a bike they perform special moves such as the ‘whip’ (turning the bike sideways in the air), the ‘superman’ kicking their legs out behind them and flying parallel to the bike) and the ‘cliff hanger’ (fixing their feet under the handlebars and releasing their hands).Base Jumping is very risky but also loved by many. Base jumpers jump off tall structures (BASE=buildings, antennae, bridges),and land with a parachute. To begin base jumping you have to already be a competent skydiver, with experience of 150 parachute jumps. Base jumping has a controversial reputation. Jumpers have a 95% chance of ending up in hospital at some point in their carrier. The sport is even illegal in some countries, including the USA.

To sum up, I strongly believe that extreme sports are as beneficial as traditional kinds. They offer the opportunity to find out where you limits lie. Personally, I am not a risk taker but I respect people who go to extremes.

**13. Healthy Eating. Diets.**

In my opinion, it’s very important to eat healthy food because food is the main source of energy for our body. Not all kinds of food are equally useful and junk food can even do harm to your health.

 In recent years habits have changed because people are now more health-conscious as they used to be. The fashion for healthy food is growing all the time. People are encouraged to eat less fat and more fibre.Highfibre foods and low fat foods can now be found in all shops and supermarkets. Moreover, now we have an opportunity to eat healthy dishes from international cuisine. Dishes from China, for instance, use very little oil and are much healthier than the usual way of frying. Another example is spicy foods from India, which clean out the body’s system and help fight illnesses.

Nowadays people think they are too fat even if their doctors disagree. They think the best way to improve their fitness is following a diet. But is dieting really so effective and healthy?

On the one hand, if you want to lose weight it is very important to keep your eye on what youeat. To begin with, you should cut out snacks and desserts, which add weight without boostingenergy levels. Besides, you ought to cut down on fat as it is believed to be one of the major causes of obesity. Finally, you may count the number of calories you eat every day, which may substantially reduce the amount of food you eat and help to lose weight.

On the other hand, strict dieting may be dangerous. Firstly, the lower the calories eaten perday, the harder it is to get the daily requirements of proteins and vitamins. In addition, excessive dieting causes muscle loss and this loss may be from your heart with severe consequences. Moreover, dieting lowers your metabolic rate, so when you return to your normal food intake, you will put on weight even faster than before.

To conclude, I believe that to stay healthy everybody should follow a sensible, well-balanceddiet that gives their body exactly what it needs. However, I think the best way of keeping fit is doing sports. If you do regular exercise, you can eat and drink whatever you want because you are burning it all off.

**14. Living In a Big City.**

Nowadays lots of young people tend to move to cities insearch of better life. On the contrary, many adults consider sucha lifestyle quite dangerous for their children. Who is right? Is thelife in the city really as harmful as it may seem?

On the one hand, city life has lots of advantages. For example,it is often easier to get prestigious education and to find a well-paid job. Besides, there is a wider choice of shops, sports facilities and health centres. What is more, if you live in the city, you can eat in good restaurants, visit museums, and go to theatres or con­certs. All in all, city lifestyle is full of variety so you will never feel bored.

On the other hand, we must admit that city life is rather un­safe as there is a lot of crime and violence. What is more, transport and industry are the main reasons for all kinds of pollution there­fore city dwellers often have more problems with their health. Last of all, young people living in cities are likely to acquire such bad habits as smoking, drinking alcohol or even taking drugs.

In conclusion, I think that city life has its pros and cons. However, if we try and solve the problems of crime and pollution, then living in the city will be really enjoyable.

As for me, I would prefer to live in the city because I am keen on visiting theatres and don't mind noise and pollution. Besides, my city offers me good opportunities to continue my education and I hope to find an interesting job in the future. However, I enjoy the peace and fresh air of the country side and in summer I usually go to my country house where I have a good time with my friends.

**15. Transport Problems.**

There is no doubt that the invention of the car changed the world and nowadays we can hardly find a family without a car. Nevertheless, some people are against cars, especially in the centers of big cities.

In my opinion, cars should not be allowed into the city centers as they add to pollution and poison the air we breathe. We must also think about the people who live in the center and suffer from the noise made by cars. Moreover, the streets in the center are usually narrow therefore people are often stuck in traffic for many hours and, as a result, arrive late at their destination.

Finally, with no cars in city centers, there would be no need for large ugly car parks, which would allow more space for recreation.

However, many people believe we would not be able to survive without cars.First of all, cars are the best way of travelling because you needn’t buy tickets and you can stop wherever you like. Besides, public transport is often overloaded. It is even more difficult to use public transport if you have children with you or heavy goods to carry. Moreover, most of the products for shops and other businesses are transported by cars.

I am sure it is possible to solve these problems by introducing a reliable high frequency tram service as well as developing the underground. As for goods, we could use electric vehicles for their delivery.

To sum up, I would argue that although cars have certain disadvantages people wouldn’t be able to survive without them. However, I believe that we should improve cars to lower their harmful influence on people’s health. More than that, I believe that a clean reliable environmentally friendly public service would encourage people to use public transport and help smooth the transition to a car free zone.

**16. Books In Our Life.My Favourite Writer**.

 I am sure that reading is an essential part of our lives. Only in books you can find the answers to all your questions. Books can tell us a lot about the modern world and ancient times. Besides, they help us to explore new ideas and expand our outlook. I completely agree that reading is to the mind is what exercise is to the body. What is more, books teach us to be kind and honest. While reading we learn how to solve our problems and to make people happy. Finally, I think that reading is the perfect way to spend free time and not to feel bored.

 There are a lot of different kinds of books in the world, for example, thrillers, historical novels, sciencefiction, adventure books and others. Most of them are with us during all our lives. Teens all over the world like to read about adventures because they enjoy characters whogo through dangers to complete their mission. Boys are also fond of thrillers and detective stories because they have interesting story lines and unusual endings. As for girls, they prefer romances, historical novels and poetry because they like reading about love.

Encyclopedias, reference books and dictionaries help pupils to do well at school.

 Some people argue that we won’t read printed books in the future. We would watch books or read books on-line. Yet I don’t believethat computers will replace printed books, becauseprinted books have certain advantages over electronic media. First of all, they are cheaper and easier to use. Secondly, printed books don’t need electricity and you can take books with you wherever you like. Whatis more, a printed book is better for human eyes than a computer screen. So I think that printed books will coexist with computers and will always be a part of human culture.

My Favourite Writer.

I love reading English classical literature. But I am especially fond of English detective and adventure stories. I like Agatha Christies books but myfavorite author is Arthur Conan Doyle. I like him because his fiction is very realistic and helps me to develop thinking and knowledgeof people. Arthur Conan Doyle was born in Scotland in the family of Irish. He was a doctor. In 1882 he moved from Scotland to England to set up a medical practice. His medical knowledge was of great help to him in his detective stories.

Conan Doyle was one of the first writers who started the fashion of detective story. Today the fashion goes on with the stories of other writers.

Conan Doyle created his famous character, Sherlock Holmes, in 1885.Six years later, when Conan Doyle wrote some stories about his detective, the name of Sherlock Holmes made him famous all over the world.

**17.МusicIn the Life Of People.**

People all over the world are fond of music. They listen to music, they dance to music, and they learn to play musical instruments. People enjoy music because it reflects their moods and emotions. Music appeals to our hearts and transforms our feelings. It conquers our souls and enriches our minds. Music is beauty in sounds; it’s our magic source of inspiration. Besides, listening to music is the perfect way to relax after a hard day and not to feel bored.That’why you can hardly find a person who doesn’t like or need music, who never sings or dances.

Music is very important for teenagers, sometimes even more important than films and TV. Teen’s musical interests range from pop or rock music, which are extremely popular nowadays to rap and hip-hop. Although many young people today are gravitating towards new rhythms they canalso look back and appreciate a wide variety of influences from the past. Surveys show that 45% of teenagers frequently or occasionally borrow their parents’ CDsand listen to them.

My favorite style of music is pop music because it is breathtaking and full of energy. When I listen to pop music, it makes me remember happy times and forget the problems of everyday life. It helps me to relax when I am tired and entertains me when I’d like to have fun. I enjoy listening to dance music, especially when I go to disco clubs. This style of music is catchy and it makes me more energetic.

 The music I hate is heavy metal. I find it noisy and dreadful. When I listen to this style of musicit pictures in my mind dark days.

 I am indifferent to other styles of music. Forexample, I don’t mind listening to jazz. I think that jazz is a mixture of many different kinds of music, but I consider jazz improvisations a bit complicated.

 My favouritegroup is Abba. It was formed in1973in Sweden. Abba’s cheerful tunes made them international pop stars and one of the most successful groups of the 1970s.Their most famous songs (Waterloo, Money, Dancing Queen) often topped European Charts. Though the group doesn’t exist any more, it is still popular with people of all ages. I can’t but admire their style of singing. I find it fascinating and overwhelming.

 I enjoy listening to classical music, too. I find it tuneful and appealing. Classical music is always a complex of emotions. It gives me delight, pleasure and a sense of happiness. Some pieces of classical music are really wonderful.

 My mother and farther prefer to listen to classical and hard music, But they think that on the whole, modern music is not too bad. My parents agree that each generation has its own tastes.

**18. Theater.Cinema.**

Theater is one of the best means of art and entertainment, which brings cultural enrichment. It uses live performers on stage to express different plays. From the times of its appearance theater has changed a lot. There were especially many transformations in modern times. The only genres seen in the theater of ancient times were tragedy and comedy, whereas nowadays there are lots of contemporary genres and styles.

People have always liked visiting theaters for relaxing, entertaining and just having a good time. Our country has lots of theaters to offer to its citizens.Everyone can find something suitable for their tastes. People who like dramas go to drama theatres, those who like musical plays can visit opera theaters, so there is always a choice where to go.

The theater can be divided into two parts: one is the stage where actors perform their roles; the other is the hall where spectators sit. The hall and the stage are separated by a curtain and orchestra. Besides, every theater has a cloak-room and a restaurant.

Theatres may vary a lot in sizes. Some can host only 50 people, and some are meant for thousands of spectators. For example, the Bolshoi Theater in Moscow can host about 2150 people. The other huge and world-famous theaters are Metropolitan Opera and Broadway Theater in New York, Sydney Opera House in Sydney, Theater La Scala in Italy, Covent Garden in London and several others.

Cinemas as entertainment also appeared a long time ago.

Cinema is one of the best types of art and cinematography is considered to be one of the rare wonders. It appeared in the end of the 19th century.

Cinema is a combination of different types of art: music, theater, literature, and painting and others.

Every decade has brought something new for the cinema. For example, in the 30-s the main genres were musicals, gangster stories, mute comedies and horror films. The 70-s were the times of political movies and French comedies; the 90-s brought lots of westerns and spy films.

Whereas, nowadays, we have so many new genres, among them thrillers, adventure films, underground, science fiction and many others.

The first movies were mute and black-and-white; the sound was invented in 1926.

Approximately in the 30-s the first colour movie appeared in the USA, and in the 60-s in our country.

The most powerful cinematography is in Hollywood, USA; the majority of world famous films were shot there.

People have always liked going to the cinema; it was a perfect idea for a date. Besides, cinema was the only place where people could see new films.

Cinema is also a powerful force in contemporary life. Many famous actors set the fashion, so the society depends on cinema a lot.

 We’ve got a wide choice of options: a cartoon, a thriller, a love story or a detective film**.** I’drather watch a cartoon. Cartoons are usually funny and amusing; I enjoy watching them because they just bring out the child in me.I think it’s a good way to relax after a hard working day. Moreover, modern cartoons are like films with exciting plots and unusual characters.

 I am also fond of watching thrillers. Thrillers are never boring; their story lines are

full of surprises and suspense. There are usually a lot of special effects. However, they usually contain a lot of violence.Besides, I enjoy films about love. Because they usually havehappy endings.

**19. Mass Media.**

Mass media play an important role in the life of society. They inform, educate and entertain people. They also influence the way people look at the events and sometimes make them to change their views.

 Mass media include newspapers and magazines, advertising and radio and, of course, television.Allof them have advantages and disadvantages.

In my opinion, the most popular way of learning about the world is TV because it’s a reflection of the modern world. Television gives you an opportunity to see everything with your own eyes.I think, it is so popular nowadays because there is a TV set in every family and when you need immediate information about the latest world events, you switch the TV on. There is always a great variety of programmes so everyone can choose something according to his character and taste. There is a great number of TV, cable TV and satellite TV channels.Television allows me to follow the events in faraway countries without visiting them.

 Still, many people claim that that the best way to learn about the world is reading newspapers. Newspapers are usually packed with the latest news, information and facts and help us to keep up-to-date. Besides, they provide us with extra details, commentaries and background information. What is more, newspapers cater for a variety of political views, interests and levels of education so you can choose a newspaper according to your interests. Newspapers give more detailed reviews of political life, culture and sports. Basically they are read by the people who are subscribers and those who are interested in politics.

Many people prefer the radio. It is good to listen to the radio in a car, or in the open air, or when you do something about the house. You can tune into all kinds of stations: pop or classical music, news, sport or foreign radio stations. On the radio one can hear music, plays, news, and various discussions of current events. Besides, radio has always fresh news because they are informed every half-hour.

Millions of people watch TV, listen to the radio and read newspapers in their spare time. Mass media bring to millions of homes not only entertainment and news but also cultural and educational programs.

**20. Internet.**

Text 1.

 We live in the age of information technology and nowadays the Internet is nearly as common as the telephone. No doubt that it is a unique invention, which has influenced all areas of our life. However, some people consider the Internet one of the greatest evils of our time.

 On the one hand, the Internet is very useful, because it lets us access a world of facts, figures and knowledge. In addition, with the Internet, it is now possible to speak to friends and relatives anywhere in the world cheaply and quickly. Other services are also available through the Internet such as booking tickets or buying things. Moreover, the Internet allows a lot of talented people to show the world their achievements and makes it easier to find a job.

 On the other hand, the internet can become a disaster for our society, because people spend hours in front of their computers and neglect their everyday duties. Another worry is the activities of cybercriminals. For example, hackers can steal your money or even your property while cyberterriorists may ‘attack’ the world’s computers, causing chaos, and making planes and trains crash. What is more, leaders of different terrorists or oppositional organisations can use the Internet to find new followers.

 In conclusion, I strongly believe that despite the criticisms by some and fears of others, the Internet seems to have changed our world to the better and we must try to make the best use of it.

Текст 2.

Nowadays more and more companies show their products on the Internet. So, if there is anything I need I can see where to get it and what it will cost without leaving home. I can also compare prices which helps me to save money. Besides, I can buy the things I need online and they will be delivered to me which saves me a lot of time.

With the help of the Internet I can chat with different people from different countries, learn more and more about our world, different lifestyles and thinking. The Internet offers a place where we can communicate with each other. By exchanging ideas, learning other people’s customs and traditions, we get to know people from all over the world and how our life compares to other people’s lives in other countries.

I work all by myself doing translations. Ifind contacts on the web by publishing my advertisement on different Internet sites. Then I get texts from customers by email, and return the completed translation to them. And when doing translations I use all kinds of on-line dictionaries. I also get paid through the Internet, so it saves me a lot of time.

There is a lot of information and things on the Internet. But many of them can hurt other people easily. The Internet has a risk of receiving spy programs or viruses, which can damage your computer. Moreover, you can meet bad people when chatting. Accordingto crime statistics, there have been many people who suffered because of chatting topeople they didn’t know.

I used to chat on the Internet because I wanted to improve my English. Then I started to write in forumsbecause I think that there you can get to know very intelligent people and share your interests. From my research, I think the best way to learn English over the Internet is to chat on-line.Yoy can also find some tests on the Internet and check your progress.

The Internet has a wide variety of information such as data, pictures, graphs, filmor book reviews and suchlike. For example, instead of going to a library you can search the Internet at home and find information for a report, an essay or anything you need in no time. Also, the Internet has lots of news from all over the world, so it is easy to find out what’s going on. So, it’s very helpful forpeople of all age groups.