

Variant 5

Reading: Part 1



10. Установите соответствие между текстами A–G и заголовками 1–8.

Занесите свои ответы в таблицу.

Используйте каждую цифру только один раз.

В задании один заголовок лишний.

- | | |
|-----------------------------|---------------------------------------|
| 1. Making workouts better | 5. Clues for the audience |
| 2. Going the wrong way | 6. Distracting while behind the wheel |
| 3. Improving memory | 7. Reducing stress |
| 4. Struggling with insomnia | 8. A faster recovery |

- A.** When we hear a familiar song, we are often able to recall a moment from our past that is connected to that tune. Favorite songs tickle our memory in various ways and it shows that music is easily ingrained in our memory. Music has been found to stimulate parts of the brain, and studies have demonstrated that music enhances the memory. For example, scores on memory tests are improved when people listen to classical music. It's possible, then, to use music to help students retain information and enhance learning.
- B.** For some athletes and for many people who run, jog, cycle, lift weights and otherwise exercise, music is not superfluous—it is essential to peak performance and a satisfying workout. When music is used before athletic activity, it has been shown to improve the performance of simple tasks. When music is used during activity, it has work-enhancing and psychological effects. Listening to music during exercise can both increase physical capacity and improve energy efficiency. So make a playlist just for the gym or for working out.

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- C.** Since the time of early man, music has been a part of human culture. In nursing, Florence Nightingale used music as part of the healing process for soldiers under her care during the war. The first formal music therapy program in the United States was established in 1944, at Michigan State University. The various musical elements of rhythm, melody, harmony, and tempo stimulate an emotional response that comprises the affective component of pain, which helps to positively affect mood and results in improved healing.
- D.** Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological state, slowing the pulse and heart rate, lowering blood pressure. Music, in short, can act as a powerful stress management tool in our lives. When people are very stressed, there is a tendency to avoid listening to music actively. So it just takes a small effort to begin with.
- E.** Music and driving have gone together since the first car radio was introduced around 1930. What would a road trip be without tunes? Having a phone conversation while driving is highly distracting, and we all know texting while driving is even worse. So listening to music may be distracting too. Any device that causes you to glance away from the road for several seconds should be avoided. Excessively loud music can prevent you from hearing sirens or horns.
- F.** If we step back and think about it, music is one of the most peculiar conventions in movies. No one questions that music should be a part of movies because we've all grown used to the idea that, in a movie, when something happens, we should hear music in the background. Of course, no one has a soundtrack accompanying their real lives. The most obvious way music scores are used is to guide the emotional response of the audience.

	A	B	C	D	E	F	G
ОТВЕТ:							

Reading: Part 2

11. Прочитайте текст и заполните пропуски А–F частями предложений, обозначенными цифрами 1–7. Одна из частей в списке 1–7 лишняя.

Занесите цифры, обозначающие соответствующие части предложений, в таблицу.

Mongolia is the country of Genghis Khan, the warrior who conquered the world on horseback. His story is full of wars, kidnappings, love and revenge. That's just history. The legend begins with his death. Genghis Khan once ruled everything between the Pacific Ocean and the Caspian Sea. Upon his death he asked to be buried in secret. A grieving army carried his body home. When the emperor was finally laid to rest, his soldiers rode 1,000 horses over his grave **A** _____.

In the 800 years since Genghis Khan's death, no-one has found his tomb. But most interest in locating the tomb is international; Mongolians don't want it found. The reluctance is often romanticised by foreign media as a curse, **B** _____.

Beyond cultural pressures to honour Genghis Khan's dying wish for secrecy, a host of technical problems hinder the search for his tomb. Mongolia is huge and underdeveloped — its landscape holds on to its secrets.

Folklore holds that Genghis Khan was buried on a peak in the Khentii Mountains called Burkhan Khaldun, **C** _____. He had hidden from enemies on that mountain as a young man and pledged to return there in death.

With the tomb seemingly out of reach, why does it remain such a controversial issue in Mongolia? Genghis Khan is simply

Mongolia's greatest hero. The West recalls only what he conquered, D _____. His empire connected East and West, allowing the Silk Road to flourish. His rule enshrined the concepts of diplomatic immunity and religious freedom. He established a reliable postal service and the use of paper money. Genghis Khan didn't just conquer the world, E _____.

In Mongolia he remains to this day a figure of enormous respect – which is why Mongolians want his tomb to remain undisturbed: “If they'd wanted us to find it, F _____.”

1. he civilized it
2. royal imagery also used by Genghis Khan and his descendants
3. roughly 160 km north-east of Ulaanbaatar
4. to destroy any remaining trace
5. a belief that the world will end if Genghis Khan's tomb is discovered
6. they would have left some sign
7. but Mongolians remember what he created

ОТВЕТ:	A	B	C	D	E	F

Reading: Part 3

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Прочитайте текст и выполните задания 12–18.

В каждом задании запишите в поле ответа цифру 1, 2, 3 или 4, соответствующую выбранному Вами варианту ответа.

I confess that I am something of a fan of the Swedish home furnishings store IKEA, having spent countless hours wandering its shiny showrooms in different countries. I always feel like I've found a tiny corner of Sweden wherever I happen to be in the world.

For years I had noticed that horses, and red horses in particular, were a common decorative motif in IKEA products, whether appearing two-dimensionally on pillows or rugs, or as carved decorative figures gracing



elegant bookshelves. I've only recently learned the significance of these tiny horses, and the centuries of history they represent. I thought IKEA was a popular symbol of Sweden, but the Dalahäst (or Dalecarlian) horse is a much more ancient and enduring one. Created in the Swedish province of Dalarna (Dalecarlia in English), the painted wooden horse has become a potent icon of Swedish culture.

Horses are an integral part of the history of Sweden, having deep cultural and religious significance. It is believed that horses were first introduced to Sweden around 2000 B.C., when nomads invaded the area, overpowering the local inhabitants with their superior military capabilities—including their horsemanship. Horses soon became a valuable asset in farming and forestry for the region.

The religious symbolism of the horse is long-standing in Sweden; not only was the horse the sacred animal of the religion of the Vikings, but it was celebrated in Norse mythology as well. Horses were associated with the gods, most notably with Odin, who was said to have an eight-legged horse named Sleipner, given to him by the trickster figure Loki.

When Christianity was introduced to Sweden in the 11th century, church leaders worked to discourage horse worship among the people, teaching that the horse was unclean, as were the practices associated with it.

The ongoing struggle between the church and local custom can be seen in two separate incidents from the 17th century. In 1624, Bishop Johannes Rudbeckius of Västerås, the diocese city of Dalarna, gave a sermon denouncing the selling of certain “articles of destruction” in the market, a list that included wooden horses. Forty years later, during a witchcraft trial in Dalarna, the parish priest accused those on trial of using a “baror,” a magic wooden object in the shape of an animal (possibly a horse).

Despite these negative reactions to wooden horses, they seemed only to grow in popularity in the following years. In the 18th century, men working in the forests of Dalarna would carve wooden horses as a leisure activity and give them to children back in the village. By the 19th century, painted wooden horses were a common item of trade, often used

by traveling salesmen as payment for room and board on their journeys. Created primarily in the villages around the town of Mora, these horses were painted with a floral design, reflecting the general decorative style of the time. This pattern of decoration eventually developed into the kurbits (or ripple) style of painting, which continues to this day.

Now produced only in the town of Nusnäs by two companies, the Dalahäst remains a popular icon of Sweden, often given as a gift (as when the Swedish Prime Minister presents them to foreign heads of state). Crafted from premium pine timber found in the forests surrounding Lake Siljan, the horses undergo a multi-step process, from felling the tree through hand carving, various stages of hand-painting, sanding, and varnishing. The finished product is stunning, a beautiful tribute to the long and intimate relationship between horses and humans in Sweden.*

12 Which of the following is true?

- 1) Red horses are a symbol of IKEA.
- 2) Red horses are a symbol of IKEA products.
- 3) Red horses are a more enduring symbol of Sweden than IKEA.
- 4) IKEA is a more enduring symbol of Sweden than red tiny horses.

Ответ: ☐

13 Why did nomads overpower the inhabitants of Sweden?

- 1) Because they had deeper cultural significance.
- 2) Because they had deeper religious significance.
- 3) Because they had valuable assets.
- 4) Because they were more powerful warriors.

Ответ: ☐

14 What fact supports the idea that the horse is a long-standing symbol of Sweden?

- 1) The horse was the sacred animal of the Vikings.
- 2) Odin's horse was eight-legged.
- 3) Odin's horse was given to him by Loki.
- 4) Odin is associated with the gods.

Ответ:

☐

15 What happened in the 11th century?

- 1) Church leaders discouraged horse worship.
- 2) Swedes became Christians.
- 3) Swedes slaughtered horses ritually.
- 4) Swedes ate ritual horsemeat.

Ответ:

☐

16 What was confirmed by two separate incidents in the 17th century?

- 1) The ongoing confrontation of Bishop Johannes Rudbeckius and the church.
- 2) The continuing confrontation of clergy and national traditions.
- 3) The ongoing struggle of national traditions and local people.
- 4) The continuing struggle of local people and Bishop Johannes Rudbeckius.

Ответ:

☐

17 What ISN'T TRUE about wooden horses?

- 1) They were used instead of money.
- 2) They represented decorative pattern of the 18th century.
- 3) They were decorated in different styles of painting.
- 4) Children had them as toys.

Ответ:

☐

18 What is the main idea of the author in the last paragraph?

- 1) Dalahäst horses are produced only in two towns.
- 2) Dalahäst horses can be presented to foreign guests.
- 3) The production of Dalahäst horses is a beautiful tradition.
- 4) The production of Dalahäst horses is a multi-stage process

Ответ:

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