



10. Установите соответствие тем 1 - 8 текстам A- G. Занесите свои ответы в таблицу. Используйте каждую ЦИФРУ только один раз. В задании одна тема лишняя. Запишите цифры в клетки задания 10

1. Making new friends
2. Finding excitement
3. Look to your past
4. Dangerous hobby
5. Time out with a purpose
6. Health benefits of hobbies
7. Finding a hobby that suits you
8. Finding time for your hobby

A. Hobbies provide work-free and responsibility-free time in your schedule. This can be especially useful for people who feel stressed by all that they have to do and need to recharge their batteries. For some of us it may be difficult to give ourselves permission to just sit and relax. Having a hobby, however, can provide a break and help people feel that they're not just 'sitting around' but are using their free time for something productive.

B. Are there things you enjoyed as a child that you might still enjoy as an adult? Maybe you had a fantastic record collection, loved to make clothes for your dolls or were always out on your bike. Those are all things you could pick up again as an adult that would make great hobbies. Or there may be hobbies in your home right now that you started but have recently forgotten about. Maybe it's time to finish that crochet project or pick up the guitar again.

C. If you're adding a new thing into your life, you have to take time and focus away from something else. The good news is that most of us have a lot of time we're not using well, either because we're spending a lot of time online or watching TV or just wasting time we could be spending on our hobbies. See if you can spend a half hour or so every other day to explore your interest. This way it would be best in case you find that hobby isn't for you after all.

D. Of course, everyone is different and your personality does play a role in what sorts of hobbies you'll like. If you don't have a lot of patience you might feel that knitting is too much for you, but exploring quick sewing projects might be a better choice. Maybe you really like being with friends, so you need to take a class or have an interest that you can do with a group. If you travel a lot, something portable or that you can do anywhere is helpful.

E. One study found that those who engage in physical leisure activities for at least 20 minutes once a week are less likely to have a fatigue. Other research found that enjoyable activities performed during leisure time were associated with lower blood pressure, total cortisol, and body mass index, and feelings of better physical function. Such activities were also associated with higher levels of positive psychosocial states and lower levels of depression.

F. When you look for material or equipment for your hobby, you are likely to find people who have the same hobby as you. You may be surprised to know how serious some people are about their hobbies and therefore would have great knowledge of their chosen pastime. Instead of meeting people from your work or college or those whom you have grown apart with, it is a great way to meet people with whom you have something in common.

G. For those who aren't very stressed and may actually be understimulated, hobbies provide a nice source of eustress, the healthy kind of stress that we all need to remain feeling happy about life. If the rest of your life is somewhat dull or uninspiring, hobbies can provide meaning and fun, and can break up a boring schedule, without feeling like work. In other words, hobbies can provide just the right amount of challenge.

A	B	C	D	E	F	G

11. Прочтите текст и заполните пропуски **A — F** частями предложений, обозначенными цифрами **1 — 7**. Одна из частей в списке **1 — 7** лишняя. Занесите цифры, обозначающие соответствующие части предложения, в клетки задания **11** без пробелов и знаков препинания.

Saturday jobs: memories of weekend working

Research has shown a sharp fall in the number of teenagers who do Saturday jobs. It seems such a shame — my Saturday job as a kitchen porter was something of a rite of passage. I'll never forget long hours **A** _____, scouring grease off huge saucepans and griddles. Working atmosphere there helped me grow a thicker skin, develop quicker banter and, most importantly, taught me the value of hard work. It also resulted in a steady supply of cash, **B** _____. I'm not the only one who has strong memories of weekend work. DJ Trevor Nelson said everyone should be able to have a Saturday job: «It taught me a lot, **C** _____.»

The link between the type of Saturday job a celebrity performed and their later career is sometimes obvious. Dragon's Den star and businessman Peter Jones, for example, showed early promise by starting his own business. «I passed my Lawn Tennis Association coaching exam, **D** _____,» he explains. «At the start I was coaching other kids, **E** _____, for which I could charge £25-30 an hour. While my friends on milk rounds were getting £35 a week, I was doing five hours on a Saturday and earning four times as much.»

Skier Chemmy Alcott got a job working for the Good Ski Guide, on the advertising side. «It became clear to me what my personal value to companies could be. It led directly to me finding my head sponsor ... and it offered me an eight-year contract. That gave me the financial backing **F** _____.»

As part of its response to the Saturday job statistics, the UK Commission for Employment and Skills said a lack of early work opportunities makes it harder for young people to acquire experience for their CVs.

1. but soon I got adults wanting to book lessons
2. which I needed to become a professional skier
3. which I would happily spend as I liked
4. and things would be different if everyone was given the chance
6. which let me know he approved of me
6. and I persuaded my local club to let me use a court on Saturdays
7. that I spent in the kitchen of a busy country pub in East Sussex

A	B	C	D	E	F

12-18 Прочтите текст и выполните задания **12-18** отметьте на карточке вариант, соответствующий номеру выбранного вами варианта ответа.

Lazy summer days vs. landscapers

Whether you're a first grader proud of the fact you survived your first year of full-day education or a grad student desperate for a study break, summer vacation means one thing to everybody: sleeping in on weekday mornings. There is no alarm to hit at 6:30 and no bus to chase after. And while days might be filled with summer jobs and day camp, those never seem to start quite as early.

So why is there a conspiracy working against students the minute the final bell rings and the last exam is turned in? And the culprit is visible in any given apartment complex, condo community or public park: landscapers.

I have lived in many towns and in homes of different shapes and sizes in my short, 23 years on Earth. And yet, no matter where I call home, I am faced with the same hardship: trying to sleep in on lazy, summer mornings while the lawn mowers are hard at work on public and private yards.

The townhouse neighborhood I called home when I was a little girl was a jam-packed street. We had more than 250 houses on my block alone. One of the things my mom loved about that house was its tiny yard.

My mother **does not have a green bone in her body**. She has killed every herb garden my sister and I have ever given her. So, my mother was thrilled that our front yard was the size of a postage stamp. It, like every other yard on the block, only needed to be trimmed once a month to look good. And yet, every Monday and Thursday at 7:30 a.m., the city-contracted landscaping team would drive down our street and unload two or three industrial mowers and go to work on the little patches of public grass around mail boxes and trees.

Later, when I moved to Michigan, my family and I lived in a condominium complex our first year. As part of the deal, every yard was landscaped with big bushes and tulip patches. But to keep the yards all looking nice and healthy, the owners had full-time landscapers keep up with the maintenance. My mother was thrilled to have a full garden without worrying about killing each plant one by one.

Never having to before, I was thrilled I didn't have to mow this new yard that was 100 times bigger than the postage stamp one we had before. But I was not so thrilled when the mowers showed up on Saturday mornings. Saturdays! Were they serious? Mowing every yard on the street starting at 7 a.m. on a Saturday.

As an adult out on my own, I like that apartments don't come with yards I have to maintain. I am just getting the hang of remembering to buy groceries and having my own mailbox to check. If I had to add watering flowers to my to-do list, I would forget. But what I'm not so thrilled about is that Friday mornings is my building's scheduled mowing day. I live on the first floor of my building, with no way to muffle the roar of the mower against the side of the building when it is directly outside my window. No sleep for me.

I am not so selfish that I don't understand why mowers work in the morning. Landscapers have multiple customers to serve on any given day, and the earlier they start the earlier they can be done. Plus, it is cooler in the morning, and preferable, rather than at noon when the sun is high in the sky. But students work hard all year and look forward to a break from books, tests and alarm clocks.

So, in order to find a common ground between landscapers and students, I send this challenge out into the universe: whoever can build a silent lawn mower will get my undying gratitude, love and affection and whatever else they want, I promise!

12. What does the author like about summer holidays?

- 1) She works at a day camp.
- 2) She can have a summer job.
- 3) She has no school.
- 4) She does not have to get up early.

13. What is the author complaining about mentioning the landscapers?

- 1) The quality of their work.
- 2) The noise they make.
- 3) The plants they tend to.
- 4) The size of the yards.

14. The phrase “*does not have a green bone in her body*” in paragraph 5 (“My mother does not have a green bone in her body”) is closest in meaning to ...

- 1) is not good at gardening.
- 2) does not eat greens.
- 3) does not look after her garden.
- 4) hates planting flowers.

15. Which is NOT true about the author’s place in Michigan?

- 1) Her mother did not like the garden.
- 2) The mowers worked on weekend mornings.
- 3) Owners had to hire landscapers.
- 4) Their yard was much more spacious.

16. What does the author say about her independent adult life?

- 1) She misses her Michigan big yard.
- 2) She is glad to be living without a yard.
- 3) She suffers from the lack of sleep.
- 4) She forgets about checking her mailbox.

17. Landscapers start their work early because ...

- 1) it feels more comfortable.
- 2) it is better for watering the flowers.
- 3) they have a very packed schedule.
- 4) it’s a customers’ requirement.

18. What would be the best solution to the problem, according to the author?

- 1) Invention of a soundless mower.
- 2) Special agreement with landscapers.
- 3) Houses without yards.
- 4) Student protests.

Click FINISH below

