

1. Listen and write the word(s) and their translation.

1. Why you don't need 8 glasses of water every day.

The answer is simple: there is no should. When you feel thirsty, drink some water. You can trust your body. Unless you have kidney stones or are elderly. Sometimes, our messaging systems get a little worn with age, or your doctor has told you otherwise, constantly how much water you drink is not really

Here's a point that's often missed: every single thing you contains water. Your morning coffee has water, so does your breakfast. And that snack - an apple, an orange, a glass of juice, a granola bar - just like you, they're water too.

2. How vegan burgers can help save the planet.

Even as meat around the world increases people are offered more and more choices to make their diets more sustainable. But can meat alternatives really lead to a more sustainable world?

3. How symbols and brands shape our humanity.

We witnessed a cultural shift with hashtags like #MeToo and #BlackLivesMatter.

4. Your pre-workout motivation.

..... working out to look good or meet people. But if you, like many others, struggle with consistency, you need more than that. You need a deeper-rooted reasoning, you need a why. Why do you want to look good? Why do you want to meet people? Why do you want to build self-discipline and self-confidence? What are the true whys behind your surface level reasons?

5. Naked in nature.

Yes, she says we need to feel that nakedness is normal..... we were all born naked and it's not something to be ashamed of. And, in the UK, it's generally not the law to be naked in public. Hmm,, Donna Price, this freedom of expression is quite well received when she's out walking.

6. Creative Process & Letting Your Inner Voice Guide You

It's huge. Because if we can laugh, amidst things that are really, and absolutely wrong, our creativity opens up.
That's it. We maintain contact with our humanity. It's key. It's really

7. Should the press have access to everything?

We think it's that the press have access to the work that we're doing, that they have the to answer questions. And we don't leave our values and ideals behind when we take these trips.

8.

...populism and globalism, and that he was going to bring trade back, and that he was going to fight these trade wars, and he was going to fight immigration in a way that the Romneys and the Paul Ryans of the world were not promising. And that was a direct appeal to that voting block that did wind up him in office.

9. Is College A Waste Of Time And Money?

It ruins your life. If that's what your picturing, that's But, what I say is, you know, just picture, if there was this general reduction in the amount of education that the whole society had, and how this would the way that employers consider applications.

10. Elon Musk: The Future we're building and-- Boring

And you've designed this rocket to do it. Help us understand the scale of this thing. Well, visually you can see that's a Yeah, and that's the vehicle. So if that was a, that's like, did I read that, a 40-story skyscraper?

2. Translate the following phrases into English.

1. соцсети
2. потребление
3. согласно
4. возмутительный
5. против закона
6. следить за
7. ну не знаю даже/вы меня не убедили
8. нет ничего плохого в
9. разумный
10. необходимый
11. потреблять
12. через/посредством
13. важный
14. способность/возможность

15. я полагаю

16. незаконный/нелегальный

17. тревожный