

- 1. What is the history of the Altai region?**
- 2. What is special about the geography of Altai?**
- 3. What places of interest are the best to visit in Altai?**
- 4. Why is Altai popular with visitors of all ages and interests?**
- 5. What activities does the region offer for nature lovers?**
- 6. What time is the best for travelling to Altai?**
- 7. How is it possible to travel in the Altai region?**



A. The Altai region is all about nature. The natural beauty of Altai attracts crowds of tourists as there is hardly a similar place in Russia where pure lakes, comfortable climatic conditions, great scenery, and the variety of animals and plants are gathered in one place. The region has one of the richest varieties of touristic purposes. Families with children, active tourists, people searching for a quiet atmosphere – everyone will find an activity to their liking.

B. The Altai Mountains are located in the very heart of Russia. They are near the Russian border with Kazakhstan, Mongolia, and China. They are often called “Russian Tibet,” “Siberian Switzerland,” and even “New Zealand” thanks to their beauty and strength. The highest point of the Altai Mountains, and of the Siberian Region as well, is Belukha Mountain. It is 4,509 metres high and is completely covered with snow, from its peak to its bottom.

C. The best way to get to the Altai region is by plane. There are direct flights from Moscow to the most well-known Altai cities Barnaul and Gorno-Altaysk. Then, travellers might go by train, by car, or by bus to any resort and place they like. Car transfers are often included in many touristic programmes to make them available for most tourists. But there are hiking routes that ask for a lot of walking to get to one’s destination.

D. The Altai Mountains are really very old. However, the first mention of the region dates back to the 17th century. It was the time when the Cossacks from the nearby city of Kuznetsk, which later became a part of Novokuznetsk, arrived at Lake Teletskoye. Later, when the Biyskaya fortress, which is now the city of Biysk, was built, the fast development of the Altai territory, and more of its northwestern part, began.

E. Decisions on when to go to Altai should be made depending on what one wants to do there. The Altai’s climate is known to be quite harsh. This region is famous for long frosty winters, and hot but short summers. The peak tourist season generally reaches its height during the summer. There is a wide range of summer activities, from climbing and rafting to sailing and fishing. The winter season is the perfect option for skating and mountain skiing.

F. A visit to Altai can become a breath of fresh air for those living in large cities. Many people come to the region for a passive relaxation, such as spa. They come to places of natural beauty just to admire, for example maralnik, which is a kind of rhododendron, producing flowers in spring. These are typical things to do for ecotourists. They are often attracted by collecting healing herbs, riding a horse, and participating in local festivals

A	B	C	D	E	F

1. *What old Irish traditions are still followed?*
2. *What vegetables are exported from Ireland to other countries?*
3. *What vegetable is very popular in Irish cuisine?*
4. *Why were Irish people afraid of wearing green in old times?*
5. *What made the Irish town popular?*
6. *What is wrong with the stereotype of an Irish person?*
7. *How can you keep the talisman effective?*



A. When you think of the Irish, you often picture a red-haired person dressed all in green. However, it's just a popular myth. It's customary in Ireland to wear green clothes only on St. Patrick's Day. Lots of people are tricked by this cliché. In fact, originally, the colour associated with Saint Patrick was not green but blue.

B. In Ireland, the colour green was long considered to bring bad fortune. The reason is that, in Irish folklore, green is the favourite color of the Good People (the proper name for fairies). Myths run that they are likely to steal people, especially children, who wear too much of the colour. In the past, a girl would never wear anything green on her wedding day.

C. Christmas is a very important celebration in Ireland. People try to keep the old Irish customs. After dinner on Christmas Eve, it is still common for families to leave milk and bread on the table as a sign of friendliness and kindness. Another custom is to leave the door unlocked. A lit candle is left in a window during the night. It represents help for any traveller who is passing by.

D. Irish people enjoy good and substantial food. The basis for many traditional Irish dishes is potatoes which are eaten boiled, mashed, fried and baked. Potatoes are mixed with cabbage or green onions to make traditional Irish dishes. They are also made into potato cakes and used in soups or stews. It's common to find potatoes cooked in two different ways on the same dinner plate.

E. In Ireland it is believed that shamrock brings good fortune to everyone. It helps in different situations and saves its owner from bad luck. There are certain conditions to be met so that its power remains strong: the owner of the shamrock must keep it away from the public eye and never give it to anyone else.

F. Ireland is known as the native land of limericks – short humorous poems that have five lines. They make people laugh and are easy to remember! Lots of poets and writers were fond of limericks. The word limerick probably comes from the Irish town of Limerick. The short poem has made the town known all over the world.

A	B	C	D	E	F