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та навчальний матеріал для здобувачів першого (бакалаврського) рівня
вищої освіти ОПП «Фінанси, банківська справа та страхування»
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Передмова

Методичні рекомендації та навчальний матеріал для здобувачів першого (бакалаврського) рівня вищої освіти ОПП «Фінанси, банківська справа та страхування» спеціальності 072 «Фінанси, банківська справа та страхування» денної форми здобуття вищої освіти забезпечують навчальний матеріал для вивчення модулю «Публічна сфера».

Мета даних методичних рекомендацій – забезпечення розвитку мовних та мовленнєвих навичок здобувачів вищої освіти з тем, передбачених навчальною програмою з іноземних мов рекомендованою Міністерством аграрної політики України та підготовка здобувачів вищої освіти до складання іспиту з англійської мови.

Рекомендації складаються з 7 навчальних текстів та розраховані на 15 год. (0,5 кр.) самостійної роботи. За кожен тему студент може отримати від 5-10 балів, що передбачено навчальною програмою з іноземних мов.

Методичні рекомендації є збіркою завдань до аудіо матеріалів для отримання додаткової інформації, яка доповнює навчальний посібник «Англійська мова» фактичним матеріалом.

Методичні рекомендації розроблені згідно до вимог типової базової програми. Запропоновані тексти забезпечують швидке й ефективно засвоєння студентами лексичного матеріалу.

Для підготовки методичних рекомендацій використовувались матеріали з новітніх підручників, автентичних джерел та періодичних видань.

Робота з даними методичними рекомендаціями допоможе здобувачам вищої освіти у вдосконаленні та подальшому розвитку знань з іноземної мови, набутих під час навчання в університеті та в процесі різних видів мовленнєвої діяльності. Дані методичні рекомендації можуть бути використані на курсах з англійської мови для підготовки до міжнародних іспитів, аспірантами та магістрами всіх напрямів підготовки.

Flexible working

Georgina

In this programme we're going to be talking about the world of work.

Neil

Ah yes, travelling to an office five days a week, sitting at a desk all day, and then going home.

Georgina

Neil, it's not always like that. Office work doesn't have to be such a routine – the usual, fixed way of doing things – it is much more flexible these days.

Neil

That's true. During the pandemic, we've all had to have a more flexible approach to work.

Georgina

Yes, we have. And it has, perhaps, changed our attitude to working flexibly. But even before coronavirus, there was an opportunity to work flexibly, and we'll be discussing that soon.

Neil

But there's one thing that can't be changed and that's you setting a quiz question for me!

Georgina

Ah yes, I hadn't forgotten. So, Neil, I know you work very hard. But according to data from the Organization for Economic Cooperation and Development – the OECD – workers from which country work the longest hours? Is it...

- a) South Korea
- b) Germany, or
- c) Mexico?

Neil

Well, as I'm not on the list, let's go for c) Mexico.

Georgina

OK, Neil, we'll find out if that's right at the end of the programme. But let's talk more about flexible working now. Different countries have different laws about

working flexibly – but here in the UK, for last 14 years, employees – workers – have had the right to request flexible working.

Neil

But what does it mean to work flexibly? Sarah Jackson is a workplace consultant and visiting professor at Cranfield University School of Management. She spoke to BBC Radio 4's Woman's Hour programme about what it means exactly ...

Sarah Jackson, workplace consultant

Because of the pandemic, now everybody thinks flexible working means working from home - it doesn't, it's about common sense, what does the job need in terms of when where, how long, and what do you need and what does your family need - and how do the two match? So, flexibility really means having choice and control over when, where and how long you work, and agreeing that with your manager.

Georgina

So, flexible working is not just working from home – something we've got used to during the pandemic. It is about common sense – using our judgement to make sensible decisions.

Neil

So, requesting to work for two hours a day is not sensible – but being able to work from 12 until 8 instead of 9 to 5 might be. Of course, this depends on the needs of the business. And as Sarah said, you need to match your needs with that of the business. Match here means to work equally on both sides.

Georgina

Getting the working conditions that suit you does require some negotiation with your manager. You need agreement from him or her – and that can be difficult if your manager is inflexible – not willing to change.

Neil

But of course, in the UK at least, an employee has a right to request flexible working, and this must be considered by the employer. This law initially was just for parents with a child younger than 6 years old – or a disabled child less than 18.

Georgina

But since 2014, everyone has the right to request flexible working. And that includes men.

Neil

Which is an important point, as Sarah Jackson explains. Fewer men seem to have their requests for flexible working accepted – let's find out why...

Sarah Jackson, workplace consultant

Men, when they do ask, are more likely to be turned down, so there's a real bias there in the system and the most important thing that needs to happen here, I think, is for employers to really actively say to their men, 'we know you want to be active fathers' - because there's a whole generation of young men who do want to be active fathers - 'please use the right to request flexible working, work flexibly if you can' because until men are enabled to be active fathers, we won't get equality at home and we certainly won't get equality in the workplace either.

Georgina

OK, so men are more likely to have their request turned down – or rejected. And Sarah says there is a bias in the system – unfairness, treating one group of people more favourably than another.

Neil

And this is unfair because it can prevent some men being active fathers – actually being involved with childcare. But having more active fathers can lead to equality – or fairness – at home and in the workplace.

Georgina

It sounds like something that needs to be looked at. But now, Neil, let's get the answer to my question: According to official data, in which country do workers work the longest hours?

Neil

And I said Mexico.

Georgina

Which is correct, well done! According to the OECD, the average Mexican spends 2,255 hours at work per year – the equivalent of around 43 hours per week. Germans, on the other hand, clock up the fewest hours.

Neil

Well, my working day is nearly over, so let's just recap some of the vocabulary we've discussed. Starting with routine – the usual, fixed way of doing things.

Georgina

Common sense is our judgement to make sensible decisions.

Neil

When you need something to match it has to work equally on both sides.

Georgina

And when someone is inflexible, they are unwilling to change – sometimes we say they won't budge!

Neil

Bias is unfairness, treating one group of people more favourably than another. And being active with something means being involved with it.

Georgina

Well, there's no flexibility in our 6 minutes so we're out of time. We have plenty more 6 Minute English programmes to enjoy on our website at bbclearningenglish.com. And check us out on Facebook, Twitter and Instagram.

Neil

Don't forget that we have an app too, which you can download for free from the app stores. We help you learn English on the move! Grammar, vocabulary, and interesting topics – we have them all!

Georgina

Bye for now.

Neil

Goodbye.

I Match terms with their definitions:

- | | |
|-----------------|--|
| 1. active | a) unfairness; treating one group of people more favourably than another |
| 2. match | b) unwilling to change |
| 3. routine | c) our judgement to make sensible decisions |
| 4. bias | d) the usual, fixed way of doing things |
| 5. inflexible | e) involved with (something) |
| 6. common sense | f) work equally on both sides |

II True or False:

1. Employees from Mexico work the longest hours.
2. Sarah Jackson is a workplace consultant and visiting professor at Cranfield University School of Management.
3. Flexible working means travelling to an office five days a week, sitting at a desk all day, and then going home.
4. OECD is the Organization for Economic Country Data.
5. The average Mexican spends 2,255 hours at work per year – the equivalent of around 37 hours per week.
6. Getting the working conditions that suit you does require some negotiation with your manager.

III Answer the questions:

1. What is the main topic of today's programme?
2. In which country are employees eligible to request flexible work?
3. What does flexibility really mean?
4. Is requesting to work for two hours a day considered to be sensible?
5. Why can't some men be active fathers?
6. Do you agree with the fact that negotiating working conditions that suit you with your manager can be difficult if your manager is inflexible – not willing to change?

IV How the coronavirus pandemic has changed our world in general and our work life in particular? Describe.

How colour affects us

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Georgina

And I'm Georgina.

Neil

This is the programme where we hope to add some colour to your life by talking about an interesting subject and teaching you some useful vocabulary.

Georgina

And colour is what we're talking about today. What's your favourite colour, Neil?

Neil

Oh, I like green – a fresh, bold colour, that reminds me of nature – it can have a calming effect. And you?

Georgina

It's got to be blue – it reminds me of the sea, the sky – and holidays, of course!

Neil

Colour – no matter which one we prefer – affects how we feel. And we'll be talking about that soon. But not before I challenge you to answer my quiz question, Georgina – and it's a science question. Do you know what the splitting of white light into its different colours is called? Is it...

- a) dispersion
- b) reflection, or
- c) refraction?

Georgina

Hmmm, well I'm not a scientist, so I'll have a guess as c) refraction.

Neil

OK, I'll reveal the right answer later on. But now, let's talk more about colour. Colour can represent many different things, depending on where you come from. You can be 'green with envy' – wishing you had what someone else had.

Georgina

And someone can feel blue – so feel depressed. We choose colours to express ourselves in what we wear or how we decorate our home.

Neil

The BBC Radio 4 programme, You and Yours, has been talking about colour and whether it affects everyone's mood. Karen Haller is a colour psychologist and a colour designer and consultant – she explained how colour affects us...

Karen Haller, colour psychologist and a colour design and consultant

It's the way that we take in the wavelengths of light because colour is wavelengths of light, and it's how that comes in through our eye, and then it goes into the part of our brain called the hypothalamus, which governs our sleeping patterns, our hormones, our behaviours, our appetite – it governs everything and so different colours and different frequencies or different wavelengths of light, we have different responses and different reactions to them.

Neil

So, colour is wavelengths of light - a wavelength is the distance between two waves of sound or light that are next to each other. As these wavelengths change, so does the colour we see.

Georgina

Thanks for the science lesson! Karen also explained that there's a part of our brain that controls – she used the word govern – how we feel and how we behave. And this can change depending on what colour we see.

Neil

Interesting stuff – of course, colour can affect us differently. Seeing red can make one person angry but someone else may just feel energised.

Georgina

Homeware and furnishing manufacturers offer a whole spectrum – or range – of colours to choose to suit everyone's taste, and mood. But during the recent coronavirus pandemic, there was a rise in demand for intense, bright shades and patterns. This was referred to as 'happy design' - design that was meant to help lift our mood.

Neil

Yes, and Karen Haller spoke a bit more about this on the You and Yours programme...

Karen Haller, colour psychologist and a colour design and consultant

In the time when everyone was out and we were all working, and we lived very busy lives, quite often what people wanted – they wanted a quiet sanctuary to come back to, so they had very pale colours or very low chromatic colours in their house – low saturation – because that helped them unwind and helped them relax and to feel very soothed. But what I have found since the first lockdown is a lot of people, because they're not getting that outside stimulation, they're actually putting a lot of brighter colours in their home because they're trying to bring in that feeling that they would have got when they were out – that excitement and that buzz.

Georgina

It seems that in our normal busy working lives, our homes were peaceful places and somewhere to relax – they were a sanctuary. To create this relaxing space, we use pale colours – ones that lack intensity, like sky blue.

Neil

But during the recent lockdowns, when we weren't outside much, we tried to get that stimulation - that excitement or experience – by decorating our homes with brighter colour. Such as yellow!

Georgina

Hmmm, perhaps a little too bright for me! It is all about personal taste and the connections we make with the colours we see but it makes sense that brighter colours can certainly lift our mood.

Neil

Now, earlier I asked you, Georgina, do you know what the splitting of white light into its different colours is called? Is it...

- a) dispersion
- b) reflection, or
- c) refraction?

Georgina

And I said it was refraction.

Neil

Sorry Georgina, that's wrong. It is actually called dispersion. Back to school for you – but not before we recap some of today's vocabulary.

Georgina

OK. Firstly we can describe someone who wishes they had what someone else has, as being green with envy.

Neil

We also talked about a wavelength - the distance between two waves of sound or light that are next to each other.

Georgina

To govern means to control or influence.

Neil

A sanctuary can be a peaceful or relaxing place – in some cases it can be a safe place for someone in danger.

Georgina

Stimulation describes the feeling of being excited, interested or enthused by something. And pale describes a colour that lacks intensity, it's not very bright – and for me, they're much better than a bold bright yellow!

Neil

Well, Georgina, thanks for showing your true colours! That's all for now, but we'll be picking another topic to discuss out of the blue, next time.

Georgina

Don't forget you can hear other 6 Minute English programmes and much more on our website at bbclearningenglish.com – and we're always posting stuff on our social media platforms. Bye for now.

Neil

Goodbye.

I Match terms with their definitions:

- | | |
|--------------------|---|
| 1. green with envy | a) peaceful, relaxing or safe place |
| 2. wavelength | b) control or influence |
| 3. govern | c) the feeling someone has who wishes they had what someone else has |
| 4. sanctuary | d) distance between two waves of sound or light that are next to each other |
| 5. stimulation | e) colour that lacks intensity |
| 6. pale | f) feeling of being excited, interested or enthused by something |

II True or False:

1. Colour – no matter which one we prefer – affects how we feel.
2. Wavelengths of light that comes in through our eye, and then it goes into the part of our brain called the hypophysis.
3. Colour can represent many different things, depending on where you come from.
4. During the recent coronavirus pandemic, there was a rise in demand for pale shades and patterns.
5. Someone can feel blue – so feel excited.
6. Karen Haller is a colour psychiatrist.

III Answer the questions:

1. What the splitting of white light into its different colours is called?
2. How would you describe colour from the scientific point of view?
3. Which areas of our organism are governed by hypothalamus?
4. What did Georgina mention about blue colour?
5. Do colours affect our emotions and feelings?
6. What did Karen Haller say about human behaviours in the recent pandemic conditions?

IV How do you think colors affect us as individuals and what needs to be done to make this effect positive?

Hypnotism

Rob

Hello. This is 6 Minute English from BBC Learning English. I'm Rob.

Sam

And I'm Sam.

Rob

Now, Sam, look into my eyes! You are feeling sleepy! Relax!

Sam

What are you doing, Rob? Trying to hypnotise me?

Rob

Well, since hypnotism is the topic of this programme, I thought I'd give it a try! So how do you feel, Sam? Are you under my spell?

Sam

Hmmm, I don't think so, Rob. It's not so easy to put me into a hypnotic trance – that's the word to describe the state of mind of someone who's been hypnotised and isn't completely in control.

Rob

You mean like those stage magicians who trick people into clucking like a chicken or playing an imaginary violin?

Sam

Yes, some hypnotists make people do silly things for entertainment but hypnotism has real benefits as well - curing phobias, for example.

Rob

Maybe so, but for other people the very idea of a hypnotic trance is nonsense. And even if hypnotism is real, why would you let a complete stranger inside your head?

Sam

Don't worry, Rob. I won't make you cluck like a chicken!

Rob

Please don't! At least, not before my quiz question, which is about a well-known 20th century hypnotist. One of the first Europeans to hypnotise people, this man

became so famous that his name is forever associated with hypnotic trances – but who was he? Was it:

- a) Sigmund Freud?,
- b) Franz Mesmer?, or
- c) Harry Houdini?

Sam

Well, people who want to quit smoking sometimes use a kind of therapy involving hypnotism, so maybe it's a) Sigmund Freud!

Rob

OK, we'll find out if that's right at the end of the programme. One question that's often asked is whether anyone can be hypnotised - or are there people, maybe like you, Sam, who are less hypnotisable than others?

Sam

Professor Amir Raz is a psychiatrist at The Brain Institute in Orange County, California. According to him, there are two things which explain what makes one person more or less hypnotisable than another, as he told BBC World Service programme, The Why Factor.

Rob

And listen out for the first thing he mentions:

Prof Amir Raz

Initially people thought that if you're very intelligent you're likely to be less suggestible; if you are male you're likely to be less suggestible than if you're female; and so on. These have been largely dismissed.

Nicola Kelly

In fact, it's about two things. First, absorption...

Prof Amir Raz

Your ability to get engrossed in a particular activity – we all know people who are capable of reading a book and losing track of time, we know the same thing about people who are watching a film and beginning to cry, having all these emotional reactions, again getting very much sucked into the scene and being riveted.

Sam

People often think you can be easily hypnotised if you are suggestible, or easily influenced by others.

Rob

In fact, hypnotism is about two things. Did you hear the first thing, Sam?

Sam

Yes - it's getting absorbed; so absorbed that you lose track of time - become so occupied with something that you are unaware of the passing time.

Rob

And getting absorbed can also mean you get sucked into something - become involved in a situation when you do not want to be involved.

Sam

Stage hypnotists often speak in a soothing, gentle ways to help this process of getting someone absorbed or sucked in!

Rob

But according to Professor Raz, there's a second important part to being hypnotised: attention.

Sam

Listen to the definition of attention Professor Raz gives to BBC World Service programme, The Why Factor:

Prof Amir Raz

The ability to get focused, to concentrate and hone in on particular, select pieces of information to the exclusion of others.

Rob

Besides the relaxed, dream-like feeling of being absorbed, what's also needed is the concentration to hone in on something, in other words, to give it your full attention.

Sam

What you hone in on could be the way the hypnotist speaks, like how Rob said, "Look into my eyes!" at the beginning of the programme.

Rob

Or it could be some other object, like a moving finger, a pendulum or a swinging watch that some hypnotists use.

Sam

Well, I don't feel hypnotised, Rob, but I'm certainly focused on one thing – my lunch! So come on, tell me – what's the correct answer to the quiz question?

Rob

OK, Sam. I asked you which hypnotist was so famous that his name became used as a verb. And what did you say?

Sam

I guessed it was a) Sigmund Freud.

Rob

It was a good guess – but the correct answer was b) a German doctor called, Franz Mesmer.

Sam

Of course! And the word named after him was... mesmerised – to have your attention completely fixed so that you can't think of anything else.

Rob

Well, that might be a problem if you want to remember this vocabulary, so let's recap the words we've learned, starting with trance – a state of consciousness in which you are not completely aware or in control.

Sam

Someone who is suggestible is easily influenced by other people.

Rob

When you lose track of time, you become so absorbed with something that you are unaware of time passing.

Sam

And you might get sucked in - become involved in a situation that you don't want to.

Rob

Hypnotism also depends on concentration and the ability to hone in on something - to give something your full attention...

Sam

...until you're mesmerised – you have your attention completely fixed so that you cannot think of anything else.

Rob

That's all for this hypnotic journey. Bye for now!

Sam

Bye bye!

I Match terms with their definitions:

- | | |
|--------------------------------|---|
| 1. trance | a) become involved in a situation when you do not want to be involved |
| 2. suggestible | b) a state of consciousness in which you are not completely aware or in control of yourself, but in which you can hear and see things and respond to commands given by others |
| 3. lose track of time | c) to give all your attention to something |
| 4. get sucked into (something) | d) have your attention completely fixed so that you cannot think of anything else |
| 5. to hone in on (something) | e) become so occupied with something that you are not sure how much time has passed |
| 6. be mesmerised | f) easily influenced by other people |

II True or False:

1. Hypnotic sense is the word to describe the state of mind of someone who's been hypnotised and isn't completely in control.
2. Some hypnotists make people do silly things for entertainment purposes.
3. Professor Amir Raz is a teacher at The Brain Institute in Orange County, California.
4. Stage hypnotists often speak in a soothing, gentle ways to help this process of getting someone absorbed or sucked in.
5. Hypnotism has no real benefits.

6. Getting dissolved means become so occupied with something that you are unaware of the passing time.

III Answer the questions:

1. Which hypnotist was so famous that his name became used as a verb?
2. What was the name of the BBC World Service program in which Professor Raz was interviewed?
3. How would you describe on getting engrossed in a particular activity? What does it really mean?
4. According to Professor Raz, what are the two important parts to being hypnotised?
5. What did initially people think on being suggestible?
6. How professionals hypnotise people and what kind of tools do they use?

IV What is your opinion on hypnotism, how it can affect our body and mind, and what are the consequences of non-professional hypnosis?

The loneliest man in history

Neil

Hello and welcome to 6 Minute English from BBC Learning English. I'm Neil.

Georgina

And I'm Georgina.

Neil

In this programme we're going to be talking about the astronaut who piloted the command module to take Neil Armstrong and Buzz Aldrin to walk on the Moon. Michael Collins, who sadly passed away in 2021 at the age of 90, has been described as 'the loneliest man in history'.

Georgina

Yes, while Armstrong delivered his famous quote when taking the first steps on the lunar surface, and Buzz followed soon after, Collins was left behind to circle the Moon, tasked with the huge responsibility of getting the three pioneers – the first people to do something - back to Earth.

Neil

That's right – And many people over the years have wondered whether he was disappointed not to have walked on the Moon. How would you feel if you went all that way and didn't stand on the Moon, Georgina?

Georgina

Me personally – I'd probably be pretty devastated – but I think it depends on personality. To be honest, I'd probably be too scared to go to the Moon anyway.

Neil

Yes – and just think about being in a space module together – trapped for all those hours – it could create quite the sense of camaraderie – a friendship and trust formed by spending time together.

Georgina

Or you could drive each other crazy asking questions!

Neil

Which is what I'm going to do now, Georgina. I know how much you love animals – and the first animal that went into space was a Russian dog in 1957, but what was that dog's name?

a) Irina

b) Laika or

c) Anastasia?

Georgina

Well, I think I know this one - b) Laika - and I believe, sadly, she didn't survive.

Neil

OK, Georgina, we'll find out if that's right at the end of the programme. But let's talk more about Michael Collins and that famous trip to the Moon that captured people's attention around the world.

Georgina

Yes - I think one thing that has always interested me is the feeling of friendship, or as you said camaraderie, that must have developed between those three explorers. But, perhaps surprisingly, in an interview with the BBC programme Hard Talk, Collins said the close connection between the astronauts didn't develop until later.

Michael Collins, astronaut

We formed some very strong bonds, but actually, not really during the flight of Apollo 11 or even during the preparatory flight of the flight. It was a round-the-world trip that we took after the flight. When I came to know Neil better. During our training, in the first place we had not been a backup as most primary crews had been, so we just got to know each other in the 6 months before the flight, which is a short period of time.

Neil

So, it wasn't really until afterwards that they formed those strong bonds – the connections between them, until on a trip round the world to talk about their experiences.

Georgina

Six months sounds like a long time, but I suppose when preparing to become famous and go down in history, as they did - it doesn't leave much time for personal interactions.

Neil

One of the sad things to take away is that everyone remembers Armstrong and Aldrin, but sometimes Collins is seen as the forgotten man.

Georgina

Yes – and he did say in the interview that he would have loved to walk on the Moon, but he was very proud to be a part of the team – as he was one of the trailblazers – a similar word to pioneer.

Neil

They most certainly were trailblazers. But imagine how he must have felt – circling around Moon, all alone!

Georgina

Yes, a lot of people questioned Collins afterwards regarding the solitude, about which he had this to say in the same interview with BBC programme Hard Talk:

Michael Collins, astronaut

Well, I... when I returned to Earth, I was amazed because most of the questions to me from the press centred on: You were the loneliest man in the whole lonely orbit around the lonely planet on a lonely evening. And I felt, on the other hand, quite comfortable in my happy little home inside the command module Columbia. I had been flying aeroplanes by myself for a number of years. So, the fact I was aloft by myself was not anything new.

Neil

So, it sounds like he appreciated the peace and quiet and he felt used to it having been alone on flights.

Georgina

Yes – while people talk about the two who walked on the Moon, he must have experienced an incredible sense of peace while on the dark side of the Moon – the first person ever to go there.

Neil

But now, Georgina, let's get the answer to my question: What was the name of the first animal, a dog, to go into space?

Georgina

I said Laika.

Neil

Which is correct, well done! And you were right when you said that she sadly didn't survive the return to Earth.

Georgina

Well, speaking of dogs, I need to feed mine soon - so let's just recap some of the vocabulary we've discussed.

Neil

Yes, we had camaraderie – a sense of trust and friendship after spending a long time together, and the creation of strong bonds or connections.

Georgina

And if you're the first person to do something, you could be called a pioneer.

Neil

Or even a trailblazer which means the same thing. And if you are the first person to do something, you could become famous and go down in history.

Georgina

And finally we spoke about the solitude, or state of being alone, that Collins must have experienced.

Neil

Well, we're out of time for today. We have plenty more 6 Minute English programmes to enjoy on our website at bbclearningenglish.com.

Georgina

If you are busy, we offer English in a Minute: short videos with tips on how to improve your English.

Neil

And check us out on Facebook, Twitter and Instagram.

Georgina

Don't forget we have an app too, which you can download for free from the app stores. We help you learn English on the move! Grammar, vocabulary, and interesting topics – we have them all! Visit our website! Get the app!

Neil

Bye for now.

Georgina

Goodbye.

I Match terms with their definitions:

- | | |
|-----------------------|---|
| 1. pioneer | a) friendship or trust created by being together for some time |
| 2. camaraderie | b) someone who does something revolutionary or for the first time |
| 3. bond | c) the first person to do something or go somewhere |
| 4. go down in history | d) a connection or shared link |
| 5. trailblazer | e) being alone |
| 6. solitude | f) become famous |

II True or False:

1. Michael Collins was the first man in the history of mankind who walked on the Moon.
2. Buzz Aldrin has been described as ‘the loneliest man in history’.
3. Georgina said that she would love to go to the Moon.
4. Collins was left behind tasked with the huge responsibility of getting the three pioneers back to Earth.
5. Being in a space module together – trapped for all those hours – it could create the sense of a friendship and trust formed by spending time together.
6. Astronauts had taken a trip around the world before their flight to the Moon.

III Answer the questions:

1. If you're the first person to do something, what can you be called?
2. What was the name of the first animal, a dog, to go into space?
3. What planet did the first astronauts land on?
4. Which profession did Collins hold before his space travel?
5. Did Michael really feel lonely while flying around the Moon?
6. How people started calling Michael Collins after he went to the moon?

IV Would you ever consider to go into space and if so which planets or distant spaces of our vast Universe would you visit in order to go down in history?

Do consumers care about carbon footprint?

Sam

Hello. This is 6 Minute English from BBC Learning English. I'm Sam.

Neil

And I'm Neil.

Sam

That's a tasty chocolate bar you're munching on there, Neil.

Neil

Tasty but maybe not healthy.

Sam

But at least on the wrapper there's a label to tell you about its sugar, fat and calorie content.

Neil

Yes, the little coloured guide on the wrapper allows consumers to compare the healthiness of different things.

Sam

Well, in this programme, we'll be looking at an idea to add a label showing the carbon footprint of a product, and talking about some vocabulary used around this subject.

Neil

By carbon footprint, we mean how much carbon is used through the activities of a person, company or country. This new system sounds like a good idea, Sam.

Sam

Yes – but as normal, we still have a question for you to answer first. I think we all agree we want to reduce our carbon footprint somehow – but according to the Centre for Research into Energy Demand Solutions, how many tonnes of CO2 equivalent per person annually could be reduced by living car-free? Is it...

- a) Around 1 tonne,
- b) Around 2 tonnes, or
- c) Around 3 tonnes?

Neil

I'm sure living without a car would reduce CO₂, so I'll say c) around 3 tonnes.

Sam

OK, Neil, we'll find out if that's right at the end of the programme. But let's talk more about carbon labelling. Listing the carbon dioxide emissions of a product on the packaging may encourage us to make greener choices.

Neil

It's not a new idea but it's something that's never caught on – become popular or fashionable.

Sam

Until now. The idea now seems to have returned, and it's something the BBC World Service programme The Climate Question has been looking into. They've been speaking to business leaders about adding labelling to their products.

Neil

Such as Marc Engel, Chief Supply Chain Officer at Unilever. Let's hear why he thinks the idea is growing in popularity...

Marc Engel, Chief Supply Chain Officer, Unilever

What we are seeing is Generation Z and Millennials, are much much more willing to make choices, informed choices, about responsible products and brands, so that's also why we're also doing it. At the end of the day, we're doing it because we believe that this is what consumers will ask from business - this is not something that we made up ourselves.

Sam

So, in this case, it seems it's people buying Unilever products who are driving this change – particularly younger people from Gen Z. So people born towards the end of the 20th Century or the beginning of the 21st Century, or slightly older Millennials.

Neil

They want to make ‘informed choices’ about what they buy – so, making decisions based on good and accurate information. Carbon labelling is part of that information.

Sam

And Marc Engel mentioned consumers wanting to buy ‘responsible’ products or brands. Here, that means ‘trusted’ or ‘reliable’ with less environmental impact.

Neil

That all makes sense, and it’s why Unilever recently announced it’s committed to putting carbon footprint information on 70,000 products. The Climate Question programme also spoke to Dr Zaina Gadema-Cooke – an expert in supply chain management at Northumbria University. What does she call measuring a product’s carbon footprint?

Dr Zaina Gadema-Cooke, Northumbria University

The problem with footprinting is it's almost impossible to include the consumption stage associated with the consumer because we all deal with the products that we purchase and dispose of differently. So, it's very difficult to include that - so ‘farm-to-fork’ calculations tend to really be ‘farm-to-retail-shelf’ calculations of carbon footprint loadings.

Sam

So, Dr Zaina Gadema-Cooke describes the measurement of a product’s carbon footprint as ‘foot printing’. And this, she says, is difficult to measure because we don’t know what people do with the stuff after they have bought it.

Neil

Yes, so for example a carbon label might show an estimate of the carbon footprint of milk from the cow to the consumer – what Dr Zaina Gadema-Cooke calls ‘farm to fork’ – but after it leaves the supermarket shelf, we don’t know how efficiently it is stored, how much is wasted and what happens to the packaging.

Sam

It’s all food for thought – something to think seriously about.

Neil

And, Sam, what did you think about my answer to your question earlier?

Sam

Ah yes, I asked you - according to the Centre for Research into Energy Demand Solutions, how many tonnes of CO₂ equivalent per person annually could be reduced by living car-free?

Neil

And I said around 3 tonnes.

Sam

Which was actually, a bit too much. Research found living car-free reduces a person's annual CO₂ production by an average of 2.04 tonnes.

Neil

Anyway, let's briefly recap some of the vocabulary we've mentioned today.

Sam

Yes, we've been talking about measuring our carbon footprint - that's how much carbon is used through the activities of a person, company or country.

Neil

And footprinting is an informal way of saying measuring the carbon footprint of something.

Sam

When something has caught on it means it has become popular or fashionable. And, making informed choices means making decisions based on good and accurate information.

Neil

Buying something that is responsible means that it is trusted or reliable. And, the phrase from farm to fork describes the processes involved from agricultural production to consumption.

Sam

We're out of time now, but thanks for listening. Bye for now.

Neil

Goodbye.

I Match terms with their definitions:

- | | |
|----------------------|---|
| 1. carbon footprint | a) trusted or reliable |
| 2. footprinting | b) how much carbon is used through the activities of a person, company or country |
| 3. caught on | c) (informal) measuring the carbon footprint of something |
| 4. informed choices | d) become popular or fashionable |
| 5. responsible | e) the processes involved from agricultural production to consumption |
| 6. from farm to fork | f) decisions based on good and accurate information |

II True or False:

1. By carbon footprint, we mean how much carbon is used through the activities of a person, company or country.
2. The little coloured guide on the wrapper allows consumers to compare the healthiness of different things.
3. Marc Engel is a Chief Supply Chain Officer at Walmart.
4. Living car-free reduces a person's annual CO₂ production by an average of 1.04 tonnes.
5. McDonalds recently announced it's committed to putting carbon footprint information on 50,000 products.
6. Dr Zaina Gadema-Cooke is an expert in waste management at Columbia University.

III Fill in the missing words from the box:

recap, supermarket, stored, is, packaging, footprinting, impossible, fashionable, that, caught on, consumer, farm to fork, agricultural, has, mentioned, reliable, wasted

1. Buying something that ... responsible means that it is trusted or
2. Anyway, let's briefly ... some of the vocabulary we've ... today.
3. The phrase from ... describes the processes involved from ... production to consumption.
4. When something has ... it means it ... become popular or
5. The problem with ... is it's almost ... to include the consumption stage associated with the ... because we all deal with the products ... we purchase and dispose of differently.
6. After milk leaves the ... shelf, we don't know how efficiently it is ..., how much is ... and what happens to the

IV Listing the carbon dioxide emissions of a product on the packaging may encourage us to make greener choices. Should we all follow this newly emerged idea and try to do everything we can to literally save our planet, not only for us, but for future generations? What is your idea on that?

The history of swimming

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Georgina

And I'm Georgina.

Neil

Can you swim, Georgina?

Georgina

I can, Neil. I learned to swim as a child and now I enjoy swimming for exercise and to relax.

Neil

In the summer hundreds of keen swimmers, like Georgina, head off to swimming pools, lakes and beaches to take a dip – an informal idiom meaning 'go for a swim'.

Georgina

Swimming has many health benefits and since ancient times has been used to promote strength and wellbeing.

Neil

But swimming's not just about exercise – there's far more to it beneath the surface as we'll be finding out in this programme on the history of swimming.

Georgina

Although evidence suggests that ancient Mediterranean people dived eagerly into temple pleasure pools, lakes and the sea, other cultures have swum against the tide – another swimming idiom there, Neil - meaning 'not to follow what everyone else is doing'.

Neil

Someone who did enjoy swimming was the poet, Lord Byron. He wrote poems popularising the sport and in 1810 swam the Hellespont, a stretch of water

separating Europe from Asia. But in which modern country can the Hellespont be found - that's my quiz question, Georgina. Is it:

a) Greece?

b) Cyprus?, or

c) Turkey?

Georgina

I think Lord Byron visited Istanbul, so I'll say c) Turkey.

Neil

OK, we'll find out the answer at the end of the programme. For all its good points, swimming seems to have lost its appeal in Europe after the decline of the Roman Empire.

Georgina

According to historian and swimming enthusiast, Professor Kevin Dawson, the rise of Christian beliefs discouraged swimming, as he explains here to BBC World Service programme, The Forum:

Kevin Dawson

You have some beliefs that water is this unsafe space, unnatural space for human beings... it's a perpetuation of the chaos that existed before God created land, or that water is a mechanism for punishment like the Great Flood story or pharaoh's army being destroyed in the Red Sea... but then there's also beliefs that swimming is immodest... most people at the time swam nude and so church officials discouraged swimming because they felt that it led to immodest behaviour.

Neil

As well as being considered unsafe or chaotic, swimming was seen as immodest – shocking because it shows too much of the body.

Georgina

This was because most people at the time swam nude – naked, without clothes.

Neil

Another place with a long history of swimming is the remote Maldives Islands in the Indian Ocean.

Georgina

In the Maldives, access to shallow, warm sea-water lakes called lagoons makes it an unbeatable place for swimming.

Neil

But even on a tropical island, things haven't always gone swimmingly as diver and Maldives resident, Mikael Rosen, told BBC World Service programme, The Forum:

Georgina

Listen for the reason Mikael gives for the change in people's attitudes to swimming in the Maldives:

Mikael Rosen

Most citizens of the Maldives have half a mile to a lukewarm lagoon. Given that, they could be world leaders in swimming, but in the 1960s the government recruited a lot of teachers from India, Sri Lanka. They didn't know anything about the water culture and they noticed that the young students playing hooky – they were in the lagoons, and swimming soon got frowned upon, but now the government and the local organisations – they try to reclaim swimming.

Georgina

Did you hear the reason Mikael gave, Neil?

Neil

Yes, he said that young students were playing hooky to go swimming in the lagoons. Play hooky is an informal way of saying 'stay away from school without permission'.

Georgina

Right, and that meant swimming quickly got frowned upon, or disapproved of.

Neil

It seems a bit unfair since there was already a strong culture of swimming in the Maldives which the arriving teachers didn't fully appreciate.

Georgina

Well, I know which I'd rather do – sit in a classroom or swim in a warm tropical lagoon!

Neil

Swimming, right? But then you would never have learned about Lord Byron...

Georgina

Yes, in your quiz question you asked me about Lord Byron swimming the Hellespont, a stretch of water separating Europe from Asia.

Neil

I asked you in which country the Hellespont can be found. Is it: a) Greece? b) Cyprus? or c) Turkey? What did you say?

Georgina

I said c) Turkey. Was I right?

Neil

Yes, you were, Georgina! The Hellespont, also known as the Straits of Dardanelles, is a six-kilometre-wide stretch of water in Turkey.

Georgina

Let's recap the vocabulary from this programme on swimming, which some people informally call taking a dip.

Neil

Someone who swims against the tide refuses to do what everyone else is doing.

Georgina

In the past, swimming was considered immodest - shocking because it showed too much of the body.

Neil

Another word for naked or not wearing any clothes is nude.

Georgina

Children who play hooky stay away from school without permission.

Neil

And finally, if something is 'frowned upon' it's disapproved of.

Georgina

That's all for our dive into the deep end of the vocabulary of swimming. As we've discovered, there's plenty of idioms and expressions relating to swimming and water!

Neil

And check us out on Facebook, Twitter, and Instagram.

Georgina

Don't forget – we have an app too, which you can download for free from the app stores. We help you learn English on the move. Grammar, vocabulary, and interesting topics – we have them all! Visit our website! Get the app!

Neil

Bye for now!

Georgina

Goodbye!

I Match terms with their definitions:

- | | |
|--------------------------|---|
| 1. take a dip | a) to not follow what everyone else is doing |
| 2. swim against the tide | b) not wearing any clothes, naked |
| 3. immodest | c) stay away from school without permission |
| 4. nude | d) go for a swim (informal) |
| 5. play hooky | e) disapproved of |
| 6. frowned upon | f) shocking or embarrassing because it shows too much of the body |

II True or False:

1. Another place with a long history of swimming is the remote Kiribati Islands in the Indian Ocean.
2. For all its good points, swimming seems to have lost its appeal in Europe after the decline of the Roman Empire.
3. Most citizens of the Maldives have five miles to a lukewarm lagoon.
4. Children who play hooky stay away from school without permission.
5. Hellespont, a stretch of water separating Europe from Africa.
6. Jules Verne wrote poems popularising the sport and in 1810 swam the Hellespont.

III Fill in the brackets with words from the box:

Sea, is, land, Great Flood, existed, pharaoh's, Turkey, Dardanelles, six-kilometre-wide, expressions, there's, as, and, pleasure, into, Mediterranean, BBC, Maldives, always, tropical, India, recruited, leaders, that

1. Given ..., they could be world ... in swimming, but in the 1960s the government ... a lot of teachers from ..., Sri Lanka.
2. But even on a ... island, things haven't ... gone swimmingly as diver and ... resident, Mikael Rosen, told ... World Service programme, The Forum.
3. Evidence suggests that ancient ... people dived eagerly ... temple ... pools, lakes ... the sea.
4. It's a perpetuation of the chaos that ... before God created ..., or that water ... a mechanism for punishment like the ... story or ... army being destroyed in the Red
5. The Straits of ..., is a ... stretch of water in
6. ... we've discovered, ... plenty of idioms and ... relating to swimming and water!

IV Do you like swimming? What is your favourite place to swim: is it a river, a lake, the sea or may be the ocean? Which one do you know?

Concussion in sport

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

Georgina

And I'm Georgina.

Neil

When it comes to sport, there's something for everyone. Do you play a sport, Georgina?

Georgina

I used to play in a netball team years ago. Now I go jogging and I enjoy swimming too.

Neil

Yes, I go jogging sometimes and I play football, although I'm no Ronaldo!

Georgina

But some sports, the so-called 'full contact' sports like rugby, American football and boxing are much more dangerous. Now, the truth about the long-term effects on players who make a career taking heavy tackles or punches to the head is being slowly revealed.

Neil

And the issue of safety in sport was back in the news again recently when Danish footballer, Christian Eriksen, collapsed on the pitch during the 2020 European football championship.

Georgina

At the centre of the debate are worries about possible brain damage and dementia caused by concussion - that's a type of traumatic brain injury caused by a bump or blow to the head and the topic of this programme.

Neil

Boxing, of course, is one of the most dangerous sports, and so my quiz question is about a famous boxer. Born in 1949, this boxer has remained mentally and

physically fit despite years of punishment in the boxing ring. But who am I talking about? Is he:

- a) Muhammad Ali
- b) George Foreman?, or
- c) Mike Tyson?

Georgina

I'm not a big boxing fan, Neil, but I'll say b) George Foreman.

Neil

OK, Georgina, we'll find out the answer to that question later in the programme.

Georgina

So far, we've been talking about heavy full-contact sports like boxing, but the truth is that any sportsperson can get concussed.

Neil

In 2018 hockey player and Olympic gold medallist, Nicola White was involved in a heavy collision with another player during a warm-up match.

Georgina

Here's Nicola telling her story to Paul Connolly, presenter of BBC World Service programme, The Inquiry:

Nicola White

I started suffering headaches, nausea, light sensitivity, noise sensitivity, my balance was off, I just felt terrible. I always used to describe it like I was in Alice in Wonderland, I just felt in such a warped world, it just felt relentless, and it never stopped.

Paul Connolly

Three years on from that moment of impact, Nicola is still picking up the pieces. Despite seeking advice and treatment from specialists in the field of head trauma, many of her symptoms persist.

Neil

After the collision, Nicola's balance was off. When something is off, it's worse than usual.

Georgina

And off can also mean 'bad', as in 'this milk smells awful – it's gone off!'

Neil

Nicola felt terrible and her world was warped - strange and unpleasant.

Georgina

In fact, three years after the accident, she was still picking up the pieces - trying to return to normality after a crisis or collapse.

Neil

Concussion is a problem in many sports - even those like hockey or athletics that are not considered 'full contact'.

Georgina

But the dangers involved with boxing are far greater. In fact, it's one of the few sports that has concussion written into the rules.

Neil

Yes, that's right. When a boxer is knocked down, he has ten seconds to stand up and get his senses together – if he can't, there's a good chance he's concussed.

Georgina

Tris Dixon is a former boxer turned sportswriter. Here he is speaking to BBC World Service programme, *The Inquiry*, about concussion in boxing. See if you can spot the answer to the quiz question Neil asked earlier:

Tris Dixon

When you look back through history and you see that Henry Armstrong, Sugar Ray Robinson, Muhammad Ali, Joe Louis all suffered with neurological problems as they got older... but what we also need to find out is why can you have a fighter like George Foreman, who's now in his seventies, and is as bright as a button after two long hard careers. Why do some people seem to have a reserve that has kept them safe later in life?

Neil

Tris mentions some famous boxers who suffered neurological problems in later life... and another boxer who's still as bright as a button – an expression used to describe someone who's happy, cheerful, intelligent, and full of energy.

Georgina

It seems that some people have a reserve – a supply of energy they keep stored up for use in the future, when it's needed.

Neil

OK, Georgina, let's get back to my quiz question – I'm pretty sure you know the answer now?

Georgina

Yes, I think so. Neil asked me which famous boxer, born in 1949, was still mentally alert despite many years of fighting. I guessed it was b) George Foreman.

Neil

Good listening, Georgina!

Georgina

Thanks, Neil - looks like I'm as bright as a button today!

Neil

Let's recap the vocabulary from this programme about concussion – a traumatic brain injury caused by a knock to the head.

Georgina

When something is off, it's bad or worse than usual.

Neil

The adjective warped means strange and unpleasant.

Georgina

To pick up the pieces means to try to return to the ways things were before a crisis or collapse.

Neil

A reserve is a supply of something that you kept back until it's needed.

Georgina

And finally, someone who's as bright as a button is very happy and cheerful, intelligent, and full of energy!

Neil

Sounds like our 6 Minute English listeners to me!

Georgina

That's all for our investigation into concussion in sport, but if you'd like to find out more about the subject you can listen again to the whole programme on the BBC World Service website.

Neil

And if you want to grow your brain power, not get linguistically concussed, why not join us again soon for more topical discussion and useful vocabulary here at 6 Minute English from BBC Learning English! Bye for now!

Georgina

Bye!

I Match terms with their definitions:

- | | |
|-----------------------|--|
| 1. concussion | a) supply of something that is kept and stored for future use |
| 2. (to be) off | b) very happy and cheerful, intelligent, and full of energy |
| 3. warped | c) try to return to normality after a crisis or collapse |
| 4. pick up the pieces | d) strange and unpleasant |
| 5. bright as a button | e) bad or worse than usual; below the usual standard |
| 6. reserve | f) a type of traumatic brain injury caused by a bump or blow to the head |

II True of False:

1. Georgina used to play basketball years ago. Now she does push ups and enjoys running too.
2. The so-called ‘full contact’ sports like rugby, American football and boxing are much more dangerous.
3. Spanish footballer, Christian Hernandez, collapsed on the pitch during the 2017 European football championship.
4. In 2015 volleyball player and Olympic silver medallist, Nicola White was involved in a heavy fight with another player during a warm-up match.
5. Boxing is one of the few sports that has concussion written into the rules.
6. When a boxer is knocked down, he has twenty seconds to stand up and get his senses together.

III Fill in the gaps with words from the box:

Muhammad, older, neurological, back, history, collapse, normality, picking up, years, later, reserve, people, to, caused, concussion, dementia, centre, despite, 1949, asked, two, as, seventies, like, also
--

1. Why do some ... seem to have a ... that has kept them safe ... in life?
2. Neil ... me which famous boxer, born in ..., was still mentally alert ... many years of fighting.
3. We ... need to find out is why can you have a fighter ... George Foreman, who's now in his ..., and is as bright ... a button after ... long hard careers.
4. When you look ... through ... and you see that Henry Armstrong, Sugar Ray Robinson, ... Ali, Joe Louis all suffered with ... problems as they got
5. At the ... of the debate are worries about possible brain damage and ... caused by ... - that's a type of traumatic brain injury ... by a bump or blow ... the head.
6. Three ... after the accident, she was still ... the pieces - trying to return to ... after a crisis or

IV. As we all know professional sportsmen earn a lot of money. But with that come the great health risks and injuries, that will inevitably overtake you sooner or later. Is it really worth risking your health and life to become rich and famous? Give your opinion.

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