

**Олимпиада «Покори Воробьевы горы!»**

**2013-2014**

**Заключительный этап**

**Английский язык**

**8-9 классы**

**Стр. 1 из 5**

**Текст 1**

*You are going to read an article in which four young people say how they deal with the everyday stress in their lives. For questions 1-13 below the text, choose from the people (A-D). Mark your answers on the separate answer sheet.*

**Beating Stress**

**A.** School student Ester Montoya knows she has to improve her marks in her main subjects. She's trying hard but it's not easy and sometimes she feels she's doing too much work. 'I have to get away from it now and then,' she says, 'so recently I've joined a local youth theatre group. It really helps because it takes my mind off everything, it's a kind of escape from reality. Also I'm meeting other people of my own age and I'm hoping to make some friends there. Apart from that I suppose there's TV, but there's not a lot on. I've read that laughing can be very relaxing, but I'm afraid none of the comedy series they're showing right now is worth watching. Something I've been meaning to try, though, is work helping others, perhaps old people. A friend of mine does it, and she says it really makes a difference – both to them and to her.'

**B.** For seventeen-year-old Steve Ellison, life is particularly busy right now. He's revising for some important exams but he still manages to find time for his favourite free-time activities, which include long-distance running. 'It's funny,' he says, 'I only took to it recently when I found it helped me wind down, because at school I never looked forward to those cross-country runs we had to do every Monday morning. Yet nowadays I run a lot at weekends, and I do some voluntary work with local kids at the sports centre.' As well as doing plenty of exercise, he also tries to maintain a healthy diet. 'I've told myself I must always eat a variety of healthy food, with lots of fruit and green vegetables, though if I'm out with my mates I may give in to temptation and have a burger and chips. I never drink coffee, though, because it makes you talk and act nervously, and it keeps you awake at night, too, which is bad for your stress level.'

**C.** First-year university student Amelie Lefevre believes that the best way to beat stress is to organize your life more sensibly. 'My life used to be pretty chaotic, there always seemed to be so much to do, often jobs that other people should have been doing. So what I eventually learned to do was to say *no*, politely, to extra work. That helped, as did making a list of priorities for each day, with some things scheduled for today, others for tomorrow and some that could be

**Олимпиада «Покори Воробьевы горы»  
2013-2014  
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8-9 классы**

**Стр. 2 из 5**

postponed for longer. I also make rules for myself about meal times, and the amount of sleep I need. There was a time when I was staying up until all hours, but I was exhausted the next day so I don't do that any more. I think I manage my time quite well now, but nobody's perfect and occasionally I still oversleep and turn up late for lectures!

**D.** Student Ndali Traore likes to get up early so he has a relaxed start to the day. 'I hate leaving jobs till the last minute, and I always try to do those I like least first,' he says. 'These days I always listen to music while I'm working,' he adds, 'whereas a couple of years ago I found it annoying – it always seemed to spoil my concentration.' When he has some free time, he goes to the cinema, or out with friends. 'If something's bothering me,' he says, 'I often find that just talking to them about it helps. Particularly, if you can make a joke about it, because it always seems a lot less serious when you do that.' If he's on his own, he has a special way of dealing with stress: 'I try to relive occasions when I was really relaxed, such as spending the day by a beautiful lake in the sunshine. That often works,' he says.

**Вопросы к Тексту 1**

**Which person**

1. regularly does a job without getting paid?
2. no longer agrees to do things they don't want to do?
3. tries to see the funny side of things that are worrying them?
4. accepts that they sometimes make mistakes?
5. is disappointed they can't see a particular kind of entertainment?
6. prefers to do unpleasant jobs as soon as possible?
7. is not doing as well in their studies as they would like?
8. likes to tell friends about their problems?
9. goes to bed quite early nowadays?
10. sometimes breaks their own rules about eating when they are not alone?
11. finds that acting makes them feel better?
12. likes to think back to times when they felt less stressed?
13. believes in putting off certain tasks?

**Олимпиада «Покори Воробьевы горы»  
2013-2014  
Английский язык  
8-9 классы**

**Стр. 3 из 5**

**Текст 2**

*You are going to read an article about blogs (the internet sites where individuals regularly write their own thoughts and comments). Seven sentences have been removed from the article – you may see them below the text. Choose from the sentences **A-H** the one which fits each gap (**14-20**). There is one extra sentence which you do not need to use. Mark your answers on the separate answer sheet.*

**Get blogging!**

*Do you want others to read what you write online? Try setting up a blog with Susan Purcell's guide to getting started.*

Short for 'weblogs', blogs began as online diaries, but these days many are useful and entertaining sources of news and information. A blog is really a kind of mini-website, but with one big difference: it costs nothing, or very little, to run. What makes blogs different from most websites is that they are updated regularly and they are interactive – readers can comment on what you write.

\_\_\_\_\_ **14** \_\_\_\_\_. You type your text as if it were any article and the software of the blog company does the rest. Each time you add another piece of text, known as a 'post', that gets published at the top of the page and everything else moves down.

More than 130 million blogs have been started on the web and around a million blog posts are written every day. Every blog is different: some have only one author, some are the work of two or more people, some are streams of nonsense about nothing in particular. \_\_\_\_\_ **15** \_\_\_\_\_. These are often the ones that attract most comments.

People blog for different reasons. Some blogs are platforms for the writers' own opinions, some bloggers write to promote themselves and show off their skills, some even sell stuff on their blogs. Other bloggers write to get in touch with people who have similar views, while some blog to share their knowledge. \_\_\_\_\_ **16** \_\_\_\_\_. Blogs can be password-protected so that they can only be read by those who are allowed to view them.

The best blogs are those that specialize. If you cover too wide a topic area, you'll find it difficult to attract a loyal audience. People go to their favourite blog regularly, as they know they'll always find something of interest there. \_\_\_\_\_ **17** \_\_\_\_\_. You'll come across as knowledgeable and others with the same interest will visit regularly.

It is very easy to set up a blog. You can be online within a few minutes of opening the account. Start by looking at as many blogs as possible to get ideas. Most blogs publish a 'blogroll', or list of links to other blogs, so click on those to view more examples. \_\_\_\_\_ **18** \_\_\_\_\_.

**Олимпиада «Покори Воробьевы горы»  
2013-2014  
Английский язык  
8-9 классы**

**Стр. 4 из 5**

The biggest and most user-friendly are free, although they all offer slightly different features, so make sure you investigate and choose the one that provides what you want.

You can write as much or as little as you like but you must add posts regularly. It is best to write every few days, but it doesn't matter if you do so only at weekends or a couple of times a month, so long as your readers know when to expect posts. It is frustrating to visit a favourite blog only to find that it hasn't been updated as expected. You won't always have the time to write long blogs. \_\_\_\_\_ **19** \_\_\_\_\_.

Blogging about items in the news will help increase your readership, as more people will be searching for that topic. \_\_\_\_\_ **20** \_\_\_\_\_. It is often more satisfying to attract regular readers who interact with you, so write about what you know, check your facts and don't be afraid to say things people may disagree with – it's a good way of attracting comments. You'll soon have a loyal audience who will spread the word about your blog.

**Пропущенные предложения из Текста 2**

- A** On those days, refer your visitors to another blog, something in the press or a video clip on the Internet.
- B** Many though, are clever, informative and well written.
- C** When you've done this, you'll be asked to choose a name for your blog, so have something ready.
- D** They don't want a wasted visit, so stick to your own particular subject.
- E** No technical knowledge is required to blog.
- F** However, blogging is not necessarily about gaining a wide audience.
- G** Teachers, for instance, often blog to help students to catch up when they miss a class.
- H** Next you need to select a blog company.

**Перенесите свои решения в ЛИСТ ОТВЕТОВ**

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8-9 классы**

Стр. 5 из 5

**ЛИСТ ОТВЕТОВ**

**Текст 1**

<b>1</b>	
<b>2</b>	
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**Текст 2**

<b>14</b>	
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