



**МОСКОВСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ
имени М.В.ЛОМОНОСОВА**

Вариант 11 класс

Место проведения Ростов-на-Дону
город

ПИСЬМЕННАЯ РАБОТА

Олимпиада школьников Технических Вороты
наименование олимпиады

по английскому языку
профиль олимпиады

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Дата
« 7 » апреля 2024 года

Подпись участника
М.Капустина

935. *Кур*
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Каремши Н.А. Кур Хабаровск СРСУ

№4

My dear future self,
 I'm writing to share my reflections on leading a healthy lifestyle. Taking a peek in the past five years ~~after~~ after graduating would be a lovely experience, wouldn't it?

Looking back, I feel truly grateful for adopting a habit of working out. Not only did it help me to stay sharp physically but to become smarter (I'm at an olympiad right now, after all). I remember my ninth grade: overweight and insecure child. Poor thing! But then something had to change... I got on a diet of eating less junk food and more veggies, and began my pulling up journey. Barely hanging onto the bar at first, I've progressed and now I can do 20 reps! "What an athlete!" one would say. As for my mental health care, I started meditating for 15 minutes each day. It helped me to become more self-conscious and ~~disciplined~~ disciplined. I'm immeasurably proud of all the work I've accomplished!

Let's get to my future hopes, shall we? As soon as I'm free from my final exams, I plan to add yoga to my routine. I've heard it makes you more flexible (body-wise and mind-wise). Also, I ~~dream~~ dream of winning a pull up contest one day. My greatest aspiration, though, is getting rid of my guilty pleasure - chocolate.

Now, for the questions. What hardships did you face ~~in~~ in the past years on your way to well-being? Did you manage to win in the contest? What makes you feel proud now?

It's time to finish my letter. Remember: you are strong and I love you wholeheartedly. Stay away from chocolate, though!

~~Take care,~~
 Take care,
 your past self

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