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(ФГБОУ ВО «СГУС»)**

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Учебное пособие предназначено для использования на занятиях по английскому языку на 2 курсе очного (в 3 семестре) и 3 курсе заочного (5 семестре) отделений для аудиторной и самостоятельной работы студентов. Издание соответствует рабочей программе по дисциплине «Иностранный язык (английский)» для направления подготовки 39.03.03 Организация работы с молодежью (уровень бакалавриата).

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## ВВЕДЕНИЕ (INTRODUCTION)

Учебное пособие предназначено для студентов, обучающихся по направлению подготовки 39.03.03 «Организация работы с молодежью», очной и заочной формы обучения.

Учебное пособие продолжает базовый курс английского языка, который осваивается студентами на 1 курсе очного и 1-2 курсах заочного отделений. Профессиональный курс английского языка для специалистов по ОРМ нацелен на углубление иноязычной компетенции обучающихся и ориентирует их на профессионально значимый материал. Представлены как адаптированные, так и аутентичные тексты на английском языке, что позволяет подбирать материал в зависимости от уровня подготовленности студентов.

Содержание охватывает темы: «Моя специализация – организация работы с молодежью» (Youth work is my future profession), «Молодежная политика» (Youth policy), «Культурные стереотипы» (National stereotypes), «Молодежные субкультуры» (Youth subcultures), «Актуальные проблемы молодежи» (Urgent issues of young people), «Формирование здорового образа жизни» (Building healthy lifestyle), «Получение образования» (Getting education). Тексты, которые входят в настоящее учебное пособие, способствуют формированию навыков перевода и межкультурной коммуникации, дают информацию об организации работы с молодежью в англоязычных странах, расширяют понимание англоязычной образовательно-воспитательной среды в области работы с молодежью.

Учебное пособие нацелено на развитие коммуникативных навыков и расширение лексической базы, снабжено вопросно-ответными упражнениями, заданиями на переводческие трансформации, заданиями по реферированию и пересказу прочитанного. В рамках каждой темы рекомендуется проработать часть профессионального глоссария на английском языке, представленного в учебном пособии «Специализированная лексика (английский язык)» (автор – Жебрунова Л.А.), которое дает возможность глубоко изучить профессиональную терминологию и улучшить лексико-грамматические навыки.

Дополнительно в пособие включены аутентичные тексты для чтения на английском языке в рамках направления подготовки «Организация работы с молодежью».

Учебное пособие дополнено англо-русским тематическим словарем (Приложение 1). Объединение словарных единиц по лексико-семантическим группам позволяет использовать словарь для самостоятельной работы над повторением пройденного. Тематика пособия охватывает понятийно-дискурсивные области организации работы с молодежью как специализированного направления деятельности.

В Приложении 2 представлена таблица форм неправильных глаголов английского языка.

Учебное пособие рекомендуется к использованию в качестве учебного материала на 2 курсе очного (в 3 семестре) и 3 курсе заочного (5 семестре) отделений для работы в аудитории и для самостоятельной работы студентов. Издание соответствует рабочей программе по дисциплине «Иностранный язык (английский)» для направления подготовки 39.03.03 Организация работы с молодежью (уровень бакалавриата).

При составлении пособия использовался материал:

– Дашдамирова И.В. Практикум по чтению и переводу текстов на английском языке для студентов 2 курса СГУС направления подготовки «Организация работы с молодежью». Смоленск, 2015;

– материалы информационного канала «RT – Russia Today International» (<https://www.rt.com>) (материалы из свободного доступа в сети «Интернет»);

– материалы электронного ресурса – онлайн-энциклопедии «Encyclopedia Britannica» (<https://www.britannica.com/>) (материалы из свободного доступа в сети «Интернет»).

# 1. YOUTH WORK IS MY FUTURE PROFESSION

## 1. Study new words:

(be) involved in	быть вовлеченным в; принимать активное участие в
aim at	иметь целью, нацеливаться
All-Russian Youth Forum	Всероссийский Молодежный Форум
be introduced	быть внедренным
be of great relevance	быть чрезвычайно важным, иметь большое значение
educational programs	образовательные программы
federal projects	федеральные проекты
field of study/ training program	программа подготовки
former	бывший, предыдущий, прежний, предшествующий
have good prospects	быть перспективным
highly skilled professionals	высококвалифицированные профессионалы
introduce	представлять; начинать; внедрять, вводить
involve	вовлекать
Ministry of Science and Higher Education of the Russian Federation	Министерство науки и высшего образования Российской Федерации
relevant changes	соответствующие изменения
social design	социальный проект, социальная конструкция
state and public organizations	государственные и общественные организации
training	подготовка, обучение
young people, youth	молодежь
youth camps	молодежные лагеря
youth organizations	молодежные организации
youth policy	молодежная политика
youth work	работа с молодежью

## **2. Read and translate:**

### **Organization of youth work is my future profession**

*Organization of youth work* was created in 2011 by the former Ministry of Education and Science, now – the Ministry of Science and Higher Education of the Russian Federation.

The program was introduced to provide training of the highly skilled professionals who specialize in work with young people and youth organizations. The program also aims at preparing experts for the state and public organizations involved in social design.

I've made a decision to choose *Organization of youth work* as my field of study because it is interesting and has good prospects. The training program is of great relevance now as it meets the modern society's needs. Our country lacks experts in the field of youth policy.

The Smolensk State University of Sports holds a special place in training of qualified specialists of the branch. Our University is one of the main providers of unique educational programs for the All-Russian Youth Forum "Seliger". Our students take part in the federal projects dedicated to support of talented young people. They are involved in volunteering and organizing work in youth camps, do their research work and participate in the conferences with reports, actualize their skills at the forums, festivals and other events.

### **3. Answer the questions:**

1. When was the training program "Organization of youth work" introduced?
2. What does the program aim at?
3. Why have you make a decision to choose the training program of "Organization of youth work"?
4. What is the role of the Smolensk State University of Sports in training of qualified specialists in this field?
5. What projects do our students take part in?

## **4. Read and translate:**

### **Youth Services**

Youth Services is the work being done within education, recreation, and out-of-school time. Youth Services is an arena where services are voluntary and can include group work, individual counseling, life skill development, community engagement and case management services. Young people often show up to youth services their basic needs of safety, food and shelter. From there youth services provide opportunities for family work and/or independent living. There is a concentrate effort for young people to explore their strengths and set their own goals. Youth workers define their role in a young person's life. First, most often the youth workers have a relationship with this young person. The connection between the youth and youth

worker is through an organization or agency. It must be recognized that this relationship is one of a professional nature. The youth worker has a two-fold sense of power: he or she is an adult and holds control of whatever services the young person is receiving. The youth workers make decisions that affect the young person's programming experience. Youth workers create a safe place by seeing young people with a lens that reflects their strengths; respects their ideas, stories, relationships and experiences; and views them as individuals who have something to offer.

### **References:**

Youth Services – молодежные службы  
to be voluntary – быть добровольным  
counseling – консультирование  
case management – управление делами  
a two-fold sense of power – двойная власть  
a lens – лупа, объектив

### **5. Answer the questions:**

1. What is Youth Services?
2. What work can Youth Services include?
3. What opportunities do Youth Services provide?

### **6. Read and translate**

#### **Is it Easy to Be Young?**

Youth is a wonderful, exciting and a very important period in the life of every person. It's the time when a person is full of hopes, dreams and plans for future. Some people think that it's easy to be young because you are strong, active and full of energy. The only problem is school and the choice of leisure time activities. Everything else is considered to be parents' responsibility. Another problem that young people face is the choice of future career and life style. In fact, it is a very important period of life. Almost everything that happens later in life is the result of these choices. The outcomes may be both positive and negative depending on how someone decided to live. Apart from joyous and bright side of the youth, there are many other difficult issues in teenage life.

First of all, it can be the problem connected with drugs or alcohol. Many young people choose the wrong path not knowing where it leads. It depends on many factors: family background, surrounding society, personal or genetic traits. Unfortunately, the number of young addicts in our country is large, especially among teens. The second problem is the misunderstanding between kids and parents, which can also lead to unwanted effects. Young people often want to decide everything themselves without any adult help. At the same time parents often don't understand their children. Thus, misunderstanding grows deeper. Being young is not easy. You have to make different choices every day, which shape your future. On the other hand, it is the best

period of life for everyone. Some things that happen at young age can never be repeated in the adulthood.

**References:**

joyous – радостный  
addicts – наркоманы  
adulthood – зрелость

**7. Answer the questions:**

1. What is youth in your opinion?
2. What problems do young people face?
3. Why do many young people choose the wrong path?
4. Why do you think young people want to decide everything by themselves?

**8. Use the text from Ex.2 to make up a story about the essence of youth work as your future employment.**

**9. Study the following terms from the Glossary on Youth Work:** ability, accompanying person, acculturation, action plan, artificial intelligence (AI), assimilation, attitudes, basic skills, benchmark, bullying.

## 2. YOUTH POLICY

### 1. Read and translate:

#### From the History of Youth Movement in Our Country: Young Pioneers

“Always be Ready!”

This was the simple motto of youth organizations the world over, and of the Young Pioneers in the Soviet Union. From 1922 to 1990, generations of 10-15 year old children in the Soviet Union learned, exercised, explored and extolled the virtues of their society through the “Pioneers.” The organization is remembered fondly today by millions of people from all over the former Soviet Union and Eastern Europe. The pioneer system borrowed a lot from the Scouts that came before. The motto "be prepared" stayed. So did most of the activities. Outdoor exercise, camping and adventure trips, arts and crafts, as well as music and sports were all staples of the Pioneers as in most such organizations. With the organization, Soviet ideals about society were opposed to the imperial virtues in Britain’s (or Tsarist Russia’s) scouting movement, or Nazi doctrine in the case of the Hitler youth.

When joining, a young person would often have come from being a Young Octobrist, or “Oktyabryonok.” The Young Octobrists was an organization for children aged seven to nine. A Young Pioneer, according to the rules of 1986:

- is a young communism builder, labors for the welfare of the Motherland and prepares to become its defender.

- is an active fighter for peace, a friend to the Young Pioneers and workers' children of all countries.

- follows the communist’s example, prepares to become a Komsomol member and leads the Little Octobrists.

- upholds the honor of the organization and strengthens its authority by deeds and actions.

- is a reliable comrade, respects one’s elders, looks after younger people and always acts according to conscience.

- has a right to elect and be elected to Young Pioneer self-government institutions, to take part at the functioning of the Young Pioneer organization at Young Pioneer gatherings, meetings, etc.

In the Soviet Union the Pioneers also had the admirable effect of playing a major role in the eradication of illiteracy from 1923.

Like many other youth organizations in the world, the Pioneers movement was militaristic in style with many symbols of hierarchy and the state. Flags, bugles and drums all helped to instill a sense of belonging to a cause, and young pioneers wore uniforms with badges of rank. It had its own songs as well. During the Great Patriotic War, as the enemy's armies surged east, many pioneers helped fight them as best they could as part of partisan detachments. 30,000 pioneers were awarded medals or orders

from the war, and four even gained the highest honor and became Heroes of the Soviet Union.

The Pioneers was disbanded as an organization in 1990.

(by Oleg Dmitriev, RT)

### **From the History of Youth Movement in Our Country: Komsomol**

*Komsomol* (All-Union Leninist Young Communist League, b.1918) was a youth organization controlled by the Communist Party of the Soviet Union. The name is an acronym and comes from the first syllables of three Russian words meaning Communist Union of Youth. In Russian – *Kommunisticheskiy Soyuz Molodyozhi*.

Basically, every teenager from the age of 14 in the USSR was a *Komsomol* member or *komsomolets*. It was the third stage in the hierarchy of youth organizations. *Komsomol* membership was valid up until the age of 28.

What did *Komsomol* organizations do? They encouraged good pupils and “spanked” the bad ones. They also performed free labor and volunteer work – like helping poor or weak collective farmers with the autumn harvest. Surprisingly, such activities were fun for most of the young *Komsomol* members, as they didn’t have to go to school or university while performing these tasks.

The events of the time of the *Komsomol* birth are described in the novel “How the Steel Was Tempered” by Nikolay Ostrovsky. In this work of fiction the writer describes his own experience during the war. The book describes the heroic deeds of the young people who built the railroads in the south of the Soviet Union, vital for the restoration of the country’s economy. At the end of the book the main character (and the writer himself) loses his eyesight. But he regrets nothing: “Properly spent is the life that doesn't leave the man agonizing over all the years gone to waste.”

During the Great Patriotic War in 1941-1945 many young people fought in the Soviet Army and in the underground resistance. Two of the most popular examples are Aleksandr Matrosov, the young soldier who stopped the fire of the German machine gun with his chest, and Zoya Kosmodemyankaya, an 18-year-old partisan who was captured by the Germans while setting fire to houses in the occupied German Territory and was later executed by Germans.

In the mid-1950s, *Komsomol* members took part in the project known as 'Tselina'. They set up hundreds of collective farms, surviving in the harshest conditions, that even paid workers wouldn't have dared to live.

In the 1970s and 1980s during the construction of BAM (the Baikal-Amur mainline), which became a huge *Komsomol* project, tens of thousands left their hometowns in Central Russia to endure the harsh winter and summer humidity.

The *Komsomol* ceased to exist after the collapse of the Soviet Union in 1991.

(by Oleg Dmitriev, RT)

### **2. Find in the texts the words and phrases listed below and translate them:**

virtues of their society

bugles

is remembered fondly

drums

borrow	to instill a sense of belonging
outdoor exercise	belonging to a cause
camping	wore uniforms
arts and crafts	badges of rank
ideals about society	fight
opposed to	partisan detachments
imperial virtues	awarded medals or orders
in the case of	was disbanded as an organization
join	an acronym
labor	comes from the first syllables of
for the welfare of the Motherland	encourage
prepares to become its defender	performed free labor and volunteer work
fighter for peace	autumn harvest
follows the communist's example	collective farmers
upholds the honor of	'How the steel was tempered'
strengthen	own experience
authority	heroic deeds
by deeds and actions	vital for the restoration
a reliable comrade	the main character
respects one's elders	loses his eyesight
looks after	executed by executed by
acts according to conscience	in the mid-1950s
a right to elect and be elected	surviving
gatherings	wouldn't have dared to live
admirable effect	ceased to exist
eradication of illiteracy	executed by
militaristic	chest
hierarchy	'properly spent is the life that doesn't leave the man agonizing over all the years gone to waste'

### 3. Read and translate:

#### **From the History of Youth Movement in the USA**

Numerous youth organizations have been formed since the Second World War, uniting young people from all classes of the population. Youth movement is not free of some problems.

Currently in the USA there are many youth organizations, such as Young Republican Federation, Young Christian Association, some religious organizations for Jewish youth. There are also some political organizations like Students' Coordinative Committee of Non-Violent Action and Students for Democratic Society. Youth organization Greenpeace deals with most urgent ecological problems of today's world. It protests against nuclear weapon tests, sea and soil pollution, etc.

Some young people work in their church organizations: help elderly people or work in hospitals. There are even some groups, where young people help released prisoners to start their life again.

**References:**

youth movement – молодежное движение

Young Republican Federation – Федерация Молодых Республиканцев

Young Christian Association – Ассоциация Молодых Христиан

religious organizations – религиозные организации

Jewish youth – Еврейская молодежь

Students' Coordinative Committee of Non-Violent Action – Студенческий Координационный Комитет против Насилия

Students for Democratic Society – Студенты за Демократическое Общество  
urgent – актуальный

**4. Answer the following questions:**

1. What youth organizations of the USA do you know?
2. What are the aims of these organizations?

**5. Read and translate:**

**4-H Club: American Organization**

4-H Club is one of an organization of clubs for youth aged 10 to 21 who engage in programs of “learning by doing.” The clubs are found principally in the United States and Canada, though some 80 other nations have adopted the idea. The 4-H Club emblem is the four-leaf clover with the letter H on each leaf; the club colours are green and white. The name 4-H is suggested in the pledge:

*I pledge*

*My Head to clearer thinking,*

*My Heart to greater loyalty,*

*My Hands to larger service, and*

*My Health to better living, for*

*My Club, my Community, and my Country.*

The clubs originated among rural youth in the United States in the early years of the 20th century. Adult supervisors in the United States are recruited and trained by the colleges and universities, as well as the U.S. Department of Agriculture and county governments.

Four-H clubs are no longer limited to rural youth; enrollment is approximately 50 percent farm, 30 percent rural nonfarm, and 20 percent urban. Each local club – they vary in size but average 24 members – elects its own officers and plans and carries on its program with the guidance and instruction of one or more adult leaders.

More than 50 different projects may be undertaken by 4-H members. For example, among agricultural activities are growing a field crop; raising a garden or a flock of poultry; purchasing, breeding, and caring for a farm animals (farm livestock); or running and maintaining tractors and other farm machinery.

Typical projects developed for urban as well as rural youngsters are automotive care and safety; dog care and training; electrical and electronic work; indoor gardening; operation of power lawn equipment; and safety work. Projects in home economics include such basic activities as food preparation, sewing, and home furnishing.

**6. Find in the text the words and phrases listed below and translate them:**

4-H club	average
aged 10 to 21	carries on its program
engage in programs	with the guidance
learning by doing	projects may be undertaken by
principally	a field crop
some 80 other nations	raising a garden
adopted the idea	a flock of poultry
emblem	purchasing
four-leaf clover	breeding
pledge	caring for a farm animals
rural youth	running and maintaining tractors
adult supervisors	automotive care
recruited and trained by	dog care and training
U.S. Department of Agriculture	electrical and electronic work
county governments	indoor gardening
no longer limited to	operation of power lawn equipment
enrollment	food preparation
approximately	sewing
urban	home furnishing
vary in size	include

**7. Read and translate:**

**Youth organizations in Great Britain**

There are about 60 youth organizations in Great Britain. All youth organizations can be divided into three large groups:

1. non-political organizations;
2. youth organizations associated with political parties;
3. youth organizations controlled by religious bodies.

The two largest non-political youth organizations are the associations of the Boy Scouts and the Girl Guides. There are about 1300000 boys and girls in them. The membership is voluntary.

The Scout Association was formed in 1908. The idea was to train boys in mapping, signaling, knotting and all the skills that would arise from camping and outdoor activities. Most important of all for a Scout was to make a promise that he would do his best to do his duty to. The Boy Scouts had a left-handed handshake, a special badge and the motto "Be Prepared". The Scout movement was intended for boys from 11 to 14.

The Girl Guides Association was founded in 1910. It's divided into three sections: Brownies (from 7.5 to 11), Guides (from 11 to 16), and Rangers (from 16 to 21). The programme of training is planned to develop intelligence and practical skills including cookery, needlework, and childcare. Like a Scout a Girl Guide must be a friend to animals.

There are some other non-political organizations and several youth organizations associated with political parties. The aim of religious young organizations and groups is to help elderly people.

### **References:**

mapping – картография, ориентирование на местности

signaling – сигнализирование, оповещение

knotting – вязание узлов

a left-handed handshake – рукопожатие левой рукой

The Girl Guides Association – Ассоциация Девочек-Скаутов

### **8. Answer the following questions:**

1. How many youth organizations are there in Great Britain?
2. What groups can all youth organizations be divided into?
3. What are the largest non-political youth organizations?
4. When was the Scout Association formed?
5. When was The Girl Guides Association founded?
6. What is the aim of religious young organizations and groups?

### **9. Read and translate:**

#### **Boy Scouts: Youth Organization**

Boy Scouts Association, organization, originally for boys from 11 to 14 or 15 years of age, that aimed to develop in them good citizenship, chivalrous behaviour, and skill in various outdoor activities. The Boy Scout movement was founded in Great Britain in 1908 by a cavalry officer, Lieutenant General Robert S.S. (later Lord) Baden-Powell, who had written a book called Scouting for Boys (1908). In 1916 Baden-Powell founded a parallel organization for younger boys, the Wolf Cubs (known in some countries as Cub Scouts)

The book described many games and contests that he had used to train cavalry troops in scouting, and it became popular reading among the boys of Great Britain. Prior to the book's publication, Baden-Powell held an experimental camp on Brownsea Island off the coast of southern England in which he put into practice his ideas on the training of boys.

Baden-Powell's idea was that boys should organize themselves into small natural subgroups of six or seven under a boy leader—the patrol and patrol leader. Their training would consist of such things as tracking, mapping, signaling, knotting, first aid, and all the skills that arise from camping and similar outdoor activities. To become a scout, a boy would promise to be loyal to his country, help other people,

and in general obey the scout law, itself a simple code of chivalrous behaviour easily understood by the boy.

That basic pattern of scouting aims has continued. In every country where scouting exists, it involves a scout oath or promise; a scout law; an emphasis on the outdoor activities such as camping, swimming, sailing, climbing, canoeing, and exploring caves; a progressive training rewarded by the granting of certain badges; and the encouragement of a daily good deed.

Baden-Powell had intended his ideas to be used by existing youth organizations in Britain, but soon the Boy Scouts quickly spread to other countries.

Boy Scout units, or troops, are divided into individual subgroups, or patrols, and hold regular meetings. Scout troops are sponsored on the local level by churches, schools, fraternal organizations, and other community groups. An adult “scoutmaster” heads each troop.

The Boy Scouts of America (BSA) was modeled on The Boy Scouts Association. The BSA was founded in 1910 in Silver Bay, NY, and grew rapidly and became the largest youth organization in the United States. Nowadays Scouting in the United States is dominated by the 1.2 million-member Boy Scouts of America and the Girl Scouts of the USA and other Scouting organizations. There are also a few smaller, independent groups that are considered to be "Scout-like" or otherwise Scouting related.

**10. Find in the text the words and phrases listed below and translate them:**

good citizenship	mapping
chivalrous behaviour	signaling
skill in	knotting
outdoor activities	first aid
a cavalry officer	Similar
to train cavalry troops	loyal to his country
scouting	obey the scout law
prior to	basic pattern
off the coast of	a scout oath
put into practice	promise
patrol	a scout law
tracking	an emphasis on the outdoor activities

**11. Study the following terms from the Glossary:** call for proposals, career guidance, certificate, citizen, civic engagement, civic service, civilian service, civil society, coach, competence, critical thinking, cultural differences, cultural diversity, culture, curriculum.

### 3. NATIONAL STEREOTYPES

#### 1. Read and translate:

##### Cultures and national stereotypes

A nation is a group of people who share common history and usually a language and usually, not always, live at the same area. Culture can be described as our everyday life: how we communicate, our language, religion, traditions, behavior, way of life.

Proving the difference of the national stereotypes let's compare Russian and English nations. There are a lot of features that vary. The Russians are industrious, brave, progressive and suspicious. They are always considered to be nationalistic and patriotic.

Englishmen are reserved, tradition-loving, courteous, honest, extremely nationalistic and etc. They have a specific sense of humor. They say that they can't understand our jokes and anecdotes not only because of the different meanings of the words, but because of their humor is more delicate.

Looking at these features of the Russians and the Englishmen it is not hard to mark out the differences. The Englishmen are reserved, but the Russians are open-hearted and communicative. The Englishmen are tradition-loving and the Russians don't keep their traditions in such a degree.

There is a great majority of factors that influence the nation's stereotype and its people's character. People that live in the southern countries have less problems than those who live in the North and because of this they are more cheerful and artistic. The history also has a great influence on the national character.

The National Character exists. It is not a myth, it's a reality. But the National Character doesn't describe the character of every person; it describes the character of people of nation in general.

##### References:

to vary – различаться, варьировать

suspicious – подозрительный

courteous – вежливый

open-hearted – с открытым сердцем

#### 2. Answer the following questions:

1. What is a nation?
2. How can culture be described?
3. What are the national features of the Russians?
4. What are the national features of the Englishmen?
5. What are the differences between the Russians and the Englishmen?

## 2. Read and translate:

### American values

The most important thing to understand about Americans is probably their devotion to individualism. They have been trained since very early childhood to consider themselves as separate individuals who are responsible for their own situations in life. As for Russians they find themselves as a part of some group. They always have some kind of attachment, especially family relations.

Another distinctive difference is in the attitude to change and future. Americans are generally less concerned about history and traditions than people from older societies. "History doesn't matter," many of them will say. "It's the future that counts." They look ahead. People from many other cultures, as well as Russians, have a pronounced reverence for the past. They consider that the future is in the hands of fate, God, or at least the few powerful people or families dominating society.

Time is also of great importance in the USA. For Americans, time is a resource, like water or coal, which can be used well or poorly. "Time is money." Thus, Americans admire a well-organized person, one who has a written list of things to do and a schedule for doing them. The ideal person is punctual and considerate of other people's time. Russians are more likely to conceive of time as something that is simply there around them, not something they can use.

The values and beliefs that we point out as national can be found worldwide. But what is valid in the USA is not quite valid in Russia.

### References:

devotion – преданность

family relations – семейные отношения

the attitude to change – отношение к переменам

a pronounced reverence for the past – уважение к прошлому

fate – судьба

«History doesn't matter» – История не имеет значения

«It's the future that counts» – Именно будущее имеет значение

### 4. Answer the following questions:

1. What is the most important thing to understand about Americans?
2. What is the most important thing to understand about Russians?
3. How do Americans and Russians consider history and future?
4. What is time for Americans?
5. What is valid in the USA and not in Russia?

### 5. Tell about American, British and Russian cultural stereotypes.

**6. Study the Glossary:** digital competence, digital youth work, decision making processes, digitalisation, digital literacy, digital natives, digital participation, digital tools, disability, empathy, empowerment, e-participation, equality, extremism.

## 4. YOUTH SUBCULTURES

### 1. Read and translate:

#### Youth Subculture: Definition

Young people have a particular relationship with the world. There are many groupings (subcultures) that have interests different from those of the mainstream culture. A particular cultural grouping is a way for young people to express their individuality. Most young people in Britain follow some kind of youth culture: rocker, hacker, skinhead, hippies, Goth, punk and etc.

Why do teens choose a subculture?

A subculture is a way of life. It isn't a fan club, it's a real life. It seems to them that everything about them: their hair, their music, clothes, the way they talk, their dreams are considered bad by grown-ups. Often young people do something not because they want to do it. They do things because everybody around does.

The inspiration to form a youth culture comes out of a combination of fashion, style and music. A subculture is a group with a distinct style and identity. Different subcultures have their own beliefs, values, fashions. Nevertheless, members of different subcultures may have something similar in their image, behavior, etc. Some people think that all subcultures are awful. But this opinion is not absolutely right.

#### References:

mainstream – основной

hacker – хакер

inspiration – вдохновение

distinct style – особый стиль

identity – идентичность

### 2. Answer the following questions:

1. What is a subculture?
2. Where does the inspiration to form a youth culture come out?
3. What do different subcultures have in common?

**3. Read and translate. Find in the text the words and phrases listed below and translate them.**

#### Youth Subcultures: Skinhead

**Skinhead**, youth subculture characterized by aggressively masculine hair and dress styles, including shaved heads and heavy boots. In many countries skinheads are commonly viewed as extreme right-wing nationalists or neofascists who espouse anti-Semitic and other racist views, though the skinhead phenomenon is not always overtly political and not all skinheads are racists. The skinheads originated in the 1960s

in the working-class neighbourhoods of London. They rejected the youthful counterculture movement – in particular its ethos of peace and love.

### Youth Subcultures: Hippie

**Hippie** movement arose in part as opposition to U.S. involvement in the Vietnam War (1955–75), hippies were often not directly engaged in politics, as opposed to their activist counterparts known as “Yippies” (Youth International Party). Hippies were largely a white, middle-class group of teenagers and twentysomethings who belonged to what demographers call the baby-boom generation. They felt alienated from middle-class society, which they saw as dominated by materialism and repression.

They experimented with communal or cooperative living arrangements, and they often adopted vegetarian diets. Hippies were also known for their unique style, favouring long hair and casual, often unconventional, dress, sometimes in “psychedelic” colours. Many males grew beards, and both men and women wore sandals and beads. Hippies tended to be dropouts from society, forgoing regular jobs and careers.

characterized by  
are commonly viewed as  
right-wing  
neighbourhoods of  
Reject  
counterculture movement  
ethos of peace  
movement arose  
in part  
engaged in politics  
Counterparts  
known as  
middle-class group  
Twentysomethings  
belonged to

baby-boom generation  
felt alienated from  
middle-class society  
dominated by  
experimented with  
living arrangements  
adopted vegetarian diets  
known for their unique style  
favour  
casual  
unconventional  
males  
grew beards  
wore sandals  
Beads

### Youth Subcultures: Cholo

**Cholo** (Mexican American gang subculture) culture has become one of the most prominent and widely recognized subcultures in the United States. In the early 21st century, many of its stylistic elements were appropriated by pop stars and clothing manufacturers for consumption by the wider youth culture.

*A cholo* or *chola* is a member of a Chicano and Latino subculture or lifestyle associated with a particular set of dress, behavior, and worldview which originated in Los Angeles. A *veterano* or *veteran* is an older member of the same subculture. *Chicano* (masculine form) or *Chicana* (feminine form) is an ethnic identity for Mexican Americans who have a non-Anglo self-image, proud of their Mexican Native ancestry. Chicano developed its own meaning separate from Mexican American

identity. Youth in barrios rejected cultural assimilation into the mainstream American culture. The Chicano Movement also had a fixation on masculine pride and machismo. Other terms referring to male members of the subculture may include *vato* and *vato loco*.

Cholo was first reclaimed by Chicano youth in the 1960s. The subculture today is largely associated with anti-social behavior, criminal behavior and gang activity.

The Cholo style is characterized by a blend of old-school West Coast streetwear and vintage Mexican and Latino apparel. The Cholo wardrobe includes Dickies pants, white t-shirts, and flannel button-downs, a bandana tied around the head and pulled down just above the eyes, reverse baseball caps, dark sunglasses, loose-fitting khaki pants (chinos) or shorts, long chains, long socks, white tennis shoes, and stylized tattoos.

From its origins, Cholo culture has been deeply rooted in the hip-hop and rap scenes, with Chicanos and Latinos playing a significant role in shaping these genres. The music of artists such as Cypress Hill, Kid Frost, and South Park Mexican has been an inspiration to Cholos and Chicanos. Chola style in music has been adopted by Christina Aguilera, Gwen Stefani, Selena Gomez, FKA Twigs, Rihanna and others.

Overall, Cholo culture is a dynamic and evolving subculture that has become an integral part of the American cultural landscape.

Cholo	anti-social behavior
prominent	gang activity
widely recognized	a blend of
in the early 21st century	old-school
were appropriated by	West Coast streetwear
clothing manufacturers	vintage Mexican and Latino apparel
consumption	wardrobe
associated with	Dickies pants
particular set of dress, behavior, and	white t-shirts
worldview	
masculine form	flannel button-downs
feminine form	bandana
ethnic identity	tied around the head
Mexican Americans	reverse baseball caps
a non-Anglo self-image	dark sunglasses
proud of	loose-fitting khaki pants (chinos)
Mexican Native	from its origins
ancestry	deeply rooted in
developed	playing a significant role
own meaning	genres
separate from	a dynamic and evolving subculture
barrios	part of the American cultural landscape
cultural assimilation	overall
mainstream American culture	become an integral part of

## Youth Subcultures: Fandom

A **fandom** is a subculture composed of fans characterized by a feeling of camaraderie with others who share a common interest. Fans typically are interested in even minor details of the objects of their fandom and spend a significant portion of their time and energy involved with their interest, often as a part of a social network with particular practices, differentiating fandom-affiliated people from those with only a casual interest.

A fandom as a term has its roots in those with an enthusiastic appreciation for sports. Fans of the literary detective Sherlock Holmes are widely considered to have comprised the first modern fandom.

A wide variety of modern organized Western fan subcultures originated with science fiction fandom, the community of fans of the science fiction and fantasy genres. Science fiction fandom dates back to the 1930s. Fans hold their annual meetings of various types. Fans generate creative products like fan art and fan fiction ('fanfic'). Others create fan videos, or analytical music videos focusing on the source fandom. Such activities are sometimes known as "fan labor" or "fanac" (an abbreviation for "fan activity").

Anime and manga fandom began in the 1970s in Japan. Before anime began to be licensed in the U.S., fans who wanted to get a hold of anime would leak copies of anime movies and subtitle them to exchange with friends in the community, thus marking the start of fansubs.

Music fandom in the 20th century coincided with the rise of popular music culture. These communities play an important role in promoting and supporting the careers of artists, as well as shaping cultural trends within the music industry: Beatlemania, Swifties, Deadheads and The Barbz.

The furry fandom refers to the fandom for fictional anthropomorphic animal characters with human personalities and characteristics. The concept of the *furry* originated at a science fiction convention in 1980.

Additional subjects with significant fandoms include comics, animated cartoons, video games, sports, music, films, television shows, soap operas, celebrities, and game shows.

Especially at events, fans may also partake in *cosplay*, the creation and wearing of costumes designed in the likeness of characters from a source work, which can also be combined with role-playing, reenacting scenes, or inventing likely behavior inspired by their chosen sources.

Activities that have been aided by the Internet include the creation of fan "shrines" dedicated to favorite characters, computer screen wallpapers, and avatars. The Internet helps facilitate the exchange of fanworks.

Some fans create pictures known as *edits*, which consist of pictures or photos with their chosen fandom characters in different scenarios. These edits are often shared on the social media networks.

Fans in communities online often make gifs or gif sets about their fandoms. Gif sets can also capture minute expressions or moments. Fans use gifs to show how they feel about characters or events in their fandom; these are called reaction gifs.

There are also active fan organizations that produce a significant social impact. For example, the Harry Potter Alliance.

fandom	rise of popular music culture
composed of	communities
<i>a feeling of camaraderie with others who share a common interest</i>	promoting
minor	careers of artists
a significant portion of	shaping cultural trends within the music industry
involved with	furry fandom
a social network	fictional anthropomorphic animal characters
particular	human personalities
differentiating	characteristics
affiliated	concept of
a casual interest	a science fiction convention
an enthusiastic appreciation for	animated cartoons
science fiction fandom	video games
a wide variety of	soap operas
community of fans	celebrities
fantasy genres	partake in
hold their annual meetings	role-playing
generate creative products like	reenacting scenes
fan fiction	inspired by
fan art	dedicated to favorite characters
be licensed	computer screen wallpapers
leak copies of anime movies	avatars
subtitle	facilitate the exchange
exchange with friends	produce a significant social impact

#### 4. Summarize the text.

**5. Study the Glossary:** facilitator, grassroots sport, hosting/receiving organization, identity, informal learning, input, intercultural, key competences, learning mobility, life-long learning, local authorities, long term unemployment, methodology, methods, non-formal learning.

## 5. URGENT ISSUES OF YOUNG PEOPLE

### 1. Read and translate.

#### Teenagers (Adolescents)

The age between 14 and 17 is considered to be one of the best periods in people's life. Grown-ups remind it with excitement and tenderness. But most teens wouldn't agree with this opinion if they were asked. They're sure and that's quite true that they are overwhelmed with different problems. These problems are quite serious and they can't be considered trifles.

Teenagers have psychological problems which can be explained by their psychological instability. This is the reason of their strange and sometimes aggressive behavior. Their aggression can be aimed at their friends, teachers, parents and people around them. If these problems aren't solved and regulated by experienced specialists, psychologists, teachers it can lead to far more serious problems.

Drinking and taking drugs have become the most actual problems of the modern society. As for drinking, teenagers don't realize the harm it does to their health. Government surveys on all aspects of drinking have found that about 40 percent of teenagers are attracted by bright and impressive advertisements of alcohol. They really believe that certain drinks will make them look like they are accepted. The main reason of drinking and drug problem is the low level of self-appraisal. Teenagers are greatly influenced by social problems such as unemployment, dysfunctional families and the stress of getting into new college. They don't know how to cope with the problems which do not depend on them. They are badly prepared for their solution mentally, spiritually and even physically. If they fail, they can be driven to despair and won't find the way out if not helped by their families, school and some other representatives of society.

In fact, teenagers have got a lot of work. They are busy with their studies, household chores; some of them have a paid job. But there is no time for fun and they want to be entertained at least sometimes. This excessive work leads to an inner conflict which is usually expressed in the form of an open, direct protest against the world of grown-ups. The next step is the conflict with parents which is very difficult to solve. On the other hand, most teens don't know how to organize their free time for raising their cultural level, enriching their knowledge and improving their physical forms.

#### References:

to be overwhelmed – быть перегруженным

trifles – мелочи

self-appraisal – самооценка

to cope – справиться

to be driven to despair – быть доведенным до отчаяния

household chores – домашние дела

inner conflict – внутренний конфликт

### 2. Answer the following questions:

1. What can you tell about the age between 14 and 17?

2. How are psychological problems of teenagers explained?
3. What are the most actual problems of the modern society?
4. Are teenagers greatly influenced by social problems?

#### **4. Read and translate:**

##### **The problems of teenagers**

All people have problems. Young people have as many problems as the grown-ups. It is possible to solve some problems but sometimes we can not solve this or that problem.

The first problem is to choose a good friend. There is the proverb "A friend in need is a friend indeed". It is very important to make friends with cheerful and true persons. Everybody wants to have a friend who understands him or her.

It is a problem to get good education. It is necessary to pay for good education. It is difficult to learn English, for example, without additional classes. You can't enter the Institute without good knowledge. To get it, it is necessary to pay for it and have heavy expenses. Many good teachers leave schools because they haven't got enough money. Persons without special experience can't teach the pupils well.

Teenagers want to have a lot of money to dress well, to go to the theatres, to visit foreign countries, etc. How can they solve all these problems? They have to earn money. It is possible to do it. Some boys wash cars, the others sell newspapers, or help old persons.

Young people have problems with their parents. Sometimes they have different tastes.

Young people are the future of our country. Grown-up's must remember that they are the future of our country and in present moment their character is formed and that's why their parents must not assert pressure on them.

##### **References:**

to make friends with cheerful and true persons – подружиться с жизнерадостными и верными людьми  
heavy expenses – большие расходы  
to earn money – зарабатывать деньги  
to assert pressure – оказывать давление

#### **4. Answer the following questions:**

1. Is it a problem to choose a good friend?
2. What is a good friend?
3. What kind of problem is it to get good education?
4. How can teenagers solve problems of earning money?
5. Why do teenagers have problems with their parents?

## 5. Read and translate:

### Youth problems

One day young boys and girls will be at school for the last time. And then they are confronted with difficulties. They must make a decision: to enter a university or try to find a job.

For many young people life is harder now. Jobs are difficult to find. There is not so much money around. Things are more expensive, and it's hard to find a place to live. Teachers say that students work harder than they used to. They are less interested in politics and more interested in passing exams. They know that good exam results may get them better jobs.

Three-quarters of young people do more or less what their parents did. They get on well with their parents, and enjoy family life. They eat fish and chips, watch football on TV, and go to the pub. Most young people worry more about money than their parents did twenty years ago. They try to spend less and to save more.

People go to big cities to find a job or to get good education. Many young people want to enter university because they don't want to go to the army. Now people want to be well-educated, because now the majority of firms and companies employ only higher qualified people, but universities can't educate all of them free, so those who don't have enough money can't get enough knowledge.

#### References:

to be confronted – предстоит столкнуться

more or less – более или менее

## 6. Answer the following questions:

1. What difficulties are young boys and girls confronted with finishing school?
2. Three-quarters of young people do more or less what their parents did, don't they?
3. Why do many young people go to big cities?

## 6. Read and translate:

### Youth problems: unemployment, drugs

One of the main problems of young people is drugs. This is a relatively new problem but it is becoming more and more dangerous. Million young people today are using drugs, and most of them will die. Usually they want just to try it, then again and again, and after a year may be two years they will die. It is true. Because there are no medicine to help them. That's why never do it!

People of almost every age are susceptible to this pernicious disease but it hits the youth the hardest. It's name is unemployment. The percentage of unemployed youth in the total number of the jobless is high. In many developing countries the situation is more serious. Unless the economic situation in the world changes, youth unemployment will mount.

There are many youth organizations in our country, which unite youth. There are some informal organizations, for example: skinheads, hippies, punks and so on. Now there is the problem of misunderstanding between different youth groups.

There is the problem how to spend free time. Young people can do it in different ways. Some of teenagers spend their free time in different night clubs. Other young people spend their free time in the streets.

**References:**

to be susceptible – быть подверженным

pernicious – пагубный

percentage – процент

will mount – будет расти

**8. Answer the following questions:**

1. What is one of the main problems of young people?
2. Why is the problem of drugs becoming more and more dangerous?
3. What youth organizations unite youth?
4. Is it the problem how to spend free time?

**9. Read and translate:**

**Generation Gap**

One of the important problems of all times is a generation gap. Adults' mentality is different from teenagers'. They are people of two epochs with different views on various subjects. Because of this parents and children sometimes argue with each other.

Some people believe that teenagers today are generally rude, lazy and ill-behaved. Other people, however, think that teenagers are not so bad. Sometimes people don't understand teenagers. They don't understand some problems and things which are very important in teenagers' life, for example the lifestyles, piercing, tattoos, relationship with friends and teachers.

Some people don't want to understand modern views, ideals and our system of values. They say that teenagers are cruel, brutal, heartless and rude. Today the new generation is fond of smoking, drugs and alcohol, but this doesn't mean that all teens are really bad!

On the other hand, today many elderly people look at the world with new eyes. Moreover, they try to understand teenagers' problems and solve them. Most of the quarrels between parents and children happen because of children's marks at school and generation gap.

In most cases the new generation doesn't understand their parents and becomes depressed because of this. To protest against it, teens can shock people around them. That's why it is considered that teens today are lazy and ill-behaved. Elderly people usually compare their childhood and youth with present, they are always talking about «the good old days». People are said to become wiser with age. Sometimes it is true and sometimes it is not. It is wrong that when wisdom always comes in old age.

Nowadays everyone has a different view on teen's life. But, in fact, we should simply learn to understand each other.

**References:**

generation gap – разрыв между поколениями

to be ill-behaved – плохо вести себя

piercing – пирсинг

tattoo – татуировка

People are said to become wiser with age. – Люди с возрастом становятся мудрее

It is wrong that when wisdom always comes in old age. – Неправильно, что мудрость всегда приходит только в старости.

**10. Answer the following questions:**

1. What is one of the important problems of all times?
2. Sometimes people don't understand teenagers, do they? Why?
3. Are all teens really bad today?
4. Why do most of the quarrels between parents and children happen?
5. Why do teens sometimes shock people around them?
6. What should we do to understand teens?

**11. Read and translate:**

**Marriages – Official or Not**

Nowadays official marriages are becoming less popular and a lot of young people prefer not to marry but just live together.

Those who think that marriages should be official give the following arguments for it. Firstly, they consider official marriages to be more serious, more stable and traditional. Secondly, it's common knowledge that there will be less problems after the divorce, when a couple divides their things and property. Thirdly, it is reasonable to sign a marriage contract before the official wedding to avoid the problems that may occur.

And those who are against official weddings suppose that it doesn't matter if the couple is officially married or not. They don't care about it at all, because the main thing for them is love between a man and a woman and the official wedding only spoils the relations making frames and limiting their freedom. The main idea of those people is that marriages are made in heaven. That means that only God rules people's feelings and knows how long they will stay together. It is impossible to make people to choose an official wedding and forbid them just live together. It's their own decision and choice of freedom.

**References:**

divorce – развод

to occur – происходить

to spoil – портить

in heaven – на небесах

to forbid – заставить

## 12. Answer the following questions:

1. Nowadays official marriages are becoming less popular, aren't they?
2. What arguments are there for official marriages?
3. What arguments are there for unofficial marriages?

## 13. Read and translate

### Toxic Childhood

It is where rapid technological and cultural changes cause psychological and physical damage to children.

Sue Palmer, a former primary school headteacher invented the term toxic childhood. Her theory is outlined in her 2006 book: *Toxic Childhood: How the Modern World is Damaging Our Children and What We Can Do About It*.

In the book, Palmer argues that a toxic mix of technological and cultural changes are having a negative impact on the development of a growing number of children. The examples are listed below.

The decline of outdoor play. Children develop intellectual, language, social, emotional, and creative skills through play. It is through play that children explore the world around them, take risks and develop their imaginations. The decline of outdoor play also means children are getting less exercise today and it is connected with increasing childhood obesity. It could also have a detrimental impact on children's mental health.

The commercialisation of childhood. Children are turned into consumers from early years into their teens. This is achieved mainly through advertising products and brands to children through television and more recently social media. Children are increasingly being bombarded with content marketing on social media: funny videos and memes which link to products. Children may also follow minor celebrities who promote certain brands and products. With such marketing techniques children may not even be aware they are victims of commercialisation.

The 'schoolification' of early childhood – which reduces independence. Childhood has become increasingly regulated and there is an expectation that children should always be learning at a standardised pace to keep up with 'ordinary' child development. The government (UK) has also recently announced an increase to the amount of time children should spend in school. From September 2024 children should be in school for 6.5 hours a day or a minimum of 32.5 hours a week.

The decline of listening, language and communication skills – because of shortened attention spans. The number of children estimated to be behind with language and communication skills in England and Wales increased to 1.9 million in 2023, up from 1.7 million in the previous year.

Screen saturation – reduces face to face interaction. One study (reported 2020,UK) based on a sample of 3000 10-16 year olds found that half of them were online for more than 5 hours a day.

Tests, targets and education – increases anxiety among children. Marketisation from 1988 has greatly increased the role of testing in schools.

**14. Find in the text the words and phrases listed below and translate them:**

rapid technological and cultural changes	content marketing on social media
cause psychological and physical damage	funny videos
primary school	memes
headteacher	certain
invented the term	may not even be aware
is outlined	victims of commercialization
argue	reduces independence
having a negative impact on	at a standardised pace
the examples are listed below	<i>to keep up with 'ordinary' child development</i>
decline	recently announced
outdoor play	decline of
creative skills	communication skills
through play	shortened attention spans
explore the world around	the number of children estimated
take risks	in the previous year
getting less exercise	screen saturation
connected with	reduce
childhood obesity	face to face interaction
have a detrimental impact on	study
turned into	16 year olds
consumers	targets
achieved mainly through	anxiety
advertising products	curriculum
more recently	required

**15. Sum up the texts – make up a story about the problems of the young people and teenagers, consider the possible ways to deal with these issues.**

**16. Study the Glossary:** open access, open educational resources (OER), open and distance learning (ODL), peer learning, project, peer to peer education, resocialisation, school, social enterprise, school-based youth work, service learning, skill, social analysis, socialisation, social media takeover, society, soft skills.

## 6. BUILDING HEALTHY LIFESTYLE

### 1. Read and translate:

#### Healthy lifestyle

Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to take care of their physical and mental health. There are several ways to do it.

If you want to keep feet you should go in for sports, or at least do morning exercises every day. The most healthy kinds of sports are swimming, running and cycling.

Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in the wrong way.

To be healthy, people should get rid of their bad habits. It's necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol and drugs destroy both body and brain. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol.

To be healthy it is also recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it's hard to follow all these recommendations, but every person has to choose between healthy life style and numerous illnesses.

#### References:

to suffer (from) – страдать чем-л., от чего-л.

dust – пыль

overeating – переедание

harmful – вредный

to get rid of – избавиться от чего-л.

to avoid anxiety – избегать беспокойства

### 2. Answer the following questions:

1. Why is our life getting more and more tense nowadays?
2. What ought people to do to overcome all difficulties?
3. What should you do if you want to keep feet?
4. Is healthy food a very important factor of our life?
5. To be healthy it's necessary to stop smoking and drinking much, isn't it?

### 3. Read and translate:

#### Alcoholism

For many people, the facts about alcoholism are not clear. What is alcoholism, exactly? When should a person seek help for a problem related to his or her drinking?

For most people, alcohol is a pleasant accompaniment to social activities. Millions of people around the world abuse alcohol or are alcoholic. A high percentage of families report of the alcohol addiction with some of their members. Heavy drinking can increase the risk for certain cancers, especially those of the liver, esophagus, throat, and larynx. Drinking increases the risk of death from automobile crashes, recreational accidents, and on-the-job accidents

Alcoholism has a great deal to do with a person's uncontrollable need for alcohol. This description of alcoholism helps us understand why most alcoholics can't just "use a little willpower" to stop drinking.

Why can some people use alcohol without problems, while others are utterly unable to control their drinking? There are some risk factors. But risk is not destiny. Just because alcoholism tends to run in families doesn't mean that a child of an alcoholic parent will automatically develop alcoholism.

How can you tell whether you, or someone close to you, may have a drinking problem? Answering the following four questions can help you find out.

Have you ever felt you should cut down on your drinking?

Have people annoyed you by criticizing your drinking?

Have you ever felt bad about your drinking?

Have you ever had a drink first thing in the morning?

One "yes" response suggests a possible alcohol problem. If you responded "yes" to more than one question, it is highly likely that a problem exists. In either case, it is important that you see your doctor.

Even if you answered "no" to all of the above questions, if you are encountering drinking-related problems with our job, relationships, health, or with the law, you should still seek professional help. The effects of alcohol abuse can be extremely serious – even fatal – both to you and to others.

#### References:

abuse – злоупотребление, зависимость

cancer – рак

esophagus – пищевод

larynx – гортань

on-the-job accidents – несчастные случаи на рабочем месте

to use a little willpower – обладать силой воли

annoyed – раздраженный

#### **4. Answer the following questions:**

1. What is alcoholism?
2. What do you think are the causes of alcoholism among teens and young people?
3. What are risk factors?

#### **5. Read and translate:**

##### **Smoking**

Smoking is the shortest way to bad health. Today half of men and a quarter of women in the world smoke. The harm of tobacco smoke for women should be especially emphasized. Smoking women may bring into the world crippled or abnormal children.

The harm of tobacco smoke for so-called passive smokers is a serious health risk to non-smokers, increasing their chance of contracting lung cancer and heart disease. It is estimated that passive smoking causes one death a week.

In the past few years some measures have been taken to reduce smoking. In our country the campaign to beat the cigarette habit has acquired a purposeful nature. Special legislative, medical and educational measures are being worked out. Instructions forbid smoking among schoolchildren. Lessons on the harm of smoking have been included in courses of the anatomy, physiology and hygiene, the sale of cigarettes to minors is prohibited. Warnings against the harm of smoking are printed on packets of cigarette brands.

##### **References:**

crippled or abnormal children – больные или умственно отсталые дети

contracting lung cancer – пораженный раком легких

to beat the cigarette habit – бороться с курением

forbid – запрещать

warnings – предупреждения

#### **6. Ответьте на следующие вопросы:**

1. Smoking is the shortest way to bad health, isn't it?
2. What is the harm of tobacco smoke for women?
3. What is the harm of tobacco smoke for so-called passive smokers?
4. What measures have been taken to reduce smoking in the past few years?

#### **7. Read and translate. Find in the text the words and phrases listed below and translate them:**

##### **Smoking and Health: Tobacco**

At the dawn of the 20th century, the most common tobacco products were cigars, pipe tobacco, and chewing tobacco. Tobacco was also considered to have medicinal properties.

By the dawn of the 21st century, tobacco had become recognized as being highly addictive and one of the world's most frequent causes of death and disease. Moreover, because of the rapid increase in smoking in developing countries in the late 20th century, the number of smoking-related deaths per year was projected to rise rapidly in the 21st century.

Tobacco products are manufactured with various additives to preserve the tobacco's shelf life and so on. The smoke produced when tobacco and these additives are burned consists of more than 4,000 chemical compounds. Many of these compounds are highly toxic.

Since the majority of tobacco users are cigarette smokers who inhale smoke into the lungs, it is not surprising that active and inactive smoking (exposure to environmental tobacco smoke) account for 90 percent of all cases of lung cancer. Smokeless tobacco users, meanwhile, have a substantially increased risk of getting head and neck cancers. Smoking is a major risk factor in cardiovascular disease. Women who smoke are more likely to experience infertility and miscarriage (spontaneous abortion). When a pregnant woman smokes, toxins from the smoke influence the baby's development and growth.

at the dawn of the 20th century	to rise rapidly
the most common	are manufactured
pipe tobacco	various additives
chewing tobacco	to preserve
medicinal properties	shelf life
by the dawn of the 21st century	consists of
become recognized as	burn
highly addictive	chemical compounds
most frequent causes	highly toxic
death	since
disease	inhale smoke into the lungs
moreover	account for 90 percent of
rapid increase in	lung cancer
smoking-related deaths	a pregnant woman

### **Smoking and Health: Vaping**

Vaping is the act of using e-cigarettes, which were first introduced in the United States around 2006. E-cigarettes are battery-powered devices that heat a liquid into an aerosol vapor for inhalation. The liquid used in e-cigarettes is also known as e-liquid or vape juice. The main components are generally flavoring, nicotine, and water, along with vegetable glycerin and propylene glycol, which distribute the flavor and nicotine in the liquid and create the vapor. Popular flavorings include mint, mango, and tobacco.

E-cigarettes are also known as "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "vaporizers," "e-pipes," and "electronic nicotine delivery systems (ENDS)." Some e-cigarettes are made to resemble regular cigarettes, cigars, or pipes, while others look like pens or USB flash drives.

One in five high school students (USA) used e-cigarettes to vape nicotine in 2018. The global e-cigarette and vape market was worth \$15.04 billion in 2020. 18-29 year olds are more likely to say they vape rather than smoke cigarettes... There may be found the following pros and cons:

E-cigarettes may help adults quit smoking.

Vaping among kids is skyrocketing: addicting a new generation to nicotine and introducing them to smoking.

Vaping causes serious health risks, including depression, lung disease, and stroke.

E-cigarettes can catch fire and even explode.

For centuries, a major factor in setting public policy regarding tobacco products was the economic importance of the tobacco industry. The states continued to collect taxes on tobacco products. But the trend is different now as the detrimental effects on the people's health, especially youth's, has become obvious. That's why laws that prohibit cigarette smoking are becoming widespread.

In the USA, the anti-smoking bill, known as the Family Smoking Prevention and Tobacco Control Act, was signed into law by U.S. Pres. Barack Obama on June 22, 2009. In 2016 the rule also introduced provisions to prevent the sale of e-cigarettes, cigars, and hookah tobacco to persons under age 18 and required that all regulated tobacco products display health warnings on their packaging.

vaping	regular cigarettes
e-cigarettes	vape market
were first introduced	was worth
around 2006	pros and cons
battery-powered devices	quit smoking
liquid	skyrocketing
an aerosol vapor	addict
Inhalation	health risks
vape juice	lung disease
flavoring	stroke
mint	catch fire
are made to resemble	explode

## 8. Read and translate:

### Energy Drinks

Energy drink, any beverage that contains high levels of a stimulant ingredient, usually caffeine, as well as sugar and often supplements, such as vitamins or carnitine, and that is promoted as a product capable of enhancing mental alertness and physical performance.

Energy drinks are distinguished from sports drinks, which are used to replace water and electrolytes during or after physical activity, and from coffee and tea, which contain fewer ingredients.

Energy drinks also differ from soft drinks, which either do not contain caffeine or contain relatively small amounts of caffeine.

The manufacturers of energy drinks claim that their products boost energy levels. Research has indicated, however, that the stimulant effects of energy drinks are due primarily to caffeine. Other ingredients, such as taurine and vitamins B<sub>6</sub> and B<sub>12</sub>, could potentially exert biological effects but have not been known to increase energy levels; the effects of some ingredients are unknown. Levels of vitamins and certain other additives in energy drinks often far exceed recommended daily intakes.

In the early 21st century, the safety of energy drinks was an emerging public health issue. The combined use of energy drinks and alcohol, which became popular particularly among college students, was linked to an increased likelihood of high-risk drinking behaviour (e.g., binge drinking). Studies revealed dangerous effects on heart function and blood pressure.

**9. Find in the text the words and phrases listed below and translate them:**

beverage	contain
a stimulant ingredient	soft drinks
supplements	either
vitamins	claim that
promoted as	boost energy levels
capable of	however
enhancing	primarily
mental alertness	exert biological effects
physical performance	unknown
distinguished from	far exceed recommended daily intakes
used to replace water	an emerging public health issue
during or after physical activity	linked to an increased likelihood of high-risk drinking behaviour

**10. Read and translate:**

**Lack of Physical Activities: Game Addiction**

**Online gaming** is electronic game playing over a computer network, particularly over the Internet. Electronic game worlds have generated billions of dollars, with millions of players around the world fighting, buying, crafting, and selling in a variety of online environments. One of the most populous was Activision Blizzard's *World of Warcraft*. The massively multiplayer online game (MMOG) drew millions of subscribers, who brought the company \$1 billion per year in retail sales and subscription fees from 2007 to 2010. MMOGs can be played only after logging in to the server that hosts the game world. The social networking aspect of interacting with thousands of players worldwide often overshadows the game content itself. A 2006 study found that almost one-third of female players and nearly 10 percent of male players had dated someone they met in a game. Most MMOGs operate on a subscription basis, charging a monthly fee.

In South Korea a number of players died of exhaustion after marathon gaming sessions, and a 2005 South Korean government survey showed that more than half a million Koreans suffered from “Internet addiction.”

Role-playing video game, electronic game genre in which players advance through a story quest for which their character (or characters) gains experience that improves various attributes and abilities.

Escapism is considered as a predictor of video game addiction in adolescents in the information society, the motivation to escape from the fear of a trivial life and everyday difficulties in the virtual worlds of cyberspace.

In children, some can develop cravings for sweets while playing video games. Children's diet and weight can be negatively affected, as well. Sometimes children will even avoid stopping the game to go to the restroom, which can lead to hygiene issues.

What are the effects of gaming addiction on youth?

Research shows that excessive gaming can lead to increased feelings of social isolation that cause depression, anxiety, and various other mental health problems. As daily video game playtime increases, the development of age-appropriate social skills tends to halt and even reverse.

### **11. Find in the text the words and phrases listed below and translate them:**

online gaming	advance through a story quest
over a computer network	gain experience
over the Internet	improve various attributes and abilities
generated billions of dollars	escapism
online environments	is considered as
populous	video game addiction in adolescents
massively multiplayer online game (MMOG)	information society
millions of subscribers	to escape from the fear of a trivial life
billion	virtual worlds of cyberspace
per year	can develop cravings for sweets
in retail sales	children's diet
subscription fees	weight
logging in to the server	can be negatively affected
server that hosts the game world	as well
social networking	avoid
interacting with thousands of players	restroom
worldwide	
overshadows	hygiene issues
date	gaming addiction
operate on a subscription basis	research
charging a monthly fee	excessive gaming
died of exhaustion	increased feelings of social isolation
marathon gaming sessions	cause depression
suffered from “Internet addiction.”	anxiety

## 12. Read and translate:

### Gambling

**Gambling** is the betting or staking of something of value, with consciousness of risk and hope of gain, on the outcome of a game, a contest or an uncertain event whose result may be determined by chance or accident.

Betting on horse racing is a leading form of gambling in English-speaking countries and in France.

Casinos or gambling houses have existed at least since the 17th century. In the 20th century they became commonplace throughout the world.

Slot and video poker machines are a mainstay of casinos in the United States and Europe and also are found in thousands of private clubs, restaurants, and other establishments; they are also common in Australia.

Another growing form of gambling is via the Internet.

Gambling remains one of the fastest growing businesses in the world. Today, gambling is typically viewed as a socially acceptable form of recreation.

Nowadays there is a shift away from 'gambling' to 'gaming' (videogames and social online games promoted by online operators).

Today gambling is more often associated with positive behavioral changes: enhanced memory, improved problem-solving skills, increased mathematical proficiency, and improved concentration for the elderly, stress and anxiety reduction.

**Adolescent gambling.** Traditionally viewed as an adult activity, gambling has managed to captivate the imagination of young people.

Most states prohibit children and adolescents from engaging in government sponsored and/ or regulated forms of gambling (e.g., lottery, casinos, horse racing, machine gambling, Internet wagering).

The surveys found out, teenagers of 12-17 years of age have managed to participate, to some degree, in practically all forms of regulated and non-regulated gambling activities: sports wagering, lottery scratch tickets, poker, dice, arcade or video games for money, wagering via the Internet, and placing bets with a bookmaker...

Many teens are engaged in playing social casino games via the Internet (on computers, PDAs, Smartphone's) for virtual currency.

There are numerous motivations for gambling by young people. The chance to win money is a driving force. Other reasons include gambling for the competition, or a way to reduce anxiety and depression, a form of socialization or an escape from boredom, to relieve loneliness or to pass time.

Adolescents with gambling-related problems typically have a wide range of social, economic, personal, mental health, physical health, familial and legal problems. These youth have been reported to have high rates of suicide attempts and diverse behavioral problems: missing school to gamble; stealing money from a family member to gamble without their knowledge.

There is little doubt that teenagers view gambling as a socially acceptable activity. They are not aware of the negative aspects.

The game industry is trying to migrate individuals from their non-monetary sites to actual gambling for money. Youth view such non-money gambling sites as a “training ground” for future gambling.

gambling	managed to participate
betting	to some degree
staking	Wagering
value	lottery scratch tickets
consciousness of risk	dice
result may be determined by chance	arcade or video games for money
throughout the world	wagering via the internet
at least	bookmaker
became commonplace	engaged in
slot and video poker machines	virtual currency
a mainstay of casinos	driving force
gambling is via the internet	a way to reduce anxiety and depression
a shift away from a shift away from	a form of socialization
positive behavioral changes	an escape from boredom
enhanced memory	to relieve loneliness
improved problem-solving skills	view gambling as a socially acceptable activity
increased mathematical proficiency	not aware of the negative aspects
improved concentration	legal problems
stress and anxiety reduction	high rates of suicide attempts
viewed as an adult activity	missing school to gamble
managed to participate	stealing money
increased mathematical proficiency	there is little doubt that
improved concentration	view gambling as a socially acceptable activity
stress and anxiety reduction	not aware of the negative aspects
viewed as an adult activity	non-monetary sites
captivate the imagination	view as training ground
prohibit children from engaging in	

**14. Study the Glossary:** stereotype, subcultures, teaching staff, traineeship (work placement), transversal (soft; life) skills, third sector, training, unemployed, venue, virtual learning, virtual community.

## 7. GETTING EDUCATION

### 1. Read and translate:

#### What Makes a Person Educated?

Of course we get education at school. The activities of the school day afford different chances for pupil's self-perfection. They provide many opportunities for deeper study and developing our talents. But school lays only the base, the foundation of our education. Here we get only necessary knowledge and after graduating the school we can continue studying in the universities, institutes or somewhere else. Not only school makes us educated persons. Reading books and press is also very important. It enriches our outlook, expands our intellect, offers the opportunities to read the latest news and political discussions. TV also gives us wonderful and effective possibilities for education. Due to mass media we become better informed by watching documentaries, science programs and discussions.

It is the principal role of after-school activities to deepen our knowledge in different subjects. Besides regular schools there are a lot of clubs, where children get education and good habits. There are different groups, where children can succeed in the field they are particularly interested in. Art clubs, Drama and history clubs and groups, studying foreign languages, are among them. Educational excursions can be also useful in developing the pupil's intellect. Nature hikes help to explore the world around us.

If we want to be successful in our studies we must have the number of positive qualities of character. First of all we have to be attentive at the lessons. Attention always helps to acquire profound knowledge and to understand the material better. To make progress in all subjects we should be hard-working and persistent persons. Strong-willed and industrious people can stand up all difficulties and hardships and they have a purpose in life. So if we want to be well educated, we ought to have all these qualities in ourselves, only in these conditions we can succeed in our studies. All people should be educated, because it is very useful and important. Educated persons are always ready to find a good job, they usually have a bright career. Besides, it is also much better to talk to educated, cultured and extraordinary person. Knowledge is the really great power and that is why we must always increase it.

### 2. Answer the following questions:

1. How can we get education?
2. What after-school activities deepen our knowledge in different subjects?
3. What positive qualities of character must we have to be successful in our studies?
4. Why should people be educated?

**3. Study the Glossary:** voluntary activities, voluntary sector, volunteering, youth activities, young offender, young people, young people with fewer opportunities, youth policy, youth trainer, youth work, youth worker.

## **SUPPLEMENTARY READING**

### **The Convention on the Rights of the Child**

Children are human beings, so they have exactly the same human rights as adults. However, children have been recognised as being in particular need of care and assistance, and for that reason they also have their “own” human rights treaty – the United Nations Convention on the Rights of the Child.

The Convention on the Rights of the Child (1989) defines child as a human being below the age of 18 years unless under the law applicable to the child, majority is attained earlier. The Convention is the most rapidly and widely ratified international human rights instrument in history, accepted by all the countries except United States and Somalia.

The Convention changed the way children are viewed and treated – i.e., as human beings with a distinct set of rights instead of as passive objects of care and charity. It promotes the idea of children as people, whose wishes do need to be taken into account. Children are entitled to be respected and treated with dignity simply because they are human, whatever their age.

The definitions of child could be various: biological (person between birth and puberty), legal (an individual who is not yet an adult or who has not reached the age of majority), social (regarding the relationship with the parent), etc.

### **Young people full potential**

This frequently used term in national and international youth policies is closely related to the perspective of seeing young people as a resource in society. Young people are considered as valuable citizens in their own right and capacity. Thus, the natural focus of a youth policy is to ensure the active participation of all young people in society and to explore and find ways that empower them to realise their full potential as citizens. It also supports young people in living life appropriate to their age group and encouraging their independence and critical thinking. The term refers as well to the obligation that the actors at all levels (international, national, regional and local) have towards helping to transform young people's' potential, creativity, talents, initiative and social responsibility, through the acquisition and development of the knowledge, skills, attitudes and values. For this purpose, the stakeholders are to provide individual and group support to young people and to support the development of the framework that could facilitate the youth transitions, ensuring as well the development of essential skills such as teamwork, communication, leadership, flexibility and responsiveness as well as creativity and innovation, required then on the labour market.

A safe and successful passage from adolescence into adulthood is the right of every young person. This right can only be fulfilled if families and societies make focused investments and provide opportunities to ensure that youth progressively develop the knowledge, skills and resilience needed for a healthy, productive

and fulfilling life. One of the main tasks of youth policy is to provide all young persons to reach their full potential as skilled, creative and resilient people. Therefore, the governments should see young people as a resource and the focus of youth policy should be to facilitate young people's opportunities to realise their full potential as citizens. A government has a special responsibility to ensure that more vulnerable young people enjoy the rights and opportunities they are entitled to.

### **Social Capital**

Social capital can be seen as the expected collective or economic benefits derived from the cooperation between individuals and groups.: 'social networks have value'. Just as a screwdriver (physical capital) or a university education (cultural capital or human capital) can increase productivity, so do social contacts affect the productivity of individuals and groups.

Social capital can be divided into three main categories:

**Bonds:** Links to people based on a sense of common identity ('people like us') – such as family, close friends and people who share our culture or ethnicity.

**Bridges:** Links that stretch beyond a shared sense of identity, for example to distant friends, colleagues and associates. involves creating new relationships beyond your current social circle.

**Linking** involves creating social relationships with leaders or government officials. Thereas bridging occurs horizontally, i.e. between people of a similar socioeconomic power or hierarchy, linking occurs vertically – i.e. between socioeconomic groups.

### **Youth culture(s)**

Youth culture should be understood as an organisation of everyday living by young people and thereby providing an age-specific approach.

Definitions in sociological dictionaries are referring to communalities which are the conscious distinction from adult culture and the link to capitalism and leisure time. Two examples are here:

Strictly speaking a subculture, the subject of an influential debate between (mainly) functionalist writers and their critics. Youth cultures are explained either by factors in the experience of adolescence, or by the manipulation of young people's spending and leisure, through advertising and other mass media. The functional separation of home, school, and work supposedly makes teenagers increasingly distinct from adults, more self-aware, and subject to peer-group rather than parental and other adult influences. But the relative affluence of teenagers in the decades after the Second World War, especially if they were in work, also encouraged the growth of a large and profitable market for goods and services specifically directed at young consumers. This has promoted the growth of distinctive youth fashions and styles in clothes, music, and leisure, many of them originating in the United States. (Ref: Scott, Marshall (2009) A dictionary of sociology)

The idea of youth culture suggests that young people organising themselves within peer-groups have a distinct way of life from that of their parents. It is suggested that the development of their own values, use of language, and distinctive leisure activities involving dress codes and musical styles result in an age-specific social identity (Ref: Turner, B.S. (2006) The Cambridge Dictionary of Sociology. Cambridge).

“Youth culture” is mentioned already by Talcott Parsons 1942 who was pointing to the significance of age differences but the research on youth cultures is strongly rooted in the neo-Marxist approaches of the Centre for Contemporary Cultural Studies (CCCS) at the University of Birmingham to cultural studies. Youth culture thus was analysed as a subcultural expression of age and class specific performative attitudes, actions and behaviour.

Recent research focuses on the elongation of youth and therefore the enlargement of the term youth culture and the subsequent loss of distinction to adult cultures. Furthermore, age specific media usage is perceived essential to understanding recent youth cultures.

### **Youth Organisations – молодежные организации**

Youth organisations are generally understood to be youth-led, non-profit, voluntary, and participatory non-governmental associations. Under some circumstances, youth organisations may form part of the state apparatus.

Youth organisations are mostly established to further the philosophical, political, social, cultural, and/or economic goals of their founders and members.

Youth organisations make significant contributions to young people's quality of life, to their knowledge and competence acquisition and to the community in general.

Organisational forms range from independent legal entities (associations, foundations, congregations and unions) to organisations that are part of larger structures, such as youth strands of political parties or sections of broader non-governmental organisations dedicated to youth.

### **Qualitative Research – качественный анализ**

There is no universally accepted definition of qualitative research, although it is accepted that data collected during qualitative research activities is not usually numerical. Qualitative approaches to research are based on a “world view” which is holistic and has the following basis:

- there is not a single reality;
- reality is based upon perceptions that are different for each person and change over time;
- what we know has meaning only within a given situation or context.

A range of terms is employed to indicate that the approach to research being used is qualitative; these include holistic, naturalistic, ethnographic, constructivist

and interpretive. One significant difference between qualitative and quantitative research approaches is that no intervention, or control group is used in qualitative research.

The key features of qualitative research are that:

- it is not based upon numerical measurements and does not use numbers and statistical methods as key research indicators and tools. instead, it uses words as the unit of analysis and often takes an in-depth, holistic or rounded approach to events/issues/case studies;
- it tends to be associated with description;
- it tends to be associated with small-scale studies and a holistic perspective, often studying a single occurrence or small number of occurrences/case studies in great depth;
- it does not investigate causal hypotheses, instead developing and testing theories as part of an on-going process;
- it tends to be associated with researcher involvement, with the researcher acting as a measurement tool;
- it tends to be associated with emergent research design, using a wide range of approaches and analysing in a fashion that is sometimes impossible to replicate; however, this does not invalidate the research.

A common perception of qualitative research is that the emphasis is on discovery rather than proof. Examples of qualitative research methods are: action research, case study, grounded theory, historical methods, ethnography.

### **Quantitative research – количественный анализ**

Originally developed in the natural sciences to study natural phenomenon. Quantitative research reflects the philosophy that everything can be described according to some type of numerical system, for example:

- the height of a person (in metres);
- the age of a person (in years and months);
- the gender of a person (using a numerical system of categorisation, e.g. 1 for female, 2 for male);
- a person's education (e.g. number and grade of school certificates; classification of undergraduate degree);
- a person's political views (e.g. using a scale that goes from 0 for extreme left-wing to 10 for extreme right-wing).

The key features of quantitative research are:

- it is usually based upon numerical measurements and thus tends to use numbers and statistical methods as key research indicators and tools;
- it tends to be associated with analysis;

- it tends to be associated with large-scale studies and with a specific focus, often condensing information from a large number of specific occurrences to search for a general description or to investigate causal hypotheses;
- it tends to be associated with researcher detachment, producing 'objective' numerical data that is independent of the researcher; it is a very controlled, exact approach to research;
- it tends to be associated with pre-determined research design, using measurements and analyses in a systematic and logically ordered fashion that may be replicated relatively easily by other researchers.

Validity and reliability can be measured numerically using statistical tests.

A common perception of quantitative research is that the emphasis is on proof rather than discovery. There are three primary types of quantitative research designs: experimental; quasi-experimental; descriptive and correlational.

### **Cultural capital – культурный капитал**

A term introduced by Pierre Bourdieu to refer to the symbols, ideas, tastes, and preferences that can be strategically used as resources in social action. By analogy with economic capital, such resources can be invested and accumulated and can be converted into other forms.

Thus, middle-class parents are able to endow their children with the linguistic and cultural competences that will give them a greater likelihood of success at school and at university. Working-class children, without access to such cultural resources, are less likely to be successful in the educational system. Thus, education reproduces class inequalities.

Bourdieu sees the distribution of economic and cultural capital as reinforcing each other. Educational success – reflecting initial cultural capital – is the means through which superior, higher-paying occupations can be attained, and the income earned through these jobs may allow the successful to purchase a private education for their children and so enhance their chances of educational success. This ‘conversion’ of one form of capital into another is central to the intragenerational or intergenerational reproduction of class differences.

Bourdieu recognises a number of other forms of capital, most notably the social capital of contacts and connections. Cultural and social capital are to be gained also in youth work as it is part of education on the one hand and are enabling social contacts on the other hand.

**Organization of youth work is my future profession**

aim at	иметь целью, нацеливаться
All-Russian Youth Forum	Всероссийский Молодежный Форум
be of great relevance	быть чрезвычайно важным, иметь большое значение
educational programs	образовательные программы
federal projects	федеральные проекты
field of study/ training program	программа подготовки
former	бывший, предыдущий, прежний, предшествующий
have good prospects	быть перспективным
highly skilled professionals	высококвалифицированные профессионалы
introduce	представлять; начинать; внедрять, вводить (что-либо)
introduced	быть внедренным
involve	вовлекать,
involved in	быть вовлеченным в; принимать активное участие в
Ministry of Science and Higher Education of the Russian Federation	Министерство науки и высшего образования Российской Федерации
relevant changes	соответствующие изменения
social design	социальный проект, социальная конструкция
state and public organizations	государственные и общественные организации
training	подготовка, обучение
young people, youth	молодежь
youth camps	молодежные лагеря
youth organizations	молодежные организации
youth policy	молодежная политика
youth work	работа с молодежью

## Youth policy and youth movement

acronym	акроним
adopt the idea	принять/перенять идею
adult supervisor	зд.: ответственный взрослый
aged ... to ...	в возрасте от ... до...
approximately	приблизительно
automotive care	уход за машиной
autumn harvest	осенний урожай
average	средний, среднестатистический
award medals or orders	награждать медалями/орденами
badge of rank	знак различия (звания)
basic pattern	зд.: основной образец
belong to	принадлежать ч.-л.
breed	порода; разводить (животных)
bugle	горн, сигнальная труба
care for	заботиться о
carry on a program	выполнять программу
cavalry officer	кавалерийский офицер
cease	прекращать/прекратить/перестать
chest	грудь
chivalrous behaviour	благородное/галантное поведение
collective farmer	колхозник
come from	зд.: происходить, образовываться от
county	зд.: округ
disband	распустить, расформировать
drums	барабан
electrical work	электромонтажные работы
emblem	эмблема
emphasis on	упор на, особое внимание на
encourage	вдохновлять, подбадривать
engage in	участвовать в; заниматься ч.-л.
enrollment	зд.: контингент, количество принятых
executed by	зд.: казнен к.-л.
field crop	полевая культура
fight	бороться
first aid	первая помощь
flock of poultry	стая домашней птицы

food	пища, продукты питания
four-leaf clover	четырёхлистный клевер
heroic deed	героический поступок
home furnishing	обстановка дома мебелью, оборудование хозяйственными предметами, меблирование; зд.: домоводство
in the mid-1950s	в середине 1950-х
include	включать
indoor gardening	комнатное цветоводство
instill a sense of	придать/прививать чувство ч.-л.
knot	узел; завязывать узел
learning by doing	обучение действием, на опыте
lose one's eyesight	потерять зрение
loyal to one's country	верный своей стране
main character	главный герой, основной персонаж
mapping	картография; нанесение на карту
no longer	больше не, уже не
obey the law	подчиняться закону
off the coast	у берега, неподалеку от берега
operation of	зд.: работа на/с ч.-л., оперирование
outdoor activities	активный отдых; деятельность на открытом воздухе
own experience	собственный опыт
partisan detachment	партизанский отряд
patrol	патруль; обход; отряд бойскаутов
perform work	выполнять работу
pledge	публичное обещание, присяга; обязательство
principally	главным образом, в основном
prior to	до, раньше, прежде
promise	обещать; обещание
purchase	покупать; покупка, закупка
put into practice	внедрить, претворить в жизнь
raise a garden	выращивать сад
recruit	рекрут, призывник; набирать, призывать
run tractors	управлять тракторами

rural youth	сельская молодежь
safety	зд.: техника безопасности
scout law	скаутский закон
scout oath	скаутская клятва, присяга
scouting	разведка, дозор; бойскаутизм
sewing	шитье
signaling	сигнализирование; сигнализация
similar to	подобный, аналогичный; такой же, как
skill in	навык ч.-л.
some ( <i>80 other nations</i> )	около ( <i>80 стран</i> )
survive	выживать, спастись
track	отслеживание, прокладка маршрута, следопытство
train cavalry troops	обучать кавалерийские войска
undertake	предпринимать
U.S. Department of Agriculture	министерство сельского хозяйства США
urban	городской
vary in size	различаться по размеру
vital	жизненный, насущный, крайне необходимый
wear uniforms	носить форму/униформу/форменную одежду
with the guidance	под руководством
wouldn't have dared to...	не осмелился бы что-то сделать

## Youth subcultures

adopt vegetarian diets	придерживаться вегетарианской диеты
affiliated	зд.: являющийся членом
ancestry	предок; предки, родословная
animated cartoons	мультипликационный фильм
anti-social behavior	асоциальное поведение
appropriate	зд.: присваивать
associate with	зд.: ассоциировать, связывать с
avatar	аватар; профиль пользователя; персонификация пользователя в многопользовательских системах виртуальной реальности; воплощение героя компьютерных игр в различных обликах
baby-boom generation	послевоенное поколение; дети, родившиеся в период с 1945-1964 гг. (в Европе и США)  поколение времён детского бума (периода резкого увеличения рождаемости)
bandana	бандана, пестрый платок
barrio	район большого города, округ, пригород
bead	бусина; жемчужина
become an integral part of	стать неотъемлемой частью
belong to	принадлежать ч.-л./к.-л.
blend	сочетание, смесь
career of an artist	зд.: карьера артиста
casual	повседневный, на каждый день
celebrity	знаменитость
characteristics	характеристика
characterized by	характеризуется, отличается ч.-л.

Cholo	латиноамериканский индеец; метис
clothing manufacturer	производитель одежды
commonly viewed as	зд.: зачастую рассматривается как
community	сообщество, община
composed of	состоит из, состоящий из
computer screen wallpapers	компьютерные обои
concept	понятие, концепция
consumption	потребление
counterculture	контркультура
counterpart	зд.: противник
cultural assimilation	культурная ассимиляция
dark sunglasses	темные солнцезащитные очки
dedicated to	посвященный ч.-л.
deeply rooted in	глубоко укоренившийся в
develop	развивать, разрабатывать
Dickies pants	штаны Dickies (бренд; ранее изготавливавший спецодежду)
differentiate	различать(ся)
dominated by	зд.: в которых преобладают
dynamic and evolving subculture	динамичная и развивающаяся субкультура
enthusiastic appreciation for sports	зд.: энтузиасты спорта
ethnic identity	этническая идентичность, национальное самоопределение
ethos of peace	зд.: принципы/этос мира
experiment with	экспериментировать с
facilitate	способствовать
fan art	комикс. фанарт
fan fiction	фанфики (произведения по мотивам, созданные поклонниками)
fandom	сообщество фанатов
fantasy genre	жанр фэнтези

favour	зд.: благоволить к, оказывать предпочтение
feel alienated from	чувствовать отчужденность
feeling of camaraderie with others	чувство товарищества с другими
feminine form	зд.: форма женского рода
fictional anthropomorphic animal character	вымышленный антропоморфный персонаж (с чертами животного)
flannel button-downs	фланелевые рубашки на пуговицах
furry fandom	фанаты мультяшных антропоморфных персонажей
gang activity	криминальная деятельность
generate creative products	создавать творческие продукты
genre	жанр
grow beards	отращивать бороду
hold annual meetings	проводить ежегодные собрания, встречи
human personality	человеческая личность
in part	частично
in the early (XX) century	в начале ...( <i>двадцатого</i> ) века
inspired by	вдохновленный к.-л./ч.-л.
involved with	причастный к, связанный с
known as	известный как (в качестве)
known for	известный чем-либо
leak copies of anime movies	«сливать» (незаконно копировать) аниме
living arrangements	жилищные условия
loose-fitting khaki pants (chinos)	широкие (свободного покроя) штаны цвета хаки (чиносы/слаксы)
non-Anlgo self-image	<i>досл.:</i> неангло-американский образ; латиноамериканский образ
mainstream American culture	господствующая американская культура
male	мужской

masculine form	зд.: в форме мужского рода
Mexican American	мексикано-американец
Mexican Native	урожденный мексиканец
middle-class group	средний класс
middle-class society	общество среднего класса
minor	зд.: второстепенный, маленький
neighbourhoods	окрестности
old-school	традиционный, старый добрый, «олдскульный»
origin	происхождение
overall	зд.: в целом
own meaning	собственное значение
part of the American cultural landscape	часть американского культурного ландшафта
partake in	принимать участие в
play a significant role	играть значительную роль
produce a significant social impact	оказывать значительное влияние на общество
prominent	выдающийся
promote	продвигать (рекламировать)
proud of	горд(ый) ч.-л./Горжусь ч.-л.
reenact scenes	воспроизводить сцены
reject	отказываться, отклонять
reverse baseball caps	бейсболка, надетая задом наперед
right-wing	«правый»
rise of	подъем ч.-л.
role-playing	ролевая игра
science fiction	научная фантастика
separate from	отделять(ся) от
shape cultural trends within	формировать культурные тренды/направления в
significant portion of	значительная доля

soap operas	«мыльная опера»
social network	социальная сеть
subtitles	субтитры
tie around the head	повязать вокруг головы
twentysomethings	которым за двадцать
unconventional	нетрадиционный, нетипичный
vintage apparel	«винтажная» (старинная, выдержанная, классическая, «олдскульная») одежда ( <i>Am. Egl.</i> )
wardrobe	гардероб ( <i>мебель и одежда</i> )
wear sandals	носить сандалии
West Coast streetwear	уличная одежда (стиль) Западного Берега
wide variety of	большое разнообразие
widely recognized	широко признанный/признаваемый

## Urgent issues of the adolescents and young people

16 year olds	шестнадцатилетние
achieve through	достигать через/посредством
advertise	реклама; рекламировать
anxiety	озабоченность, беспокойство
argue	спорить; <i>зд.</i> : утверждать
bombard with	атаковать / забрасывать ч.-л.
cause psychological and physical damage to	причинять психологический и физический вред к.-л.
certain	определенный
childhood obesity	детское ожирение
communication skills	навыки общения, коммуникации
content-marketing	контент-маркетинг
connected with	связанный с
consumer	потребитель
creative skills	творческие навыки
curriculum	расписание, учебный план
decline	упадок; приходить в упадок
estimate	оценивать
examples are listed below	примеры перечислены ниже
explore the world around	исследовать / изучать мир вокруг
face to face interaction	личное взаимодействие
funny videos	смешные видеоролики
get less exercise	<i>зд.</i> : выполнять меньше физических упражнений
have a detrimental impact on	оказывать губительное влияние на
have a negative impact on	оказывать отрицательное влияние на
headteacher	директор школы; старший преподаватель
in the previous year	в предыдущем году
invent the term	изобрести термин
keep up with 'ordinary' child development	<i>зд.</i> : развиваться в соответствии с возрастом
may not even be aware	<i>зд.</i> : могут даже не осознавать
memes	мем (идея, концепция, быстро распространяющаяся в интернете)
more recently	совсем недавно, относительно недавно

number of children	количество детей
outdoor play	игры на открытом воздухе
outlined	зд.: изложенный
primary school	начальная школа
rapid technological and cultural changes	стремительные технологические и культурные изменения
recently	недавно
reduce	уменьшать
reduce independence	уменьшать независимость
screen saturation	зд.: «зависание» у экрана (перенасыщение, перегрузка)
shortened attention spans	укороченная продолжительность концентрации внимания
study	изучение, исследование
take risks	рисковать
targets	цели
through play	посредством игры, через игры
turn into	превращать в
victims of commercialization	жертвы коммерциализации

## Building healthy lifestyle among teens and young people

account for	зд.: приходится на
advance	продвигаться
aerosol vapor	аэрозольный пар, туман
age-appropriate	соответствующий возрасту
arcade or video games	компьютерные или видеоигры
around 2006	приблизительно в 2006 году
at least	по крайней мере
at the dawn of the 20th century	на заре 20 века
avoid	избегать
battery-powered devices	устройства на батарейках
became commonplace	стать повсеместным
betting	игра на деньги (на тотализаторе)
beverage	напиток
bookmaker	букмекер
boost	повышать, дать мощный толчок
boredom	скука
capable of	способный к
captivate the imagination	захватить воображение
cause depression	вызывать депрессию
charge a monthly fee	взимать ежемесячную плату
chemical compounds	химические соединения
chewing tobacco	жевательный табак
claim that	утверждать, что
considered as	считается ...
contain	содержать (в себе)
death	смерть
develop cravings for sweets	развивать пристрастие к сладкому
dice	(игральные) кости
die of exhaustion	умереть от истощения
disease	болезнь
distinguish from	отличать от
driving force	ведущая сила
emerging public health issue	появляющаяся озабоченность/проблема в области общественного здоровья
enhance	усиливать, увеличивать

escape	сбегать, отстраняться
excessive	чрезмерный
exert biological effects	оказывать биологическое воздействие
far exceed	намного превышать
first introduced	впервые представлен
flavoring	ароматизатор
gain experience	получать опыт
gambling	азартная игра; участие в азартных играх; спекуляция
via the internet	через интернет
gaming addiction	игромания / лудомания
high rates	высокие показатели
highly addictive	зд.: вызывающий непреодолимую зависимость
highly toxic	чрезвычайно токсичный
however	однако
hygiene issues	вопросы гигиены
improve	улучшать
improved concentration	улучшенная концентрация
in retail sales	в розничной торговле
increased feelings	усиленное чувство
information society	информационное общество
inhalation	вдыхание; затяжка
inhale smoke into the lungs	вдыхать; вдохнуть дым в легкие
interact with	взаимодействовать
legal problems	юридические проблемы
likelihood	вероятность
liquid	жидкость
log in to the server	войти / зарегистрироваться на сервере
lottery scratch tickets	билет моментальной лотереи
lung cancer	рак легких
mainstay	фундамент, главная опора; столп
managed to participate	зд.: смогли поучаствовать
manufacture	производить
marathon gaming sessions	игровая сессия-марафон
massively multiplayer online game (MMOG)	сетевая компьютерная игра
medicinal properties	лекарственные свойства

mental alertness	концентрация внимания, умственная активность
millions of subscribers	миллионы подписчиков
mint	мята
missing school to gamble	пропускать школу ради азартных игр
moreover	более того
most frequent causes	наиболее частые случаи
non-monetary sites	некоммерческие сайты
not aware of	не осознавать ч.-л.
online environments	онлайновая среда
operate on a subscription basis	работать по подписке
per year	в год
physical performance	физическая работа / работоспособность
pipe tobacco	трубочный табак
populous	густонаселенный
positive behavioral changes	положительный поведенческие изменения
pregnant woman	беременная женщина
preserve	предохранять, сохранять
primarily	в первую очередь
prohibit	препятствовать, мешать
relieve loneliness	облегчать чувство одиночества
research	исследование, научный поиск
restroom	уборная
shelf life	срок годности, срок хранения на складе
smoking-related deaths	смерть из-за курения
social networking	социальные сети
soft drinks	безалкогольные напитки (газированные)
staking	стейкинг (хранение средств на криптовалютном кошельке)
steal	красть
subscription fees	стоимость подписки
suffer from "Internet addiction."	страдать от интернет-зависимости
suicide attempt	попытка самоубийства
throughout the world	во всем мире

to some degree	в некоторой степени
unknown	неизвестный
used to	имел обыкновение (что-то делать)
value	стоимость
vape juice	жидкость для электронных сигарет
various additives	различные добавки
view as	рассматривать как
virtual currency	виртуальная валюта
virtual worlds of cyberspace	виртуальные миры киберпространства
vitamins	витамины
wagering	заклучение пари
way	способ
weight	вес
with consciousness of risk	с осознанием риска

## APPENDIX 2. Irregular Verbs

### Таблица неправильных глаголов

Verb	Past Simple	Past Participle	
arise	arose	arisen	<i>возникать, подниматься</i>
be	was, were	been	<i>быть</i>
bear	bore	born	<i>носить, нести</i>
beat	beat	beaten	<i>бить, колотить, побеждать</i>
become	became	become	<i>становиться</i>
begin	began	begun	<i>начинать</i>
bend	bent	bent	<i>сгибать, гнуть</i>
bet	bet	bet/betted	<i>держаться пари</i>
bind	bound	bound	<i>связывать; привязывать</i>
bite	bit	bitten/bit	<i>кусать(ся)</i>
bleed	bled	bled	<i>истекать кровью</i>
blow	blew	blown	<i>дуть</i>
break	broke	broken	<i>ломать</i>
breed	bred	bred	<i>разводить (животных)</i>
bring	brought	brought	<i>приносить</i>
broadcast	broadcast	broadcast	<i>вещать (по радио, ТВ)</i>
build	built	built	<i>строить</i>
burn	burnt/burned	burnt/burned	<i>гореть; обжигать</i>
burst	burst	burst	<i>лопаться, взрываться</i>
buy	bought	bought	<i>покупать</i>
can	could	been able to	<i>иметь способность ч-т делать</i>
catch	caught	caught	<i>ловить, поймать</i>
choose	chose	chosen	<i>выбирать</i>
come	came	come	<i>приходить</i>
cost	cost	cost	<i>стоить</i>
creep	crept	crept	<i>ползать; красться</i>
cut	cut	cut	<i>резать</i>
deal	dealt	dealt	<i>иметь дело (с); вести дела</i>
dig	dug	dug	<i>копать</i>
do	did	done	<i>делать</i>

draw	drew	drawn	<i>чертить; тянуть</i>
dream	dreamt/dreamed	dreamt/dreamed	<i>мечтать; видеть во сне</i>
drink	drank	drunk	<i>пить</i>
drive	drove	driven	<i>водить, вести (машину)</i>
eat	ate	eaten	<i>есть, кушать</i>
fall	fell	fallen	<i>падать</i>
feed	fed	fed	<i>кормить; содержать</i>
feel	felt	felt	<i>чувствовать</i>
fight	fought	fought	<i>бороться, драться</i>
find	found	found	<i>находить, обнаруживать</i>
flee	fled	fled	<i>убегать, сбежать</i>
fly	flew	flown	<i>летать, пролетать</i>
forbid	forbade	forbidden	<i>запрещать, препятствовать</i>
forget	forgot	forgotten	<i>забывать</i>
forgive	forgave	forgiven	<i>прощать</i>
freeze	froze	frozen	<i>морозить, замораживать</i>
get	got	got	<i>доставать, добираться</i>
give	gave	given	<i>давать</i>
go	went	gone	<i>идти, ходить; ехать</i>
grind	ground	ground	<i>молоть</i>
grow	grew	grown	<i>расти</i>
hang	hung	hung	<i>висеть</i>
have	had	had	<i>иметь</i>
hear	heard	heard	<i>слышать</i>
hide	hid	hidden	<i>прятать(ся), скрывать(ся)</i>
hit	hit	hit	<i>ударять, поражать</i>
hold	held	held	<i>держать; владеть</i>
hurt	hurt	hurt	<i>ранить; причинить боль</i>
keep	kept	kept	<i>держать; хранить; беречь</i>
kneel	knelt	knelt	<i>становиться на колени</i>
know	knew	known	<i>знать</i>
lay	laid	laid	<i>класть, положить</i>
lead	led	led	<i>вести, возглавлять</i>
lean	leant/leaned	leant/leaned	<i>наклонять, нагибать</i>
leap	leapt/leaped	leapt/leaped	<i>прыгать</i>
learn	learnt/learned	learnt/learned	<i>учить, изучать</i>

leave	left	left	<i>оставлять, покидать, уходить</i>
lend	lent	lent	<i>одалживать</i>
let	let	let	<i>позволять</i>
lie	lay	lain	<i>лежать</i>
light	lit/lighted	lit/lighted	<i>освещать; прояснять</i>
lose	lost	lost	<i>(по)терять</i>
make	made	made	<i>делать</i>
mean	meant	meant	<i>значить</i>
meet	met	met	<i>встречать</i>
pay	paid	paid	<i>платить</i>
put	put	put	<i>класть, положить</i>
read	read	read	<i>читать</i>
ride	rode	ridden	<i>ездить (верхом)</i>
ring	rang	rung	<i>звонить; звенеть</i>
rise	rose	risen	<i>вставать, подниматься</i>
run	ran	run	<i>бегать</i>
say	said	said	<i>сказать</i>
see	saw	seen	<i>видеть</i>
seek	sought	sought	<i>искать</i>
sell	sold	sold	<i>продавать</i>
send	sent	sent	<i>посылать</i>
set	set	set	<i>устанавливать</i>
sew	sewed	sewn/sewed	<i>шить</i>
shake	shook	shaken	<i>трясти</i>
shine	shone	shone	<i>светить</i>
shoot	shot	shot	<i>стрелять; снимать (на камеру)</i>
show	showed	shown	<i>показывать</i>
shrink	shrank	shrunk	<i>уменьшать(ся), садить(ся)</i>
shut	shut	shut	<i>закрывать(ся), запирасть</i>
sing	sang	sung	<i>петь</i>
sink	sank	sunk	<i>тонуть</i>
sit	sat	sat	<i>сидеть</i>
sleep	slept	slept	<i>спать</i>
slide	slid	slid	<i>скользить; поскользнуться</i>
smell	smelt/smelled	smelt/smelled	<i>пахнуть; обонять</i>
speak	spoke	spoken	<i>говорить</i>

speed	sped/speeded	sped/speeded	<i>мчатся, спешить</i>
spell	spelt/spelled	spelt/spelled	<i>произносить по буквам</i>
spend	spent	spent	<i>проводить; тратить</i>
spill	spilt/spilled	spilt/spilled	<i>проливать(ся), разливать(ся)</i>
spin	spun	spun	<i>прясть; крутить(ся)</i>
spit	spat	spat	<i>плевать(ся); брызгать</i>
split	split	split	<i>расщеплять; ракалывать(ся)</i>
spoil	spoil/spoiled	spoil/spoiled	<i>портить</i>
spread	spread	spread	<i>распространять(ся)</i>
spring	sprang	sprung	<i>прыгать, скакать; отскочить</i>
stand	stood	stood	<i>стоять</i>
steal	stole	stolen	<i>красть</i>
stick	stuck	stuck	<i>втыкать; закалывать; липнуть</i>
sting	stung	stung	<i>жалить, жечь, кусаться</i>
strike	struck	struck	<i>ударять, наносить удар, бить</i>
swear	swore	sworn	<i>клясться; ругаться</i>
sweep	swept	swept	<i>мести, подметать</i>
swim	swam	swum	<i>плыть, плавать, купаться</i>
swing	swung	swung	<i>качать(ся); вертеть(ся)</i>
take	took	taken	<i>брать</i>
teach	taught	taught	<i>учить, преподавать</i>
tear	tore	torn	<i>рвать, разрывать</i>
tell	told	told	<i>рассказывать</i>
think	thought	thought	<i>думать</i>
throw	threw	thrown	<i>бросать</i>
understand	understood	understood	<i>понимать</i>
wake	woke	woken	<i>будить</i>
wear	wore	worn	<i>носить (одежду)</i>
weave	wove/weaved	woven/weaved	<i>ткать, плести</i>
weep	wept	wept	<i>плакать</i>
win	won	won	<i>выигрывать, побеждать</i>
wind	wound	wound	<i>вить(ся), изгибаться, заводить (часы)</i>
write	wrote	written	<i>писать</i>

Учебное пособие

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