

12+Джонас Тичерман

Как говорить по-английски естественно

Практический курс разговорной речи для
уровня А2–В1



*Speak English
the way it is
really used*

Джонас Тичерман
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естественно. Практический
курс разговорной речи
для уровня А2–В1

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Аннотация

Данная книга представляет собой практический курс английского языка для уровня А2–В1, направленный на развитие естественной разговорной речи. Материал организован по тематическим главам и включает тексты, лексику, упражнения и ответы. Особое внимание уделяется повседневным выражениям, коллокациям и устойчивым конструкциям, используемым в реальном общении. Книга помогает развивать уверенность в использовании английского языка в типичных жизненных ситуациях.

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**Как говорить по-
английски естественно
Практический курс
разговорной речи
для уровня A2—B1**

Джонас Тичерман

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Введение

Данная книга предназначена для изучающих английский язык на уровне A2—B1 и направлена на развитие навыков естественного и уверенного общения в повседневных ситуациях. Основное внимание уделяется не изолированному изучению слов, а их использованию в реальном контексте, характерном для современного разговорного английского языка.

Материал организован по тематическим главам, каждая из которых посвящена отдельной сфере повседневной жизни: быту, работе, обучению, социальному взаимодействию, эмоциям и путешествиям. Такой подход позволяет системно расширять словарный запас и одновременно развивать понимание типичных речевых моделей, устойчивых выражений и коллокаций.

Структура каждой главы единообразна и включает четыре основных раздела. Первый раздел представляет собой текст на английском языке, построенный вокруг конкретной жизненной ситуации. Второй раздел содержит список ключевой лексики и выражений с переводом на русский язык. Третий раздел включает упражнения, направленные на проверку понимания текста и закрепление материала. Четвёртый раздел

содержит ответы ко всем заданиям, включая развернутые образцы ответов на открытые вопросы.

Особое внимание уделяется естественности языка. В текстах используются распространённые разговорные конструкции, устойчивые выражения и типичные словосочетания, которые применяются носителями языка в повседневной коммуникации. При этом материал адаптирован таким образом, чтобы оставаться доступным для учащихся уровня A2—B1.

Цель данной книги заключается в формировании у обучающегося способности не только понимать английскую речь, но и использовать её в реальных коммуникативных ситуациях без необходимости постоянного перевода с родного языка. Регулярная работа с материалом позволяет постепенно развивать автоматизм речевых навыков и уверенность в использовании языка.

Данная книга может использоваться как для самостоятельного изучения, так и в рамках занятий с преподавателем. Она также подходит для повторения и систематизации уже изученного материала.

Автор надеется, что представленная система обучения будет способствовать устойчивому прогрессу и формирова-

нию практических навыков владения английским языком.

A Morning Routine That Works

Story

Every person has a different way of starting the day, but many people agree that the morning routine can strongly affect energy, focus, and mood. A good morning routine does not need to be complicated. In fact, the most effective routines are often simple and consistent.

Anna is a university student who used to wake up at different times every day. She often felt tired, rushed, and unprepared for her classes. She would check her phone immediately after waking up, scroll through social media, and then hurry to get ready. As a result, she started her day with stress instead of calmness.

One day, Anna decided to change her habits. She read about morning routines and learned that small changes can make a big difference. She created a simple plan that she could follow every day, even on busy mornings.

Now, Anna wakes up at 7:00 a.m. She does not reach for her phone immediately. Instead, she takes a few deep breaths and

gives herself a moment to wake up fully. She says this helps her clear her mind and start the day with intention.

After that, she drinks a glass of water. She believes this simple habit helps her feel more awake and refreshed. Then she spends ten minutes stretching her body. She does not do intense exercise; she simply focuses on gentle movements that help her feel active.

Next, Anna spends a few minutes planning her day. She writes down three main tasks she wants to complete. This helps her stay focused and avoid feeling overwhelmed later in the day.

She also spends a short time reading in English. She is learning the language, so she reads simple articles or short stories. She pays attention to common expressions and tries to understand them in context rather than memorizing isolated words.

Before leaving home, Anna prepares everything she needs for the day. She checks her bag, organizes her notes, and makes sure she is ready for her classes. This reduces stress and prevents unnecessary problems.

After a few weeks, Anna noticed a clear improvement. She felt more organized, less stressed, and more confident during the day. Her morning routine did not take much time, but it created a strong foundation for everything else.

Now she believes that a successful day often begins with a well-designed morning routine. It is not about doing many things, but about doing the right things consistently.

Useful Words and Expressions

morning routine — утренний распорядок

to start the day — начинать день

to feel tired — чувствовать усталость

to feel rushed — чувствовать спешку

to scroll through social media — листать соцсети

to make a difference — иметь значение, влиять

to create a plan — составить план

to take deep breaths — делать глубокие вдохи

to clear the mind — очистить разум

to feel refreshed — чувствовать себя обновлённым

gentle movements — лёгкие движения

to stay focused — сохранять концентрацию

to avoid feeling overwhelmed — не чувствовать перегруз

to write down tasks — записывать задачи

to complete tasks — выполнять задачи

to read in context — понимать в контексте

to prepare for the day — готовиться к дню

to reduce stress — снижать стресс

to build a habit — формировать привычку

consistent routine — стабильный распорядок

to check your bag — проверить сумку

to organize notes — организовать заметки

to feel more confident — чувствовать уверенность

to save time — экономить время

to avoid problems — избегать проблем

to set intentions — задавать намерения

Exercises

Exercise 1: Fill in the blanks

Anna used to _____ through social media every morning.

A good routine can help reduce _____.

She writes down three main _____ for the day.

Deep breaths help her _____ the mind.

She wants to _____ focused during the day.

Exercise 2: Multiple Choice

What was Anna's problem before changing her routine?

- A) She had too much free time
- B) She felt tired and rushed
- C) She woke up too early
- D) She exercised too much

What is the first thing Anna does now?

- A) Checks her phone
- B) Drinks coffee
- C) Takes deep breaths
- D) Starts studying

Why does Anna write down tasks?

- A) To forget them later
- B) To stay focused
- C) To share with friends
- D) To reduce reading

What does Anna read in the morning?

- A) Complex novels
- B) News only in her language
- C) Simple English texts
- D) Science textbooks

What is the main idea of the story?

- A) Morning routines are unnecessary
- B) Small habits improve daily life
- C) Studying English is difficult
- D) Exercise is the most important activity

Exercise 3: Answer the Questions (2—3 sentences each)

What problems did Anna have before changing her morning routine?

What simple habits did Anna add to her routine?

Why does Anna avoid checking her phone immediately?

How does writing down tasks help Anna?

What changes did Anna notice after a few weeks?

Answer Key

Exercise 1

scroll

stress

tasks

clear

stay

Exercise 2

B

C

B

C

B

Exercise 3 (sample answers)

Anna often felt tired, rushed, and unprepared for her classes. She also started her mornings with stress because of her habits.

She added deep breathing, drinking water, stretching, planning her day, and reading simple English texts. These habits helped structure her morning.

She avoids checking her phone immediately because it distracts her and increases stress. She prefers to start the day with calm and focus.

Writing down tasks helps her stay focused and organized. It also reduces the feeling of being overwhelmed during the day.

After a few weeks, she felt more organized, less stressed, and more confident. Her daily productivity also improved noticeably.

Breakfast Habits Around the World

Story

Breakfast is often called the most important meal of the day. However, breakfast habits vary greatly from person to person and from culture to culture. Some people prefer a quick and light breakfast, while others enjoy a slow and hearty meal in the morning.

David is a language student who is interested not only in English but also in different cultures. He believes that learning about daily habits helps him understand how people think and live. One of his favorite topics is breakfast.

In his own life, David used to skip breakfast or eat something very small. He often drank coffee and ate a piece of toast before rushing out of the door. He did not pay much attention to his morning meal. However, after learning more about nutrition and lifestyle habits, he decided to change his routine.

Now, David tries to eat a more balanced breakfast. On most days, he prepares a bowl of oatmeal with fruit. Sometimes he adds a cup of yogurt or a boiled egg. He says that a proper

breakfast helps him feel more energetic and focused during his studies.

While reading about different countries, David discovered that breakfast habits can be very different around the world. In some countries, people prefer light meals such as fruit or bread with tea. In others, breakfast is rich and includes warm dishes.

For example, in some places, people enjoy pancakes or eggs in the morning. In other cultures, breakfast is more simple and may consist of just tea or coffee. David finds these differences interesting because they show how daily routines reflect culture and lifestyle.

One morning, David decided to try something new. Instead of his usual routine, he prepared a traditional-style breakfast inspired by what he had read. He cooked eggs and added fresh vegetables. He also made a cup of coffee and sat down at the table instead of eating quickly while standing.

He noticed that eating slowly changed his experience. He could enjoy the taste of the food and feel more relaxed. He also realized that breakfast is not only about nutrition but also about how you start your day mentally.

After this experiment, David began to pay more attention to

his morning meals. He still keeps things simple on busy days, but when he has time, he enjoys preparing a proper breakfast. He believes that small changes in daily habits can improve both health and mindset.

Useful Words and Expressions

breakfast habits — привычки завтрака
to skip breakfast — пропускать завтрак
balanced breakfast — сбалансированный завтрак
morning meal — утренний приём пищи
to feel energetic — чувствовать энергию
to feel focused — быть сосредоточенным
to rush out of the door — выбегать из дома
lifestyle habits — привычки образа жизни
to pay attention to — обращать внимание на
to prepare food — готовить еду
to add ingredients — добавлять ингредиенты
to eat quickly — есть быстро
to eat slowly — есть медленно
traditional-style breakfast — традиционный завтрак
daily routine — ежедневная рутина
to reflect culture — отражать культуру
nutrition — питание
to improve health — улучшать здоровье
to feel relaxed — чувствовать расслабление
to sit down at the table — сесть за стол
to try something new — попробовать что-то новое
morning routine — утренний распорядок
to make a habit — сформировать привычку

to start the day — начинать день

simple meals — простая еда

warm dishes — тёплые блюда

Exercises

Exercise 1: Fill in the blanks

David used to _____ breakfast in the morning.

A _____ breakfast helps you feel more energetic.

He often drank _____ with toast.

Eating slowly helps you feel more _____.

Breakfast habits can reflect _____.

Exercise 2: Multiple Choice

What did David usually do before changing his habits?

- A) Ate a big meal
- B) Skipped breakfast or ate very little
- C) Cooked full meals every morning
- D) Ate only fruit

What does David eat now?

- A) Only fast food
- B) Oatmeal with fruit and yogurt
- C) Only bread
- D) No breakfast at all

Why did David change his breakfast habits?

- A) Because of travel
- B) Because of health and lifestyle learning
- C) Because of his friends
- D) Because of work pressure only

What did David notice when eating slowly?

- A) Food tasted worse
- B) He felt more relaxed
- C) He became tired
- D) He lost appetite

What is the main idea of the story?

- A) Breakfast is unimportant
- B) Breakfast habits vary and affect daily life
- C) Only coffee matters in the morning
- D) Cooking is difficult

Exercise 3: Answer the Questions (2—3 sentences each)

What were David's breakfast habits before he changed them?

What does his current breakfast usually include?

What did David learn from different cultures about breakfast?

How did eating slowly change his experience?

Why does David believe breakfast is important beyond nutrition?

Answer Key

Exercise 1

skip

balanced

coffee

relaxed

culture

Exercise 2

B

B

B

B

B

Exercise 3 (sample answers)

David usually skipped breakfast or ate very little, often just toast and coffee before leaving home. His routine was quick and not structured.

His current breakfast usually includes oatmeal with fruit, yogurt, and sometimes eggs and coffee. He tries to make it more balanced and nutritious.

He learned that breakfast habits differ across cultures, ranging from light meals to rich traditional dishes. These differences

reflect lifestyle and cultural values.

Eating slowly helped him feel more relaxed and allowed him to enjoy the taste of food. It also made his morning experience calmer.

He believes breakfast is important not only for physical energy but also for setting a positive mental start to the day. It influences focus and mindset.

Getting Ready for the Day

Story

Getting ready for the day is a routine that many people perform automatically, without thinking too much about it. However, the way you prepare in the morning can influence your mood, confidence, and productivity for the rest of the day.

Michael is a young professional who works in an office environment. For a long time, his mornings were chaotic. He would wake up late, hurry through his routine, and often forget small but important things like his keys, documents, or even lunch. As a result, he usually started his day feeling stressed and disorganized.

One day, Michael realized that his mornings were affecting his performance at work. He decided to make a change and create a more structured morning routine.

Now, Michael wakes up at the same time every day. The first thing he does is turn off his alarm and sit up slowly. He avoids checking his phone immediately because he noticed that it makes him feel distracted and rushed.

After getting out of bed, he takes a quick shower. He says that a shower helps him feel fully awake and ready for action. Then he gets dressed carefully, choosing clothes that are both comfortable and appropriate for work.

Michael also pays attention to small details. He checks the weather before deciding what to wear. If it is cold, he takes a jacket; if it might rain, he takes an umbrella. These small decisions help him avoid unnecessary problems during the day.

Before leaving home, he prepares everything he needs. He puts his laptop, notebooks, and other essentials into his bag. He also checks his keys, wallet, and phone one last time. This simple habit helps him feel more in control.

He sometimes spends a few minutes reviewing his tasks for the day. He does not make a long plan, but he reminds himself of the most important priorities. This helps him stay focused once he arrives at work.

Michael noticed that these small improvements had a big impact. He no longer forgets important items, and he rarely feels stressed in the morning. Instead, he feels calm, prepared, and ready to face the day.

Now he believes that «getting ready for the day» is not just about appearance, but also about mindset and organization. A well-prepared morning creates a smoother and more successful day.

Useful Words and Expressions

to get ready for the day — готовиться к дню
morning routine — утренний распорядок
to wake up on time — проснуться вовремя
to turn off the alarm — выключить будильник
to sit up slowly — медленно сесть в кровати
to check the phone — проверить телефон
to feel distracted — чувствовать отвлечённость
to take a shower — принять душ
to feel fully awake — полностью проснуться
to get dressed — одеться
appropriate clothes — подходящая одежда
to check the weather — проверить погоду
unnecessary problems — ненужные проблемы
to prepare essentials — подготовить необходимые вещи
to pack a bag — собрать сумку
to review tasks — просмотреть задачи
to set priorities — расставить приоритеты
to feel in control — чувствовать контроль
to forget something — забыть что-то
daily productivity — ежедневная продуктивность
to feel stressed — чувствовать стресс
to feel calm — чувствовать спокойствие
work performance — рабочая эффективность

important items — важные вещи

to avoid rushing — избегать спешки

to start the day — начинать день

Exercises

Exercise 1: Fill in the blanks

Michael used to wake up late and feel _____ in the morning.

He avoids checking his _____ immediately.

A shower helps him feel fully _____.

He checks the _____ before choosing clothes.

He prepares his _____ before leaving home.

Exercise 2: Multiple Choice

What was Michael's main problem before changing his routine?

A) He slept too much

B) He was disorganized in the morning

C) He worked too little

D) He exercised too much

Why does he avoid his phone in the morning?

A) It is broken

B) It makes him feel distracted

C) He does not like technology

D) It is not important

What does he do after taking a shower?

A) Goes to work

B) Gets dressed

C) Eats lunch

D) Watches TV

What does Michael check before leaving home?

A) Only his clothes

B) Weather and essential items

C) His social media

D) His friends' messages

What is the main idea of the story?

A) Morning routines affect daily success

B) Phones are dangerous

C) Work is stressful

D) Weather is unpredictable

Exercise 3: Answer the Questions (2—3 sentences each)

What problems did Michael face in his mornings before changing his routine?

What new habits did he introduce into his morning routine?

Why does he check the weather before leaving home?

How does preparing his bag help him during the day?

What did Michael realize about getting ready for the day?

Answer Key

Exercise 1

stressed

phone

awake

weather

essentials

Exercise 2

B

B

B

B

A

Exercise 3 (sample answers)

Michael often woke up late, rushed through his routine, and forgot important items. This made his mornings chaotic and stressful.

He started waking up at the same time, avoiding his phone, taking a shower, planning his clothes, and preparing his bag. These habits made his routine more structured.

He checks the weather to choose appropriate clothing and avoid problems like being too cold or getting wet. It helps him

prepare properly for the day.

Preparing his bag ensures that he does not forget important items like his laptop, keys, or documents. It helps him feel organized and in control.

He realized that getting ready is not only about appearance but also about organization and mindset. A good routine improves his overall day.

Going to Work or School

Story

Going to work or school is a daily experience for most people, and it often shapes the rhythm of the entire day. The way people commute, prepare mentally, and use their travel time can significantly affect their mood and productivity.

Sophie is a university student who travels to campus every weekday. Her journey is not very long, but it has become an important part of her daily routine. She has noticed that the way she spends her commute time influences how she feels when she arrives.

In the past, Sophie used to leave home in a hurry. She would walk quickly to the bus stop, often feeling slightly stressed because she was afraid of being late. During the ride, she would scroll through social media without paying attention to anything around her. By the time she arrived at university, she already felt mentally tired.

Later, Sophie decided to change how she uses her commuting time. She realized that even short moments can be useful if used

wisely. Now, she tries to leave home a few minutes earlier to avoid unnecessary stress.

At the bus stop, Sophie sometimes listens to music or short English podcasts. She has been learning English for several years, and she finds that listening practice during commuting helps her improve naturally. She does not study grammar rules during this time; instead, she focuses on understanding meaning from context.

When she is on the bus, Sophie often observes people around her. She notices how some passengers read books, others look out of the window, and some are deeply focused on their phones. She finds it interesting how everyone uses the same time in different ways.

On some days, Sophie uses her commute for light planning. She thinks about her tasks for the day and organizes her priorities in her mind. She does not write anything down, but she mentally prepares herself for what is coming.

This small change has made a noticeable difference. Sophie now arrives at university feeling more calm and focused. She no longer feels like she is «rushing into the day,» but rather gradually entering it.

She also discovered that commuting does not have to feel like wasted time. It can be a useful transition period between home and work or school. Even simple activities like listening, observing, or thinking quietly can improve the quality of the day.

Now Sophie believes that the journey to work or school is not just transportation — it is part of the daily experience that can shape mindset and energy.

Useful Words and Expressions

commute — дорога на учёбу/работу

daily routine — ежедневная рутина

to leave home — выходить из дома

to be in a hurry — спешить

bus stop — автобусная остановка

to feel stressed — чувствовать стресс

to scroll through social media — листать соцсети

mentally tired — умственно уставший

to use time wisely — использовать время с умом

commuting time — время в дороге

to listen to podcasts — слушать подкасты

to improve naturally — улучшаться естественно

from context — из контекста

to observe people — наблюдать за людьми

to look out of the window — смотреть в окно

to feel calm — чувствовать спокойствие

to feel focused — быть сосредоточенным

to plan mentally — планировать мысленно

priorities — приоритеты

transition period — переходный период

to waste time — тратить время впустую

to make a difference — иметь значение

to arrive at school/work — прибывать на учёбу/работу

to start the day — начинать день

mindset — образ мышления

energy level — уровень энергии

Exercises

Exercise 1: Fill in the blanks

Sophie used to feel _____ when she left home in a hurry.

She listens to English _____ during her commute.

She tries to use time _____.

She observes people at the _____.

Her commute became a useful _____ period.

Exercise 2: Multiple Choice

What was Sophie's problem before changing her routine?

- A) She lived too far away
- B) She felt stressed during her commute
- C) She did not go to university
- D) She worked too much

What does she do during her commute now?

- A) Sleeps all the time
- B) Studies grammar rules only
- C) Listens to podcasts and music
- D) Talks on the phone constantly

Why does she leave home earlier?

- A) To avoid stress
- B) To meet friends
- C) To shop on the way
- D) To exercise

What does Sophie do mentally during the ride?

- A) Plans her day
- B) Writes essays
- C) Watches movies
- D) Sleeps

What is the main idea of the story?

- A) Commute time is always boring
- B) Travel time can be used productively
- C) Buses are uncomfortable
- D) Students should avoid commuting

Exercise 3: Answer the Questions (2—3 sentences each)

How did Sophie feel during her commute in the past?

What changes did she make to her commuting habits?

How does she use her time on the bus now?

Why does she find commuting time useful now?

What does she believe about commuting in general?

Answer Key

Exercise 1

stressed

podcasts

wisely

bus stop

transition

Exercise 2

B

C

A

A

B

Exercise 3 (sample answers)

In the past, Sophie felt stressed and mentally tired because she was always in a hurry and used her phone without focus. Her commute felt rushed and unproductive.

She started leaving home earlier and using her commute time more intentionally. She also reduced unnecessary phone scrolling.

She listens to English podcasts, observes people, and sometimes plans her day mentally. These activities help her use

time more effectively.

She finds it useful because it helps her transition smoothly into the day and arrive at university feeling calm and focused.

She believes commuting is not wasted time but an important part of the daily routine. It can positively influence mindset and productivity.

Using Public Transport

Story

Using public transport is part of everyday life in many cities around the world. Buses, trains, and subways connect people to work, school, and other daily activities. Although it can sometimes be crowded or unpredictable, public transport is often the most practical and affordable way to travel.

Mark lives in a large city where he uses public transport every day. He does not own a car, so he relies on buses and the metro to get around. At first, he found it stressful because he was not familiar with the system. He often missed his stop, got on the wrong bus, or felt confused about routes and schedules.

Over time, Mark began to understand how the transport system works. He learned how to read timetables, check routes on his phone, and estimate travel time more accurately. This made his daily trips much easier.

Now, Mark takes the metro to work every morning. He usually leaves home at the same time, which helps him avoid unnecessary delays. At the station, he follows familiar routines: he checks the

platform number, waits in line, and boards the train calmly.

During the ride, Mark has developed small habits that make his journey more comfortable. Sometimes he listens to music, and other times he reads short articles on his phone. He also pays attention to announcements so he does not miss his stop.

One of the most important things he learned is how to manage his time in crowded situations. In the beginning, he used to feel frustrated when trains were delayed or when there was no seat available. Now, he accepts these situations as part of city life and uses the time more calmly.

Mark also notices how different people behave on public transport. Some passengers are tired and silent, others are reading, working, or talking quietly. These small observations help him feel more connected to city life.

Occasionally, Mark helps tourists who look confused about directions. He explains routes in simple English and feels more confident using the language in real situations. These short interactions have helped him improve his communication skills.

After several months, Mark realized that public transport is not just a way to travel — it is also a space where people experience the rhythm of the city. He now sees his daily

commute as a normal and manageable part of life rather than a source of stress.

Useful Words and Expressions

public transport — общественный транспорт

bus / metro / train — автобус / метро / поезд

to get around — передвигаться по городу

transport system — транспортная система

to miss a stop — пропустить остановку

route — маршрут

timetable — расписание

travel time — время в пути

to board a train — садиться в поезд

platform — платформа

to wait in line — стоять в очереди

crowded — переполненный

delay — задержка

to manage time — управлять временем

to feel frustrated — чувствовать раздражение

announcement — объявление

to pay attention — обращать внимание

to accept situations — принимать ситуации

city life — городская жизнь

to observe behavior — наблюдать поведение

passenger — пассажир

directions — направления

to feel confident — чувствовать уверенность

real situations — реальные ситуации

communication skills — навыки общения

daily commute — ежедневная дорога

Exercises

Exercise 1: Fill in the blanks

Mark uses _____ transport every day.

He sometimes missed his _____ in the beginning.

He checks the _____ before traveling.

The train can be very _____ during rush hour.

He listens to _____ on the train.

Exercise 2: Multiple Choice

What was Mark's problem at first?

- A) He had no job
- B) He did not understand the transport system
- C) He drove too fast
- D) He lived too far away

What does he do now during his commute?

- A) Avoids all transport
- B) Follows routines and uses time calmly
- C) Sleeps all the time
- D) Talks loudly on the phone

How does he improve his English?

- A) By reading grammar books only
- B) By talking to tourists
- C) By avoiding people
- D) By watching movies only

What does he often pay attention to?

- A) Announcements
- B) Only his phone
- C) Weather forecasts
- D) Advertisements

What is the main idea of the story?

- A) Public transport is dangerous
- B) City transport can be stressful
- C) Public transport is part of daily life and can be managed well
- D) People should avoid buses

Exercise 3: Answer the Questions (2—3 sentences each)

What difficulties did Mark have when he first started using public transport?

What did he learn to make his trips easier?

How does he spend his time during the commute now?

How did his attitude toward delays change?

What did Mark realize about public transport in city life?

Answer Key

Exercise 1

public

stop

timetable

crowded

announcements

Exercise 2

B

B

B

A

C

Exercise 3 (sample answers)

At first, Mark often got confused, missed stops, and did not understand routes or schedules. This made his commute stressful and unpredictable.

He learned to read timetables, check routes on his phone, and plan travel time more accurately. These skills made his trips smoother.

He listens to music, reads short articles, and pays attention to announcements. He also observes people around him.

He became more patient and accepted delays as a normal part of city life. He now uses waiting time more calmly.

He realized that public transport is not only a way to travel but also part of everyday city experience. It reflects the rhythm of urban life.

A Walk in the Neighborhood

Story

A simple walk in the neighborhood can be one of the most effective ways to relax, clear the mind, and observe everyday life. Many people underestimate the value of walking close to home, but it can provide both physical activity and mental clarity.

Emma lives in a quiet residential area. After finishing her work or studies, she often goes for a walk in the evening. She does not follow a strict route; instead, she lets her steps guide her. Sometimes she walks along the main street, and other times she chooses small side roads where there is less noise and traffic.

At first, Emma used to walk while constantly checking her phone. She would read messages, scroll through news, or think about unfinished tasks. As a result, her walks did not feel very refreshing. She was physically moving, but mentally still busy.

Later, she decided to change this habit. She began leaving her phone in her bag and focusing more on her surroundings. This small change made a noticeable difference in her experience.

Now, when Emma walks, she pays attention to small details: the sound of leaves moving in the wind, children playing in the distance, or people talking quietly outside their homes. She also notices how the neighborhood changes depending on the time of day.

In the evening, the streets feel calmer. Streetlights turn on, windows glow with warm light, and the atmosphere becomes more peaceful. Emma finds this time especially relaxing because it helps her slow down after a busy day.

Sometimes she meets neighbors during her walk. They exchange short greetings or small talk about the weather or daily life. These simple interactions make her feel more connected to her community.

On some days, Emma uses her walk as a time for reflection. She thinks about her goals, recent experiences, or things she wants to improve. She does not try to solve problems immediately; instead, she lets her thoughts flow naturally.

She has also noticed that walking improves her mood and energy levels. Even a short 20-minute walk helps her feel more balanced and less stressed. It has become a healthy habit that supports both her physical and mental well-being.

Now Emma believes that you do not need to travel far or do something special to feel better. Sometimes, a quiet walk around your own neighborhood is enough to reset your mind and regain focus.

Useful Words and Expressions

neighborhood — район, окрестности

residential area — жилой район

to go for a walk — пойти на прогулку

to clear the mind — очистить разум

to follow a route — следовать маршруту

side road — боковая улица

traffic — движение (транспорт)

surroundings — окружение

to pay attention — обращать внимание

background noise — фоновый шум

peaceful atmosphere — спокойная атмосфера

to slow down — замедляться

streetlights — уличные фонари

to feel relaxed — чувствовать расслабление

to meet neighbors — встречать соседей

small talk — светская беседа

daily life — повседневная жизнь

reflection — размышление

to think about goals — думать о целях

to let thoughts flow — позволить мыслям течь

mood — настроение

energy level — уровень энергии

to feel balanced — чувствовать баланс

healthy habit — здоровая привычка

to reset the mind — перезагрузить разум

to regain focus — восстановить концентрацию

Exercises

Exercise 1: Fill in the blanks

Emma lives in a quiet _____ area.

She sometimes walks on side _____.

She began to leave her _____ at home.

Walking helps her _____ the mind.

She often thinks about her _____ during walks.

Exercise 2: Multiple Choice

What did Emma do during her walks at first?

- A) She talked to many people
- B) She constantly used her phone
- C) She ran long distances
- D) She worked while walking

What change improved her experience?

- A) She walked faster
- B) She started using headphones
- C) She stopped checking her phone
- D) She changed her neighborhood

What does she notice during walks now?

- A) Only her phone screen
- B) Small details in her surroundings
- C) Only traffic noise
- D) Shopping centers

How does walking affect her mood?

- A) It makes her more tired
- B) It improves her mood and energy
- C) It makes her confused
- D) It has no effect

What is the main idea of the story?

- A) Walking is boring
- B) Neighborhood walks can improve well-being
- C) Cities are too noisy
- D) Exercise is unnecessary

Exercise 3: Answer the Questions (2—3 sentences each)

How did Emma usually behave during her walks in the past?

What change did she make to improve her walks?

What does she notice in her neighborhood now?

How do walks affect her mood and energy?

What does Emma believe about simple walks?

Answer Key

Exercise 1

residential

roads

phone

clear

goals

Exercise 2

B

C

B

B

B

Exercise 3 (sample answers)

In the past, Emma often used her phone during walks, reading messages and scrolling through news. She was physically walking but mentally distracted.

She stopped using her phone and started paying attention to her surroundings. This made her walks more peaceful and meaningful.

She notices small details such as sounds, people, streetlights, and changes in atmosphere. She also observes how the

neighborhood changes throughout the day.

Walking improves her mood and increases her energy levels. It helps her feel more balanced and less stressed.

She believes that simple walks in the neighborhood can effectively refresh the mind. They are enough to improve focus and well-being.

Shopping for Daily Needs

Story

Shopping for daily needs is a routine activity that most people do regularly. It may seem simple, but it involves a lot of natural language that is useful in real-life communication: asking questions, comparing options, making decisions, and interacting with shop assistants.

Liam usually does his grocery shopping once or twice a week. He prefers small local stores because they are less crowded and more convenient than large supermarkets. Over time, he has developed a simple system that helps him shop quickly and efficiently.

In the past, Liam used to shop without a plan. He would enter the store and buy whatever looked interesting. As a result, he often forgot important items or spent more money than he intended. His shopping trips were not very organized.

Конец ознакомительного фрагмента.

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