

## 1. My Hobby

A hobby is the best form of recreation to mind and body. People's hobbies differ very much according to the character of a person. What would be interesting for one man might be boring to another.

There are many activities in our life, which can be developed into hobbies. Reading, indoor games, painting, writing, singing, dancing, collecting something, even decorating your room are well-known and usual hobbies.

Hobbies fill a gap. They make us creative. Many people who have common hobbies often become friends. You have something to show to your friends and something which is educating and brings relaxation to a tired mind. Many hobbies can be used commercially and it can bring fame.

From my point of view, hobby plays an important role in a person's life. Now I would like to set some examples to prove this statement.

Firstly, your hobby helps you to get out of depression and raise your spirits. For example, you have been frustrated. But if you have a favorite occupation, you can quickly forget about your problems. As we all know, this is an excellent way of entertainment after an unsuccessful experience, as your attention is fully concentrated on the thing you are doing.

Secondly, a hobby can also help you to choose a future career. For example, when doing sport you understand that you can not live without it and this is your natural rate. Such people usually become professional sportsmen.

To conclude, hobby is not only a way of calming down and relaxing, but also it can be a useful experiment for your future job.

## 2. Reading In My Life

Reading plays a very important role in our life. It educates a person, enriches his intellect. Books help to form a person's character, his moral values. Besides, books bring pleasure and delight (восторг). It's a wonderful way of spending spare time. Sometimes we read the same book again and again.

Thanks to books we learn to express our thoughts and feelings more exactly. The book is faithful and understanding friend. People are fond of reading different kinds of books. Some people enjoy reading detective stories, adventure stories, novels, biographies, others prefer classics. Fairy tales are enjoyed and read by children, books about adventures and journeys are enjoyed by those who are fond of travelling. Legends and myths are read by those who are fond of history.

Books help people achieve understanding, trust, cooperation and friendship. Books awaken the young reader's imagination. They develop literary taste, interest and curiosity, the reader's laughter as well as his tears. They teach the readers to be truthful, friendly, honest, fair and serious.

I think that books shouldn't be read only for pleasure. Reading books helps us in our education. Books can tell us about history, adventures, autobiographies, science. We can use reference books, encyclopedias, dictionaries in our studies.

My favourite book is .... I like this book because...

## 3. My Everyday Shopping

When we want to buy something, we go to a shop. Everyday shopping is rather traditional: some white and brown bread, milk, butter, sugar, salt, eggs, sausages. But nowadays it's not necessary to visit different provisional shops such as bakery or butchery to buy food for the family because we could buy foodstuffs in a supermarket. Different goods are sold under one roof, so customers can save their time having all goods bought at once.

To do shopping well one should be rational and economical. I try to follow some steps. First of all it is necessary to make a shopping list of what we need. Then we should calculate how much our purchases would cost and take this very sum of money with us. The third rule tells that we shouldn't be hungry while shopping, a hungry person buys the things his or her stomach dictates to buy, not thinking about prices or rational nutrition. And we shouldn't go shopping immediately after we have got our salary, when we feel impressed by a large sum of money and don't think it's for a long month to last.

On my way from school I often drop into the nearest supermarket, and buy bread and other everyday products. Every Friday evening my Mum and I examine our kitchen more carefully as Saturday is our shopping day. The shopping list is rather long, so we both go shopping.

Mum and I go to the supermarket where we can buy different things at once: fish, bread, sausages, tea, sugar, spices, eggs. I think that a bakery department is among the best in the shop as it has a rich choice of biscuits. And what is more important they are always fresh and tasty.

Another department of the supermarket, which we have to visit, is a dairy. At the dairy we buy milk, cream, yogurt, cheese, butter and other milk products. My Mum and I are regular customers at the greengrocer's where potatoes, carrots, cabbage, cucumbers, tomatoes, oranges, apples and other fruits and vegetables. In summer we prefer buying fruits, berries and vegetables at the nearest market.

Sometimes I have to go to a department store. I can buy there fabrics and footwear, glass, ready-made clothes and cosmetics, toys and electric appliances, furniture and sport goods, cameras and films, and what not.

At the butcher's there's a wide choice of meat such as beef, pork, mutton, chicken and turkey. It's really a great skill to choose a piece of meat you need, for soup or for chops or shashlyk, so it's my Mum who is to buy meat.

I can't but say that our shops are becoming more and more European-like. Their halls, adverts attract more customers.

Shopping gets some element of fun and entertainment.

#### 4. The Internet and Modern Life

The Internet has already entered our everyday life. Everybody knows that the Internet is a global computer network, which connects millions of computer users all over the world and helps us to communicate with each other.

The history of Internet began in the United States in 1969. It was a military experiment, designed to help to survive during a nuclear war, when everything around might be polluted by radiation and it would be dangerous to get out for any living being to get some information to anywhere. Information sent over the Internet takes the shortest and safest path available from one computer to another.

Invention of modems, special devices allowing your computer to send the information through the telephone line, has opened doors to the Internet for millions of people.

Most of the Internet host computers are in the United States of America. Nobody knows exactly how many people use the Internet today, because there are hundreds of millions of users and their number is growing.

Nowadays the most popular Internet service is e-mail. Most of the people use the network only for sending and receiving e-mail messages. They can do it either they are at home or in the internet clubs or at work.

In many countries, the Internet could provide businessmen with reliable financial information. Commercial users can communicate cheaply over the Internet with the rest of the world. When they send e-mail messages, they only have to pay for the Internet connection to their local service providers, not for expensive international calls around the world.

However, there are some problems. The most important problem is security. The Internet is full of viruses which can damage the information and programs on your computer. Of course, there are many anti-virus programs available. Unfortunately, these programs are not perfect and can easily be cracked.

Another big and serious problem of the net is control. Yes, there is no effective control in the Internet, because there is a huge amount of information circulating through the net. It is like a tremendous library and market together.

I use the Internet every day and it helps me much in my life.

#### 5. Means of communication

Today there are 4 main sources of information: Newspapers, TV, Radio and the Internet. Mass Media are very important for us. They give us much important information. They help us to understand things around us and to make our decisions.

Newspapers are one of the oldest kinds of communication but we can say that they are today quite old-fashioned. Newspapers still have their own magic on people. 3 main kinds of newspaper are: broadsheets, tabloids and special magazines.

Broadsheets have big pages full of texts with not too much photos. Broadsheets usually focus on policy, culture, business and science. They are very reliable sources of information.

The next kind of newspapers are Tabloids which have smaller pages, intriguing headlines, lots of photos, short articles, celebrities life-stories, sensations, crossword puzzles and many gossips. Tabloids are more popular than broadsheets because they are easy to read.

There are also special interests magazines. They are published weekly or monthly and they write about special things (gardening, computers, food, fashion, sport, hunting etc...).

There are also such means of communication as Radio and TV which are very popular nowadays. These sources of information are the very popular and powerful because they are the fastest and the most reliable. They can be not only informative but also entertaining.

The most popular media for today is of course the Internet. You can get all kinds of information there and contact your friends or business partners. But we should remember that the Internet is not always a reliable source of information.

Sometimes it is very useful to read a book, a textbook or an encyclopedia.

## **6. Environmental Problems**

Since the ancient times people have been trying to produce more and more things to increase human wealth. Nobody noticed that we were destroying Nature by using it as the source of raw materials, and as the garbage can for our waste. Nature seemed to be boundless and endless...

Millions of cars and smoky factories pollute and spoil the air we breathe in. Pollution is hanging over big cities like an ugly brown cloud. It is hurting our lungs as well as the life of animals, birds and plants.

People need wood and paper, so we cut down our forests. We don't know what to do with waste materials of our industry, so we pour them into water, bury them into soil, shoot them into atmosphere. We pollute the water we drink, and the land we live in. People build nuclear power stations and carry out nuclear tests. As a result, radiation represents one of the main problems nowadays.

The rapid growth of population in the world may turn into another big problem very soon. The speed with which we are using up our non-renewable resources like oil and gas, is appalling. With the development of our civilization we have become dangerous to the planet and to ourselves. What must we do not to find ourselves in a dirty desert in the near future? This question cannot be ignored.

Some scientists are pessimistic about our problems. They suppose that we have already reached the point of no return. Others are more optimistic and believe that our ecological problems are solvable because more and more people begin to understand how dangerous they are. There is increasing awareness of people of the real state of the planet.

In many countries environmental protection agencies and research centres are set up. Such organizations as "Green Peace" and "Friends of the Earth" try to put pressure upon those governments that do not care for ecology in their countries. The humankind will be able to survive only if we all understand that environmental protection is our universal concern.

## **7. Why Do We Learn English?**

English is one of the most popular languages and it is spoken all over the world. There are some reasons why people learn English.

First of all, English is the language of international communication. People with different languages can understand each other if they speak English.

Secondly, it is the language of computers and other electronic devices, which are used every day by everybody. And we have to learn English to know how they work.

Thirdly, a lot of the mail and many scientific books are in English. But for me, there are some other reasons. It is interesting for me to learn English. It helps me to understand my own language better. I think that English will help me to find a good job and travel abroad in future.

Also I learn a lot of information about English-speaking countries. I read a lot about history, people of these countries. And I can learn about their culture. It's very amazing!!!

But there is one more reason. We study English because it is taught at schools, colleges and universities.

And I think it is great to know a foreign language!!!

## **8. Travelling**

Modern life is impossible without travelling. Thousands of people travel every day either on business or for pleasure. They can travel by air, by train, by sea or by road.

Of course, travelling by air is the fastest and the most convenient way, but it is the most expensive too. Travelling by train is slower than by plane, but it has its advantages. You can see much more interesting places of the country you are travelling through. Modern trains have very comfortable seats. There are also sleeping cars and dining cars which make even the longest journey enjoyable. Speed, comfort and safety are the main advantages of trains and planes. That is why many people prefer them to all other means.

Travelling by sea is very popular. Large ships and small river boats can visit foreign countries and different places of interest within their own country.

As for me, I prefer travelling by car. I think it's very convenient. You needn't reserve tour tickets. You needn't carry heavy suitcases. You can stop wherever you wish, and spend at any place as much time as you like.

Every year my friend and I go somewhere to the South for holidays. The Black Sea is one of the most wonderful places which attract holiday-makers all over the world. There are many rest-homes, sanatoriums and tourist camps there. But it is also possible to rent a room or a furnished house for a couple of weeks there. Sometimes, we can place ourselves in a tent on the sea shore enjoying fresh air and the sun all day long.

As a rule, I make new friends there. In the daytime we play volleyball, tennis, swim in the warm water of the sea and sunbathe. In the evening I like to sit on the beach watching the sea and enjoying the sunset. I'm fond of mountaineering. So I do a lot of climbing together with my friends. Time passes quickly and soon we have to make our way back. We return home sunburnt and full of impressions.

