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**An Introductory Study Skills Workbook for EFL University
Learners
(1st Year 'Licence' Level)**

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TEXT 1:

Wild Animals from Africa

1.

The African rainforests cover a very large area – from the west coast of Africa to the mountains in the East in Kenya and Tanzania. If you look at our map, you'll see that more than 80 per cent of the rainforest is in the Congo basin. This time we're going to mention a few larger mammals living in this area and a small animal from Madagascar. Madagascar, the world's fourth largest island, lies off the southeast coast of Africa in the Indian Ocean. Some animals which live there can only be found in this part of the world.

2.

One such animal is the lemur. There are 25 species of lemur on Madagascar and all of them are endangered. The lemur is a monkey-like animal with large round eyes, a pointed nose, a long tail and soft woolly fur. The largest lemur, the indri, is about 95 cm long, the smallest, the mouse lemur, is only 15 cm long. All lemurs are vegetarians. They like wild figs, bananas and other forest fruits.



3.



The mountain gorilla lives on the slopes of volcanoes in Rwanda, Zaire and Uganda. They live in small groups led by a dominant male. They are too big and heavy to climb trees and so they wander slowly through the forest eating fruits, leaves and berries. They are the largest of the great apes and look very dangerous. But scientists say they are gentle, intelligent and very friendly.

4.

The forest elephant lives in the Congo basin. It is much smaller than the African elephant, which is the biggest animal on Earth. Nevertheless, even this “small” elephant can be up to 250 cm tall. Its ivory is thinner, short and a bit yellowish.



5.



The African forest is also home to different kinds of chimpanzees and baboons. Most chimpanzees use twigs to get tasty food from difficult places. Some can open nuts with stones and branches. Groups of about twenty chimpanzees travel together looking for fruit and leaves to eat. At night they rest in tall trees in branches.

1. Read this article. Write a suitable title which will describe what the text is about.

2. Look at the following titles of the paragraphs. Choose from the titles A – F the one which fits best each gap 1 – 5 in the article. There is one extra title which you do not need to use.

A – The biggest of the great apes

B – Searching for food together

C – Madagascar is my home

D – The fastest animal in Africa

E – A bit of geography

F – Taller than a man

3. Find the information about animals and fill in the table.

	Where do they live? (states – min. 1 item)	What do they eat? (min. 2 items)	What do they look like? (min. 1 item)
Lemurs	Madagascar		
Gorillas			
Elephants		X	thin and short ivory
Chimpanzees	X		X

4. Read the following sentences and decide if they are true (T) or false (F)? If they are false, correct them. If they are true, leave the line empty.

Example:

0) The African rainforests cover the area from the west coast to the lowlands in Kenya and Tanzania.

F – They cover the area from the west coast to the mountains in Kenya and Tanzania.

1) All lemurs are quite big – they are about 95 cm long.

2) The mountain gorilla lives in a small group with a dominant leader.

3) The African elephant is the biggest animal on Earth.

4) Chimpanzees sleep on the ground.

5) The lemurs on Madagascar are not protected.

5. Read the short version of the article about animals and fill in the missing words according to it (only one word for each gap). The first has been done for you as an example.

The **rainforest** (0) covers a very large part of Africa and Madagascar. It is home for many animals, some of which cannot be found anywhere else in the _____ (1). The lemur looks like a _____ (2). It has got a long _____ (3) and large round eyes. He loves eating various kinds of _____ (4), for example bananas or figs. The mountain gorillas live in _____ (5) consisting of a chief and several other members. Because their weight is too _____ (6), they cannot climb the trees and they _____ have to look for food near the ground. The forest elephant is _____ (7) than the African elephant. The colour of its ivory is somewhere between white and _____ (8). Chimpanzees are very

skilful – they can open nuts with branches or _____ (9). They rest in the trees and eat the green _____ (10).

6. Nine words are underlined in the article on the page 1. Match these words to their definitions. One has been done for you as an example. There are three extra words you do not need to use.

- | | |
|--|-------------------|
| 0) a large wet area covered with trees is called a ... | <u>rainforest</u> |
| 1) when an animal is strong and can kill you easily, it is ... | _____ |
| 2) a soft coat which covers the animals' bodies is ... | _____ |
| 3) a part of the elephant's head | _____ |
| 4) a very high hill | _____ |
| a small, thin part of a tree | _____ |

TEXT 2 :

Humor

A big mystery: the tremendous benefits of laughter.

Humor, the tendency of particular cognitive experiences to provoke laughter and provide amusement, affects how we perceive and respond to life. It enhances the quality of life and may relieve the body from so many health problems. In fact, humans are the only creatures on earth that are endowed with the ability to laugh.

The difference between humor and laughter is that humor is a perceptual process while laughter is a behavioral response. People of all ages and cultures respond to humor. The majority of people are able to experience humor, i.e., to be amused, to laugh or smile at something funny, and thus they are considered to have a sense of humor. The hypothetical person lacking a sense of humor would likely find the behavior induced by humor to be inexplicable, strange, or even irrational. Though ultimately decided by personal taste, the extent to which a person will find something humorous depends upon a host of variables, including geographical location, culture, maturity, level of education, intelligence and context.



Regular laughter sessions can have important effects on our health and well being. For instance, laughter is considered to be a stress buster and researchers found a direct link between laughter and healthy function of blood vessels. Laughter causes the dilatation of the inner lining of blood vessels, the endothelium, and increases blood flow. It also has been shown to lead to reductions in stress hormones such as cortisol and epinephrine. When laughing the brain also releases endorphins that can relieve some physical pain. Laughter also boosts the number of antibody-producing cells and enhances the effectiveness of T-cells, a type of cells that lead to a stronger immune system.

Since laughter does effect the body, mind and spirit the only thing you have to do to lead a happy life is LAUGH, as simple as that.

Word Play: Funny Stupid Questions to Ask People

Read more at Buzzle: <http://www.buzzle.com/articles/stupid-questions-to-ask-people.html>

- ~ What happens when you get 'half scared to death' twice?
- ~ Is it true cannibals don't eat clowns because they taste funny?
- ~ If it's tourist season why can't we shoot them?
- ~ Why are the alphabets in the order that they are? Is it because it's a song?
- ~ If all the world's a stage, where does the audience sit?
- ~ If you write a book about failure, and it doesn't sell, is it called success?
- ~ If love is blind, why is lingerie so popular?
- ~ If work is so terrific, how come you get paid for it?
- ~ If one synchronized swimmer drowns, do the others drown too?
- ~ Are the good things that come to people who wait, the leftovers of people who went before them?
- ~ Why did Yankee Doodle name the feather in his hat Macaroni?
- ~ Isn't Disney World a people trap operated by a mouse?
- ~ If electricity comes from electrons, does morality come from morons?
- ~ Why aren't blueberries blue?
- ~ Why is Greenland called Greenland, when it's white and covered with ice?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

~ Why is the word for "a fear of long words," hippopotomonstrosesquippedaliophobia, so long?

~ What if Batman gets bitten by a vampire?

~ Did the Mayans get bored after reaching 2012 or is the predication for real?

~ Can we spell creativity however we want?

~ Do infants enjoy infancy as much as adults enjoy adultery?

~ Where are all the mentally handicapped parking spaces for people like me?

~ Has your mate ever called you at work to ask where the remote control is?

~ Was the person who invented the Express Lane at the grocery store properly thanked?

~ Why don't you ever see ads for advertising companies?

~ Why is it that when things get wet they get darker, even though water is clear?

~ If a fork were made of gold would it still be considered silverware?

~ Why isn't chocolate considered a vegetable, if chocolate comes from cocoa beans, and all beans are a vegetable?

~ If something "goes without saying," why do people still say it?

~ You know the expression, "Don't quit your day job?" Well what do you say to people that work nights?

~ Why is the 0 on a phone after 1 and not before 1?

~ When something is funny why is it called a "knee-slapper" when you actually slap your thigh?

~ Why do we teach kids that violence is not the answer and then have them read about wars in school that solved America's problems?

~ If money doesn't grow on trees then why do banks have branches?

GOOD RIDDLES

- 1- What is greater than God,
more evil than the devil,
the poor have it,
the rich need it,
and if you eat it, you'll die?

Display Answer

- 2- What can travel around the world while staying in a corner?
3- What has a head and a tail, but no body?
4- What has an eye but can not see?
5- What gets wetter and wetter the more it dries?
6- Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
7- There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What is it?
8- What kind of room has no doors or windows?
9- What kind of tree can you carry in your hand?
10- Which creature walks on four legs in the morning, two legs in the afternoon, and three legs in the evening?
11- Which word in the dictionary is spelled incorrectly?
12- If you have me, you want to share me. If you share me, you haven't got me. What am I?
13- What gets broken without being held?
14- Feed me and I live, yet give me a drink and I die.
15- Take my skin off and i wont cry but you you will. What am I?

Speaking activities

Source

www.myenglishpages.com

the table comprises some famous expressions to communicate daily life
some among them are resolved. Others are to be filled by the student as a home
work

SPEAKING

Greeting (saying hello)

Greeting means welcoming someone with particular words or a particular action.

When meeting people formally for the first time, we greet by shaking hands and

saying "How do you do?" or "Pleased to meet you."

"How do you do?" isn't really a question, it just means "Hello".

When young people meet informally they sometimes greet and say "Give me five!" and slap their hands together (high five).

Generally we do not greet by shaking hands with people we know well. We greet by just saying 'hi' or 'hello'

Saying goodbye

Leaving and saying goodbye

- All right, everyone, it's time to head off.
- Anyway, guys I'm going to make a move.
- Ok, everyone, it's time to leave you.
- See you later / tomorrow / soon.
- Talk to you later!

If you want to say goodbye in a hurry

- I'm so sorry, I've got to rush off / run / hurry!
- I'm afraid I'm going to have to rush off / run / hurry!

Saying goodbye politely after meeting someone

- Nice to see you.
- It's been lovely to see you.
- It was great to see you.
- Good to see you.
- Have a lovely / nice evening.
- Have a good day.

Saying goodbye to your hosts

- Thanks very much for dinner/ lunch - it was lovely!
- Thank you very much for having me.

Other ways to say goodbye

- Take care
- Bye!
- Bye Bye!

- Later man / bro!
- Have a good one!
- It's time to be going!
- So Long!

Slang Goodbyes

- Catch you later
- Peace! / Peace out
- I'm out!
- Smell you later

Final goodbye

- Farewell (when you intend never to see your interlocutor again)

Introducing people

Ability

Permission

Talking about favourite things

Telling the time

Making offers

Expressing shock and disbelief

Shock:

I was	shocked to hear... stunned by... taken aback by...
... came as	a complete shock.
I'm in	

Examples:

- I was shocked to hear the news.
- I was stunned / taken aback by the news
- I was completely taken aback by his behavior.
- I was just stunned by her clothes.

- The news came as a complete shock.
- We're all in complete shock.

Disbelief:

I (just)	can't believe... can't imagine...
It's	unbelievable. incredible.

Examples:

- I just can't believe he won the race.
- It's unbelievable that they got married
- I just can't imagine they were able to get along with each other.

Expressing indifference

Making an appointment

Making business appointments

Talking about preferences

Inviting

Likes and dislikes

Describing

Obligation

Prohibition

Advice

Lack of necessity

Suggesting

Expressing Thanks and Gratitude

Responding to thanks

Opinion

Complaints

What are complaints?

Complaints are expressions of "displeasure or annoyance" in response to an action that is seen by the speaker as unfavorable. Suppose you want to complain about the pizza you have just ordered because it's too salty, what are the expressions needed to express and respond to complaints?

Complaining:

Here are expressions you can use when complaining:

- I have a complaint to make. ...
- Sorry to bother you but...
- I'm sorry to say this but...
- I'm afraid I've got a complaint about...
- I'm afraid there is a slight problem with...
- Excuse me but there is a problem about...
- I want to complain about...
- I'm angry about...



Examples:

I have a complaint to make.	Your pizza is just too salty.
I'm sorry to say this but	your food is inedible.
<ol style="list-style-type: none">1. I'm afraid I've got a complaint about your child.He's too noisy .2. I'm afraid there is a slight problem with the service in this hotel.3.Excuse me but you are standing on my foot.4. I want to complain about the noise you are making.5. I'm angry about the way you treat me.	

Responding to complaints

Positive response to complaints:

- I'm so sorry, but this will never occur / happen again.
- I'm sorry, we promise never to make the same mistake again.

- I'm really sorry; we'll do our utmost/best not to do the same mistake again.

Negative response to complaints:

- Sorry there is nothing we can do about it.
- I'm afraid, there isn't much we can do about it.
- We are sorry but the food is just alright.

Things to remember about complaints:

When expressing a complaint in English, it helps to be polite. Although "I'm angry about your pizza. It's too salty" is one possible way of expressing a complaint, it is considered too rude and you'd better use more polite expressions if you want to get what you want!

Talking about hope

Expressing regret

Agreement, disagreement, partial agreement

Cause and effect

Probability

Apologising

Possibility

Request

Talking about fear

There are many words and expressions you can use to talk about fear.

Questions:

- How did you feel?
- How did you react?
- What was your reaction?
- were you afraid of...?
- Were you scared of...?
- Were you terrified of...?

Responses:

I was terrified, spooked, petrified ...

	afraid of ... frightened of ... scared of ...
It was a	terrifying ordeal.
It	scared the hell out of me. sent shivers out of me. frightened the life out of me. gave me goosebumps.
I	jumped out of my skin. shook with fear.

Short dialogue:

Latifa is talking about her fear when she saw the criminal

Nancy:	How did you feel when you saw the criminal?
Latifa:	I jumped out of my skin.

Making predictions

Expressing certainty and uncertainty

Lack of understanding and asking for clarification

When you fail to understand what has been said to you you can use these expressions:

- I beg your pardon?
- I beg your pardon, but I don't quite understand.
- I'm not quite sure I know what you mean.
- I'm not quite sure I follow you.
- I don't quite see what you mean.
- I'm not sure I got your point.
- Sorry, I didn't quite hear what you said.
- Sorry, I didn't get your point.
- I don't quite see what you're getting at.

How yo ask for clarification

When you don't understand what someone has said, you can ask for clarification using the following expressions:

- What do you mean by...?

- Do you mean...?
- Could you say that again, please?
- Could you repeat please?
- Could you clarify that, please?
- Would you elaborate on that , please?
- Could you be more explicit?
- Could you explain what you mean by...?
- Could you give us an example?
- I wonder if you could say that in a different way.
- Could you put it differently, please?
- Could you be more specific, please?

Clarifying one's point or idea

To clarify your idea you can use the following expressions:

- Let me explain that...
- Let me explain that in more detail...
- Let me put it in another way...
- Sorry let me explain...
- In other words...
- To say this differently...
- To put it differently...

Asking about and giving directions

Shopping

Classifying

Phone Conversations

Giving and responding to bad and good news

Defining concepts

Interrupting People

Sometimes, when you don't understand what your interlocutors are saying or you don't agree with them, you want to interrupt them to ask for clarification or to disagree with the point they are making. Here are some useful expressions for interrupting people.

Useful expressions to interrupt people

- Excuse me for interrupting, but...
- Do you mind if I interrupt you, ...

- Sorry to butt in, but may I just...
- Before we move on to the next point, may I add...?
- Excuse me, may I add to that...?
- Do you mind if I jump in here?
- I don't mean to intrude, but...
- pardon me , but...
- Excuse me, but...
- Just a minute! ...

Expressing feelings

Expressing condolence

Conversation fillers

TEXT 3 :

1. Think about successful clothing retailer in your country.

1 Prepare a short description about the retailer including this information.

- The kind of clothing it sells
- How it differs from its competitors
- The reasons why you think it's successful

2 Work with a partner. Take turns to talk about the company you chose.

2. The article below is about Swedish fashion retailer Hennes and Mauritz (H&M).

Read it and match each paragraph to one title below. Do not pay any attention at this stage to the numbered gaps in the text.

- a tackling the American market
- b the company then and now
- c how the clothing market has changed
- d the company's recent performance

A Swedish Success Story

1 When Hennes & Mauritz launched its first store in London in 1976 there was little interest among passers-by. (1)..... It is an extraordinary transformation that has seen H&M become one of the world's leading international clothing retailers seemingly able to cross borders effortlessly in a business where such moves often end in failure. The UK was the group's first step outside Scandinavia but, by the time of the US launch, H&M had 600 stores in eleven countries, spreading its concept of fashionable clothes at low prices throughout northern Europe.

2 For Stefan Persson, H&M's majority owner and former chief executive, it is not just the company that has changed, but also global fashion. Back in the 1970s, styles differed strongly from market to market. (2)..... Markets are becoming more and more similar all over the world. 'People read more or less the same magazines, watch the same films and listen to the same music,' Mr Persson explains. 'Maybe it's a little bit boring that all countries become the same but it's an advantage for a global business such as ours.'

3 Of course, H&M is not the first European retailer to think it can repeat its formula on the other side of the Atlantic. (3)..... Mr Persson is optimistic, however, and says he believes that the company's strong emphasis on fashion differentiates H&M from the competition. 'It is this that has been lacking in the US. I think costumers are ready for something more fashionable, a bigger variety and a wider range than our competitors offer – and our prices very attractive.'

4 Since H&M entered the US market, it has opened twenty-one stores and has also grown rapidly in other new markets such as France and Spain. (4)..... Results in the second quarter have improved and the company remains optimistic about the US. Where sales are good and the company has not been affected by the downturn in the US economy. In fact, any slowdown in the US and European economies may be good news for H&M – an economic weakening has historically made value retailers such as H&M more attractive to costumers.

3 Find two sentences from the list (A-H) which fit the topic of each paragraph (1-4).

- A In Britain, however, sales have slowed down.
- B Last year, the opening of the first NewYork store attracted such massive crowds that the doors had to be closed to prevent accidents.
- C Many have tried to crack this very competitive but so far so few have succeeded.
- D Nobody seemed to notice that a new store had come to town.
- E Now the company's range of clothing is 95 per cent the same wherever you go.
- F The company blamed the 15 per cent fall in profits in the first quarter on the high cost of expansion in these markets.
- G The competitor tried to crack the American market, but failed.
- H It was also an era when a youth culture emerged.

4 Read paragraph 1 again. Pay special attention to the sentence before gap 1 and the sentence immediately after the gap. Of the two possible sentences you identified in exercise 3 above, which would fill the gap better, and why? Discuss your choice and your reasons with the rest of the class.

5 Follow the same procedure for gaps 2 to 4.

6 look at the completed paragraph 3 and find three words based on the verb to *compete*. Use

the words you found to complete this short text.

The retail fashion sector is **highly** (1)..... . In the US, H&M is in
(2).....with local department stores and retailers as well as
its **major** (3)..... , gap. In Spain, a new market for H&M, it faces
fierce (4).....from the successful Zara chain

7 Which words have a similar meaning to the words in bold in the text above?

strong extremely principal tough intensely main

8 Write three sentences about companies or sectors you are familiar with, using words and phrases from exercises 6 and 7.

9 Work with a partner and discuss these points.

- Do you agree that fashions and lifestyle are becoming more similar all over the world? Is there a difference in this respect between younger and older people?
- Do you think globalisation provides more choice and better quality for consumers?

TEXT 4 :

Stereotypes

A **stereotype** is a fixed idea that people have about what specific social groups or individuals are like, especially an idea that is wrong. Other terms that are associated with the term stereotype are *prejudice* and *cliché*. The term has a Greek

origin: *stereos* means *solid* or *firm* and *typos* means *blow, impression, engraved* or *mark*. The term was first used in the printing business. The first modern English use of the term was in 1850, meaning "image perpetuated without change."



Because stereotypes are standardized and simplified ideas of groups, based on some prejudices, they are not derived from objective facts, but rather subjective and often unverifiable ideas. As Sociologist Charles E. Hurst states* "One reason for stereotypes is the lack of personal, concrete familiarity that individuals have with persons in other racial or ethnic groups. Lack of familiarity encourages the lumping together of unknown individuals".

The existence of stereotypes may be explained by the need of groups of people to view themselves as more normal or more superior than other groups. Consequently, stereotypes may be used to justify ill-founded prejudices or ignorance and prevent people of stereotyped groups from entering or succeeding in various activities or fields. The stereotyping group are, generally, reluctant to reconsider their attitudes and behavior towards stereotyped group.

Stereotypes may affect people negatively. This includes forming inaccurate and distorted images and opinions of people. Stereotypes may also be used for scapegoating or for making general erroneous judgments about people. Some stereotyping people may feel comfortable when they prevent themselves from emotional identification with the stereotyped group, which leads to xenophobic or racist behavior. Finally another serious consequence of stereotypes is the feeling of inferiority that the stereotyped people may have and which may impair their performance.

Source: <http://www.myenglishpages.com>

**Hurst, Charles E. Social Inequality: Forms, Causes, and Consequences. 6. Boston: Pearson Education, Inc, 2007*

Speaking:

What is culture? Discuss in groups things you like and others you do not related to your culture.

Reading :

Comprehension

1. The word stereotype has:
 - a. ☐ a Greek origin.
 - b. ☐ an English origin.
2. Stereotypes are used to:
 - a. ☐ make generalizations about different groups of people.
 - b. ☐ have an accurate understanding of the stereotyped people.
3. If you label people in terms of stereotypes, you will probably :
 - a. ☐ be having an exact judgment of their worth.
 - b. ☐ be behaving in a discriminatory way

Vocabulary

a- List some vocabulary items related to culture. Use your own knowledge to define some of them then find the exact definition in your English dictionary.

b- Choose the right words (suggested words are: stereotype, emigrants, diversity, conflicts, misconceptions, shock, Global, technology, behavior)

1. One of the problems

face is

cultural

which is a condition of confusion and anxiety affecting a person suddenly exposed to a new culture .

2. Some people think that a country with cultural

may face

cultural

. Other people, however, think that such a country may benefit from the variety and richness of its culture.

3. A

is a false, distorted assumption associated with a group of people.

4. For some cultures, it is not culturally

to burp in front of people.

5. Racial

is the result of

cultural

6. The world has become a

village thanks

to

c- Easily confused words

In what follows is a list of easily confused words that you may come across in your EFL learning and that commonly cause you problems. Use your dictionary and try to find the exact meaning of each word then use each pair in a sentence to convey different meanings.

Commonly Confused Words

Accept and except

Advice and advise

Affect and effect

Aid and aide

Allusion and illusion

Alright and all right

Altogether and all together

Amoral and immoral

Censor and censure

Diffuse and defuse

Discreet and discrete

Disinterested and uninterested

Elicit and illicit

Envelop and envelope

Licence and license

Lie and lay

Loath and loathe

Lose or loose

Story and storey

There, their, they're

TEXT 5 :



Hallmark holiday refers to a holiday that is perceived to exist mainly for commercial reasons, rather than to celebrate a traditionally significant religious or secular event. Although many people view these celebrations in a negative way, others have positive views. On the negative side, hallmark holidays don't really celebrate an important event, and only exist for companies to make a lot of money. On the positive

side, the term describes the perfect holiday in which family, friends, and fun come first. Everyday problems, worries, and stress can be put aside. Valentine's Day, which is celebrated on February 14, is usually considered to be one of the hallmark holidays.

In Valentine's Day billions of cards are sent. It is also an opportunity for customers to buy chocolates, flowers, engagement rings, romantic dinners, and so on. This commercial aspect can be traced back to the 19th century when printing technology improved to cheaply mass-produce greeting cards. But the origin of the celebration is much more ancient and can be traced back to a Roman festival called "Lupercalia" which was held in mid-February every year. The celebration purified new life in the spring. Around the third century A.D., the holiday became associated with Saint Valentine, although it isn't exactly clear how.

A popular explanation of the link between Saint Valentine and the Holiday says that at the time of the Roman "Lupercalia" Festival marriage was a common tradition, but when Claudius became Emperor he changed all of that. He outlawed all marriages because he was afraid that men would refuse their duty to fight because they would not want to leave their wives behind. Young couples still fell in love though and still wished to marry and they took these desires to the Catholic Bishop Valentine who, understanding love, began to secretly marry couples. When Claudius found out, he arrested Valentine and sentenced him to death. While waiting in prison, Valentine began exchanging letters with the prisoner's daughter and soon had fallen in love with her. The day he was to be beheaded, he wrote her one last note and signed it: "From Your Valentine".

In 496 A.D. Christianity had taken over Rome and Pope Gelasius outlawed the pagan Lupercian Festival. Knowing it's popularity, he looked to replace it with something more "appropriate" and set aside a day in February to honor the martyr St. Valentine. Even though in 1969 the church removed St. Valentine's Day from its calendar of "official" holidays, it is still widely celebrated today. And although Valentine's Day has become quite commercial, it still contains an important aspect shared by all of the best holidays - time spent thinking of and being with the one you love.

Source: <http://www.myenglishpages.com>

Speaking:

-
- a- What do emotions and feelings represent to you?
 - b- Read the text then decide about its title. Discuss and argue your choice.
-

Reading :

Comprehension: Read the text then do the activity

1. A Hallmark holiday :
 - a. ☐ celebrates a secular event,
 - b. ☐ celebrates a religious event
 - c. ☐ exists mainly for the sake of business
2. Valentine's Day :
 - a. ☐ was first celebrated in the 19th century
 - b. ☐ was celebrated much earlier than the 19th century.
3. Emperor Claudius used to:
 - a. ☐ forbid marriage,
 - b. ☐ kill newly married couples,
4. Saint Valentine
 - a. ☐ secretly helped couples to get married.
 - b. ☐ got married himself despite the new law forbidding marriage.

Vocabulary:

a- Choose the right words

(Dates, anonymous, day, chocolates, arrow, valentines, candlelight, sweetheart, celebrated, bouquets)

1. Valentine's Day
is on February 14th.
2. This is a
popular for people to get engaged.
3. Flowers
and are popular presents to give.
4. It is also a custom to send greeting cards
called .

5. Many cards are . This means you don't know who they are from.
6. A popular symbol is a Cupid carrying a bow and an .
7. A is a slightly outdated term meaning "the one I love".
8. Wow! What a beautiful !
9. Many couples go out on romantic on Valentine's Day.
10. When couples meet they usually have a dinner in a romantic restaurant.

b- State the possible vocabulary items related to Valentine 's Day and which are not mentioned in the text. Explain the meaning of each. Here is a suggested list:

Valentine's Day

A valentine

A valentine (person)

Cupid

An arrow

Date

Exchanging gifts

Bouquet

c-This is a list of vocabulary items related to emotions (happiness/sadness)

Happiness

Expression	Definition	Example
happy / glad	marked by pleasure, satisfaction, or joy.	She seemed to be the happiest bride I've ever seen.
content / contented	satisfied or showing satisfaction with things as they are.	She was a contented wife.
Elated	exultantly proud and joyful; in high spirits.	The winner felt elated and excited.
Joyful	full of joy.	It was a joyful occasion.
Joyous	full of or characterized by joy.	I heard a joyous laughter.
Euphoric	exaggerated feeling of well-being or elation.	They received a euphoric welcome
Delighted	feeling or showing great pleasure.	She had a delighted smile.
Gleeful	exuberantly or triumphantly joyful.	She gave a gleeful smile.
Mirthful	full of mirth; merry or amusing.	A mirthful laughter.
Jubilant	feeling or expressing great happiness and triumph.	I met a jubilant crowd.

Sadness

Expression	Definition	Example
sad / unhappy	feeling or showing sorrow.	I can't bear the tears of a sad child.
feel blue	feel sad.	She's feeling blue after what has happened to her son.
feel low / down	feel dispirited or be sad and gloomy.	I am feeling low because my best friend is very ill.
Depressed	low in spirit; downcast.	He was depressed by the loss of his son.
Downhearted	marked by low spirits.	Fans were downhearted by the the defeat.

(Source: <http://www.myenglishpages.com>)

- Read definitions in the table above then do the activity about feelings vocabulary:

Choose the appropriate word

1. You look like you feel
wrong?

. What's

2. He was

by the loss of his son.

3. Doctors describe laughter as the equivalent of *internal jogging* because it can lower blood pressure, stress and boost the immune system much like moderate exercise.
4. He was inwardly at the slight to his authority .
5. The local newspaper got readers.
6. She was at being the object of suspicion.
7. Her comments have always me.
8. We could hear the cheers of the victors
9. After their historic victory, they received a welcome.
10. Fans were by the defeat.

Develop your reading skills

**Three Love poems*

(Source: <http://www.myenglishpages.com>)

These are three love poems by William Shakespeare, Khalil Gibran and Percy Bysshe Shelley. Enjoy reading and learning them.

Sonnet 116

Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:

O no! it is an ever-fixed mark
That looks on tempests and is never shaken;
It is the star to every wand'ring bark,
Whose worth's unknown, although his height be taken.

Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come;
Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom:

If this be error and upon me proved,
I never writ, nor no man ever loved.

William Shakespeare

Love One another

Love one another, but make not a bond of love
Let it rather be a moving sea between the
shores of your souls.

Fill each other's cup, but drink not from one cup.
Give one another of your bread, but eat not from the same loaf.

Sing and dance together and be joyous,
but let each one of you be alone,
Even as the strings of a lute are alone
though they quiver with the same music.

Give your hearts, but not into each other's keeping;
For only the hand of Life can contain your hearts.

And stand together yet not too near together;
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow.

Khalil Gibran

Love's philosophy

The fountains mingle with the river, And the rivers with the ocean;
The winds of heaven mix forever
With a sweet emotion;
Nothing in the world is single;
All things by a law divine
In another's being mingle--
Why not I with thine?

See, the mountains kiss high heaven,
And the waves clasp one another;
No sister flower could be forgiven
If it disdained its brother;
And the sunlight clasps the earth,
And the moonbeams kiss the sea;--
What are all these kissings worth,
If thou kiss not me?

Percy Bysshe Shelley

*Jokes and quotes

(Source: <http://www.myenglishpages.com>)

Read the following *love jokes and quotes* then use your dictionary to find meaning of new or difficult words.



Meaning of Dreams

A young woman was taking an afternoon nap. After she woke up, she told her husband, "I just dreamt that you gave me a pearl necklace for Valentine's Day.

What do you think it means?"

"You shall know tonight", he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it. She found a book entitled "The Meaning of Dreams".



Guess Who?

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter systematically pasting "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them. The guy's curiosity gets the better of him and he walks up to the balding man and asks him what he is doing.

The man says, "I'm sending out one thousand Valentine cards signed, 'Guess who?'"

"But why?" asks the guy.

The man replies, "I'm a divorce lawyer."



Loving heart

A loving heart is the beginning of all knowledge.

Thomas Carlyle



Without his wings

Friendship is Love without his wings!

Lord Byron

TEXT 6 :

Facts Sheet about the United Kingdom



- The United Kingdom, consisting of Great Britain (England, Wales, and Scotland), Northern Ireland, and many smaller islands, is twice the size of New York State with 244,101 km².
- Northern Ireland is the only part of the UK that shares a land border with another sovereign state—the Republic of Ireland. Apart from this land border the UK is surrounded by the Atlantic Ocean, the North Sea, the English Channel and the Irish Sea.
- The terms United Kingdom, Great Britain and England are often confused. Great Britain comprises England, Wales, and Scotland. The United Kingdom also includes Northern Ireland.
- The United Kingdom is a unitary state governed under a constitutional monarchy and a parliamentary system, with its seat of government in the capital city of London. It is a country in its own right and consists of four administrative divisions (or countries): England, Northern Ireland, Scotland and Wales.
- By mid-2010 the population of the UK was estimated to have grown to 62,262,000.
- The UK is a developed country and has the world's seventh-largest economy by nominal GDP and eighth-largest economy by purchasing power parity. It was the world's first industrialised country and the world's foremost power during the 19th and early 20th centuries. The UK remains a great power with leading economic, cultural, military, scientific and political influence. It is a recognised nuclear weapons state and its military expenditure ranks fourth in the world.
- The UK has been a permanent member of the United Nations Security Council since its first session in 1946. It has been a member of the European Union and its predecessor the European Economic Community since 1973. It is also a member of the Commonwealth of Nations, the Council of Europe, the G7, the G8, the G20, NATO, the Organisation for Economic Co-operation and Development (OECD) and the World Trade Organization.

Source: <http://www.myenglishpages.com>.

Speaking :

What do you know about English speaking countries? State some of them.

Reading:

Vocabulary:

- a- **List tourist attractions in the United Kingdom.** Use your own knowledge to define some of them then find the exact definition in your English dictionary.
- b- **Cooperative work:** Here are different texts (The Tower of London, The Palace of Westminster, Westminster Abbey, Stonehenge, Kew Gardens,) about tourist attractions in the UK. Read all of them, then work in groups to write a short descriptions of the UK.

The Tower of London

One of the most important tourist attractions in London is the **Tower of London**.



Her Majesty's Royal Palace and Fortress, more commonly known as the **Tower of London**, is a historic castle on the north bank of the River Thames in central London, England. It lies within the London Borough of Tower Hamlets, separated from the eastern edge of the City of London by the open space known as Tower Hill. It was founded towards the end of 1066 as part of the Norman Conquest of England.

The Tower of London has played a prominent role in English history. It was besieged several times and controlling it has been important to controlling the country.

Source: <http://www.myenglishpages.com>.

The Palace of Westminster

The **Palace of Westminster** is the meeting place of the House of Commons and the House of Lords.



The two houses of the Parliament of the United Kingdom meet at the Palace of Westminster. Commonly known as **the Houses of Parliament** after its tenants, the Palace lies on the Middlesex bank of the River Thames in the City of Westminster, in central London.

Source: <http://www.myenglishpages.com>.

Westminster Abbey

The Collegiate Church of St Peter at Westminster, commonly known as **Westminster Abbey**.



Westminster Abbey, is a large, mainly Gothic church, in the City of Westminster, London, United Kingdom, located just to the west of the Palace of Westminster.

It is the traditional place of coronation and burial site for English, later British and later still (and currently) monarchs of the *Commonwealth realms*, the sovereign states within the Commonwealth of Nations that currently have Elizabeth II as its reigning constitutional monarch and shares a common royal line of succession with the other realms.

The abbey is a *Royal Peculiar*, a place of worship that falls directly under the jurisdiction of the British monarch, rather than under a bishop, and briefly held the status of a cathedral from 1540 to 1550.

Source: <http://www.myenglishpages.com>.

The Historic Settlement of Greenwich

Stonehenge

Stonehenge is a prehistoric monument located in the English county of Wiltshire, about 2.0 miles (3.2 km) west of *Amesbury* and 8 miles (13 km) north of *Salisbury*. Archaeologists believe the stone monument was constructed anywhere from 3000 BC to 2000 BC. Another theory suggests that bluestones may have been erected at the site as early as 3000 BC.



Stonehenge is owned by *the Crown* and managed by *English Heritage*, while the surrounding land is owned by the *National Trust*.

Some archeologists believe that Stonehenge could possibly have served as a burial ground from its earliest beginnings. The dating of cremated remains found on the site indicate that deposits contain human bone material from as early as 3000 BC, when the initial ditch and bank were first dug. Such deposits continued at Stonehenge for at least another 500 years. The site is a place of religious significance for *Neo-Druidism*, a form of modern spirituality or religion that generally promotes harmony and worship of nature, and respect for all beings, including the environment.

Source: <http://www.myenglishpages.com>.

Kew Gardens

Kew Gardens, an internationally important botanical research and education institution in London.



The **Royal Botanic Gardens, Kew**, usually referred to as **Kew Gardens**, comprises 121 hectares of gardens and botanical glasshouses between Richmond and Kew in southwest London, England.

The institution of **Kew Gardens** is a non-departmental public body sponsored by the *Department for Environment, Food and Rural Affairs*. It is an internationally important botanical research and education institution with 700 staff and an income of £56 million for the year ended 31 March 2008, as well as a visitor attraction receiving almost two million visits in that year. Created in 1759, the gardens celebrated their 250th anniversary in 2009.

Source: <http://www.myenglishpages.com>.

c- Here is a list of British English words- find the correct American English expression: Use the following words!

American and British English

elevator - potato chips - baggage - notebook - garbage can - subway - railroad
- vacation - movies - flashlight - truck - automobile - restroom - candies - pants
- sneakers - purse - French fries - cookies - airplane - cell phone - fall -
student - cab - gas station - mail box - eraser - drugstore

British English

American English

Lavatory

chemist's

Lorry

Lift

Biscuits

Luggage

Car

post box

Trousers

Cinema

Chips

Crisps

rubbish bin

petrol station

Handbag

Pupil

mobile phone

Trainers	<input type="text"/>
Sweets	<input type="text"/>
Aeroplane	<input type="text"/>
Torch	<input type="text"/>
Autumn	<input type="text"/>
Holiday	<input type="text"/>
Taxi	<input type="text"/>
Railway	<input type="text"/>
underground train	<input type="text"/>
Rubber	<input type="text"/>
exercise book	<input type="text"/>

(Source: <http://www.englishexercises.org>)

Improve your Reading

***Here is all what you can learn about London. Enjoy reading.**

London

London is the capital city of England and the **United Kingdom**, the largest metropolitan area in the United Kingdom, and the largest urban zone in the European Union by most measures. Located on the River Thames, London has been a major settlement for two millennia, its history going back to its founding by the Romans, who named it *Londinium*.

London is a leading global city, with strengths in the arts, commerce, education, entertainment, fashion, finance, healthcare, media, professional services, research and development, tourism and transport all contributing to its prominence. Together with New York City, London is the world's leading financial centre. London is known for its cultural diversity. More than 300 languages are spoken in London. In March 2011, London had an official population of 8,174,100, making it the most populous municipality in the European Union, and accounting for 12.5% of the UK population

London contains four World Heritage Sites:

1. **The Tower of London:**
First built by William the Conqueror in 1078 as a palace and royal residence. It lies on the bank of the River Thames.
2. **Kew Gardens:**
The world's largest collection of living plants.
3. **The site comprising the Palace of Westminster, Westminster Abbey, and St Margaret's Church:**
Historic buildings showcase the growth of the English monarchy.

4. The historic settlement of Greenwich

In which the Royal Observatory marks the Prime Meridian, 0° longitude, and GMT).

Other famous landmarks include Buckingham Palace, the London Eye, Piccadilly Circus, St Paul's Cathedral, Tower Bridge and Trafalgar Square. London is home to numerous museums, galleries, libraries, sporting events and other cultural institutions, including the British Museum, National Gallery, Tate Modern, British Library, Wimbledon, and 40 West End theatres. The London Underground is the oldest underground railway network in the world

Source: <http://www.myenglishpages.com>.

TEXT 7 :

1. Would you enjoy a job which involved a lot of business travel? Why/why not?
2. The article below is about business travel. Look through it and decide what is mainly about.
 - a. Facilities for business travellers
 - b. The problem facing business travellers
 - c. Companies' attitudes to business travel

Business Travel Today

Long distance travel is now a routine part of many workers' lives, yet what was once considered a perk of the job is now seen as a headache by frequent fliers. Business travel is not as exciting as it sounds. The reality for most travellers is that they really see anything beyond the airport, the office and the hotel. Even after a long overnight flight in a cramped seat without sleep, staff are frequently expected to be in the office next morning, ready to do a good day's work.

Despite alternatives such as fax, e-mail and teleconferencing, business travel continues to grow. Many companies have teleconferencing equipment, but do not know how to use it. In the global economy increasing numbers of people deal with more and more countries, and are required to travel for their jobs. Travel across the globe for business has also become much more cost-effective for companies. In the early eighties, around the world ticket was at least £1,250. Now it's £700.

Stephen joy, a marketing director at US toy maker Mattel, has been a frequent traveller during his sixteen-year career. He believes business travel has become more stressful. 'As your life gets fuller, with children and so on, it becomes a lot more difficult,' he says. 'But ,it's no just to do with age. Modern communications mean that the only time you're truly out of reach is on the plane. When you get to the hotel you log on and get your e-mail. In the past when you were away, you were away. Now you're expected to take the in-tray with you, and managing your work from afar can be very difficult, especially if you're in a different zone.'

As the volume of business travel has grown, companies have begun to pay increasing attention to its impact on costs. 'now I don't travel in as much comfort as I

did as a junior years ago, ‘ says joy. Today, costs are scrutinised and many companies are concerned with little more than cheap travel.

There may also be as many health risks associated with long distance flights as there are passengers in economy class. Because most airlines re-circulate the air inside planes, mixing half-fresh air with half-recycled air, flu and colds are among the most frequent problems for travellers. New research suggests that jet lag once seen as a minor inconvenience, may be far more upsetting to travellers’ health and routines than earlier thought. more worryingly, a recent study identified a possible link between long-distance travel and an increased risk of heart attacks, especially amongst older passengers. Is it time for companies to reassess attitudes to travel and show a little more concern for their travelling staff?

3. In the next exercise, you will do a multiple-choice task. First work through this example.

Paragraph 1 why are many business travellers unhappy about long distance travel?

- A it can cause headaches.
 - B They usually have to fly at night.
 - C Aircraft have become very uncomfortable.
 - D They often don’t get time to recover from their journeys.
-
- a A headache is mentioned in the paragraph, but does the text say that it is caused by long distance travel?
 - b A long overnight flight is mentioned in the paragraph, but does the text say that business travellers usually fly at night?
 - c A phrase in the text implies that that aircraft can be uncomfortable which one? Does the sentence this phrase appears in also say that air craft have become very uncomfortable or are more uncomfortable than they used to be?
 - d Is time to recover mentioned in the paragraph? Does any sentence in the paragraph imply, in different words or by examples, that business people don’t get time from journeys?
 - e Which option A, B, C or D would you choose?

4. Answer the questions, checking each option in turn against the text.

Paragraph 2 According to the writer, what is the expansion in business travel due to?

- A employees’ unwillingness to use alternative methods of communicating.
- B companies’ ignorance about new communications technology.
- C the overall growth in international business.
- D the fact that long-distance flights cost less than half of what they used to

Paragraph 3 Stephen Joy thinks the main reason business travellers suffer more stress these days is because

- A typically people who travel for business have young children
- B many of them are too old to travel regularly.
- C they receive too many mobile phone calls.
- D while they are abroad they still have to carry out their normal duties.

Paragraph 4 How are companies dealing with the increase in business travel?

- A by keeping travel costs as low as possible

- B by sending younger staff on business trips
- C by using less comfortable airlines
- D by reducing the number of days the employees spend out of the office

Paragraph 5 Which of these points is made about long distance air travel?

- A It leads to breathing problems.
- B It is no longer thought to cause jet lag.
- C It may be dangerous for elderly people.
- D It causes serious health problems for everyone who flies regularly.

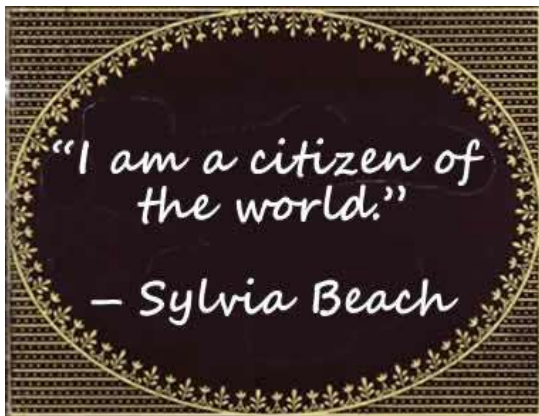
5. Work with a partner and compare your answers. Discuss the reasons you chose each Option and why you rejected the other options.

6. Find words in the text which have these meanings.

- a Paragraph 1 an extra benefit in addition to your salary (noun)
- b Paragraph 2 giving good results for the amount of money spent (adjective)
- c Paragraph 4 a strong effect (noun)
- d Paragraph 4 examined closely (verb)

TEXT 8:

Citizenship



Citizenship is a sacred honor, a plaque we carry proudly on our chests and a burden pressing hard on our backs. A citizen is a member of a country. He has the right to ask for its protection, and the duty to protect it and obey its laws and rules. In other words, citizenship is the relationship between an individual and a state in which the individual belongs, and owes **allegiance** to the state and in turn is entitled to its protection.

Fortunately, being a good citizen doesn't stop at the exchange of rights and duties, it requires a lot of civilized behavior, and responsible acts.

All the members of our community, from the youngest to the eldest, have to cooperate. By cooperating, I don't mean giving huge efforts. Simple acts and easy behavior can help us ameliorate our level of life. As citizens, and students in particular, all we have to do are the steps below :

- Start with your own home, clean it regularly, and take care of your front door area.
- Being a good neighbor by caring about others.
- Don't overuse water and electricity.
- Respect your neighbors, help them if necessary, and act politely.
- Don't litter, or throw trash in the street.
- Don't spit in the street, it doesn't only bother the other passers-by, but it also affects your discipline, and it's very far from being civilized.
- Try to cross the street in the crossing passage. The town will look organized, and it lowers the level of accidents.
- Let's try to walk in the sidewalk, or the pavement, because it causes fewer difficulties to drivers in the city.
- Respect your school, especially its doors, walls and windows. They are not yours ; you only borrow them for a year or more.
- Being a citizen is a source of pride. Don't try to ignore your origins in front of foreigners. Have you ever seen any of them deny being who s/he really is ?
- Act nicely with tourists. If we want our country to receive millions of tourists , try to be nice.
- If you can study about your country, it would be great. See the extreme diversity you have (the desert, the sea, the mountains, the different dialects, the traditions, the traditional clothes).
- If you don't vote, who will ? A simple act can place the right person in the right place.
- In emergencies, don't be afraid. Help the people in need. (Blood donations, call the police, the ambulance, and help a lady in the street...) Imagine you were in their place, wouldn't you like to have other people standing by your side ?

When you become a parent, teach this to your children. Citizenship starts from childhood, and only ends by the time you die. It's only by practicing those really simple acts that our daily life can get better. I hope this will help us understand another meaning of good citizenship.

Source: <http://www.myenglishpages.com>.

Speaking :

What do you know about citizenship? Do you believe in its importance and why?

Reading:

Comprehension: Read the text then answer comprehension questions

1. The text talks about:

- a. ☐ citizenship and the traits of bad citizens

- b. ☐ traits of good citizens.
- c. ☐ what citizenship is and how one can be a good citizen.
- 2. Citizens:
 - a. ☐ have rights
 - b. ☐ have rights and responsibilities towards Their community
 - c. ☐ have responsibilities towards Their community
- 3. Allegiance means:
 - a. ☐ protection
 - b. ☐ loyalty and support

Vocabulary :

1. **List possible vocabulary related to citizenship.** Use your own knowledge to define some of them then find the exact definition in your English dictionary.
2. **Choose the right words: (use words in 1)**

2. Good citizens would participate in
 by choosing the candidate they feel they can
 for.
3. Citizens have
 but they must also be aware of their
 towards their community.
4. Good citizens must work for the prosperity of the
 they live in.
5. They should also respect the
 norms of the society.
6. Civic engagement is the positive
 in the affairs of the community.
7. Love of and devotion to one's country is called

8. An

citizen is involved in

the

of the community

c- Decide whether these examples of behaviour are those of a good (GC) or a bad citizen (BC):

1. ... respects the law.

2. ... is not cooperative.

3. ... votes.

4. ... does not care about the protection of the environment.

5. ... throws rubbish in the street.

6. ... leaves his/her bus seat for an old person.

7. ... helps lost strangers find their ways.

8. ... thinks that voluntary work is a waste of time.

9. ... jumps the queue.

10. ... participates in community service.

TEXT 9 :

1 Work with a partner. Look at the title of the article below. Discuss what you think it means. Then read the article quickly and check your ideas.

2 How quickly can you find the answers to these questions?

a Do many people find fulfilment at work?

b How do psychologists explain high levels of stress and dissatisfaction at work?

c How does the writer define skills?

d How does the writer define motivations?

