

TASK 1. READING (10 points: 1 answer = 1 point)

Put the following parts of the text in the correct order to recreate the text. Answer sheet 1-10.

How to Stop Being a People Pleaser

*Co-authored by **Paul Chernyak***

- A.** Create some boundaries and make your voice heard and your opinion matter. Above all, make time to care for yourself.
Recognize that you have choices.
- B.** For example, say, “I know how much you want a nice birthday cake for the party and how much that means to you. I’d love to provide one, but I’m unable to do that at the moment.”
Handle problem requests with bluntness. It's best to be civil and polite, but sometimes, no matter what you do, people won't respect your kindness.
- C.** If you're a people pleaser, then you probably tend to put other people’s needs ahead of your own. Maybe you want approval from others or have been taught to always give to others. It’ll take some time to adjust, but start by saying “no” to some things instead of “yes” to everything.
- D.** For example, if someone asks you to help, tell yourself, “I have the choice to say yes and stay or to go home and say no.”
Learn how to say "no."
- E.** If someone asks or tells you to do something, you have the choice to say yes, no, or maybe. You don’t *have* to say yes, even if you feel like you do. When someone asks you something, take a moment and remember that how you respond is your choice.
- F.** You can also do some role play with a friend to get used to saying “no.” Have your friend ask you to do things, and then respond “no” to each of their requests. Make sure to pay attention to how you feel each time you say “no.”
Be assertive and empathetic. If a flat “no” seems harsh to you, be assertive while also being empathetic.

- G.** If someone keeps denying all your honest excuses, and makes you explain yourself when there's no further explanation you can give, it's time to put your foot down. The next time this person asks you for something you don't want to do, say "no, I can't" or "no, I won't." There's no need to say anything else. When they ask you to explain, ask them what part of the word "no" they don't understand.
- H.** If you tend to always say "yes" to things even when you don't want to or when situations cause you stress, start saying "no." It might take some practice, but let people know when you can't do what they want. There's no need to make excuses. A simple "no" or "no thank you" will do.
- I.** Show your understanding for the person and their needs, yet also be firm in saying that you cannot help them.
- J.** This method of saying no will definitely make the other person angry. It's not easy to be so blunt, but it's sometimes necessary for your own well-being. Just because the other person gets angry with you, that doesn't necessarily mean you'll stop being friends. Nonetheless, only rely on this technique when nothing else seems to work.

TASK 2. USE OF ENGLISH (10 points: 1 answer = 2 points)

Fill the gaps with 5 words from the box. Each word is used only once. You may need to change the word (its form and tense) in order for it to fit the context. There are 2 extra words in the box. Answer sheet 11-15.

A Different Language

ACT – ATTRACT – DIE - ENTERTAIN – TACT - PRIME - PROVE

'Welcome to Whales: Croeso i Gymru', the sign says in two languages, as has been the rule everywhere in the country since 1973. There is no shortage of these bilingual signs in Whales. According to those who live there, Whales has always been a different country, a part of Britain where the culture has remained different from the whole. It is the only part of Britain with an **11.**_____ language of its own. On the other hand, only around 30 per cent of the 2.8 million who live there speak it. The actor Richard Burton spoke it, and **12.**_____ Tom Jones can sing a few songs in Welsh, but isn't fluent.

The point is how the language has survived because English has been the official language ever since 1536. However, as soon as the Welsh Language Act was passed in 1973, the language had equal status with English. There is no doubt that this, combined with TV and radio broadcasts in Welsh, is certainly helping to promote the language. In addition, an increase in the number of bilingual **13.**_____ schools means that the language may soon be spoken by well over 50 per cent of the population.

Increasingly, tourism **14. (already)** _____ to be a friend rather than the enemy. Many of the new tourist **15.**_____ strongly emphasize the language and its place in Wales's culture identity.

TASK 3. USE OF ENGLISH (10 points: 1 answer = 2 points)

Imagine that you are a teacher. You asked your students to study the text from Task 2. Make up 5 questions that would check the students' understanding of the text. 5 questions must be different yes/no questions (at least one) and wh-questions. Answer sheet 16-20.

16.
17.
18.
19.
20.

TASK 4. SOCIOCULTURAL COMPETENCE (10 points: 1 answer = 1 point)

Match the idioms and their definitions. Two definitions are extra. Answer sheet 21-25.

21. when the cat's away	A. someone you cannot trust
22. as the crow flies	B. used for saying that the bad results of something someone has done are starting to happen or to become clear
23. a snake in the grass	C. something that is long and exhausting
24. chickens come home to roost	D. used for saying that people will naturally take advantage of the absence of someone in authority to do as they like

25. monkey business	E. in a straight line
	F. someone who easily becomes furious when annoyed
	G. dishonest or bad behaviour

TASK 5. SOCIOCULTURAL COMPETENCE (10 points: 1 answer = 1 point)

Choose the best idioms to complete the sentences. Change the grammar and/or form if necessary. Transfer the idiom to the answer sheet 26-30.

26. From here to the office, it's about 20 miles _____, but it's more like 30 miles by car since you have to wind around the mountain.
27. After years of borrowing and borrowing money from other countries, the government's _____.
28. We used to be friends, but who knew he'd turn out to be such _____?
29. That's enough _____. Let's get down to more serious matters. This is a meeting, not a party.
30. A: "His parents are away for the weekend." B: "I see, _____..."

TASK 6. WRITING (60 points)
(40 minutes, 200-220 words)

Imagine that your school magazine asked you to write a news report on the recent INTERNATIONAL event in your town called "World Cuisine Festival: learn, cook, eat!" the aim of which was to let people get acquainted with national cuisine of different countries.

Write a report following the plan:

1. Name the date, the place and the event;
2. Describe what people are doing in the first picture;
3. Name the dish in the second picture, its country of origin and ingredients;
4. Say why such events are important today;
5. Introduce people's opinions.

Follow the rules of news report writing. Make sure your report has:
- a headline

Олимпиада «Покори Воробьевы Горы!»
Очный тур 2018/2019
5-9 классы
Вариант 7

- a byline and a placeline
- a lead paragraph
- body paragraphs
- a conclusion



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