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| **Card 1. Sport**  1) What kinds of spots  - have you ever tried?  - would you like to try?  2) Can you say some words about any unusual sports: bed racing/zorbing/extreme ironing/wife carrying/chess boxing?  **Bed Racing** Each team brings their decorated bed, equipped with four wheels and the ability to  **Zorbing:** Zorbing involves rolling downhill inside a **transparent** plastic ball.  **Extreme Ironing:** An extreme sport, where participants take ironing to remote and dangerous locations.  **Wife Carrying:** sport involves male competitors racing while carrying a female teammate on their back  **Chess Boxing:** This unique hybrid sport combines chess and boxing in alternating rounds.  3) What is your attitude towards PE classes at school or university? Do you consider them important? What do you usually do in your PE classes? |
| **Card 2. Art**  1) How would you explain the word 'art'?  Give examples of things you can refer to as art and things that you can't.  2) Which styles of artwork can you name? What are the peculiarities of each?  still life  sketch  landscape  sculpture  self-portrait  3) What do you know about Banksy and his influence on art?  One of the most iconic and enigmatic figures in street art is Banksy, 3\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Banksy's art often carries powerful social and political commentary, making it a focal point of global fascination. It provokes thought and inspires change. |
| **Card 3. Books**   1. Which genres of books do you know? Can you give examples of popular books in each genre? Which genre do you like most?   Children's literature Winnie-the-Pooh  Fantasy Harry Potter series  Detective murder on the orient express  Adventure The Count of Monte Cristo  Tragedy Romeo and Juliet  2) Who is your favourite author? Speak about any of his books.  3) What can you tell about the book "Alice in Wonderland" and its author?  Carroll wrote "Alice's Adventures in Wonderland" as a gift for Alice Liddell.  Lewis Carroll was a writer and mathematician. |
| **Card 4. Video art**   1. Which advanced forms of video art do you know? Do you like any of them?   **Interactive video** This form invites viewers to actively engage with the artwork by allowing them to control or influence the video's content or behavior. Artists may use sensors, buttons, or touchscreens to start interaction, creating a personalized experience.  **Experimental animation** Video art can also include animation techniques to create unreal or abstract visuals. Artists may use traditional animation methods or digital software to bring their ideas to life. This form allows for more imaginative and fantastical storytelling.  **Video performance** This form combines live performance with video projection or recording. Artists may interact with the video in real-time, manipulating it or reacting to it during the performance.  2) Which traditional film genres can you name? Which is your favourite one? Which one do you dislike?  3) Have you seen any of the films below?  - Fight club  - Pirates of the Caribbean. The Curse of the Black Pearl  - Indiana Jones and the Kingdom of the Crystal Skull  What can you say about one of them? |
| **Card 5. Music**  1) What role does music play in your life? (Can you play any musical instrument? Can you sing? Do you enjoy listening to music? How often do you do this?)  2) Can you explain the difference between the words:  - a band and an orchestra  a large group of musicians who play many different instruments together and are led by a conductor  a group of musicians who play modern music together  - a gig and a concert  a single live performance by a musician or group of musicians, especially playing modern or pop music, or by a comedian  3) What role can a soundtrack play in a film? Give examples of popular ones. |
| **Card 6. Creative minds**   1. How would you explain the word "creativity"? Can creativity be developed?   the ability to make or bring into existence something new, ability to use unusual ways to solve problems   1. Give 2-3 examples of using everyday objects in new ways.   **Plastic Bottles: Bird Feeder, Bowling Pins**  Ice Cude Mold: organaizer for small things, **Paint Palette**   1. Speak about 2 or 3 life-changing products that were created by chance.   **Teabag:** a New York coffee merchant, turned to tea and sent out low-quality tea samples in small silk bags. His customers didn't know that they had to open the bag and simply immersed it in hot water, marking a hit in America  **Post-it Notes:**  Spencer Silver decided to make sticky tape even stickier, accidentally creating a substance that didn't stick well. This led to the birth of Post-it Notes. |
| **Card 7. Mindset**   1. What is mindset, in your opinion?   the way a person thinks; a person’s opinions   1. Explain the difference between a growth mindset and a fixed mindset and give examples of their influence on our behaviour in different situations.   fixed mindset’ means that we think our abilities can’t change, and growth mindset’ means that we believe that we can improve our abilities through practice.  He/She views failure as something negative.  b) He/She is less likely to view critical feedback as a personal attack.  c) He/She will probably choose a less complicated task.  d) He/She sees an obstacle as a chance to solve problems.  e) He/She sees life as a journey of improvement.  3) Speak about your own experience: which type of mindset you have and why you can draw such conclusions. |
| **Card 8. Global challenges**   1. What is a global challenge, in your opinion? Give examples of global challenges.   Global challenges refer to the problems that affect the world as a whole and require collective action to solve  Climate change  Poverty  Conflict and violance   1. Speak about any natural disaster that had a huge impact on the population, economy, environment and ecosystem.   **massive earthquake occurred in 2004** beneath the Indian Ocean. The waves reached heights of up to 30 meters and Entire villages were swept away. more than 170,000 people lost their lives, it took years to rebuild cities. The fishing industry, which was a major source of income for many communities along the coast, was devastated by the tsunami.   1. What do you know about the Dodo bird? Tell the story of its extinction.   It is a tragic loss that the dodo bird is no longer exists.  There were no people in the dodo's habitat on the island of Mauritius. → The birds evolved without fear of humans. → Dutch travelers landed on the island. →  Settlers hunted the dodo bird to extinction. → The dodo bird population was not saved from decline. → People did not realize the consequences of their actions. → We did not prioritize the protection of endangered species. → The dodo bird did not have a chance of survival. |
| **Card 9. True, false or maybe**   1. What are the reasons why people make hoaxes?   **To trick or deceive others for entertainment or amusement, To promote a product or service, to become popular.**  2) Which hoaxes/rumours/conspiracy theories do you know about  - the moon landing: It suggests the Apollo 11 mission, which landed the first humans on the Moon in 1969, was a carefully planned hoax created by NASA and the US government. Some people argue that the photographs of the moon landing were faked, and that the astronauts never actually set foot on the lunar surface.  - soursop : hoax claimed that consuming a particular fruit, **soursop\***, could cure cancer  - the Loch Ness monster The Loch Ness monster is a legendary creature that is said to inhabit Loch Ness in Scotland. However, many people believe that it is just a \_\_\_\_ and there is no real evidence to support its existence.  - Bigfoot: Bigfoot is believed to be a tall, hairy creature that lives in the forests of North America  3) Speak about any hoax you have known for a long time.: |
| **Card 10. Dreams and happiness**   1. What is happiness, in your opinion? What makes you happy?   sense of satisfaction about one's life as a whole. Doing What I Love, spending time with intersting people, excercising and sleeping makes me happy.  1. Can you explain why Finland is the first in the table with the results of the recent World Happiness Report? Which factors help it rank so high on the list?   Finland is the first in table because this country has strong economy, reliable government and deep sense of community. There are many factors that help Finland rank so high. One key aspect is low poverty rates and high level of social support.   1. Which tips would you give to a person to improve his/her life and feel happy?   **Create a Cozy Environment:** Your surroundings can have a big impact on your mood. Take the time to make your living space comfortable and inviting. Wrap up in a soft blanket, wear warm socks, and put on your favorite sweater. Surround yourself with things that bring you joy, such as photos of loved ones or items that hold special meaning for you.  **Enjoy Simple Pleasures**: Take time to enjoy simple pleasures in life. These might include enjoying a cup of your favourite tea, listening to a song you love, or feeling the sun on your skin.  **Connect with Nature**: Time spent outdoors can have numerous health benefits, including improved mood and reduced stress levels.  **Spend time with loved ones**: One of the biggest predictors of happiness is the quality of our relationships. Make an effort to spend time with the people who matter most to you.  **Live in the Moment**: Try to live in the present and do not worry about what might happen in the future. |
| **Card 12. Global and local**   1. Tell the story about Thomas Cook and his impact on the travel industry.   Thomas Cook was a founder of the first touristic agency. He was born in poor family and did a lot of different jobs. He got interested in missionery work. When railway was created Cook hired a train and organaized recreational trips. Cook considered a pioneer in the travel industry   1. What is considered to be an extreme sport or activity? Give some examples. Have you tried any extreme sports or activities?   Extreme sports are activities with a high degree of risk such as paragliding, white-water rafting, trekking, scuba diving. I have never tried any extreme sport.   1. What are the benefits of cultural exchange in the context of global tourism? Give an example.   global tourism contributes to cultural exchange, creating opportunities for people from different backgrounds for communicating, supporting tolerance, and understanding. It drives economic growth in various countries and enhances international cooperation. It also helps to preserve cultural heritage and environment. Russian tourists also play a significant role in contributing to the economy of **Turkey** through spending on accommodations, dining, entertainment, and shopping. |
| **Card 13. Exploration**   1. How would you explain the word "exploration"?   Exploration is the act of searching, investigating, or traveling to an unfamiliar or unknown area with the purpose of discovery and gathering information   1. What exploration types do you know? Give examples.   **Physical exploration**: involves travelling to new places, discovering new landscapes, and experiencing new cultures. It can be done through hiking, camping, backpacking, or any other outdoor activity that takes you off the beaten path  **Intellectual exploration**: is expanding your knowledge and understanding of the world around you. It can be done through reading, attending lectures, or engaging in discussions with people who have different perspectives than your own  **Emotional exploration**: involves deep research into your own thoughts and feelings to better understand yourself and your relationships with others. It can be done through therapy, or simply taking time to reflect on your experiences  **Spiritual exploration**: includes seeking a deeper understanding of the meaning and purpose of life. It can be done through meditation, prayer, or attending religious services  **Creative exploration**: means expressing yourself through art, music, writing, or any other creative activity. It can be a way to discover new talents and passions, as well as to connect with others who share your interests  3) Tell the story about Robert Falcon Scott's or Amundsen's expeditions to the South Pole.  The race to reach the South Pole was a significant event in the early 19th century. Amundsen used physically fit men and huskies. One of the biggest challenges was the extreme cold that made Amundsen kill most of the dogs. Despite that, expedition made excellent progress, reaching the South Pole five weeks ahead of the Expedition led by Robert Falcon Scott |
| **Card 14. Time travel**   1. What predictions about houses, cars, food and medicine does the text "Outlook in the Future" contain?   **Outlook in the future**    Predicting the future is always uncertain, but based on current trends and advancements, here are some possibilities for smart houses, cars, food, and medicine in the following years:  **Smart Houses**  - By 2050, smart houses will have become more integrated with voice assistants and automation systems. They will be capable of controlling house lighting, temperature, security, and entertainment. For example, a smart speaker like Amazon Echo or Google Home can be used to turn lights on and off, adjust thermostats, and lock doors. This will be more convenient for homeowners.  - By 2075, smart houses will possibly have AI systems that can learn and adapt to individual preferences. They could be integrated with the smart city infrastructure.  - By 2100, smart houses will probably have become equipped with advanced robotics and sensor technologies. They will provide personalized healthcare monitoring, help in daily tasks, and even have the ability to self-maintain and repair.    **Smart Cars**  - By 2050, smart cars will continue to develop in terms of self-driving capabilities. They will become more common on the roads, with features like lane-keeping, adaptive cruise control, and automated parking.  - By 2075, fully autonomous vehicles will probably have become mainstream, leading to safer and more efficient transportation. Electric and hybrid cars will be dominating the market, reducing emissions and the use of fossil fuels.  - By 2100, smart cars will have become part of smart city infrastructure, providing efficient traffic management and reducing traffic jams. For example, connected vehicles will be able to communicate with traffic signals to optimize traffic flow.    **Food**  - By 2050, plant-based diet will have become more popular, which will lead to the development of such technologies as vertical farming, hydroponics (a way of growing plants without soil, using water and nutrients instead) and lab-grown meat.  - By 2075, progress in genetic engineering and agriculture will probably lead to the development of highly nutritious and personalized foods. 3D printing of food may also have become more popular.  - By 2100, with the increasing global population, we will possibly rely more on foods that come from sources different from traditional animal protein, such as insects and algae. Modified systems will be integrated into smart homes, enabling on-demand and localized food production.  **Medicine**  - By 2050, personalized medicine will definitely continue to improve, with increased use of genetic testing and targeted therapies. Telemedicine and remote patient monitoring will have become more widespread, improving access to healthcare.  - By 2075, nanotechnology and robotics will probably have revolutionized healthcare system. Wearable devices and implantable sensors will enable real-time health monitoring, early disease detection, and targeted drug delivery.  - By 2100, regenerative medicine and tissue engineering will possibly have become more advanced, allowing doctors to fix or replace damaged body parts, such as organs or tissues.   1. Make your predictions about food technologies in the future.  3D printing will revolutionize food production, there will be technologies such a vertical farming and lab-grown meatAI and data analytics will be able compute individual diet plans.  1. Make your predictions about health technologies in the future.  Remote Patient Monitoring nanotechnology and robotics  regenerative medicine and tissue engineering |
| **Card 15. Space travel**   1. What are the main reasons why people explore space, in your opinion?   the main reasons why people explore space can be as follows:  **Advancing Scientific Knowledge, pursuing Technological progress, Addressing Global Challenges.**   1. What are the milestones of space exploration?   Soviet Union successfully launched Sputnik 1, the world's first artificial satellite  On April 12, 1961, Soviet cosmonaut Yuri Gagarin became the first human to travel into space aboard the Vostok 1 spacecraft  The Voskhod program saw the first spacewalk, completed by Alexey Leonov, on March 18, 1965.  In 1969, America made a major leap forward when the Apollo 11 mission successfully landed astronauts Neil Armstrong and Buzz Aldrin on the Moon  development and creation of the International Space Station (ISS)   1. How can space travel affect astronauts’ health? How can they cope with psychological and physiological problems?   Zero gravity can lead to muscle and bone density loss, week immune system and vision problems. Astronauts require special excercises and equipment to keep fit and maintain their physical well-being. Another problem they have to deal with is isolation. That is why there are regular video conferences |