

Module 7. Staying safe

7A. Reading and vocabulary

1. Look at the list of phobia and what they are about. Try to match and translate them.

Brontophobia	Fear of computers or working on a computer
Catoptophobia	Fear of thunder and lightning
Cenophobia	Fear of mirrors
Chrematophobia	Fear of the color yellow or the word yellow
Cyberphobia	Fear of snakes
Musophobia	Fear of new things or ideas
Ophidiophobia	Fear of money
Xanthophobia	Fear of mice

2. Complete the sentences with the idioms from the list. Make up 3 sentences of your own and ask your groupmates to translate them into Russian.

Bare your heart or soul to someone

Cheesed off

Get a grip on yourself

Hope against hope

Pour your heart out

1. If you _____ to someone, you express your feelings and troubles freely.
2. If you _____, you continue to hope even

when the situation looks bad.

3. If you _____, you make an effort to control your feelings so as to be able to deal with a situation.
4. If someone is _____ with something, they are annoyed, bored or frustrated.
5. If you _____, you reveal your innermost thoughts and feelings to them.

3. Discuss the following questions in pairs.

Are there any parts of the city where you live which you are afraid to visit after dark? Where? Why?

Are there certain weather conditions that scare people? What are they?

Why do people become scared?

Do you know anyone with a phobia?

Do you like horror movies?

Do you think young children should be allowed to watch horror movies?

How do you react when you see something frightening?

What animal do you think is the scariest?

What are some things that many people are afraid of?

Why are they afraid of them?

Have you overcome any of your fears?

Are you afraid of speaking English or another foreign language? Are you afraid of speaking in front of many people or at official functions?

4. Translate the words and word combinations from the text at p. 107, SB, into Russian.

To yell back	
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Wasp	
To activate	
To embarrass	
To tease	
Scary experience	

Play a game. Explain the meaning of a word from the table in English and let your deskmate guess the word.

5. Complete and answer the questions to the text at p. 107, SB.

1. is/fear/what? –

2. how/ react/ brain/ does/ when/ the/ a/ we/ danger/ see? –

3. why/ make/ can/ phobias/feel/ a/ embarrassed/ teenager? –

4. how/ people/ have/ many/ phobias? –

5. what/ the/ is/ step/ first/ fight/ fears/ to? –

6. Do you know how to overcome phobias? Some specialists say you should follow three steps: learn how to relax, make a hierarchy of your phobias or fears, plan how you react in a relaxed manner instead of fear. You should remember it is not a doctor's advice and

in case of phobia you have to consult a doctor. But to know more about the approach mentioned read the text in Russian at <http://www.trevogi.net/info.aspx?id=186>.

After reading say which information was new for you and which was not.

7. Mark the sentences true or false.

- When a person is born s/he has no fears at all. ____
- Fear is an allergy to something. ____
- It takes the same time either you relax or take a medicine. ____
- When making a list of your fears you should start with the most scary thing for you. ____
- It is necessary to practice this technique under the supervision of a doctor. ____

8. Agree or disagree with the following statements and explain your point of view.

- We must build dikes of courage to hold back the flood of fear.
(Martin Luther King, Jr.)
- Courage is resistance to fear, mastery of fear, not absence of fear.
(Mark Twain)
- Do not fear mistakes. You will know failure. Continue to reach out.
(Benjamin Franklin)

7B Listening & Speaking

1. Look at the jumbled utterances and arrange them to make up a dialogue.

- a. OK, I'll do that. Thank you.
- b. Is anyone else hurt?
- c. Right. Where exactly are you?
- d. Ambulance Service. What is the nature of the emergency, please?
- e. Of course. It's Mike Green on 07786265413.
- f. Ok. Please, stay where you are and don't move the man. An ambulance will be there as soon as possible.
- g. A car has just knocked a man off his motorbike. The man is lying on the road unconscious.
- h. No, just the rider of the motorbike.
- i. Please, stay on the line. Can I have your full name and the number you are calling from, please?
- j. Just by the traffic lights at the corner of Station Street and Baker Avenue, Newtown.

2. Read the dialogue at p. 109, SB and find synonyms to the following words and word combinations.

- Don't hang up! – _____
- to injure – _____
- stop and go lights – _____
- in a dead faint – _____
- fast as can – _____
- to budge – _____

3. You are a witness of a car accident. Call the Emergency Service for help and role-play the dialogue. Don't forget to mention the details of the accident, your phone number and your full name. Record yourself.

4. There sometimes happen different accidents, and we should be aware of how to handle them and whom to address. Match the problem and the service to be called for help.

Road accident	Critical incident response (+7-495-911-67-27)
In case a thermometer has broken down	Police
In case there's no heat or hot water at home	Emergency Service (112 from the mobile phone), Police, Rescue Service
In case the documents have been stolen	Hotline of local housing inspection

5. Project work. Create a leaflet in English for students of your school about the way we should behave in case of emergency. Choose the best leaflet and explain your choice.

7C. Grammar in Use

1. Read the sentences and say which type of conditional sentences they are. Explain your decision.

- If I had time, I would study housekeeping.
- If I had had time, I would have studied housekeeping.
- If I have time, I study housekeeping.
- If I have time I will study housekeeping.

2. Complete the dialogue with the verbs in brackets.

Kate: Leo, I am having some problems, I must confess.

Leo: Are you? What's the matter? You know, if my friends _____
(have) problems I always _____ (help) them.

Kate: Yes, I know. That's why I decided to talk to you. You know, when
I _____ (see) the yellow color, I _____ (feel) scared.

Leo: Oh, I am a bit confused. Have you visited a doctor?

Kate: No, not yet. I feel embarrassed about it. I think if I _____
(tell) them, they _____ (smile) at me.

Leo: No, I am sure in case of phobia we all should consult a specialist to
get rid of it. I'll find a doctor for you and go with you.

Kate: Oh, thanks a lot. You are real friend.

3. Complete the sentences with the verbs in brackets.

After I graduated from university, I applied for a marketing position in a prominent bank with branches all over the world. I didn't get the job because they wanted someone who spoke Spanish fluently. I _____ (could, take) Spanish in high school, but I didn't. I took

an acting class instead. If I _____ (take) Spanish, I _____ (get) the job. Just imagine, if I had actually gotten the job, I _____ (move) to Spain. My entire life _____ (could, go) in a totally different direction. I could have married. If that had actually happened, I probably _____ (stay) in Spain. I _____ (might, have) children. Unfortunately, I didn't get the job and I didn't go to Spain. I got a boring job and I live alone. If I had just taken Spanish, my life _____ (be) much more interesting.

4. Which type of the conditional sentences is used?

1. She would be very happy if her friends came.
 - a. type I (condition possible to fulfil)
 - b. type II (condition in theory possible to fulfil)
 - c. type III (condition impossible to fulfil – too late)
2. If it rains, I'll wear a raincoat.
 - a. type I (condition possible to fulfil)
 - b. type II (condition in theory possible to fulfil)
 - c. type III (condition impossible to fulfil – too late)
3. Daniel would have been home on time if the bus had come.
 - a. type I (condition possible to fulfil)
 - b. type II (condition in theory possible to fulfil)
 - c. type III (condition impossible to fulfil – too late)
4. What would you do if you saw a robber?
 - a. type I (condition possible to fulfil)
 - b. type II (condition in theory possible to fulfil)
 - c. type III (condition impossible to fulfil – too late)
5. If you had done your homework, you could have written a better

test.

- a. type I (condition possible to fulfil)
- b. type II (condition in theory possible to fulfil)
- c. type III (condition impossible to fulfil – too late)

6. If it wasn't so late, I would go shopping.

- a. type I (condition possible to fulfil)
- b. type II (condition in theory possible to fulfil)
- c. type III (condition impossible to fulfil – too late)

7. If they had driven carefully, they wouldn't have crashed into the other car.

- a. type I (condition possible to fulfil)
- b. type II (condition in theory possible to fulfil)
- c. type III (condition impossible to fulfil – too late)

7D. Vocabulary & Speaking

1. Discuss the following questions in pairs.

Do you have any bad habits?

Do you bite your nails?

What habits are good?

What are healthy eating habits?

What are bad eating habits?

What are good study habits?

What are bad study habits?

Do you cut people off in the middle of their stories and conversations?

What good habits do you most admire?

How can we develop good habits?

Is always coming late a bad habit?

2. Complete the sentences with modal verbs.

1. Ted's flight from Calgary took more than 11 hours. He _____ be exhausted after such a long flight. He _____ prefer to stay in tonight and get some rest.
2. If you want to get a better feeling for how the city is laid out, you _____ walk downtown and explore the waterfront.
3. Hiking the trail to the peak _____ be dangerous if you are not well prepared for dramatic weather changes. You _____ research the route a little more before you attempt the ascent.
4. When you have a small child in the house, you _____ leave small objects lying around. Such objects _____ be

swallowed, causing serious injury or even death.

5. Jenny's engagement ring is enormous! It _____ have cost a fortune.

3. It's very important to know how to give the first aid. Read a short instruction on what to do in case of sunburn:

<http://www.sja.org.uk/sja/first-aid-advice/effects-of-heat-and-cold/sunburn.aspx>

While reading mark the information that you already know and the information that is new for you. In a group make a poster for junior students about sunburns or suggest your own ideas.

Keys. Module 7. Staying safe

7A.

1.

Brontophobia	Fear of thunder and lightning
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Cyberphobia	Fear of computers or working on a computer
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2.

1. If you pour your heart out to someone, you express your feelings and troubles freely.
2. If you hope against hope, you continue to hope even when the situation looks bad.
3. If you get a grip on yourself, you make an effort to control your feelings so as to be able to deal with a situation.
4. If someone is cheesed off with something, they are annoyed, bored or frustrated.
5. If you bare your heart or soul to someone, you reveal your innermost thoughts and feelings to them.

4.

To yell back	Крикнуть в ответ
Wasp	Оса
To activate	Активизироваться
To embarrass	Смуцать
To tease	Дразнить
Scary experience	Жуткий опыт

5.

1. What is fear? – Fear is a basic human emotion.
2. How does the brain react when we see a danger? – The brain sends signals to activate the body's nervous system.
3. Why can phobias make a teenager feel embarrassed? – Because his/ her friends may tease him/ her.
4. How many people have phobias? – Between 5 and 10% of the population.
5. What is the first step to fight fears? – Stop avoiding scary situations.

7.

- When a person is born s/he has no fears at all. T
- Fear is an allergy to something. F
- It takes the same time either you relax or take a medicine. F
- When making a list of your fears you should start with the most scary thing for you. F
- It is necessary to practice this technique under the supervision of a doctor. T

7B Listening & Speaking

1.

- d. Ambulance Service. What is the nature of the emergency, please?
- g. A car has just knocked a man off his motorbike. The man is lying on the road unconscious.
- b. Is anyone else hurt?
- h. No, just the rider of the motorbike.
- c. Right. Where exactly are you?
- j. Just by the traffic lights at the corner of Station Street and Baker Avenue, Newtown.
- f. Ok. Please, stay where you are and don't move the man. An ambulance will be there as soon as possible.
- a. OK, I'll do that. Thank you.
- i. Please, stay on the line. Can I have your full name and the number you are calling from, please?
- e. Of course. It's Mike Green on 07786265413.

2.

- Don't hang up! – hold the line
- to injure – to be hurt
- stop and go lights – traffic lights
- in a dead faint - unconscious
- fast as can – as soon as possible
- to budge – to move

4.

Road accident	Emergency Service (112 on the mobile phone), Police, Rescue Service
In case a thermometer has broken down	Critical incident response (+7-495-911-67-27)
In case there's no heat or hot water at home	Hotline of local housing inspection
In case the documents have been stolen	Police

7C. Grammar in Use

1.

- Type 2
- Type 3
- Type 0
- Type 1

2.

Kate: Leo, I am having some problems, I must confess.

Leo: Are you? What's the matter? You know, if my friends have problems I always help them.

Kate: Yes, I know. That's why I decided to talk to you. You know, when I see the yellow color, I feel scared.

Leo: Oh, I am a bit confused. Have you visited a doctor?

Kate: No, not yet. I feel embarrassed about it. I think if I tell them, they will smile at me.

Leo: No, I am sure in case of phobia we all should consult a specialist to get rid of it. I'll find a doctor for you and go with you.

Kate: Oh, thanks a lot. You are a real friend.

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7D. Vocabulary & Speaking

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3. Hiking the trail to the peak could be dangerous if you are not well prepared for dramatic weather changes. You should research the route a little more before you attempt the ascent.
4. When you have a small child in the house, you mustn't leave small objects lying around. Such objects could be swallowed, causing serious injury or even death.
5. Jenny's engagement ring is enormous! It must have cost a fortune.