

Демонстрационный вариант по дисциплине
«Иностранный язык в профессиональной деятельности»

Reading

Task 1

Match the headlines A-G to paragraphs 1-6. There is one extra headline.

The Rise of the Digital Nomad

The traditional office is becoming obsolete for a growing number of professionals. Enabled by technology, they work remotely from anywhere in the world, blending work with travel and cultural immersion. This lifestyle, known as digital nomadism, is redefining the concept of a workplace.

This shift is powered by high-speed internet, cloud computing, and communication tools. It allows jobs in programming, writing, design, and marketing to be performed independently of location. The primary appeal is freedom: the freedom to choose one's environment and schedule.

However, this freedom comes with significant challenges. Unstable internet, loneliness, and the blurring of work-life boundaries are common issues. Maintaining productivity while managing travel logistics requires exceptional self-discipline and planning skills.

Financially, it can be a double-edged sword. While some save money by living in lower-cost countries, others face complex tax situations, visa fees, and fluctuating income. Access to healthcare and retirement planning become more complicated without a traditional employer structure.

Successful digital nomads often build strong online communities for support and networking. They share tips on co-working spaces, visas, and balancing exploration with deadlines. This collective knowledge is crucial for navigating the practicalities of a location-independent life.

Looking ahead, this trend is likely to grow, influencing how companies structure teams and how cities attract remote workers. It poses questions about labor laws, taxation, and the future of urban centers, as physical presence becomes less tied to economic contribution.

- A. The Technological Enabler
- B. Freedom and Flexibility
- C. The Idealized Dream
- D. Navigating Practical Hurdles

- E. Building a Support Network
- F. The Financial Realities
- G. The Future Impact

Task 2

Fill the gaps (1)-(7) with the correct sentence part A-H. There is one extra part.

The Science of Sleep

Sleep is not merely a passive state of rest but an active and essential physiological process. During sleep, the brain and body undergo critical repair, restoration, and consolidation functions that are vital for health.

The sleep cycle consists of several stages, including light sleep, deep sleep, and REM (Rapid Eye Movement) sleep. Deep sleep is crucial for physical recovery, while REM sleep, (1)_____, is associated with dreaming and memory processing.

Chronic sleep deprivation has severe consequences. It impairs cognitive function, (2)_____, and weakens the immune system. Long-term, it is linked to an increased risk of heart disease, obesity, and neurological disorders.

One of the most common disruptors of sleep in the modern world is blue light from screens. This light suppresses the production of melatonin, (3)_____. Creating a "digital sunset" by avoiding screens before bed can significantly improve sleep quality.

Establishing a consistent sleep routine, known as sleep hygiene, is the foundation of good sleep. This involves going to bed and waking up at the same time daily, (4)_____. The goal is to train your body's internal clock.

For those struggling with insomnia, Cognitive Behavioral Therapy (CBT-I) is considered the gold standard treatment. It addresses the thoughts and behaviors that perpetuate sleep problems, (5)_____ medication alone.

Ultimately, prioritizing sleep is one of the most effective investments in overall well-being. It enhances mood, sharpens thinking, and bolsters physical health, (6)_____ productivity and creativity.

- A. a hormone that regulates sleep-wake cycles
- B. even on weekends
- C. making it more effective than
- D. attention, and decision-making
- E. where brain activity resembles being awake
- F. a universal experience for all mammals

- G. proving its fundamental role in
- H. leading to more restful nights

Task 3

Read the text and answer questions 1-7. Choose A, B, C, or D.

The Hidden Language of Plants

For centuries, plants were viewed as passive organisms. Recent scientific discoveries, however, reveal a complex world of communication and interaction. Plants can perceive their environment, respond to threats, and even "talk" to each other through chemical and fungal networks.

When a plant is attacked by an insect, it often releases volatile organic compounds (VOCs) into the air. These chemicals serve as a distress signal. Neighboring plants of the same species can detect these VOCs and preemptively boost their own chemical defenses, making them less appealing to the approaching herbivore.

This communication extends underground through a symbiotic relationship with mycorrhizal fungi. These fungi form vast networks connecting the roots of different plants, often referred to as the "Wood Wide Web." Through this network, plants can share nutrients, particularly from older trees to seedlings in shaded areas, and send warning signals about diseases or pests.

Some studies suggest plants can exhibit forms of memory and learning. For example, the sensitive plant (*Mimosa pudica*) that curls its leaves when touched can "learn" that a specific drop of water is harmless if repeated without consequence, and will stop reacting—a primitive form of habituation.

This new understanding has profound implications for agriculture and ecology. It challenges the notion of plants as solitary competitors and highlights their interconnectedness. It could lead to more sustainable farming practices that work with these natural communication systems rather than against them.

1. What is the main idea of the first paragraph?
 - A) Plants are simpler than animals.
 - B) Plants are active communicators.
 - C) Plants cannot feel anything.
 - D) Plant science is a new field.
2. According to paragraph 2, what is the purpose of VOCs?
 - A) To attract pollinators.
 - B) To signal distress and warn neighbors.
 - C) To poison attacking insects.
 - D) To help plants grow faster.

3. What is the "Wood Wide Web"?
 - A) An online database about trees.
 - B) A fungal network connecting plant roots.
 - C) The pattern of branches in a forest.
 - D) A type of insect that lives underground.
4. How does the example of the sensitive plant illustrate learning?
 - A) It grows towards the light.
 - B) It stops reacting to a harmless repeated stimulus.
 - C) It releases chemicals when touched.
 - D) It communicates with other plants via sound.
5. What is a potential practical application of this research?
 - A) Creating plants that can talk to humans.
 - B) Developing more sustainable agricultural methods.
 - C) Proving that plants have emotions.
 - D) Replacing chemical fertilizers with water.
6. The author's tone in the passage can best be described as:
 - A) Dismissive and skeptical.
 - B) Excited and informative.
 - C) Fearful and warning.
 - D) Humorous and casual.

Use of English

Task 1

Read the text. Use the word given in capitals to form a word that fits in the gap.

The rise of the digital nomad lifestyle is one of the most significant trends in the modern workplace. This new way of working offers (1) _____ (REMARK) freedom and flexibility. However, achieving success requires (2) _____ (EXCEPT) self-discipline and planning skills. The (3) _____ (PSYCHOLOGY) impact of constant travel can be complex, mixing excitement with potential loneliness. (4) _____ (FINANCE), the situation varies greatly – some save money, while others face (5) _____ (PREDICT) income streams. Successful nomads often rely on online communities for (6) _____ (GUIDE) and support. Looking ahead, the (7) _____ (GLOBAL) of remote work will challenge traditional business models.

Task 2

Choose the correct option (A, B, C, or D) to complete the text.

Learning a musical instrument has profound effects (1) _____ a child's development. Studies consistently show it enhances cognitive abilities, (2) _____ memory and mathematical skills. (3) _____ the discipline required for regular practice builds character traits like patience. (4) _____ these well-documented

benefits, music programs are often underfunded. This is shortsighted, (5) _____ musical education develops creativity in unique ways. Some researchers argue that music should be valued (6) _____ high as mathematics. (7) _____, a truly balanced education recognizes that both arts and sciences contribute (8) _____ a well-rounded individual.

1. A) to B) on C) for D) at
2. A) particularly B) however C) besides D) although
3. A) However B) Moreover C) Therefore D) Instead
4. A) Despite B) Because of C) Regarding D) Besides
5. A) although B) because C) unless D) while
6. A) so B) as C) too D) very
7. A) For instance B) In contrast C) Ultimately D) Meanwhile
8. A) for B) to C) with D) at

Task 3

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.**

1. "I'm sorry I forgot your birthday," Tom said to Mary.
APOLOGISED
Tom _____ her birthday.
2. The café was too crowded, so we decided to go elsewhere.
ENOUGH
The café _____ for us to stay.
3. They say the new manager is very efficient.
SAID
The new manager _____ very efficient.
4. It's not necessary for you to finish the report today.
HAVE
You _____ the report today.
5. Last time it rained this much was three months ago.
FOR
It hasn't rained _____ three months.
6. I find it hard to believe that he passed the exam.
DIFFICULT
I _____ that he passed the exam.
7. "Don't touch the wet paint," the worker told the children.
WARNED
The worker _____ the wet paint.

Ключи

Всего 40 баллов. Один правильный ответ – 1 балл.

Reading

Task 1: 1. A, 2. B, 3. D, 4. F, 5. E, 6. G

Task 2: 1. E, 2. D, 3. A, 4. B, 5. C, 6. G

Task 3: 1. B, 2. B, 3. B, 4. B, 5. B, 6. B

Use of English

Task 1: 1. remarkable, 2. exceptional, 3. psychological, 4. Financially, 5. unpredictable, 6. guidance, 7. globalization

Task 2: 1. B, 2. A, 3. B, 4. A, 5. B, 6. B, 7. C, 8. B

Task 3: 1. apologised to Mary for forgetting, 2. wasn't empty/quiet enough, 3. is said to be, 4. don't have to finish, 5. this heavily for, 6. find it difficult to believe, 7. warned the children not to touch