



 Conversation


Nowadays city dwellers must face different kinds of pollution. Among the most serious types are noise, light, visual and thermal pollution.


1. What is noise pollution and what can it be caused by?

 Noise pollution refers to any loud sounds that are either harmful or annoying to humans and animals. Noise pollution can be generated by airplanes, helicopters and motor vehicles as well as human activities such as sporting events, concerts, construction or demolition.


2. How does noise pollution affect humans and animals in your region?

 I live in a big city where noise pollution is disruptive to humans. In my town it is mainly caused by heavy traffic, constant road works and frequent open-air concerts and festivals. Our school is located on a very busy avenue and the noise of the traffic and roadworks often impedes concentration and causes mental stress even when the windows are closed. In spring and autumn students suffer from the heat in the classrooms because opening the windows is unimaginable. Noise pollution also affects animals here. We can hardly see birds because noise pollution drives them out of the city by decreasing their ability to hear prey or predators.


3. What is light pollution?

 Light pollution is the brightening of the night sky by the use of improper lighting, especially by cities that run lights all night long. It can be caused by extra, unnecessary lights around the home or street lamps that shine light in all directions, instead of pointing light downwards towards the street.

4. What are the negative consequences of light pollution?


 Light pollution not only inhibits the visibility of stars and planets but it may also affect human health and sleep cycles. Excessive light on the retina causes discomfort to the eyes especially during the night. Bright light strains the eyes and also causes headaches and migraine. Light pollution is also a waste of energy because street lamps generally use more energy by shining more light up instead of down. In this way brighter bulbs are needed for the same amount of light.

5. Is there light pollution where you live? If yes, what is it caused by? If not, can you think of some famous cities? How are they affected by light pollution?


 My town is not especially affected by light pollution but unfortunately an increasing number of the world's leading cities want to have a unique identity by lighting important landmarks to create inspiring visual experiences.



6. What is visual pollution?

 Visual pollution is what we call anything unattractive or visually damaging to the nearby landscape. Visual environmental pollution can be annoying, ugly or even depressing.

7. Is there visual pollution where you live?

 Visual pollution is not such a big problem in my town. Although there are some abandoned houses and junkyards, there are no skyscrapers that block the natural view. Graffiti or carving on trees, rocks, or other natural features is not as frequent here as in big cities or tourist resorts. However, I am strongly against billboards, which should be banned in cities, for many reasons. Especially before general and local elections they are erected all over the town, many of them illegally, and it takes a lot of time to have them removed.

! Debate



Making the child do household chores is the best punishment tool

You will have a conversation with your examiner about the above statement. Give your opinion and argue for or against the proposition. Your examiner will sometimes contradict you. React to the counter-arguments of your examiner, too. You have 30 seconds to think your points over.

The following points may help you:

- > misbehaving
- > teaching responsibility
- > overburdening children
- > voluntary housework



Arguments

PROS	CONS
Being forced to do the housework can make misbehaving children reconsider and change their bad behaviour in the future.	Taking away misbehaving children's smart phones is a much more effective way of punishment.
Since the cleanliness and order of the household have to be maintained anyway, making the children participate in the cleaning routines will help the parents.	Obligatory housework will end up making the kids even more rebellious than before.

PROS	CONS
Doing tiresome and boring housework instead of surfing the net or gaming can teach misbehaving children a good lesson.	Explaining to children your expectations and the possible negative consequences of their mischief can work better than punishing them with housework.
By being forced to help around the house, children will get used to it. What begins as a punishment, might develop into an important habit.	Children are already overburdened by doing their best at school, rushing to the training session or taking part in extracurricular activities after school.
In the course of the punishment, children will learn to work with various utensils, appliances and products.	Making the children do the housework by force might lead to them hating this type of work in the future. It is better if children take their share voluntarily.
Being punished with housework will teach children that every bad decision they make and the following actions from it have consequences in life.	Children might not be able to handle some types of housework because they are too young or too awkward. They might not even understand the meaning of the punishment then.



Student: I disagree with the statement, because there are much more effective ways to punish children who misbehave, for example, taking away their smart phones.

Examiner: I see what you mean, but in some cases it may not be enough. Having to do the housework can make them reconsider and change their bad behaviour in the future.

Student: I don't agree with you. I'm afraid it will end up making the kids even more rebellious than before. Explaining to them your expectations and the possible negative consequences of their mischief can work better than punishing them, especially with housework.

Examiner: I see your point, but since the cleanliness and order of the household have to be maintained anyway, making the children participate in the daily or weekly cleaning routines will definitely help the parents and also teach misbehaving children a good lesson.

Student: That is true, but before burdening the children with household chores, parents should think over how overburdened their child might already be. Just think of the everyday stress of doing your best at school, rushing to the training session or taking part in extracurricular activities after school.

Examiner: I see your point, but by helping around the house, even without wanting, the child will get used to it. What begins as a punishment, might develop into an important habit.

Student: You are wrong there, because in this way parents burden the mind of the child with negative experiences. Making the children do something by force might lead to them hating this type of work in the future. It is a better idea to make the



children understand the importance of housework and encourage them to take their share voluntarily.

Examiner: I'm afraid it doesn't work this way. Moreover, in the course of the punishment, the kid will learn to work with various utensils, appliances and products. For instance, if a girl is punished with ironing the clothes, she might not like it but she will definitely remember how to use the iron.

Student: I see, but some children might not be able to handle the cleaning, the washing or some other type of household task because they are too young or too awkward. They might not even understand the meaning of the punishment then. In most cases it would be better and more productive to think of some other way to teach the kid a lesson.

Examiner: I see what you mean, but I still think that being punished with housework will teach children that every bad decision they make and the following actions from it have consequences in life.

Individual long turn



These pictures show **different substance addictions**. Look at the pictures and speak about the possible causes and consequences of **smoking, drinking alcohol, taking drugs and compulsive eating**. When you have finished talking, the examiner may ask you a few questions.





Smoking, drinking alcohol, taking drugs and compulsive eating are the most common substance addictions. Despite the fact that tobacco causes serious chronic diseases to both smokers and passive smokers and it is responsible for the death of millions each year all over the world, smoking is still widespread. Smokers often start the habit in their teens when the urge to fit in is enormous. Teenagers don't want to be viewed as a weirdo who won't try new things that friends, classmates or role-models are doing. Smoking is also seen as a risky behaviour, which is very appealing to many young people who want to challenge parental authority and boring school rules. Many people use the cigarette as a kind of medicine or consolation. They believe that smoking helps them become calmer or concentrate better. Fortunately, the number of smokers has been decreasing since smoking was made illegal in public places, including offices, nightclubs, restaurants and pubs. It also helps that cigarettes can no longer be advertised.

Alcoholism is a disease that affects people from all walks of life. Psychological, genetic, and behavioral factors can all contribute to having the disease. Alcohol addiction can easily develop, since alcohol is widely available and accepted in western societies. It's often at the center of social situations and closely linked to celebrations and enjoyment. Moreover, many people value drinking alcohol, because it helps to alleviate their negative feelings and removes, at least temporarily, the stress of anxiety. Alcohol can change mood and behavior, and make it harder to think clearly and move with coordination. Drinking a lot can cause irregular heart beat, high blood pressure or stroke. It can also damage the liver, weaken the immune system and cause cancer. Quitting alcohol is not easy due to the severe withdrawal symptoms.

Drug addiction is a disease that affects the brain and behaviour. Drug addicts can't resist the urge to use certain substances no matter how much harm the drugs may cause. It isn't just a question of street drugs like it used to be; now many people are addicted to prescription drugs as well. People can become addicted to drugs because they are usually effective in relieving pain and getting rid of reality.

Food can also affect brain chemistry in ways that might lead to an addiction. People who compulsively overeat may use food as a way of coping with negative emotions, as a stress reliever or as a means of comfort when they are depressed. As a result, they often feel that their eating is out of control. They think about food all the time and feel guilty, ashamed, or depressed after eating. Compulsive eating is one of the main reasons for obesity.



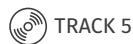
Questions

1. What substance addictions have you heard of?
2. How and why does smoking develop in most cases?
3. What do you know about the regulation of smoking and its effects?
4. Why do many people abuse alcohol?
5. What are the most common consequences of alcoholism?
6. What do you know about drug addiction?
7. What is compulsive eating and what are its consequences?



2. TÉTEL

Conversation



Today, under the influence of openness and globalization, national values are at risk of disappearing.

1. Are national holidays still important in our globalized world? Why or why not?

National holidays are important as these days have a great significance in the history of a nation. Commemorating these events reminds us of our national heroes and guides different generations about the values and messages associated with these events. They help us promote a sense of nationhood and maintain a sense of unity and cultural belonging. A country's historic time-markers are, for example, gaining independence, sacrifices in war, or the lives and roles of important leaders.

2. What are the most important public holidays in Hungary and what do they commemorate?

March 15th stands for democracy and freedom and it commemorates the Hungarian Revolution of 1848, which grew into a war for independence from Habsburg rule. August 20th commemorates the foundation of the Hungarian state. It is also called St. Stephen's Day, remembering Stephen I, the first king and founder of the Kingdom of Hungary, who was canonized on August 20th. October 23rd commemorates the revolution of 1956, Hungary's uprising against communism. It also commemorates the Declaration of the Republic, as in 1989, after the fall of communism, Hungary was declared a republic on October 23rd.

3. How do we celebrate these events?

The main event of the March 15th celebrations is held at the Hungarian National Museum, where young Hungarian revolutionaries held a mass demonstration on the first day of the revolution in 1848. Festivities include ceremonial speeches and a traditional Hussar procession. August 20th festivities start in the morning by raising the Hungarian flag and continue all day long, culminating in a spectacular fireworks display over the Danube. On October 23rd we have a commemoration and memorial ceremony at the '56 Monument at the University of Technology and Economics. Everyone can visit the House of Parliament and the House of Terror Museum free of charge.

4. Which is the most important religious holiday in your opinion and why?

Our most important religious celebration is Easter, which celebrates the resurrection of Jesus. The many customs and traditions surrounding Easter are about celebrating spring and rebirth. Traditionally, on Easter Monday men visited girls, recited a poem and doused them with buckets of water to ensure they become good wives and bear many children. This tradition has both Christian and pagan roots. In exchange, women would reward their visitors with Easter eggs. Egg painting

is one of the oldest traditions associated with Easter. Egg decorating is a form of folk art and it's still part of the Easter celebrations today.

5. What other public holidays do we have?



We also celebrate Christmas, New Year's Eve and New Year's Day. Pentecost is celebrated seven weeks after Easter, commemorating the descent of the Holy Spirit. November 1st or All Saint's Day is a traditional day for honoring the memory of the dead. It's a custom to light candles and visit the graves of deceased relatives. May 1st or May Day marks Labour Day just like in many other European countries.

! Debate



Fast food does more harm than good

You will have a conversation with your examiner about the above statement. Give your opinion and argue for or against the proposition. Your examiner will sometimes contradict you. React to the counter-arguments of your examiner, too. You have 30 seconds to think your points over.

The following points may help you:

- > fast availability
- > price
- > ingredients
- > health and social issues




Arguments

PROS	CONS
Fast food contains lots of calories, sodium, preservatives and other harmful substances.	Its fast availability makes fast food the perfect solution for those who do not have the luxury of time to prepare food for themselves or for their family
Fast food can pose a risk to people's health by causing obesity, cardiovascular diseases, hypertension and diabetes.	Fast food isn't unhealthy as long as it is consumed in moderation and combined with lots of physical activity on a daily basis.
Fast food is highly addictive, that's why a lot of people consume excessive amounts of it.	The health conscious are offered salads or vegetarian food choices by a lot of fast food chains now.
Fast food is cheap because most fast food chains use inexpensive, low quality or unknown ingredients that may be harmful to human health.	Compared to prices in traditional restaurants, fast food is relatively cheap.



PROS	CONS
There is no guarantee that meals served at these restaurant chains are prepared and cooked in sanitary conditions.	Suppliers for fast food chains of stores must meet strict standards today.
Fast food takes away quality time from families. Since fast food meals are often taken in a hurry or outside the home, families do not spend time together during meals.	Fast food is the same taste and quality all over the world. You can always choose to have dinner in a fast food store whenever you are doubtful of the cuisine of the given country.

 **Student:** I am against the statement, since fast food is served quickly, unlike what traditional restaurants offer. The fast availability makes it the perfect solution for those who do not have the luxury of time to prepare food for themselves or for their family.

Examiner: You are right, it is definitely fast but it can undoubtedly pose a risk to people's health. French fries, hamburgers, hotdogs, pizza and soft drinks all contain lots of calories, sodium, preservatives and other harmful substances. Some of the effects of unhealthy fast food include obesity, cardiovascular disease, hypertension and diabetes.

Student: I disagree. I think eating pizza, pasta, hotdogs, burgers and fries isn't unhealthy as long as they are consumed in moderation and combined with lots of physical activity on a daily basis.

Examiner: You are right, but fast food is highly addictive, that's why a lot of people consume excessive amounts of it.

Student: It might be true, but a lot of fast food chains now offer salads or vegetarian food choices to cater for those who are health conscious. Another trademark of fast food is the relatively cheap price.

Examiner: I see, but fast food is cheap because most fast food chains use inexpensive and low quality ingredients. There are also unknown ingredients that may be harmful to human health. Chicken nuggets and hotdogs, for example, are not always made from real chicken or pork. There is no guarantee that meals served at these restaurant chains are prepared and cooked in sanitary conditions, either.

Student: I disagree. Suppliers for fast food chains must meet strict standards today. Another advantage of fast food is the same taste and quality all over the world. Wherever you are abroad, you will always know what you are getting when you order food from a fast food chain. This is especially true if you are in a place where you don't exactly know where to eat. You can always choose to have dinner in a fast food store whenever you are doubtful of the cuisine of the given country.

Examiner: You might be right, but here is another drawback. Fast food takes away quality time from families. Since fast food meals are often taken in a hurry or outside the home, families do not spend time together during meals.

Student: That might be true, but fast food restaurants are perfect locations for the young to socialize and work in summer to get some pocket money.

Examiner: Yes, you have a point there.

Individual long turn

TRACK 7

These pictures show **different aspects of pollution**. Look at the pictures and speak about the **possible causes and consequences of air, land, soil, radioactive and water pollution**. When you have finished talking, the examiner may ask you a few questions.





These pictures show different types of pollution, such as air, water, land, soil and radioactive pollution.

Air pollution is the contamination of the air by smoke and harmful gases, mainly oxides of carbon, sulphur, and nitrogen. Air pollution can be caused by exhaust fumes from vehicles, the burning of fossil fuels, such as coal, oil, or gas as well as radiation spills or nuclear accidents. Moreover, certain industries release sulphur dioxide or carbon monoxide which mix with the air and clouds and cause acid rain. Burning plastic, wood and rubber also releases carcinogenic gases into the atmosphere. The air we breathe in naturally consists of 78% nitrogen, 21% oxygen and 1% other gases. If this balance is disturbed, it has a fatal effect on human health. Air pollution can be responsible for asthma, allergies and other respiratory diseases.

Radioactive pollution occurs when radioactive metals disintegrate, releasing dangerous rays which can cause cancer and other mutative diseases. This kind of pollution can happen by either the improper dumping of radioactive waste from nuclear power plants or damage to nuclear reactors, leading to radioactive contamination that lasts for decades causing highly mutative diseases.

Water pollution is the contamination of rivers, lakes, groundwater, seas or oceans. It is caused by raw sewage running into bodies of water or industrial waste spills, contaminating groundwater. We can take certain preventative measures to stop water contamination, like being more cautious of dumping contaminants into the water. For the repair of the already existing damage, we can construct water treatment plants to clean polluted water.

Land pollution is the degradation of the Earth's surface caused by the misuse of resources and improper disposal of waste. It can be the result of litter on the side of the road, illegal dumping in natural habitats, inland oil spills, radiation spills or nuclear accidents.

Soil pollution comes from the use of insecticides, pesticides and other farming chemicals which absorb the nitrogen from the soil making it unfit for the growth of plants and leading to soil erosion. In most soil, pollutants are carcinogenic and can cause cancer in humans. High concentrations of lead or mercury in the soil can endanger the kidneys and the liver. It can also hamper brain development in children, cause neurological disorders, skin diseases and central nervous system disorders. Humans can also be affected indirectly if they consume produce that is grown in polluted soil or when they consume animals that eat plants from polluted soil. As a result, humans suffer from acute illnesses and may fall victim to premature death.



Questions

1. What is air pollution, what is it caused by and why is it dangerous?
2. What do you know about radioactive pollution?
3. Can you think of an example of it?
4. What causes water contamination?
5. What can be done to stop it?
6. What is land pollution?
7. What is soil pollution and what are its possible consequences?

 Conversation

Nowadays divorce is getting more and more widespread. It seems to be the most common way to solve family problems.

1. What is the most common reason for divorce in your opinion?

Different priorities and interests can be the most common reason for divorce. Having shared interests and exploring them together is essential for a successful marriage. Unless couples can find common passions and look for ways to experience them together, they will grow farther and farther apart.

2. How can conflicts and lack of communication lead to divorce?

Inability to resolve conflicts can be another cause. Many people find it hard to see the other person's point of view, which leads to a lot of arguments without ever coming to a resolution. Continuous arguments kill many relationships. Couples who have the same argument over and over again, often do so because they feel they're not listened to or appreciated. Communication is crucial in marriage and the lack of effective communication quickly leads to resentment and frustration. These negative feelings impact all aspects of a marriage.

3. What role can finances play in divorce?

Sometimes it is the lack of money that triggers a divorce, but in many cases it is the lack of compatibility in money management. Opposites can attract but when two people are opposites in finances, divorce often results. If one is a saver and the other is a spender, one is focused on the future while the other believes in living for today. One has no problem buying on credit, while the other believes in saving up. Over time, this conflict can reach such heights that divorce seems to be the only logical conclusion.

4. In what cases can divorce be the best solution to marital problems?


There are some cases when, unfortunately, divorce is the only way out, such as domestic violence, serial cheating on or bullying your spouse. Having different expectations of marriage can also cause unresolvable conflicts. In such cases getting divorced and finding someone else who is more like-minded is the only solution.

5. What financial difficulties may occur after divorce?

Finances suffer during and after divorce. Fathers have to pay child support and, in some cases, spousal support. Divorced women's income can drastically decrease after divorce and some of them can fall into poverty. Quite a lot of divorced mothers don't receive full payment of child support. Most men experience a loss in their standard of living in the years after a divorce, as well.



6. What problems must children face during and after divorce?

 Divorce is almost always stressful for children. Most children do not want their parents to separate and some of them blame themselves for the divorce. Divorce can also strain parent-child relationships and may lead to losing contact with one parent. Divorce clearly increases the risk that children will suffer from psychological and behavioral problems. Troubled children are particularly likely to develop problems with anger and disobedience. School achievement can also suffer. Some children may become depressed, anxious, or perhaps overly responsible kids, who end up caring for their parents instead of getting cared for by them.

Debate

 TRACK 9

Zoos are a blessing for animals

You will have a conversation with your examiner about the above statement. Give your opinion and argue for or against the proposition. Your examiner will sometimes contradict you. React to the counter-arguments of your examiner, too. You have 30 seconds to think your points over.

The following points may help you:

- > captivity
- > extinction
- > breeding
- > education and entertainment opportunities



Arguments

PROS	CONS
Zoo animals are supervised by zookeepers and get proper nutrition and medical care.	The biggest problem that comes with keeping animals in zoos is the confined spaces where the animals are forced to live.
Zoo animals may not survive in the wild. Animals born in zoos may be released later.	Natural animal behaviour changes in zoos, which can endanger the overall well-being of all the resident animals.
For many species zoos can be the only chance to avoid extinction since they are still hunted by poachers for their skins, bones and other by-products.	Being released to the wild can risk their survival as they do not have the natural capabilities to hunt for themselves.
Zoos also provide education and research opportunities by allowing children and adults to observe wild animals up close, which can create a positive attitude to animals.	Animals can't follow their natural instincts and roam or migrate in zoos.

PROS	CONS
Zoos also allow researchers and scientists to perform studies to better help us understand the way animals work. This could be helpful in saving more of them.	It is generally believed that animals are captured and placed in captivity for the sole purpose of human amusement. It is one of the main reasons for the existing anti-zoo campaigns.
Zoos also concentrate on captive breeding programmes, which are implemented to help preserve animals that have decreased in number.	Offspring are normally kept at the same zoo or simply moved to another one, which does nothing for the number of the species in the wild.



Student: I disagree with the statement because there are many problems that come with keeping animals in zoos. One of them is the confined spaces where the animals are forced to live, unlike their natural habitats, where they can roam freely. This is even worse for animals that need to migrate and move around a lot.

Examiner: I agree with you, but in return, they are supervised by zookeepers and get proper nutrition and medical care.

Student: It is true, but natural animal behaviour changes in zoos. Captured animals that are brought to the zoos tend to develop behavioural problems, which cause concern for the overall well-being of all the resident animals.

Examiner: You might have a point there, but these animals may not survive in the wild. On the other hand, animals born in zoos may be released later.

Student: You are probably right, but being released to the wild risks their survival as they do not have the natural capabilities to hunt for themselves.

Examiner: It can happen, but for many species it can be the only chance to avoid extinction.

Student: I see, but I still think that out in the wild, some animals would have a very small chance to survive, especially those on the endangered list, since these animals are still hunted by poachers for their skins, bones and other by-products. Pollution, destruction of their habitats, high level of competition for food or diseases make it even harder.

Examiner: I see what you mean, but we still must do our best to fight extinction and protect biodiversity. Zoos also provide education and research opportunities by allowing children and adults to observe wild animals up close, an opportunity that is normally not possible for many people. Zoos also allow researchers and scientists to perform studies to better help us understand the way animals work. This could be helpful in saving more of them.

Student: I see your point, but still there is the common belief that animals are captured and placed in captivity for the sole purpose of human amusement. It is one of the main reasons for the existing anti-zoo campaigns.

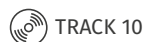
Examiner: I disagree with you, since zoos also concentrate on captive breeding programmes, which are implemented to help preserve animals that have decreased in number. Also, there are strict regulations set on zoos, which require regular check-ups on resident animals.



Student: You are right, zoos are really trying to do their best to let animals mate, however, their offspring are normally kept at the same zoo or simply moved to another one, which does nothing for the number of the species in the wild.

Examiner: You might be right, but I still think that zoos do more good than harm.

Individual long turn



TRACK 10

These pictures are related to **feeding humanity**. Look at the pictures and speak about the **advantages and disadvantages of GM food**. When you have finished talking, the examiner may ask you a few questions.





Some parts of the world are repeatedly affected by food shortages and widespread malnutrition. About one in nine people in the world do not have enough food to lead a healthy active life. Poor nutrition causes nearly half of deaths in children under five. Hunger does not only mean the lack of access to food, but also to essential nutrients. Genetically modified food could be a solution to the problem of world hunger. Genetic modification is usually done to increase the overall food production. GM crops have the ability to produce bigger yields, so it is easier to harvest more crops on a smaller piece of land with GM crops than with normal crops. Also, GM foods are engineered to include additional nutrients that may offer additional health benefits. Due to the genes added to GM crops, they need much fewer resources such as water and other soil nutrients, so they can conserve energy, soil and water resources. GMOs also have a positive impact on the environment since they improve the soil quality. Moreover, GM crops are more resistant to pests and weeds. That means farmers have to apply fewer pesticides or herbicides to their crops, which increases the health benefits of the food. The additive genes can also help reduce some of the allergies that different food can cause. This may help further improve the health benefits of the crop.

However, there is a strong opposition to the widespread use of GM food, saying that they have undergone little rigorous and no long-term safety testing, so we do not have a clear picture of the long-term consequences of consuming GM food. Genetic modification can incorporate foreign genetic material from viruses to bacteria into crops, with unpredictable consequences. For example, some of the additive genes in these crops may end up causing resistance to antibiotic treatments and this may result in some health issues with the human body. The genes used in GMOs may sometimes end up in the soil or get into other crops that grow in the same soil. This may affect the growth and production of these crops. GM food is sometimes consumed by animals. When this happens, it may end up affecting the composition of the animal protein that may negatively affect human health. The additives may also find their way into weeds. This may create resistant weeds that refuse to go away. The modified genes in the food may sometimes affect the original taste of the food.



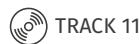
Questions

1. What do we mean by world hunger?
2. What are the possible consequences of hunger and malnutrition?
3. What is the main reason for the genetic modification of crops?
4. What other benefits of genetic modification can you think of?
5. Why is there a strong opposition to genetic modification?
6. What are some possible dangers of consuming GM food?
7. How can GM crops affect animals and other plants?



4. TÉTEL

Conversation



Having to accomplish community work is part of the national curriculum. Some think students can benefit from it but others find it another way to overburden secondary school students.

1. What is compulsory community service for high school students?

Every secondary school student has to do 50 hours' community work before they are eligible to graduate. I personally think that high school students can benefit from this experience in many ways. They gain work experience, learn more about certain jobs, meet people of different ages and diverse lifestyles, and learn new skills. However, there are disadvantages. Students have less free time and can devote less energy to extracurricular activities.

2. How can community work help develop students' social skills?

In my opinion, the majority of Hungarian high school students don't have to work beside studying and most of them never have a summer job either because their family supports them. So engaging in community service is their first chance to experience what it is like to work. By doing community work, they can meet people from different cultures, backgrounds and ages. For example, a student who chooses to work with the elderly can learn a lot from sharing time with older generations. Students who work in an orphanage or homeless shelter will understand what it's like to live in poverty. That is why students can gain social responsibility from community service projects.

3. How can students benefit from community work at school?

Students can benefit from community service academically. Community work can broaden students' awareness and understanding of the world around them. Most students learn new skills in these situations. This is often the first time some of them have worked, and it is helpful in learning how to follow orders on the job. Their self-esteem can improve and they can become more hard-working and responsible. Cognitive skills improve because students learn problem-solving techniques. These can all contribute to better school performance.

4. What are some possible disadvantages of community work?

Teenagers are often busy doing homework, having part-time jobs, taking part in sporting events or fulfilling home obligations. When students go to school full time and are involved in extracurricular activities, the time that is needed to participate in a community service project may place quite a burden on them. Compulsory community service may take time away from their current responsibilities and limit the time they can spend with their family. That is why the majority choose to do community work during summer holidays.

5. What personal experience have you had doing community work?



I have worked for the local animal shelter. I chose this kind of work because I like animals and I feel sorry for abandoned pets whose only hope is adoption. But shelters are non-profit, so they are based entirely on donations of both time and money. My tasks included taking care of dogs by socializing them, taking them for walks and spending time with them. I also helped clean their cages and feed them. I enjoyed this kind of work and I hope I could make a difference.

Debate



Vegetarianism is the only healthy diet

You will have a conversation with your examiner about the above statement. Give your opinion and argue for or against the proposition. Your examiner will sometimes contradict you. React to the counter-arguments of your examiner, too. You have 30 seconds to think your points over.

The following points may help you:

- > animal suffering
- > health issues
- > nutrients
- > environmental footprint



Arguments

PROS	CONS
We mustn't harm animals since they are like humans. They have emotions and social connections and they can also experience stress, pain and fear.	Vegetarians also cause harm every time they kill and eat a plant because plants also respond to threat and may feel fear.
It is cruel to kill animals for food when vegetarian options are available.	Eating meat is a natural part of the cycle of life and has been an essential part of human evolution.
Human anatomy supports a vegetarian diet. We do not have the large mouth or long, pointed teeth of carnivores. Human teeth are short and flat for chewing fibrous food.	The inclusion of meat in the human diet provided a form of nutrients and protein that allowed us to develop our large brains and intelligence.
A vegetarian diet can meet protein requirements, provide all the essential amino-acids and improve health.	Meat is the best source of protein available since it provides all the essential amino acids, as well as nutrients such as iron, zinc, and B vitamins.



PROS	CONS
Vegetarianism reduces the chances of developing kidney stones. It also helps build healthy bones because vegetarians absorb more calcium than meat eaters.	Eating meat provides healthy saturated fats, which improve the function of the immune and nervous systems.
A vegetarian diet also lowers blood pressure, prevents hypertension, and, as a result, reduces the risk of stroke, cancer or heart disease.	Meat is the best source of vitamin B12, a vitamin necessary to digestive health. It also provides a better source of iron than a vegetarian diet.
A vegetarian diet leads to lower greenhouse gas emissions since raising animals for food creates an essential part of global greenhouse gases. It also leads to deforestation to make room for grazing animals and growing feed.	Biking instead of driving for 5 miles can neutralize the greenhouse gas emissions from eating one hamburger.

Student: I am for the statement since it is cruel to kill animals for food when vegetarian options are available. Animals have emotions and social connections and they can also experience stress, pain and fear. No animals should die to satisfy an unnecessary dietary preference.

Examiner: I disagree. Plants also respond to threat and may feel fear, so vegetarians are also causing harm every time they kill and eat a plant. Moreover, eating meat is a natural part of the cycle of life and has been an essential part of human evolution. The inclusion of meat in the human diet provided a form of nutrients and protein that allowed us to develop our large brains and intelligence.

Student: You are wrong. Human anatomy has evolved to support a vegetarian diet. Humans do not have the large mouth or long, pointed teeth of carnivores. Human teeth are short and flat for chewing fibrous food.

Examiner: You might have a point there, however, I still think that meat is the most convenient protein source available since it provides all the essential amino acids, as well as nutrients such as iron, zinc, and B vitamins. Most plant foods do not provide adequate levels of all the essential amino acids.

Student: I disagree. A vegetarian diet can meet protein requirements, provide all the essential amino-acids and improve health. It reduces the chances of developing kidney stones. It also helps build healthy bones because vegetarians absorb more calcium than meat eaters.

Examiner: You may have a point there, but eating meat provides healthy saturated fats, which improve the function of the immune and nervous systems.

Student: You might be right, but a vegetarian diet also lowers blood pressure, prevents hypertension, and, as a result, reduces the risk of stroke or heart disease. While eating meat increases the risk of getting type 2 diabetes, vegetarians are less likely to develop cancer than meat eaters.

Examiner: I see, but we must not forget that meat is the best source of vitamin B12, a vitamin necessary to digestive health. It also provides a better source of iron than a vegetarian diet.

Student: It might be true, however, a vegetarian diet leads to lower greenhouse gas emissions since raising animals for food creates an essential part of global greenhouse gases. It also leads to deforestation to make room for grazing animals and growing food.

Examiner: I see your point, but I am convinced that it is not necessary to become a vegetarian to lower our environmental footprint. For example, biking instead of driving for 5 miles can neutralize the greenhouse gas emissions from eating one hamburger.

Individual long turn

TRACK 13

These pictures show **different generations living together**. Look at the pictures and speak about the **pros and cons of multigenerational households**. When you have finished talking, the examiner may ask you a few questions.



Three generations living together is a different situation than just being able to get along at family get-togethers. It can have several reasons, most often financial considerations, the need to look after the elderly or simply respect for traditional family values. In order to have a successful multigenerational home, everyone must co-operate and work together. It will never work out if the different generations cannot get along. Having three generations under the same roof allows



for families to spend more quality time together. It provides grandparents with a better opportunity to connect with their grandchildren and can ultimately create a loving environment. Grandparents can provide a lot of supportive child care and there is no need for a babysitter if an emergency arises. They can have a very positive influence on their grandchildren by giving them advice or simply listening to their problems when the parents are busy working. Grandchildren, on the other hand, can teach grandparents to keep up with modern technology. Many elderly individuals encounter social problems such as loneliness, which can negatively impact their mental health. Providing them with daily social interactions will help decrease these issues and improve their quality of life. Adult children can have the ability to provide in-home care and keep an eye on ageing parents especially when the parents lose the ability to live on their own.

In a multigenerational home sharing expenses may be in the best interest of all generations. It is best to devise a plan to evenly allocate expenses to ensure everyone feels there is a fair contribution. Household chores can also be divided up evenly. However, it largely depends on the ability and mobility of the grandparents. If they are mobile and able to complete chores without risking their safety, giving all family members weekly tasks can make for a clean and well working household. However, less privacy for all family members can be a disadvantage of multigenerational households. Boundaries must be set for the entire family, ensuring everyone respects each other's private life. Family disputes are also unavoidable and with more people living in the same house, the chances of such disputes are likely to increase. So it is a good idea to have family discussions once a month to make sure each family member is happy with the living environment. All in all, although life in a multigenerational family is not free from pitfalls, it still seems to have more pros than cons.



Questions

1. What are some possible reasons for different generations living together?
2. How can grandparents and grandchildren mutually benefit from the situation?
3. What conflicts may arise from the different lifestyles of different generations?
4. How can grandparents take their share in childrearing?
5. Is it a good idea to share household chores? Why, or why not?
6. How could family issues be resolved?
7. Considering all aspects, is it worth giving it a try?