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### Reading

An American psychiatrist has launched trials of a drug to help people who cannot stop spending. Professor Lorrin Koran of Stanford University in believes he found California has a cure for shopaholics. The news will come as a great relief to millions of people suffering from compulsive shopping disorder, a condition which is thought to afflict up to one in 30 American women. Until now, few doctors have regarded the problem as worthy of serious medical attention. Koran, however, describes it as a 'hidden epidemic' comparable to compulsive gambling, kleptomania and pyromania.

Since the announcement of his test programme, Koran's office has been inundated with hundreds of calls from shopping addicts keen to become his guinea pigs. The considerable interest in the supposed cure comes as no surprise to Koran, who has been aware of the extent of the problem for many years. But just what type of people suffer from it? According to Koran's research, the majority of Shopaholics are women. Most buy items that improve their appearance.

However, an increasing number of men are also becoming addicted to shopping. They usually collect power tools and car accessories. One man could not stop buying spanners, even though he already had 4,000, while another had bought 200 different for covers his over seat car. Lorrin Koran's clinic is ideally located in Silicon Valley, the high-tech region near San Francisco that has seen some of the fastest wealth creation in America's history. Koran believes that a clear distinction must be made between recreational shoppers and those who are close to addiction. Whereas the former get pleasure from shopping and only occasionally splash out on something expensive, typical shopaholics go on a binge at least once a week. They experience urges to buy items that are not needed and then feel sadness and remorse. With good reason: they often get into financial difficulties. The thrill they have is in the purchase and not in the possession, said Koran, who identifies low self-esteem as a common factor. 'They are filling their life with inside.' things because they feel empty

For Laura, who has a liking for designed clothes, Koran's trial is a lifeline. As she made her way through an expensive shopping centre in Stanford last week,

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she confessed that she recently spent \$35,000 on fashion accessories, getting herself \$22,000 into debt. Saleswomen at her favourite boutiques assume she is a rich businesswoman rather than a design assistant at a furniture store.

'I've been doing it since I was 12 when my father would give me his credit card,' she said. She has tried giving up her own cards and leaving her handbag at home, but has never managed to stop shopping. Her addiction was the main cause of her split with a boyfriend of nine years. 'It is ruining my life,' she said.

In the 12-week trial, Laura and 23 others will be treated with a drug which restores levels of serotonin. Serotonin carries messages between nerve cells in the brain and deficiencies are thought to lead to compulsive behaviour. However not everyone agrees that compulsive shopping is a disease which needs treating. Lee Smith, a retail consultant, claims that people have always used shopping as a way of cheering themselves up.

### 1. Read the text and choose the correct options to complete the sentences

- 1. Professor Lorrin Koran claims that
- a) he has found a cure for people who cannot stop spending
- b) he has discovered the reason for shopaholic behaviour
- c) he has received great results of his experiment

## 2. Recreational buyers are people who

- a) can't control their budget
- b) splash out on expensive things
- c) go shopping from time to time to cheer up

## 3. Shopaholics get the biggest joy:

- a) in the process of buying
- b) while doing window shopping
- c) wearing new clothes

#### 4. 22 thousand dollars is the sum

a) that Laura spent on shopping

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- c) that Laura owed to the bank
- 5. The new drug is going to
  - a) stop people from shopping
  - b) make people get the necessary amount of serotonin
  - c) cheer the patients up

## 2. Are the statements True, False or Not stated?

1. Shopaholics haven't been considered a serious problem until recently.						
2. Most of shopaholics are men as they collect more expensive things such as cars						
3. Low self-esteem is the result of extreme shopping						
4. Laura likes her job as a design assistant						
5. Some people claim that shopping cannot be referred to diseases						
Listening						
1. Listen to the speaker(s). Fill in the missing information in the spaces below.						
1. The moment when Liz tried snowboarding was years ago.						
<ol> <li>Good coordination and are the essential skills for a good snowboarder.</li> </ol>						
3. She doesn't have to pay for her as she can get it from her sponsors.						
4. Liz usually just saves money in to spend it on snowboarding later.						
5. If you can't go to the Alps, it's nice to visit a local artificial						
2. Are the statements True, False or Not stated?						
<ol> <li>According to Liz, if you want to be a snowboarder, you don't need much time to get the necessary skills.</li> </ol>						

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2.	Liz has once broken her arm
3.	You almost never see girls on the slope because they're afraid of doing
	tricks
4.	Her sponsors never give her money
5.	Liz does modelling to improve her job prospects

#### Vocabulary

#### 1. Choose the correct options to complete the text

There is always a question if it's better to go on a package {tour/journey/travel} or to travel independently? I suppose the answer depends on what kind of person you are. A complicated tour organized by a travel {office/agent/operation} has some advantages. You have an itinerary, which gives you definite departure and {coming/arrival /incoming} dates, and a list of all your destinations. The accommodation may be cheaper if you {book/ reservation/preserve} it in advance. On the other hand, arranging your own trip can be fun. Many students {lift/journey/ hitch-hike} or buy cheap train tickets, and have the bests holidays ever.

### 2. Put the words into correct places in the text

Performers, courage, genuinely, rate, shiver

Even the most experienced suffer from stagefright. Sometimes this can
be so extreme that it almost completely paralyses the person. They stand in the
wings, their heart beating at a of 130 or 135 a minute and often
seriously think about not going on. Some even find it impossible to remember
the performance at all after it is over. Others believe they have
completely forgotten all their lines or one in particular. Most feel ill. They sweat
and and their stomachs make strange noises. Considering the agonies
that even such well-known actors as Dustin Hoffman or Robert de Niro go
through, it is surprising that less experienced performers ever have the
to walk on stage at all. So next time that you are feeling nervous before a job
interview or an oral examination, remember you are in good company. The

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world's top performers know exactly how you feel. They should. They often feel a lot worse.

3.	Change	the	word	forms	to	fill	in	the	gaps
Whe	en Ann decid	ded to m	ove hous	e, it was 1	nainly l	because	she w	as tired	d of the
(nei	ghbour) of			d in. It vand the v					
	dows was o	of distant	t factory	chimneys	s. Luck	ily she	arran	ged th	e (sell)
the 1	bank, was al	ble to bu	y a house	e in the co	ountry ]	It was a	an old	farm b	uilding,
whic	ch had been	(build)		and t	urned i	nto a	modern	house	e. After
load	ing all her	belongin	gs in a v	an; Ann	manage	d to ge	et them	into t	he new
hous	se (damage)		She (	furniture)		m	ost of t	he rooi	ns with
wha	t she already	owned.	Even her	r curtains	were th	e right	(long)		for
the	windows an	d she of	nly had t	to buy a	new (c	ook) _		us	for the
kitcl	nen. It seeme	ed too go	od to be t	rue. Surely	somet	hing wo	ould go	wrong	ŗ <b>!</b>
Cno	mmon								
1.	mmar Choose	the	correct	options	t o	con	nloto	the	text
	d been aski			_			_		
	oile phone as	• • •				-			•
	n to show it	-	_	_	_		_	=	
	my friend	-				-			
	ned} me, so		•	-	_	-			-
_	my phone of	_	_	_	_		_		
	ote control v		C					,	
2. <b>P</b>	ut the verb	into the	correct f	orm					
Last	summer wh	ile my p	arents and	1 I	(dr	ive) to	the coa	st to sp	end our
	day with s								
	(be)	on the r	road for r	nearly thre	e hours	s, stean	n begar	to po	ur from
the	engine and v	ve had lo	stop. My	parents, v	vho kno	ow noth	ing abo	out med	chanics,
wer	e extremely	relieved	when an	other driv	er pulle	ed over	and o	ffered	to help.

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When his daughter Eilean stepped out of the passenger seat(can/not) help noticing how incredibly tall she was. We spent the
whole time chatting and laughing as if we (know) each other for
years.
Grammar
1. Complete the sentences with the suitable words
In Britain today, many urban centres suffering from a chronic lack
affordable housing. For many first time buyers, the only
solutionthis problem is the microflat, a recent trend in apartments
which in some cases measure little more15 square metres. With just
enough room enable the occupier to sleep, eat and wash, microflats
represent the ultimate in small-scale city living
of the best publicised designs of microflat was that of young
architects Stuart Piercy and Richard Conner, who end up with their idea when
they realised they couldn't afford to buy a place to live in capital
the fact that they were earning reasonable salaries. Their 30-square-
metre prototypefirst exhibited in the shop window of Selfridges

department store in London \_\_\_\_\_ January 2002.