1.Millions of people all over the world travel to see other countries and continents, modern cities and ancient towns. They travel not only for a change of scene but also to enjoy picturesque places. I believe it is really interesting to discover new places, meet unusual people, get acquainted with various exciting cultures and nations, try different food and listen to brand new musical rhythms. People choose means of transport to their liking, as all of them have advantages and disadvantages. Usually, people travel by train, by boat, by plane or by car. If you want to get somewhere as quickly as possible the best way is to travel by plane. Time passes quickly and we can enjoy every moment. But many people are very nervous passengers in aeroplanes, probably because these passengers have no control over their fate in this case. They know they cannot change anything in case of emergency and this makes the flight uncomfortable for them. I prefer to travel by plane, as I believe that it is the safest form. I try to enjoy every moment and learn a lot of new things every time I have a trip. My life is impossible without travelling.

2.Our country is famous in the world for being strong in sport. Russian people love various kind of sports, but the most popular sport in Russia is football. We could see how many people supported the national team during FIFA World Cup 2018.

There are other popular sports in our country, that make it very successful in the field. A lot of people play ice hockey, bandy, tennis, rugby, volleyball, do gymnastics and acrobatics. Some of my friends are really keen on figure skating, that I suppose to be an extremely beautiful, but dangerous kind of sport. Everything is a matter of taste. All people choose the kind that suits them better. I personally prefer tennis and I have a great example of successful tennis player to look up to, Maria Sharapova. She is one of ten women, and the only Russian, to hold the career Grand Slam. She is also an Olympic medalist, having won silver in women's singles at the 2012 Summer Olympics in London. Moreover she is has a mentor women entrepreneurs programme. Her example motivates me and I try hard to achieve success in every field.I like sport so much that I cannot imagine my life without it.

3. Russia is a huge country and that is why our cuisine is a rich collection of diverse cooking traditions. Our national food has its peculiarities due to the severe climate in winter and various forests rich in all kinds of berries and mushrooms in summer. Traditional Russian dishes are often made of vegetables, dairy products, poultry, meat, fish and various corps. Some food can be really specific for foreigners, as Russian cuisine is very famous for the variety of soups: borscht (red beetroot soup), ukha (fish soup), shchi (cabbage soup). Traditional Russian drinks are hot black tea with honey or home-made jam, kvas (a drink made of rye bread), compote (stewed fruit drink). Even though our cuisine is rich in specific dishes, my family prefers traditional ones. We like shchi, roast meat, baked potatoes and vegetables, cakes and pies. My mother likes to bake, so there is always something tasty at home.

I believe that Russian people have always been known for their hospitality. We are happy to welcome guests with tasty dinners with a lot of food on the table. I am proud of our national food and every time recommend foreign tourist to try unusual dishes.

4. Finishing school millions of young people begin their independent lives. They usually start making their future career choices from finding out all the possible advantages and disadvantages of their future profession. Some people follow their own choice, at the same time others follow their parents` advice.

As far as I know, people usually begin making plans for the future asking themselves: “What do I want to be when I grow up/ leave school?” We can address this question as many times as necessary until we have a definite answer. Then we can consider all the details and start preparing for the future profession. First of all, your job should seem interesting to you. I believe that an exciting job that you like is a very important component of happiness in life. Secondly, you should understand what skills and knowledge you need to have to do the job. You must be well-educated and well-informed. That is the reason why people should be attentive and careful in their choices, being able to study and work hard to succeed.

I have already decided what to do. I would like to become a doctor. This profession is very noble and highly respectful. I understand that I need to be good at biology and chemistry, to become a good doctor and help people who have problems with health.

5. It is a well-known fact that education can help us form a personality and prepare for adulthood. A lot of countries consider the educational system a very important part of their national politics.

Everyone in the Russian Federation is guaranteed the right to education. We have a broad system of compulsory education, so you have to study for nine years to get the school-leaving certificate. To enter the university one has to study two years more and pass special state exams, called SATs(Unified State Examination). These exams are really difficult and one needs to invest a lot of efforts in the process of preparation to get the best result. I have already decided which subjects I will prepare for in the future because I like them. Russian, Mathematics, History, Social Studies, Literature and English are fields of science that seem to be exciting to me. My future job will be connected with all of them, as I want to become a teacher. Teaching seems one of the greatest of all the arts to me. It is a great responsibility to teach somebody and a deeply respected job.

6. The problem of learning foreign languages is very important nowadays. Various foreign languages are socially demanded as our world is constantly changing and we need to keep up with this progress. Languages are needed as the most efficient means of information exchange between people in the world.

English is the main language of the world today. I suppose it is the language of media, trade, cultural relations, science, technology, business and the major language of diplomacy.

As far as I am concerned English is spoken by more than 400 million people. Geographically, it is the most widespread language of our planet. It is the official language of different countries, such as the UK, the USA, Australia and New Zealand. English is also used as one of the official languages in different countries. Besides, millions of people study English as a foreign language. In our country it is extremely popular. There is no universal or ideal method of learning a new language, because everybody has their own ways. I like reading books in the original, listening to music, talking to native speakers, getting new information about the culture and history. I understand that one must work hard to succeed and enjoy the process.

7. I believe that all teenagers have different household duties. Although some lazy and stubborn teenagers avoid doing some extra work. I believe that teenagers who help their mothers with cleaning and washing are reliable and well-bred. When you help your family you care about them at the same time becoming more responsible and even hard-working. You work on your discipline and keep your home tidy.

Some duties, such as shopping, making beds and washing up are considered to be easy. Difficult duties that teenagers usually try to avoid doing are dusting out the carpets, vacuuming the floors, polishing the furniture. Some of my friends like cooking and help their mothers with meals, but I consider this duty a very complicated one. I am not a good cook, but my pancakes are really tasty. I can also fry or boil something, but I don`t like cooking every day. My favourite duty is to iron clothes. It is a kind of meditation for me. I can listen to music and dance while ironing clothes, that is why my family members are always glad to get rid of such duty and give this responsibility to me.

8. In our modern world people are concerned about air and water pollution, because they are only two resources that cannot belong to any particular country. In both of the air and the water scientists find a lot of pollution every year. The consequences of such problems are sometimes unpredictable. I am also concerned about the future of our planet and read a lot about the current ecological situation. I know, that the consequences of water pollution are terrible. If a ship loses some of oil in the water of the ocean many fish and birds die because of the polluted water. Other fish can get contaminated and then fisherman catch such fish. As a result we may buy them in our local supermarket and may get sick from eating them. The problem is very important and we should find a way to protect the water, as it is our vital resource.

If we want future generations to live in the same beautiful world we live in, or in a healthier better world, we should learn to protect not only the water, but also the air and the earth from pollution.

I am trying to take care of the environment and follow the trend of zerowaste. We are responsible for our wastes and we can try to reduce it. Every kind of pollution affects the balance of nature, so we should take care of it.

9. Science is important to a lot of people in the modern world for a number of reasons. I believe it can help us in the understanding of technology and of the world.

People say science is also important to world peace in different ways. First of all, modern scientists help to develop many tools to improve life for people. Secondly, some scientists have already analyzed the world political and ecological situations. As a result, they have begun to develop a number of various solutions to the war tools problem and to the energy problem. They have developed modern tools of war and facilities for counteraction. Scientists have already analyzed the world`s resources and developed new ways of using nature resources ,such as energy from the sun and from the atom. As far as I know, science also studies the Universe and various possibilities of its usage for the benefit of humankind.

The study of science also provides people with an understanding of natural world. Various scientists are studying different aspects of human biology and the origin of natural events.I believe that such studies can help to improve our lives,as science can help people find their ways in the rapidly changing world.

10. The Olympic Games have a very long history. As far as I know they began in Greece in ancient times and a lot of people were involved in the games. The ancient list of kind of sports included running, wrestling, boxing, discus throwing, the pentathlon and so on. Modern list includes various kinds such as jumping, basketball, volleyball, hockey, swimming and other popular kinds. Many nations of the world support their athletic teams during the competitions. There are two types of games: Olympic winter and summer games.

Nowadays not only amateurs, but also professional athletes can take part in these games. Each country should send a team of the best athletes and the whole nation supports them. The winners of each event are given not only certain number of points, but also some prizes and medals.

The Olympic games are extremely popular nowadays, that is why a lot of people consider them to be important. These games provide us an opportunity to meet like-minded people, get acquainted with foreigners and learn something new. Moreover, the International Olympic Committee decides where each Olympics will be held and ask different cities to be hosts. It can help in resolving the national economic problems or just to broaden the horizons of some nations. That is why I like The Olympic Games. They unite the world and remind us about the importance of peace.

11. There are many kinds of shops in every city. People go to various types if they need something in particular. We go to a butcher`s for meat, a baker`s for bread, a greengrocer`s for fruit and vegetables, a grocer`s for sugar, tea, salt, coffee. I am a sweet tooth and I really like to go to a confectioner`s.

Nowadays small shops are not so popular, as you can go to a big mall or a department store and find all possible kinds of food and goods there. Various supermarkets offer people everything they need to buy.

My family goes to the supermarket every weekend. We usually go there on Saturday or Sunday and buy everything we need for a week or at least a few days.The choice of goods in local supermarkets is impressive and we usually enjoy our family shopping.

I prefer big department stores,as I like buying clothes,books and cosmetics. I fully realize that online shopping is convenient nowadays, but I prefer to see and touch the goods in real life.

12. My school is a relatively big quite modern three-storeyed building. More than 800 students study here. Our school is famous for its strict discipline and high-quality education.

I go to school six days a week. Every day lessons start at nine o`clock. We usually have 6 lessons a day, and they are over at two in the afternoon.

My schedule is often very busy. I have a lot of homework and it takes me several hours a day to complete all the tasks. Sometimes I have to prepare a report, to translate some texts from Russian to English and vice versa, to learn some poems or articles by heart. All the tasks should help me to develop and master my skills in different fields. But my favourite subject is English. I like to learn new words and grammar, take part in various discussions, set up some role-plays. I always feel at home at English lessons, enjoying every activity and trying my best to be very attentive during the lesson.

Our school curriculum includes ordinary subjects like Russian, Mathematics, Literature, Biology, Geography and so on. I wish we also had some extra subjects, that can broaden our horizons, for example an orchestra, art club, out- of- class activities connected with Physics, Chemistry and ICT.

13. It is a well-known fact that the Russians are a reading nation, as it is impossible to imagine our life without news, newspapers, magazines and books. Millions of copies of them appear every day, and they are usually sold really quickly.

Most newspapers contain news, reviews of books, films and events, art and TV shows, sports events covers, detailed articles on international and home affairs. The majority of magazines contain news about celebrities, reviews of various events and a huge number of detailed articles on different aspects of daily life. The most common thing for mass media nowadays is the big amount of advertisements everywhere.

I believe that it is quite easy to find newspapers and magazines for teenagers, but I don't think that they read paper versions a lot. We have the Internet access nearly everywhere, that is why a lot of magazines and newspapers have on-line, or so-called digital versions. When young people read such mass media sources they learn much about every day life all over the world. Some people read foreign magazines and learn a lot of English phrase and words.

I am the one, who prefers digital magazines and newspapers, that are better than my newsfeed on any social network. I prefer reading English versions of my favourite magazines, they help me master my skills and broaden my horizons.

14. Russian students have 4 holidays a year. Autumn and spring holidays are very short, but winters are a little longer and usually connected with the New Year celebration. Summer holidays are the longest. They are my favourite, as they last three months. I have a lot of free time and can do various things. I sometimes prefer travelling and going on excursions with my friends.

There are a lot of things modern teenagers usually do in summer. The majority of my friends travel with their families, visiting the places of interest and having a chance to learn a lot of new things and people.

I know that travelling is one of the most wonderful ways of spending your free time. People do it not only for a change, but also for educational purposes.

However, some people prefer staying at home and find different ways of entertainment. My friends also like to sit on the coach at home and watch films. By the end of our summer they can talk about a huge amount of films and TV series.

My ideal holiday can seem quite unusual. I like to spend my summer at my grandparents, where I can go to the forest, pick mushrooms and berries, go swimming in the lake. I feel happy when I can spend my holiday in the country and enjoy the fresh air.

15. A hobby is something people enjoy doing when they have free time. I believe it is something done entirely for pleasure. All the kinds of hobbies differ like tastes and we can imagine that people choose their hobbies only according to their characters and interests.

My peers usually take up blogging as a hobby, as they see a lot of successful examples on the Internet. Some years ago computer games were very popular, but I don`t think that this kind of hobby is as popular now as it used to be.

Making things, including drawing, knitting, designing, painting, making sculptures, handicrafts is also extremely popular. Some teenagers try to create something special and promote it on Instagram, for example. There are some cases, when teenagers became rich young businessman.

I prefer spending my leisure time reading and listening to the books and watching various movies and videos. My dream is to collect a valuable library, where on can find different types of books for all tastes. My hobby gives me the opportunity of learning the world and the people, broadening my horizons and awareness and opening various new worlds.

16. Various kinds of entertainment are popular now, but theatre is surely less popular than cinema. Theatre lost a great deal of its attraction not only because of the popularity of cinema and the number of websites where you can watch some videos online, but also because the tickets are very expensive. As a result a visit to any of famous theatres has become a luxury for the majority of people.

However, I believe that the theatre is an inseparable part of intellectual life of our country. There are some world-famous theatres in Russia. People who prefer theatre to cinema are called theatre-goers, and they can every time find a theatre according to their tastes. Those, who love opera and ballet go to Mariinsky opera house or Maly opera house. People fond of drama visit the Bolshoi Drama Theatre and Alexandrinsky Theatre. Musical lovers go to Music Hall.

A lot of new theatres and studios appear every year. I understand that nowadays one can choose a something that will meet all the tastes.

I am not a regular theatregoer, but I sometimes go to Musical Hall. It is not only because of its festive atmosphere, but also the interior, wonderful company and interesting performances. I try to follow my friends` and parents` recommendations when I choose which ticket to buy. I have never regretted doing so, as my friends and parents know a lot about theatre and enjoy this kind of entertainment. Sometimes a good comedy helps in getting rid of negative emotions, so going to the theatre absolutely worth it.

17. Ecology is a very popular word today, but not a lot of people understand its real meaning. As far as I know this science studies the relationships between various forms of life with its environment. Different ecologists analyze and make unusual researches to help people become aware and take care of our planet.

For thousands of years people live in harmony with the environment and some believe that the resources of the Nature have no limit. This stereotype seems to be the obstacle and can lead to a lot of mistakes.

Our negative influence on the Nature began to increase with the industrial revolution, as various by-products of people`s activity such as wastes and steams pollute the air and the water.

There are a number of urgent ecological problems that can lead to some kind of catastrophe. The thinning of the ozone layer, the pollution of the world`s ocean and air appear because of people`s careless attitude to ecology. That is why I believe that environmental protection is a universal concern and some active measures should be taken as soon as possible. I am not the follower of Greta Thunberg, but I am happy to realize that ecological problems are discussed in the United Nations and an international system of ecological security is being created .I believe that people are becoming more and more aware and eco-friendly that will help the mankind live in harmony and take care of the Nature.

18. People say that youth is probably the best time of your life. As any precious thing it has 2 sides: on the one hand youth is connected with romance, discoveries, emotions, love and so on, on the other hand it can be a difficult time of important decisions that can influence the future.

A lot of my friends understand that getting a good education is necessary for successful future. Planning the future teenagers think about a possibility of finding a job after finishing their education, but the most difficult thing is to choose the job and the field to their liking. It can lead to misunderstanding with their parents and friends. The typical problem is called “nobody understands me”. Sometimes the parents treat their children as if they are little kids, do not give them enough freedom and pocket money.

Friends are also very important for young people. Some friends stay with us forever, some grow apart, but we should have something in common, share some interests and views.

All in all we need to try to solve all the problems through discussions. One can be young only once,so it is better to enjoy youth while it lasts.

19. Nowadays people are more health-conscious than they used to be. Probably it is connected with the power of mass media or with the deep understanding that good health is even more important than wealth.

A healthy way of life is a philosophical issue. Some people believe that to be healthy you should only avoid different bad habits, like smoking or drinking alcohol. I want to add some more habits, that can affect our health. Such habits like eating junk food, overeating, skipping meals can cause various diseases. That is why I believe that healthy diet is the basis of healthy lifestyle.

The only way to stay healthy and to keep fit is going in for sports and enjoy it. One can become a stronger, healthier and happier person.

Some more important aspects are the amount of time people sleep and spend time in the open air. People say it is useful to take a stroll before going to bed, air the room and then sleep no less than 8 hours.If we want to do well we should follow such recommendations.

I personally believe that discipline and regularity in life can help to promote our health. I even have a special habits' tracker that helps me and encourages building new healthy habits. To sum it up, I think that proper sleep, regular exercises and healthy diet are really the best way to live.

20. Just 20 years ago very few people in Russia knew about the Internet. Now the majority of Russian citizens cannot imagine their lives without it.

The development of the Internet brought people a lot of new opportunities. Nowadays people are not only able to find a job online, but to work online, travelling and earning money at the same time. Moreover, the Internet allows a huge amount of talented people to show their achievements to the whole world.

Some people predict that the Internet possibilities may be even frightening. It is a well-known fact, that most of the world`s money is stored in computers. There is a risk that some clever hackers are likely to use the Internet to steal it.

One more important thing, predicted by some experts, is that the information wars of the future may be fought on Websites and nobody can protect us from the complications and consequences.

I am not addictive, but I cannot imagine my life without the Internet. It offers me great opportunities and I try to use the best of them.

21. A book has a wonderful power to influence our minds and lives. I believe that modern teenagers read a lot, but I cannot judge about the genre, as tastes differ. I have been reading since I was 5 years old. I remember that my grandma took me to the library, and we chose my first book together. I think that nowadays libraries still play an important role, not only as sources of collections of books but also as cultural centres. For example, I have recently finished " Harry Potter" by a popular British writer J. K. Rowling. I have read it in Russian before, this time I tried my best to read it in English. It is a fantastic adventure story about a young wizard, who survived in a battle when he was a baby. This fact made him special, and he had various issues during his studies at Hogwarts. This is a wonderful captivating universe, that includes 7 books, and we can also watch 8 films. I know that I will definitely read and watch it once again. We have recently had a meeting at the local library, where we were discussing this masterpiece for 2 hours. Every time I read or talk about various books I enjoy every moment. Every book is a source of knowledge and a never-failing friend.

22. Now I’m going to talk about exams.

To begin with, I’d like to say that nowadays more and more students understand the importance of school exams.

This year I’m taking 4 State General Exams: in Russian, English, Maths and Social Studies.

I enjoy taking exams because they’re a great mental challenge. Exams motivate me to study harder and take responsibility for all the results, but for some of my friends and classmates, all the exams are very stressful and difficult. Exams can be challenging, unfortunately, not all the students can realize that they should work hard to show the best results.

For example, to get ready for my difficult English exam I do a lot of tests and dictations with my teacher, discuss different topics, watch English films and educational videos on the Internet.

I believe that all my school exams prepare me for my adulthood and teach me responsibility and determination.

I hope the level of my knowledge will be good enough and I will achieve the best results.

23. Eating habits are formed early in the life of every person. They depend on the traditions of the countries we live or come from. It is important to eat properly and according to the saying: “Eat to live, not live to eat." I try my best to keep a balanced diet, eating 4-5 times a day. My body needs to receive a sufficient number of nutrients every day: carbohydrates, proteins, fats, minerals, vitamins, trace elements. That is the reason my everyday diet is full and diverse. Each person's portion varies, depending on age, health status and gender. I believe it is essential to have fruit and vegetables, cereals, a variety of fish and meat, eggs, dairy products, salt and sugar, fats and vitamins in people’s daily diet. A balanced diet should become a way of your life. People should try to cut down on different snacks and junk food. Sometimes it is vital to cut out the entire groups of products, for example, such foods, that contain a lot of sugar. One more point of concern is water. As far as I know, it is strictly prohibited to wash food down with water. But it is necessary to drink at least 1,5 litres a day. All in all, we can eat everything, but in moderation. Overeating can lead us to a disruption of metabolism, diabetes and obesity. That is why I believe that a healthy diet is the basis of a healthy lifestyle. Discipline and regularity in life can help to promote our health. I even have a special habits' tracker that helps me and encourages building new healthy habits. To sum it up, I think that proper sleep, regular exercises and a healthy diet are really the best way to live.

24. It is a well-known fact that reading books can give us knowledge as well as help us form a personality. Also, there is reading for pleasure. Modern teenagers prefer modern literature about their peers and their feelings.More and more people all over the world use e-books instead of printed ones because they are comfortable. So that, libraries are not as necessary as they used to be, only scientists visit them regularly. I haven’t been to the library for ages but I read books every day, it helps me relax. I’ve read a new one recently. It’s The Catcher in the Rye by J. D. Salinger. This novel is about 17-year-old boy, his thoughts and feelings. I liked it a lot. I think, reading plays very important role in human life. Little children learn about the world through books, students find there new information and everybody can take pleasure in reading.