

2020 M. ANGLŲ KALBOS KONKURSAS (9–10 KL.)

ENGLISH LANGUAGE CONTEST 2020 (FORMS 9-10)

- Konkurso užduočių struktūra (1 lapas)
- Pasirengimas (1 lapas)
- Rekomenduojamų video prezentacijų sąrašas (1 lapas)
- Vertinimo kriterijai (anglų kalba) (3 lapai)
 - Rašinio / straipsnio
 - Monologo / pasisakymo
 - Dialogo / diskusijos
- Užduotis raštu (5 lapai)
- Užduotys žodžiu
 - Monologas / Pasisakymas (8 lapai)
 - Dialogas / Diskusija (12 lapų)

KONKURSO UŽDUOČIŲ STRUKTŪRA

UŽDUOTIES TIPAS	UŽDUOTYS	TAŠKAI	LAIKAS
RAŠTU	<p>Rašinys / Straipsnis.</p> <p>Minimalus žodžių skaičius – 250.</p> <p>Maksimalus žodžių skaičius – 300.</p> <p>Rašymo užduotis atliekama pažiūrėjus trumpą (apie 10 min.) video prezentaciją.</p> <p>Prezentacija žiūrima du kartus.</p>	15	<p>Video prezentacijos peržiūrai (2 kartus) skiriama apie 20 min.</p> <p>Rašymui skiriama iki 60 min.</p> <p>Iš viso apie 80 min.</p>
ŽODŽIU	<p>Monologas:</p> <p>Pasisakymas aptariant perskaitytą trumpą naujieną (naujienos tekstas lietuvių kalba).</p>	16	<p>Pasirengimui skiriama 2-3 min.</p> <p>Pasisakymui skiriama 1-2 min.</p> <p>Iš viso mokiniui iki 5 min.</p>
	<p>Dialogas:</p> <p>Diskusija aptariant perskaitytą naujienų (anglų k.) tekstą.</p>	14	<p>Pasirengimui skiriama 2 min.</p> <p>Diskusijai skiriama 3 min.</p> <p>Iš viso 5 min. mokinių porai.</p>
	<p>Abiejų kalbėjimo užduočių taškai sudedami ir dalijami iš dviejų.</p> <p>Maksimalus taškų skaičius už kalbėjimą – 15 taškų.</p>		
	IŠ VISO	30 taškų	
<p>KOMANDINĘ UŽDUOTĮ rajono (miesto) komisija organizuoja savo nuožiūra.</p> <p>Ši užduotis vertinama neformaliai. Rekomenduojamos užduotys:</p>			
<p>LOBIŲ PAIEŠKA IR PRISTATYMAS</p> <p>Temos: Mano miestas / Mano regionas / Mano šalis.</p> <p>Potemės: Vietovės / Žmonės / Istorija / Renginiai.</p> <p>Formatai: skelbimas, skrajutė, plakatas, eilėraštis, daina, vaidybinis etiudas, skaidrių šou, filmukas.</p> <p>Užduoties pavyzdžiai::</p> <ul style="list-style-type: none"> • Sukurkite skaidrių šou „Aplankykite mano miestą“. • Sukurkite vaidybinį etiudą „Susipažinkite su mano miesto žmonėmis“. • Sukurkite skelbimą „Kviečiame į miesto tradicinius renginius“. • Sukurkite eilėraštį / dainą „Mano miestas – pats šaunias“. 			
<p>PROTŲ MŪŠIS</p> <p>Temos: Lietuvos istorija, garsūs žmonės, lankytinos vietos ir pan.</p> <p>Formatai: Protų mūšis su vaizdine megžiaga / be vaizdinės medžiagos.</p>			

PASIRENGIMAS			
UŽDUOTYS	LAPAI	PASIRENGIMAS	
RAŠTU	Viršeliai kodavimui.	2 lapai	<ul style="list-style-type: none"> - Parengti kopijas kiekvienam mokiniui. - Surašyti kodus prieš išdalijant užduotis dalyviams. - Surinkti pirmuosius viršelius su dalyvių pavardėmis.
	<p>Rašinys / Straipsnis.</p> <p>Rašymo užduotis atliekama pažiūrėjus trumpą video prezentaciją.</p> <p>Prezentacija žiūrima du kartus.</p>	<p>1 lapas – užduotis ir vieta užrašams.</p> <p>1 lapas – juodraštis.</p> <p>1 lapas – švarraštis.</p> <p>1 lapas – vertinimo lentelė.</p>	<ul style="list-style-type: none"> - Pasirinkti video prezentaciją iš rekomenduojamų. - Siekiant išvengti interneto trikdžių olimpiados dieną, patartina video prezentaciją išsaugoti laikmenoje. - Parengti užduoties lapų kopijas dalyviams. - Parengti vertinimo lentelės kopijas vertintojams. - Jei vertinimo rezultatus norime pateikti mokiniams, reikia parengti tiek kopijų, kiek yra mokinių. Vertintojai apveda balų skaičių pagal kiekvieną kriterijų, o bendrą balą įrašo apačioje. Pasibaigus konkursui, vertinimo lentelės atiduodamos mokiniams.
ŽODŽIU	Monologas :	<p>8 užduočių lapai su skirtingomis naujienomis lietuvių kalba.</p> <p>1 lapas – vertinimo lentelė.</p>	<ul style="list-style-type: none"> - Pasirinkti norimas naujienas. - Parengti užduočių kopijas dalyviams ir vertintojams. - Parengti vertinimo lentelės kopijas komisijai. - Jei vertinimo rezultatus norime pateikti mokiniams, reikia parengti tiek kopijų, kiek yra mokinių. Vertintojai apveda balų skaičių pagal kiekvieną kriterijų, o bendrą balą įrašo apačioje. Pasibaigus konkursui, vertinimo lentelės atiduodamos mokiniams.
	<p>Dialogas:</p> <p>Diskusija pagal perskaitytą naujienų tekstą.</p>	<p>6 užduočių komplektai (Mokiniui A ir Mokiniui B) su skirtingomis naujienomis anglų kalba.</p> <p>1 lapas – vertinimo lentelė.</p>	<ul style="list-style-type: none"> - Parengti užduočių komplektų kopijas dalyviams ir vertintojams. - Parengti vertinimo lentelės kopijas komisijai. - Jei vertinimo rezultatus norime pateikti mokiniams, reikia parengti tiek kopijų, kiek yra mokinių. Vertintojai apveda balų skaičių pagal kiekvieną kriterijų, o bendrą balą įrašo apačioje. Pasibaigus konkursui, vertinimo lenteles galima atiduoti mokiniams.

REKOMENDUOJAMOS VIDEO PREZENTACIJOS

I Am Not Your Asian Stereotype

<https://www.youtube.com/watch?v=pUtz75INaw>

My Story Is Painted On My Body

https://www.youtube.com/watch?v=YJ5V_3GAucc

ARTICLE ASSESSMENT SCALE		
CRITERIA	SCORE	DESCRIPTORS
Content	3	All content points covered. Thorough and extensive coverage.
	2	Major content points covered. Adequate and sufficient coverage.
	1	Too few content points covered. Insufficient coverage. Some irrelevant material.
Organisation (coherence and cohesion; layout)	3	Effective organisation; excellent coherence and cohesion; proper layout.
	2	Adequate organization; good coherence and cohesion; problems with layout.
	1	Lack of organization; some coherence and cohesion; problems with layout.
Language resources (range of vocabulary and structure)	4	Wide range of vocabulary and structure.
	3	Good range of vocabulary and structure.
	2	Adequate range of vocabulary and structure.
	1	Limited range of vocabulary and structure.
Accuracy (vocabulary, grammar, spelling, punctuation)	3	No errors / minimal errors.
	2	A number of errors, but they do not obscure communication.
	1	Frequent errors, some of which may obscure communication.
Appropriacy of register	2	Consistent use of neutral / semi-formal register.
	1	Inconsistent use of neutral / semi-formal register.
Total	15	

NOTES

- **Length** – between 250 – 300 words. If the text is shorter or longer, the final score is adjusted as agreed by the evaluation committee.
- **Spelling** – British and American varieties are acceptable.
- **Contractions** are acceptable.

INDIVIDUAL TALK**ASSESSMENT SCALE**

SCORE	DESCRIPTORS
Summary of text	
3	Effective summary of the Lithuanian text in English.
2	Adequate summary of the Lithuanian text in English.
1	Poor summary of the Lithuanian text in English.
Opinion, comment (relevance, coherence)	
3	All ideas relevant and coherent; easy to follow.
2	Most ideas relevant and coherent; quite easy to follow.
1	Some irrelevance or incoherence may be noticed.
Language resources (lexico-grammatical structures)	
3	Wide range of language resources; always used clearly and precisely to convey the content.
2	Good range of language resources; most often used clearly and precisely to convey the content.
1	Adequate range of language resources; lack of clarity and precision may be noticed.
Fluency	
2	Maintains a smooth flow of language with natural hesitation.
1	Maintains a flow of language; hesitation occurs when searching for language resources.
Accuracy	
3	Excellent control of simple and complex lexico-grammatical structures; no errors / a few minor errors in complex structures.
2	Good control of simple and complex lexico-grammatical structures; occasional errors in complex structures.
1	Adequate handling of simple lexico-grammatical structures; problems may occur with both simple and complex structures.
Pronunciation	
2	Clear articulation. Effective intonation.
1	Most text is articulated clearly. Adequate intonation.
Total (out of 16)	Assessor's signature and comment.

PAIR DISCUSSION
ASSESSMENT SCALE

CRITERIA	SCORE	DESCRIPTORS
CONTENT		
Opinion, comment (Relevance, coherence, fluency)		
3		All ideas relevant; coherent; easy to follow.
2		Most ideas relevant; quite coherent; rather easy to follow.
1		Too few ideas; lack of coherence; may be difficult to follow.
Language resources (Range , clarity, precision)		
4		Wide range of lexico-grammatical structures; the meaning is always clear and precise.
3		Good range of lexico-grammatical structures; the meaning is always clear and precise.
2		Adequate range of lexico-grammatical structures; the meaning is generally clear and precise.
1		Limited range of lexico-grammatical structures; the meaning is often not clear or precise.
DELIVERY		
Interaction, cooperation		
3		Excellent use of strategies to initiate discussion and respond to questions; excellent cooperation with the interlocutor.
2		Good use of strategies to initiate discussion and respond to questions; good cooperation with the interlocutor.
1		Adequate use of strategies to initiate discussion and respond to questions; adequate cooperation with the interlocutor.
Accuracy		
4		Excellent control of simple and complex language structures; no / minor accuracy errors.
3		Good control of simple and complex language structures; occasional errors in complex structures.
2		Adequate handling of simple language structures; problems occur with complex structures.
1		Poor handling of language structures; problems occur with both complex and simple structures.
Total (out of 14)	Assessor's signature and comment.	

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Šis viršelis skirtas kodavimui.

Dalyvio kodą įrašo komisija prieš išdalindama užduotis dalyviams.

Dalyvis užpildo savo duomenis ir grąžina šį viršelį komisijai prieš atlikdamas užduotis.

Dalyvio kodas (pildo komisija)	
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Dalyvio vardas, pavardė (pildo dalyvis)	
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Dalyvio mokykla (pildo dalyvis)	
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Šis viršelis skirtas rašymo užduoties vertinimo fiksavimui.

Dalyvio kodą įrašo komisija prieš išdalindama užduotis dalyviams.

Dalyvis grąžina šį viršelį komisijai kartu su atliktomis užduotimis.

Dalyvio kodas (pildo komisija)	
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UŽDUOTIS RAŠTU	MAKSIMALUS TAŠKŲ SKAIČIUS	SURINKTA TAŠKŲ (1 vertintojas)	SURINKTA TAŠKŲ (2 vertintojas)
Straipsnis (article)	15		

1 VERTINTOJAS _____ (parašas)

2 VERTINTOJAS _____ (parašas)

KOMISIJOS PIRMININKAS _____ (parašas)

ARTICLE

You are going to write an article for an English website.

Before writing, you are going to watch a short video presentation. The video will be shown twice.

You can take notes if you wish. Use this sheet for your notes.

After viewing the video presentation, you will have 60 minutes to write your article.

You must follow this plan:

- *give a short summary of the content of the talk;*
- *formulate the main message;*
- *respond to the message of the talk (your opinion / emotions / knowledge / experience in relation to the topic discussed);*
- *comment on the speaker's presentation skills (manner of speaking, visuals etc.).*

Use the sheets provided for your draft and your final version.

Write at least 250 words, but no more than 300 words.

Give a title to your article.

USE THIS SPACE FOR YOUR NOTES WHILE WATCHING THE PRESENTATION

USE THIS SHEET TO WRITE YOUR DRAFT

You can use both sides of the sheet if necessary.

USE THIS SHEET TO WRITE YOUR FINAL VERSION

You must write at least 250 words but no more than 300 words.

You can use both sides of the sheet if necessary.

TITLE:

INDIVIDUAL TALK - 1

You have just read a short text in Lithuanian. Your task is:

- *to summarise the text in English;*
- *to share your own thoughts / emotions / knowledge / experience related to the topic.*

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Išmanusis telefonas – stresas organizmui

Mokslininkai siekia nustatyti, kas vyksta smegenyse naudojantis išmaniuoju telefonu. Tyrimai rodo, kad išmanieji telefonai trukdo sutelkti dėmesį – vien žvilgsnis į telefono ekraną nukreipia dėmesį kitur, verčia galvoti apie žinučių tikrinimą ar socialinius tinklus. „Kaip žinome, mūsų smegenys tam tikru metu gali sutelkti dėmesį tik į vieną užduotį. Kiekvieną kartą, kai telefone išgirstame signalą, smegenys verčiamos „persijungti“ nuo tuo metu atliekamos veiklos į kitą. Kuo daugiau tokių „persijungimų“ patiriame, tuo labiau nuvargsta smegenys, jos nebegali atsipalaiduoti ir gyvena patirdamos nuolatinę įtampą. Kai laukiame pranešimų, mūsų širdies ritmas dažnėja, kyla nerimas, kuris organizmą vargina. Galiausiai streso būseną veda prie to, kad smegenų dalis, atsakinga už pažintines funkcijas yra sutrikdoma, mažėja jos aktyvumas“, – perspėja mokslininkai.

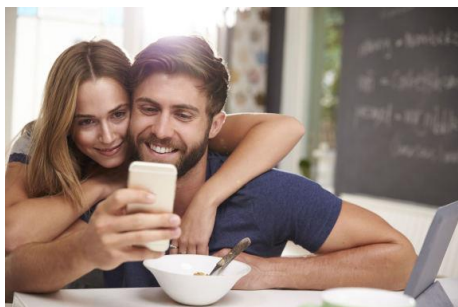
INDIVIDUAL TALK - 2

You have just read a short text in Lithuanian. Your task is:

- *to summarise the text in English;*
- *to share your own thoughts / emotions / knowledge / experience related to the topic.*

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Priklausomybė nuo telefono – kaip jos išvengti?

Mokslininkai pabrėžia, jog išmaniosios technologijos gali tapti priklausomybe. Technologijos teikia daug įvairių veiklos galimybių, atitinkančių mūsų poreikius ir interesus, jos yra patrauklios, joms nelengva atsisipirti. Todėl patys turime būti sąmoningi ir suprasti, kad gyvas santykis su aplinka ir kitais žmonėmis yra daug svarbesnis už veiklą, kuri vyksta išmaniajame telefone. Kiekvienas asmuo turi rūpintis savimi, kad išvengtų priklausomybės nuo išmaniojo telefono. „Asmeninė disciplina, ribotas naudojimosi telefonu laikas, bendravimas su šeimos nariais ar draugais, gyvas kontaktas ir bendra veikla susitikus gyvai gali padėti išvengti išmaniųjų telefonų keliamos žalos ir apsaugoti nuo priklausomybės. Turime palaikyti gerus santykius su aplinkiniais, užsiimti maloniomis saviraiškos veiklomis, kad gyventume pilnavertį realų (o ne virtualų) gyvenimą“, – tikina specialistai.

INDIVIDUAL TALK - 3

You have just read a short text in Lithuanian. Your task is:

- to summarise the text in English;
- to share your own thoughts / emotions / knowledge / experience related to the topic.

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Išmanieji telefonai gali sukelti miego sutrikimus

Mokslininkai atkreipia dėmesį, kad išmanieji telefonai gali nemenkai trikdyti miego kokybę ir bendrąją savijautą. „Išmanieji telefonai, kaip ir kiti elektronikos prietaisai, stimuliuoja mūsų smegenis. Jų skleidžiama šviesa aktyvuoja gamybą tokių medžiagų, kurios slopina miego hormono funkciją. Tad nuolatinio naudojimosi išmaniuoju telefonu sutrinka miegas, dėl to smegenims tampa sunku tinkamai funkcionuoti“, – sako tyrėjai. Miegojimas šalia ar po pagalve pasidėjus išmanųjį telefoną gali sukelti miego sutrikimų, o išmaniųjų naudojimas prieš miegą yra pripažintas kaip vienas svarbiausių dirgiklių, trikdančių miego kokybę. „Ir nors išmaniųjų telefonų ar planšetinių kompiuterių reklamose dažnai pabrėžiama, kad įrenginys „idealus skaityti naktį“, nereikėtų tuo tikėti. Bet kokių informacinių technologijų naudojimas vėlyvu, nakties metu žmogui yra žalingas“, – teigia specialistai.

INDIVIDUAL TALK – 4

You have just read a short text in Lithuanian. Your task is:

- to summarise the text in English;
- to share your own thoughts / emotions / knowledge / experience related to the topic.

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Pristatytas dirbtinio intelekto palaikomas virtualus žmogus

„Samsung“ laboratorija „Star Labs“ pristatė skaitmeninę būtybę, kuri yra dirbtinio intelekto palaikomas „dirbtinis žmogus“ ir sugeba „šnekėtis ir užjausti“ taip pat, kaip tikras žmogus. Apie šį projektą, pavadintą NEON, paskelbta Las Vegase vykstančios technologijų parodos metu. NEON leidžia sukurti įvairias skaitmenines būtybes, kurios gali veikti televizorių ekranuose ir vaizdo žaidimuose. „Šios būtybės gali būti televizijos pranešėjais, filmų aktoriais ar net kompanionais, partneriais ir draugais“, – sakė „Star Labs“ atstovas. Kiekviena NEON būtybė turės unikalią asmenybę ir galės kalbėtis ir išreikšti jausmus. Skaitmeninės būtybės jau ilgą laiką buvo programuojamos specifinėms užduotims, pavyzdžiui, judėti vaizdo žaidimuose, o NEON žengia dar vieną žingsnį ir leis dirbtiniam intelektui sąveikauti su aplinka bei reikšti žmogiškas emocijas.

INDIVIDUAL TALK – 5

You have just read a short text in Lithuanian. Your task is:

- *to summarise the text in English;*
- *to share your own thoughts / emotions / knowledge / experience related to the topic.*

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Nuotraukų redagavimo galimybės mobiliuosiuose įrenginiuose

Pasaulinės statistikos portalo Statista.com duomenimis, mobiliųjų įrenginių vartotojai vidutiniškai socialiniuose tinkluose kasdien praleidžia beveik 3 valandas. Matydami vartotojų įsitraukimą, programėlių kūrėjai tobulina jų valdymą ir nuotraukų filtrus, o išmaniųjų telefonų gamintojai taip pat stengiasi prisitaikyti prie labiausiai naudojamų programų. Pavyzdžiui, „Samsung“ savo naujausiuose išmaniuosiuose turi funkciją, leidžiančią tiesiai iš kameros kelti vaizdo įrašus ar nuotraukas į „Instagram story“. Siekdami, kad kiekvienas vartotojas galėtų turėti „Instagram“ žvaigždžių profiliams prilygstančias nuotraukas, technologijų gamintojai diegia daugiau nuotraukų redagavimo galimybių. Naujaisi bendrovės flagmanai „Galaxy Note10“ pasižymi dirbtinio intelekto funkcija, kuri pati pasiūlo nuotraukos kompoziciją ir suredaguoja spalvas taip, kad kadras atrodytų kuo profesionaliau.

INDIVIDUAL TALK – 6

You have just read a short text in Lithuanian. Your task is:

- *to summarise the text in English;*
- *to share your own thoughts / emotions / knowledge / experience related to the topic.*

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Apsipirkimas internetu sparčiai auga

Socialinių tinklų statistikos specialistai ir analitikai teigia, kad iki 2021 m. virtualių pirkėjų skaičius pasaulyje perkops 2,14 milijardo. Kasmet augantis internetinių pardavimų skaičius rodo, kad apsipirkimas internete tampa vis populiariesnis ne tik dėl gausaus įvairių rūšių prekių ir paslaugų asortimento, bet ir dėl to, kad pirkimas internetu leidžia sutaupyti daug laiko ar pinigų. Net 95 proc. mobiliojo tinklo vartotojų prisipažįsta, kad nuolatos peržiūri jiems rodomus paslaugų ir prekių pasiūlymus ir dažnai susigundo ką nors įsigyti. Visų laikų populiariausios prekės virtualioje erdvėje – rūbai, avalynė ir aksesuarai, tačiau kasmet galima išskirti prekių dešimtuką, kuris masiškai patraukia daugelio interneto vartotojų dėmesį. Pavyzdžiui, 2018 m. labiausiai internete parduodamos prekės buvo kosmetika moterims ir vyrams bei gyvūnų priežiūros priemonės ir aksesuarai.

INDIVIDUAL TALK – 7

You have just read a short text in Lithuanian. Your task is:

- *to summarise the text in English;*
- *to share your own thoughts / emotions / knowledge / experience related to the topic.*

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Socialiniuose tinkluose – daugybė bendravimo formų

Pasaulinės statistikos portalo Statista.com duomenimis, jau daugelį metų iš eilės populiariausios susirašinėjimo programėlės pasaulyje yra „Whatsapp“ ir „Facebook messenger“. Vien „Whatsapp“ programėlė suskaičiuoja, kad per dieną joje yra išsiunčiama daugiau nei 65 milijardai žinučių. Mobiliame bendravime atsiranda vis daugiau jaustukais vadinamų „emodžių“, kurie pagyvina rašytinę kalbą ir leidžia lengviau išreikšti savo nuotaiką. Šiandien yra beveik 3 tūkst. jaustukų, kurių sąrašą 2019 m. papildė dar 230 nauji „emodžiai“. Naujausi telefonai leidžia susikurti savo asmeninius jaustukus tiesiog nufotografavus save. Jau kelerius metus ypač populiari bendravimo forma – „Instagram story“ vaizdo įrašai. Jai atsiradus vartotojų praleidimo laikas socialiniame tinkle pailgėjo net 28 minutėmis ir šią funkciją naudoja daugiau nei 400 milijonai vartotojų.

INDIVIDUAL TALK – 8

You have just read a short text in Lithuanian. Your task is:

- *to summarise the text in English;*
- *to share your own thoughts / emotions / knowledge / experience related to the topic.*

Preparation time 2-3 minutes. You can make notes if you wish in the space below.

You will have 1-2 minutes to give your talk.



Išmanieji telefonai - daugiafunkcinis darbo įrankis

Technologijų gamintojai sparčiai tobulina savo įrenginius, tad išmanieji tapo ne tik susisiekimo, bet ir efektyvia darbo priemone. Pasaulinės statistikos portalo Statista.com duomenimis, kasdien daugiau nei 50 proc. elektroninių laiškų atidaroma būtent išmaniuosiuose telefonuose. Atkreipdami dėmesį į tai, kad gyvenimo tempas tampa vis greitesnis, technologijų kūrėjai stengiasi savo įrenginius kuo labiau pritaikyti dirbti. Gaminami didesni telefonų ekranai, diegiamos vis pažangesnė vaizdo įrašų kūrimo ir grafinio braižymo programos. Taip pat technologijų gamintojai papildo įrenginius kitomis išmaniomis funkcijomis, kaip išmanusis rašiklis. Pavyzdžiui, naujausių „Samsung Galaxy Note“ serijos telefonų „S Pen“ rašikliai leidžia dirbti esant bet kur – redaguoti vaizdo įrašus, pasibraukti reikalingas teksto vietas, kurti prezentacijas ar valdyti kameros programą nuotoliniu būdu.

Student A

PAIR DISCUSSION

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Student A and Student B read the same news item.

Student A starts the conversation by summarising the news item.

Student B completes the conversation by summarising the discussion.

NO 1.



Briton, 29, becomes youngest woman to ski solo to South Pole

Mollie Hughes, 29, started her world record attempt on 13 November and battled through treacherous conditions including snowstorms and temperatures of -45C (-49F). Ms Hughes skied for 702 miles and said she was proud of her achievement, describing the journey as "super surreal but absolutely amazing".

"On day six I really pushed and pushed all day long up horrible icy slopes and I couldn't see anything and when I pitched my tent after seven and a half hours I realised I'd only done three and a half miles," she said. "You think of all the things you take for granted like a bed and taking a shower."

She said she struggled with the feeling of isolation, since she only encountered two other skiers during her trek. "The biggest challenge of the whole trip was being alone. Not physically - I can ski on my own - but being on your own emotionally is so weird."

Ms Hughes is now recuperating at a camp at the South Pole before flying to southern Chile. She funded the expedition by raising £75,000 from sponsors and crowdfunding, and used the trek to raise money for Cancer Research UK.

Michelle Mitchell, chief executive of the charity, thanked her for using the trek to raise funds to beat cancer. "We receive no government funding and it's thanks to people like Mollie that we're able to continue to fund world leading research," she added.

Student B

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NO 2.



Can going to museums, plays and concerts keep you from dying early?

According to a new study conducted in England, the arts aren't just enjoyable – they might keep you from dying too soon. For the study, researchers asked participants over the age of 50 to self-report how frequently they participated in "receptive arts engagement" over 14 years. This means trips to museums, art galleries, exhibitions, the theater, concerts or the opera.

According to the results, those who engaged in these activities at least once a month had a 31 percent lesser chance of dying than those who didn't do these activities. Those who participated in these activities only once a year had a 14 percent lower risk of dying than those who did not.

"This association might be partly explained by differences in mental health and physical activity among those who do and do not engage in the arts," reads the study's conclusion.

The study notes that the results are preliminary and further studies are necessary.

Daisy Fancourt, a professor of psychobiology at the University of London, discusses the role the arts can play in medical treatment.

"If the arts are actually helping to reduce the risk of things like mental or physical illness or they're helping people to stay healthy, then this might lead to a conclusion that actually arts are directly linked to mortality and the duration of your life," she said.

Student B

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NO 3.



Iran women allowed into football stadium for first time in decades

Iranian women fans are free to enter a football stadium for the first time in decades, after FIFA threatened to suspend the Islamic republic over its male-only policy. Iran has barred female spectators from football and other stadiums for around 40 years, arguing they must be prevented from finding themselves in the masculine atmosphere.

World football's governing body FIFA ordered Iran to allow women access to stadiums without restrictions and in numbers determined by demand for tickets. The directive came after a fan called "Blue Girl" died after setting herself on fire in fear of being jailed for dressing up as a boy in order to attend a match.

Women were quick to get their hands on tickets to attend Iran's 2022 World Cup qualifier against Cambodia. The tickets sold out in under an hour, and additional seats were also snapped up in short order, media said. A sports ministry official said the 100,000-capacity stadium -- whose name means "Freedom" in Farsi -- was ready to host even more women.

One of the 3,500 women to have secured a ticket was Raha Poorbakhsh, a football journalist. "I still can't believe this is going to happen because after all these years of working in this field, watching everything on television, now I can experience everything in person," she told the press.

Student B

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NO 4.



Women in Japan were told not to wear glasses to work

Glasses, say some companies in Japan, are just not right for women to wear to work. In recent reports, women from a range of industries described being instructed by their employers not to wear glasses. A nurse at a clinic developed dry eyes from contact lenses but also was not allowed to wear glasses. Some restaurants said glasses on female employees didn't go well with their traditional clothing.

All of this was apparently news to many women in Japan, who, upon hearing what their fellow women have had to endure, took to social media. There are no official numbers on how widespread the bans are. But judging from the reaction, the news has touched a nerve among Japanese women tired of having their bodies regulated in ways that they say their male colleagues are not.

Many online commentators drew a connection to another recent uproar over Japanese workplaces requiring women to wear heeled shoes, which can be uncomfortable and difficult to work long hours in. Some high heels, medical experts have warned, can even cause chronic health problems.

"Earlier this year, Japanese women began voicing their discontent with workplace restrictions on their looks," media reported. "If wearing glasses is a real problem at work it should be banned for everyone — men and women. This problem with glasses is the exact same as high heels. It's only a rule for female workers."

Student B

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NO 5.



Art therapy is taken seriously as a tool for boosting health

Over the years, scientists have looked at art as a way to keep people mentally and physically healthy. In recent report, World Health Organisation reviewed the results of over 900 art therapy-related studies, and noted that all together, art really does influence mental and physical health.

“Art” by its definition includes actually doing some kind of art like painting or making music. The definition also includes consuming art, through actions like going to a museum or a play.

For example, going out to art exhibitions or creating art may help prevent certain health problems or have a healing effect on patients; listening to or playing music may have a calming effect on stressed patients; choir singing can improve the mood of patients who suffered brain damage.

Research found that art programs reduced headaches in teenage girls: an average of seven headaches over two weeks was reduced to four, and they also reported feeling less stress.

Professor Bjorling says “We often don’t use art often enough, and it might be a simple tool for a lot of people, we should think about using it more.”

“There’s a range of ways in which the arts can help. They can be emotional, psychological, physical, spiritual. That’s sort of the strength of the arts: they can be what you need them to be for your health needs.” And with the World Health Organization’s interest, there may be more research to come.

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NO 6.



Fans are calling out an Iranian music streaming site for erasing women from their own album covers

Angry fans of some of music's top female artists took to Twitter to voice their disappointment over an Iranian music streaming site erasing the faces of female artists from their own album covers.

Twitter users were the first to post about the edited covers that included examples where the albums were missing their central figures, including Camila Cabello, Taylor Swift, and Beyoncé, sometimes featuring smoke or blurs in their place. Others like Lana del Rey's appearance on her album cover was also scrubbed, but the male figure was left seemingly unedited.

One quick glance over the site shows dozens of male artists featured on the site's homepage unedited, while female artists are missing from the covers of playlists and albums listed under their names. Well-known covers belonging to some of the year's biggest albums from artists like Billie Eilish, Ariana Grande, and Lizzo were no exception.

The edits are a major symptom of the harsh restrictions on women's self-expression, especially in music, that are institutionalized in Iran under Islamic law. The country maintains under the law that it is illegal for a woman to be seen uncovered, and in this case, that seems to apply to all women including those who don't practice Islam and aren't living in or visiting the country.

Student B

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