

O‘ZBEKISTON RESPUBLIKASI
MAKTABGACHA VA MAKTAB TA’LIMI VAZIRLIGI
HUZURIDAGI IXTISOSLASHTIRILGAN TA’LIM
MUASSASALARI AGENTLIGI

NAMANGAN DAVLAT CHET TILLARI INSTITUTI
INGLIZ TILI O‘QITISH METODIKASI KAFEDRASI

“Country Study”

fanidan

O‘QUV – USLUBIY
MAJMU'A

2025/2026-o‘quv yili kunduzgi ta’lim shakli, 3-kurslari uchun

Bilim sohasi:	100000 – Ta’lim
Ta’lim sohasi:	110000 – Ta’lim
Ta’lim yo‘nalishi:	60111800 – Xorijiy til va adabiyot (ingliz tili)

Namangan-2025/2026

Ushbu o'quv uslubiy majmua O'zbekiston Respublikasi Oliy va o'rta maxsus ta'lim vazirligining 2017-yil 1-martdagi 107-sonli buyrug'i asosida tayyorlandi. Is'hoqxon Ibrat nomidagi Namangan davlat chet tillari institutining 2025-yil 29-avgustdagi 1-sonli kengashida tasdiqlandi.

Tuzuvchi: A.Kenjayev - Ingliz tili o'qitish metodikasi kafedrası o'qituvchisi

Taqrizchilar: N. Jakbarova Ingliz tili o'qitish metodikasi kafedrası katta o'qituvchisi, (PhD)
M. Yuldasheva - Ingliz tili o'qitish metodikasi kafedrası katta o'qituvchisi

O'quv uslubiy majmua Namangan davlat chet tillari instituti Filologiya fakulteti ilmiy kengashida ko'rib chiqilgan va tasdiqqa tavsiya qilingan.

2024-yil 29-avgust 1 -sonli majlis bayoni.

Fakultet dekani



S.Misirov

Theme #1.	Introduction to the subject Country study
-----------	---

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Introduction to the subject Country study' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

Introduction to the subject Country study

The purpose and function of the science of "National Science" and its relationship with other sciences; 5 English-speaking countries (the official language of the country is English): USA, Great Britain, Canada, New Zealand and Australia, history, state structure, people, about the economy, celebrities and their lives, media, and more general information.

If you're learning English you're probably curious about where it's spoken. As lots of people around the world are learning English, you could say everywhere! Or maybe you think of obvious places, like the USA or the UK. But did you know that English is the official language of 67 countries? In fact, around 400 million people speak English as a native language. That makes English the third most spoken language in the world (by native speakers), after Mandarin and Spanish. So let's take a world tour and discover just where all these English-speaking countries throughout the world are. How many have you visited? Or even heard of?

The Top 10 English-Speaking Countries

These are the countries where English is the main language that people speak in their daily lives, not necessarily an official language or a lingua franca. As you'll see later, there are some countries with much larger populations where English has official status, even if it's not the language most people speak.

The top four probably aren't much of a surprise: the USA, the UK, Canada and Australia.

1. The USA (population of approximately 330 million) 2. The UK (population of around 67 million) 3. Canada (population of around 38 million) 4. Australia (population of around 25 million)

In the rest of the top ten, Ireland and New Zealand probably don't surprise you, but perhaps some of the others do. 5. Liberia (population of around 5 million) 6. Ireland (population of just under 5 million) 7. New Zealand (population of around 4.8 million) 8. Jamaica (population of around 2.9 million) 9. Trinidad and Tobago (population of around 1.4 million) 10. Guyana (population of around 740,000)

Now let's take a tour of each continent and discover the English-speaking countries there.

English-Speaking Countries In Europe

English-speaking countries in Europe range from the obvious, the United Kingdom and the Republic of Ireland, to non-sovereign entities (non-self-governing) you may not have heard of before. Did you know that English isn't actually an official language in the United Kingdom, even though it is the main language of the country? In the Republic of Ireland however, English is a co-official language, along with Irish. Malta is another country where English is the official language, even if it's not the main language spoken on this island. Cyprus (saypres), population 1.2 million, is another island in the Mediterranean where English is widely used, even if it doesn't have official status there.

English-Speaking Countries In Africa

Let's turn now to the African continent, where, due to centuries of colonisation, English has an important influence. English is an official or secondary language over 20 African countries, out

of a total of Botswana With a population of 2.3 million, English is the official language in this African nation. But most people speak, the national language. Burundi Setswana English is an official language in this country of around 12 million people along with Kirundi and French. Cameroon Cameroon has a population of over 29 million and English is a co-official language with French, although it's not the main language spoken there. Eritrea (eritriya) This east African nation has a population of around 6.2 million people and no official language. Along with Arabic, English is a working language, used in higher education and technical domains. Eswatini English and Swazi are official languages in Eswatini, population of 1,160,000. English is used in schools, business and journalism. Ethiopia Ethiopia has a population of over 113 million people but English is neither a main language, nor is it an official one. In fact, English is used by the government and in education. The Gambia With a population of around 2.4 million people, English is an official language but only 0.5% of the population speak it as their native language. Ghana With a population of around 32 million, English is an official language in Ghana, but Asante Twi is the most widely spoken language. Kenya With a population of over 55 million, English and Swahili are official languages in Kenya. English is used in education, business and government. Lesotho (lesutu) With a population of over 2 million people, Lesotho has two official languages: English and Sesotho (sesutu), the national language. Liberia English is both an official language and a lingua franca in this country of around 5 million. Malawi Malawi's population of over 20 million people use English as an official language, but Chichewa (checheva) is the most widely spoken language. Namibia (namibiya) English is an official language, but only about 3% of the approximately 2 million inhabitants speak the language at home. Nigeria Nigeria is the most populous country in Africa, with over 200 million people. English is an official language, but few people speak it as their main language. Hausa, Igbo and Yoruba are more common in daily life, but there are actually over 500 languages in Nigeria! Rwanda (rvanda) With a population of over 13 million people, Rwanda is a country where English is the official language along with Kinyarwanda (the main language), French, and Swahili (svihili). South Africa English is an official language of this country of 60 million inhabitants, even if there are 10 other official languages including Zulu, Afrikaans and Xhosa (khosa). And in fact, Zulu and Xhosa are more widely spoken than English and Afrikaans. South Sudan Over 60 indigenous languages are spoken in this country of 12 million where English is an official language. Sudan Two languages have official status in this country of over 45 million people – English and Arabic. Tanzania This country of over 63 million inhabitants has two official languages – English and Swahili (svihili), but Swahili is the national language, helping to unify the country's diverse ethnic groups. Uganda English and Swahili (svihili) are also the two official languages of this country of around 46 million people. Zambia The official language of this country of 19 million people is English which is spoken in the contexts of business and education. Zimbabwe With 15 million inhabitants, Zimbabwe has 16 official languages! English, Shona, and Ndebele (debeli) are the most common.

English-Speaking countries In The Caribbean

English is a primary and official language in many places in the Caribbean, including these countries. Antigua and Barbuda This country is located between the Caribbean Sea and the Atlantic Ocean. English is the official language in this country. So, if you want to visit this country, no need to bring any English dictionary in your pocket. The Bahamas If you have no

ideas where to go on your upcoming holiday, well the Bahamas is a perfect getaway for you. They have the best beaches in the world and the most important thing is, the people speak English. So, no need to worry of getting lost there. Barbados Around 287,000 people live in Barbados and English is the official language of the island nation. Dominica After the Great Britain took it over in 1763 after the Seven Years' War, they gradually established English as the official language. Grenada (grenada) It is another Caribbean country where the people officially speak English in their daily activities. Jamaica Do you know where Usain Bolt comes from? Yes, the best sprinter in the world comes from Jamaica, another island country situated in the Caribbean Sea. 2.726 million Jamaican people speak English in their daily routines, not to mention Mr. Bolt himself. Trinidad and Tobago In this island nation of around 1.3 million people, English is the country's official language.

English-Speaking Countries In Asia

In Asia you'll find some of the biggest English speaking countries in terms of population. India English and Hindi are the official languages of this country of 1.2 billion, but there are more speakers of Hindi which is also the official language of the government. English is used more in business, administration and education, particularly in higher education. Pakistan With a population of almost 242 million people, English is an official language along with Urdu, which is the national language. English is used in business, government and legal contexts. The Philippines Filipino and English are the two official languages of this country with a population of 109 million. But in fact, you'll find 186 languages spoken there! Singapore English is the lingua franca (a language that is adopted as a common language between speakers whose native languages are different) of this country just over 5 million people, which has three other official languages: Malay, Mandarin, and Tamil. Bangladesh The official and national language of this country of over 150 million is Bengali. But English is spoken and used in certain contexts (legal and educational), even if it's not the main language or even an official one. Bhutan (butan) In this small country in the Himalayas where Dzongkha (zonka) is the national language, English is used as the language of instruction in schools. Cambodia English is replacing French as the main foreign language, meaning street signs are in English. English has also replaced French on stamps and currency. Malaysia The official language is Malay, but English is used for some official purposes. Maldives This island nation has a national and official language: Dhivehi (divehi). But English is a recognised language and is widely spoken by the population of around half a million people. Myanmar (myanmar) The official language is Burmese but Myanmar is incredibly linguistically diverse, with more than 100 languages spoken there, including English. Sri Lanka This island nation has two official languages: Tamil and Sinhala. English is a recognised language used in the contexts of education, science and business. Hong Kong This city and special administrative region of China has two official languages: English and Cantonese (kenteniz).

English-Speaking Countries Of The Middle East

In the countries of the Middle East, it's common for English to be widely spoken even if it isn't an official language. You'll find it on signs or official documents and in contexts such as business, education and medicine.

Bahrain – English is a recognised language.

Israel

Jordan – English is a co-official language in education

Kuwait

Oman

Qatar

The United Arab Emirates – you’ll need to speak English if you want to work here!

English-Speaking Countries In Oceania

English is the main language (but not an official one!) in Australia and New Zealand.

English Speaking Countries In The Americas

Apart from the USA and Canada, where else do people speak English in North and South America? English is also an official language in the following four countries:

Belize is the only central American country where English is an official language

Guyana

Bermuda

Falkland Islands

English Is A Truly Global Language

Wow, that truly was a world tour. English-speaking countries are everywhere.

LESSON #2

Theme #2.	The geography, population, natural resources of Great Britain
-----------	---

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	

To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English

Objectives:

To make aware of the purpose of the course

ActivityType:

Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Modern Britain. Geographic peculiarities, flora and animal life of the islands' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

Modern Britain. Geographic peculiarities, flora and animal life of the islands

United Kingdom

The United Kingdom includes England, Scotland, Wales, and Northern Ireland.

OFFICIAL NAME: United Kingdom of Great Britain and Northern Ireland

FORM OF GOVERNMENT: Parliamentary democracy within a constitutional monarchy

CAPITAL: London

POPULATION: 67,000,000

OFFICIAL LANGUAGES: English; both English and Scots Gaelic in Scotland; both English and Welsh in Wales

MONEY: Pound sterling

MAJOR RIVERS: Thames, Severn, Trent, Mersey

GEOGRAPHY

The biggest part of the United Kingdom is the island of Great Britain, which is made up of England, Wales, and Scotland. The U.K. also includes Northern Ireland, which is on another

island. (South of Northern Ireland is the separate country of Ireland, which gained its independence from the U.K. in 1937.)

Scotland and Wales are the most mountainous parts of the U.K. and are covered in knife-edged mountain ridges separated by deep valleys.

PEOPLE AND CULTURE

Many people from the United Kingdom are descendants of Celtic migrants from central Europe who arrived in the U.K. Other ancestors of U.K. citizens were Roman invaders and Viking warriors, both came from mainland Europe.

After the end of World War II in 1945, thousands of refugees from other European countries settled in the U.K. In the 1950s and 1960s, people from places that the United Kingdom once ruled as colonies—such as Jamaica , Nigeria , and India —came to the country to work.

Today, more than 80 percent of the people in the United Kingdom live in England. London, the capital of both England and the U.K., is home to just under nine million residents. Nearly half of the U.K.'s population is Christian. The country is also home to large and growing communities of Muslims, Hindus, and Jews.

The U.K. is known all over the world for its sports and literature. Soccer, rugby, cricket, boxing, and golf were all invented in the United Kingdom. And the U.K. has produced many notable writers, including William Shakespeare, Charles Dickens, and Jane Austen. J.K. Rowling, the writer of the Harry Potter series, are from the U.K.

NATURE

About 5,000 years ago, much of the United Kingdom was covered with thick forests. Over time, these woodlands were cleared by farmers and land developers—today, only about 13 percent of the U.K.'s land is forest.

The United Kingdom is a crowded country, with few truly wild places left. The most successful wildlife species are those that can live alongside people, including smaller mammals like hedgehogs, hares, and badgers. Roe deer, which are native to the country, and red deer are the largest mammals found in the U.K.

The Scottish Highlands, which are largely untouched by humans, are home to animals like the Scottish wild cat, pine martens, and golden eagles. Northern Ireland is home to some 20 species of waterfowl, including ducks, gulls, geese, and swans.

In Wales, one of the most spotted mammals is the red fox; visitors can also see Ley's Whitebeam trees, which grow only in Wales.

Seabirds like puffins and great skuas, minke whales, bottlenose dolphins, and orcas can be spotted in the waters surrounding the U.K.

GOVERNMENT AND ECONOMY

The U.K.'s system of government has developed over many centuries. As early as the ninth century, kings and queens ruled with advice from a council of religious leaders and nobles.

Today, the country is a constitutional monarchy, which means the king or queen is the head of state but doesn't have any real political power.

The head of the government is the prime minister, who is usually the leader of the political party in charge of Parliament.

Oil, iron, and steel products are some of the United Kingdom's main exports, or goods sold to other countries. The country also exports electrical equipment, and parts for automobiles and aircrafts. Its main crops produced include barley(arpa), wheat, and potatoes.

Over the centuries, the United Kingdom has accumulated wealth from foreign lands the country colonized, or took control over. Some estimates say the U.K. earned as much as \$45 trillion in today's dollars just from its former colony of India, when trade from goods that India produced went to the U.K.'s economy. Other former colonies include Australia, Canada, and South Africa.

HISTORY

EARLY HISTORY

Among the first Britons (people who live in the United Kingdom) were the Picts, who arrived some 10,000 years ago likely from mainland Europe. Then the Celts arrived from Europe, and the Picts moved north into Scotland. Next, the Romans invaded and ruled for nearly 400 years. They built roads, bathhouses, and sewers.

Then German people known as Angles, Jutes, and Saxons moved into the U.K. The Angles gave their name to England, and English people became known as Anglo-Saxons. From the 900s to the 1400s, England was ruled by Viking, Danish, and Norman invaders. Many different Celtic kingdoms maintained control throughout Ireland and Wales for hundreds of years.

UNITING THE KINGDOM

In the 13th century, England took control of Wales. About 200 years later, in 1485, Welsh noble Henry Tudor claimed the English crown and became Henry VII. The Welsh territory was officially united with England in 1536.

After many battles to keep its independence, Scotland eventually united with England in 1707. The union of the three nations—England, Wales, and Scotland—became the kingdom of Great Britain, ruled by Queen Anne, who became the first monarch of the newly-formed Great Britain.

The Celts who ruled over Ireland also fought to remain independent from England. By the late 1600s, England had gained control of all of Ireland. Ireland officially became united with England, Scotland, and Wales in 1801, forming the United Kingdom of Great Britain and Ireland.

COLONIZATION

Eager to find the wealth that Portugal and Spain had found after taking control of other lands, the U.K. began establishing colonies in what would eventually become the United States. In 1607,

Jamestown, in what's now the state of Virginia, became the first permanent English settlement in the Americas.

But in the 18th century, American colonists began to rebel against British rule. They fought for their independence during the Revolutionary War, which lasted from 1775 to 1783. The Americans won the war—and their independence.

After the loss of its American colonies, the U.K. shifted its attention to Asia.

By the mid-1800s, the United Kingdom was one of the most powerful nations in the world. The country built a huge overseas empire, setting up colonies throughout Africa and even Canada in North America. These colonies were part of the British Empire, which ruled the world's people by the 1900s.

THE EARLY 20th CENTURY

In the late 19th century, Germany began competing with the U.K. and other European countries to set up colonies in Africa and Asia. These tensions led to World War I in 1914.

The United Kingdom, alongside the United States and the Soviet Union, fought against Germany, Italy, and Japan.

The United Kingdom spent a lot of money fighting and recovering from World War I. Unable to support and oversee its empire, it withdrew from some colonies, allowing them to become independent.

India, often referred to as “the crown jewel of the British Empire,” had been pushing for independence for decades before the world wars. Indian activist Mahatma Gandhi joined the fight in 1914 by encouraging his fellow Indians to engage in nonviolent forms of protest, such as not buying U.K. goods and refusing to pay taxes. Although the struggle for independence sometimes turned violent, Gandhi's leadership helped India become its own country in 1947.

In 1952, Elizabeth II became queen. During her 70-year reign, more than 50 countries that were colonies of the British Empire became independent. This period of history has been called the decolonization of the British Empire.

TROUBLE IN NORTHERN IRELAND

People in Northern Ireland started fighting for independence during the 1960s. Sometimes called the Troubles, the conflict was mostly between Nationalists, who wanted to leave the United Kingdom and form a united Ireland, and Unionists, who wanted Northern Ireland to remain part of the U.K. Like most of Ireland, Nationalists were Catholic; Unionists were Protestants, like many in the U.K.

The violent conflict mostly took place in Northern Ireland, but fighting occasionally happened in England and Ireland as well. Nearly 4,000 people died during the Troubles, which lasted until the Good Friday Agreement was signed in 1988.

BREXIT AND THE DEATH OF QUEEN ELIZABETH II

In 1973, the United Kingdom joined the European Union. Member countries—all from Europe—follow certain trade, security, immigration, and environmental laws. But some U.K. citizens didn't like that they had to follow these laws. The country voted to leave the EU in 2016 and officially left in January 2020. People around the world called the United Kingdom's departure "Brexit," a combination of "Britain" and "exit."

In September 2022, Queen Elizabeth II died at 96 years old after 70 years on the throne. Her son, Charles, became king.

LESSON #3

Theme #3.	Geographic position, population and natural resources of USA and Canada.
-----------	--

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Political life and the Royal Family' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

The United States of America is the world's third largest country in size and nearly the third largest in terms of population. Located in North America, the country is bordered on the west by the Pacific Ocean and to the east by the Atlantic Ocean. Along the northern border is Canada and the southern border is Mexico. There are 50 states and the District of Columbia.

More than twice the size of the European Union, the United States has high mountains in the West and a vast central plain. The lowest point in the country is in Death Valley which is at -282 feet (-86 meters) and the highest peak is Denali (Mt. McKinley) at 20,320 feet (6,198 meters).

Throughout its history, the United States has been a nation of immigrants. The population is diverse with people from all over the world seeking refuge and a better way of life.

The country is divided into six regions: New England, the mid-Atlantic, the South, the Midwest, the Southwest, and the West. European settlers came to New England in search of religious freedom. These states are Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

The mid-Atlantic region includes Delaware, Maryland, New Jersey, New York, Pennsylvania, and the city of Washington, D.C. These industrial areas attracted millions of European immigrants and gave rise to some of the East Coast's largest cities: New York, Baltimore, and Philadelphia.

The South

includes Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia, all of which struggled after the Civil War, which lasted from 1860-1865.

The Midwest is home to the country's agricultural base and is called the "nation's breadbasket."

The region comprises the states

of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.

The Southwest is a beautiful stark landscape of prairie and desert. The states of Arizona, New Mexico, Oklahoma, and Texas are considered the Southwest and are home to some of the world's great natural marvels, including the Grand Canyon and Carlsbad Caverns.

The American West, home of rolling plains and the cowboy, is a symbol of the pioneering spirit of the United States. The West is diverse, ranging from endless wilderness to barren desert, coral reefs to Arctic tundra, Hollywood to Yellowstone. The states of the West include Alaska, Colorado, California, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, and Wyoming.

The landscape varies across the large country from tropical beaches in Florida to peaks in the Rocky Mountains, from rolling prairie lands and barren deserts in the West to dense wilderness areas in the Northeast and Northwest. Interspersed throughout are the Great Lakes, the Grand Canyon, the majestic Yosemite Valley, and the mighty Mississippi River.

The wildlife is as diverse as the landscape. Mammals such as bison once roamed freely across the plains, but now live only in preserves. Black bears, grizzlies, and polar bears are the largest carnivores. There are over 20,000 flower species and most came from Europe. There are more than 400 areas which are protected and maintained by the National Park Service, and many other parks in each state.

The bald eagle is the national bird and symbol of the United States and is a protected species.

The King carried out over 500 public engagements in 2023, with 11 members of the royal family carrying out 2,270 public engagements in total. These include national occasions such as attending the Cenotaph for Remembrance Day, or the Trooping The Colour; but the majority are visits to all parts of the UK, to recognise and support the work of local public services and voluntary organisations. The King and other members of the royal family are patrons of over 1,000 charities and organisations in the UK and the Commonwealth. Citizens over the age of 18 years old vote to elect the President and Vice President of United States every four years. The president lives in the White House in the capital city of Washington, D.C.

There are two houses of Congress: the Senate and the House of Representatives. There are 100 senators, two from each of the 50 states and each serves a six-year term. There are 435 representatives who must be elected every two years.

The Supreme Court is made up of nine justices who are picked by the president and must be approved by Congress.

For the first time in the nation's history an African American, Barack Obama, was elected President of the United States in 2008. He was reelected for a second term in 2012.

Advances in the past hundred years have established America as a world leader economically, militarily, and technologically. America has the largest coal reserves in the world.

HISTORY

For centuries native peoples lived across the vast expanse that would become the United States. Starting in the 16th century, settlers moved from Europe to the New World, established colonies, and displaced these native peoples.

Explorers arrived from Spain in 1565 at St. Augustine, Florida, and the British landed in 1587 to establish a colony in Roanoke, in present-day Virginia. In 1606 another British colony was established in what would become Jamestown, Virginia. From there, the French founded Quebec in 1608, then the Dutch started a colony in 1609 in present-day New York. Europeans continued to settle in the New World in ever-increasing numbers throughout the next couple of centuries.

Conflict with the Native Americans

While Native Americans resisted European efforts to gain land and power, they were often outnumbered and didn't have as powerful of weapons. The settlers also brought diseases that the native peoples had not faced before, and these illnesses sometimes had horrible effects. A 1616 epidemic killed an estimated 75 percent of the Native Americans in the New England region of North America.

During this time, fights between the settlers and Native Americans erupted often, particularly as more people claimed land where the Native Americans lived. The U.S. government signed nearly 400 peace treaties between the mid-18th century and the mid-19th century to try to show they wanted peace with the Indigenous tribes. But the government did not honor most of these treaties, and even sent military units to forcibly remove Native Americans from their lands.

For example, in 1830, President Andrew Jackson signed the Indian Removal Act, which granted land west of the Mississippi River to Native American tribes who agreed to give up

their lands. But this broke with other treaties he had signed with Native American tribes in the Southeast. The removal was supposed to be voluntary, but Jackson used legal and military action to remove several tribes from their homelands and ended nearly 70 treaties during his presidency.

By the mid-19th century, most Native American tribes had been wiped out or moved to live on much smaller portions of land in the Midwest.

Declaring Independence

In 1776, colonists living in the New England area of the New World drafted the Declaration of Independence, a document that stated that the American colonies were tired of being ruled by Great Britain (now called the United Kingdom). The settlers fought for—and won—their independence and formed a union of states based on a new constitution. But despite stating that “all men are created equal” in the Declaration of Independence, the new country was home to millions of enslaved people.

Slavery in the United States

Enslaved Africans were brought to North America by boat as early as 1619. The trans-Atlantic slave trade saw more than 12.5 million people kidnapped from Africa and sold at ports throughout the Americas over the next couple of centuries.

By 1860, nearly four million enslaved people lived in the country. Most worked in the South, where their free labor allowed the sugar, cotton, and tobacco industries to flourish. Enslaved people even built the White House and the U.S. Capitol.

When Abraham Lincoln became president in 1861, the nation had been arguing for more than a hundred years about enslaving people and each state’s right to allow it. Lincoln wanted to end slavery. Many people in the northern states agreed with him; some people in the southern states, however, relied on enslaved people to farm their crops and did not want slavery to end. Eventually, 11 southern states formed the Confederate States of America to oppose the 23 northern states that remained in the Union. The Civil War began on April 12, 1861.

The Civil War was fought between abolitionists, or people who wanted to end slavery, and the pro-slavery Confederacy. Enslaved people weren’t freed until Lincoln delivered his famous Emancipation Proclamation speech in 1863, midway through the war. Two years later, the Civil War ended with a Union victory.

That same year, the passage of the 13th Amendment officially abolished the practice of slavery and ended nearly 250 years of slavery in the country. But it did not end racism. Former enslaved people—as well as their descendants—struggled with discrimination, and African American heroes today are still fighting for equality.

Progress (and Wars) in the 20th Century

After the Civil War, the United States continued to expand westward until 1890, when the U.S. government declared the West fully explored. During this time of expansion, the population grew from about five million people in 1800 to nearly 80 million people in 1900.

The early 1900s were a time of progress in the United States. This in part was because of the number of immigrants coming to the country looking for opportunity. Between 1900 and 1915, 15 million immigrants arrived in the United States from countries such as Italy, Russia, and Poland. The new citizens worked in places such as gold mines and garment factories, and helped construct railroads and canals. These immigrants brought new ideas and culture to the young country.

The 20th century was also a time of industrial advancement. The development of the automobile and the airplane led to an increase in factory jobs and marked a shift in more people moving to live and work in big cities instead of farming in small towns.

But there were tough times, too. The United States fought alongside Great Britain, France, Russia, Italy, Romania, and Japan against Germany, Austria-Hungary, Bulgaria, and the Ottoman Empire (now the country of Turkey) in World War I, before the country suffered through what became known as the Great Depression, a time of economic crisis during the 1930s.

In the 1940s, then-president Franklin Delano Roosevelt steered the country out of the Depression before leading the country during the Second World War, alongside allies France, Great Britain, and the Soviet Union (now Russia), against Germany, Italy, and Japan.

The United States' reputation as a progressive country took hold after the two World Wars and the Great Depression. The '50s, '60s, and '70s were a time of innovation in the nation. In 1958, NASA—the National Aeronautics and Space Administration—started exploring the possibility of space flight. By 1969, the agency landed the first human on the moon.

Throughout these three decades, the fight for civil rights in the country continued with Americans of all backgrounds fighting for equal rights for their fellow citizens. Civil rights leader Martin Luther King, Jr.'s "I Have a Dream" speech is perhaps the most famous speech associated with the civil rights movement. Historic firsts for people of color during these decades include Dalip Singh Saund becoming the first Asian American elected to the Congress in 1957; Thurgood Marshall becoming the first African American justice to serve on the Supreme Court in 1967; and Shirley Chisholm becoming the first African American female elected to Congress in 1968.

The late 1900s saw the U.S. government get involved in several wars on different fronts, including the Vietnam War, a war between what was then the two separate countries of North and South Vietnam, in which the United States sided with South Vietnam; the Cold War, a long period of non-violent tensions between the United States and the former Soviet Union, now Russia; and the Gulf War, a war waged by 30-plus nations led by the United States against the country of Iraq.

An Attack on America

Although the country was still a relatively young nation at the beginning of the 21st century, the United States had established itself as a global power. Some people saw this power as a threat.

On September 11, 2001, 19 terrorists who disagreed with the United States' involvement in world affairs hijacked four planes. Two of the planes were flown into the two 110-story skyscrapers that made up New York City's World Trade Center. Another crashed into the Pentagon outside of Washington, D.C. The fourth plane went down in a Pennsylvania field. Nearly 3,000 people died that day.

Then-president George W. Bush sent troops to Afghanistan after the events of 9/11. He hoped to capture those responsible for the attacks, including al Qaeda terrorist leader Osama bin Laden. Bush also sent troops to Iraq in 2003, after rumors started that the country was hiding dangerous weapons that the president wanted to find and destroy.

While bin Laden was eventually located and killed in 2011, the United States is still fighting what's called "the war on terrorism" today.

Historic Firsts—Plus, a Pandemic

The 21st century marked more progress for the United States, particularly at its highest levels of government. In 2008, Barack Obama became the first African American to be elected president of the United States. In 2020, Kamala Harris became the first Black and Indian American person and the first woman elected vice president.

The early 2000s also saw the elections of Donald Trump, the first U.S. president to be impeached twice, in 2016; and Joe Biden, the oldest person to be elected president, in 2020. The United States—along with the rest of the world—also endured the coronavirus pandemic that began in 2020.

The Commonwealth and the Realms

The King is also head of state of 14 other countries around the world, known as the realms: they include Australia, Canada, Jamaica and New Zealand. And the King is Head of the Commonwealth, a voluntary association of 54 states, mainly former British colonies and dependencies.

Monarchy is the oldest form of government in the United Kingdom.

In a monarchy, a king or queen is Head of State. The British Monarchy is known as a constitutional monarchy. This means that, while The Sovereign is Head of State, the ability to make and pass legislation resides with an elected Parliament.

Although The Sovereign no longer has a political or executive role, he or she continues to play an important part in the life of the nation.

As Head of State, The Monarch undertakes constitutional and representational duties which have developed over one thousand years of history. In addition to these State duties, The Monarch has a less formal role as 'Head of Nation'. The Sovereign acts as a focus for national identity, unity and pride; gives a sense of stability and continuity; officially recognises success and excellence; and supports the ideal of voluntary service.

In all these roles The Sovereign is supported by members of their immediate family.

LESSON #4

Theme #4.	The geographic position, population and natural resources of Australia and New Zealand.
-----------	---

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Educational system of the country' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

Australia, the smallest continent and one of the largest countries on Earth, lying between the Pacific and Indian oceans in the Southern Hemisphere. Australia's capital is Canberra, located in the southeast between the larger and more important economic and cultural centres of Sydney and Melbourne. The Australian mainland extends from west to east for nearly 2,500 miles (4,000 km) and from Cape York Peninsula in the northeast to Wilsons Promontory in the southeast for nearly 2,000 miles (3,200 km). To the south, Australian jurisdiction extends a further 310 miles (500 km) to the southern extremity of the island of Tasmania, and in the north it extends to the southern shores of Papua New Guinea. Australia is separated from Indonesia to the northwest by the Timor and Arafura seas, from Papua New Guinea to the northeast by the Coral Sea and the Torres Strait, from the Coral Sea Islands Territory by the Great Barrier

Reef, from New Zealand to the southeast by the Tasman Sea, and from Antarctica in the far south by the Indian Ocean. Australia has been called “the Oldest Continent,” “the Last of Lands,” and “the Last Frontier.” Those descriptions typify the world’s fascination with Australia, but they are somewhat unsatisfactory. In simple physical terms, the age of much of the continent is certainly impressive—most of the rocks providing the foundation of Australian landforms were formed during Precambrian and Paleozoic time (some 4.6 billion to 252 million years ago)—but the ages of the cores of all the continents are approximately the same. On the other hand, whereas the landscape history of extensive areas in Europe and North America has been profoundly influenced by events and processes that occurred since late in the last Ice Age—roughly the past 25,000 years—in Australia scientists use a more extensive timescale that takes into account the great antiquity of the continent’s landscape. Australia is the last of lands only in the sense that it was the last continent, apart from Antarctica, to be explored by Europeans. At least 60,000 years before European explorers sailed into the South Pacific, the first Aboriginal explorers had arrived from Asia, and by 20,000 years ago they had spread throughout the mainland and its chief island outlier, Tasmania. When Captain Arthur Phillip of the British Royal Navy landed with the First Fleet at Botany Bay in 1788, there may have been between 250,000 and 500,000 Aboriginals, though some estimates are much higher. Largely nomadic hunters and gatherers, the Aboriginals had already transformed the primeval landscape, principally by the use of fire, and, contrary to common European perceptions, they had established robust, semipermanent settlements in well-favoured localities.

New Zealand, island country in the South Pacific Ocean, the southwesternmost part of Polynesia. New Zealand is a remote land—one of the last sizable territories suitable for habitation to be populated and settled—and lies more than 1,000 miles (1,600 km) southeast of Australia, its nearest neighbour. The country comprises two main islands—the North and the South Island—and a number of small islands, some of them hundreds of miles from the main group. The capital city is Wellington and the largest urban area Auckland; both are located on the North Island. New Zealand administers the South Pacific island group of Tokelau and claims a section of the Antarctic continent. Niue and the Cook Islands are self-governing states in free association with New Zealand. New Zealand is a land of great contrasts and diversity. Active volcanoes, spectacular caves, deep glacier lakes, verdant valleys, dazzling fjords, long sandy beaches, and the spectacular snowcapped peaks of the Southern Alps/Kā Tiritiri o te Moana on the South Island—all contribute to New Zealand’s scenic beauty. New Zealand also has a unique array of vegetation and animal life, much of which developed during the country’s prolonged isolation. It is the sole home, for example, of the long-beaked, flightless kiwi, the ubiquitous nickname for New Zealanders. New Zealand was the largest country in Polynesia when it was annexed by Great Britain in 1840. Thereafter it was successively a crown colony, a self-governing colony (1856), and a dominion (1907). By the 1920s it controlled almost all of its internal and external policies, although it did not become fully independent until 1947, when it adopted the Statute of Westminster. The Maori people arrived by canoe from

islands in Polynesia near Tahiti around 1,000 A.D. In the 1600s, the Dutch explorer Abel Tasman visited the islands, but his party left after being attacked. New Zealand was named Nieuw Zeeland after a region in the Netherlands.

In 1769, Captain James Cook came to the islands. The British established settlements and signed a treaty with the Maori in 1840. The Maori protested the treaty after their lands were seized, and in the 1860s, they began a 12-year war against the British for control of North Island. Peace was restored to the islands in the 1870s.

In 1893, New Zealand became the first country to give women the right to vote. The country became a dominion of Britain in 1907 and gained its independence from Britain in 1947.

Theme 5.	The history of the UK
----------	-----------------------

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Customs, social life and traditions of the UK' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with ‘classroom language’. It is a sort of brainstorming. Write the words on the board.

Customs, social life and traditions of the UK

United Kingdom, island country located off the northwestern coast of mainland Europe. The United Kingdom comprises the whole of the island of Great Britain—which contains England, Wales, and Scotland—as well as the northern portion of the island of Ireland. The name Britain is sometimes used to refer to the United Kingdom as a whole. The capital is London, which is among the world’s leading commercial, financial, and cultural centres. Other major cities include Birmingham, Liverpool, and Manchester in England, Belfast and Londonderry in Northern Ireland, Edinburgh and Glasgow in Scotland, and Swansea and Cardiff in Wales. The origins of the United Kingdom can be traced to the time of the Anglo-Saxon king Athelstan, who in the early 10th century CE secured the allegiance of neighbouring Celtic kingdoms and became “the first to rule what previously many kings shared between them,” in the words of a contemporary chronicle. Through subsequent conquest over the following centuries, kingdoms lying farther afield came under English dominion. Wales, a congeries of Celtic kingdoms lying in Great Britain’s southwest, was formally united with England by the Acts of Union of 1536 and 1542. Scotland, ruled from London since 1603, formally was joined with England and Wales in 1707 to form the United Kingdom of Great Britain. (The adjective “British” came into use at this time to refer to all the kingdom’s peoples.) Ireland came under English control during the 1600s and was formally united with Great Britain through the Act of Union of 1800

What comes to mind when you think of British culture? Probably quite differing traditional stereotypes. On the one hand, you might think of James Bond ordering a sophisticated Martini or of stylish celebs attending Wimbledon. While on the other, you might think of the eccentric capers of Mr. Bean. The UK is a multi-nation, multi-ethnic land of diversity and contrast. And yet you’ll find it hard to meet a Brit who doesn’t love a good cup of tea with a nice chocolate biscuit.

This blog post looks at some of the most characteristic customs shared by the British. I feel it necessary to point out that I myself am from southern Ireland and am therefore not a Brit, even though we share many quirks. I have, however, lived in the UK and now spend my days surrounded by many wonderful Brits at British Council Barcelona. In the interests of objectivity (and of course, to avoid controversy), I have consulted British friends and colleagues to ask them what customs they would define as specifically British, for better or worse. Read on for their eye-opening responses.

1. Awkward greetings

Our first respondent, Tamsin from Leicester, suggests that there are no strict rules for greeting somebody in the UK, the only essential element is that it's awkward. In a country like Spain, the social rules for handshakes or giving two kisses are quite clear. In the UK, greetings can range from a formal handshake to a hug to a nod of the head or perhaps just a simple "Hello". Such lack of guidance spells social disaster, as one person goes in for a hug while the other is offering a reserved head nod. The result is embarrassment for everybody, and thus a typical British interaction has begun! Try to minimise the awkwardness by at least having some greeting expressions up your sleeve. [Click here](#) for some typical expressions in English.

2. Tea (and biscuits, obviously)

It's not just a stereotype. When asked about quintessentially British customs, almost all respondents to my question immediately mentioned drinking a nice cuppa. The word "cuppa" (/ˈkʌpə/) is a common way to refer to a cup of tea, as when you pronounce the expression "cup of tea", it sounds more like "cuppa tea". And it's true that the humble cup of tea forms the basis of many British social interactions. Most Brits drink tea for breakfast, more tea during work breaks, tea before bed, tea when the neighbours visit, tea during a meeting, tea to help decide how to solve a crisis ... you get the idea. And let's not forget the great British art of "dunking": this means dipping sugary biscuits into tea before eating them. In fact, one source of national debate is which brand of biscuit is best for dunking purposes .

3. Going to the pub

Like many other respondents, Simon from Essex says that the main British tradition for him is going to the pub. Many people have their "local", meaning the pub that they go to most regularly and where they know the staff and the other customers. I remember working in an office in London and how our entire team of about 50 people had the fun habit of going to the pub together every Friday after work (sometimes on Thursdays too!). It's not all about drinking though. A trip to the pub can involve playing darts, watching sports on TV, eating some "pub grub" (that's the name for food served in a pub), or maybe even taking part in a challenging pub quiz. If you're in the mood for a fun night out, keep an eye out (or Google) for a typical British pub quiz right here in Portugal.

4. Paying for drinks in rounds

Several respondents pointed out that if you decide to try out British pub culture, you need to be aware of the other British tradition of buying drinks in rounds . This means that rather than ordering your drink individually, it's much more common to order (and pay) for the entire group. Your fellow drinkers will return the favour when they buy your next drink, and the next after that, depending on how many people are in the group. Just be careful: if you're not as used to alcohol as your colleagues, going out with a big group could lead to a pretty bad hangover the following day! Or if you've had enough, you can feel free to go home. The people who owe you drinks will (usually) remember to buy you one the next time you're in the pub together. [Click here](#) for more about British pub etiquette.

5. Saying sorry

Another custom which many respondents thought was particularly British was excessive apologising . Jane from London suggests that in any situation that goes wrong, it is the automatic reaction of most Brits to say sorry, regardless of whether they are at fault. Jane says that if she's getting off the tube and a man bumps into her while he rushes into the carriage, her instinctive reaction is to exclaim "Oooh, sorry!", even though she clearly hasn't done anything wrong. Things get even more bizarre than that. People in office corridors walk past each other and whisper "sorry!" even when there is plenty of room for them both to pass; my ex-flatmate in London once unthinkingly apologised to a dog which had run into her leg.

6. Identifying accent

A suggestion from various colleagues was the British custom of trying to place a person based on their accent. Of course, this tendency exists in every country but it's true that the UK seems to have a particular wealth of distinguishable regional accents. So when one Londoner meets another, it's quite possible that they will automatically know which general part of the city the other is from, just from accent. This phenomenon is not limited to big cities, with many rural areas having their own distinct accents. This means that Brits often talk about accents to break the ice in social gatherings, for example:

Jeff: So, would I be right in guessing that you're from Cornwall, Harold?

Harold: Oh, close enough. I'm actually from Devon.

7. Identifying class

In several responses to my question about British quirks, people mentioned the UK's obsession with class. One important factor in this sphere is, again, accent. For example, if somebody has attended a public school (this is - confusingly - the name for an expensive private school in the UK), they have a very recognisable accent. I have had many conversations with British friends, along the lines of "Well, my grandparents were working class but they saved money to send one of their kids to public school so that he'd get a posh accent and become a lawyer". Often, a person's class is assumed by their accent or family connections rather than their actual bank balance. The British tend to speak about class quite openly and even consider certain supermarkets, newspapers, or social activities to be dictated by a person's class. All of this means that silently guessing a person's class is one of Brits' favourite hobbies.

8. Sunbathing, wherever, whenever

A final custom, suggested by Sandra from London, is the British tendency to sunbathe at any sight of sun. Perhaps this is a biological necessity, a behaviour common to all people from sun-deprived nations. Any sunny day in the UK with a temperature of over 18 degrees leads to mass delirium. That means people unbuttoning their shirts, rolling up their trousers and stopping everything to sit in the sun, whether they're in a park, in a city square, at a bus stop, literally anywhere outdoors. And who could blame them for making the most of the British sunshine? Perhaps less healthy is when Brits do the same while on holiday in a hot country like Spain and instead of a sun-kissed glow, end up with an unfortunate "gamba" red!

Thanks to all my British friends and colleagues for explaining just a few of their most representative customs. Of course, there are many more that we could add to the list. Any

suggestions? Why not add them to the Facebook comments for this post? Don't forget to click here for more blog posts about life in the UK.

LESSON #6

Theme #7.	The history of USA
-----------	--------------------

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

The **United States of America (USA)**, commonly known as the **United States (U.S.)** or **America**, is a country primarily located in North America. It is a federal union of 50 states and a federal capital district, Washington, D.C. The 48 contiguous states border Canada to the north and Mexico to the south, with the states of Alaska to the northwest and the archipelagic Hawaii in the Pacific Ocean. The United States also asserts sovereignty over five major island territories and various uninhabited islands.^[j] The country has the world's third-largest land area,^[d] largest exclusive economic zone, and third-largest population, exceeding 334 million.^[k] Its three largest metropolitan areas are New York, Los Angeles, and Chicago, and its three most populous states are California, Texas, and Florida.

Paleo-Indians migrated across the Bering land bridge more than 12,000 years ago, and went on to form various civilizations and societies. British colonization led to the first settlement of the Thirteen Colonies in Virginia in 1607. Clashes with the British Crown over taxation and political representation sparked the American Revolution, with the Second Continental Congress formally declaring independence on July 4, 1776. Following its victory in the 1775–1783 Revolutionary War, the country continued to expand across North America. As more states were admitted, a North-South sectional division over slavery led to the secession of the Confederate States of America, which fought the remaining states of the Union during the 1861–1865 American Civil War. With the Union's victory and preservation, slavery was abolished nationally. By 1900, the U.S. had established itself as a great power, which was solidified after its involvement in World War I. After Japan's attack on Pearl Harbor in December 1941, the U.S. entered World War II. Its aftermath left the U.S. and the Soviet Union as the world's two superpowers and led to the Cold War, during which both countries engaged in a struggle for ideological dominance and international influence. Following the Soviet Union's collapse and the end of the Cold War in 1991, the U.S. emerged as the world's sole superpower, wielding significant geopolitical influence globally.

The U.S. national government is a presidential constitutional federal republic and liberal democracy with three separate branches: legislative, executive, and judicial. It has a bicameral national legislature composed of the House of Representatives, a lower house based on population; and the Senate, an upper house based on equal representation for each state. Substantial autonomy is provided by federalism, with a political culture promoting liberty, equality, individualism, personal autonomy, and limited government.

One of the world's most developed countries, the United States has had the largest nominal GDP since about 1890 and accounted for over 15% of the global economy in 2023.^[1] It possesses by far the largest amount of wealth of any country and has the highest disposable household income per capita among OECD countries. The U.S. ranks among the world's highest in economic competitiveness, productivity, innovation, human rights, and higher education. Its hard power and cultural influence have a global reach. The U.S. is a founding member of the World Bank, Organization of American States, NATO, and United Nations,^[m] as well as a permanent member of the UN Security Council.

Christopher Columbus began exploring the Caribbean for Spain in 1492, leading to Spanish-speaking settlements and missions from Puerto Rico and Florida to New Mexico and California. France established its own settlements along the Great

Lakes, Mississippi River and Gulf of Mexico.^[45] British colonization of the East Coast began with the Virginia Colony (1607) and Plymouth Colony (1620). The Mayflower Compact and the Fundamental Orders of Connecticut established precedents for representative self-governance and constitutionalism that would develop throughout the American colonies.^{[48][49]} While European settlers in what is now the United States experienced conflicts with Native Americans, they also engaged in trade, exchanging European tools for food and animal pelts.^{[50][o]} Relations ranged from close cooperation to warfare and massacres. The colonial authorities often pursued policies that forced Native Americans to adopt European lifestyles, including conversion to Christianity.^{[54][55]} Along the eastern seaboard, settlers trafficked African slaves through the Atlantic slave trade.^[56]

The original Thirteen Colonies^[p] that would later found the United States were administered by Great Britain, and had local governments with elections open to most white male property owners. The colonial population grew rapidly, eclipsing Native American populations; by the 1770s, the natural increase of the population was such that only a small minority of Americans had been born overseas. The colonies' distance from Britain allowed for the development of self-governance, and the First Great Awakening, a series of Christian revivals, fueled colonial interest in religious liberty.

For a century, the American colonists had been providing their own troops and materiel in conflicts with indigenous peoples and Britain's colonial rivals, especially France, and the Americans had begun to develop a sense of self-defense and self-reliance separate from Britain. The French and Indian War (1754–1763) took on new significance for all North American colonists after Parliament under William Pitt the Elder concluded that major military resources needed to be devoted to North America to win the war against France. For the first time, the continent became one of the main theaters of what could be termed a "world war". The British colonies' position as an integral part of the British Empire became more apparent during the war, with British military and civilian officials becoming a more significant presence in American life.

The war increased a sense of American identity as well. Men who otherwise never left their own colony now traveled across the continent to fight alongside men from decidedly different backgrounds but who were no less "American". British officers trained American officers for battle, most notably George Washington; these officers would lend their skills and expertise to the colonists' cause during the American Revolutionary War to come. In addition, colonial legislatures and officials found it necessary to cooperate intensively in pursuit of a coordinated,

continent-wide military effort.^[64] Finally, deteriorating relations between the British military establishment and the colonists, relations that were already less than positive, set the stage for further distrust and dislike of British troops.

The Laurence Olivier Awards take place annually at different venues in London. There are a variety of categories, including best director, best actor and best actress. The awards are named after the British actor Sir Laurence Olivier, later Lord Olivier, who was best known for his roles in various Shakespeare plays.

Art

During the Middle Ages, most art had a religious theme, particularly wall paintings in churches and illustrations in religious books. Much of this was lost after the Protestant Reformation but wealthy families began to collect other paintings and sculptures. Many of the painters working in Britain in the 16th and 17th centuries were from abroad – for example, Hans Holbein and Sir Anthony Van Dyck. British artists, particularly those painting portraits and landscapes, became well known from the 18th century onwards.

Works by British and international artists are displayed in galleries across the UK. Some of the most well-known galleries are The National Gallery, Tate Britain and Tate Modern in London, the National Museum in Cardiff, and the National Gallery of Scotland in Edinburgh.

Notable British artists

Thomas Gainsborough (1727–88) was a portrait painter who often painted people in country or garden scenery.

David Allan (1744–96) was a Scottish painter who was best known for painting portraits. One of his most famous works is called *The Origin of Painting*.

Joseph Turner (1775–1851) was an influential landscape painter in a modern style. He is considered the artist who raised the profile of landscape painting.

John Constable (1776–1837) was a landscape painter most famous for his works of Dedham Vale on the Suffolk–Essex border in the east of England.

The Pre-Raphaelites were an important group of artists in the second half of the 19th century. They painted detailed pictures on religious or literary themes in bright colours. The group included Holman Hunt, Dante Gabriel Rossetti and Sir John Millais.

Sir John Lavery (1856–1941) was a very successful Northern Irish portrait painter. His work included painting the Royal Family.

Henry Moore (1898–1986) was an English sculptor and artist. He is best known for his large bronze abstract sculptures.

John Petts (1914–91) was a Welsh artist, best known for his engravings and stained glass.

Lucian Freud (1922–2011) was a German-born British artist. He is best known for his portraits.

David Hockney (1937–) was an important contributor to the ‘pop art’ movement of the 1960s and continues to be influential today.

The Turner Prize was established in 1984 and celebrates contemporary art. It was named after Joseph Turner. Four works are shortlisted every year and shown at Tate Britain before the winner is announced. The Turner Prize is recognised as one of the most prestigious visual art awards in Europe. Previous winners include Damien Hirst and Richard Wright.

Architecture

The architectural heritage of the UK is rich and varied. In the Middle Ages, great cathedrals and churches were built, many of which still stand today. Examples are the cathedrals in Durham, Lincoln, Canterbury and Salisbury. The White Tower in the Tower of London is an example of a Norman castle keep, built on the orders of William the Conqueror (see *The Norman Conquest* and *The Tower of London*).

Gradually, as the countryside became more peaceful and landowners became richer, the houses of the wealthy became more elaborate and great country houses such as Hardwick Hall in Derbyshire were built. British styles of architecture began to evolve.

In the 17th century, Inigo Jones took inspiration from classical architecture to design the Queen’s House at Greenwich and the Banqueting House in Whitehall in London. Later in the century, Sir Christopher Wren helped develop a British version of the ornate styles popular in Europe in buildings such as the new St Paul’s Cathedral.

In the 18th century, simpler designs became popular. The Scottish architect Robert Adam influenced the development of architecture in the UK, Europe and America. He designed the inside decoration as well as the building itself in great houses such as Dumfries House in Scotland. His ideas influenced architects in cities such as Bath, where the Royal Crescent was built.

In the 19th century, the medieval ‘gothic’ style became popular again. As cities expanded, many great public buildings were built in this style. The Houses of Parliament and St Pancras Station were built at this time, as were the town halls in cities such as Manchester and Sheffield.

In the 20th century, Sir Edwin Lutyens had an influence throughout the British Empire. He designed New Delhi to be the seat of government in India. After the First World War, he was responsible for many war memorials throughout the world, including the Cenotaph in Whitehall. The Cenotaph is the site of the annual Remembrance Day service attended by the Queen, politicians and foreign ambassadors (see *The Cenotaph*).

Modern British architects including Sir Norman Foster, Lord (Richard) Rogers and Dame Zaha Hadid continue to work on major projects throughout the world as well as within the UK.

Alongside the development of architecture, garden design and landscaping have played an important role in the UK. In the 18th century, Lancelot ‘Capability’ Brown designed the grounds around country houses so that the landscape appeared to be natural, with grass, trees and lakes. He often said that a place had ‘capabilities’. Later, Gertrude Jekyll often worked with Edwin Lutyens to design colourful gardens around the houses he designed. Gardens continue to be an important part of homes in the UK. The annual Chelsea Flower Show showcases garden design from Britain and around the world.

Fashion and design

Britain has produced many great designers, from Thomas Chippendale (who designed furniture in the 18th century) to Clarice Cliff (who designed Art Deco ceramics) to Sir Terence Conran (a 20th-century interior designer). Leading fashion designers of recent years include Mary Quant, Alexander McQueen and Vivienne Westwood.

Theme #8.	The history of Canada
-----------	-----------------------

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students’ interest to it.

Materials: board, marker

Procedure: Write the word ‘Canada’ on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with ‘classroom language’. It is a sort of brainstorming. Write the words on the board.

Aboriginal Peoples



When Europeans explored Canada they found all regions occupied by native peoples they called Indians, because the first explorers thought they had reached the East Indies. The native people lived off the land, some by hunting and gathering, others by raising crops. The Huron-Wendat of the Great Lakes region, like the Iroquois, were farmers and hunters. The Cree and Dene of the Northwest were hunter-gatherers. The Sioux were nomadic, following the bison (buffalo) herd. The Inuit lived off Arctic wildlife. West Coast natives preserved fish by drying and smoking. Warfare was common among Aboriginal groups as they competed for land, resources and prestige.

The arrival of European traders, missionaries, soldiers and colonists changed the native way of life forever. Large numbers of Aboriginals died of European diseases to which they lacked immunity. However, Aboriginals and Europeans formed strong economic, religious and military bonds in the first 200 years of coexistence which laid the foundations of Canada.

The First Europeans

The Vikings from Iceland who colonized Greenland 1,000 years ago also reached Labrador and the island of Newfoundland. The remains of their settlement, l’Anse aux Meadows, are a World Heritage site.

European exploration began in earnest in 1497 with the expedition of John Cabot, who was the first to draw a map of Canada's East Coast. **Exploring a River, Naming Canada**

Between 1534 and 1542, Jacques Cartier made three voyages across the Atlantic, claiming the land for King Francis I of France. Cartier heard two captured guides speak the Iroquoian word *kanata*, meaning "village." By the 1550s, the name of *Canada* began appearing on maps.

Royal New France

In 1604, the first European settlement north of Florida was established by French explorers Pierre de Monts and Samuel de Champlain, first on St. Croix Island (in present-day Maine), then at Port-Royal, in Acadia (present-day Nova Scotia). In 1608 Champlain built a fortress at what is now Québec City. The colonists struggled against a harsh climate. Champlain allied the colony with the Algonquin, Montagnais, and Huron, historic enemies of the Iroquois, a confederation of five (later six) First Nations who battled with the French settlements for a century. The French and the Iroquois made peace in 1701.

The French and Aboriginal people collaborated in the vast fur-trade economy, driven by the demand for beaver pelts in Europe. Outstanding leaders like Jean Talon, Bishop Laval, and Count Frontenac built a French Empire in North America that reached from Hudson Bay to the Gulf of Mexico.

Struggle for a Continent

In 1670, King Charles II of England granted the Hudson's Bay Company exclusive trading rights over the watershed draining into Hudson Bay. For the next 100 years the Company competed with Montreal-based traders. The skilled and courageous men who travelled by canoe were called *voyageurs* and *coureurs des bois*, and formed strong alliances with First Nations.

English colonies along the Atlantic seaboard, dating from the early 1600s, eventually became richer and more populous than New France. In the 1700s France and Great Britain battled for control of North America. In 1759, the British defeated the French in the Battle of the Plains of Abraham at Québec City — marking the end of France's empire in America. The commanders of both armies, Brigadier James Wolfe and the Marquis de Montcalm, were killed leading their troops in battle.

The Province of Quebec

Following the war, Great Britain renamed the colony the “Province of Quebec.” The Frenchspeaking Catholic people, known as *habitants* or *Canadiens*, strove to preserve their way of life in the English-speaking, Protestant-ruled British Empire.

A Tradition of Accommodation

To better govern the French Roman Catholic majority, the British Parliament passed the *Quebec Act* of 1774. One of the constitutional foundations of Canada, the *Quebec Act* accommodated the principles of British institutions to the reality of the province. It allowed religious freedom for Catholics and permitted them to hold public office, a practice not then allowed in Britain. The *Quebec Act* restored French civil law while maintaining British criminal law.

United Empire Loyalists

In 1776, the 13 British colonies to the south of Quebec declared independence and formed the United States. North America was again divided by war. More than 40,000 people loyal to the Crown, called “Loyalists,” fled the oppression of the American Revolution to settle in Nova Scotia and Quebec. Joseph Brant led thousands of Loyalist Mohawk Indians into Canada. The Loyalists came from Dutch, German, British, Scandinavian, Aboriginal and other origins and from Presbyterian, Anglican, Baptist, Methodist, Jewish, Quaker, and Catholic religious backgrounds. About 3,000 black Loyalists, freedmen and slaves, came north seeking a better life. In turn, in 1792, some black Nova Scotians, who were given poor land, moved on to establish Freetown, Sierra Leone (West Africa), a new British colony for freed slaves.

The Beginnings of Democracy

Democratic institutions developed gradually and peacefully. The first representative assembly was elected in Halifax, Nova Scotia, in 1758. Prince Edward Island followed in 1773, New Brunswick in 1785. The *Constitutional Act* of 1791 divided the Province of Quebec into Upper Canada (later Ontario), which was mainly Loyalist, Protestant and English-speaking, and Lower Canada (later Quebec), heavily Catholic and French-speaking.

The Act also granted to the Canadas, for the first time, legislative assemblies elected by the people. The name *Canada* also became official at this time and has been used ever since. The Atlantic colonies and the two Canadas were known collectively as British North America.

We stole plants from China and India, sailed all the way back home, dried them, crushed them, drowned them in boiling water then mixed the whole thing with milk and sugar.

We now delude ourselves that there isn't a crisis that can't be resolved simply by brewing up a pot of tea.

This story was originally published in 2019. It was updated and republished in June 2023.

Theme #9.	The economy, sport and mass media of Great Britain
-----------	--

Length: One hour and twenty minutes	Number of Students: 12
Lesson Outline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
Activity Type:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'British media and sightseeing' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

British media and sightseeing

What is Media? The media is best defined by the roles they play in society. They educate, inform and entertain through news, features and analysis in the press. They also produce documentaries, dramas, current affairs programmes, public service announcements, magazine programmes and other forms of programming for radio and television. The media is a conduit through which voices, perspectives and lives are brought into the public sphere. In the last decade, Africa has witnessed a massive growth of on-line media, which is being exploited by both urban and rural communities to access and deliver information for social and business purposes.

The media also plays a critical role in facilitating social change and shaping public opinion and attitudes. The media, through its reporting, can put a spotlight on critical developments that impact negatively and positively on people's lives, as well as bringing to the fore issues that are often ignored and voices that are marginalised. The media's agenda-setting function often influences debate, thinking and priorities within society.

Research and data has shown how the media reinforces stereotypes, especially on issues of gender, religion and culture. Women are often portrayed in subordinate roles to men. When journalists look for sources for their stories, they often gravitate towards the powerful people in any community, who are mostly men. Women are often portrayed in their traditional roles as wives, mothers and care-givers, while men are seen as powerful, resourceful, leaders and many such roles associated with power.

But, perhaps one of the most important roles played by the media within modern democracies is the watchdog role; through which the media monitors the performance and conduct of governments, to ensure that they adhere to the promises and expectations of those who put them into power. Consequently, this role is often the source of conflict between media, the state and its institutions.

How does it work? The media performs its functions based on the guiding media principles of fairness, accuracy, diversity and balanced representation. However, the ability and efficacy with which it performs these functions depends largely on political and legal environments in any country. Where the legal framework is conducive, there is a proliferation of media organisations and products as well as a plurality of voices and access to information. In cases where the legal framework is stifling, there is a lack of diversity of media as well as MEDIA WORKSHOP HANDOUT NO.1 2 JUNE 4-5 2010 bias and blatant political interference. Political interferences can polarize and significantly confuse the way the media functions.

Media ownership also influences the way media functions. Generally there are private, state and public media organisations. In the majority, media organisations operate based on the imperatives of their owners. For privately owned media, they are often guided by commercial and market considerations. In Africa, state-ownership media is prevalent and the state dictates the functions and operations of media organisations while public media are often guided by the interests of viewers and listeners who pay licences to access their services.

Growth in partnerships between media and the private and civil society sectors has strengthened and opened new avenues through which development and research could be communicated. Many organisations are working with media to develop special projects that are mutually

beneficial. In this instance, organisations are able to fulfill their commercial, social and development goals. Researchers should exploit this area by engaging media managers.

Types of media Your audience will determine your choices in the types of media your organisation will engage.

Mass media– Print (newspapers, magazines), TV, radio. Despite the sharp decline in newspaper readership globally, newspapers are still an important source of news in Africa. Politicians, policy makers and others still refer to newspapers for information and to gauge public opinion. However, the penetration of newspapers is still hampered by low literacy levels and poor distribution networks. Radio remains the most important source of information for both urban and rural communities. It also has immense capacity for wider coverage and ability to integrate a diverse range of programme forms.

Community media - Community media is important because of its ability to focus and cover issues within a particular community. For example, journalists who work for community radio stations are often from the community. However, community radio stations have limitations of geographical coverage, they are poorly resourced and their journalists and editors are not trained.

New media – This is an area of startling growth in Africa, which has seen people accessing and disseminating information in ways that were inconceivable a decade ago. People are using new media (internet, email, blogs, SMS platforms, etc.) to access and disseminate social, political and economic information. New media also offers new ways to develop partnership with telecommunication companies to disseminate critical issues from research that can change people's lives.

Who is who in the media, what they do? Knowing and understanding the different people who work in the media and the roles they play is critical in developing an effective media engagement strategy.

Journalists/ Reporter (specialist beat reporters, features) – Journalists are the 'hunters and gatherers' of news. They also make decisions about which stories to cover. It is critical to identify which journalists cover your type of issues and develop a relationship with them. Send them background information, keep them up-dated of developments in your organization and share your diary with them.

Sub-Editors - They are very important individuals because they determine 'end product'. They edit stories for structure, factual correctness, length and ensure that story is written according to style guidelines. They also write headlines and captions for photographs. Because they often work on very strict deadlines, sometimes their decisions may be detrimental to the stories they publish about your organisation. Target this group for training and work with them to produce tools to help them do their work better.

Editors – These are often designated based on the roles they play (Editor-in-Chief, Assignment, News, Features, Special Projects, Business, Financial, Obituaries, etc.). This group of people are also known as the gate-keepers because they decide on what is published, what prominence it gets. They also guide journalist on the sources they would like to see in the story. Seek their

audience and make your work known to them. They should be the target for media advocacy to ensure that they include on their agenda, coverage of your issues.

Media Managers – They formulate and implement policy and they are also responsible for administration and human resources management. Decisions on what the media organisation covers, how it will be done, by whom and with what resources are often done by media managers. For example, if your research shows that violence against women is escalating because of the lack of or stereotyped coverage, you should target this group to formulate policies that could help address this issue. Like other organisations, media organisations want to be seen as good role models on coverage of certain issues – consequently they are open to ideas.

Owners and Governance structures (Board of Directors) - They ensure that the organisation operates within the framework of its statutes and mission but they are not involved in the day-to-day running of the organisation. They generally cannot influence the work of editorial staff. It is important for them to understand your issues to help them in making policy recommendations to managers.

Visit UK destinations

Whether you're in the United Kingdom (UK) for the first time, or have lived here your whole life and are looking for new places to visit, UK travel is all about variety.

It's about unearthing a mixture of iconic sights and hidden gems, ticking famous landmarks off your bucket-list one day and stumbling across a quirky local museum the next.

It's about taking the plunge into a vast wealth of activities, whether you're an adrenaline-junkie, a die-hard hobbyist or simply fancy trying your hand at something new – from abseiling and mountain-biking to hiking and pony trekking, seal spotting, bird watching and more.

And, of course, the UK's diversity is mirrored in its landscape too. From its rugged coastline studded with gold sand beaches and secret coves, to rolling countryside dotted with patchwork fields and crops of ancient woodland, to vertiginous peaks set above glistening meres and heather-clad moors, via kitschy seaside resorts, pretty-as-a-postcard villages and handsome market towns, there's no shortage of places to visit in the United Kingdom.

Meanwhile, UK city breaks offer something to satisfy all wallet sizes and tastes, be it fascinating history and heritage, cutting-edge culture and museums, indulgent retail therapy or decadent dining and nightlife.

Places to visit



For many visitors to the UK, their first port of call is England – home of Shakespeare, Sherlock Holmes and ‘Pride and Prejudice’.

There’s energetic and ambitious London, steeped in iconic landmarks, world-class museums and royal parks, whilst Cornwall’s balmy climate and surf-ready beaches promise a more chilled-out stay.

Up north, Northumberland’s starry skies and vast, unspoiled landscape stretch endlessly before you. Manchester hums to the sound of its football chants and a stomping nightlife, whilst friendly Liverpool impresses with its Beatles heritage and jaw-dropping architecture.

Places to visit in England (UK)

Things to do



There are enough things to do in the UK to keep each day fun-packed, whatever your holiday style.

Lovebirds in search of romantic breaks may look towards countryside and coast – strolling hand-in-hand along the beach, gazing up at star-studded skies or packing a picnic basket for a riverboat cruise. Prefer city breaks? You’ll find just as much romance amongst the bright lights, Michelin-star restaurants and dazzling entertainment venues of England’s vibrant cities.

School holidays are a breeze thanks to any number of family-friendly activities. Kids can learn outside of the classroom whilst fossil hunting on the beach or discovering how the Tudors and Victorians lived at one of the UK’s evocative castles and stately homes. There’s plenty for youngsters with boundless energy as well, be it swinging through the forest on a treetop adventure or learning to kayak.

As England’s weather gets warmer and a blanket of colour falls across the landscape, spring breaks are an ideal time for finding things to do in the great outdoors. Put the wind back in your

sails with a sailing holiday, strap your walking boots on for a ramble along country paths or take your pick from amongst the UK's spring festivals.

Things to do in England

Planning your UK stay



The UK has a tremendous range of accommodation to choose from so it's worth pinpointing your budget and the type of experience you'd like.

As well as hotels and B&B's, there are some quirky options too, ranging from farm stays to log cabins, canal boats to tipis. Or if you simply want something that won't burn a hole in your pocket, then you can't beat a youth hostel or campsite for value for money.

B&B's are a great choice for visitors craving that home-away-from-home feel, run by hosts who pride themselves on delivering a personal touch. You'll find them scattered across the UK in all manners of guises, be it a cosy country cottage or elegant Georgian townhouse.

Hotels enjoy equal variety for those willing to splash a little more cash. You may find yourself huddled beneath the sheets in a haunted castle, treating yourself to a spot of pampering from the comforts of an elegant Grade-listed mansion or gazing out onto a stunning cityscape from a contemporary boutique hotel set in a buzzing, central location.

Whilst your accommodation will be happy to provide you with tourism information, you might want to check out the local tourist information centre (TIC) as well.

LESSON #9

Theme #9.	The economy, sport and mass media of USA
-----------	--

Length: One hour and twenty minutes	Number of Students:
-------------------------------------	---------------------

LessonOutline

Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Famous people of the UK' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

U.S. economic activity no longer appears to be contracting and is showing small improvements in the 12 Federal Reserve Districts. Some industry sectors are perking up, while others are still on a downward slide, according to the latest Federal Reserve Bank of Kansas City Beige Book.

"Reports from the twelve Federal Reserve Districts indicate that overall economic activity continued to expand in September, although many Districts described the pace of growth as 'modest' or 'slight' and contacts generally noted weaker or less certain outlooks for business conditions," according to the Federal Reserve Board (Fed).

The Fed reports a summary of current economic conditions in its Beige Book eight times per year, with the latest published in October.

Consumer spending gravitated more toward loosening the purse strings in September, which very well might be due to the holidays approaching.

Earnings are still down with the exception of those workers with special skills who are hard to find. Hiring is at a moderate level in some areas, while other areas are still accounting for a large number

of the unemployed and won't perk up soon.

"Many Districts noted restraint in hiring and capital spending plans. ... Wage pressures remained subdued outside of a few exceptions in which firms noted having difficulty finding appropriately skilled workers," according to the Beige Book.

Businesses began to spend a little more, but Chicago, Philadelphia, and Richmond retailers hesitated to increase inventory for the holiday season, citing a falloff in consumer confidence in the economy.

The manufacturing, mining, and transportation sectors started to replace equipment, hoping to be ready when the economy normalizes.

The tourism sector was upbeat in Atlanta, Boston, and Minneapolis, with hotels reporting an increase in reservations, expecting a healthy holiday season. However, San Francisco couldn't match the enthusiasm of other areas and reported a gloomy outlook.

Overall, the report strikes a more positive note, although there are pockets still reeling from the economic downturn.

"It is clear the recovery from the crisis has been much less robust than we had hoped. ... The recession was even deeper and the recovery weaker than we had previously thought," said Ben S. Bernanke, Chairman of the Board of Governors of the Federal Reserve System, in a September speech.

Economic Outlook Fragile

"While we see strong business fundamentals in America still, the quarterly survey results reflect increased uncertainty among CEOs concerning the economic climate and business environment," said Jim McNerney, Chairman of the Business Roundtable and Chairman, President, and CEO of The Boeing Company, in a September press release.

Executives' economic expectations had been on the rise since the end of 2009, after which it swung to a strong negative outlook during 2010, declining throughout the entire year.

This year's third quarter Economic Outlook Index dropped sharply from 109.9 at the end of the second quarter to 77.6, below the 2010 fourth quarter index of 101.

Although executives were positive concerning the pace of the U.S. economic recovery during the first two quarters of 2011, their outlook took a 180 degree turn. Executives of America's larger companies expect orders, sales, and capital spending to trend downward.

To compound the feeling of gloom, the Fed reported that "responses to the Business Outlook Survey this month suggest that regional manufacturing activity is continuing to contract," according to a September release of survey results.

There is a sliver of hope, as the Fed's survey indicates that September declines in manufacturing activity were less pronounced than in August. The employment situation improved although orders and shipments were still leaning toward the negative side.

The August Manufacturing Outlook Index of -30.7, although still on the negative side, recovered to -17.5 in September. Despite the improvement in the index numbers, survey respondents suggested that the recovery will be slow and production growth will lean more to the negative side.

"The broadest indicator of future activity remained positive and rebounded this month, suggesting that recent declines are not expected to continue over the next six months," according to the Federal Reserve Bank of Philadelphia in its September announcement.

More recent survey results appear to bear this prediction out. The results from the October Business Outlook Survey offer grounds for optimism, however slight. "Responses to the Business Outlook Survey this month suggest that regional manufacturing is showing signs of recovering, following several months of decline. ... Responding firms indicated that employment was slightly higher this month. The broadest indicator of future activity remained positive and showed marginal improvement over its reading last month," said the Fed in its October announcement.

Double-Dip Recession Not in the Offing

"A significant majority, 79 percent of [investment] managers, say they do not believe the United States is entering a double-dip recession," according to a September report by Russell Investments, an investment consulting firm based in Seattle, Wash.

Investment managers point to U.S. companies' sound balance sheets, more than satisfactory profit levels, and solid liquidity as the major factors for their viewpoint. In addition, they see the Fed's low interest rate policy, falling oil prices, and the frail U.S. dollar as impacting a full economic recovery.

However, there is still a smidgen of uncertainty in the opinion of these managers, as more than half of the managers surveyed don't believe that the economy will take off at high speed, but remain slightly stagnant.

There are naturally those few, just 11 percent, who are bracing themselves for a double-dip recession, as well as another 10 percent who see the United States as already in a double-dip recession.

Almost all managers state that the unemployment situation, that is, creating jobs and getting people back to work, is the decisive factor that makes or breaks the recession.

The next most notable concern is consumer confidence, which if improved would result in an increase in consumer purchasing power.

The recovery of the U.S. housing sector was seen as having an effect on the recessionary

probability.

“We have seen a consistent spate of negative economic news that has certainly impacted investors’ confidence in the markets and we continue to see notable volatility,” said Rachel Carroll, chief portfolio manager at Russell Investments, in a September press release.

Joining the Recession Discussion

“The question remains whether the USA economy is entering a recession,” states an October 2011 Economic Forecast on the Global Economic Intersection (GEI) blog.

It all depends on the indicators the economists use to claim that a recessionary period is in effect, a country is sliding toward a recessionary period, or there is no reason to believe that such a period is in the offing.

Based on the indicators, the GEI forecast didn’t state that the United States is either in or racing toward a recessionary period. “Our indicators have not yet entered recession territory.”

The GEI forecast promotes a new theory, which says that the present state of the economy has entered a state that cannot be based on the past theories, but has to be revamped.

“The New Normal economy has different dynamics than any economic model,” according to the GEI article.

Approximately at the same time last year, a similar weakness was noted in America’s economic state. Therefore, the present frailty may not be more than seasonal adjustments.

“The current economic weakness cycle appeared last year at the same time—and could be a New Normal seasonal effect,” according to the GEI article.

Continuing along the same lines, the GEI article said, “Last year Econintersect reacted to this poor data and the rapidly degrading trend lines calling a ‘recession watch’—only to have the data to improve. This year, the contraction appears more severe in the EEI [Econintersect Economic Index]—but there are two months now of improving data.”

There are several types of mass media in the United States: television, radio, cinema, newspapers, magazines, and web sites. The U.S. also has a strong music industry. New York City, Manhattan in particular, and to a lesser extent Los Angeles, are considered the epicenters of U.S. media.

Many media entities are controlled by large for-profit corporations who reap revenue from advertising, subscriptions, and sale of copyrighted material. American media conglomerates tend to be leading global players, generating large revenues as well as large opposition in many parts of the world. With the passage of the Telecommunications Act of 1996, further deregulation and convergence are under way, leading to mega-mergers, further concentration of media ownership, and the emergence of multinational media conglomerates. These mergers enable tighter control of information.^[1] Currently, a handful of

corporations control the vast majority of both digital and legacy media. Critics allege that localism, local news and other content at the community level, media spending and coverage of news, and diversity of ownership and views have suffered as a result of these processes of media concentration.

Theories to explain the success of such companies include reliance on certain policies of the American federal government or a tendency to natural monopolies in the industry, with a corporate media bias.

The organization Reporters Without Borders compiles and publishes an annual ranking of countries based upon the organization's assessment of their press freedom records. In 2013–14, United States was ranked 46th out of 180 countries, a drop of thirteen points from the preceding year.^{[6][7]} A 2022 Gallup poll showed that only 11% of Americans trust television news and 16% trust newspapers. On the future of Spanish-language media in the U.S., Alberto Avendaño, ex-director of El Tiempo Latino/Washington Post, claimed that "Hispanic-American" news coverage in the English-language media is "absolutely pathetic," but he was optimistic, arguing that demographic shifts would inevitably render the Latino media a significant presence in the context of American media.

According to a May 2023 AP-NORC poll, 74% of respondents said the media is to blame for increased political polarization in the United States.

LESSON #10

Theme #1.	The economy, sport and mass media of Canada	
-----------	---	--

Length: One hour and twenty minutes	Number of Students: 12
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	

ActivityType:	Individual, small group, whole class (teacher-students)
---------------	---

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure:

Write the word 'symbols' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

The Canadian economy is outperforming expectations. In the face of higher interest rates, Canada has avoided the recession that some had predicted. Inflation has fallen from its June 2022 peak of 8.1 per cent to 2.9 per cent in January and to 2.8 per cent in February 2024. The labour market remains solid. Over 1.1 million more Canadians are employed today than before the pandemic, marking the fastest jobs recovery in the G7 (Chart 1). Real wages (wages adjusted for inflation) have gone up, meaning Canadians, on average, have more purchasing power. And, our economy is growing, with data from Statistics Canada revealing that real GDP at basic prices grew 0.6 per cent in January (7.4 per cent annualized), and preliminary estimates pointing to 0.4 per cent growth in February (4.9 per cent annualized), suggesting that growth in the first quarter of 2024 is on track for around 3.5 per cent.

Private sector forecasters expect that the year ahead should bring further progress. By the end of the year, they expect economic growth will pick up, interest rates will be lower, and inflation will decline to about 2 per cent. Both the International Monetary Fund (IMF) and the Organisation for Economic Co-operation and Development (OECD) project that Canada will see the strongest economic growth in the G7 in 2025.

At the same time, Canadians are facing challenges as some of the biggest factors for costs of living, such as groceries and housing, remain elevated. For too many Canadians, hard work isn't paying off. Our government won't let them get left behind. For younger Canadians who are concerned that they may not achieve the same standard of living as previous generations, we are helping them reach their full potential. Millennials are now the largest Canadian generation, having surpassed baby boomers in July 2023. Millennials' success in the workforce is Canada's

success. We will ensure they succeed by boosting innovation, increasing productivity, in turn, raising wages and creating more good jobs—ensuring that Canada's economy reaches its full potential.

Ongoing investments—including in the Canada Child Benefit, Canada-wide affordable child care, housing construction, and enhanced benefits and pensions for seniors—are making life more affordable for Canadians and improving access to housing. Investments in economic growth and competitiveness are already showing results—Canada received the highest per capita foreign direct investment in the G7 in the first three quarters of 2023

Canada's Economy is Outperforming Expectations

The Canadian economy is doing better than expected. In the face of rapid and substantial increases in interest rates to tame inflation, growth has slowed but outperformed expectations in 2023. Canada avoided the recession expected by many forecasters (Chart 3), with real GDP rising by 1.1 per cent in 2023, over three times higher than what was forecasted in Budget 2023 (0.3 per cent).

Canada's economy is growing. Despite some temporary factors such as the Quebec public sector strikes late in 2023, real GDP rose by 1 per cent on an annualized basis in the fourth quarter, driven by strong global demand for Canadian exports, as well as resilient demand from households for goods and services. Economic indicators are also encouraging so far in 2024. With the economy benefiting from a boost from the unwinding of temporary factors, this translated into strong real GDP gains in January (7.4 per cent annualized) and preliminary February (4.9 per cent annualized). This suggests that growth in the first quarter of 2024 is on track for around 3.5 per cent annualized. In recent months, household and small business sentiment has also been more positive.

Canada's strong economic fundamentals have helped the economy weather the impacts of higher interest rates. These strong fundamentals include solid labour markets driving ongoing gains in workers' income, as well as solid household and business balance sheets.

The surprising strength of the U.S. economy has also been a factor supporting Canada's better-than-expected performance (Chart 4). Growth in the U.S. has far outpaced expectations, driving solid external demand for Canadian goods and services, as well as foreign direct investment in Canada, which provided a sizeable boost to the Canadian economy throughout the past year.

Media often consists of a two-sided market model. In such cases, each side of the market is expected to provide a form of benefit to the other in return for the same. It is a mutual system of benefit in which there are two end-users or beneficiaries.^[8] A lot of times, mass media works in this way (in Canadian society as well as in any other). For example, television requires the viewer and advertisers to provide mutual network benefits. Printed books require the publisher and author to provide readers with quality work; in return, readers provide feedback and increase the popularity of the book through purchases. A newspaper's advertisers and readers mutually benefit from one another; readers provide business for advertisers while advertisers provide readers with information (since a significant portion of newspapers' funding comes from advertisers). The more successful a newspaper is, the better it gets at providing its readers with a well-rounded accumulation of news. All advertising-based media are two-sided markets.^[9] Bob Garfield explains that there are two issues with this model: widespread access to certain content has significantly lowered the amount that consumers are willing to spend on it; the audience becomes fragmented. The second issue is that the rise in available content has lowered the prices that advertisers are willing to pay in order to access a portion of the market.^[9]

Special attention must be paid to the importance of advertising, particularly in newspapers. Newspapers typically generate about 70 – 80 percent of their revenue from advertising, while the remainder comes from subscriptions and sales.^[10] However, with the recent move to online publishing, there have been problems. Online advertising is not nearly as effective as print advertising, according to Eric Clemons.^[11] Although he discusses advertising in relation to newspapers in the United States, similar problems exist in Canada. He claims that Internet advertising will fail for three reasons:

- **Consumers do not trust advertising** – Messages coming from commercial sources have proven to be considered less credible by audiences and therefore have a less powerful impact. Company sponsored blogs are among the least trusted sources of information on products and services.
- **Consumers are not interested in viewing advertisements** – They visit websites for the main content and do not want to see things which attempt to distract them from this.
- **Consumers do not need advertising** – If users need a product or service, they have their own sources on the Internet and prefer to use these as opposed to advertisements on websites which are not solely dedicated to the product or service.^[11]

Clemons suggests alternative methods for earning money through the Internet, namely selling content and selling access to virtual communities.^[11] However, one might argue that this would not be effective in current society; since content and access has been available for free for as long as the Internet has been around, sudden charges might cause an uproar among users of the Internet. Furthermore, a portion of Internet users may not be able to afford paying for content and access, which will limit the amount of revenue businesses will bring in.

In August 2015, the Canadian Media Guild, the union representing CBC journalists, became a registered third party in order to campaign for increased taxpayer funding of the CBC in the 2015 election.^[12] After the Liberal Party of Canada won the election, it increased taxpayer funding of the CBC by \$150 million.^[13] In 2017, the federal government announced a five-year \$50 million program to help struggling local newspapers. In 2018, it announced \$595 million in tax credits to help struggling newspapers and television networks.^[14]

LESSON #10

Theme #1.	Social life of Great Britain
-----------	------------------------------

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	

To make aware of the purpose of the course

ActivityType:	Individual, small group, whole class (teacher-students)
---------------	---

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'social life' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

Eating in the UK

It is easy to find good food in the UK and we have some of the world's top restaurants. Lots of cheap restaurants, and food markets, are available for students on a budget. It is possible to try food from all over the world, even in small towns. Italian, Indian, Chinese, Thai and Mexican food are all very popular.

Traditional British food includes fish and chips, full English breakfast, Sunday roast dinners, Yorkshire pudding, cornish pasties, cream tea, pies, haggis, local cheese, and of course plenty of tea and cake.

Supermarkets are good places to find cheap options for lunch and snack, to reduce the cost of living. See the British Council's tips on eating well, and cheaply, in the UK.

Money in the UK

The UK uses its own currency, called the pound (£). Cash machines (ATMs) are easy to find and are usually free to use.

You can pay by debit or credit card almost everywhere in the UK. Cash is usually required at very small shops, outdoor markets, some pubs and cafes, local buses and for taxis.

UK festivals

Festivals are a large part of UK culture with over 800 music festivals alone taking place every year. Although music festivals are one of the main attractions in the UK, other festival types also include wellness, arts and literary and food.

Food festivals, showcasing national and international cuisines, are becoming increasingly more common around the UK with each city having its own.

Higher education system in the UK

The United Kingdom is known for its the high standard of its education system. It boasts some of the top universities in the world.

How does the UK education system work?

There are four parts to the UK schooling system: primary, secondary, further, and higher education. Primary, secondary, and further education (college and apprenticeships) are all mandatory.

Once you have finished your mandatory studies, you are able to apply for a higher education degree at a university of your choosing.

Bachelor's degree

A bachelor's degree is an undergraduate degree you can study after completing your mandatory schooling. A typical bachelor's degree takes three years to finish, however, there are some programmes that can take up to four years.

As an international student hoping to study a bachelor's degree in the UK, you will be able to study a pathway programme such as the International Year One in Accounting and Finance at Kingston University International Study Centre. The International Year One programme will prepare you to join the second year of your bachelor's degree at the University, allowing you to graduate in the typical three years.

Another option you have is studying a foundation year such as the International Foundation Year in Science, Technology, Engineering and Mathematics at Kingston. A foundation year allows you to spend a year in the International Study Centre gaining an understanding of your field of interest before progressing to the first year of your three-year degree at the University.

International tuition fees for a bachelor's degree in the UK can be expensive so you need to find the course that is right for you.

Master's degree

A postgraduate master's degree is completely optional but is a great way to gain further understanding of a specific subject area. Having a master's degree will also mean you have more career opportunities available to you after completion. Many masters courses in the UK take just one year to complete, however, you can choose to do it over two years by adding work experience into your studies.

Postgraduate preparation programmes are also available, such as the Pre-Masters Programme in Business and Management. This programme provides a pathway to a master's degree and has two study options available; two terms or a condensed 12 week fast-track.

Tuition fees for a masters degree can be just as expensive as studying a bachelor's. Fees vary depending on which university you go to and the course you are studying.

Grading system of education in UK universities

The UK has a unique grading system for higher education. The aim of the system is to be more specific when describing your academic achievements. Each grade has a subsequent word which describes the quality of work. These are:

- First-class: 70% and above - excellent to outstanding
- Upper second-class: 60-69% - good to very good
- Lower second class: 50-59% - satisfying
- Third-class: 40%-49% - sufficient

- Fail: 0-39% - unsatisfactory

Food & traditions

Food

Food culture in the UK is often based around social gatherings and interactions. Typical UK culture food consists of fish and chips, full English breakfast, a Sunday roast, and a cup of tea.

One of the first things you will be offered when walking into a British home is a cup of tea. Having a cup of tea (or coffee) is the basis of many British social interactions.

The national dish of the UK is surprisingly not fish and chips, although it was for quite some time. Recently chicken tikka masala has been named as the UK's favourite dish, which is said to have originated from the South Asian community in Britain.

As the UK is vastly multicultural it is likely you will find food from all over the world almost anywhere you go.

Religion & Beliefs

The UK, known for its multiculturalism, is unsurprisingly diverse in its religious beliefs. Although the Church of England was the official state-sanctioned religion for quite some time, it now makes up less than half of the religious population of the UK. Judaism, Buddhism, Hinduism, Islam, and Sikhism are also prevalent within the United Kingdom.

However, not everyone in the UK practices religion, it is estimated that a third of UK residents have no religious connections.

Economy

The UK economy is the fifth largest in the world and its most thriving sector is the service industry, with business and finance sitting firmly at the top. Other important industries include:

- Pharmaceuticals
- Oil and gas production
- Agriculture
- Construction

No matter where you decide to study in the UK, we hope you enjoy exploring the culture and traditions as an international student.

FAQ's

Which education system is better, the UK vs US?

The education systems in the UK and the US are different but they both offer an excellent schooling experience.

If the length of your course is a deciding factor for you, the UK has shorter degree courses which also means lower tuition fees.

How many cultures are in the UK?

As this is something that is ever evolving it is difficult to pinpoint an exact number. However, in 2021 the UK House of Commons shared migration statistics showing that 9% of people living in the UK had the nationality of a different country. That's around six million people sharing their culture and traditions to make the United Kingdom a hive of multicultural wonder.

What are British cultural values?

- Democracy – a culture built on equality and freedom where everyone is aware of their rights and responsibilities
- Individual liberty – the freedom to respectfully share thoughts and opinions
- Respect and tolerance – respecting the beliefs, values, and ideas of others

Important Authors and Literature

Charles Dickens

Charles Dickens was not just one of the first great English novelists. By using his writings as a means to defend the vulnerable people of the Victorian Era and criticize the societal structure of the time, he was also a huge contributor to several important social reforms. The social conscious he developed in his adult years led to some of the most influential pieces of literature the Victorian Era had seen, such as *Great Expectations*, *The Pickwick Papers*, *Oliver Twist*, and many more. Although he was not the first to use his skills in writing to address the issues in English society, he was by far the most successful. Dickens was able to bring to light a serious issue that England itself could not see, and with the spread and increased fame of his works people everywhere were beginning to see that something had to be done (Diniejko).

Thomas Hardy

Thomas Hardy was one of the first “realist” novelists of the Victorian Era. His use of powerful emotions and pessimistic views was highly criticized because no one had ever read something like it before. Most novelists up to Hardy's point were laid-back, accepting-natured optimists. Works such as *The Return of The Native*, *Far from the Madding Crowd*, and *Tess of the d'Urbervilles* introduced characters with such deep and intense emotion (whether it was slightly comedic or very tragic) that most writers before him failed to do. Hardy was also considered a social critic of sorts, identifying the low standards of living that the poor endured in the industrial cities. The mix of realism and social criticism in one style of writing was the reason why Thomas Hardy was one of the most influential and important authors of the Victorian Era (Allingham).

George Eliot

George Eliot was a third author who used literature not simply just to entertain, but also to inform people of the conditions of people in the society around her. Growing up in a hectic and interesting environment herself, Mary Ann Evans (who's pen names was George Eliot) used her stories to study how environments, especially social environments, affect people and their character. Eliot, who was a fan of art and its origins, believed that any form of art should be based off of life rather than other pieces of art. For instance, *The Mill on the Floss* was taken and

modeled from her real life experience of being rejected by her friends and family for her common-law marriage. Although she was also an influential author of the Victorian Era, she criticized authors like Dickens and Austen on their styles of writing (Allingham).

- **Women**
- Queen Victoria
- Queen Victoria reigned over the United Kingdom of Great Britain and Ireland from June 20th, 1837 until her death on January 22nd, 1901. She came to represent femininity that was revolved around the family, motherhood, and respectability, the idea that the woman's responsibilities were to love and respect her husband before anything, and perform all of the duties and chores for the household. Herself, her husband Albert, and their many children became an icon of late-19th-century middle class femininity and domesticity.
- "Separate Spheres"
- During this period, the roles of men and women became more sharply defined than they had ever been in history. Rather than women working alongside the men in family businesses, the 19th century saw an increase in men commuting away to their places of work, leaving the women home all day to oversee the household. This ideology of men and women occupying "Separate Spheres" was supported by the idea that there were "natural" characteristics of men and women that suited each for different roles. Women, considered physically weaker yet morally superior, best suiting them for the domestic sphere.
- Marriage and Sexuality
- Women could not seem too focused on finding a husband, lest it appeared they had a worrying amount of sexual desire. Women were meant to only desire marriage in that it allowed them to become mothers rather than for any sexual or emotional satisfaction. Women had no choice but to stay pure until marriage, usually not even being allowed to speak to a man unless there was a married woman chaperoning.
- Girls typically married in their early to mid 20's to a groom around 5 years older than them in order to reinforce the "natural" hierarchy between the sexes.
- After a woman married, her rights and property ceased to remain her own. Everything that she owned now belonged to her husband, including her body, property, and money.

Theme #1.	Social life in USA
-----------	--------------------

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Education in the USA' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

Education in the USA

How does the education system in the USA work?

1. Kindergarten: The kindergarten schooling system in the USA is the first year of formal education and bridges preschool and elementary education. The course is specifically designed for children aged between 5 and 6.

These classrooms are typically less formal than higher education and include play areas and creative activities. Kindergarten organs vary from full day to half day depending on the schools and focus on developing early learning standards like foundational skills in literacy, numeracy, science, and social studies. The teachers are trained to create nurturing and inclusive environments to

2. Primary Education

Elementary School: The elementary school system encompasses a fundamental part of the K-12 educational system, covering K-5 or kindergarten through 5th grade. This schooling system introduces students to a structured learning environment with teachers mentoring them through the various subjects.

The school curriculum focuses on developing fundamental skills in subjects like English Language Arts (ELA), maths, science, and physical education. Along with academics, elementary schools focus on social and emotional development, helping students build life skills such as teamwork, communication, etc.

Middle School or Junior School: The USA's Middle or junior school system is a crucial transitional stage in students' educational journey and typically covers grades 6-8.

The curriculum becomes more memorable and specialised, focusing on core subjects like English, maths, social studies, and science, but these subjects become more advanced and detailed. Middle schools often introduce students to specific topics to understand their areas of personal interest. Besides these, students are exposed to several extracurricular activities, sports, and clubs to foster overall growth and expand the reach of career opportunities.

3. Secondary Education

High School: High school education in the USA forms a critical and formative part of a student's educational journey. It covers grades 9 to 12 and the final stage of the K-12 education system before the advent of college courses.

The high school curriculum is designed to serve a well-rounded education on core subjects like English, science, and social studies. It even allows students to choose from several elective courses, allowing them to explore their interests and career goals. It even offers a range of extracurricular activities, including sports, music, drama, and community service opportunities, which promote personal development.

4. Post-Secondary Education:

College or University: The post-secondary education system comprises many educational opportunities beyond high school and includes various paths like colleges, community colleges, vocational and technical schools, and online institutions.

It typically consists of a four-year bachelor's degree program and master's and doctoral degrees after completing graduate courses. Each of these courses allows students to choose from various majors.

Post-secondary education is not just limited to recent high school graduates; even adults who wish to continue their education and earn a professional degree can restart their careers.

Types of Higher Education Institutions in the USA

The US education system offers a wide range of options in higher education, catering for the interests and career goals of everyone. Here is a list of the different higher education programs available in the USA.

State colleges

State colleges or universities are public institutions that provide various undergraduate and graduate degree courses. They mainly focus on providing undergraduate education and have limited intakes. These colleges cater to a specific region or community's educational and workforce needs. These universities often have a student body, including regional institutions and more prominent universities with broader reach.

Some prominent private institutions in the USA are Harvard University, Yale University, Williams College, Boston College, etc.

Private Colleges

Private colleges or institutions in the USA offer higher education and are not government-funded. Such institutions are operated by the funds given by private organisations, which include non-profit organisations, for-profit corporations or religious entities. Private colleges function differently as compared to public colleges funded by the government.

Some prominent private universities, like Princeton University, Columbia University, Duke University, etc., are in the USA.

Community colleges

Community colleges or institutions in the USA provide affordable and accessible educational opportunities to students. These institutions are often called "open-access" institutions, meaning these colleges have minimal admission requirements.

Community colleges offer a two-year certification program that is transferable, which means graduates from these universities transfer to higher universities to pursue four-year college to complete their courses. Some community colleges in the USA are Community College of Philadelphia, City College of San Francisco, Miami Dade College, etc.

Technology Institutes

Technology University is not a specific type of University in the USA. Technology university defines institutions and colleges that strongly focus on science, engineering, computer science and other technology-related programs. These colleges are known for providing world-class research facilities in information technology, robotics, AI data science, etc.

Some of the best technology universities in the USA are MIT, Stanford University, and the California Institute of Technology.\

The grading system of the USA

The education system in the USA is a usual method for evaluating students' academic performance. Generally, schools and colleges assess students' marks as grades or percentages,

but the standard grading system in the USA is a different system known as Grade Point Average (GPA).

Different grading methods are used across the country. However, the education system of the USA relies on the four-point grading system.

The US universities follow two types of grading systems: first, the numerical scheme and second, the letter system. Here is a detailed explanation of these grading systems:

Letter grades

This grading system is used for individual assessments and can easily convert into GPA. The heading scale ranges from A to F, with A representing excellent performance and F indicating failure.

Grade Point Average

The Grade Point Average is a vital grading system as these marks determine if a candidate is eligible for scholarships and admission to the University of their choice.

One of the most unique features of the US grading system is the four-point scale. The numerical values assigned to the applicant are converted to grades. A point represents these grades according to the defined grading scale. Let's understand these grade systems:

Letter Grade	Percentile	Grade Point Scale
A+	97-100	4.33 or 4
A	93-96	4.0
A –	90-92	3.7
B +	87-89	3.3
B	83-86	3.0
C +	80-82	2.7
C	77-79	2.3
C	73-76	2.0
C –	70-72	1.7

D +	67-69	1.3
D	63-66	1.0
D –	60-62	0.7
F	less than 60	–

Independence

From a young age, Americans are taught to be self-sufficient and independent. The importance of a person being able to mold their own identity and future via their own choices, abilities, and efforts is heavily emphasized in American culture, education, and institutions. Americans value taking care of themselves and having the freedom to pursue their own definition of happiness. This extends to university life, where students are in charge of selecting their own major and pursuing the degree program that best aligns with their personal goals.

For international students who come from a culture where everything is done collectively as one unit/family, this emphasis on individualism and autonomy could take some getting used to. Focusing on independence does not mean you are alone, however, as there are many communities, advisors, and support services in the US you can rely on in times of need.

Equality

For Americans, equality means everyone is born equal and no one is inferior or superior to the other. US universities take equality seriously, and will often include statements affirming equal rights in their charter, annual reports, and student and staff codes of conduct. Additionally, anti-discrimination policies are often in place and enforced for admissions, hiring, events, etc.

If you attend a US university, you can expect to live and study in an equitable and inclusive campus environment, where everyone can learn and freely pursue their goals.

Individualism

Similar to valuing independence, culture in America places a great deal of importance on individualism. Individualism usually refers to being self-sufficient, with community and/or government assistance as a last resort. This means people are free to pursue their goals, often on their own terms, within the context of US laws.

Americans hold the ideals of freedom and order in high regard, and individualism is a key component — everyone in the US is entitled to their personal beliefs. The ability to express your individual views and opinions is considered part of this freedom.

Materialism

America has the largest economy in the world, built off the principles of capitalism. As a result, culture in the USA often places a strong importance on materialism.

Competition and capital accumulation encourage businesses to maximize efficiency, allowing investors to profit from growth while customers benefit from cheaper pricing on a broader selection of goods. Equally, consumers are incentivized to purchase goods and services to feed back into the economy, and many financial systems in the US are designed around encouraging spending.

Due to America's strong economic position and capitalist economy, people can sometimes be encouraged to assess their wealth based on personal possessions and compare material possessions with others. This materialism plays an important role in explaining inequities in America, but can depend on many factors such as your personal community, city, or the state where you live.

Holidays

In US culture, there are a few significant holidays that may be new to international students. Here's a list of federally recognized holidays in the US:

- New Year's Day — The first of January is a holiday in the US, with Americans celebrating the arrival of a New Year. As this day symbolizes new beginnings, many Americans start the New Year with family and loved ones.
- Martin Luther King, Jr., Day (MLK Day) — On the third Monday of January, the US honors the life of American civil rights activist Martin Luther King, Jr. (MLK), who protested against racial discrimination and made immense contributions to end segregation and prejudice. On this holiday, Americans are encouraged to reflect on racial equality and social change, as well as to devote time to community service.
- Memorial Day — The last Monday of May is dedicated to US military personnel who lost their lives in service. To honor their lives and service, Americans place flowers and flags on the graves of military personnel; many towns also hold parades. Memorial Day is also considered the official kickoff to summer, and many Americans have outdoor parties, gathering with family and friends for barbecues, swimming, and/or outdoor recreation.
- Juneteenth — To recognize the day slavery officially came to an end (June 19, 1865), Juneteenth is commemorated across America with parades, fairs, barbecues, and more.
- Independence Day — Celebrated with fireworks, barbecues, parades, and live festivals, the Fourth of July marks the day the United States declared their independence from British rule.
- Labor Day — The first Monday in September honors and appreciates the American labor movement, as well as laborers' contributions to the country's progress and achievements. This holiday is considered the close of summer, and Americans gather outdoors for food, swimming, games, and other festivities.
- Veterans Day — Observed on November 11, Veterans Day acknowledges living veterans who previously served in the United States military.
- Thanksgiving — Thanksgiving is a holiday of gratitude, commemorating the Pilgrim settlers' first harvest back in the 1600s. Now, every fourth Thursday of November, Americans celebrate Thanksgiving with family and friends over a hearty meal of turkey and all the trimmings.
- Christmas Day — Celebrating the birth of Jesus, Christmas Day is celebrated every December 25. It's a huge holiday in America, with parades, shopping events, music, and decorations. You may experience the country getting into the festive spirit even before October ends!

Along with these holidays, individual states or regions will observe local holidays based on their cultural history, or for members of specific communities or religions. For example,

Massachusetts celebrates Patriots' Day the third Monday of April, honoring the first battles of the Revolutionary War in Lexington and Concord; the Boston Marathon is also held that day.

LESSON #12

Theme #1.	Social life of English Speaking Countries
-----------	---

Length: One hour and twenty minutes	Number of Students: 12
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Traditions, festivals, sports, events and holidays of the country' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

Traditions, festivals, sports, events and holidays of the country

Listing all the traditions of the United States would be endless, so we picked the most popular holidays for you. Enjoy!



Thanksgiving

Thanksgiving traces its origins back to 1621 when the Pilgrims and Native Americans shared a feast celebrating the harvest.

Nowadays, it's all about gratitude, family.... And, as for practically any American event, food. The centerpiece is a roast turkey, often accompanied by stuffing, mashed potatoes, cranberry sauce, and pumpkin pie.

My Texan husband makes sweet potatoes and pecan casserole, green bean casserole, stuffing and Mac & cheese! And for dessert, Mississippi Mud! Our friends in Europe just love this American tradition and even take a day off work to attend!

Typically, families and friends gather for a hearty meal, watch football games, and, in many households, share what they are thankful for. The Macy's Thanksgiving Day Parade, with its giant balloons and floats, is also a beloved tradition — will a balloon fly away this year?

Independence Day (4th of July)

Who hasn't heard of Independence Day? No, not that one....

This beloved, and oh-so patriotic holiday commemorates the adoption of the Declaration of Independence on July 4, 1776. Celebrations are marked by vibrant fireworks displays, parades, and American music.

Barbecues and picnics are staples, featuring foods like hot dogs, hamburgers, corn on the cob, and apple pie. Communities come together to celebrate with concerts, fairs, and games, all decked out in red, white, and blue.

Halloween

Growing up in France, I only heard of Halloween on TV. Nowadays, this awesome tradition has crossed the pond, and my French nephews celebrate it every year!

Well, to be accurate, it has crossed the pond AGAIN. Indeed, Halloween has its roots in the ancient Celtic festival of Samhain, where people would light bonfires and wear costumes to ward off ghosts.

Today, it's a night of spooky fun. Kids and adults dress in costumes, go trick-or-treating for candy, and attend costume parties. Haunted houses, carved pumpkins (jack-o'-lanterns), and horror movie marathons are all part of the festivities.

Christmas

Yes, it's commercial. Yes, it's tacky. But American Christmas is simply irresistible.

Christmas in the US is a festive blend of global traditions and uniquely American practices. The holiday celebrates the birth of Jesus Christ but has also become a secular celebration of joy and giving, no matter what people's religion is.

Homes and streets are adorned with lights — a LOT of them —, and Christmas trees sparkle with ornaments. Santa Claus, stockings hung by the fireplace, and exchanging gifts are key traditions. Caroling, festive meals, and community events like Christmas markets and light displays add to the holiday cheer, creating a season full of warmth and togetherness.

And it's not just for snowy states! In California, Hawaii or Florida, palm trees replace Christmas trees, sometimes with a questionable design. Yep...

Regional traditions around the US

Northeastern traditions

Maple sugaring in New England

Celebrated in states like Vermont and New Hampshire, maple sugaring season marks the time when sap from maple trees is collected and boiled down to make maple syrup. Sugar shacks — cabanes à sucre, as our dear Québécois friends would say — open their doors to the public, offering tours and tastings of fresh syrup, candies, and other maple products.

You can even make your own maple lollipop on snow!

Groundhog Day in Pennsylvania

Held in Punxsutawney, this quirky tradition involves Punxsutawney Phil, a groundhog who predicts the weather. On February 2nd, if Phil sees his shadow, there will be six more weeks of winter; if not, an early spring is expected. The event includes festivities, speeches, and a celebration of local folklore.

I know what you're thinking: so much pressure on this little groundhog!

Boston Marathon in Massachusetts

Taking place on Patriots' Day in April, the Boston Marathon is the world's oldest annual marathon. Runners from all over the globe participate in this prestigious race, which is a major event for the city. Spectators line the 26.2-mile route, cheering on athletes and enjoying the vibrant atmosphere.



Southern traditions

Mardi Gras in Louisiana

As a French person, I thought I knew what Mardi Gras was about. Well, if you think you do too and you haven't been to Louisiana, think again!

New Orleans is famous for its Mardi Gras celebrations, which feature elaborate parades, colorful costumes, and lively — that might be an understatement? — street parties. Floats and krewes (social clubs) throw beads and trinkets to the crowds, and the city is alive with music, dancing, and festivities leading up to Ash Wednesday. Believe me, it's pure madness!

Meanwhile, in Cajun Country, they chase a chicken...

Juneteenth celebrations

Recognized across the Southern states, particularly in Texas where it originated, Juneteenth commemorates the emancipation of enslaved African Americans on June 19, 1865. Celebrations include parades, festivals, historical reenactments, and community gatherings that honor African American culture and heritage. For more information, don't miss our dedicated article on Juneteenth.

Southern food traditions

Barbecues and crawfish boils are integral to Southern culture. Barbecues, often featuring smoked meats like ribs and pulled pork, are social events that bring communities together. Crawfish boils, especially popular in Louisiana, involve boiling crawfish with spices, potatoes, and corn, creating a festive outdoor dining experience.



Midwestern traditions

State Fairs

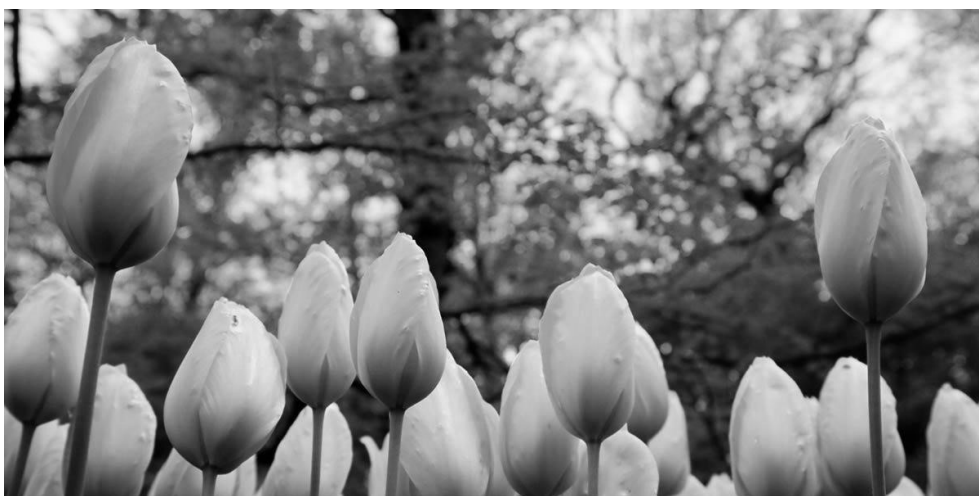
Each Midwestern state hosts its own state fair, such as the Iowa State Fair or the Minnesota State Fair. These events showcase agricultural exhibits, carnival rides, games, and a wide array of fried foods. They are family-friendly celebrations of local culture, industry, and entertainment. State fairs are celebrated nationwide, but it's a specialty in the Midwest!

Oktoberfest in Wisconsin

Reflecting the region's strong German heritage, Oktoberfest celebrations in cities like La Crosse, Wisconsin, feature traditional Bavarian music, dancing, beer, and food. These events capture the spirit of German culture with activities like polka dancing and beer stein-holding contests.

Tulip Time Festival in Michigan

Held in Holland... Michigan, this festival celebrates the area's Dutch heritage with millions of blooming tulips, traditional Dutch dances, parades, and cultural performances. It's a vibrant display of community pride and historical appreciation.



Western traditions

Cinco de Mayo in the Southwest

Particularly prominent in states like California and Arizona, Cinco de Mayo celebrates Mexican culture and heritage, commemorating the Mexican army's victory over France at the Battle of Puebla. Festivities include parades, mariachi music, folkloric dancing, and feasts featuring Mexican cuisine.

Chinese New Year in San Francisco

San Francisco's Chinatown hosts one of the largest Chinese New Year celebrations outside of Asia. The event includes a grand parade with elaborate floats, lion dancers, firecrackers, and cultural performances, celebrating Chinese culture and traditions.

Rose Parade in Pasadena

Held on New Year's Day, the beautiful Rose Parade features elaborate floats adorned with millions of flowers, along with marching bands and equestrian units. It precedes the Rose Bowl college football game and is a beloved tradition that attracts spectators from all over the world.

Native American traditions

Native American culture is a vibrant and integral part of the United States, with traditions that have endured for centuries. The preservation of these traditions is crucial not only for the cultural heritage of Native American communities but also for the broader understanding and appreciation of America's diverse history. Let's dive into the main Native American traditions.

Powwows

Powwows are social gatherings that celebrate Native American culture through music, dance, and community. These events can last from a single day to several days and serve as a vital means of cultural expression and community bonding.

Participants often wear elaborate regalia, which is crafted with traditional designs and materials, reflecting the unique heritage of their respective tribes. Powwows also feature competitive dancing and drumming contests, and they provide a platform for the transmission of cultural knowledge to younger generations.

Storytelling

Storytelling is a fundamental aspect of Native American language and culture, serving as a means of education, cultural preservation, and entertainment. Oral traditions are used to pass down history, moral lessons, and practical knowledge.

Stories often feature animals, natural elements, and mythological figures, and they convey deep spiritual meanings and cultural values. Each tribe has its unique narratives, but common themes include creation myths, trickster tales, and stories that explain natural phenomena.

Specific tribal rituals

Navajo Blessingway Ceremony

This ceremony is central to Navajo spirituality and is performed to ensure good fortune, health, and harmony. It involves singing, prayers, and the creation of sand paintings that are believed to attract healing spirits.

Hopi Snake Dance

This ritual, performed by the Hopi tribe, is a prayer for rain and fertility. Participants dance with live snakes in their mouths, which are later released to carry the prayers to the gods.

By the way, if you're ever in Phoenix, I can recommend the Heard Hopi museum!

Lakota Sun Dance

The Sun Dance is one of the most significant religious ceremonies of the Lakota Sioux. It is a rite of renewal and involves days of fasting, dancing, and often self-sacrifice. Participants seek spiritual visions and the community comes together in a profound expression of faith and endurance.

Importance of preserving traditions

Preserving Native American traditions is vital for several reasons:



Cultural identity

These traditions are a source of pride and identity for Native American communities. They help maintain a sense of belonging and continuity with the past.

Historical awareness

Understanding and respecting Native American traditions fosters a more accurate and comprehensive view of American history, recognizing the contributions and experiences of Native peoples.

Spiritual significance

Many traditions have deep spiritual meanings and are integral to the religious practices of Native American communities. Preserving these practices ensures the continuation of their spiritual heritage.

Educational value

For both Native and non-Native people, learning about these traditions promotes cultural sensitivity, respect, and mutual understanding.

LESSON #13

Theme #1.	Social life of English Speaking countries
-----------	---

Length: One hour and twenty minutes	Number of Students:
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim: To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives: To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure: Write the word 'Peculiarities of American states, their capital cities, anthem' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with ‘classroom language’. It is a sort of brainstorming. Write the words on the board.

Peculiarities of American states, their capital cities, anthem

Capital Cities of The States of The USA

Each state of the USA has a unique history and a different story. Similarly, each of these capital cities is amazing in its own way. In this section, we will be highlighting the most interesting facts about the capital cities of the USA.

1. Montgomery, Alabama

Montgomery, Alabama is the birthplace of the Civil Rights Movement. Visitors can explore landmarks like the Alabama State Capitol, where Jefferson Davis took office as Confederate President.

The city honors its past through museums and memorials, offering insight into amazing individuals like Rosa Parks’ stand on a bus. On top of that, The city is also home to the Dexter Avenue King Memorial Baptist Church, where Dr. Martin Luther King Jr. served as pastor and organized pivotal civil rights actions.

2. Juneau, Alaska

Juneau, Alaska is a capital like no other. Accessible only by air or sea due to its remote location, Juneau captivates visitors with its wild beauty. Surrounded by towering mountains and glaciers, the city offers outdoor enthusiasts endless adventures, from whale watching to glacier trekking.

As the gateway to the Tongass National Forest, the largest temperate rainforest in the United States, Juneau is a haven for nature lovers seeking serenity and exploration in Alaska’s untamed wilderness.

3. Phoenix, Arizona

Phoenix, Arizona is often known as the Valley of the Sun. As one of the fastest-growing cities in the U.S., Phoenix blends modernity with a rich cultural heritage. Visitors can explore the vibrant arts scene, indulge in southwestern cuisine, or embark on outdoor adventures in the nearby Sonoran Desert.

With over 300 days of sunshine each year, Phoenix beckons travelers with its warm climate, stunning desert landscapes, and endless opportunities for relaxation and exploration.

4. Little Rock, Arkansas

Little Rock, Arkansas, holds a significant place in American history as the site of pivotal events in the Civil Rights Movement. Central High School stands as a symbol of the struggle for desegregation, where nine brave African American students faced adversity and made history in 1957.

Today, visitors can tour the Little Rock Central High School National Historic Site and reflect on the courage and resilience of those who fought for equality.

5. Sacramento, California

Sacramento, California, sits at the confluence of the Sacramento and American Rivers, serving as the capital of the Golden State. Sacramento boasts a wealth of cultural attractions, including the California State Capitol building and the Old Sacramento Historic District.

Visitors can stroll along cobblestone streets, explore museums, or take a scenic river cruise. With its Mediterranean climate and proximity to wine country, Sacramento offers a perfect blend of urban sophistication and outdoor adventure.

6. Denver, Colorado

Denver is a vibrant metropolis nestled in the Rocky Mountains. Serving as the capital of Colorado, Denver offers a unique mix of outdoor recreation and indoor activities. Visitors can explore world-class museums, dine at acclaimed restaurants, or enjoy outdoor adventures like hiking, skiing, and whitewater rafting. With a thriving craft beer scene, diverse neighborhoods, and a bustling arts and music scene, Denver has something for everyone.

7. Hartford, Connecticut

Hartford, Connecticut is located along the Connecticut River. As one of the oldest cities in the United States, Hartford is known for its historic landmarks, including the Mark Twain House and the Connecticut State Capitol.

With a population of approximately 122,000 people, Hartford is the capital of Connecticut and serves as a hub for finance, insurance, and healthcare industries.

8. Dover, Delaware

Dover, Delaware, the capital of the First State, offers a blend of historical charm and modern amenities. With a population of around 38,000 residents, Dover is known for its colonial-era architecture, including the Old State House and Legislative Hall.

As the second-largest city in Delaware, Dover serves as a center for government, education, and commerce. Dover's convenient location provides easy access to Delaware's beautiful beaches and scenic coastal areas.

9. Tallahassee, Florida

Tallahassee, Florida is situated in the Florida Panhandle. With a population of approximately 194,000 residents, Tallahassee is the largest city in the region and serves as the capital of the Sunshine State.

Home to Florida State University and Florida A&M University, Tallahassee has a youthful energy and dynamic arts scene. Tallahassee's warm climate and southern hospitality make it a popular destination year-round.

10. Atlanta, Georgia

Atlanta, Georgia, is the capital of the Peach State. It has a population of over 500,000 residents. Atlanta is the largest city in Georgia and serves as a major hub for business, transportation, and culture in the southeastern United States.

It has some of the most iconic landmarks like the Georgia State Capitol and the Martin Luther King Jr. National Historic Site. All in all, Atlanta offers a wealth of historical and cultural attractions.

11. Honolulu, Hawaii

Honolulu, Hawaii is a tropical paradise and the capital city of the Aloha State. With a population of approximately 347,000 residents, Honolulu is the largest city in Hawaii and serves as the economic, cultural, and political center of the islands.

Hawaii offers an amazing nightlife and some of the most stunning beaches. Tourists can explore historic sites like Pearl Harbor and Iolani Palace.

12. Boise, Idaho

Boise, Idaho is situated in the Rocky Mountains. It has a population of around 235,000 residents, it's Idaho's largest city and the state capital. Visitors can explore the Boise River Greenbelt, a scenic pathway winding through the heart of the city, or hike the nearby Boise Foothills for stunning views of the valley.

For history buffs, the Idaho State Capitol and the Old Idaho Penitentiary offer fascinating insights into the region's past.

13. Springfield, Illinois

Springfield, Illinois is a must-visit for anyone with an interest in the nation's past. As the capital of Illinois and the hometown of one of the most famous presidents of the USA, Abraham Lincoln, Springfield offers a wealth of historic sites and landmarks.

If you come to the city, you can visit amazing places like Lincoln Home National Historic Site, where the 16th President lived before his presidency, or explore the Abraham Lincoln Presidential Library and Museum, which showcases artifacts and exhibits related to Lincoln's life and legacy.

14. Indianapolis, Indiana

As the capital of Indiana and the largest city in the state, Indianapolis offers a wide range of attractions and activities for visitors. Sports fans can catch a game at the iconic Indianapolis Motor Speedway or Lucas Oil Stadium, home of the NFL's Indianapolis Colts.

Fans of history can explore sites like the Indiana State Capitol and the Benjamin Harrison Presidential Site, while art lovers can wander through the Indianapolis Museum of Art.

15. Des Moines, Iowa

Des Moines, Iowa, located in the heart of the Midwest, is a dynamic city known for its cultural attractions, outdoor recreation, and friendly atmosphere. Outdoor enthusiasts can explore the

extensive trail system along the Des Moines River or stroll through the beautiful Greater Des Moines Botanical Garden.

You can visit the Iowa State Capitol, with its stunning gold dome, or learn about Iowa's agricultural heritage at Living History Farms. With lively festivals, delicious dining options, and a thriving arts scene, Des Moines is a hidden gem waiting to be discovered.

16. Topeka, Kansas

As the capital of Kansas, Topeka offers a variety of attractions and activities for visitors to enjoy. Tourists can explore sites like the Kansas State Capitol, which features beautiful murals and artwork, or the *Brown v. Board of Education* National Historic Site, which commemorates one of the most historic landmark Supreme Court cases that ended racial segregation in public schools.

Outdoor enthusiasts can hike or bike along the scenic Shunga Trail or enjoy a picnic in one of Topeka's many parks. With its friendly Midwestern hospitality and diverse cultural offerings, Topeka welcomes visitors with open arms.

17. Frankfort, Kentucky

Frankfort, Kentucky serves as the capital of the Commonwealth of Kentucky. With a population of approximately 27,000 residents, Frankfort offers a quaint charm and rich history. Visitors can explore the Kentucky State Capitol, a stunning Beaux-Arts building overlooking the scenic Kentucky River.

You can also tour the Buffalo Trace Distillery, one of the oldest operating distilleries in the United States. For outdoor enthusiasts, nearby parks like Cove Spring Park and Capitol View Park offer opportunities for hiking, picnicking, and wildlife watching.

18. Baton Rouge, Louisiana

Baton Rouge, Louisiana is situated along the Mississippi River. As the capital of Louisiana, Baton Rouge offers a blend of historic landmarks and modern attractions. Visitors can explore the Louisiana State Capitol, a towering Art Deco building with stunning views of the city, or stroll through the LSU Rural Life Museum. All this showcases Louisiana's rural heritage.

For foodies, the city's diverse culinary scene offers everything from Cajun and Creole classics to innovative fine dining experiences.

19. Augusta, Maine

Augusta, Maine is a charming capital city with a rich maritime history and natural beauty. With a population of approximately 19,000 residents, Augusta offers a tranquil atmosphere and plenty of outdoor recreation opportunities.

You can explore the Maine State Capitol, a majestic granite building with a golden dome, or stroll through the nearby Capitol Park, which features monuments and memorials honoring Maine's history. However, if you are a nature lover, you can visit nearby parks like the

Kennebec River Rail Trail and Vaughan Woods State Park offer scenic trails for hiking, biking, and birdwatching.

20. Annapolis, Maryland

Annapolis, Maryland, known as the Sailing Capital of the World, is a picturesque city steeped in colonial history and maritime tradition. Visitors can tour the Maryland State House, the oldest state capitol still in continuous legislative use, or explore the U.S. Naval Academy, which has trained generations of Navy and Marine Corps officers.

For maritime enthusiasts, sailing cruises on the Chesapeake Bay and tours of historic ships like the USS Constellation offer unforgettable experiences.

21. Boston, Massachusetts

Boston, Massachusetts is referred to as the Cradle of Liberty. It is a historic city brimming with culture, intellect, and revolutionary spirit. As the capital of Massachusetts, Boston offers a wealth of iconic landmarks and attractions. Visitors can walk the Freedom Trail, a 2.5-mile route that passes by 16 significant historic sites, including the Massachusetts State House and Paul Revere's House.

For art and culture lovers, institutions like the Museum of Fine Arts and the Isabella Stewart Gardner Museum showcase world-class collections.

22. Lansing, Michigan

Lansing, Michigan is situated along the Grand River. It has a population of approximately 118,000 residents. Lansing offers a blend of urban excitement and natural beauty. There are amazing places like the Michigan State Capitol, which is a stunning example of neoclassical architecture.

If you are a travelling enthusiast, you can also visit attractive places like the Potter Park Zoo that holds more than 500 animals from around the world. On top of that, there are parks like the Fenner Nature Centre and Lansing River Trail.

23. St. Paul, Minnesota

St. Paul, Minnesota is a charming metropolis known for its rich history, diverse culture, and vibrant arts scene. There are more than 300,000 residents that live in this capital city. The city boasts historic sites like the Minnesota state Capitol which is a majestic Renaissance Revival building,

Additionally, you can stroll along Summit Avenue that is lined with historic mansions. For art lovers, institutions like the Walker Art Center and the Minnesota History Center offer world-class exhibitions and programs.

24. Jackson, Mississippi

As the capital of Mississippi, Jackson offers a blend of historic landmarks, cultural attractions, and outdoor recreation opportunities. Visitors can explore sites like the Mississippi State Capitol,

a magnificent Beaux-Arts building, or tour the Mississippi Museum of Art, which features a diverse collection of American art.

For outdoor enthusiasts, nearby parks like LeFleur's Bluff State Park and the Natchez Trace Parkway offer opportunities for hiking, picnicking, and wildlife watching.

25. Jefferson City, Missouri

Jefferson City has a rich population of approximately 43,000 residents. It offers a charming blend of historic architecture, cultural attractions, and outdoor recreation opportunities. For outdoor enthusiasts, there are nearby parks like the Katy Trail State Park and Binder Lake Recreation Area that offer opportunities for hiking, biking, and fishing.

On top of that, visitors can explore landmarks like the Missouri State Capitol, a majestic building with a distinctive dome, or tour the Missouri State Museum, which showcases the state's rich heritage.

26. Helena, Montana

With a population of around 32,000 residents, Helena offers a peaceful atmosphere and plenty of outdoor recreation opportunities. Visitors can explore landmarks like the Montana State Capitol, a grand neoclassical building with a copper dome, or tour the Montana Historical Society Museum, which showcases the state's rich heritage.

There are also nearby attractions like Gates of the Mountains Wilderness and Helena National Forest that allow you to hike, fish and view some of the most amazing wildlife pictures.

27. Lincoln, Nebraska

Lincoln, Nebraska is located in the heart of the Great Plains. It is an exquisite capital city with a thriving arts scene and friendly Midwestern charm. As the capital of Nebraska, Lincoln offers a blend of historic landmarks, cultural attractions, and modern amenities.

You can explore landmarks like the Nebraska State Capitol, a striking skyscraper with a golden dome, or stroll through the historic Haymarket District, filled with shops, restaurants, and galleries.

28. Carson City, Nevada

Carson City, Nevada has a rich mining heritage and scenic surroundings. It has a population of around 56,000 residents. Carson City also allows visitors to explore landmarks like the Nevada State Capitol, a grand Renaissance Revival building, or tour the Nevada State Museum, which showcases the state's diverse history.

29. Concord, New Hampshire

Concord, New Hampshire with a rich history and New England charm has a population of around 43,000 residents. Moreover, Concord offers a blend of historic landmarks, cultural attractions, and outdoor recreation opportunities.

There are many attractions like the New Hampshire State House where visitors can stroll through the oldest state capitol in the United States, or walk through the historic Main Street, lined with shops, restaurants, and galleries.

30. Trenton, New Jersey

Trenton, New Jersey is situated along the Delaware River. It is a historic capital city with a rich colonial heritage and diverse cultural scene. Visitors can explore landmarks like the New Jersey State House, a grand colonial-era building, or tour the Old Barracks Museum, which showcases the city's role in the American Revolution.

31. Santa Fe, New Mexico

Santa Fe, New Mexico is in the foothills of the Sangre de Cristo Mountains. It is a vibrant capital city with a rich cultural heritage and stunning desert landscapes. With a population of approximately 85,000 residents, Santa Fe has a lot to offer.

32. Albany, New York

Albany, New York is situated along the Hudson River. With a population of around 98,000 residents, Albany is one of the most heartwarming places in New York. Visitors can explore landmarks like the New York State Capitol, a magnificent Romanesque Revival building, or tour the Albany Institute of History & Art, which showcases the city's rich history and culture.

There are also some parks like Washington Park and the Albany Pine Bush Preserve where you can hike and enjoy many beautiful sights.

33. Raleigh, North Carolina

Raleigh, North Carolina is a dynamic capital city with a thriving economy and vibrant cultural scene. Almost 474,000 people live in this city and enjoy an exciting life. Raleigh offers a blend of historic landmarks, cultural attractions, and outdoor recreation opportunities.

The North Carolina State Capitol is a majestic Greek Revival building that visitors love. Moreover, you can tour the North Carolina Museum of History, which showcases the state's diverse history and culture.

34. Bismarck, North Dakota

Bismarck, North Dakota, sits next to the Missouri River and is a lovely capital city with a lot of history and beautiful nature. Around 73,000 people call it home. It's a mix of old buildings, cool museums, and outdoor fun.

You can check out the cool Art Deco style of the North Dakota State Capitol or learn about the state's past at the North Dakota Heritage Center & State Museum. If you like the outdoors, you'll enjoy exploring the nearby Missouri River or Fort Abraham Lincoln State Park, where you can hike, fish, and see wildlife in a gorgeous setting.

35. Columbus, Ohio

Columbus, Ohio, is a bustling capital city situated by the Scioto River. It's full of life with around 898,000 people living there. You'll find a mix of old buildings, cool art spots, and outdoor fun. Check out the fancy Greek-style Ohio Statehouse or visit the Columbus Museum of Art to see lots of cool artwork.

If you like nature, places like the Scioto Mile and Franklin Park Conservatory are perfect for hiking, biking, and just enjoying the outdoors.

36. Oklahoma City, Oklahoma

Oklahoma City, Oklahoma, is called the "Big Friendly" because it's a lively capital city with lots of history and energy. It's a mix of city life and southern charm. You can visit cool places like the Oklahoma State Capitol, which is a really beautiful building, or check out the old Bricktown area with its shops, restaurants, and fun places to hang out.

There are also places like the Myriad Botanical Gardens and Lake Hefner that are great for hiking, boating, and just being outside. Oklahoma City has something for everyone to enjoy. On top of that, About 650,000 people live there.

37. Salem, Oregon

Salem, Oregon, is a lovely capital city surrounded by pretty landscapes. About 170,000 people live there. You can see cool old buildings, like the Oregon State Capitol, and walk around downtown with its shops and places to eat.

If you enjoy walking in nature, there are parks nearby where you can go hiking, biking, and birdwatching. Salem has a bit of everything for all kinds of people to enjoy!

38. Harrisburg, Pennsylvania

Harrisburg, Pennsylvania is situated along the Susquehanna River. The city is attractive and boasts a rich heritage. Approximately 50,000 people live in this city. It is a historic capital city with a rich industrial heritage and scenic beauty.

Visitors can explore landmarks like the Pennsylvania State Capitol, a magnificent Renaissance Revival building, or tour the State Museum of Pennsylvania, which showcases the state's rich history and culture.

39. Providence, Rhode Island

Providence, Rhode Island is known as the "Creative Capital,". With a population of around 180,000 residents, Providence offers a blend of historic landmarks and culinary delights. Among the attractions include the Rhode Island State House, a grand neoclassical building with the fourth-largest self-supported marble dome in the world, or stroll through the historic Benefit Street, lined with beautifully preserved colonial-era homes.

If you are an art enthusiast, you can visit institutions like the Rhode Island School of Design Museum and the Providence Performing Arts Center offer world-class exhibitions and performances.

40. Columbia, South Carolina

Columbia offers a blend of historic landmarks, cultural attractions, and outdoor recreation opportunities. There are beautiful attractions like the South Carolina State House, a magnificent Greek Revival building with a striking copper dome, or walk around the South Carolina State Museum.

If you get excited about outdoor places, there is much in store for you like the Riverbanks Zoo and Garden and Congaree National Park offer opportunities for hiking, boating, and wildlife viewing.

41. Pierre, South Dakota

Pierre, South Dakota, is a small and peaceful capital city by the Missouri River. Around 14,000 people live there. You can see the South Dakota State Capitol, a big and pretty building with cool art inside. In the downtown area, there are shops, galleries, and places to eat.

If you like being outside, you can go to places like Oahe Dam and Farm Island Recreation Area for hiking, fishing, and just enjoying nature. Pierre is a nice place with lots of things to do outdoors!

42. Nashville, Tennessee

Nashville, Tennessee, is a lively capital city known as the “Music City.” It’s home to over 690,000 people. Nashville has lots of cool old buildings and places to visit, like the Tennessee State Capitol, which is really fancy.

In the downtown area, there are honky-tonks, restaurants, and places to hear live music. If you love music, you can go to places like the Grand Ole Opry and the Country Music Hall of Fame, where you can see great performances and learn about famous musicians. Nashville is a fun city with lots of music and history!

43. Austin, Texas

Austin, Texas is known as the “Live Music Capital of the World.” With a population of around 990,000 residents, Austin offers a blend of historic landmarks and outdoor recreation opportunities.

You can explore landmarks like the Texas State Capitol, a grand Renaissance Revival building with stunning grounds and monuments, or stroll through the historic Sixth Street district, filled with shops, restaurants, and live music venues.

44. Salt Lake City, Utah

Salt Lake City, Utah, is a lively capital city with about 200,000 people. It’s surrounded by mountains and the Great Salt Lake, which makes it really pretty. There are lots of old buildings and cool places to see, like the Utah State Capitol, which has a great view of the city.

Downtown, there are shops, galleries, and places to eat. If you like being outside, you can go to places like Big Cottonwood Canyon and Antelope Island State Park for hiking, skiing, and seeing animals. Salt Lake City has something for everyone to enjoy.

45. Montpelier, Vermont

Montpelier, Vermont, is a cozy capital city with about 7,500 people. It's surrounded by the Green Mountains, which makes it really pretty. There are lots of old buildings and cool places to see, like the Vermont State House, which has a golden dome on top.

There are also many attractive shops, cafes, and art galleries to check out. If you like being outside, you can go to places like Hubbard Park and North Branch Park for hiking, having a picnic, and just enjoying nature. Montpelier is a peaceful city with lots of things to do outdoors!

46. Richmond, Virginia

Richmond, Virginia is situated along the James River. It is a historic capital city with a rich colonial heritage and vibrant cultural scene. With a population of around 230,000 residents, Richmond visitors can explore landmarks like the Virginia State Capitol, a magnificent neoclassical building designed by Thomas Jefferson.

You will also get a chance to stroll through the historic Monument Avenue that is lined with statues of Confederate leaders and Civil War heroes. Additionally, there are nearby attractions like Belle Isle and Maymont Park offer opportunities for hiking, biking, and enjoying the river.

47. Olympia, Washington

Olympia, Washington, is a beautiful capital city with about 52,000 people. It's by Puget Sound, which makes it really scenic. There are lots of old buildings and cool places to see, like the Washington State Capitol, which has a dome on top.

On top of that, you will love it there. If you like being outside, you can go to places like Capitol Lake Park and Priest Point Park for hiking, boating, and watching birds. Olympia is a lovely city with lots of history and nature to enjoy!

48. Charleston, West Virginia

Charleston is nestled along the Kanawha River and is a charming capital city with a rich history and southern hospitality. Visitors can explore landmarks like the West Virginia State Capitol, a stunning Beaux-Arts building with a gleaming golden dome.

You can enjoy the historic East End district, filled with shops, cafes, and art galleries. For outdoor enthusiasts, nearby attractions like Kanawha State Forest and Coonskin Park offer opportunities for hiking, fishing, and enjoying nature.

49. Madison, Wisconsin

Madison, Wisconsin, is a bustling capital city with about 270,000 people. It's between Lake Mendota and Lake Monona, which makes it really pretty. There are lots of old buildings and cool places to see, like the Wisconsin State Capitol, which has a big dome on top.

If that is not all, there's State Street, which has lots of shops, restaurants, and theaters to visit. If you like being outside, you can go to places like the University of Wisconsin Arboretum and Devil's Lake State Park that are great for a good hike.

The Star-Spangled Banner

Say, can you see
 By the dawn's early light
 What so proudly we hailed
 At the twilight's last gleaming?

Whose broad stripes and bright stars
 Through the perilous fight
 O'er the ramparts we watched
 Were so gallantly, yeah, streaming?

And the rockets' red glare
 The bombs bursting in air
 Gave proof through the night
 That our flag was still there

O say, does that star-spangled banner yet wave
 O'er the land of the free and the home of the brave

LESSON #15

Theme #1.	English speaking countries and Uzbekistan
-----------	---

Length: One hour and twenty minutes	Number of Students: 12
LessonOutline	
Warm-up	
Activity 1. Introduction	
The aim:	
To provide students with guidance and assistance in using English effectively as a medium of communication and sharing various information about their country and its national symbols in English	
Objectives:	
To make aware of the purpose of the course	
ActivityType:	Individual, small group, whole class (teacher-students)

Warm-up. (15 min.)

Objectives: to lead-in to the topic and to raise students' interest to it.

Materials: board, marker

Procedure:

Write the word 'American cuisine' on the board. Have the learners answer the question: What does it mean?

Allow them to guess and give their answers. The students may give many different answers.

Then ask them to give the words associated with 'classroom language'. It is a sort of brainstorming. Write the words on the board.

American cuisine

What Is American Food and Cuisine?

The term "American cuisine" may bring to mind hamburgers and fries, but in reality, American food culture is as varied as its diverse population, with nearly every ethnicity represented in restaurants, supermarkets, and specialty grocers.

Diversity in American Food

American food culture derives from cuisines from around the world – and continues to evolve. As technology advances and populations change, food culture in America has adapted as well.

With this wide variety of cuisines, American food culture often combines food from different countries, regions, and ethnicities to create entirely new dishes that are unique to the US. Food culture in America uses all the great flavors you find in different parts of the world, including influences and ingredients from the Caribbean, China, France, Germany, India, Italy, Jamaica, Japan, Mexico, Spain, Thailand, Vietnam, and many more!

Most cultural foods in America are adapted to appeal to local tastes and available regional ingredients, but this varies by location. There are many establishments that have food prepared with authentic ethnic ingredients and techniques, especially in cities. (If you ever feel homesick, eating a meal that reminds you of home can help you feel more comfortable.)

The best part of American cuisine is that, through food, you can always find some reminder of home. What sets American cuisine and the food culture in America apart is its ability to merge flavors, textures, and cooking techniques from different continents to create unique, delicious dishes.

If you are craving authentic culinary experiences while studying in the US, consider states known for amazing cuisine and cultural diversity. States like California, Florida, Illinois, Ohio, New York, and Texas are known to be the most diverse food states in the US.

No matter where you study, you will find a wide array of ethnic and American cuisine to choose from, both off campus and on the menu in your campus dining hall.

As you become more comfortable in the US, you may find yourself exploring the area around campus or wider region, finding and trying different restaurants as you discover your personal favorites!

Meal Examples

On campus, you can look forward to a wide variety of meal options. To understand the choices available to you, let's take a look at some dishes that are favorites in the US and are a staple of many diets.

(Keep in mind that this list does not include dining options off campus, which will likely offer diverse dining experiences and fusion foods widely considered part of American food culture.)

Here are some common American dishes you may find in your campus dining hall. We have listed them by the meal when you are most likely to eat them, but you might see many of these foods at any time of day.

Breakfast

Cold cereal – Most dining halls have a cereal bar where you can choose from several grain-based cereals. Usually these are eaten with milk. (Some are high in sugar, so choose wisely!)

Oatmeal – Warm oats, sometimes served with fruit, brown sugar, or honey, make a warming meal for winter days.

Scrambled eggs and bacon – Dining hall staff will cook chicken eggs in a pan with butter or milk to make them fluffy. They are good to eat with a few strips of bacon.

Waffles – Waffles are often served with butter and maple syrup (or maple-flavored syrup). You could also use chocolate chips, jam, or fruit toppings.

Pancakes – These flat cakes are cooked in a skillet and served with butter and maple syrup. You can also add fruit or other sweet toppings.

Bagels – This round ring of bread is often cut in half and served with butter, peanut butter, or cream cheese. In some cases, they may come with salmon (fresh or smoked), capers, onions, and cucumber. Bagels are usually available in many flavors including onion, cinnamon raisin, and sesame.

Toast – For a quick and simple meal, you can use the toaster in your dining hall to make a slice of bread browned and crisp. Then top it with butter, peanut butter, or jam.

Lunch

Burgers – This famous American sandwich features a grilled beef patty between a sandwich bun, and is usually served with lettuce, tomato, and onion. You can add ketchup, mustard, or both. You can get a plain hamburger or request melted cheese — like cheddar or American — on top to order a cheeseburger.

Sliders – These hamburgers are smaller than standard, typically about one-third of the size of a regular burger, so you can eat one or several depending on how hungry you are.

Buffalo wings – Despite the name, these are not made from a buffalo. This popular American dish is chicken wings covered with buffalo sauce, a type of creamy hot sauce that is bright orange in color. This sauce can range from mild to very spicy.

Grilled cheese – This sandwich is made by melting provolone, mozzarella, or another kind of cheese between two pieces of bread. It is often served with tomato soup.

Macaroni and cheese – Macaroni pasta is covered in several different cheeses and then baked. Some recipes mix in meat or vegetables, too.

Dinner

Bacon cheeseburger – Some dining halls improve the classic hamburger on a bun by topping it with not just cheese, but also bacon.

Barbecue ribs – These pork or beef ribs are served in a smoky sauce. You can pick them up and eat them with your hands — no need to dirty a fork and knife!

Chicken noodle soup – A soup made with chicken broth, pieces of chicken, noodles, and chopped vegetables that Americans often like to eat when they are sick. It also just tastes good, especially on a cold day.

Chili – Served in a bowl, chili is often made with ground meat and chili peppers simmered with vegetables, beans, and savory spices. Every region of the country and even individual families may have a favorite way of making chili. It could be more like a stew or soup, depending on where you get it.

Clam chowder – A clam-based seafood soup. Depending on which part of the country you are in, you may see it served New England style with a thick white creamy broth, or Manhattan style with a tomato-based broth.

Fried chicken – With this meal, you will get breaded pieces of chicken, fried in oil, so the skin gets crispy and salty.

Pizza – This might be the most commonly eaten food on American college campuses: a flat round dough topped with tomato sauce, cheese, and your choice of meats and vegetables.

Reuben sandwich – This grilled sandwich is made with salt-cured beef, Swiss cheese, Russian dressing, and German sauerkraut, served on rye bread.

Tacos – Americans love this Mexican favorite. Tacos are built on a hard or soft corn-based tortilla filled with meat. Popular toppings include tomato, cheese, lettuce, and sour cream, but you may find many other options to add in.

Snacks

Candy – Americans enjoy many varieties of sweet treats, chocolates, and other candies. You can often find small bags of candy at vending machines or near the checkout line in stores.

Chips and salsa – Corn tortilla chips are served with chopped peppers, tomatoes, and spices all mixed up into a tasty sauce.

Corn dog – Usually served on a stick, a corn dog is a hot dog covered in corn batter and deep fried. You may find them at carnivals or sporting events.

Trail mix – A mixture of nuts, berries, small pieces of chocolate, and other portable treats that is usually eaten when you do not have time for a full meal.

There may be no greater American than George Washington. Washington became the first United States President in 1789 with his unanimous victory in the first American election. He was also unanimously elected to a second term in 1793, the only president ever to garner 100 percent of the electoral votes. Washington was also the Commander-in-Chief of the First Continental Army that fought the British when the country was not yet established.

His epic "Crossing of the Delaware" river to recover New York City is still considered one of the greatest military moves in the history of warfare. At the time of the crossing, the British had taken Boston and New York. The Continental Army was on the run and disorganized, but Washington had a plan. He decided to take his troops across the Delaware River in the middle of winter. This was a move that many military minds thought impossible, but not Washington. The Americans were able to take New Jersey, and change the course of the war.

Another landmark moment for Washington was the winter at Valley Forge. In 1777, Washington led an army of more than 11,000 troops into Valley Forge in Pennsylvania, where the army suffered through a cold winter that claimed the lives of 3,000 men. When the spring arrived, instead of a demoralized, beaten group of soldiers, the army emerged battle ready, and able to continue the fight against the English in New York. The army was able to survive the fierce winter because of the training, and preparedness of Washington's officers. Washington earned the nickname, "The Father of His Country," because of his military intelligence that led to the birth of the nation.

Canadian high schools are divided into two tracks: academic and applied.

Academic courses focus more on theoretical learning, while applied courses offer students hands-on experiences. After high school, Canadian students can go to college or technical school.

These post-secondary programs generally last two years and prepare students for a career in their chosen field.

Canadian students can attend university to pursue undergraduate and graduate degrees in various subjects, from business to engineering to social sciences.

Kindergarten

The Canadian education system begins with kindergarten; a stage commonly referred to as "Early Childhood Education". This period typically starts at age four and involves play-based learning activities designed to build upon children's physical, intellectual, emotional, and social

development. During these formative years, children are encouraged to develop a lifelong enthusiasm for learning by engaging in activities such as singing, storytelling, pretend play, crafts, and games.

Kindergarten classrooms usually consist of between 20 and 25 students. However, classroom sizes may vary depending on the region or school district. The kindergarten curriculum typically covers topics related to language arts, mathematics, health and physical education, social studies, creative arts, and science.

In some cases, a student's kindergarten experience also includes learning about Canadian culture and the Canadian Charter of Rights and Freedoms. This can be done through classroom discussions, reading stories, or engaging in activities related to Canadian history.

Primary education

The Canadian primary education stage typically begins when a child turns six and ends at around 12 or 13. Primary education in Canada focuses on teaching children the fundamentals of reading, writing and arithmetic, as well as introducing them to other basic topics such as science, social studies and the arts.

Canadian primary schools also emphasise developing children's character by teaching them respect for others, the value of hard work, and team-oriented activities.

The Canadian Education System also offers special programs designed to meet the needs of certain students, such as English as a Second Language (ESL) courses for those whose first language is not English.

Additionally, Canadian schools provide extra help to children who require it and support services to ensure their safety and well-being. Overall, the Canadian primary school stage is critical for a child's educational development, providing them with the essential skills needed to succeed.

At the end of this stage, students usually take standardised tests such as the Canadian Achievement Test (CAT) or the Canadian Cognitive Abilities Test (CCAT). These tests measure students' overall academic performance and help determine which secondary school level they should enter.

Secondary education

The secondary education stage is designed to give students the fundamental skills they need to pursue their educational goals or enter the workforce.

Secondary education consists of two distinct levels:

intermediate education

high school education

i. Intermediate education

The intermediate education stage is considered the transition from childhood to adolescence. It refers to grades 7 and 8 of a student's academic career. At this stage, students begin preparing for

more formalised academic requirements and taking elective courses that provide different experiences and opportunities.

In addition to the elective courses, students in the Canadian education system at the intermediate stage are required to take English/language arts, mathematics, science, and social studies classes along with physical education classes. Students have the option of taking French as a second language class if their school offers it.

ii. High school education

In Canada, the high school stage begins with grades 9 to 12 and usually runs from ages 14 to 18. Canadian high schools are divided into two categories: public and private. Private schools often provide a more personalised learning environment and advantages such as smaller class sizes and better learning resources. High school students may participate in extracurricular activities such as sports, theater, or music.

At the end of their high school education, Canadian students typically write an exam called the Provincial Exam (or something similar). This exam tests their knowledge of the subjects they studied and serves as a way to evaluate their academic performance.

Post-secondary education

Post-Secondary education is the final stage of the Canadian educational system. At this stage, students can pursue a multitude of avenues—from certificate courses to career colleges and universities. In Canadian post-secondary education, certificates are usually offered through career colleges and involve shorter courses of study lasting anywhere from six months to two years. These programs offer students the chance to achieve professional certification in a specific field, such as business administration or health care.

Career colleges provide more extensive, hands-on training than universities and are often tailored toward a particular industry. They usually have smaller class sizes and a range of practical experiences for students. Universities are the most prestigious Canadian post-secondary institutions and offer a variety of undergraduate, graduate, and professional degree programs.

Post-secondary education in Canada is also highly regulated, with all Canadian universities and career colleges meeting certain standards and guidelines set by the Canadian government. All Canadian post-secondary institutions must be publicly funded and are subject to ongoing evaluation by Canadian accreditation bodies.

Final words

Canadian education is an excellent investment for those looking to further their education or start a new career. Canadian educational institutions offer students access to rigorous academic standards, student services and support, extracurricular activities, and the opportunity to participate in international exchanges and volunteer programs.

Customs, social life and traditions of the Canadians

When people think of Canada, a few things immediately come to mind. Snow, bears, mountains and maple syrup are often among the most common symbols of the country, but its other most

famous asset comes with much more adrenalin, cheering and friendly rivalry attached—and that's sports. From ice hockey to the skeleton bobsleigh, Canada's dramatic climate and geography make it the perfect place for some of the world's most exciting sporting events.

No holiday to Canada is complete without immersing yourself in the nation's sporting culture so, on your next Canada car rental holiday, be sure to fit these top sporting events into your road trip.

Top sports competitions in Canada

The Stanley Cup



Whether you're new to the sport or an avid fan, ice hockey is a rollercoaster ride, with moments of combat, wild cards and much more. One of the biggest and most famous annual sporting events in Canada is the Stanley Cup which has been organised by the country's National Hockey League (NHL) since 1893. The Cup itself has been on various detours over the years, from being used as a cereal bowl, tossed into a swimming pool and even lost on a flight from New Jersey to Vancouver.

Duane Penner from sports travel website Road Trips comments:

“If you're coming from the UK and really want to experience Canada, you have to make sure you see some hockey. You'll be in a throng of fans who are really passionate!” He continues, “Hockey is our national pastime – it is to us what soccer is to the Brits. It's our game and we believe we are the best in the world. Of course, make sure you see the polar bears in Manitoba and spend some time with our Eskimo and Inuit, but no holiday to Canada is complete without seeing some hockey.”

NBA Playoffs and Finals



While you might associate basketball more readily with the United States than Canada, the USA's northerly neighbour often excels in this classic sport. The Toronto Raptors are Canada's pride and joy in the NBA and since the Vancouver Grizzlies moved to Memphis in 2001, they are the only team representing the country.

Agile, fast-paced and full of spontaneous dances and music, a Canadian basketball game is a fantastic experience for sports fans in search of celebratory entertainment. All being well for the Raptors, those lucky enough to visit Toronto during the spring and summer could even be in with a chance of seeing an NBA game in the city itself!

Curling – the Tim Hortons Brier



TESTS

1. ... the UK consist of 4 countries?
a) do; b) does; c) did; d) is; e) are
2. The full name of the country ... the United Kingdom of Great Britain and Northern Ireland
a) am; b) were; c) does; d) is; e) are
3. Alexander Fleming ... penicillin.
a) invents; b) invent; c) invented; d) is invented; e) will invent
4. The Conservatives and Labour and the Liberal Democrates are the ... political parties.
a) largest; b) large; c) larger; d) most large; e) more large

5. The UK is situated ... the west ... Europe.

a) from / of, b) in / of, c) at / in, d) by/ at, e) on /for

6. The UK is washed ... the Atlantic ocean and the Irish sea.

a) with; b) for; c) by; d) over; e) on

7. The UK borders ... France, Belgium and Ireland.

a) by; b) with; c) in; d) on; e) ---

8. Welsh ... by the Welsh people.

a) was spoken; b) is spoken; c) are spoken; d) are spoken; e) were spoken

9. Elections to the Parliament ... every 5 years.

a) is held; b) was held; c) were held; d) will be held; e) are held

10. The population of the country ... 57 mln people.

a) am; b) were; c) are; d) does; e) is

11. London is situated on the bank of the ... Thames.

a) lake; b) sea; c) channel; d) strait; e) river

12. The UK ... by the English , the Scots, the Welsh and the Irish.

a) are inhabited, b) inhabits; c) is inhabited; d) inhabited; e) were inhabited

13. The English channel ... the UK from Europe.

a) is separated; b) are separated; c) separate; d) separated; e) separates

14. 1 poems, 2 famous, 3 many, 4 by, 5 Shakespeare, 6 were, 7 written

a) 2136754; b) 5416723; c) 3216745; d) 4567213; e) 3251764

15. What industries ... in the UK?

a) was developed; b) is developed; c) are developed; d) will be developed; e) develop

16. During our trip around England next month we ... Trafalgar Square.

a) visited; b) visit; c) is visited; d) are visited; e) will visit

17. ... is the Queen's residence.

a) the City; b) Hyde Park; c) Whitehall; d) Buckingham Palace; e) the Palace of Westminster

18. Wimbledon is associated with ...

a) table tennis; b) soccer; c) rugby; d) horse racing; e) lawn tennis

19. ... is Elizabeth.
- a) the English Queen name; b) the Queen of England name; c) the English Queens name; d) the English Queen's name; e) the English Queens' name
20. The Head of the English Parliament is ...
- a) a lord; b) a peer; c) Lord Chancellor; d) Speaker; e) Prime Minister
21. Traditional Christmas meat.
- a) mutton; b) beef; c) turkey; d) horse; e) chicken
22. ... is one of the most developed industries of the country.
- a) electronics; b) heavy machinery; c) agriculture; d) clothing; e) shipbuilding
23. ... is the business centre of London.
- a) the East End; b) the City; c) Westminster; d) the West End; e) centre
24. ... is the official head of State.
- a) the Queen; b) Prime Minister; c) Lord Chancellor; d) Speaker; e) President
25. The UK is a ...
- a) republic; b) federation; c) presidential monarchy; d) constitutional monarchy; e) kingdom
26. He ... in Liverpool 2 years ago.
- a) worked; b) works; c) work; d) was worked; e) is working
27. London is the ... city in the UK.
- a) most big; b) bigger; c) biggest; d) more big; e) big
28. The Thames is ... than the Severn.
- a) long; b) longest; c) more long; d) longer; e) the longer
29. 1 London, 2 opened, 3 University, 4 was, 5 when?
- a) 15234; b) 25431; c) 12345; d) 54132, e) 54213
30. The famous ... Loch Ness is located in Scotland.
- a) river; b) sea; c) ocean; d) mountain; e) lake
31. The climate of the UK is ...
- a) warm; b) hot; c) cold; d) cool; e) mild
32. The English Parliament consists... 2 chambers.
- a) with; b) by; c) in; d) of; e) on

33. There are ... parts in the UK.

a) 1; b) 2; c) 3; d) 4; e) 5

34. Charlie Chaplin ... in London.

a) is born; b) was born; c) are born; d) am born; e) will be born

35. What is the national emblem of England?

a) leek; b) dragon; c) red rose; d) thistle; e) eagle

36. The flag of the UK is known as the ...

a) Union John; b) Union Jake; c) Union Jock; d) Union George; e) Union Jack

37. Ireland is ...

a) a country; b) a mountain; c) a river; d) an island; e) a capital

38. The capital of Wales is ...

a) London; b) Cardiff; c) Belfast; d) Liverpool; e) Edinburgh

39. Prince Charles' wife was ...

a) Princess Ann; b) Sarah Ferguson; c) Sophie Rhys-Jones; d) Princess Diana; e) Elizabeth

40. Scotland is in the ... of Great Britain.

a) north; b) south; c) west; d) east; e) centre