

Q. Complete the sentences with the following body idioms. (QUIZ)

get it off your chest , get cold feet , play it by ear
keep your chin up , have a head for figures

1. I'm too nervous to do a parachute. I think that I'll _____ at the last minute.
2. If you've got a problem, talk to someone about it. It helps to _____.
3. I don't think I'd be a very good accountant. I don't really _____.
4. _____! I'm sure everything will be fine in the end.
5. I'm not sure if it'll be warm enough to have a barbecue. We'll have to _____.

Answers: -----

Unit 7

Lifelong learning

How to revise for exams? (SB; p.50)

كيف تُراجع للامتحانات؟

No.	Words	Meanings (E)	Meanings (A)
1	circulation (n) circulate (v)	the movement of blood around the body when it is pumped by the heart; also air ~, the movement of air	دورة (دموية)
2	concentration (n) concentrate (v)	attention, or attention span	تركيز
3	dehydration (n) dehydrate (v) dehydrated (adj)	the state of having drunk too little water	جفاف
4	diet (n) diet (v); dietary (adj)	the kind of food that a person or animal eats each day	حمية غذائية
5	memory (n) memorise (v) memorable (adj)	someone's ability to remember things, places and experiences	ذاكرة
6	nutrition (n) nutritious (adj)	the process of getting the right kind of food for good health and growth	تغذية

How to revise for exams? (SB; p.50)

كيف تراجع للامتحانات؟

A: Do you know if it's too late to start revising now?

No, it's never too late to start revising! The first thing I would do is to draw up a revision timetable.

أ: هل تعلم أنك متأخر جداً بالبداية بالمراجعة الآن؟

لا، إنك لست بمتأخر جداً لبداية المراجعة، الأمر الأول الذي ينبغي أن أفعله هو وضع جدول مراجعة.

B: Do you mind telling me how I should draw up a timetable?

Look at all the subjects you have to do, and **work out** when you are going to work on each one. It's a good idea to change the order of the subjects in your timetable for each day. Try doing a little English, followed by some Maths, then Biology, and so on. This way, by changing the focus of your revision, you keep your mind fresh.

ب: هل لك أن تخبرني كيف بإمكانني أن أضع جدولاً دراسياً؟

انظر إلى كل المواد التي ينبغي أن تدرسها، وwork out الموعّد الذي ينبغي عليك البدء بكل مادة منها، وإنها لفكرة جيدة أن تغيّر من ترتيب المواد في جدولك الدراسي لكل يوم، حاول دراسة شيئاً من اللغة الإنجليزية، وبعدها بعض الرياضيات، فالأحياء وهكذا. وبهذه الطريقة، التي فيها تغيّر لمواطن التركيز في المراجعة، يبقى الذهن متوقفاً.

C: Do you know whether it's best to get up early, or to revise late at night?

The earlier you start in the morning, the more beneficial your revision will be, because that's when you feel most awake and your memory is at its best. I'd also recommend studying for 30-minute periods, and then taking a break. It's been proved that **concentration** starts to decrease after half an hour, so frequent breaks will help the brain to recover and **concentration** to return.

ج: هل الأفضل الاستيقاظ باكراً للدراسة أم المراجعة في وقت متأخر من الليل؟

كلما بدأت الدراسة مبكراً في الصباح، كلما أتت أكلها مراجعتك (كانت أنفع)؛ لأنه الوقت الذي تشعر فيه باليقظة وتكون ذاكرتك بأفضل حالاتها. كما وينصح بأن تكون جلسة الدراسة الواحدة 30 دقيقة ثم استراحة، فقد وجد أن التركيز يبدأ بالانخفاض بعد نصف ساعة، لذا الاستراحات المتكررة ستساعد الدماغ على الانتعاش وتعيد التركيز.

D: Could you explain what you mean by frequent breaks?

By a break, I mean any change of activity from studying. It could be something as simple as just getting up from your desk and listening to some music, or walking around for ten minutes.

د: هل بإمكانك أن توضح لنا ماذا تقصد بالاستراحات المتكررة؟

وبالاستراحة، فإننا نقصد أي تغيير في النشاط بعيداً عن الدراسة، مثل أن تقوم من مكان الدراسة وأن تستمع لشيء من الموسيقى أو المشي لمدة عشر دقائق.

E: Could you tell me how much exercise I need?

Physical activity is very important, of course, especially when you are studying. Exercise will make a huge difference to the way you feel. The physical activity will increase your heart rate and, in turn, that will increase your blood circulation. It also sends more oxygen to the brain, which makes you revise more efficiently.

هـ : هل بإمكانك أن تخبرني كم القدر اللازم من التمارين الرياضية؟

النشاط البدني مهم جداً، وخصوصاً، عندما تدرس، فإن التمارين ستصنع فرقاً كبيراً في طريقة الشعور التي تشعر بها، حيث سيزيد النشاط البدني من معدل نبضات القلب، الأمر الذي يحسن الدورة الدموية، كما ويقوم بإرسال المزيد من الأوكسجين للدماغ، وبالتالي تكون المراجعة فعالة أكثر.

F: Do you mind giving me some advice about diet?

Nutrition is very important. You should try to eat as much fresh fruit and vegetables as you can. It's essential not to become **dehydrated**, so drink lots of water.

و: هل لك أن تقدم لي بعض النصائح بخصوص الحماية الغذائية؟

التغذية امر هام جداً للغاية، وينبغي لك أن تأكل فواكه وخضروات طازجة قدر الإمكان، ومن الأساسي ألا تصاب بالجفاف، لذا عليك بشرب الكثير من الماء.

QUESTIONS

1. What does the underlined pronoun (it) refer to?
2. Find a word in the text which means "attention, or attention span".
3. Quote the sentence which indicates that we should provide our body with enough quantities of water.
4. What does the underlined word "**nutrition**" mean?
5. Read the following words. Which are connected with the body, eating and drinking, or the mind?
circulation , concentration , dehydrated , diet , memory , nutrition
6. Write down the sentence which shows the first step of revising for exams.
7. What is the benefit of changing the focus of your revision?
8. Why is it recommended to revise very early in the morning?
9. How long should the revision session be? What is the recommended technique?

10. What is the benefit of frequent breaks when revising for exams?

11. What does the writer mean by a **break**?

12. Physical activity has many advantages. Write down two of them.

13. Quote the sentence which shows the detail of the varied subjects in the suggested revision timetable.

14. The noun of the verb (revise) is mentioned in the passage. What is it?

15. **An adjective which is used twice in the text. In the first time abstractly, but in the second one concretely. What is this word?**

16. Give two forms (examples) of breaks while studying.

MODEL ANSWERS

1. The physical activity
2. concentration
3. "It's essential not to become dehydrated, so drink lots of water."
4. the process of getting the right kind of food for good health and growth
5. **The body:** circulation , dehydration
Eating and drinking: diet , nutrition
The mind: concentration , memory
6. The first thing I would do is to draw up a revision timetable.
7. keeping our mind fresh
8. Because that's when you feel most awake and your memory is at its best.
9. It should be a 30-minute period followed by a break.
10. Frequent breaks will help the brain to recover and concentration to return.
11. The writer means any change of activity from studying
12. - It will increase your heart rate and, in turn, that will increase your blood circulation.
- It also sends more oxygen to the brain, which makes you revise more efficiently.
13. " Try doing a little English, followed by some Maths, then Biology, and so on."
14. revision
15. (.....)
16. - getting up from your desk and listening to some music;
- walking around for ten minutes

VOCABULARY (WB, p.35)

Q1: Complete the sentences with words from the box. One word is not needed.

circulation , memory , concentration , beneficial , diet , dehydration , nutrition

1. I used to eat too much junk food, but now I have a much healthier -----.
2. It's ----- to take regular breaks when revising.
3. It's important to drink a lot of water in order to avoid -----.
4. Don't sit still for too long – move around frequently to increase your -----.
5. Zainab listens to music while she's working. It helps her -----.
6. Adnan never forgets anything! He's got an amazing -----.

Answer:

Q2: Read definitions 1-6. Make collocating phrases using a verb and a noun from the boxes. Write the collocations in the correct gaps next to the definitions. One verb is not needed.

do (X2) , draw up , make (X2) , give , take

a start , a break , exercise ,
a timetable , a subject , a difference

1. write a schedule: -----
2. keep fit: -----
3. begin: -----
4. relax: -----
5. study: -----
6. change something: -----

Answer: 1. draw up a timetable 2. do exercise 3. make a start
4. take a break 5. do a subject 6. make a difference

Q3: Use the collocations from exercise 2 to complete the sentences.

1. If you want to lose weight, you should ----- every day.
2. The deadline is tomorrow, and you haven't done anything yet! You really must -----.
3. If you send money to charity, you will ----- to a lot of lives.
4. You look tired. Why don't you ----- ?
5. I need to organise my time better. I think I'll -----.

Learning a foreign language (SB, p. 52)

تعلم لغة أجنبية

No.	Words	Meanings (E)	Meanings (A)
1	multilingual (adj)	speaking, reading or writing in more than two languages	متعدد اللغات
2	multitask (v)	to do several things at the same time	يقوم بأكثر من شيء بنفس الوقت
3	simulator (n) simulate (v) simulation (n)	any device or system that simulates specific conditions or the characteristics of a real process or machine	جهاز محاكاة (تقليد للواقع)
4	utterance (n) utter (v)	something that is said, such as a statement	لفظة (عبارة ملفوظة)

Speaking a foreign language, it is claimed, improves the functionality of your brain in several different ways. Learning new vocabulary and grammar rules provides the brain with beneficial 'exercise', which improves memory. As well as exercising the brain, it is thought that learning a new language also presents the brain with unique challenges. These include recognising different language systems and ways to communicate within these systems. These skills improve your chances of success in other problem-solving tasks as well. It is said that students **who** study foreign languages do better, on the whole, in general tests in maths, reading and vocabulary than students who have only mastered their mother tongue.

يعتقد بأن التحدث بلغة أجنبية يحسن من أداء الدماغ بطرق شتى، فإن تعلم الجديد من المفردات وقواعد اللغة من شأنه أن يقدم للدماغ تمارين مفيدة تحسن الذاكرة، وبالإضافة إلى تدريب الدماغ فإنه يعتقد بأن تعلم لغة جديدة يقدم للدماغ تحديات فريدة من نوعها. وهذا الأمر يتضمن التعرف على أنظمة لغوية مختلفة، وطرق للتواصل خلال هذه الأنظمة، وهذه المهارات تحسن من فرص النجاح في مهام حل المشاكل، كما ويقال بأن الطلاب الذين يدرسون لغات أجنبية يؤدون أداء أفضل - بالجملة - في اختبارات الرياضيات والقراءة والمفردات والمعاني من الذين لا يتكلمون إلا لغتهم الأم.

According to a study carried out by Pennsylvania State University, USA, multilingual people are able to switch between two systems of speech, writing, and structure quite easily. It has been proved that **they** are also able to switch easily between completely different tasks. One experiment required participants to operate a **driving simulator** while carrying out separate tasks at the same time. The experiment showed that multilingual participants were less distracted by the other tasks and therefore made fewer driving errors.

وتبعاً لدراسة أجريت من قبل "جامعة ولاية بنسلفانيا" في الولايات المتحدة الأمريكية، فإن الناس متعددي اللغة يستطيعون التحويل بين نظامين من الكلام والكتابة والبناء اللغوي بشكل سهل جداً، كما تم إثبات أنهم قادرون على التنقل بين مختلف المهام بمنتهى السهولة. وقد تطلبت إحدى التجارب من المشاركين أن يشغلوا جهاز محاكاة للقيادة بينما يقومون بإجراء وظائف مختلفة في نفس الوقت، وقد عرضت التجربة أن المشاركين متعددي اللغات أقل تأثراً بمشوشات ومشتتات المهام الأخرى، وبالتالي يرتكبون أخطاء أقل.

It is believed that language learning can also improve your decision-making skills. When you speak a foreign language, you are constantly weighing up subtle differences in meaning of a word or the way that an utterance is made. This process is then transferred subconsciously to other situations in which judgement is called for, and **decisions** have to be **made**.

كما ويعتقد بأن تعلم اللغة من شأنه أن يحسن من مهارات اتخاذ القرار، فعندما تتحدث بلغة أجنبية فإنك تدقق في الاختلافات في المعنى وطريقة تركيب الكلمة، ثم تنتقل هذه العملية بلا وعي إلى حالات أخرى حيث يلزم الحكم والتقييم وصنع القرارات.

Finally, learning a foreign language can also improve your ability to use your mother tongue more effectively. As you become more aware of the way that a language works, you begin to apply it to the language that you use every day. The skills you obtain from learning a foreign language therefore, can make you a better speaker and writer in **your own language**.

وختاماً، فإن تعلم لغة أجنبية من شأنه أن يحسن من قدرتك على التحدث بلغتك الأم بفعالية أكبر، فبينما تصبح أكثر إدراكاً للطريقة التي تنتظم فيها اللغة، فإنك تبدأ بتطبيق ذلك على اللغة المستخدمة يومياً، وبالتالي فإن المهارات المكتسبة خلال تعلمك لغة أجنبية يجعل منك متحدثاً و كاتباً أفضل بلغتك الأم.

QUESTIONS

1. Quote the sentence which shows that some people think that speaking a foreign language makes your brain performance better.
2. Mention ONE benefit of learning new vocabularies and grammar rules.
3. Learning a new language provides our brain with useful exercise and remarkable challenges. **TRUE FALSE**
4. Explain how learning a foreign language improves your **memory**.
5. What does the underlined word "**simulator**" mean?
6. Explain how learning a foreign language improves your **problem-solving skills**.

7. What do the underlined pronouns refer to?

8. What did the experiment of the driving simulator show?

9. Explain how learning a foreign language improves your **decision-making skills**.

10. Explain how learning a foreign language improves your **ability to multitask**.

11. **Replace** the phrase “**your own language**” with another phrase occurred in the text.

12. Explain how learning a foreign language improves **the use of your mother tongue**.

13. Find a word in the text which means “**something that is said, such as a statement**”.

14. Learning a foreign language is beneficial. Suggest three ways to encourage people to experience it. **(Critical Thinking)**

15. What does the underlined word “**multitask**” mean?

MODEL ANSWERS

1. “Speaking a foreign language, it is claimed, improves the **functionality** of your brain in several different ways.”
2. Learning new vocabulary and grammar rules provides the brain with beneficial ‘exercise’, which improves memory.
3. TRUE
4. It exercises the brain and so improves your memory.
5. any device or system that simulates specific conditions or the characteristics of a real process or machine
6. It presents the brain with unique **challenges** such as recognising different language systems and communicating within these systems. These skills improve problem-solving skills.
7. who ► students ;) they ► multilingual people ;) it ► the way that a language works
8. The experiment showed that multilingual participants were less distracted by the other tasks and therefore made fewer driving errors.
9. When you speak a foreign language, you have to constantly decide between differences in language. This decision-making skill is transferred to other situations.
10. Multilingual people are able to switch between two or more languages easily. This transfers to other activities, making multilingual people more able to multitask.

11. your mother tongue
12. As you learn a foreign language, you become more aware of the way language works, which helps you to understand your own language better.
13. utterance
14. ● showing the importance of learning another language
 - arranging academic trips with low costs to foreign countries
 - running specialised courses to teach different languages (Or any relevant answer)
15. to do several things at the same time

Education in Jordan (التعليم في الأردن)

No.	Words	Meanings (E)	Meanings (A)
1	diploma	either a document showing that someone has successfully completed a course of study or passed an examination, or the name of that course	درجة الدبلوم
2	enrol (v) enrolment (n)	to officially arrange to join a school, university or course	يسجل للدراسة
3	Master's degree (n)	a period of one or two years of study which takes place after the completion of a Bachelor's degree	درجة الماجستير
4	online distance learning	a formalised teaching and learning system specially designed to be carried out remotely by using electronic communication	تعلم عن بُعد (عبر الإنترنت)
5	PhD	a doctorate; the highest degree awarded by a university faculty	درجة الدكتوراة
6	postgraduate (n)	someone who has finished their first degree and is continuing to study either a Master or a PhD~ postgraduate degree : a second degree of Master's or PhD level	طالب دراسات عليا درجة دراسات عليا
7	private university	a university not operated by a government	جامعة خاصة

8	public university	a university that is funded by public means, through a government	جامعة حكومية (عامة)
9	Undergraduate	someone who has not yet completed their first degree	طالب بكالوريوس أو دبلوم عادي
10	vocational (adj) vocation (n)	used to describe a particular job and the skills involved	مهني

Education in Jordan (SB, p.54) التعليم في الأردن

Our country has a high standard of education. This is mainly **due to** the fact that the government considers education a necessity. All schools, from kindergarten to secondary, are the responsibility of the Ministry of Education (MOE). Pre-school and kindergarten education is optional, followed by ten years of free, compulsory education. For higher education, students enter university, either for academic or **vocational** courses.

يتمتع بلدنا بمقاييس عالية في التعليم، ويعود السبب - بشكل رئيسي - إلى اعتبار الحكومة التعليم ضرورة، وترجع مسؤولية كل المدارس (من الروضة إلى المرحلة الثانوية) إلى وزارة التربية والتعليم، حيث تعتبر مرحلة الروضة (الباستان والتمهيد) اختيارية تليها عشر سنين مجانية وإلزامية. وأما التعليم العالي، فإن الطلاب يلتحقون بالجامعة إما لمواد أكاديمية أو مهنية.

Students can attend one of ten public universities, or one of nineteen private universities. A large number of Jordanian students choose to study at these institutions, as well as foreign students from all over the world. These are undergraduates studying for a first degree, or postgraduates studying for a Master's degree, a PhD or a higher diploma.

كما ويستطيع الطلاب أن يلتحقوا بواحدة من الجامعات من أصل عشر جامعات حكومية، أو تسع عشرة جامعة من الجامعات الخاصة، حيث أن عدداً كبيراً من الطلاب الأردنيين وغير الأردنيين (الأجانب) من شتى أنحاء العالم يختارون أن يدرسوا في هذه الجامعات، وهم طلاب البكالوريوس وطلاب الدراسات العليا من طلاب درجات الماجستير والدكتوراة والدبلوم العالي.

The three universities with the most undergraduates are the University of Jordan in Amman, Yarmouk University in Irbid and Al Balqa Applied University in Salt. These are all public universities. An example of a newer university is the German-Jordanian University in Amman, **which** was set up in 2005 CE. It is a collaboration between the MOHE and Germany's Federal Ministry of Education and Research, and it follows Germany's model of education in Applied Sciences.

وتعتبر كل من الجامعة الأردنية في عمان، وجامعة اليرموك في إربد، وجامعة البلقاء التطبيقية في السلط الأكثر طلاباً في مرحلة البكالوريوس، وكلها جامعات حكومية، ومن الأمثلة على الجامعات الأحدث في الأردن الجامعة الألمانية الأردنية في عمان، والتي تم تأسيسها في عام 2005 م، وهي تعاون بين وزارة التعليم العالي الأردنية ووزارة التعليم والبحث الألمانية، والتي تتبع نموذج ونمطية التعليم الألماني في العلوم التطبيقية.

For students who wish to complete their university studies while working at the same time, it is also possible in some Jordanian universities to enrol onto online distance learning programmes. In the future, this option will become available in many other universities.

وبالنسبة للطلاب الذين يرغبون في إكمال دراستهم الجامعية وهم يعملون بنفس الوقت، فبإمكانهم التسجيل في جامعات أردنية تقوم بالتدريس عن بُعد (عبر الإنترنت)، كما ويمكن أن يتوفر الأمر مستقبلاً في جامعات أخرى.

QUESTIONS

1. What does the underlined word “enrol” mean?

2. What do the underlined pronouns refer to?

3. Quote the sentence which shows the reason behind the high standards of education in Jordan.

4. Find the best type of course or institution for the following people:
 1. a child who is too young to start primary school
 2. an undergraduate who wants to get a first degree
 3. someone who wants a degree from a non-fee-paying university
 4. a postgraduate with a first degree, who wants to study further
 5. a postgraduate with a Master’s degree, who wants to study further
 6. someone who is unable to attend university but wants a degree
5. Find an item in the text that means “a doctorate; the highest degree awarded by a university faculty”?

6. What does the underlined word “vocational” mean?

7. Quote the sentence which shows the nature of education in Jordan whether it is optional or obligatory (depending on the education stage).

8. What kind of courses do students enter Jordanian universities for?

9. How many universities are there in Jordan?

10. Write down the sentence which indicates that not only Jordanian students, but also foreign ones attend universities in Jordan.

11. The writer mentions many academic degrees. Write down two of them.

12. Three public universities in Jordan have the largest number of undergraduates. List them.

13. When was the German-Jordanian University set up, and where?

14. There are two **bodies** which are responsible for the German-Jordanian University. Write them down.

15. What is the main policy of the German-Jordanian University?

16. What does the author mean by the underlined phrase “**this option**”?

17. Give two pairs of antonyms (opposites) mentioned in the text.

18. **MOE** stands for ‘The Ministry of Education’, but what about **MOHE**?

19. (**Speaking**): Read the following statements. Do they refer to face-to-face learning or distance learning via the Internet?
 1. You don’t have to attend classes.
 2. You can earn money while you are studying.
 3. You can do undergraduate as well as postgraduate degrees.
 4. There are a lot of opportunities for group discussions.
 5. There is a lot of support from lecturers and tutors.
20. Read the **quotation**. Do you agree with it? Why / Why not?
 “**Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.**” Henry Ford (1863 CE - 1947 CE)

MODEL ANSWERS

1. to officially arrange to join a school, university or course
2. **which** → the German-Jordanian University (in Amman) ; **who** → students
3. “ This is mainly due to the fact that the government considers education a necessity.”
4.
 1. pre-school or kindergarten
 2. public or private university
 3. a public university
 4. Master’s degree at a public or private university

5. a PhD at a public or private university
6. online distance learning
5. PhD
6. used to describe a particular job and the skills involved
7. “ Pre-school and kindergarten education is optional, followed by ten years of free, compulsory education.”
8. – academic courses – vocational courses
9. (29) Universities – ten public universities and nineteen private ones
10. “A large number of Jordanian students choose to study at these institutions, as well as foreign students from all over the world.”
11. -a Master degree - a PhD - a higher diploma - a first degree (Any 2)
12. - The University of Jordan - Yarmouk University - Al Balqa Applied University
13. in 2005 CE in Amman
14. - MOHE - Germany’s Federal Ministry of Education and Research
15. It follows Germany’s model of education in Applied Sciences.
16. enrolling onto online distance learning programmes at Jordanian universities
17. public – private / optional – compulsory / academic – vocational
undergraduates / postgraduates (Any 2 pairs)
18. The Ministry of **Higher** Education
19. 1 and 2 distance learning / 3, 4 and 5 distance learning and face-to-face learning
20. Yes, I agree. Ford’s quote refers to the fact that the world is moving forwards, so people need to keep up with progress. It also refers to the brain being ‘trainable’, that is, if you practise learning, you will learn more effectively.

VOCABULARY

Q: Classify the following items according to the following headings: (SB; p. 54)
Places and ways to study , Qualifications , Types of courses

degree , diploma , Master’s degree , online distance learning, undergraduate
PhD , postgraduate , private university , public university , vocational

Answer:

- **Places and ways to study:** online distance learning, private university, public university
- **Qualifications:** degree, diploma, Master’s degree, PhD
- **Types of courses:** postgraduate, undergraduate, vocational

Writing Skills: Using pronouns

We use **pronouns** as ways to link paragraphs or ideas. A pronoun refers to things, people or ideas mentioned in earlier or later sentences. **(a language function)**

QUESTION: What do the underlined items refer to?

The following advice about preparing for exams was given by our teacher. He should know – as he has taken so many of them in his life! He said, 'It is not a good idea to study late at night. This is because your brain is tired then, and it is unlikely to retain the information as well. The best time to study is early in the morning. That is when you feel most awake.'

Answer: -----

Reading (WB, p.37)

No.	Words	Meanings (E)	Meanings (A)
1	career advisor (n) advise (v) ; advice (n)	someone who provides information to help people to make choices about their training and work	مستشار مهني
2	drop (a course) (v)	to stop studying a certain subject at university	يسقط المادة
3	immerse (v) immersion (n)	to be deeply involved in something and spend most of your time doing it	ينغمس وينخرط
4	stand out (verb) (from the crowd)	to be much better than other similar people or things	يبرز (يكون الأفضل)

Reading (WB, p.37)

1. Learn English fast – the natural way! (الطريقة الطبيعية)

It is said that the best way to acquire a language is to immerse yourself in it, and that's what we offer at *Extreme English*: total immersion.

يُقال إن الطريقة الفضلى لاكتساب اللغة هو أن تتقحم (تغمس) نفسك بها، وهذا ما نعرضه في الإنجليزية القصوى: انغماس (انخراط) كامل في اللغة.

2. What exactly do you mean by 'total immersion'?

وماذا تقصد بدقة بـ "الانغماس الكلي"؟

You will stay in one of our beautiful apartments. You'll hear and speak English all day long. You can either join a small group of other students of a similar level, or request a 'tailor-made' course. For example, you may require a course in **academic** English to prepare you for **undergraduate** or **postgraduate** studies, or a **vocational** course to help you with your career. Either way, you will live and work together as a family.

ستقيم في واحدة من شققنا الجميلة، وستسمع وستتحدث الإنجليزية طوال اليوم، كما يمكنك أن تنضم لمجموعة صغيرة من طلاب آخرين بنفس المستوى، أو أن تطلب مادة (دورة) متخصصة، فمثلاً بإمكانك أن تطلب دورة في الإنجليزية الأكاديمية لتجهز نفسك لدراسات البكالوريوس وما بعده، أو مادة (دورة) مهنية لمساعدتك في وظيفتك. بمعنى آخر، ستعيش وتعمل معاً ك أسرة واحدة. #ثائر_النمورة

3. What will I be doing? ماذا سأكون أفعل؟

In the mornings, after breakfast, one or more of our trained and **experienced** teachers will arrive, and you will have three hours of intensive **tuition**. Then, after enjoying lunch together around the table, you'll visit local places of interest, go shopping, take part in sports, etc. In the evenings, there will be a choice of cultural activities, for example the theatre or a concert, or you may prefer to relax at home and chat (in English, naturally!).

Whatever you do, your teachers will be with you, acting as guides, **tutors** and friends.

في كل صباح، وبعد تناول وجبة الإفطار، واحد أو أكثر من معلم مدرّب وخبير سيصل، وستأخذ حصة خاصة مكثفة لمدة ثلاث ساعات، وبعد تناول وجبة الغداء سوية على الطاولة، ستقوم بزيارة أماكن محلية عدة تحظى بالاهتمام، وتقوم بالتسوق، وتشارك بالرياضة... إلخ. أما في المساء، فسيكون هناك الكثير من الأنشطة الثقافية مثل الذهاب للمسرح أو لحفلة موسيقية، ولربما تفضل الاستراحة في البيت والردشة بالإنجليزية (بشكل طبيعي!)، وكل ما تقوم بفعله، سيكون معلموك برفقتك ومعيتك، يتصرفون كمرشدين ومعلمين خاصين وأصدقاء.

4. How long are the courses? وكم تستغرق هذه الدورات؟

Some people just come for a week, and **they** are usually amazed by how much progress they make in such a short time. Others come for two, three even four weeks. It's up to you. You can be sure of one thing – we'll do our very best to give you a first-class experience and send you home thinking and dreaming in English! #T.Nammoura

بعض الناس يأتون لمدة أسبوع، ويذهلون - عادة - بدرجة التقدم والتحسين في اللغة في وقت قصير، إلا أن آخرين يمكثون فترة أسبوعين أو ثلاثة أو أربعة أسابيع، وهذا الأمر يرجع لك. أما الأمر الذي ينبغي أن تكون على يقين به هو أننا سنعطيك أفضل خبرة لغوية من الطراز الأول، ونرجعك إلى بيتك تفكر وتحلم بالإنجليزية.

QUESTIONS

1. What does the underlined word “**immerse**” mean?
.....
2. What do the underlined pronouns refer to?
.....
3. Quote the sentence which **shows** the accommodation where participants will stay in their academic trip.
.....
4. The text says that students will be living ‘**as a family**’. Give two examples from the text that illustrate this. (WB; p.37)
.....
5. Which part of the day will be the most formal? What happens then?
.....
6. What do you think ‘**a tailor-made course**’ means, in paragraph 2?
.....
7. Students have a lot of options on these courses. However, there are two decisions they have to make before they arrive. What are they?
.....
8. Imagine you joined a small group of students on a course like this. Think of three positive aspects, and three possible problems you might face.
.....
9. What is the best way to acquire a language?
.....
10. Replace the word ‘**apartments**’ with a British equivalent.
.....
11. What are the purposes of taking a course in academic English and a vocational course?
.....
12. Mention two examples of cultural activities can be done by participants.
.....
13. Quote the sentence which indicates the **ongoing** teachers’ help and support for their students.
.....
14. Some people just come for a week, and they are usually amazed by something. What are they amazed by?
.....
15. What thing can participants be sure of when they join this linguistic programme?
.....

MODEL ANSWERS

1. to be deeply involved in something and spend most of your time doing it
2. **it** → a language / **they** → some people
3. "You will stay in one of our beautiful apartments."
4. The students eat and socialise together.
5. The morning, when there are three hours of intensive tuition.
6. a course designed to meet the specific needs of an individual student
7. - the duration of the course they wish to attend
- the nature of the course (academic or vocational)
8. - **Three positive aspects:** (OPEN "FREE")
• making new friends • exchanging ideas and experiences • helping each other
- **Three possible problems:** (OPEN "FREE")
• not belonging (for introverts) • not adapting with foreign cultures
• lack of self-reliance and confidence
9. to immerse yourself in it (total immersion)
10. flats
11. **Taking a course in academic English:** to prepare you for undergraduate or postgraduate studies
Taking a vocational course: to help you with your career
12. - the theatre - a concert
13. "Whatever you do, your teachers will be with you, acting as guides, tutors and friends."
14. They are usually amazed by how much progress they make in such a short time.
15. They will do their very best to give us a first-class experience and send us home thinking and dreaming in English.

VOCABULARY (WB; p. 37)

Q: Complete the sentences with the words in bold in the text.

academic , undergraduate , postgraduate , vocational

1. After Nasser completes his first degree, he's hoping to do a _____ degree.
2. Mariam is an excellent student. She gets top marks in _____ subjects like History, Arabic and Maths.
3. My brother has just left school. Now he's a university _____.
4. My cousin is an electrician. Instead of going to university, he did a _____ course at a local training college.

Answer:

قائمة الأفعال غير المنتظمة Irregular Verbs List

V.1	V.2	V.3	المعنى	V.1	V.2	V.3	المعنى
become	became	become	يصبح	mean	meant	meant	يعني
be(is,am,are)	was,were	been	يكون	stick	stuck	stuck	يلصق
begin	began	begun	يبدأ	meet	met	met	يقابل
bite	bit	bitten	يعض	pay	paid	paid	يدفع
break	broke	broken	يكسر	put	put	put	يضع
bring	brought	brought	يحضر	read	read	read	يقرأ
build	built	built	يبني	ride	rode	ridden	يركب
buy	bought	bought	يشترى	ring	rang	rung	يرن
catch	caught	caught	يمسك	rise	rose	risen	يرتفع
choose	chose	chosen	يختار	run	ran	run	يركض
come	came	come	يأتي	see	saw	seen	يرى
cost	cost	cost	يكلف	seek	sought	sought	يبحث
cut	cut	cut	يقطع	sell	sold	sold	يبيع
draw	drew	drawn	يرسم	send	sent	sent	يرسل
drink	drank	drunk	يشرب	set	set	set	يضبط
drive	drove	driven	يسوق	shake	shook	shaken	يهز
eat	ate	eaten	يأكل	shine	shone	shone	يشع
fall	fell	fallen	يقع	shoot	shot	shot	يطلق النار
feed	fed	fed	يطعم	shut	shut	shut	يغلق
feel	felt	felt	يشعر	sing	sang	sung	يغني
fight	fought	fought	يقاتل	sink	sank	sunk	يفوص
find	found	found	يجد	sit	sat	sat	يجلس
fly	flew	flown	يطير	smell	smelt	smelt	يشم
forget	forgot	forgotten	ينسى	speak	spoke	spoken	يتحدث
forgive	forgave	forgiven	يسامح	spend	spent	spent	يقضي
freeze	froze	frozen	يجد	spread	spread	spread	ينتشر
get	got	got	يحصل	stand	stood	stood	يقف
give	gave	given	يعطي	steal	stole	stolen	يسرق
go	went	gone	يذهب	strike	struck	struck	يضرب
grow	grew	grown	يزرع	swim	swam	swum	يسبح
hide	hid	hidden	يخفي	take	took	taken	يأخذ
hold	held	held	يحمل	teach	taught	taught	يعلم
hurt	hurt	hurt	يؤذي	tear	tore	torn	يمزق
keep	kept	kept	يحافظ	tell	told	told	يخبر
know	knew	known	يعلم	think	thought	thought	يعتقد
lead	led	led	يقود	throw	threw	thrown	يرمي
leave	left	left	يغادر	understand	understood	understood	يفهم
lend	lent	lent	يقرض	wake up	woke up	woken up	يستيقظ
let	let	let	يجعل	wear	wore	worn	يلبس
light	lit	lit	يشعل	win	won	won	يفوز
lose	lost	lost	يفقد	write	wrote	written	يكتب
make	made	made	يعمل	hit	hit	hit	يضرب
blow	blew	blown	تهب	sleep	slept	slept	ينام
burn	burnt	burnt	يحرق	spell	spelt	spelt	يتهجأ
show	showed	shown	يعرض	spill	spilt	spilt	يسكب
deal	dealt	dealt	يتعامل	weave	wove	woven	ينسج

" إن من خوفك حتى تلقى الأمن خير ممن أمّك حتى تلقى الخوف، فالأعمال بخواتيمها. "