

**Ф.К. Закирова**  
**Е.А. Шмидт**  
**Е.В. Челпанова**

**РЕАЛИЗАЦИЯ НАЦИОНАЛЬНО-РЕГИОНАЛЬНОГО  
КОМПОНЕНТА В ПОДГОТОВКЕ БУДУЩИХ  
УЧИТЕЛЕЙ ИНОСТРАННОГО ЯЗЫКА**

**Учебно-практическое пособие**



МИНИСТЕРСТВО ПРОСВЕЩЕНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ  
Федеральное государственное бюджетное образовательное  
учреждение высшего образования  
«Южно-Уральский государственный гуманитарно-педагогический университет»

**Ф.К. Закирова, Е.А. Шмидт, Е.В. Челпанова**

**РЕАЛИЗАЦИЯ НАЦИОНАЛЬНО-РЕГИОНАЛЬНОГО  
КОМПОНЕНТА В ПОДГОТОВКЕ БУДУЩИХ  
УЧИТЕЛЕЙ ИНОСТРАННОГО ЯЗЫКА**

**Учебно-практическое пособие**

Челябинск

2023



THE MINISTRY OF EDUCATION OF THE RUSSIAN FEDERATION  
Federal State Budget Educational Institution of Higher Education  
«South Ural State Humanitarian Pedagogical University»

**F.K. Zakirova, E.A. Shmidt, E.V. Chelpanova**

**TEACHING THE NATIONAL REGIONAL COMPONENT  
WITHIN PROFESSIONAL PEDAGOGICAL FOREIGN  
LANGUAGE TRAINING**

**Educational and practical manual**

Chelyabinsk  
2023

УДК 378 (021)  
ББК 74.58 Я 73  
3-18

Закирова, Ф.К. Реализация национально-регионального компонента в подготовке будущих учителей иностранного языка: учебно-практическое пособие / Ф.К. Закирова, Е.А. Шмидт, Е.В. Челпанова; Министерство просвещения Российской Федерации; Южно-Уральский государственный гуманитарно-педагогический университет. – Челябинск: Изд-во Южно-Урал. гос. гуман.-пед. ун-та, 2023. – 122 с. – ISBN 978-5-907790-85-8. – Текст: непосредственный.

Учебно-практическое пособие предназначено для студентов, обучающихся по направлению 44.03.05 «Педагогическое образование» профили «Английский язык. Иностранный язык», «Немецкий язык. Английский язык», «Французский язык. Английский язык», а также для преподавателей иностранных языков.

Пособие подготовлено в соответствии с требованиями Федерального государственного образовательного стандарта высшего образования и в контексте целей национального проекта «Образование» и направлено на подготовку всесторонне развитой и социально-ответственной личности на основе духовно-нравственных ценностей народов России, исторических национально-культурных, традиций, региональных особенностей. Национально-региональный компонент – механизм повышения интереса к знаниям по специальности и базовым наукам, установки на выработку масштаба их мышления, их личности как будущего высокого уровня национального достоинства.

Авторство в равных долях.

**Рецензенты:** Е.Б. Быстрой, д-р пед. наук, профессор  
И.А. Бобыкина, д-р пед. наук, доцент

ISBN 978-5-907790-85-8

- © Ф.К. Закирова, 2023
- © Е.А. Шмидт, 2023
- © Е.В. Челпанова, 2023
- © Издательство Южно-Уральского государственного гуманитарно-педагогического университета, 2023

## CONTENTS

Introductory note .....	8
Unit 1. Famous People of the Chelyabinsk Region .....	10
Unit 2. Health Care in the Chelyabinsk Region .....	32
Unit 3. Chelyabinsk.....	35
From the History of Chelyabinsk .....	35
Chelyabinsk Today .....	36
Top tourist Attractions in Chelyabinsk .....	38
Unit 4. South Urals Dishes and Drinks .....	43
Unit 5. Education in the Chelyabinsk region .....	45
Universities in Chelyabinsk .....	47
Unit 6. Sports and Games in the Chelyabinsk Region .....	49
Sport Centres in Chelyabinsk .....	50
Ski Resorts in the Chelyabinsk Region.....	51
Unit 7. Tourism.....	53
The wonders of nature in the Chelyabinsk region .....	56
Eco-tourism in the Chelyabinsk region.....	59
Eco-tourism in Russia .....	60
Eco-trail “Sugomak cave” .....	61
National parks in the Chelyabinsk region .....	63
Lakes and rivers in the Chelyabinsk region .....	69
Lake Turgoyak .....	72
Unique Monuments of Nature .....	75

Final test.....	80
Final test (keys) .....	88
Conclusion.....	93
Sources .....	94
Appendix 1 Pictures.....	95
Appendix 2 Getting Information .....	121

## СОДЕРЖАНИЕ

Пояснительная записка .....	8
Раздел 1. Знаменитые личности Челябинской области .....	10
Раздел 2. Здравоохранение в регионе .....	32
Раздел 3. Челябинск .....	35
Из истории Челябинска .....	35
Челябинск сегодня .....	36
Достопримечательности Челябинска .....	38
Раздел 4. Гастрономия Южного Урала: местные блюда и напитки .....	43
Раздел 5. Образование в регионе .....	45
Университеты Челябинска .....	47
Раздел 6. Спорт в Челябинской области .....	49
Спортивные центры .....	50
Горнолыжные курорты региона .....	51
Раздел 7. Туризм .....	53
Чудеса природы .....	56
Эко-туризм в Челябинской области .....	59
Эко-туризм в России .....	60
Эко-тропа «Пещера Сугомак» .....	61
Национальные парки Челябинской области .....	63
Озера и реки региона .....	69
Озеро Тургояк .....	72
Уникальные памятники природы .....	75

Итоговый тест.....	80
Итоговый тест (ответы).....	88
Заключение.....	93
Библиографический список.....	94
Приложения .....	
Приложение 1. Иллюстрации.....	95
Приложение 2. Интерактив «Обмен информацией» .....	121



## ПОЯСНИТЕЛЬНАЯ ЗАПИСКА

Национально-региональный компонент в образовании представляет собой систему знаний, ценностей и традиций народа и региона, которые необходимы для формирования у студентов понимания своей культурной и исторической принадлежности, а также для развития у них гражданской идентичности. Он должен быть интегрирован в общую систему образования и связан с другими компонентами, такими как общеобразовательный, профессиональный и социальный. Для этого необходимо использовать различные методы и формы работы, которые позволят студентам узнать о своей культуре и истории, а также о культуре и истории других народов и регионов. Необходимо также отметить особую значимость формирования национальной и гражданской идентичности у будущих учителей иностранного языка, так как именно они, как и учителя других общеобразовательных предметов, вносят огромный вклад в формирование личности учащихся, в том числе в развитие их национального самоопределения и гражданской позиции. Это обуславливает включение материалов, отражающих национально-региональный компонент, в практические занятия по иностранному языку в рамках таких курсов предметного цикла, как «Иностранный язык», «Практический курс английского языка», «Практика устной и письменной речи».

Предлагаемое учебное пособие предназначено для использования в образовательном процессе на факультетах иностранных языков педагогических вузов в целях обучения будущих учителей английского языка. Подбор материалов произведен в соответствии с тематикой рабочих программ 1-2 курсов. Авторы

предполагают, что пособие может активно применяться в аудиторной работе студентов, а также во внеаудиторной работе и во время производственной практики в школе.

Пособие включает семь разделов, посвященных географическим, историческим, культурным и т. п. особенностям Челябинского региона. Большое разнообразие заданий разного уровня сложности позволяет применять материалы в разных формах работы со студентами, способствует развитию иноязычной коммуникативной компетенции, компонентами которой являются: лингвистическая, дискурсивная, социокультурная и стратегическая компетенции. Реализация национально-регионального компонента способствует не только формированию коммуникативной компетенции, но и созданию целостной системы представлений о национальных традициях, реалиях, обычаях региона, повышения интереса к знаниям и развитию творческого мышления.

Следует заметить, что пособие может быть предложено не только вниманию студентов и преподавателей факультетов иностранных языков, но и лицам, интересующимся английским языком и изучающим его самостоятельно или в учреждениях дополнительного образования, а также лицам, интересующимся традициями, культурой, историей, географией и другими особенностями Южного Урала.

## UNIT 1. FAMOUS PEOPLE OF THE CHELYABINSK REGION

**Task 1.** In the Chelyabinsk region a lot of prominent statesmen and public leaders, military men, representatives of culture, arts and sport were born, brought up, given a start. Match the pictures of the well-known people of the region (Figure 1) with their names.

Maxim Suraev	Luidmila Tatjanicheva	Lev Golovnitsky	Yuriy Tsapnik
Victor Makeev	Anatoli Boukreev	Sergey Makarov	Yekaterina Gamova
Igor Kurchatov	Lidia Skoblikova	Oleg Mityaev	Svetlana Ishmuratova

**Task 2.** Supply the missing names and professions of the well-known people of the South Urals: Svetlana, Oleg, Anton, Yevgeny, Galina, Svyatoslav, Anatoly, Valery, Evgeny, Vladimir, Gleb, Olga, Nikolay, Sergei, Vladimir, Galina, Vera, Vyacheslav, Makhmut, Nina, Viktor, Inga, Anatoly, Friedrich, Alexander.

1) ..... Mityaev (.....), 2) ..... Karpov (.....), 3) ..... Bellza (.....), 4) ..... Yarushin (.....), 5) ..... Kartashev (.....), 6) ..... Panfilov (.....), 7) ..... Tyazhelnikov (.....), 8) ..... Nenasheva (.....), 9) ..... Gorkavy (.....), 10) ..... Shcherbakova (.....), 11) ..... Adyrkhaeva (.....), 12) ..... Bykov (.....), 13) ..... Zavershinsky (.....), 14) ..... Nesterenko (.....), 15) ..... Gareev (.....), 16) ..... Terentjeva (.....), 17) ..... Khristenko (.....), 18) ..... Fatkulina (.....), 19) ..... Karakovsky (.....), 20) ..... Strelkova-Oboldina (.....), 21) ..... Lipps (.....),

22) ..... Tikhonov (.....), 23) ..... Puskepalis (.....), 24) .....  
Trushkin (.....), 25) ..... Storozheva (.....).

**Task 3.** Fill in the gaps with the names of the well-known people of the Chelyabinsk region: Sergey Gerasimov, Ivan Ukhov, Yelena Yelesina, Ivan Krylov, Yury Danilov, Anatoli Boukreev, Vasily Zaitsev, Boris Shaposhnikov, Khabir Samokhuzhin, Oleg Mityaev, Lydia Skoblikova, Vadim Muntagirov, Anatoly Kroll, Ivan Kuznetsov, Vladimir Tolmachyov, Maxim Suraev, Boris Ruchjov, Ernst Neizvestny, Igor Kurchatov, Naum Orlov, Alexander Gradsky.

1) The Athletic Complex in Lenin Avenue in Chelyabinsk is named after ..... who became Olympic high jump champion in the 2000 Summer Olympics in Sydney. 2) The famous poet, fabulist, writer and translator ....., whose expressions became winged words, was born in Troitsk in 1768. 3) One of the most famous Soviet snipers during World War II ..... shot 225 soldiers and officers of the enemy army during the Stalingrad battle and was called “angel of death”. 4) Marshal of the Soviet Union ..... wrote a three-volume military theory book “The Brain of the Army” and died of tuberculosis 44 days before the Victory in 1945. 5) The pilot-cosmonaut of the Russian Federation ..... became the first Russian cosmonaut who was blogging during the flight. 6) The steel-maker, honorary metallurgist ..... was one of the first to master the smelting of non-corrosive steel and was given the name “the king of stainless steel” by his colleagues. 7) The poet and writer ..... was born in the family of school teachers and dedicated a significant part of his poems to Magnitogorsk. 8) The series of more than 60 watercolours “Old Chelyabinsk Views” by the architect and painter ..... compose the pictorial chronicle of the city. 9) One of the greatest high-altitude mountaineers of our time ....., who reached the summit of the world's highest mountains twenty-one times, died on the slopes

of Annapurna on Christmas day, 1997. 10) The ancestors of the world-known sculptor ..... moved to Verhneuralsk where his grandfather, a rich merchant, lived and where his father was born. 11) The museum of ..... in Kundravy Village houses some personal belongings of the film maker including the walking stick presented to him by Charlie Chaplin. 12) The high jumper ..... won the gold Olympic medal in London, 2012 with the second-highest jump in Olympic history. 13) During his time in the nuclear program, ..... swore he would not cut his beard until the program succeeded, and earned the nickname "The Beard". 14) One of the earliest performers of rock music in Russia ..... had a three-and-a-half octave vocal range and also played 12 instruments. 15) ..... acquired international fame as one of the youngest and most successful jazz band leaders of the Soviet Union at the age of 20. 16) In 1964 the legendary "Ural lightning" ..... won all the four speed-skating races and became the all-round champion. 17) One of the founders of the Ural archaeology ..... was the first to describe the fragments of the rock paintings near Lake Allaky depicting dancing shamans in ritual masks. 18) The steam mill belonging to ..... and his sons was one of the first in Chelyabinsk and the South Urals and produced a third of the city's flour. 19) Born in Ukraine ..... headed the Chelyabinsk Academic Drama Theatre for 30 years where he staged 45 productions. 20) A principal dancer at The Royal Ballet in London ..... grew up in a ballet family, where his mum, dad and elder sister did ballet, but dreamed of becoming a footballer.

**Task 4.** Read the poem by Luidmila Tatjanicheva. Get ready to give a talk on Tatjanicheva's biography. Do you know other poets who dedicated their works to the Urals?

Живу я в глубине России,  
В краю озёр и рудных скал.

Здесь реки – сини,  
Горы – сини  
И в синих отсветах металл.  
Милы и дороги до боли,  
Да так, что глаз не оторвать,  
Мне брови лиственниц собольи  
И сосен царственная стать.  
Тайга, тайга...  
Берёт отсюда  
Начало изумрудный цвет,  
А зеленее изумруда  
Ни дерева, ни камня нет!  
По красоте,  
По скрытой силе  
Мне не с чем мой Урал сравнить.  
Иной здесь видится Россия.  
Суровой,  
Строже, может быть.  
А может, здесь она моложе...  
Свежей тут времени рубеж.  
Но сердце русское – всё то же.  
И доброта,  
И песни те ж!  
И лица те же, что в Рязани,  
И так же звучны имена.  
Как солнце в драгоценной грани –  
В Урале Русь отражена!

Read the riddles about the things mentioned in the poem. Guess the words; say them in Russian and in English.

1. My hair is green. My figure is tall. Siberia and Urals 're my home. I grow in forests and fields. Delicious are my seeds. What am I?

2. I am a precious green stone, found deep in the earth. My value is great, and I have the power to captivate all who see me. What am I?

3. I am a vast forest that covers a large part of a cold country. My trees are tall and green, and my ground is covered with moss and wild animals. What am I?

4. I have a beautiful, dense coat in shades of brown and black. My tail is bushy and my eyes are sharp. I'm a type of mammal that lives in coniferous forests. What am I?

5. I am a mineral that is dug from the ground and processed to make metal. My color can vary from gray to red or even black. What am I?

The following words can be used if we translate the poem into English. Name their Russian equivalents from the verse:

Rock, cliff, outcrop;

Precious, valuable, high-priced;

Reflect, mirror, resonate.

Find more synonyms for the words below and name their Russian equivalents: facet, boundary, kindness, to compare, interior.

What is the main idea of the poem?

The poetess appeals to the reader's audio and visual senses. What visual imagery does she resort to? What colours does she mention, in which context? How does she make use of audio images? Prove by the text.

The poetess' passionate love for her native land is conveyed through the exaggerated description of the Ural landscape. Prove this, find examples of exaggeration in the text.

Think of the images you would like to create to describe the Urals. What words may be used to convey these images. Make up your own short poem about your native land searching for rhymes with the help of the resource <https://www.wordhippo.com/>

**Task 5.** There are very few paintings dedicated to old Chelyabinsk. The most famous paintings are by two Chelyabinsk artists – Yury Danilov and Ignatius Vandyshv.

– Do you recognize these places of old Chelyabinsk in Yury Danilov’s watercolours (Figure 2): (Chelyabinsk Railway Station, The Yakushev Brothers’ Shopping Arcade, Kuznetsov-Gubkin Tea-making Factory, Valeev’s Trading House, Chelyabinsk People’s House, The First Powerplant, Alexander Nevsky Church, Arkhipov’s Mansion)? Do you know where they are located and what is situated in these buildings now?

– Read the text below:

Игнатий Лукич Вандышев – один из старейших живописцев Южного Урала. Он родился в 1891 на хуторе Вандышево Уйской станицы Оренбургского казачьего войска. Он осиротел в одиннадцать лет и воспитывался в семье дедушки. Отец заинтересовал сына искусством, когда нарисовал ему избу с бревенчатыми углами и сани. Поэтому рисовать Вандышев начал ещё ребенком, но получить академическое художественное образование ему так и не удалось.

В 1915–1917 участвовал в Первой мировой войне в качестве писаря. С фронта присылал письма с рисунками, запечатлевшими военный быт: пейзажи местности с часовыми, портреты сослуживцев, этнографические зарисовки. Возвратившийся с фронта, Игнатий Лукич был мобилизован колчаковскими войсками. С белой армией дошёл до Монголии, бежал и перешёл на сторону красных. После войны Вандышев оказался в Омске, где посещал красноармейскую студию и был принят учеником. В 1921 вернулся домой, где его ждала семья, сотрудничал с местными газетами, в которых публиковались его сатирические рисунки.



В 1927 году по ходатайству «Крестьянской газеты» был принят в Высший художественно-технический институт и занимался в мастерской Сурикова, но оставил Москву и не окончил учёбу из-за реорганизации института и материальных трудностей. Вандышев вернулся домой и занимался преподаванием в школе крестьянской молодёжи в селе Уйское, где организовал свои первые персональные выставки. В 1934 году переехал в Челябинск и работал художником в газете «Челябинский рабочий». В годы Великой Отечественной войны участвовал в выпуске сатирических плакатов «Боевой карандаш» в Челябинске.

За свою творческую жизнь художник создал более тысячи живописных, графических и скульптурных работ, участвовал в более чем тридцати выставках при жизни. Умер Игнатий Лукич Вандышев в 1964 году от остановки сердца.

In the text find the Russian equivalents for the following English words:

To capture (to imprint), a military routine, a record clerk, a fellow soldier, Cossack Army, to flee (to escape), to become an orphan, a sled, a log cabin, to manage to do smth, to cooperate with, under the protection of, a workroom (a studio), peasant youths, a release of satirical posters, to participate in an exhibition.

Make a rendering of the text about Ignatius Vandyshov in English making use of the vocabulary above.

Task 6. What does a mountaineer do? Define the meaning of the word in English. What other words with a similar meaning can you think of? Make up a sentence with the word “a mountaineer”, as in the example: “It was quite acceptable for a single, competent mountaineer to lead a group of lads and lassies on the hill, and to camp with them.”

With the help of the resource <https://www.wordhippo.com/> find the words that rhyme with “a mountaineer”.

What is the verb for “mountaineer”? What are its meanings?

What is the adjective for “mountaineer”? What are its meanings?

What is the adverb for “mountaineer”? What are its meanings?

Match the definitions with the words from the text below. Transcribe the words.

Word	Transcription	Definition
altitude		A view of the interior of anything; a deep inspection; introspection.
alpine		To dispose of.
ascent		The absolute height of a location, usually measured from sea level.
bout		Profound awe and respect.
insight		A motion upwards.
prevail		To change; transform; develop.
bestow		A large mass or body of snow and ice sliding swiftly down a mountain side, or falling down a precipice.
excerpts		A trophy or medal; something that denotes an accomplishment, especially in a competition.
reverence		Relating to, or inhabiting mountains, especially above the timber line.
award		To save from violence, danger or evil.
evolve		A passage or an extract from a larger work such as a news article, a film.
rescue		To be superior in strength, dominance, influence or frequency; to have the advantage over others; to outnumber others.
avalanche		A period of something, usually painful or unpleasant.

Read and translate the review on Anatoli Boukreev's book "Above the Clouds: The Diaries of a High-Altitude Mountaineer" from the American Alpine Journal, 2002.

"When the American Alpine Club received the first invitation ever from the USSR to climb in the Pamir, in 1974, Anatoli Boukreev was 16 years old and just beginning his high-altitude training in the Tien Shan. He did some first ascents of 5,000-meter peaks even then. What he went on to accomplish would make him a gold medalist many times over if climbing and taking care of others were an Olympic sport. He managed despite asthma, a bout of meningitis, a car accident, a bus accident, and the collapse of the USSR. Through several accounts of his signature climbs between 1990 and 1997, we are given great insight and much more depth on the Russian system of training and the team spirit that prevailed there than is found in his Everest book, *The Climb*. Linda Wright's 30-page introduction tells us of Anatoli's formative years in the coal town Korkino and later Almaty, the Russian style of training: the reliance on team climbing and comradeship. I had turned down the corners of about 25 pages by the end of the book. When I reviewed what I had marked, I found a consistent reference to his belief that to be in the mountains to the fullest, one needs to train – to "derive pleasure from the process of physical and mental development." I found that he had gone out many times – often alone – from the safety of camp to find or to give aid to comrades late in returning. And then there was his reverence for the mountains: "It is myself that I struggle with in this life, not with the mountains. Their greatness and strength are indisputable, only man is in transit, evolving, growing, and the road that we choose to follow in life depends less on the surrounding world than on our spirit – the internal voice that pushes one to seek new challenges." The book concludes with a chapter called "Letters from Annapurna," where Anatoli died in a massive avalanche on December 25, 1997, not long after having been bestowed the American Alpine Club's David Sowles Award for his rescue efforts on Mt. Everest. There are

excerpts from a letter to Jim Wickwire and an interview in which he summarizes his quest: “Speaking honestly, I do not feel fear climbing high; rather, my shoulders straighten square like a bird stretching its wings. I enjoy the freedom and the height.” And then there is the letter followed by the phone call from from “Tolya” to Linda, along with her personal comments and the final call to her from Simone Moro with the sad news. We feel the closeness and the loss through these few pages. Climber or not, you should read this account for the simple purity and depth of spirit you will find.” (John E. Williamson)

- Get ready to give a talk on Boukreev’s biography.
- Comment on Anatoli Boukreev’s quote “I wanted to achieve something essential in life, something that is not measured by money or position in society. The mountains are not stadiums where I satisfy my ambitions to achieve. They are my cathedrals, the houses of my religion. In the mountains I attempt to understand my life”.

**Task 7.** A lot of streets in Chelyabinsk were named after prominent people. Do you know the streets of Chelyabinsk? Fill in the table with their names.

1	.....	The street is located in Central District to the west of Universitetskaya Embankment Street. It was named after a Soviet scientist and rocket engineer, the father of practical astronautics in 2006.
2	.....	The street is located in Central District to the south of Truda Street. At the beginning of the 20 <sup>th</sup> century was known as Western Boulevard. In 1969 the street was named after a revolutionary and Soviet politician who was assassinated in 1918.

3	.....	The street is located in Traktorozavodky and Kalininsky Districts beginning near Mamin Street and ending near Gorky Street. It was named after a Russian writer and publicist, best known for his collection of fairy tales based on Ural folklore.
4	.....	The street is located in Kalininsky, Central and Sovetsky Districts. It was called Ufinskaya Street and Yekaterinburgskaya Street. In 1934 it was named after a Soviet politician and revolutionary.
5	.....	The street is located in Sovetsky District to the north-west of Ilyich Street. It was named after an English naturalist and biologist, widely known for his contributions to evolutionary biology.
6	.....	The street is located in Central and Sovetsky Districts and has a length of 3230 meters. It was named after a revolutionary, literary critic, publicist and one of the first Soviet diplomats assassinated in Lausanne in 1923.
7	.....	The street is located in Kalininsky District to the north of Kolkhoznaya Street. It was named after a Russian and Soviet neurologist and the father of objective psychology.
8	.....	The street is located in Leninsky District to the south of Kharlov Street. It was named after a Soviet pilot and cosmonaut who became the first human to journey into outer space.
9	.....	The street is located in Leninsky District to the west of Tuskaya Street. It was named after one of the most widely recognized Russian physicians, the founder of field surgery who was one of the first surgeons in Europe to use ether as an anaesthetic.

10	.....	The street is located in Leninsky District to the south of Pogranichnaya Street. It was named after a Russian zoologist and an author of popular books for children, born in Perm.
11	.....	The street is located in Central and Sovetsky Districts to the south of Truda Street up to Plekhanov Street. It was named after a Russian poet, playwright and novelist considered by many to be the greatest Russian poet.
12	.....	The street is located in Kalininsky District to the south of Staleliteynaya Street. It was named after a Russian physicist who was one of the first to invent a radio receiving device.
13	.....	The street is located in Kalininsky and Kurchatovsky Distracts to the south of Chicherin Street. It was named after a Bashkir poet and national hero who participated in Pugachev's Rebellion.

**Task 8.** Pavel Bazhov was a famous writer originating from the Urals. His birthplace was Sysert, a settlement not far from Ekaterinburg. His father worked at Sysert Plant, so Pavel Bazhov knew the peculiarities of working people's life first-hand. In his "Ural Tales" he glorified the Ural land, its identity and traditions for the whole world. The first collection of Bazhov's Ural tales was published in 1939 under the title "The Malachite Casket". In 1944 they were translated into English by Alan Maley Williams. Bazhov's tales are an example of the literarily processed "working folklore" of the Urals.

Try to remember what titles the following tales have in Russian. Choose one of the tales, read it in Russian or English and sum up the plot for your groupmates.

Russian Title	English Translation
	The Mistress of the Copper Mountain
	A Fragile Twig
	The Dancing Fire Maid
	That Dear Name
	Silver Hoof
	The Blue Crone's Spring
	The Serpent's Trail
	The Great Serpent
	The Malachite Casket
	The Bailiff's Bootsoles
	The Flower of Stone
	The Mountain Craftsman
	Zhelezko's Covers
	The Blue Snake

Read the riddles. Guess the characters and things from Bazhov's Ural tales; name them in Russian and in English.

- It is a small box made of a semiprecious stone, with amazing green patterns.

What is it?

- He is a master of stone, able to shape it into remarkable works of art. He can be found in the mountains, where he breathes life into his sculptures. Who is he?

- She is the guardian of riches, the owner of the copper mine. She can be both beautiful and fierce. Who is she?

- It is a flower that was created by a master craftsman. It looks so real that you would think it's alive. It never fades. What is it?

– She is a fire spirit. She can be found at the heart of a fire, dancing and singing. She is both beautiful and dangerous. Who is she?

**Task 9.** A mining master and a rock engineer are the most common trades in Pavel Bazhov’s stories. What other jobs did you come across while reading his “Ural tales”?

What spheres of life are Bazhov’s characters and symbols used nowadays in? (e.g. Confectionery industry produces sweets called “The Mistress of the Copper Mountain”)

**Task 10.** What kinds of weapons do you know? Look up the English equivalents for the following Russian words in the dictionary: сабля, меч, дротик, лук, копьё, ружьё, винтовка, карабин, револьвер, пистолет, пулемёт, пушка, холодное оружие, огнестрельное оружие, оружие массового поражения, химическое оружие, атомное оружие.

Name famous Russian inventors of arms and weapons.

One of such people was born in the South Urals. His name was Ivan Bushuyev. He became the prototype for the fictional Bazhov’s character Ivanko-Krylatko whose story goes back to the 19<sup>th</sup> century when the world-famous edged weapon was produced by Zlatoust Armory.

Divide into two groups. Group A reads the text below. Group B goes to the text in Appendix 2. Get the missing information by asking questions to your partners from the opposite group as in the example:

“In Russia \_\_\_\_\_ (what?) were manufactured by the masters of the Moscow Armory”. – “What was manufactured by the masters of the Moscow Armory?”

Then retell the whole text.



## Group A

In Russia decorated edged weapons were manufactured by the masters of \_\_\_\_\_ (What factories?). But it was Zlatoust that became the birthplace of a unique art that gained worldwide fame. The blades decorated by the Zlatoust Armory masters were owned by the crowned heads, were awarded to the heroes, and were presented as gifts to foreign guests. The saber blade decorated by Ivan Bushuyev was presented to \_\_\_\_\_ (Who?) when he came to Russia in 1826 to congratulate Emperor Nicholas I on his accession to the throne. This weapon is now on display at the Wellington Memorial Museum in London.

Zlatoust Armory was the only state supplier of cold war weapons, first for the Russian imperial army, then the Soviet one. The company owned this monopoly for a century and a half. The weapons of Victory were forged here during the Great Patriotic War. Our army received \_\_\_\_\_ (How many?) combat checkers and about one million army knives.

In their works, the masters of Zlatoust steel engraving invariably addressed such topics as: sovereignty, patriotism, military and labor exploits of the Russian people. The best examples of these artistic weapons are exhibited in \_\_\_\_\_ (Where?): the Hermitage, the Armory of the Moscow Kremlin.

Weapons of war are becoming more technologically advanced and deadly every year: jet drones, combat lasers, virtual reality, and artificial intelligence. But the steel blade with its centuries-old history remains a reliable weapon even now. Knives are used by all Special Forces. Cold weapons are needed \_\_\_\_\_ (Where?).

**Task 11.** Guess the words by their definitions, and then find them in the text below:

- A place where arms are made.
- A method of putting a design onto a hard, flat surface by cutting grooves into it.

- A person who works in a mine.
- To give eternal life.
- To make more beautiful and attractive; to decorate.
- Designs and symbols depicted on a family/city emblem.
- A member of an army, of any rank.
- To shape a metal by heating and hammering.
- A weapon that does not use fire or explosives.

Read the text below. Say whether the statements are true, false or not given.

1. It was Bushuev's wife who prompted the image of the winged horse.
2. Bushuev elaborated the method of steel engraving in Zlatoust Armory.
3. He was mostly self-educated and self-taught.
4. Bushuev focused on portraying famous combat leaders as a decoration on cold weapons.
5. The winged horse is a symbol of Chelyabinsk.
6. Pavel Bazhov's tale about Ivan Bushuev is entitled "Ivanko-Krylatko".
7. The history of Russia can be traced in Bushuev's miniatures on steel.

Ivan Bushuyev was born in Zlatoust in 1798, he died in 1835. He is considered the creator of the Zlatoust engraving on steel.

He was born in the family of a natural talented factory artist. He studied at a local school for miners' children; at the age of 17 he began working in the factory drawing room, where, under the guidance of his father, he acquired a good training for an artist. He was accepted into the training of the Shafs, German gunsmiths in Zlatoust Armory. In a very short time, he mastered the skill of forging weapons and became a high-class specialist in decorating cold weapons. He managed to get a stronger and more reliable connection of gold with steel.

The crucial part in his work was the creation of miniatures on themes of Russian history. Bushuev began to decorate weapons with multi-figure battle scenes, making the central figure of the compositions not generals, but soldiers.

His imagination created, and his talent immortalized on metal, the image of a rapidly rushing winged horse, which now adorns the coat of arms of Zlatoust and became a symbol of the city. The artist himself is popularly known as Ivanko-Krylatko thanks to Pavel Bazhov's tale.

A winged horse is a fairy animal. What other mythological creatures appear in Russian fairy-tales?

Imagine you have to create a design for a miniature on steel, like Bushuev did. What episode of Russian history would you choose for your miniature? Describe the plot in 7 sentences. Justify your choice.

**Task 12.** Read the poem by Boris Ruchiov "A Song to the Canvas Tent".

Мы жили в палатке  
с зеленым оконцем,  
промытой дождями,  
просушенной солнцем,

Да жгли у дверей  
золотые костры  
на рыжих камнях  
Магнитной горы.

Мы жили в палатке,  
как ветер, походной,

постели пустели  
на белом восходе,

Буры рокотали  
до звездной поры  
в нетронутых рудах  
Магнитной горы.

А мы приходили,  
смеялись и жили.  
И холод студил нам  
горячие жилы.

Без пляски в мороз  
отогреться невмочь,  
мы жар нагоняли  
в походную ночь.

А мы накалялись  
работой досыта,  
ворочая скалы  
огнем динамита.

И снова смеялись —  
от встречи не прочь  
с холодной палаткой  
в походную ночь.

Под зимним брезентом  
в студеных постелях  
мы жили и стыли,  
дружили и пели,

Чтоб нам подымать  
золотые костры  
нетронутой славы  
Магнитной горы.

Where is Magnetic Mountain situated? Find it on the map of the Chelyabinsk Region. What is the nearest settlement to Magnetic Mountain?

What are the people from the poem working on?

Why did people live and work in such extreme conditions? What was their goal?

What do you think the main idea of this poem is?

Have you ever been to Magnitogorsk?

What is the town's economic mainstay (its backbone enterprise)?

What do you know about this plant?

What other things is Magnitogorsk famous for? Prepare a short report about its attractions.

**Task 13.** Gennadiy Zdanovich was the founder and the first archeologist of the State Historical and Archeological Reserve "Arkaim" Some rock carvings have been found in Arkaim (Figure I). Describe what you see. What message do you think ancient people wanted to convey in them?



Figure I. Arkaim rock painting

Read the text. Give a title to each paragraph.

**"Arkaim" settlement**

Title 1. \_\_\_\_\_

In 1987, in the south of the Chelyabinsk Region, a unique monument dating back to the Bronze Age was excavated on a building site – a fortified settlement of the early

urban type. Arkaim got its name from a mountain nearby. The monument turned out to be an ancient settlement created according to a pre-conceived plan, with a clear urban planning idea, complex architecture and fortification.

Title 2. \_\_\_\_\_

More than thirty years have passed since the discovery of the Arkaim settlement. During this time, a nature reserve was created to protect Arkaim and many other ancient monuments in this area. A research, educational, cultural and educational complex has been founded near its borders – the State Historical and Archeological Reserve “Arkaim”. The research is based on an integrated approach to the study of antiquity in the interrelation of natural systems and human societies.

Title 3. \_\_\_\_\_

An erected archaeological reconstruction of a Stone Age dwelling has become a destination for many tourists. Another reconstruction is the Timir mound. This is an exact copy of the ancestral tomb of the Scythian-Sarmatian nomads, recreated by archaeologists and based on the materials of excavations in 1982. The monument dates back to the IV century B.C.

Title 4. \_\_\_\_\_

After Arkaim, twenty more similar settlements were found, which allowed scholars to talk about the discovery of an interesting ancient culture called “The Country of Cities”. Their significance is indisputable, since they present completely new data on the migration routes of Indo-Europeans and prove that four thousand years ago there was a highly developed culture in the South Ural steppes whose inhabitants were mainly engaged in cattle breeding and fishing. However, there were some noticeable advances in agriculture: in the cultural layer, archeologists excavated sickles and hoes which gave evidence of the evolving metallurgy, mainly bronze.

Read the definitions below. Guess the words and phrases from the text. Say them in Russian and in English.

1. a typical way of birds' seasonal travel;
2. a tool for cutting grass; it has a curved blade and a short handle;
3. the act of extracting ore or coal from the earth; the site of an archeological exploration;
4. having no fixed location, but wandering from place to place in search of pasture or game;
5. a tool with a flat blade attached at right angles to a long handle;
6. a member of the ancient nomadic people inhabiting Eastern Europe;
7. the ancestors of the Russians and the Poles;
8. an artificial hill or elevation of earth thrown up for defense;
9. a defensive structure consisting of walls or mounds built around to strengthen it.

**Task 14.** What does archaeology as a science involve? Define the meaning of the word in English. Make up a sentence about Arkaim with the words "archaeology" and "to excavate". Divide the words below into two columns - synonyms and antonyms for the word "to excavate": to dig, to cover, to implant, to mine, to deposit, to burrow, to scoop, to bury, to shovel.

synonyms for the word "to excavate"	antonyms for the word "to excavate"

With the help of the resource <https://www.wordhippo.com/find> the nouns that derive from "to excavate"? What are their meanings? Make up sentences with them.



## UNIT 2. HEALTH CARE IN THE CHELYABINSK REGION

**Task 1.** Translate the text into Russian.

The main objective of the system of the region's public health service is protection and strengthening of public health, real rise in life's quality of medical aid, perfection of all the levels and branches of the public health service.

The region's public health service institutions have introduced a number of new technologies of disease prevention and early diagnostics: health schools, sick inspection rooms, screenings for detection of socially important diseases. New kinds of highly technological aid were developed in cardiosurgery, newsurgery, ophthalmology etc.

**Task 2.** Answer the questions about the text.

- What is the aim of the program “Modernization of primary cure”?
- What does the program include?
- How will the program promote to improve medical cure?
- Do you know what other medical programs exist in the Chelyabinsk region?

In the Chelyabinsk region a program “Modernization of primary cure” was launched which is designed for 2021-2025 and includes several areas: the construction of new health facilities, major repairs, provision of motor vehicles and the purchase of new medical equipment.

The modernization program will make it possible to achieve the main goal: to ensure accessibility and quality of primary health care and medical care in rural areas, workers settlements, urban-type settlements and small towns with a population of up to 50 thousand people.

**Task 3.** Make up a short story about **the Federal Cardiovascular Surgery Centre** in Chelyabinsk on the basis of the answers to the questions:

- What do you know about this centre?
- When did it open?
- What diseases and operations does it specialize in?
- How can a patient consult a specialist in the centre?
- Is the selection of patients for surgical treatment the main aim of the centre?

**Task 4.** Do the crossword puzzle “Health Care”.

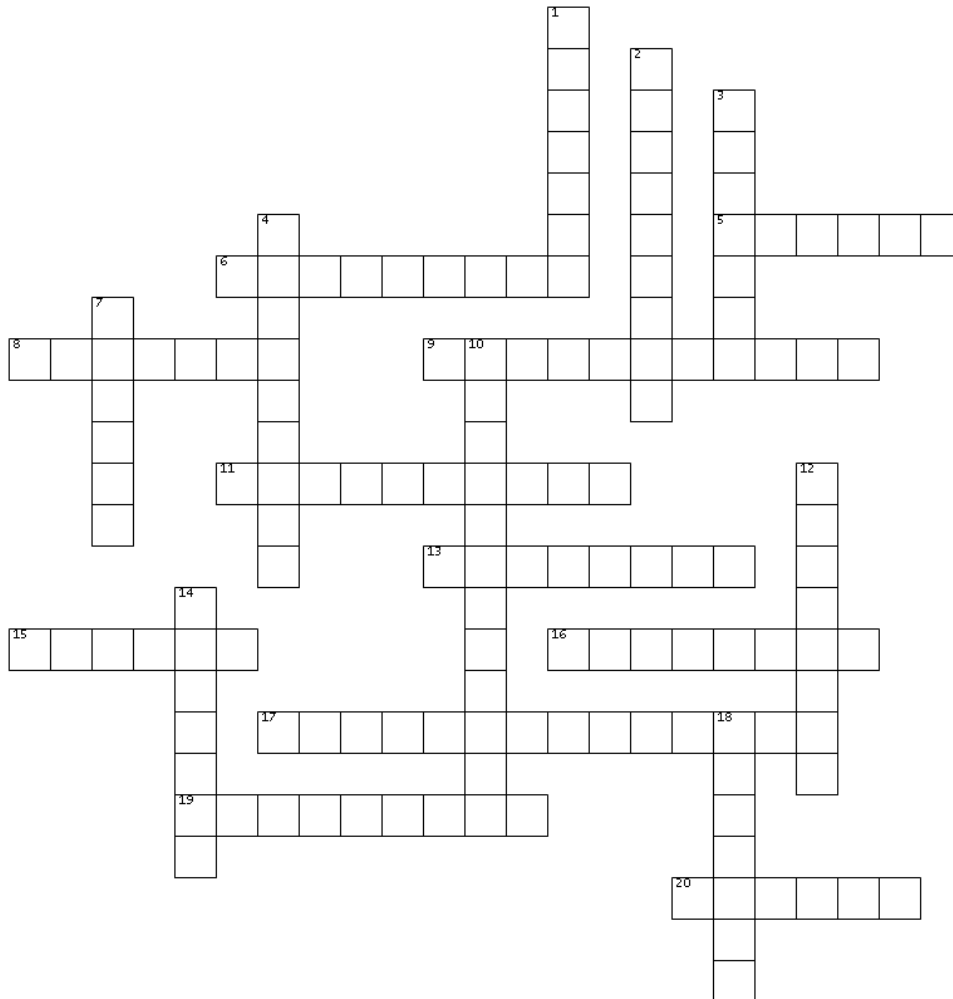
ACROSS

- 5. damage to someone's body in an accident or attack
- 6. the work of a person who helps a woman when she is giving birth to a child
- 8. the job of taking care of people who are sick, injured, or old
- 9. the process of injecting someone a substance to prevent infection by a disease
- 11. the science or study of the mind and behavior
- 13. a place where sick or injured people are given care or treatment
- 15. a place where people get medical help
- 16. the practice and profession of preparing drugs and medicines
- 17. medical treatment in which a doctor helps to return to a healthy or good way of life
- 19. the act of doing a test on a person to look for evidence of a disease
- 20. the condition of being well or free from disease

DOWN

- 1. medical treatment in which a doctor cuts into someone's body in order to repair or remove damaged or diseased parts
- 2. something that deals with a disease or injury in order to make someone feel better or become healthy again
- 3. a person who receives medical care or treatment

- 4. the act of identifying a disease or illness by examining someone or something
- 7. a serious injury to a person's body
- 10. the act of making better or less painful
- 12. the science that deals with preventing, curing, and treating diseases
- 14. an illness that affects a person
- 18. a specific condition that prevents your body or mind from working normally



## UNIT 3. CHELYABINSK

### From the History of Chelyabinsk

**Task 1.** Read the text. Find English equivalents of the following phrases in the text and use them to speak about Chelyabinsk.

- На границе Урала и Сибири
- На берегу реки Миасс
- Казацкая крепость и провинциальное поселение
- С населением более 1 млн человек
- Ворота Сибири
- Развитие металлургии
- Назвался Танкоград
- Присоединение эвакуированных заводов к местным
- Производство боевых танков и легендарных «Катюш»
- Один из 5 главных промышленных городов

Chelyabinsk is situated on the boundary of the Urals and Siberia, on the banks of the Miass River. Chelyabinsk has its own unique way of developing. For three centuries it has grown from a Cossacks fortress and quite a provincial settlement to one of the 11 biggest cities of the country with the population more than one million people. About one third of the region population lives in it. The number of the population is on the second place in the Ural Federal Okrug and on the ninth place in Russia.

Chelyabinsk was founded as fortress on the bank of the Miass River in 1736. The fortress was erected on the way to Orenburg city that was being built at that time.

In 1743 Chelyabinsk became the centre of the Isset Province. In 1781 it became an uyezd town, at first as part of Permskoye vicegerency, from 1782 – as part of Ufimskoye vicegerency, and from 1796 of Orenburg governorate. It was the centre of Chelyabinsk governorate, precinct, raion. Since 1934 it has been the centre of the Chelyabinsk Region.

In late XIX century the Trans-Siberian Railway ran through Chelyabinsk and it became known as “the Gates of Siberia”. Still being an important railway unit, Chelyabinsk as the centre of mining area has paid more attention to the development of metallurgy.

During World War II Chelyabinsk was called Tankograd, as it was a powerful logistic manufacturing complex of the USSR. Huge plants were created by joining the evacuated plants to the local ones. Citizens of Chelyabinsk sent to the front heavy tanks KV and IS, battle tanks T-34. Workers of the plant named after Kolyushenko set up the production of the military installation BM-13 – the legendary “Katyushas”.

Chelyabinsk became one of the five leading industrial cities of Russia.

**Task 2.** Do the task “Do you know that”. Make up 8 statements.

*E.g.: Do you know that the golden camel has become the official emblem of Chelyabinsk since September 2000?*

**Task 3.** There are different versions about the origin of the name “Chelyabinsk”. Do you know any? If not, search for the information on the Internet.

### Chelyabinsk Today

**Task 1.** Prove that

- Chelyabinsk is an ancient city
- Chelyabinsk is a big city
- Chelyabinsk is a great industrial city

- Chelyabinsk is a developing centre
- Chelyabinsk is the capital city of the South Urals
- Chelyabinsk is a students' city
- Chelyabinsk is a cultural centre

There are seven districts in modern Chelyabinsk – Kalinisky, Metallurgical, Sovetsky, Central, Kurchatovsky, Leninsky and Traktorzavodsky. Today the city is one of the biggest producers of high quality metals and alloys, heat-resistant and stainless steel, bar iron and flat steel.

Chelyabinsk is also known as one of the biggest educational centres of Russia. Now there are about 30 state and private educational institutions in the city. The biggest is South Ural State University. One of the oldest Ural scientific libraries is situated deep in the capital city of the South Urals.

Chelyabinsk is developing as the cultural centre as well. It is quite comfortable both to work and to relax here. Kirovka, the walking street, is among the main places of interest. The Regional Local History Museum also attracts your attention. A number of monumental works of Soviet sculpture mirrors the history of the city. The monument to V.I. Lenin in the central square, the sculpture “Orlyonok” in the park Aloye Pole and the sculpture “The Tale about Ural” in the railway station square are among them. The memorial complex includes the monument to tank men and peacekeeping soldiers “Eternal Flame”. People's Artist of Russia Oleg Mityaev may be called the living “brand” of Chelyabinsk as well as the pop group “Ariel”, the dance ensemble “Ural” and the band of folk instruments “Malachite”.

There are also a lot of sport traditions in the capital city of the South Urals. Here you can find stadiums, swimming pools, the Judo sport centre, ice arenas “Yunost”, “Tractor”, “Uralskaya Molniya”. Speaking about sports we can't help but say about the legendary hockey club “Tractor”. It was founded in 1947 as a sports club of the

Chelyabinsk tractor plant. It was the most successful in the 1970s. At present the club keeps training young hockey players, its first team takes part in Kontinental Hockey League (KHL).

### **Top tourist Attractions in Chelyabinsk**

#### **WALKING TOUR: KIROVKA**

Kirov Street (formerly known as Raboche-Krestyanskaya, before the Revolution as Ufimskaya and Ekaterinburgskaya) is one of the first streets in Chelyabinsk. In the XIX century there used to be houses of eminent merchants and their shops in it. During the renewal of the street a lot of buildings and heritage assets were restored. In 2003–2004 the section of the street from Revolution Square to the Miass River became vehicle free area. People affectionately call it Kirovka and this toponym was decided to use as the official name of this part of the street. It is the main promenade street in the city. Here you can find various stores, boutiques, comfortable cafes and other places for rest and entertaining. Kirovka has its own atmosphere due to a number of sculptures, thematically connected with the history of the city.

#### **SCULPTURES IN KIROVKA**

There are 19 big sculptures and several small compositions of monumental decorative plastic arts in Kirovka. Most sculptures were made by Aleksei Tishin. All the sculptures are allowed to be touched and to be photographed with. You may stroke the bald head of the beggar, sit down into the carriage, ride the cast-iron camel or admire the bird in the hands of the Asian boy. The police are on duty round the clock in this street, that's why it is one of the most secure places in the city.

## **THE OPERA HOUSE**

One of the most beautiful theatres in Chelyabinsk – the Opera House named after Glinka – joins Kirov Street. There is a musical school next to it.

## **THE CONCERT HALL AFTER S. PROKOFIJEV**

The building of the Concert Hall crowns the end of the pedestrian mall. At the beginning of the XX century there were merchants' houses with shops in that place. The today's hall has got the name of the People's Artist Sergei Prokofijev who was one of the composers whose works were most widely played in the XX century, in 1935 he gave a concert in Chelyabinsk.

## **THE PICTURE GALLERY**

The building was erected in modern style in 1911–1913 (architect A. Fyodorov) by order of famous merchants the Yaushevs. Chelyabinsk Arcade was one of the biggest department stores in the Urals, the goods of the best Russian and foreign manufactures were sold in it. Today the Picture Gallery is housed there. There are still elements of historic fret work, unique glazed decorative tiles and original details of interior on the frontage and inside.

## **THE SPHERE OF LOVE (2000)**

A girl and a young man in love are floating under the dome symbolizing the proverb that “marriages are made in heaven”. It is a favourite place for newly married couples. There is a legend that if the newly married want to have a long and happy family life they should meet in the centre of the composition after mounting the opposite stairs and dance their first wedding waltz there.

Location: the small park near the cinema “Kinomax-Ural” (framed by Krasnaya St., Vorovsky St., Sonya Krivaya St.)



### **THE MONUMENT TO I. KURCHATOV (1986)**

(Architects – B. Petrov, V. Glazyrin, I. Talalai)

It isn't just a monument, but a complex composition of architectural and sculptural elements devoted to the achievements of national physics in general and personally to Igor Kurchatov, the great scientist, initiator and leader of works in the sphere of atomic science and technology in particular. People name the monument “atom splitting”. When it is dark in the street the atom behind the figure of Kurchatov is lighted.

Location: Lenin Avenue, forest-park area

### **THE MONUMENT TO M. GLINKA (2004)**

(Architect – E. Alexandrov)

The composer is depicted full-length with one hand on a big sheet music and the other – on the accordion.

Location: Yaroslavsky Sq., opposite the Opera House

### **THE DRAMA THEATRE NAMED AFTER N. ORLOV**

The construction of the Drama Theatre present building began in 1973. One of the main sights in the central part of Chelyabinsk was built by a large group of specialists including the architects: V. Glazyrin, B. Baranov, D. Oltarzhevsky, Yu. Perchatkin, A. Slonimsky, N. Semeikin, A. Rudik; engineers A. Averina and V. Turkin, painter E. Aleksandrov. The elliptical building made of iron concrete and glass is coated with white marble tops. The theatre team had a house-warming in 1982. Before moving in, the Drama Theatre had occupied the building of the present Youth Theatre.

The entrance of the theatre is decorated with Kasli art cast. The famous cast-iron “Kaslinsky pavilion” inspired the composition.

On the pedestals there are sculptures of A. Pushkin, V. Mayakovsky, M. Gorky, A. Ostrovsky, W. Shakespeare, A. Chekhov.

## **THE REGIONAL LOCAL HISTORY MUSEUM**

Chelyabinsk Regional Local History Museum is the oldest cultural institution in the city. The new building in Truda Street is constructed in the place where Chelyabinsk fortress used to be. According to the plan of the architects under the guidance of S. Yakobyuk the profile of the building resembles the towers and walls of a fortress. The building of the museum is considered one of the most beautiful architectural constructions in the city. The Regional Local History Museum is an integrated one as it includes scientific, historic and art collections. More than 300 objects are kept in the funds of the museum.

## **THE ZOO**

The Chelyabinsk Zoo was opened not long ago, only in 1996. Today the total area is 30 ha. 114 animal species inhabit 7 ha of developed territory; 84 of them are in the IUCN Red List. Work on enlarging and appending the animal collection is under way. The Chelyabinsk Zoo is full member of the Eurasian Regional Association of Zoos and Aquariums, and this fact can be considered recognition of its achievements in preserving endangered species of animals. About half a million people visit the Zoo every year. The pride of the zoological garden is children's petting zoo where children can play with hand-reared animals: rabbits, goats, lambs, ducks, hens and hedgehogs.

## **THE CENTRAL PARK NAMED AFTER YURY GAGARIN, THE FIRST COSMONAUT**

The park was created in 1934 in the place of the former Chelyabinsk with several water ponds originated in the place of the former stone pits. The territory is 1200 ha. The recreational area of the park is 80 ha. There are 20 water ponds, a fountain, 8 ha of flower gardens and flower beds. The South Ural Small Railway for Children (5 km long) and two playgrounds with attractions work in the park. Being the best cultural institution of the city the park was assigned the name of the first cosmonaut Yuri Gagarin in 1962.

**Task 1.** Do you know Chelyabinsk? Fill in the table with names of some places in Chelyabinsk.

Districts of Chelyabinsk (4)	
Bridges (3)	
Streets (4)	
Squares (2)	
Theatres (3)	
Museums and galleries (3)	
Parks (3)	
Monuments (4)	

**Task 2.** Make up a poem about the sights of Chelyabinsk and activities associated with them. Use the Present Perfect tense in the questions:

*Have you ever been to Chelyabinsk?*

*Have you walked along Kirovka?*

...

**Task 3.** Your friend from Novosibirsk is planning to visit Chelyabinsk for a holiday. She needs your advice about the best way to make the most of 5-6 days there: where to go, what to see and do and so on. Please write and tell her what you suggest.

**Task 4.** Make a tourist brochure (booklet) about interesting places in Chelyabinsk and give reasons why they are worth visiting.

## UNIT 4. SOUTH URALS DISHES AND DRINKS

Russian cuisine with elements of French one is traditional in the South Urals. The cuisines of the former USSR republics and of different nations still living in Russia are also popular. The South Urals is inhabited by migrants from all over the country. How many peoples, so many recipes. But there exist some traditional: the Ural pelmeni (meat dumplings), pies, crucian carp fried in sour cream, beshbermak (national food – boiled meat with noodles), kaurdak (national meat and vegetable dish), chak-chak (national sweet food), the “Ural Salad”, the “Ural Maiden” charlotte.

**Task 1.** Name traditional South Urals dishes. Write them down.

**Task 2.** Fill in the text with these words: *sour cream, filled, cook, mayonnaise.*

### Ural Pelmeni

Pelmeni is \_\_\_\_\_ Ural dish which is loved by people all over Russia. Pelmeni are mostly \_\_\_\_\_ with meat: beef, \_\_\_\_\_, pork, \_\_\_\_\_ and bear meat. They also \_\_\_\_\_ pelmeni with cabbage, mushrooms, fish. As sauces they offer \_\_\_\_\_, vinegar, mustard and \_\_\_\_\_.

**Task 3.** Read the text and name starters that Russian people like.

Starters – dishes served before the main course – are often offered with strong drinks (aperitif). Such starters as brined cucumbers and cucumbers in vinegar, sour cabbage, black and red caviar, vegetable paste, salads, herring, salt fish and mushrooms in brine, are popular in Russian cuisine.

**Task 4.** Match the words in bold with their definitions.

Borsh	Spare ribs are the main component
Rassolnik	Cold soup made of cucumbers, radish, eggs, meat, kvass
Kharcho	Made of meat or fish with flavoury spices
Solyanka	A meat soup with cucumbers (pickles)
Stchi	Cabbage soup
Okroshka	The main component - beet root - creates taste, flavour and colour of the soup.

**Task 5.** Discuss with a partner.

- Why do you think meat has always been an important ingredient in Russian cuisine?
- Name some dishes made from minced meat.

**Task 6.** Answer the question: What desserts and drinks does Russian cuisine offer? Name some.

**Task 7.** Write down the recipe of cooking any Russian dish or drink popular in the South Urals.

**Task 8.** Explain what makes Chelyabinsk the “pasta” capital of Russia.

Original Italian food - pasta - has become traditional in the South Urals, too. The Amatrice city located in the north-western part of the province of Riete, is the most famous “pasta” city in Italy. The “pasta” capital of Russia is Chelyabinsk, where the main office of the agro-industrial complex “Makfa” is situated. The regional enterprises produce pasta products, cereals, milk cakes, sweets and other food products. Such famous all-Russian trade names as Makfa, Ariant, Uvelka, Soyuzpischeprom, Mirel, Kamella, Golitsin and others started in the Chelyabinsk region. Makfa Company is a leader in Russian and Eastern Europe pasta industry, one of the five biggest world pasta producers. Its assortment includes more than 150 items.

## UNIT 5. EDUCATION IN THE CHELYABINSK REGION

**Task 1.** Learn the diagram of the Russian education system (Figure 3) and compare it with that of the British education system. Answer the questions.

- What do they have in common?
- How do they differ?

**Task 2.** Translate the text into English.

Национальный проект «Образование» направлен на достижение двух ключевых целей. Первая – обеспечение глобальной конкурентоспособности российского образования и вхождение Российской Федерации в число десяти ведущих стран мира по качеству общего образования. Вторая – воспитание гармонично развитой и социально ответственной личности на основе духовно-нравственных ценностей народов Российской Федерации, исторических и национально-культурных традиций.

### **The Regional project “Modern School” 2023**

- reconstruction of school №25 in Kasli;
- reconstruction of school-kindergarten in Ailino village (Satkin district);
- the continuation of building 2 schools in the new districts of Chelyabinsk;
- the opening of the new schools Kremenkul village and in Uvelka;
- the renewal of the material-technical basis of schools.

### **The Regional project “Success of each child”**

- Technopark “Quantorium” starts its work in Kopeisk in September.
- 2229 places for children’s additional education will be opened.

- Expansion of Regional projects to support gifted children “Kurchatov Centre”
- Opening of “IT-cube” in Trenchgorny and Zlatoust.
- Repairing and construction of sports grounds and school gymnasiums in the region.

**Task 3.** Discuss the questions in the group.

- What are the aims of the national project “Education”?
- How does the government of the Chelyabinsk region promote the improvement of school education?
- What education centres for gifted children are opened in the region? What is their aim?
- Do you know that according to the number of school leavers who became students in 2023 there are 20 best schools in Chelyabinsk region and 8 of them are in Chelyabinsk? They are: Lyceum № 31, Lyceum № 11, Lyceum № 97, regional multiprofile boarding lyceum gymnasium № 93 after A.F. Gelich, multiprofile lyceum № 148, lyceum № 35, gymnasium № 80. Name the rest of the best schools in the region.

**Task 4.** Read the text “Schools in Chelyabinsk and the Chelyabinsk region” and do the task “Do you know that...?”. Make up 3 statements with the information from the text.

### **Schools in Chelyabinsk and Chelyabinsk region**

There are 1116 schools in Chelyabinsk region and 151 schools in Chelyabinsk (and 39 lyceums).

There are 5 schools in top-200 best schools in Russia: Mathematic Lyceum № 31, Chelyabinsk Regional Multidisciplinary Boarding school for gifted children, Gymnasium № 80, Lyceum № 97, School №5 of Magnitogorsk.

Education Centre № 5 is the largest school (for 2.2 thousand students) opened in the Chelyabinsk region on September 1, 2020, it is equipped with many laboratories five sports halls, two information and library centers.

### **Universities in Chelyabinsk**

There are over 30 state and private higher educational establishments in the city. The South Ural State University (SUSU – in Russian YuUrGU) is one of the largest educational establishments in the Urals. Before the start of the Federal Universities Development Programme (2006) it was the largest University of Russia in amount of students: at that moment about 50 000 students studied there. National Research University (2010). Since the moment of its foundation the scientific research at the University has been serving the needs of solving important state problems. The University is the regional core of the innovation-driven growth within the realm of system implementation of energy saving integrated control.

### **Chelyabinsk First Higher Educational Institutions**

In May 1930 the first higher educational institution appeared in Chelyabinsk. It was Ural Institute of Industrial Agriculture. In 1934 the pedagogical institute (now university) was opened. In 1943 – mechanical engineering institute. Since that time Chelyabinsk has been the regional centre of science development and teaching technical manpower for all the Urals. Chelyabinsk State University opened in 1976.

### **The South Ural State University**

The symbol of the South Ural State University is a monument to a student (Sculptor – Vardkes Avakyan), which is in front of the entrance to the main building. You can also find the image of the monument on the emblem and flag of the University with the stylized letter “y” (the first letter of the word “university” in Russian).



**Task 1.** Discuss the questions in the group.

- How many universities are there in Chelyabinsk?
- Which is the oldest university and which is the youngest in the city?
- What makes the South Ural State University one of the greatest innovative institutions in the region?
- Do you agree that Chelyabinsk is also a students' city? Prove it.

**Task 2.** Read what different students say about their universities and students' lives. Do you feel the same? Discuss your answers with a partner.

Student 1: I am proud of being a student of the South Ural State University. It has all facilities for involving students into research work.

Student 2: My faculty of the university is a home from home. The students feel comfortable and qualified teachers do their best to teach us.

Student 3: Our university is famous for sports achievements; a lot of attention is paid to students' physical training. I am a member of the volleyball team.

## UNIT 6. SPORTS AND GAMES IN THE CHELYABINSK REGION

The South Ural winter is love and snowy. It provides favorable conditions for winter sports rapid development, many of which are included into the Olympic Games programme: biathlon, skating, ice-hockey, figure skating, curling. The sportsmen – natives of the South Urals – are the pride not only of the Chelyabinsk region, but also of the whole world.

The Chelyabinsk region is proud of a lot of famous sportsmen who made a great contribution to the development of sport.

### **Speed skaters**

The legend of the Soviet sport, six-time Olympic champion Lydia Skoblikova (born in 1939, Zlatoust) was named “Ural lightning” for the quickness on ice.

### **Biathlonists**

The South Urals is the native land of the outstanding biathlonists, Olympic champions Alexander Tikhonov (born in 1947, Uiskoye Vil.), Nikolai Puzanov (1938–2008, Kyshtym), Vladimir Gundartsev (born in 1944, Satka), Natalia Snytina (born in 1971, Zlatoust), Svetlana Ishmuratova (born in 1972, Zlatoust).

### **Hockey Players**

The South Urals brought up the whole pleiad of famous hockey players. Among them are the Makarov brothers, Sergey and Nikolai (born in 1955, Chelyabinsk), Vyacheslav Bykov (born in 1960) – now a coach of the RF Hockey Team.

### **Volleyball Players**

Several well-known volleyball players were born and took their first steps in sport in the South Urals Svetlana Kunysheva (born in 1958, Chelyabinsk) an Olympic

champion (1980), Anastasia Belikova (born in 1979, Chelyabinsk) – a silver Olympic medalist-2000. Vadim Khamutskikh (born in 1969, Asha) – an Olympic silver and bronze medalist. Two-time world champion Yekaterina Gamova (born in 1980, Chelyabinsk).

### **Chess players**

“Chess Kings” – 12th World Chess Champion, International Grand Master Anatoly Karpov (born in 1951, Zlatoust, p. 85), International Grand Masters Alexander Panchenko (1953-2009) and Pavel Pankratov (born 1988, Chelyabinsk); chess players, grand masters Yevgeny Sveshnikov.

### **Athletes**

The pride of the South Urals are: athlete marathoner Leonid Moseyev (born in 1952, Kasli), track athlete Maria Savinova (born in 1985, Chelyabinsk) and Olympic high jump champion Yelena Yelesina (born in 1970, Chelyabinsk). The Athletic Complex in Chelyabinsk is named after her.

**Task 1.** Answer the questions.

- What South Ural Olympic champions in winter sports do you know?
- Why was Lydia Skoblikova named “Ural lightning”?
- Was Svetlana Ishmuratova a skater or a biathlete?
- What famous hockey teams in the South Ural do you know?
- Do you know the tallest volleyball sportswomen of the region?
- What Russian chess player was called “Chess King”?

**Task 2.** Make a summary of popular winter sports that are developed in the Chelyabinsk region. Rank them if possible.

### **Sport Centres in Chelyabinsk**

**Task 1.** Agree or disagree and give the reasons

- The Judo centre has brought up dozens of great judoists.
- The size of the wrestling hall of the centre exceeds the size of other judo clubs.

- A lot of sportsmen can be trained in the centre at the same time
- The official opening of the Ice arena “Tractor” was not connected with the 75 anniversary of the Chelyabinsk region.
- The Ice arena “Tractor” is not used for carrying cultural events.
- The Equestrian Sport Complex “Rifei” does a lot to develop equestrian sports in the region.
- The “Ural lightning” ice arena is visited by different groups of the Chelyabinsk citizens.

**Task 2.** Find information about other sports centres in the Chelyabinsk region. How do the Chelyabinsk authorities encourage people to go in for sport?

### **Ski Resorts in the Chelyabinsk Region**

Surrounded by mountain ridges, the Ashinsky Raion is characterized by mild climate. It snows a lot in winter. The fascinating beauty of the Ural nature, its crystal clear air, magnificent woods, picturesque views from the mountains give an unforgettable experience to the fans of active recreation. Located there are the two famous ski resorts – “Adzhigardak” and “Minjyar”.

The “Adzhigardak” (Figure 4) ski resort is located in the neighborhood of the town of Asha 300 km away from Chelyabinsk. 10 ski down-runs 12 km long are equipped for full-fledged skiing. The longest downrun is as long as 3.5 km. The complexity of the routes varies from relatively simple to quite rapid and complex. All downruns have been certified by the International Ski Federation.

The ski resort “Minjyar” (Figure 5) is located in the midst of forests on the magnificent slopes of the Urals at the confluence of the Minjyar and Sim rivers. The resort is popular with “extreme skiing” fans due to its exciting routes.

Active life lovers are offered interesting occupations all year round, in winter guests and dwellers are always welcome guests at the ski resorts “Solnechnaya Dolina” (Sunny Valley, situated in the picturesque precincts of Miass on the river Izvestnaya (Well-Known) which is part of the famous Ural range Ilmen-Tau) and “Rider” (situated in the northern part of the city by the mountain Sadovaya (Garden)).

**Task 1.** Find English equivalents of the following in the text.

- окруженный горными хребтами
- мягкий климат
- восхитительная красота уральской природы
- кристально-чистый воздух
- живописные виды с гор
- любители активного отдыха
- в соседстве с городом Аша
- полноценное катание на лыжах
- сложность маршрутов
- быть сертифицированным Международной лыжной федерацией
- среди лесов, на великолепных склонах Урала
- располагаться в месте слияния рек Миняр и Сим
- Солнечная долина
- приветствовать гостей на лыжных курортах
- живописные места Миасса
- любители активной жизни

**Task 2.** Discuss in the group.

- What makes the Ural ski resorts popular with active life lovers?
- What other ski resorts in Russia do you know? Are they also popular with ski lovers?

## UNIT 7. TOURISM

Do you know much about public transport and its history in Chelyabinsk?

Read the text "The first public transport in Chelyabinsk's history" (Figure 6).

### **The first public transport in Chelyabinsk's history**

**Bus.** On January 21, 1911, at 10:00, the first bus left the Exchange stop (82 Kirova Street) for the train station. As such, the bus had no stops, boarding was carried out in any place convenient for passengers. In the summer of the same year, the route was extended to dachas on Smolino Lake. A summer pass cost 25 rubles. The bus fare was then set: for adults – 15 kopecks, for children – 10 kopecks. On December 17, 1911, a message appeared in the city newspaper "Voice of the Urals" about the launch of another bus on the route Sobornaya Square (Yaroslavsky Square) – Railway Station. Later, bus traffic was closed indefinitely.

**Minibus taxi.** The first minibus in Chelyabinsk appeared in May 1996, instead of the bus No. 61 "Railway station – Airport". In 1999, new routes appeared, which were serviced by municipal bus companies. The fare was the same as in public transport – 2 rubles, but without benefits. In 2001, private carriers and the first yellow Gazelle minibuses appeared.

**Tram.** In August 1906, merchant Vasily Mikhailovich Kolbin submitted a proposal to the Chelyabinsk City Duma for the construction of a tram. In February 1907, the issue of the tram was discussed again, but already in June of the same year it was about a horse-drawn railway, but the matter did not progress beyond the correspondence

between the Mass and the Duma. In February 1908, the question of the construction of a tram system was raised in the City Duma for the last time. Until 1917, tram traffic was never opened.

The question of the construction of a tram system began to be discussed again during the first five-year plan, when Chelyabinsk began to develop and grow rapidly. This issue was put into practice in 1930, when the Chelyabinsk Tractor Plant and other plants offered to allocate funds from their budgets for the construction of a tram. On May 12, 1931, a special meeting was held on the construction of a tram in the city. The opening of the tram service took place on January 5, 1932.

**Trolleybus.** Initially, the opening of trolleybus traffic was planned on November 7, 1942 – the anniversary of the October Revolution. However, the movement opened a month later, on December 5, 1942, the length of trolleybus lines was 18 km. At that time there were two routes: “Klara Tsetkin Street – ChTZ” and “Klara Tsetkin Street – Railway station”. The rolling stock consisted of 15 trolleybus cars evacuated from Moscow.

**Taxi in Chelyabinsk.** The first taxi in Chelyabinsk appeared in 1947 (Figure 7). The famous “emki” with a six-cylinder engine and a three-speed gearbox arrived in Chelyabinsk City Transport. The car was characterized by irrepressible voracity, noise and unimaginable shaking on potholes.

Gradually, the old “Emki” replaced the modern “Victory”, and then the comfortable “Volga” – yellow with checkers on the roof. The total fare became a mileage fee with payment for each kilometer – the know-how of that time was installed in the cars: clicking taximeters.

In the 90s and zero taxis in Chelyabinsk were rare. However, it survived, revived in a new quality and with new strength. Today our taxi company is equipped with modern cars and provides its customers with a variety of travel services.

**Railway Station.** The beginning of the construction of railways in the Southern Urals was associated with the need to develop the vast natural resources of the Urals and Siberia. In 1888, the movement from Moscow to Ufa was opened, on September 20 (8), 1890 – to Zlatoust, and on October 25, 1892, the first train arrived in Chelyabinsk. The first, one-story station building opened in October 1892. Since July 1892, construction of the western section (the first stage) of the Siberian Railway was started from Chelyabinsk.

**An airport.** The first flight of civil aviation in Chelyabinsk took place on August 15, 1930. On this day, the first passenger flight was performed on the route Sverdlovsk – Chelyabinsk – Magnitogorsk. At the end of 1953, a new Balandino airport was opened at its current location. An air terminal, a radio center and a service building were built there. In December 1962, a concrete runway was put into operation. In 1974, a new terminal building was opened.

**Task 1.** Complete the statements with the information from the text. When doing the task follow the model:

*Do you know that electricity first came to Chelyabinsk in 1930?*

- the first bus appeared in Chelyabinsk in ...
- the first minibus appeared in Chelyabinsk in ...
- the first tram appeared in Chelyabinsk in ...
- the first trolleybus appeared in Chelyabinsk in ...
- the first taxi appeared in Chelyabinsk in ...
- the first train arrived in Chelyabinsk in ...
- the first flight of civil aviation in Chelyabinsk took place in ...

**Task 2.** How has public transport changed since its origin? How many routes exist and what is the number of public vehicles in the roads of the city? Look for the information on the Internet.



**Task 3.** You regularly write articles for the university magazine about the events that happen in your city. Write an article for the magazine about your city connected to public transport.

**Task 4.** Discuss these questions with a partner.

- What means of public transport do you usually (often, never) use?
- Are public routes convenient for passengers?
- Would you like to live in a big city with developed public transport or to live in the countryside?
- What new means of transport are used in Russian cities?
- Do you agree that local authorities are doing enough to improve the city transport?

### **The wonders of nature in the Chelyabinsk region**

The Chelyabinsk region is famous for its mountains and forests, rivers and lakes, caves and cliffs. Apart from natural resources it is also known for made-up monuments, cathedrals, mosques, merchant residences and unique industrial works.

**Task 1.** Match the pictures of the wonders of the region (Figure 8) with the words in the box:

The Demidovs' residence in Kyshtym	Arkaim in the south of the region	
The hydrostation at the place of former rapids in Satka		
The Ilmen nature reserve	Lake Turgoyak	Kesene mausoleum
Stone tombs and other monuments of the island of Vera		
The National Park Zyuratkul	The Korkino coal open-cast (cut)	
The Ignatiev's cave	The Sikiyaz-Tamaksky cave complex on the river Ai	

Arkaim is one of natural wonders of the Chelyabinsk region.

**Task 2.** Read the text about Arkaim (Figure 9) and find English equivalents of the following:

- укрепленные поселения Бронзового века
- уникальность Аркаима
- экспозиции музея
- духовная культура племен
- аутентичные находки археологов
- история человеческого поселения
- музей под открытым небом
- эскизы похорон и религиозные здания
- древний палеовулкан
- каменная спираль из 13 кругов
- символизировать прохождение цепочки воплощений
- гора любви с крутыми склонами

### **Arkaim**

#### **Arkaim settlement**

The age of the fortified settlement of the Bronze Age is 4 thousand years. Much older archaeological sites are known in the Urals. The uniqueness of Arkaim is that it was created according to a pre-conceived plan, with a complex and multifunctional architecture.

#### **The Museum of “Nature and Man”**

Expositions of the museum tell about the material and spiritual culture of the tribes that inhabited these steppe areas in different epochs. Here you can see the authentic finds of archaeologists. The section of the museum dedicated to the Stone Age tells about the history of human settlement of the steppes of the Southern Urals.

### **“The Country of the Cities” of the Middle Bronze Age**

The most powerful place of power, where the strongest energy flows are concentrated.

#### **Historical Park**

An open-air museum – a historical park – has been created on the high terrace of the Bolshaya Karaganka River. The designs of funerary and religious buildings of several historical epochs of the steppe peoples are presented here.

#### **The mountains**

**Shamanka Mountain** (or **Shamanikha**) is especially popular. It is believed that this is an ancient paleovolcano. From here you can admire the sunsets and sunrises. A stone spiral consisting of 13 circles is laid out on the top. For esotericists, it symbolizes the passage of a chain of incarnations. There is another mountain nearby – **Repentance**. There is also a stone spiral on its top.

**The Mountain of Love**, which is located on the territory of the upper camp across the Karaganka River, is also popular. It is the highest of the “Arkaim” mountains, with steep slopes. There is also a stone spiral here. A beautiful panorama opens from the top.

**Task 3.** Complete the statements with the information from the text.

*Do you know that...*

- Arkaim settlement is ...
- It was created according to ...
- Expositions of the museum "Nature and man" tell about ...
- An open-air museum – a historical park has been created ...
- From Shamanka Mountain you can admire ...
- A stone spiral consisting of 13 circles ...
- The Mountain of Love with steep slopes ...

**Task 4.** Translate into English.

1) Аркаим – осколок древнейших цивилизаций человечества – был открыт в 1987 году.

2) Аркаим – не только археологический памятник, но и музей под открытым небом.

3) Аркаим – место удивительной концентрации энергии.

4) Аркаим привлекает многочисленных паломников и экстрасенсов.

### **Eco-tourism in the Chelyabinsk region**

**Task 1.** Complete the text with these words.

climbing	marble	available	gain	mobility
altitude	overcome	stalagmites	eco-tourism	

### **ECO-TOURISM IN THE CHELYABINSK REGION**

\_\_\_\_\_ is just beginning to \_\_\_\_\_ popularity. Nevertheless, today there are some very interesting eco-routes in the Chelyabinsk region. For example, in the national park “Zyuratkul”, there is the eco-route “Secrets of the lake”. Its length is 1,5 kilometers. This route does not involve \_\_\_\_\_ mountains, so it is suitable for everyone. It can be \_\_\_\_\_ in about two hours.

The second famous eco-route is the “Sugomak Cave” near Kyshtym. It leads to the only \_\_\_\_\_ cave in the Urals. The length is about 900 meters. In the cave, tourists can see ice \_\_\_\_\_ and snow crystals, and next to the cave, you can drink water from the Maryina Tears spring.

Finally, the eco-route that is called “The whole Taganay in 600 steps”. Its length is about 1500 meters. This is one of the easiest routes \_\_\_\_\_ even for people with

limited \_\_\_\_\_. The route ends at the top of the Black Rock, at an \_\_\_\_\_ of 853 meters above sea level, where a two-level observation deck is installed. Most tourists visit this eco-route in summer, but you can walk along it at any time of the year.

### **Eco-tourism in Russia**

**Task 1.** Read the text “Eco-tourism in Russia”

#### **ECO-TOURISM IN RUSSIA**

Eco-tourism is becoming more and more popular in Russia. It is no wonder. The cultural and environmental heritage of the country is so very rich and various, that Russia can be called one of the most promising countries for the development of the eco-tourism. The ecological tours give a possibility to discover the country, which could seem familiar. The monuments of nature are available in almost each region of Russia, from Kaliningrad to the Far East.

Hiking and bird-watching tours are one popular option, while the more adventurous may be attracted to river rafting or climbing options, such as on Mount Elbrus in Siberia. The Kamchatka Peninsula in the Russian Far East has become known especially for its fishing tours, where groups are brought into the wilderness for a week at a time to camp and fish in remote rivers, all while being transported between locations by helicopter.

The rivers and seas of Russia are full of rich marine life. Russia ecotourism also extends to opportunities to see whales, dolphins, and unique varieties of fish. If you're more interested in land animals, spend a few days tracking brown bears and foxes, or sneak up on a moose in his natural habitat. Russia eco tours are operated by knowledgeable professionals who share their expertise of an area with visitors.

Baikal (Figure 10) is the most famous destination for eco-tourism in Russia. Baikal is a beautiful protected area, not far from which there are settlements and communication

is available, but at the same time, you will be able to fully enjoy outdoor recreation, nights in tents under the open sky and outdoor activities.

Gorny Altai (Figure 11) is the second most popular destination for eco-tourism in our country! The Altai Mountains, as well as Baikal, are protected by UNESCO. In addition, civilization is quite close here, and this makes it possible for a safe and relaxing holiday in nature.

The most lost, mysterious and untouched place in Russia is the Putorana Plateau (Figure 12). This is a mountain range with an area of 250 km<sup>2</sup> (by the way, this is practically the territory of Great Britain). Since 2010, the Putorana Plateau has been included in the UNESCO protected List. It is located on Taimyr and is a part of the Krasnoyarsk Territory.

**Task 2.** Discuss these questions with a partner.

- What is eco-tourism?
- Why do eco-tourism projects attract more tourists?
- What eco-tourist routes are popular in Russia?
- How is eco-tourism important for the environment?
- Why are different eco-tourism projects launched in different parts of Russia and of the world?

### **Eco-trail “Sugomak cave”**

ecotrail, the spring of Maryina’s tears, the only marble cave, stalactites and stalagmites, for her beloved, benches made from recycled plastic, from the exit from the highway, a length of about 900 meters, next to the cave, to the very cave, seven stops, Maryina’s tears

**Task 1.** Complete the text with these words and word combinations and retell it.

\_\_\_\_\_ “Sugomak cave” near Kyshtym leads to \_\_\_\_\_ in the Urals. The trail with \_\_\_\_\_ starts \_\_\_\_\_ and goes along the forest road to \_\_\_\_\_ to the Sugomak cave. There are \_\_\_\_\_ along the route: Marble, Cave Fauna, \_\_\_\_\_, Karpinsky Expedition, Speleology, \_\_\_\_\_, Sugomak and Egoza. There are \_\_\_\_\_ along the trail. In the cave, tourists can see ice stalagmites and snow crystals, and \_\_\_\_\_, you can drink water from \_\_\_\_\_ (the legend says that this spring was formed from the tears of a girl who cried for a long time \_\_\_\_\_, sitting by the mountain).

**Task 2.** Read the text “Eco-trail “Sugomak cave” and find English equivalents of the following.

- единственная мраморная пещера протяженностью 900 метров
- скамейки, сделанные из переработанного пластика
- ледяные сталагмиты и снежные кристаллы
- родник «Марьины слезы»
- плакала по любимому
- в окрестностях Кыштыма
- состоящий из гранитов и сиенитов
- много лиственниц вдоль пути
- наиболее посещаемая пещера в Челябинской области
- состоять из трех гротов, соединенных узкими проходами

**Task 3.** Discuss these questions with a partner.

- What is the uniqueness of Sugomak cave?
- Why does it attract a lot of tourists?

### **National parks in the Chelyabinsk region**

The National Park “Taganay” (Figure 13) was established on March 5, 1991. It is located in one of the most magnificent places of the South Urals – in the area of the Taganay plexus, a bit to the north of the old Ural city of Zlatoust. In Bashkir language taganay means “a lunar tripod”.

The territory of the park has preserved valuable ecological systems intact – alpine tundra, meadows, light and old-growth forests.

The park stretches 52 km from north to south and from 10 to 15 km from west to east.

The magnificence of mountain landscapes has been emphasized by a number of researchers, explorers and writers.

#### **General information**

- March 5, 1991 – date of establishment of the park
- 568.43 square meters. km (568 thousand hectares) – area of the park
- 52 km – length of the park from south to north
- 10-15 km – length of the park from west to east – on average
- 52 588 hectares (93%) – areas covered with forest;
- 14 hectares – bogs;
- 54 hectares – rivers;
- 608 hectares – roads;
- 1791 hectares – bald mountains, slashes, wastelands.



## **Climate**

- The average annual air temperature is +0.85°C (in valleys) and -1,8°C (in the mountains).
- The maximum is +38°C.
- Minimum up to -50°C.
- The average annual rainfall is - 658 mm (in valleys) and 1000 mm (in the mountains).

## **Minerals and rocks**

- 127 minerals;
- over 35 rocks.

## **Animal world**

The territory of the park is inhabited by:

- 192 species of birds;
- 6 species of reptiles;
- 3 species of amphibians;
- 14 species of fish.

The Red Data Book of the Russian Federation includes 17 species:

- 9 species of birds;
- 4 species of fish;
- 3 types of insects.

## **Plant life**

In the park there are 749 species of plants (Figure 14):

- 42 species are included in the Red Book of the Chelyabinsk region;
- 12 species are included in the Red Book of Russian Federation;
- 20 species are endemic to the Urals and the Urals;
- over 27 – species are relict plants.

## Natural objects

**The Responsive comb** (Figure 15) is the second peak of Bolshoy Taganay. It is located 16 km south of Zlatoust. Its height is 1155 m.

**The Black Rock** (Figure 16) is one of the northern peaks of the Nazmin ridge. It is located on the territory of the Taganay National Park, 12 kilometers north of the city of Zlatoust. Its height is 853 m.

The northernmost peak of the Taganay National Park is **Mount Yurma** (Figure 17) (1,003 m). It is the roadstone for the start of the Southern Urals. The area to the north of the mountain is called the Middle Urals. In translation from Bashkir language Yurma means “do not go”. Most part of the mountain top is covered with forests unlike most other high peaks in the Southern Urals. At the top of the mountain, there is a vast plateau covered with short spruces. You can see the rock buttes in some places. The highest point here won't blow your mind away, it is marked by a modest wooden tower. On the other hand, in other parts of the mountain, there are rocks that are notable for their picturesque appearance despite their relatively small height. Among them are the rocks of the Devil's Gate, the Devil's Mound, the South Gate and the Fortress. On the ridge, there are the peaks of Dedurikh, Sapog, Severniye Perya (Northern Feathers), Hornovaya.

Yurma is made of quartz and mica-schist. The rocks have undergone massive erosion and contain numerous cracks. The most popular among tourists are the rocks of the Devil's Gate (985m). Most of the tourists in Yurma are limit their visits to these rocks only. The Devil's Gate has two markedly pronounced hills, which conventionally form the so-called gates. Since times immemorial, local people have associated this place with devilry and evil spirits. The Rock of the Devil's Gate (sometimes called the Middle Gate) is a natural geological monument and a part of Mt Yurma protected area.

To the east, at the base of Mount Yurma, there are Ufimskoe Lake (or Ufa Lake) and Lake Barakhtan. To the west of Yurma begins the river Kussa (a tributary of the river Ai). The River Ufa flows from Lake Ufimskoe.

**The Three Brothers** (Figure 18) is a group of rocks located in the Bolshoy Log – a wide intermountain valley between Kruglitsa and Dalny Taganay at a height of 750–780 m.

**The Great Kialim** swamp (Figure 19) is located between the ridges of Maly Taganay, Itsyl and Uralsky. It is the second largest of the largest swamps of the Chelyabinsk region.

**The May Glades** (Figure 20) are located at the Northern tip of the Response Ridge. It is a popular tourist destination.

**The Great Stone River** (Figure 21) is a chaotic jumble of huge boulders located between the Bolshoy and Sredny Tagagnay ridges and stretches for 5–6 km reaching a width of 20 to 250 and 700 m.

**The Two-Headed Hill** (or the Top of the World) (Figure 22) is the southernmost peak of the Big Taganay Range. The Hill is divided into two peaks: Perya or Feathers (1034 m) and Baranyi Lby known as Ram Foreheads (1041 m). The hiking trail leads to the former.

The Two-Headed Hill is the most visited elevation point in the Taganay National Park. There are many tourists here all year round. It is very popular among climbers. On the southern slopes of the Hill, there is a rock-climbing wall, a testing area for climbing the Perya Rocks (Feathers). The path to the northern peak of the Hill is covered with numerous ledges, thanks to which the next rock – Barany Lby (Ram Foreheads) – was named.

The mountain's insides are rich in various minerals, the most valuable of which are considered to be aventurine stone deposits.

At the foot of the Two-Headed Hill, there are many springs, the most famous of which is the White Spring on the eastern slope. Its water is as mild as the water from the melted snow, and the water temperature even in summer does not exceed 3–4 degrees

Celsius above zero (37,4–39,2 degrees Fahrenheit). The bottom of the spring is covered with fragments of white quartzite which creates a sensation that the spring is radiating light. Nowadays, the White Spring shelter has been created near the source.

Between the Two-Headed Hill and the Otkliknoy Ridge (north of the Two-Headed Hill) there are smaller hills called the Mitkin's cliffs.

**Mount Itzyl** (Figure 23) is located on the Itzyl Ridge, part of the Greater Urals Ridge. The mountain has two peaks over 1000 m high: southern (1,049 m) and northern (1,068 m). In the past, Old Believers found good shelter here as well as among the Cliffs of Three Brothers. “Itzyl” in Bashkir language means “a perpetual wind”. The route of the park to this mountain is called “To the Perpetual Wind”. The winds blow here quite often indeed since the area is actually on the border between Europe and Asia.

**The Otkliknoy Ridge** (Figure 24) has the most dramatic appearance in the Bolshoy Taganay Ridge even though it is not the highest summit of the lot (1,155 m). It is not a ridge per se, but actually a peculiarly shaped peak. It was named thus for its ridge-shaped contours and repeated loud echoes that occur due to reflections from almost vertical rock surfaces. The relative height from the foot of the cliffs is 150 m, the length of the ridge is about 800 m. There is a tectonic fault in the north-eastern part of the ridge. Nearby there are three upward springs, which often dry up in summer.

**Task 1.** Do the task “Do you know that...?”. Make up 8 statements about the park.

*Example:* Do you know that 6 species of reptiles inhabit the park?

**Task 2.** Discuss the statement with a partner. What makes “Taganay” a unique national park in Russia?

The Zyuratkul National Park (Figure 25) is located in the Satka district of the Chelyabinsk region. The total area is 88,249 hectares, the length from north to south is 49 km, the length from west to east is 28 km.

Zyuratkul is suitable for both a one-day trip and a week-long vacation.

The most popular thing that attracts tourists is the Zyuratkul mountain range (Figure 26). You can climb it along the eco-trail, the length of which is 7 kilometers. From the tops of the range, an incredible view of the Zyuratkul lakes and another Nurgush mountain range opens up.

After descending from the mountains, you can relax on the shore of Lake Zyuratkul (Figure 27). The water in it is always clean, the bottom is rocky, but there are also sandy beaches.

In the national park on the shore of the lake there is a recreation center Ecopark "Zyuratkul" (Figure 28).

Wooden sculptures are installed here, there is a playground, gazebos, cottages where you can stay for a few days and a bathhouse.

There is also a mini-zoo where you can see a bear, deer, camel, pony and other animals. In winter, you can ride a dog sled, and in the summer on horseback.

There is also a trout farm on Zyuratkul, where, for a fee, you can catch trout for yourself, which they will immediately cook for you on the coals.

Rest in the Zyuratkul National Park is suitable for everyone: for single travelers, for large companies and for families with children.

**Task 1.** Do you know that the National Park "Zyuratkul" was established on November 22, 1993 in the North-West of the Chelyabinsk region? Answer the questions:

- Where's the National Park "Zyuratkul" situated?
- What beautiful views open from the Zyuratkul mountain range?
- Mount Nurgush (1.405 m) is the highest peak in the Chelyabinsk region, isn't it?
- What entertainments are found in the park?
- Is the park worth visiting?

### **Lakes and rivers in the Chelyabinsk region**

Do you know that there are more than 3000 lakes in the Chelyabinsk region: the Turgoyak, the Yelovoe, the Zyuratkul, the Chebarkul and many others? Lake Uvildy is the biggest and the deepest lake in the region.

Uvildy is one of the largest clean and transparent lakes of the Urals, where you can have a good rest and restore your health at any time of the year. Today, Uvildy is a modern Resort, a beauty and health center, where comfortable rooms, highly professional medical care, excellent cuisine and caring Resort staff are waiting for you.

The unique climate, well-groomed park and clean water of the most famous lake of the Urals create a comfortable natural environment for your rest, bringing you the long-awaited coziness and comfort. It's a welcome change from everyday life.

First-class specialists will help you with health-restoring procedures and quickly regain harmony and balance of your soul and body. They also recommend paying attention to their professional capabilities in the field of cosmetology – non-surgical methods using radon waters and sapropel mud will restore your youth and beauty for many years. It helps get away from it all.

Indoor and outdoor pools, hammam and sauna will improve your tonus. Fitness, physical therapy and other sports and outdoor activities will return you to a great mood.

Restaurants and bars, following your taste, will offer you a wide variety of menus – from classic Russian cuisine to exotic dishes. You will not have to be bored in the evenings – there is a daily rich program and concerts of pop stars.

There is also the equipped beach at the resort “Uvildy”. Adults and children can at any time go to the equipped beach with deckchairs, beach umbrellas, a sandbox and slides, as well as use the services of water rental.

If you are planning a winter holiday, you can use the rental of winter equipment at the Resort “Uvildy” (Figure 29). Skis, ice skates, skates and tubing are at your disposal.

**Task 1.** Complete from the text and translate into Russian.

- transparent lakes ...
- restore your ...
- a modern ...
- a healthy and ...
- highly professional ...
- well-groomed ...
- create a comfortable ...
- the long-awaited ...
- health-restoring ...
- regain harmony and ...
- in the field of cosmetology ...
- to offer a wide variety of ...
- a daily rich ...
- the equipped beach with ...
- hammam and sauna ...
- the rental of ...

**Task 2.** Name several reasons why lake Uvildy attracts a lot of people in any season of the year.

The main rivers are the Miass, the Ural, the Ai and the Ui.

**Task 1.** Read the text. Find English equivalents of the following phrases and use them to speak about the beauty of the river.

- Общая протяженность
- Средняя глубина

- Панорамные пейзажи долины реки
- Каменные ворота
- Сплав по реке
- Любители экстремальных видов спорта
- Оценивать незабываемые приключения
- Сплавливаясь по опасным корным порогам
- Ошеломляющие прибрежные виды
- Уникальные пещеры
- 80-метровая скала «Палец Дьявола»

The total length is about 540 kilometers, half of which the Ay River (Figure 30) flows through the Chelyabinsk region and half of it is in the Republic of Bashkiria. The average depth is only 1 meter.

On the slopes of the mountains there are ideal viewing areas from which the panoramic landscapes of the valley of the Ai River, rocks and cliffs are opened up before us.

During the rafting along the river Ai you will see “the Stone gate”, where the river narrows sharply and the speed of the current increases.

Fans of extreme sports will surely appreciate this unforgettable adventure – rafting over dangerous mountain rapids, stunning coastal views, rocks and caves that will meet along the way. By the way, along the course of Ai's current there are 38 unique caves. Fans of mountaineering will also find here what to do. The most popular place is the 80-meter rock “Devil's finger”, sheer and very dangerous.

**Task 2.** Prove that the Ai river and its surroundings attract a lot of tourists who are fond of hiking and sport.



## Lake Turgoyak

**Task 1.** Read the text, find English equivalents of the following combinations.

- распространяться далеко за пределами России
- младший брат самого чистого озера на Земле
- прозрачность воды
- средняя видимость расстояния
- оставаться сравнительно прохладной
- окружающие пейзажи
- живописные склоны
- чистейшие родники
- историческая ценность Тургояка
- многочисленные поселения древнего человека
- превышает 5000 лет
- жемчужина Южного Урала

Perhaps Lake Turgoyak (Figure 31) is one of the most famous sights of the Southern Urals. Its fame spreads far beyond the borders of Russia. And not for nothing, because the Turgoyak is called the “younger brother” of the cleanest lake on Earth – the Baikal. The transparency of the water of this lake is not inferior to the Baikal. The average visibility distance of the bottom is 15 meters, with an average depth of about 19 meters. The water in the lake remains relatively cool even in summer (15-20 degrees).

The value is not only the lake itself, but also the surrounding landscapes: picturesque mountain slopes covered with huge hundred-year-old mast pines, the purest springs, unique flora and fauna – all this forms a one-of-a-kind natural complex that attracts tourists from all over the world.

It is also worth noting the historical value of the Turgoyak: numerous settlements of ancient man, megaliths and dolmens on the island of Vera, whose age exceeds 5000 years. No wonder the Turgoyak is called “the pearl of the Southern Urals”!

Vacationers can go diving, wakeboarding, yachting. Along the coast of Lake Turgoyak there are fascinating routes for cyclists, lovers of horseback riding. In winter, skiing, snowmobiling, quad biking, swimming in the ice hole are popular here. Fishing on Lake Turgoyak is available all year round.

The Turgoyak is a picturesque mountain lake in the Urals, the second most transparent lake in Russia. One of the iconic sights of the Chelyabinsk region and a popular holiday destination, where guests from all over Russia flock.

Like a pearl in a rough shell, the crystal clear lake is surrounded by mountain ranges: Ilmensky and Ural-Tau:

- the Turgoyak area is 26,4 sq.km.
- The dimensions are 6,9x6,8 km.
- The length of the coastline is 27 km.
- The maximum depth of the Turgoyak is 34 m.
- The average depth is 19,2 m.
- The height above sea level is 319,5 m.

The Turgoyak is a living lake, it literally breathes: there is a cycle of rises and falls of the water level, lasting 40–50 years. The water drop on the “inhale” and “exhale” reaches 2.5 meters, the last minimum was in 1981, the maximum was reached in 2007. Due to the “breathing”, the coastline of the Turgoyak is unstable: peninsulas turn into islands, coastal paths and bays are flooded.

### **The legend of Lake Turgoyak**

In ancient times, there lived on the shore of Lake Baikal a beautiful and brave young man named Tur. Tur was kind and hardworking, loved his native land and the boundless waters of Lake Baikal with all his heart.

Returning through the Urals, Tur met a girl in one of the gorges, she was hiding between mountain ranges and crying bitterly. The girl's name was Goyak, she was extraordinarily beautiful, but her eyes were empty. Tur fell in love with a stranger at first sight. Goyak told him that she was crying because an evil witch had taken away her sight, forever depriving her of the opportunity to admire the beauty of her native mountains. And no matter how many tears Goyak shed, you can only regain your eyesight by washing with crystal clear water.

The Tour to his native lands hastened even more than before. He scooped up full palms of the Baikal water and hurried back to the Urals. He healed his beloved – the beautiful Goyak saw the light. And between the mountain ranges, where the Baikal water flowed from her face and Lake Turgoyak appeared – the purest as the Baikal and beautiful as sincere love!

**Task 2.** Discuss the questions with a partner.

- Why is Lake Turgoyak famous beyond the borders of Russia?
- Why is Lake Turgoyak worth visiting?

### **Miass**

**Some glimpses of Miass.** Miass is an old industrial city in the Chelyabinsk region, which was founded in 1773.

**Lake Turgoyak** is often called the “brother of Baikal”. The reservoir is very deep; the maximum depth reaches 34 meters. The lake is surrounded on all sides by high cliffs, the bottom and shores are rocky. The waters of the lake are rich in radon and are considered healing.

**Ilmensky Reserve** (Figure 32). The ancient city was founded at the foot of the beautiful Ilmen Mountains. The height of the largest peak – Mount Ilmentau – is almost

750 meters. There are about 1200 species of plants in the reserve, some specimens are found only on the Ilmen Mountains.

**The green island** on Lake Turgoyak is the most mysterious place in Miass. On a small piece of land, among dense thickets of trees, megaliths hide – ancient tombs made of huge stone slabs. Scientists have established that the structures were created about 6000 years ago.

**Merchant Smirnov's House** (Figure 33). The beautiful blue-and-white mansion was built at the end of the 19th century at the expense of merchant Smirnov. The businessman opened a store on the ground floor and successfully traded various goods. During the war years, classes for future aircraft mechanics began to be held in the house. Over time, the mansion began to collapse, but there was a patron in the city who helped restore the architectural monument.

**Memorial Grieving Mother** (Figure 34). In the center of the composition is the figure of a grieving woman, behind her stands a stele with a portrait of a soldier. On both sides of the stele are rows of slabs with the names of the dead Miass. The Eternal Flame burns in the center of the memorial all year round.

#### Unique Monuments of Nature

South Urals are famous for several well-known caves located in different parts of the Chelyabinsk region. They attract a lot of tourists who can't keep from admiring the picturesque beauty of ice stalagmites, crystal-clear water of the underground rivers and ancient paintings on the walls. The most interesting caves are: the Kolokolnaya cave and the Essyumskaya cave in Katav-Ivanovsky district, the Ignatievskaya cave – 7 km to the north-west of the village Serpievka on the right bank of the Sim, the Shemakhinskaya cave in the Nyazepetrovsky district, the Salavatskaya cave, the Stantsionnaya cave and the Bolshaya Ust-Katavskaya cave not far from Ust-Katav and one of the well-known ones is the Sugomakskaya.

**The Kolokolnaya Cave** (Figure 35). It is a cave of corridor-grotto type. The cave is dry, easily accessible, with large entrances from 6 to 8 m tall and from 5 to 10 m wide. The cave has 4 grottoes: Uzky, Krugly, Stalaktitovy and Dalny. Total length of the passages is 190 m. The walls of the cave are covered with paintings dating back to the Paleolithic age - some of the oldest paintings in Russia.

**The Essyumskaya Cave** (Figure 36). A few miles away from village Serpijevka, the Sim goes underground into mount Essyum. Entrance into the cave is accessible only during severe droughts. The water has polished the 250m long tunnel starting from the Riviera grotto. A magnificent rock circus crowns the underground riverbed. The "cobbled" dry bed of the Sim winds between the rocks for about 1.5 km. In the flood-time, when the underground river flows high, the river bed gets flooded. The Gamaza creek empties itself into the dry bed. The Sim itself, after having doubled its waters underground, reemerges in the form of four springs a little below the world-famous Ignatijevskaya cave.

**The Ignatijevskaya Cave** (Figure 37) is the best known cave in the Serpijevsky cave city. The cave is officially a natural monument of regional significance and a historical and cultural heritage site of Federal significance.

**The Shemakhinskaya Cave** (Figure 38). It is a cave with horizontal passages, the total length of which is 1660. m. The famous karst specialist D. Sokolov was the first to explore the cave in 1940. The cave is difficult to go through. The best visit time is February-the beginning of March. In summer going through the cave is non-advisable because sudden rain may cause water rising and rapid flooding of the narrow passages. Special equipment - a wet suit is needed. In winter the water is frozen, and it's possible to walk on transparent ice, viewing everything which lies on the bottom. Having an inflatable boat and waterboots is enough to go through the cave in winter time. Only the front part of the cave is accessible without special equipment.

**The Salavatskaya Cave** (Figure 39). The cave opens with a large entrance and then diverges in two distinct branches. Seven meters away from the main entrance there is another hole leading underground. The cave possesses a substantial historical and memorial significance. According to a legend, in 1774, the Bashkir hero Salavat Yulaev was fleeing from prosecution there.

**The Bolshaya Ust-Katavskaya cave** (Figure 40). A few miles above Ust-Katav, in the rocks of the so-called Khapov crest, is the Bolshaya Ust-Katavskaya (Khapov) cave. It is 42 m long. The altitude above river-level is 17 m. The entrance into the cave presents itself a colossal arch 10 m wide and 25 m tall. The cavity consists of three roundish halls with vaulted ceilings up to 17 m tall. The walls of the cave are irregular, with a number of holes and overhangs. The floor is slanted and rises sharply up right from the entrance. The air temperature in the cave stays above 0°C all year round.

**The Stantsionnaya Cave** (Figure 41). The cave is situated on the southern slope of the right bank of the Yuryuzan. The entrance into the cave has the shape of a trapezium 2,5 m tall and 2 m wide. The total length of passages in the cave is 280 m, the depth is 16 m. The cave has a profound paleontological significance, as it houses a large number of bones of pre-historical animals: mammoths, woolly rhinoceroses, bulls, Quaternary horses. The findings might indicate that the cave was inhabited by the Paleolithic man. The cave is of profound scientific importance.

**The Sugomakskaya Cave** (Figure 42). It is the only cave in the South Urals and one of the several on the territory of Russia made by water in the marble rock. The surroundings of the cave are the place of tourist gatherings and way-finding competitions. There is a large clearing in the woods and a wellspring with clear upland water "Marjiny Slyosy" (Marjya's Tears) near the Sugomakskaya Cave. This is a small cave, the main uniqueness of which is that it lies in hard white-striped marble (this is a rarity). Although now you don't think that once the vaults of the cave were light due

to marble, they are so smoked. This is the most visited cave in the Chelyabinsk region. The cave consists of three grottoes connected by narrow passages. The first grotto is at the entrance. It is bright from outside light. The researchers called it the Light Grotto. Narrow dead-end side passages depart from it. In winter, beautiful snow crystals form in the first grotto, and ice stalagmites form on the floor.

A gap leads to the second grotto on the left. Here you have to crawl a little. Ice stalactites, stalagmites, scallops and other forms form on the ceiling and walls of the passage-gallery in winter and early spring. The second grotto of the cave is the largest, and in winter it is also the warmest. It is called the Grotto of the Old Believers. The temperature in it is positive all year round, but at the same time high humidity. The last - third - grotto of the cave (Ozerny) can only be reached by a rope, descending into a well 6 m deep. The well is located on the left side of the second grotto. This is the bottom floor of a two-story cave. This grotto is narrow, its length is about 10 m.

In the third grotto there is a small lake with clear water about 1,5 m deep.

**Task 1.** Match the caves with their location or peculiarities.

A

- 1) The Kolokolnaya Cave
- 2) The Essyumskaya Cave
- 3) The Ignatijevskaya Cave
- 4) The Salavatskaya Cave
- 5) The Bolshaya Ust-Katavskaya Cave
- 6) The Stantsionnaya Cave
- 7) The Sugomakskaya Cave
- 8) The Shemakhinskaya Cave

B

- a) bones of prehistoric animals
- b) in the rocks of the Khapov crest
- c) made by water in the marble rock
- d) paintings dating back to the Paleolithic age
- e) the accessible time to visit is February, March
- f) a magnificent rock circus
- g) one of the oldest art galleries of the primitive man
- h) one of the Ust-Katav caves

**Task 2.** Give English equivalents of the following.

- быть доступным
- общая протяженность проходов
- быть покрытыми настенными рисунками
- разветвляться на 2 четких отдела
- просторные залы и коридоры
- пещерные рисунки возрастом 14 000 лет
- высота по отношению к уровню реки
- иметь большое палеонтологическое значение
- пещера с горизонтальными проходами
- лучшее время для посещения
- может вызвать подъем воды и затопление узких проходов
- мраморная скала
- окрестности пещеры
- самая посещаемая пещера
- снежные кристаллы и ледяные сталагмиты

**Task 3.** Discuss in the group.

- Which of the caves is it difficult to visit in summer? Why?
- How is Sugomak cave made? Why is it the most visited cave in the Chelyabinsk region?
- In what caves can you see ancient paintings and bones of prehistoric animals?
- Which of the caves ideally suit the needs of highly qualified fans of extreme sport?



## FINAL TEST

1. When was Chelyabinsk founded as a fortress on the right bank of the Miass River?

- a. In 1837
- b. In 1736
- c. In 1635
- d. In 1555

2. What ski resort is located in the neighborhood of the town of Asha 300 km away from Chelyabinsk?

- a. Adzhigardak
- b. Zavjalikha
- c. Minyar
- d. Sunny Valley

3. What is the name of the first Russian cosmonaut who was blogging while in space during Expedition 21/22 in 2009–2010?

- a. Anton Shkaplerov
- b. Maxim Suraev
- c. Dmitry Petelin
- d. Sergey Prokopyev

4. Where was the Soviet nuclear physicist and the director of the Soviet atomic bomb project Igor Kurchatov born?

- a. Simferopol
- b. Sverdlovsk
- c. Simbirsk
- d. Sim

5. When did Chelyabinsk become the centre of the Chelyabinsk Region?

- a. In 2000
- b. In 1934
- c. In 1736
- d. In 1991

6. What famous eco-route ends at the top of the Black Rock at an altitude of 853 meters above sea level?

- a. Secrets of the Lake
- b. Sugomak Cave
- c. The Whole Taganay in 600 Steps
- d. The Little Bear Trail

7. What is the name of Pavel Bazhov's fairy-tale story, based on the Urals folklore?

- a. The Mistress of the Iron Mountain
- b. The Malachite Casket
- c. The Flower of Rock
- d. The Dancing Fire Fairy

8. When was the Pedagogical Institute (now South Ural State Humanitarian Pedagogical University) founded?

- a. In 1934
- b. In 1941
- c. In 1917
- d. In 1975

9. What symbol of Zlatoust did Ivan Bushuev, the prototype for the fictional Bazhov's character Ivanko-Krylatko, create?

- a. A winged lion
- b. A horned horse
- c. A six-legged horse
- d. A winged horse

10. What Ural city did the famous Soviet poet Boris Ruchyov dedicate most of his poems to?

- a. Zlatoust
- b. Magnitogorsk
- c. Chelyabinsk
- d. Kasli

11. In 1906 merchant Vasily Kolbin submitted a proposal to the Chelyabinsk City Duma for the construction of a tram but the opening of the tram service took place much later. When?

- a. In 1917
- b. In 1907
- c. In 1931
- d. In 1932

12. What was found by Gennadiy Zdanovich in the State Historical and Archeological Reserve “Arkaim”?

- a. Bronze coins
- b. Clay figures
- c. Rock carvings
- d. Copper jugs

13. When did the Federal Cardiovascular Surgery Centre in Chelyabinsk open?

- a. In 2000
- b. In 2010
- c. In 2020
- d. In 2011

14. What educational establishment did the world-famous high-altitude mountaineer Anatoli Boukreev graduate from?

- a. Chelyabinsk State University
- b. Ural State University of Physical Culture
- c. South Ural State University
- d. Chelyabinsk State Pedagogical Institute

15. When did the golden camel become the official emblem of Chelyabinsk?

- a. In October 1736
- b. In November 2010
- c. In December 1934
- d. In September 2000

16. What became known as “the Gates of Siberia” in late XIX century?

- a. The Trans-Siberian Railway
- b. Chelyabinsk Airport
- c. The Silk Road
- d. Chelyabinsk Railway Unit

17. What national park is located to the north of Zlatoust and stretches 52 km from the north to the south?

- a. Zigalka
- b. Taganay
- c. Zyuratkul
- d. Ilmen

18. What street formerly known as Raboche-Krestyanskaya, Ufinskaya and Ekaterinburgskaya is one of the first streets in Chelyabinsk?

- a. Lenin Avenue
- b. Kirov Street
- c. Sverdlovsky Avenue
- d. Truda Street

19. How many big sculptures thematically connected with the history of the city are there in the promenade street Kirovka?

- a. Twenty
- b. Nineteen
- c. Eighteen
- d. Fifteen

20. What lake is called “the younger brother” of Lake Baikal because the transparency of the water of this lake is not inferior?

- a. Lake Uvildy
- b. Lake Turgoyak
- c. Lake Chebarkul
- d. Lake Zyuratkul

21. Chelyabinsk Arcade was one of the biggest department stores in the Urals. What is housed there today?

- a. The Opera House
- b. The Concert Hall
- c. The Picture Gallery
- d. The Drama Theatre

22. How many lakes are there in the Chelyabinsk Region including 98 with an area of more than 5 sq km.?

- a. More than 100
- b. More than 500
- c. More than 1000
- d. More than 3000

23. What cultural institution is constructed in the place where Chelyabinsk fortress used to be?

- a. The Regional Local History Museum
- b. The Chelyabinsk Zoo
- c. The Chelyabinsk State Museum of Fine Arts
- d. The House of Merchant Smirnov

24. How many districts are there in modern Chelyabinsk?

- a. Eight
- b. Five
- c. Seven
- d. Nine

25. What is the largest school opened in the Chelyabinsk Region in 2020?

- a. Chelyabinsk Regional Multidisciplinary Boarding school for gifted children
- b. Education Centre № 5
- c. Lyceum № 97
- d. School № 5 of Magnitogorsk

26. What first higher educational institution appeared in Chelyabinsk in May 1930?

- a. Ural Institute of Industrial Agriculture
- b. Mechanical Engineering Institute
- c. Chelyabinsk State University
- d. The South Ural State University

27. What hockey team founded in 1947 and formerly known as Dzerzhinets and Avangard is Chelyabinsk famous for?

- a. Metallurg
- b. Lokomotiv
- c. Dynamo
- d. Traktor

28. How many circles are there in the stone spiral laid on the top of Shamanka Mountain?

- a. Thirteen
- b. Thirty
- c. Tthree
- d. Thirty-three

29. What is the name of the speed skater who remains the only woman in the history of the Winter Olympic Games to win six gold medals in individual events?

- a. Lidiya Skoblikova
- b. Olga Fatkulina
- c. Yuliya Skokova
- d. Tatyana Sidorova

30. What cave has four easily accessible grottoes with some of the oldest rock paintings in Russia?

- a. The Kolokolnaya Cave
- b. The Essyumskaya Cave
- c. The Ignatijevskaya Cave
- d. The Shemakhinskaya Cave



## FINAL TEST (KEYS)

1. When was Chelyabinsk founded as a fortress on the right bank of the Miass River?

b. In 1736

2. What ski resort is located in the neighborhood of the town of Asha 300 km away from Chelyabinsk?

a. Adzhigardak

3. What is the name of the first Russian cosmonaut who was blogging while in space during Expedition 21/22 in 2009–2010?

b. Maxim Suraev

4. Where was the Soviet nuclear physicist and the director of the Soviet atomic bomb project Igor Kurchatov born?

d. Sim

5. When did Chelyabinsk become the centre of the Chelyabinsk Region?

b. In 1934

6. What famous eco-route ends at the top of the Black Rock at an altitude of 853 meters above sea level?

c. The Whole Taganay in 600 Steps

7. What is the name of Pavel Bazhov's fairy-tale story, based on the Urals folklore?

- b. The Malachite Casket
- c. The Flower of Rock
- d. The Dancing Fire Fairy

8. When was the Pedagogical Institute (now South Ural State Humanitarian Pedagogical University) founded?

- a. In 1934

9. What symbol of Zlatoust did Ivan Bushuev, the prototype for the fictional Bazhov's character Ivanko-Krylatko, create?

- d. A winged horse

10. What Ural city did the famous Soviet poet Boris Ruchyov dedicate most of his poems to?

- b. Magnitogorsk

11. In 1906 merchant Vasily Kolbin submitted a proposal to the Chelyabinsk City Duma for the construction of a tram but the opening of the tram service took place much later. When?

- d. In 1932

12. What was found by Gennadiy Zdanovich in the State Historical and Archeological Reserve "Arkaim"?

- c. Rock carvings

13. When did the Federal Cardiovascular Surgery Centre in Chelyabinsk open?  
b. In 2010
14. What educational establishment did the world-famous high-altitude mountaineer Anatoli Boukreev graduate from?  
d. Chelyabinsk State Pedagogical Institute
15. When did the golden camel become the official emblem of Chelyabinsk?  
d. In September 2000
16. What became known as “the Gates of Siberia” in late XIX century?  
d. Chelyabinsk Railway Unit
17. What national park is located to the north of Zlatoust and stretches 52 km from the north to the south?  
b. Taganay
18. What street formerly known as Raboche-Krestyanskaya, Ufimskaya and Ekaterinburgskaya is one of the first streets in Chelyabinsk?  
b. Kirov Street
19. How many big sculptures thematically connected with the history of the city are there in the promenade street Kirovka?  
b. Nineteen
20. What lake is called “the younger brother” of Lake Baikal because the transparency of the water of this lake is not inferior?  
b. Lake Turgoyak

21. Chelyabinsk Arcade was one of the biggest department stores in the Urals.  
What is housed there today?

c. The Picture Gallery

22. How many lakes are there in the Chelyabinsk Region including 98 with an area of more than 5 sq km.?

d. More than 3000

23. What cultural institution is constructed in the place where Chelyabinsk fortress used to be?

a. The Regional Local History Museum

24. How many districts are there in modern Chelyabinsk?

c. Seven

25. What is the largest school opened in the Chelyabinsk Region in 2020?

b. Education Centre №5

26. What first higher educational institution appeared in Chelyabinsk in May 1930?

a. Ural Institute of Industrial Agriculture

27. What hockey team founded in 1947 and formerly known as Dzerzhinets and Avangard is Chelyabinsk famous for?

d. Traktor

28. How many circles are there in the stone spiral laid on the top of Shamanka Mountain?

a. Thirteen

29. What is the name of the speed skater who remains the only woman in the history of the Winter Olympic Games to win six gold medals in individual events?

a. Lidiya Skoblikova

30. What cave has four easily accessible grottoes with some of the oldest rock paintings in Russia?

a. The Kolokolnaya Cave

## ЗАКЛЮЧЕНИЕ

Уважаемые читатели!

Авторы пособия надеются, что полученные знания о Южном Урале и Челябинской области развили интерес к истории и традициям нашего края, вселили гордость за достижения соотечественников и зародили желание посетить памятники природы родного региона.

Кроме того, предложенный языковой материал позволяет представить реалии России с точки зрения англо-саксонского менталитета, что способствует формированию иноязычной коммуникативной компетенции и показывает возможность изучения иностранного языка под новым углом.

Англоязычная картина мира отличается от русскоязычной, что может затруднить освоение материалов национально-регионального характера при изучении английского языка в российских школах. В данном пособии мы стремились преодолеть эти трудности, предложив комплекс упражнений и заданий, включающих не только перевод с русского на английский и с английского на русский, но и различного рода коммуникативные ситуации, основанные на описании собственного жизненного опыта и ранее полученных знаний, на активизации знакомых лексических единиц и освоении нового вокабуляра, на отработке типичных грамматических конструкций и построении спонтанных высказываний. Ряд заданий подразумевает самостоятельный поиск информации в Интернет-источниках, ее обработку и анализ, таким образом способствуя развитию критического мышления и цифровой грамотности.

С наилучшими пожеланиями успехов и вдохновения в дальнейшем изучении английского языка!

## БИБЛИОГРАФИЧЕСКИЙ СПИСОК

1. Над облаками / Анатолий Букреев // Дневники. – Нижний Новгород: ДЕКОМ, 2019. – 328 с. – ISBN 978-5-89533-412-6.
2. Справочник улиц города Челябинска / ООО «ЮжУралБТИ». – Челябинск: Издательский дом «КИРЬЯНОВ», 2007. – 320 с. – ISBN 978-5-7135-0562-2.
3. Челябинск неизвестный: Краеведческий сборник. – Вып. 1. – Челябинск: Центр историко-культурного наследия г. Челябинска, 1996. – 232 с. – ISBN 5-900838-04-8.
4. Челябинск. XX век / ред. Т.И. Лурье. – Челябинск: Изд-во Крокос, 2006. – 328 с. – ISBN 5-902165-13-X.
5. Bazhov P. Malachite Casket (Tales from the Urals), Foreign Languages Publishing House / P. Bazhov. – Moscow 1956. – 262 с. / Translated from Russian by Eve Manning. – URL: <https://archive.org/details/malachite-casket/page/105/mode/2up> (дата обращения: 26.10.2023).
6. Малахитовая шкатулка: Сказы старого Урала / [Ил. А.А. Кудрин]. – Свердловск: Свердловгиз, 1939. – 168 с.
7. The malachite casket: Tales from the Urals: Stalin prize for fiction / by Pavel Bazhov; Transl. by Alan Moray Williams. – London a. o.: Hutchinson, 1944. – 192 p.

# ПРИЛОЖЕНИЯ

Appendix 1

## Pictures



Figure 1. Outstanding people of the Chelyabinsk Region



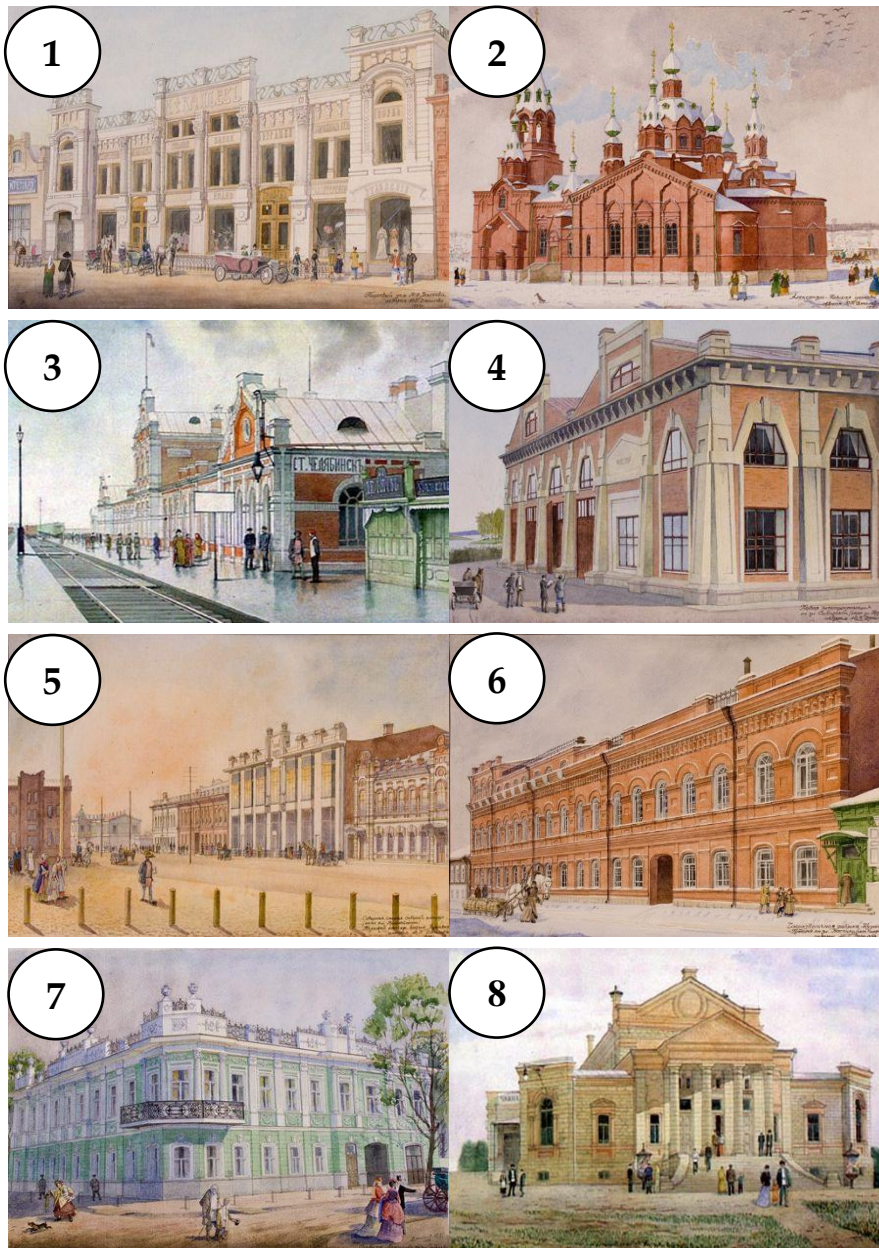


Figure 2. Buildings of old Chelyabinsk

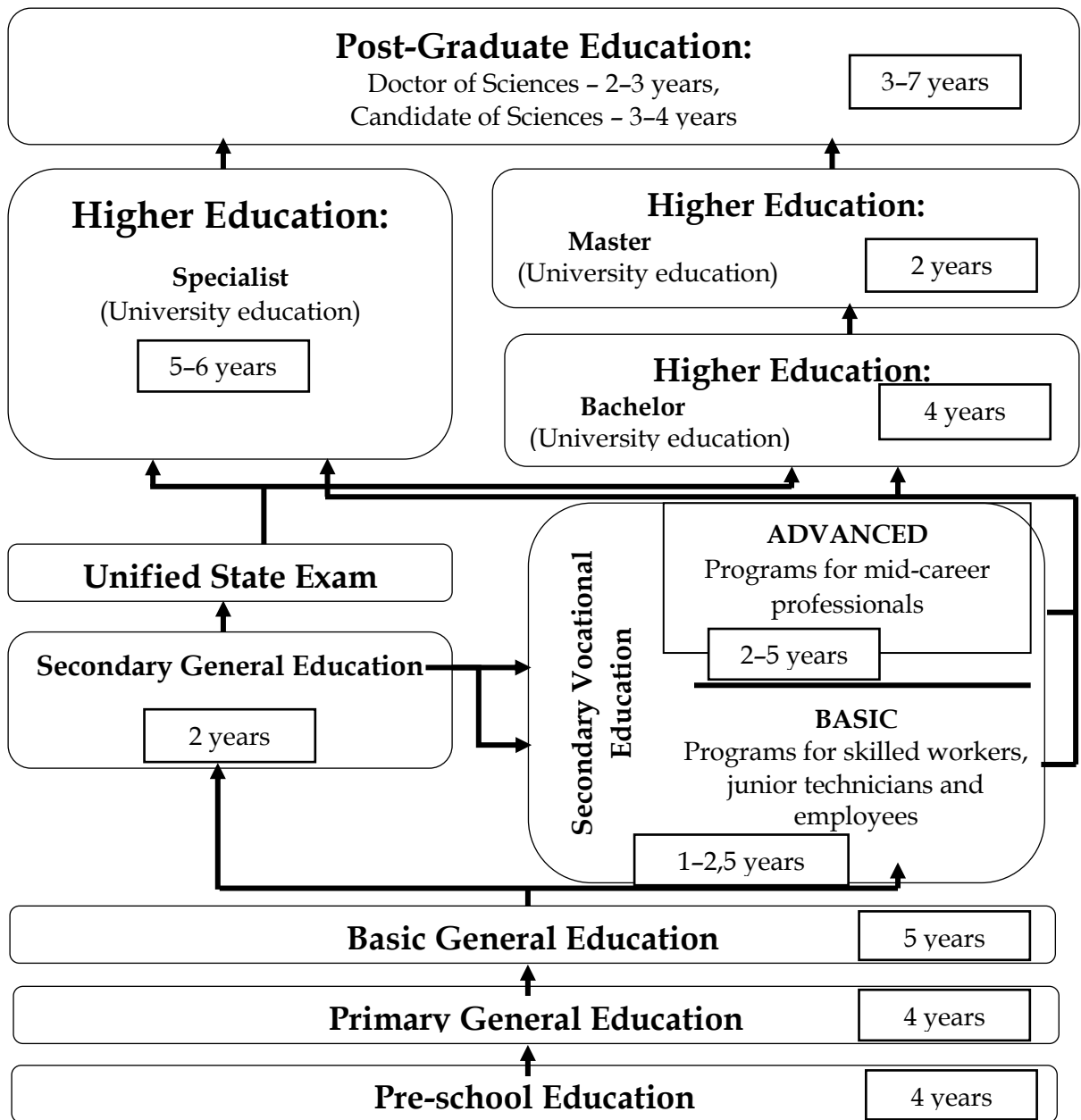


Figure 3. Diagram of Russian education system



*Figure 4. "Adzhigardak"*



*Figure 5. "Minjyar"*



Автобус на улицах Челябинска. Конец 1920-х – начало 1930-х годов.



Автобус фирмы «Пежо», принадлежавший Троицкому переселенческому пункту. Ноябрь 1926 г.

*Figure 6. The first public transport in Chelyabinsk's history*



*Figure 7. The first taxi in Chelyabinsk*





*Figure 8. The wonders of nature in the Chelyabinsk region*



Figure 9. Arkaim

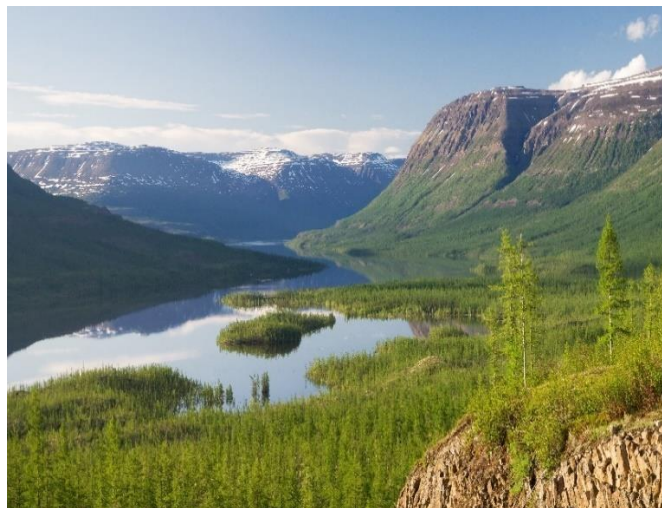


*Figure 10. Baikal*



*Figure 8. Gorny Altai*





*Figure 92. Putorana Plateau*



*Figure 103. The National Park "Taganay"*



*Figure 114. Plant life of Taganay*



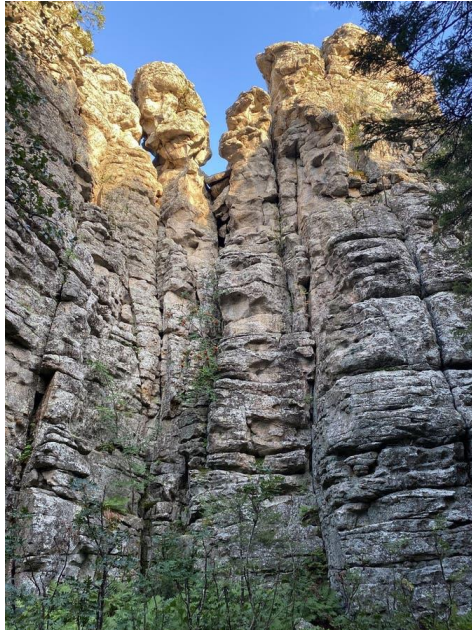
*Figure 125. The Responsive comb*



*Figure 16. The Black Rock*



*Figure 137. Mount Yurma*



*Figure 148. The Three Brothers*



*Figure 19. The Great Kialim swamp*



*Figure 15. The May Glades*



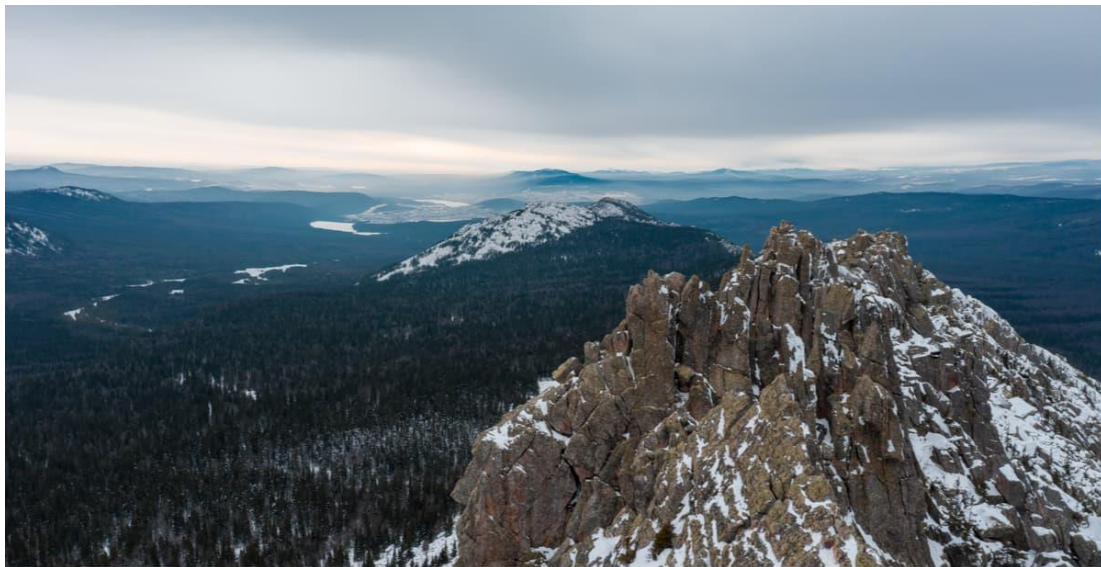
*Figure 16. The Great Stone River*



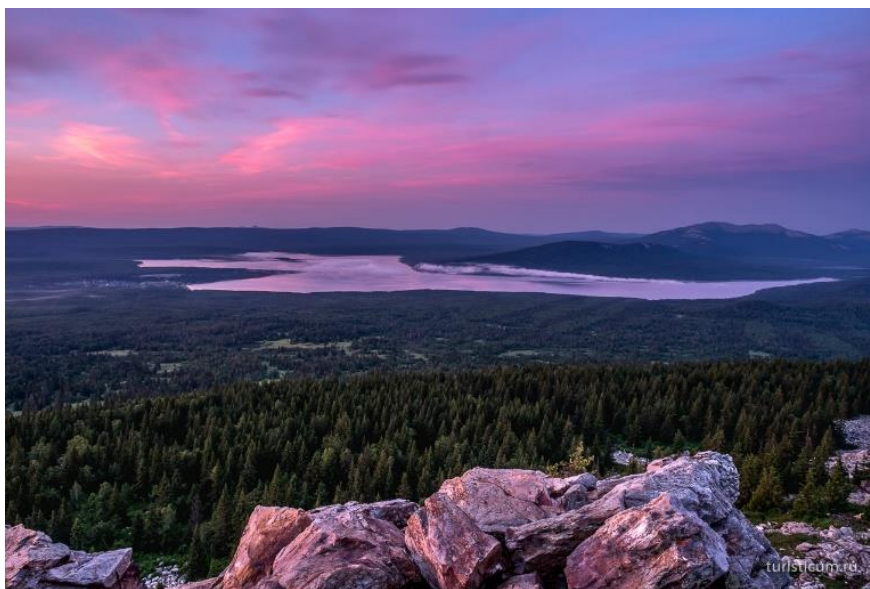
*Figure 17. The Two-Headed Hill*



*Figure 18. Mount Itzyl*



*Figure 194. The Otkliknoy Ridge*



*Figure 20. The Zyuratkul National Park*



*Figure 216. The Zyuratkul mountain range*



*Figure 227. Lake Zyuratkul*





Figure 238. Ecopark "Zyuratkul"



Figure 24. The Resort "Uvildy"



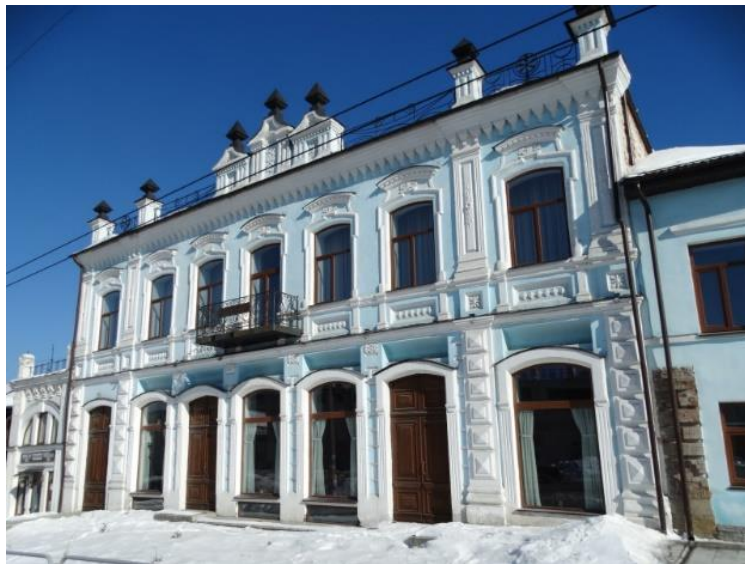
Figure 25. The Ay River



*Figure 31. Lake Turgoyak*



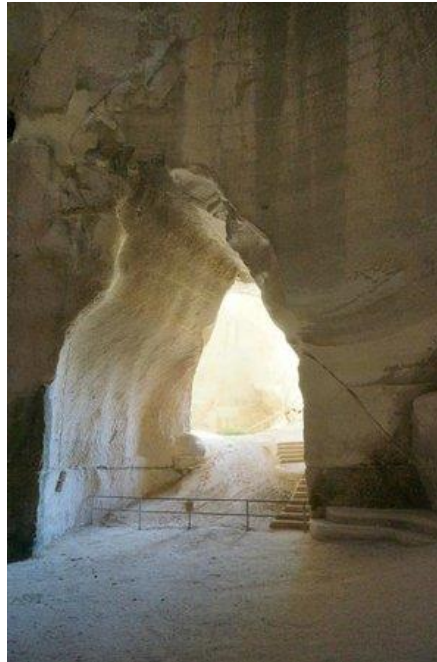
*Figure 26. Ilmensky Reserve*



*Figure 273. Merchant Smirnov's House*



*Figure 284. Memorial Grieving Mother*



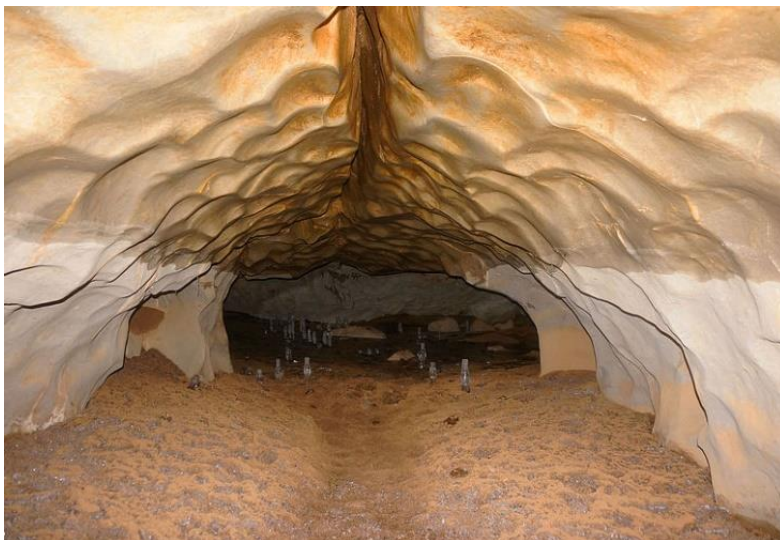
*Figure 295. The Kolokolnaya Cave*



*Figure 306. The Essyumskaya Cave*



*Figure 317. The Ignatijevskaya Cave*



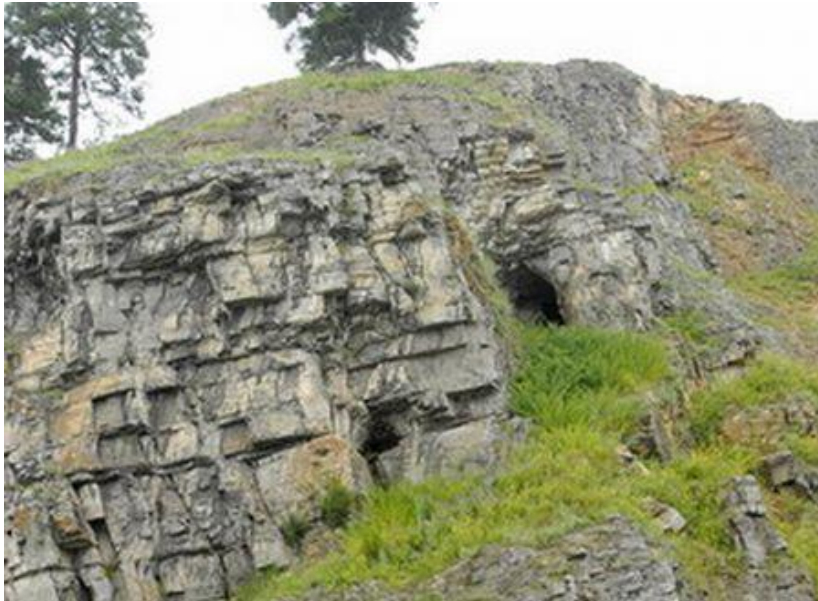
*Figure 328. The Shemakhinskaya Cave*



*Figure 39 The Salavatskaya Cave*



*Figure 330. The Bolshaya Ust-Katavskaya cave*



*Figure 341. The Stantsionnaya Cave*





*Figure 352. The Sugomak Cave*

## GETTING INFORMATION

## Group B

In Russia decorated edged weapons were manufactured by the masters of the Moscow Armory, as well as by the Tula and Sestroretsk factories. But it was Zlatoust that became the birthplace of a unique art that gained worldwide fame. The blades decorated by the Zlatoust Armory masters were owned by \_\_\_\_\_ (Who?), were awarded to the heroes, and were presented as gifts to foreign guests. The saber blade decorated by Ivan Bushuyev was presented to the Duke of Wellington when he came to Russia in 1826 to congratulate Emperor Nicholas I on his accession to the throne. This weapon is now on display at the Wellington Memorial Museum in London.

Zlatoust Armory was the only state supplier of cold war weapons, first for the Russian imperial army, then the Soviet one. The company owned this monopoly for \_\_\_\_\_ (How long?). The weapons of Victory were forged here during the Great Patriotic War. Our army received 583 thousand combat checkers and about one million army knives.

In their works, the masters of Zlatoust steel engraving invariably addressed such topics as: \_\_\_\_\_ (What topics?). The best examples of these artistic weapons are exhibited in the most famous museums of the country: the Hermitage, the Armory of the Moscow Kremlin.

Weapons of war are becoming more technologically advanced and deadly every year: jet drones, combat lasers, virtual reality, and artificial intelligence. But the steel blade with its centuries-old history remains a reliable weapon even now. \_\_\_\_\_ are used by all Special Forces (What cold weapon?). Cold weapons are needed both in the military and in the life of a soldier.

*Учебное издание*

**Закирова Флюра Каримовна  
Шмидт Екатерина Александровна  
Челпанова Елена Владимировна**

**Реализация национально-регионального компонента  
в подготовке будущих учителей иностранного языка**

*Учебно-практическое пособие*

ISBN 978-5-907790-85-8

Работа рекомендована РИС ЮУрГТТУ  
Протокол 29, от 2023 г.

Редактор Е.М. Сапегина  
Технический редактор А.Г. Петрова

Издательство ЮУрГТТУ  
454080, г. Челябинск, пр. Ленина, 69

Подписано в печать 16.11.2023

Формат 60x84/8.

Объем 3,1 уч.-изд. л. (11,44 усл. печ. л.)

Тираж 100 экз. Заказ

Отпечатано с готового оригинал-макета в типографии ЮУрГТТУ  
454080, г. Челябинск, пр. Ленина, 69