

**Автономная некоммерческая организация высшего образования  
НАЦИОНАЛЬНЫЙ ОТКРЫТЫЙ ИНСТИТУТ г. САНКТ-ПЕТЕРБУРГ**

УТВЕРЖДАЮ

Проректор по учебной работе  
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«\_\_\_» \_\_\_\_\_ 2025 г.

**ПРОГРАММА ВСТУПИТЕЛЬНЫХ ИСПЫТАНИЙ  
ПО ИНОСТРАННОМУ ЯЗЫКУ  
(английский язык)**

**Санкт-Петербург  
2025**

## **1. Общие положения**

Абитуриент при сдаче вступительного испытания по Иностранному языку (английскому языку) должен

### **Знать:**

- основные правила орфоэпии, правописания, пунктуации английского языка;
- основные способы словообразования и словосложения английского языка;
- основные правила построения различных коммуникативных типов предложений в английском языке;
- основные правила грамматики английского языка;
- национально-культурные особенности своей страны и страны/стран изучаемого языка и основных социокультурных элементов речевого поведенческого этикета в англоязычной среде в рамках тематического содержания речи.

### **Уметь:**

- общаться в устной и письменной форме, используя рецептивные и продуктивные виды речевой деятельности в рамках тематического содержания речи;
- осуществление межличностного и межкультурного общения с использованием знаний;
- понимать речевые различия в ситуациях официального и неофициального общения в рамках тематического содержания речи и использование лексико-грамматических средств с их учётом;

### **Владеть:**

- основными видами речевой деятельности;
- основными сведениями о социокультурном портрете и культурном наследии страны/стран, говорящих на английском языке;
- умениями письменного перевода с иностранного языка на русский язык аутентичных текстов научно-популярного характера.

## **2. Содержание программы**

**I.** Повседневная жизнь семьи. Межличностные отношения в семье, с друзьями и знакомыми. Конфликтные ситуации, их предупреждение и разрешение.

**II.** Внешность и характеристика человека, литературного персонажа.

**III.** Здоровый образ жизни и забота о здоровье: режим труда и отдыха, спорт, сбалансированное питание, посещение врача. Отказ от вредных привычек.

**IV.** Школьное образование, школьная жизнь, школьные праздники. Школьные социальные сети. Переписка с зарубежными сверстниками. Взаимоотношения в школе. Проблемы и решения. Подготовка к выпускным экзаменам.

**V.** Современный мир профессий. Проблема выбора профессии. Альтернативы в продолжении образования.

**VI.** Место иностранного языка в повседневной жизни и профессиональной деятельности в современном мире. Роль иностранного языка в планах на будущее.

**VII.** Молодёжь в современном обществе. Ценностные ориентиры. Участие молодёжи в жизни общества. Досуг молодёжи: увлечения и интересы. Любовь и дружба.

**VIII.** Покупки: одежда, обувь и продукты питания. Карманные деньги. Молодёжная мода.

**IX.** Роль спорта в современной жизни: виды спорта, экстремальный спорт, спортивные соревнования, Олимпийские игры.

**X.** Деловое общение: особенности делового общения, деловая этика, деловая переписка, публичное выступление.

**XI.** Туризм. Виды отдыха. Экотуризм. Путешествия по России и зарубежным странам. Виртуальные путешествия.

**XII.** Вселенная и человек. Природа. Проблемы экологии. Защита окружающей среды. Стихийные бедствия. Проживание в городской/ сельской местности.

**ХІІІ. Средства массовой информации: пресса, телевидение, радио, Интернет, социальные сети.**

**ХІV. Технический прогресс: перспективы и последствия. Современные средства коммуникации (пресса, телевидение, Интернет, социальные сети и другие). Интернетбезопасность.**

**ХV. Проблемы современной цивилизации.**

**ХVІ. Родная страна и страна/страны изучаемого языка: географическое положение, столица, крупные города, регионы; система образования; достопримечательности, культурные особенности (национальные и популярные праздники, знаменательные даты, традиции, обычаи); страницы истории. Россия и мир: вклад России в мировую культуру, науку, технику.**

**ХVІІ. Выдающиеся люди родной страны и страны/стран изучаемого языка: государственные деятели, учёные, писатели, поэты, художники, композиторы, путешественники, спортсмены, актёры и т.д.**

### **3. Рекомендуемая литература**

#### **Основная литература**

1. Кузьменкова, Ю. Б. Английский язык (базовый и углубленный уровни). 10—11 классы : учебник для среднего общего образования / Ю. Б. Кузьменкова. — Москва : Издательство Юрайт, 2025. — 412 с. — (Общеобразовательный цикл). — 18БК 978-5-53416225-7

2. Аитов, В. Ф. Английский язык (второй иностранный язык): 10—11 классы : учебник для среднего общего образования / В. Ф. Аитов, В. М. Аитова, С. В. Кади. — 13-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. — 220 с. — (Общеобразовательный цикл). — 18БК 978-5-534-16094-9.

3. Кузьменкова, Ю. Б. Английский язык (Л2-Б2) : учебник и практикум для среднего профессионального образования / Ю. Б. Кузьменкова. — Москва : Издательство Юрайт, 2025. — 412 с. — (Профессиональное образование). — 18БК 978-5-534-09154-0.

4. Иванова, О. Ф. Английский язык. Пособие для самостоятельной работы учащихся (B1 — C1) : учебник для среднего профессионального образования / О. Ф. Иванова, М. М. Шиловская. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2025. — 357 с. — (Профессиональное образование). — ISBN 978-5-534-15795-6.

5. Куряева, Р. И. Английский язык. Лексика и грамматика : учебник для среднего профессионального образования / Р. И. Куряева. — 8-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. — 497 с. — (Профессиональное образование). — ISBN 978-5534-16553-1

6. Невзорова, Г. Д. Английский язык. Грамматика : учебник для среднего профессионального образования / Г. Д. Невзорова, Г. И. Никитушкина. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. — 213 с. — (Профессиональное образование). — ISBN 978-5-534-09886-0

#### **Дополнительная литература**

7. Комарова, А. И. Английский язык. Страноведение : учебник для среднего профессионального образования / А. И. Комарова, И. Ю. Окс, В. В. Колосовская. — 2-е изд., испр. и доп. — Москва: Издательство Юрайт, 2025. — 456 с. — (Профессиональное образование). — 18БК 978-5-534-11950-3

8. Смирнова, Е. Ю. Английский язык : базовый уровень : учебник / Е. Ю. Смирнова, Ю. А. Смирнов. — Москва : Просвещение, 2024. — 256 с. — 18БК 978-5-09113915-0.

9. Английский язык: 10-й класс: базовый уровень : учебник / О. В. Афанасьева, Д. Дули, И. В. Михеева [и др.]. — 13-е изд., стер. — Москва : Просвещение, 2024. — 248 с. —

ISBN 978-5-09-112197-1

10. Английский язык: 11-й класс: базовый уровень : учебник / О. В. Афанасьева, Д. Дули, И. В. Михеева [и др.]. — 13-е изд., стер. — Москва : Просвещение, 2024. — 256 с. — ISBN 978-5-09-112198-8.

11. Нужнова, Е. Е. Английский язык. Professional Reading: Law, Economics, Management : учебник для среднего профессионального образования / Е. Е. Нужнова. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. — 181 с. — (Профессиональное образование). — ISBN 978-5-534-17512-7

12. Минаева, Л. В. Английский язык. Навыки устной речи (I am all Ears!) + аудиоматериалы : учебник для среднего профессионального образования / Л. В. Минаева, М. В. Луканина, В. В. Варченко. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. — 165 с. — (Профессиональное образование). — ISBN 978-5-534-16752-8

4. **Критерии оценки вступительного испытания по Иностранному языку (английскому языку)**

Для объективной оценки знаний поступающих на вступительном испытании по Иностранному языку (английскому языку), проводимом в форме тестирования (письменно), оценивание осуществляется по 100 (стобальной) шкале.

Вступительное испытание по Английскому языку состоит из 8 заданий по разделам «Чтение» и «Лексико-грамматические навыки». Задания теста имеют различный оценочный балл.

Баллы, полученные за выполненные задания, суммируются.

Минимальное количество баллов, подтверждающее успешное прохождение вступительного испытания устанавливается на уровне 22 баллов.

Критерии и шкала оценивания:

Раздел задания	Количество баллов за правильно выполненное задание	Количество заданий в разделе	Максимальное количество набранных баллов - 100
I. Раздел «Лексико-грамматические навыки»			
Задание 1	3	3	9
Задание 2	3	3	9
Задание 3	4	5	20
Задание 4	2	7	14
II. Раздел «Чтение»			
Задание 5	2	7	14
Задание 6	2	7	14
Задание 7	9	1	6
Задание 8	2	7	14
Итого: 100			

**5. Примерный вариант вступительного испытания по Иностранному языку (английскому языку) для поступающих**

**Раздел 1 «Лексико-грамматические навыки»**

**1. Преобразуйте, если это необходимо, слова «WE», «BRING», «STAR» так, чтобы они грамматически соответствовали содержанию текста.**

**The Thorn Birds**

The Thorn Birds is a 1977 bestselling novel by the Australian author Colin McCullough. The story gives \_\_\_\_\_ (WE) information about life on Australian sheep stations, but it also includes a dramatic love story. The book \_\_\_\_\_ (BRING) the writer international fame as soon as it was published. In 1983 it was adapted into a TV miniseries (STAR) Richard Chamberlain and Rachel Ward.

**2. Преобразуйте, если это необходимо, слова «BE», «THIS», «BEAUTIFUL» так, чтобы они грамматически соответствовали содержанию текста.**

**Fishing in Kamchatka**

Kamchatka region is famous for being a true paradise for fishing enthusiasts. This area \_\_\_\_\_ one of the best fishing spots in Russia for many years.  
You can get a license and go fishing on your own or you can take a fishing tour. tours include a guide and all the necessary equipment.  
Kamchatka is a great place to enjoy fishing in clean waters of the local lakes and some of the \_\_\_\_\_ locations in the world.

**3. Прочитайте приведённый ниже текст. Образуйте от слов, напечатанных заглавными буквами после текста, однокоренные слова так, чтобы они грамматически и лексически соответствовали содержанию текста. Заполните пропуски полученными словами.**

**GeoSure Global**

GeoSure Global is a great mobile app for travellers. It is \_\_\_\_\_ a revolutionary safety service aimed at ensuring that your trips involve fewer risks.

GeoSure Global provides safety ratings for \_\_\_\_\_ neighborhoods all over the world. These ratings offer a general view of how safe an area is and are broken down into lots of smaller categories, each with their own scores. Examples include health and medical care, theft and so on. If you're travelling to a foreign country as a \_\_\_\_\_, you may be at greater risk of crimes like pickpocketing. The \_\_\_\_\_ app updates as you move around, letting you explore a city. Thus, you will have constant up-to-date readings on the security and safety of the area around you and the neighbouring \_\_\_\_\_. It's a great tool for any traveller to have.

CERTAIN, COUNT, TOUR, AMAZE, LOCATE

**4. Вставьте подходящие слова в пропуски:**

**Mr. Thoreau in Concord**

Concord, Massachusetts, is one of the New England towns that everybody likes to visit. When tourists \_\_\_\_\_ Boston they usually make a point of going to Concord by electric train because they have read about the famous battle ground of the great Revolutionary War there. They also want to see the homes of American writers Hawthorne, Emerson, and Thoreau. 1) \_\_\_\_\_, Concord is the place that everybody likes to visit.

The philosopher Henry Thoreau, who was born in Concord, was 2) \_\_\_\_\_ on hiking. He loved the town so much that he spent most of his life walking through its fields and

forests. You might 3) it was his life's work, for he never had any real profession, and he walked between four to eight hours a day.

When Mr. Thoreau started out on a long walk in the woods, he wore a wide-brimmed straw hat, stout shoes, and strong grey trousers to 4) sure that they would not show spots too easily, and would survive tree-climbing. Under his arm he usually carried an old music book in which to press plants, and in his pocket he kept a pencil and his diary. His friend, William Ellery Channing, often 5) the writer on his walks in the forest. They agreed that a week's camping was more fun than all the books in the world. Once they tried camping in Canada. They wore overalls most of the time, and 6) of suitcases, they tied a few changes of clothing into bundles, and each man took an umbrella. They called themselves "Knights of the Umbrella and Bundle".

1.

- 1) Therefore
- 2) Although
- 3) Moreover
- 4) However

2.

- 1) fond
- 2) crazy
- 3) eager
- 4) keen

3.

- 1) say
- 2) speak
- 3) talk
- 4) tell

4.

- 1) take
- 2) keep
- 3) make
- 4) gain

5.

- 1) attached
- 2) accompanied
- 3) connected
- 4) attended

6.

- 1) against
- 2) outside
- 3) besides
- 4) instead

7.

- 1) achieve
- 2) reach
- 3) enter
- 4) arrive

## Раздел 2 «Чтение»

**5. Установите соответствие между текстами А-Г и заголовками 1-8. Занесите СВОИ ответы в таблицу. Используйте каждую цифру ТОЛЬКО ОДИН раз. В задании ОДИН заголовок ЛИШНИЙ.**

Заголовки:

1. Building materials
2. The longest on Earth
3. Safe travel
4. Designing a building
5. Invented by accident
6. Comfortable living
7. How did they do it?
8. Why seasons change

Тексты:

Текст А: Most of Africa's rural peoples use natural resources that are locally available for their homes. In grasslands, people typically use grass to cover the walls and roofs. In forested areas, they use hardwoods as well as bamboo and raffia palm. Earth and clay are also major resources used in construction. In areas with few natural resources, people often live as nomads, moving from place to place. Instead of making permanent homes, they usually use simple shelters or tents made of animal skins and woven hair.

Текст В: An architect must consider how a structure will be used and by whom. An apartment building, a palace, a hospital, a museum, an airport, and a sports arena all have different construction requirements. Another factor is the ideas the structure should communicate. For example, some buildings are made to impress people with a display of power and wealth; others - to make everyone feel welcome. Other things to consider are the location and surrounding environment, including weather, and the cost of materials.

Текст С: Did you know that an eleven-year-old child first created the Popsicle? The boy's name was Frank Epperson. In 1905, Frank left a mixture of water and powdered soda out on his porch by mistake. It also contained a stir stick. That night, fortunately for Frank, the temperatures fell to a record low. As a result, he discovered the substance had frozen to the stick, and a frozen fruit flavoured ice treat was created. He decided to call it the epsicle, which was later patented by him and named as Popsicle.

Текст D: As Earth goes around the sun, the North Pole points to the same direction in space. For about six months every year, the North Pole is tilted towards the sun. During this time, the Northern Hemisphere gets more direct sunlight than the Southern Hemisphere and more hours of daylight. During the other six months, the North Pole is tilted away from the sun. When the Northern Hemisphere gets the most sunlight, it experiences spring and summer. At the same time, the Southern Hemisphere gets autumn and winter.

Текст E: In southern Peru, there is an isolated plateau where the wind almost never blows. Here, around the year 400 to 650 AD, the people of the Nazca culture created the famous Nazca lines, by removing the red stones covering the ground so that the white earth beneath was visible. These Nazca lines are actually portraits of animals such as monkeys, birds or fish. It is a mystery how such a primitive civilization could create such artwork with precision when they had no means of viewing their work from the air.

Текст F: Antarctica, which is the southernmost and fifth largest continent, does not have

twenty-four-hour periods divided into days and nights. In the South Pole, the sun rises on about September 21 and moves in a circular path until it sets on about March 22. This “day”, or summer, is six months long. During this period, if the weather conditions are good, the sun can be seen twenty-four hours a day. From March 22 until September 21, the South Pole is dark, and Antarctica has its “night”, or winter.

Текст G: Any ship that hits an iceberg can be damaged. The most famous iceberg in history sank the “Titanic”, a ship travelling in the northern Atlantic Ocean, on April 15, 1912. The ship’s side scraped the iceberg, which tore holes in the hull. Within three hours, the ship was at the bottom of the ocean. After the loss of the “Titanic”, several nations worked together to establish the International Ice Patrol. Today the U.S. Coast Guard runs the patrol, which warns ships about icebergs floating in Atlantic shipping routes.

**6. Прочитайте текст и заполните пропуски А-Г частями предложений, обозначенными цифрами 1-7. Одна из частей в списке 1-7 лишняя. Занесите цифры, обозначающие соответствующие части предложений, в текст.**

### **Russian souvenirs**

Russia is famous for its diversity, as well as its hospitality. The best way to show Russia to someone is to bring home something special. Matryoshka and balalaika are quite stereotypical presents. There are many other goods A . Woolen shawls have always been popular in Russia because of cold winters. The shawls made in Pavlovsky Posad, B , are considered to be a traditional Russian gift.

Woolen shawls and scarves have been made there since 1795. A wide shawl with a beautiful original pattern on it may be used like a blanket. It is nice to cover oneself up with it sitting in the armchair, watching a movie, C . The Pavlovsky Posad manufacture produces scarves for men as well. They can be bought through the Internet, or in brand stores, D . Belyovskaya pastila is a souvenir E . It has been made since the 19th century in the town of Belyov near Tula.

This is a very special kind of Russian confection. Though it is called “pastila”, it is not a marshmallow style delicacy. Belyovskaya pastila is made of dried apples. After they have been dried, they are mixed with egg whites and sugar and whipped. Belyovskaya pastila is similar to a cake, F of apples. It is considered to be a natural product, and it is not of average price. Tourists can buy this kind of sweet at some confectioner’s shops throughout Moscow.

1. that one may buy in Moscow as a souvenir
2. which are situated in the centre of Moscow
3. that pleases the people with a sweet tooth
4. although it has a slightly sour taste
5. which is a town not very far from Moscow
6. riding a bike around the villages in Russia
7. reading a book, or drinking coffee or tea

**7. Прочитайте текст и выберите ОДИН ИЗ вариантов ответа на вопрос 1-4.**

What does the author suggest in her article?

- 1) Phone use by young people should be limited.
- 2) Smartphones cause violent behavior.
- 3) Smartphones are not safe.
- 4) There are good and bad sides in using smartphones.



### **iGeneration: teenagers affected by phones**

One day last summer, around noon, I called Athena, a 13-year-old who lives in Houston, Texas. She answered her phone - she has had an iPhone since she was 11 - sounding as if she'd just woken up. We chatted about her favorite songs and TV shows, and I asked her what she likes to do with her friends. "We go to the mall," she said. "Do your parents drop you off?" I asked, recalling my own middle school days, in the 1980s, when I'd enjoy a few parent-free hours shopping with my friends. "No - I go with my family," she replied. "We'll go with my mom and brothers and walk a little behind them. I just have to tell my mom where we are going. I have to check in every hour or every 30 minutes."

Those mall trips are infrequent - about once a month. More often, Athena and her friends spend time together on their phones, unchaperoned. Unlike the teens of my generation, who might have spent an evening tying up the family landline with gossip, they talk on Snapchat, a smartphone app that allows users to send pictures and videos that quickly disappear. They make sure to keep up their Snapstreaks, which show how many days in a row they have Snapchatted with each other. She told me she had spent most of the summer hanging out alone in her room with her phone. "That is just the way her generation is", she said. "We didn't know any life other than with iPads or iPhones. I think we like our phones more than we like actual people."

Some generational changes are positive, some are negative, and many are both. More comfortable in their bedrooms than in a car or at a party, today's teens are physically safer than teens have ever been. They are markedly less likely to get into a car accident and, having less of a taste for alcohol than their predecessors, are less susceptible to drinking's attendant ills.

Psychologically, however, they are more vulnerable than Millennials were: rates of teen depression and suicide have skyrocketed since 2011. It is not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones.

However, in my conversations with teens, I saw hopeful signs that kids themselves are beginning to link some of their troubles to their ever-present phone. Athena told me that when she does spend time with her friends in person, they are often looking at their device instead of at her. "I'm trying to talk to them about something, and they don't actually look at my face," she said. "They're looking at their phone, or they're looking at their Apple Watch." "What does that feel like, when you're trying to talk to somebody face-to-face and they're not looking at you?" I asked. "It kind of hurts," she said. "It hurts. I know my parents' generation didn't do that. I could be talking about something super important to me, and they wouldn't even be listening."

Once, she told me, she was hanging out with a friend who was texting her boyfriend. "I was trying to talk to her about my family, and what was going on, and she was like, 'Uh-huh, yeah, whatever.'" So I took her phone out of her hands and I threw it at the wall."

Though it is aggressive behavior that I don't support, on the other hand - it is a step towards a life with limited phone use. So, if I were going to give advice for a happy adolescence, it would be straightforward: put down the phone, turn off the laptop, and do something - anything - that does not involve a screen.

### **8. Прочитайте текст и выберите вариант ответа.**

#### **Stop buying stuff**

Did you know that spending 1,000 rubles a day adds up to spending more than 365,000 a year? And I don't know about you, but hardly anything costs under 1,000 where we live. So thoughtless spending can add up very quickly. As I try to live more simply, I have been trying to mend what we have and make what we need. I recently made linen napkins with some fabric we had. This way of living has required me to slow down and question whether what I want to buy is truly

essential. If you also want to live more simply and stop buying stuff you don't need, here are some tips that I've found useful.

First, you need to identify your motivation. Take a few minutes to think about why you want to buy less stuff. Your goal is to buy less, but why are you chasing that goal. Some reasons

might be to save money, to reduce clutter, to live more sustainably, to get out of debt, or to live a more handmade and simple life.

Once you have your motivation identified, you can refer back to it when you are tempted to buy something frivolous.

Next, it's very useful to record your expenses. Don't worry about setting up a fancy budget right now. Just write down everything you buy and how much you spend for one week. This is to make you more conscious of your spending habits and help you to stop buying stuff you don't need. Also for one week, write down

what prompted you to buy something. For example, imagine you bought a new T-shirt. Write it down and think about what made you want to buy it. Did you see someone you follow on social media wearing it? Did you buy it late at night after a date went badly? The goal is to make your invisible purchasing habits more visible. As you write down what prompted you to buy something, think about whether the spending was emotional or not. Did you get a rush when you pushed

'buy now'? That's probably an emotional purchase. Try to identify which emotion you're avoiding. Do you feel self-conscious? Or depressed? Once we can name what we're trying to avoid, then we can take steps to meaningfully address it.

Have you heard about the One-Year Test? Look around your space. Do you see anything you haven't used in a year? Strongly consider selling or donating it.

Once you have an understanding of how much you spend and what your spending triggers are, it's time to clean the slate. Unsubscribe from brands on social media and from email newsletters from companies or influencers. You want to set yourself up for success and protect yourself from being bombarded with emails promising 'irresistible' sales. Once you know when you are triggered to buy things, you can pre-empt the urge by filling the time with something else. For

example, if you browse and buy late at night on your phone, you can do yoga or meditate or read a good book before bed. You don't need to do this forever - just try to do it once to begin with, and see how you feel.

Another very good tip can be summed up as 'cost versus work.' Before you buy something, calculate how much you will need to work to cover the cost. If you get paid 300 rubles/hour and something costs 2,500, that's more than 8 hours of work. Is it worth it to you?

Before buying something, wait 24 hours. This is a good way to weed out impulse buying. Instead of buying things every day, choose one day a week.

Bookmark everything you want to buy and on the buying day, review all of your bookmarks. This is a good way to remove emotional or impulse buying, too.

So, buying stuff you don't need is a major problem for a lot of people. The material possessions that you've desired and eventually purchased will lose their sparkle, and you'll return to your happiness set point. Things can't make you happy, but people can.

1. The author started making hand-made things because she ...

- 1) wishes to reduce her purchases.
- 2) spends too much annually.
- 3) slowed down her pace of life.
- 4) lives in an expensive district.

2. The word frivolous in "buy something frivolous" (paragraph 2) is closest in meaning to

- 1) unplanned.
- 2) unusual.
- 3) unlimited.
- 4) unnecessary.

3. According to the author, writing down what you buy helps to ...

- 1) protect you from criminals.

- 2) stop social media influence.
- 3) analyse your real motivation.
- 4) cope with depressive state.

4. It in "we can make steps to meaningfully address it" (paragraph 3) most probably refers to .

- 1) buying.
- 2) action.
- 3) rushing.
- 4) emotion

5. It is implied in the text that one of the ways to avoid buying is to ...

- 1) replace online shopping with traditional.
- 2) find out shopping motives and replace them.
- 3) spend more time cleaning up your home.
- 4) be busy all the time.

6. What advice does the author give to prevent impulse buying?

- 1) Introduce a purchase day once a week.
- 2) Delete your bookmarks in online shops.
- 3) Never buy expensive items.
- 4) Discuss what you want to buy at work.

7. Which is the best summary of the article?

- 1) People tend to spend more than they can afford.
- 2) Buying less stuff is a way to happiness.
- 3) There are many ways to reduce purchases.
- 4) Buy only what makes you happy.