

Автономная некоммерческая образовательная организация  
профессионального образования  
«Кызылский техникум экономики и права ПК»

**Шыырап Р.А.**

## **Учебное пособие**

по разделу «Страноведение»

Дисциплина: Иностранный язык (английский)  
в сфере профессиональной коммуникации

Специальность: 43.02.10 «Туризм»

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Учебное пособие создано для студентов специальности 43.02.10. Туризм.  
Цель данного пособия: расширение кругозора профессиональной  
компетенции будущих специалистов по туризму.

## **Аннотация**

Основной целью учебного пособия является обучение владению лексикой по страноведению, формирование интереса к изучению родного края, страны и англоговорящих стран. В связи с развитием внутреннего туризма в России, в текстах отражается туристическая привлекательность каждого региона и страны в целом. Учебное пособие по английскому языку предназначено для занятий со студентами по специальности 43.02.10 «Туризм» по разделу «Страноведение».

Текстовый материал и системы упражнений данного пособия рассчитаны на обучения чтения, как способ привития студентам навыков чтения и понимания прочитанного с целью извлечения информации.

Учебное пособие способствует развитию коммуникативных навыков учащихся, развитию общего кругозора.

В учебном пособии предлагаются главы по темам: «Российская Федерация», «Москва», «Республика Тува», «Кызыл», «Великобритания», «Лондон», «Соединенные Штаты Америки», «Вашингтон».

Дополнительные тексты: Алтайский край, Республика Хакасия, Республика Бурятия и Красноярский край, приграничные регионы нашей Республики.

Пособие может быть использовано также для студентов всех специальностей по данному разделу. Перед каждым разделом дается упражнения для ознакомления с лексикой. После каждого текста даны задания для контроля понимания прочитанного текста.



**Exercise 1. Read these new words and word combinations and find the sentences with them in the text.**

**Vocabulary Notes**

the Russian Federation- Российская Федерация

Europe- Европа

Asia- Азия

the Pacific Ocean- Тихий океан

the Arctic Ocean- Северный Ледовитый океан

the Atlantic Ocean- Атлантический океан

China- Китай

Georgia- Грузия

Norway- Норвегия

the Ukraine- Украина

Siberia- Сибирь

the Caucasus- Кавказ

the Far East- Дальний Восток

to occupy- занимать

surface- поверхность

to wash- омывать

to border on- граничить

sea-border- морская граница

variety- разнообразие, множество

scenery- пейзаж

plain- равнина  
midland- средняя полоса  
highland- нагорье, высокогорная местность  
desert- пустыня  
chain- цепь  
bottom- дно  
climate- климат  
arctic- арктический  
subtropical- субтропический  
temperate- умеренный  
oil- нефть  
coal- уголь  
iron ore- железная руда  
copper- медь  
mineral resources- полезные ископаемые

## **Exercise 2. Read the text**

### **The Russian Federation**

Our country, the Russian Federation is the largest country in the world. It occupies about one-seventh of the Earth's surface. Its territory is over 17 million square kilometers. Russia is situated both in Europe and Asia. The country is washed by 12 seas and 3 oceans: the Pacific ocean, the Arctic and the Atlantic oceans. Its borders in the South are China, Mongolia, Korea, Kazakhstan, Georgia and Azerbaijan. In the west we have borders with Norway, Finland, Belarus and the Ukraine.

It also has a sea border with the USA. Russia is a multinational state. Over one hundred peoples inhabit it, each with its own language, culture and traditions. There are 85 regions in Russia.

There is no country in the world like Russia, with the steppes in the south, plains and forests in the midland, tundra and taiga in the north, highlands and deserts in the east. There is a great number of rivers in Russia. The Volga, the longest in Europe, flows into the Caspian sea. The main Siberian rivers- the Yenisei, the Ob and the Lena flow from the South to the North. The Amur in the Far East flows into the Pacific Ocean. The deepest lake in the world is Baikal. The water in the lake is so clear that you can see the stones on the bottom.

There are vast areas of forests in Siberia and the European North. The Urals are natural boundary separating the European and the Asian parts of the country. Other mountains areas are the North Caucasus and Karelia in the northwest. Because of

the vast territory there are various types of climate in the country. The climate varies greatly in the different regions.

Russia is rich in oil, coal, iron ore, natural gas, copper, nickel and other mineral resources.

The capital of Russia is Moscow. It is the largest political, administrative, cultural and scientific center of Russia. Russia is a unique country, it has a lot of to be proud of, first of all-its people, famous scientists, musicians, artists, ballet school, its folk songs and dances. There are three national symbols of Russia: the national flag, the national Anthem, the national Coat of Arms.

**Exercise 3.** Answer the questions

1. What is the territory of Russia?
- 2 What oceans is Russia washed by?
- 3 What are the neighbouring countries of Russia?
- 4 What are the main rivers of Russia?
- 5 What are the natural resources of Russia?
- 6 What are the national symbols of Russia?

**Exercise 4. Read these new words and word combinations and find the sentences with them in the text.**

to be set up-создаваться

destruction-развал

independent-независимый

sovereign-суверенный

nation- нация, государство

to elect- избирать

branch of power- ветвь власти

commander- in – chief- главнокомандующий

armed forces-вооруженные силы

treaty-договор

to enforce- проводить в жизнь

law-закон

to appoint-назначать

key judges-главные судьи

to override-отвергать, отклонять

to dissolve-распускать

bicameral-двухпалатный

the Federal Assembly- Федеральное собрание

to be involved- участвовать

legislative-законодательный

executive- исполнительный  
judicial-юридический  
to check and balance- сдерживать и уравновешивать  
to vest- наделять, провозглашать  
the Federation Council-Совет Федерации  
House- палата  
vote- голосование  
chamber-палата  
chairman - председатель  
legislature-законодательство, закон  
to initiate- брать начало, появляться  
bill-законопроект  
to approve-одобрять  
the Supreme Court- Верховный Суд



### **Exercise 5. Read the text**

#### **The political system of Russia**

The Russian Federation was set up by the Constitution of 1993. After its destruction in 1991, the Soviet Union was broken up into an independent Russia and other new, sovereign nations.

The Russian Federation is a presidential or constitutional republic. The President is the head of state and is elected directly by the people. He controls all three branches of power. The President is a commander-in-chief of the armed forces, he makes treaties and enforces laws, appoints the prime minister, cabinet members and key judges. The President can override and in some cases even dissolve the national parliament, the bicameral Federal Assembly. The President



has his administration, but it is not part of the Federal Government. The President is involved in the work of the legislative and executive branches.

The government consists of three branches: legislative, executive and judicial. Each of them is checked and balanced by the President. The legislative power is vested in the Federal Assembly. It consists of the Federation Council (upper house) and the State Duma (lower house). The members of the State Duma are elected by popular vote for a four- year period. The Federation Council is not elected. It is formed of the heads of the regions. Each Chamber is headed by the Chairman. Legislation is initiated in the State Duma, but to become a law a bill must be approved by the lower and upper houses and signed by the President. The executive power belongs to the Government. The judicial branch is represented by the Constitutional Court, the Supreme Court and regional courts

**Exercise 6.** Are these statements true or false? Correct the false ones.

- 1 The Russian Federation is a parliamentary monarchy.
- 2 The President is the head of state and is elected by the State Duma.
3. The President is involved in the work of the legislative and judicial branches.
- 4 The government consists of Federal Assembly and the Federation Council.
- 5 The executive power is vested in the Federal Assembly.
- 6 The Federation Council is elected by popular vote.
- 7 The Federation Council is formed of the heads of the regions.
- 8 Each Chamber of the Federation Council is checked and balanced by the President.
- 9 The legislative power is represented by the Constitutional Court, the Supreme Court and regional courts.
- 10 The Russian Federation was set up by the Constitution of 1993.

**Exercise 7. Read these new words and word combinations and find the sentences with them in the text.**

Vocabulary notes

muscovite- москвич

to be governed- управляться

city council- городской совет

mayor-мэр

borough-округ

hub- средоточие

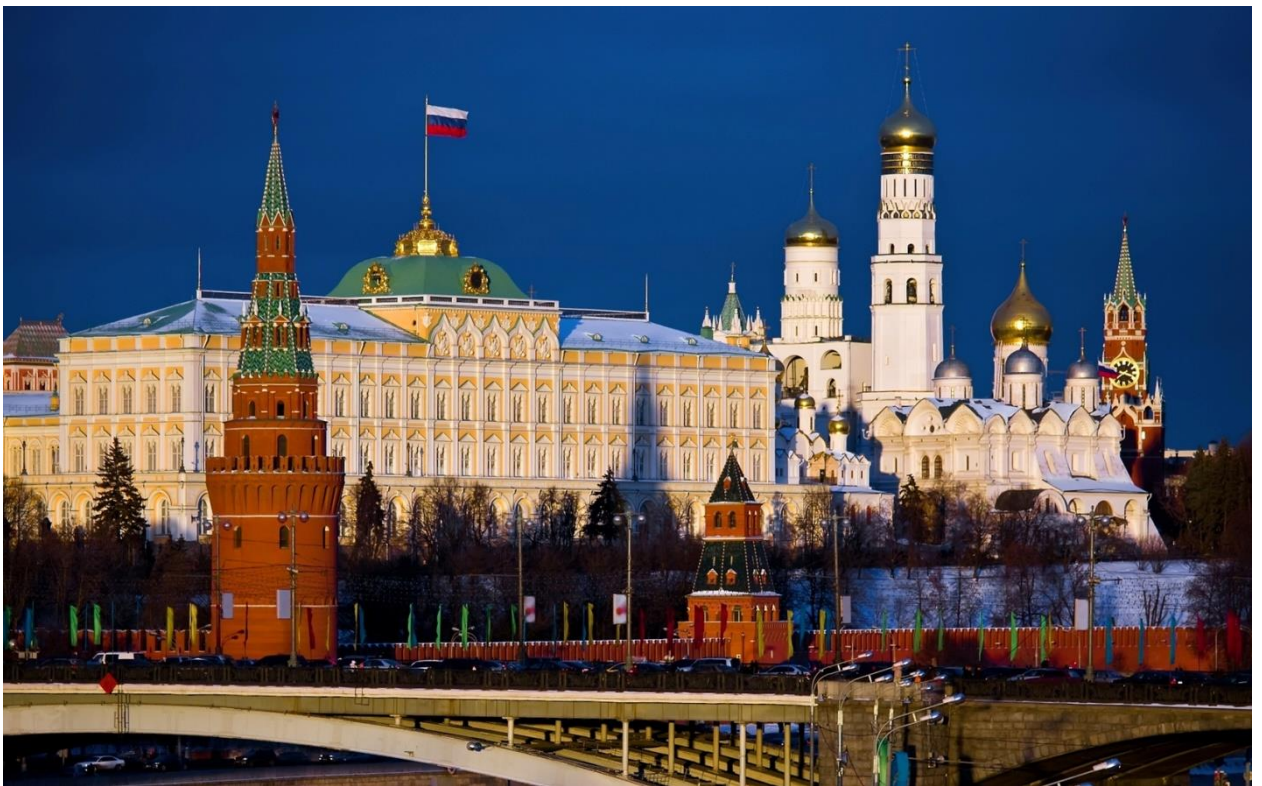
network- сеть

civilian- гражданский

to adjoin- примыкать, граничить

marketplace- рыночная площадь

spot-место  
popular assembly- народное собрание  
cathedral-собор  
liberator- освободитель  
Grand Duke- великий князь  
to occur- случаться  
offensive-наступление  
virtually-практически  
to host-принимать (гостей)  
to launch- запускать, начинать



### **Exercise 8. Read the text**

#### **Moscow**

Moscow is the capital of Russia and of the Moscow region. It is the administrative of the Russia's largest city and the leading economic and cultural center. Moscow is governed by a city council and a mayor and is divided into boroughs. The heart of the city is the Kremlin, a walled city in itself. Its walls represent the city limits as of the late the 15 century. The hub of the Russian railway network, Moscow is also a port and has a several civilian and military airports.

Adjoining the Kremlin in the east there is Red Square. It originally was a marketplace and a meeting spot for popular assemblies. Red Square is still used as

a parade ground and for demonstrations. One of the most wonderful examples of Russian architecture is St. Basil's Cathedral. In front of the cathedral there stands a monument to the liberators Minin and Pozharskiy.

The village of Moscow was first mentioned in the Russian Chronicles in 1147. And this year it was founded by Yuri Dolgorukiy. In the 15<sup>th</sup> century Moscow became the capital of the Russian national state, and in 1547 Grand Duke Ivan IV became the first Tsar.

Built largely of wood until the 19<sup>th</sup> century Moscow suffered from numerous fires. The most well-known of them occurred during Napoleon's occupation in 1812. Rebuilt, Moscow developed as a major textile and metallurgical center. During the 19<sup>th</sup> and early 20<sup>th</sup> centuries it was the principal center of the labour movement and social democracy.

During World War II Moscow was the goal of the German offensive. Although the German columns were stopped only about 40 km from the city's center Moscow suffered virtually no war damage.

The city hosted the Olympic Games in 1980.

In the 1990s the city began to attract foreign investment and became increasingly westernized. Many reconstructions projects were launched. Nowadays Moscow is even more beautiful with its cafes, shops and offices of European standards.

**Exercise 9.** Are these statements true or false? Correct the false ones.

1. Moscow is governed by a mayor.
2. Moscow has several ports.
3. Minin and Pozharskiy founded Moscow 1147.
4. The monument of Yuri Dolgorukiy stands in Red Square.
5. St. Basil's Cathedral is located within the territory of the Kremlin.
6. The first Russian Tsar was Ivan the terrible.
7. In the 15<sup>th</sup> century Moscow became the capital of the Russian Federation.
8. During World War II Moscow was occupied by German troops.
9. Moscow suffered from numerous fires. The most known of them occurred during World War II.
10. In the 1980s many reconstructions projects were launched.





**Exercise 1. Read these new words and word combinations and find the sentences with them in the text.**

**Vocabulary Notes**

Center of Asia – центр Азии  
agriculture- сельское хозяйство  
unique – уникальный  
uniqueness - уникальность  
nomadic- кочевой  
cattle-breeding- скотоводство  
sheep- breeding- овцеводство  
tribe - племя  
nation - нация  
language- язык  
fascist aggressors- фашистские агрессоры  
participate- участвовать  
soldier - солдат  
fight- битва  
hero- герой  
bust- бюст  
cedar pine- кедровая сосна  
minerals springs – минеральные источники  
to hunt - охотиться  
native population – коренное население  
to reflect - отражать  
aspiration - целеустремленность  
well- доброта (здесь)  
bravery- храбрость  
generation- поколение  
strength- сила  
legend- легенда  
wrestler- борец  
wrestling-борьба

## **Exercise 2. Read the text**

### The Republic of Tuva

We live in the Republic of Tuva. Tuva is the youngest Republic of the Russian Federation. It is a mountainous region in the South of Eastern Siberia. About 80 % of its territory is occupied with mountains, 20 % are plain areas. The geographical center, the heart of Asia is situated here. It is an amazing region in Siberia with wide steppes and unusual history. This is why tourists, who come here, make a trip back in time.

The highest mountain is the Mongun Taiga. There are other high mountains in Tuva: Mungash-Kul, Ak-Oyuk, Kyzyl-Taiga. In the North and the East of Tuva there are ridges of the Sayan Mountains. The climate of Tuva is extremely continental. Winter is cold and windless, summer is warm and sunny but sometimes hot. The sunny climate of the Republic is good for its agriculture.

The Yenisei is one of the longest rivers of Russia. It begins here. This is why Tuva is called the land of blue rivers. There are many lakes in Tuva but the most beautiful is Azas. It is in the Todzha district.

Tuva is a region with unique history, culture and nature. It is situated in the center of Asia between Altai in the West, Mongolia in the South, Khakassia, Krasnoyarsk territory in the North and Buryatia in the East. Until the middle of the 20<sup>th</sup> century Tuvans led nomadic order. They raised sheep, cows, horses, camels and yarks and lived in the yurts. Cattle - breeding is still the most important branch in Tuva, especially sheep-breeding. Agriculture is well-developed today. There are many private and state enterprises, which grow wheat, vegetables, potatoes. Some of them produce meat, milk, national dairy products. Milk and meat are one of the main meals of Tuvans as of all nomads.

The total population is 325 thousand people but the native population is about 250 thousand. The territory of Tuva is divided into administrative districts. There are 17 districts in the region. Tuvans are hospitable, friendly, show respect to other people regardless of nationality, religion or race, they are open to the world and everything new.

The Mongolian and Turkic tribes from the Central Asia participated for the formation of Tuvan nation. Tuvans speak Tuvan and Russian languages.

Tuva was a part of Chinese Empire during the 19<sup>th</sup> century. The independent people's Republic Tannu-Tuva was founded in 1921. Tuva became the part of the Soviet Union only in 1944. But Tuvan soldiers participated in the fight of the Soviet people against the fascist aggressors. All types of production in Tuva passed into a military way. There are three heroes of the Soviet Union in Tuva. They are Churguy-ool Homushku, Tulush Kechil-ool and Mikhail Bukhtuyev. The busts of the heroes you can see on the Victory Square in Kyzyl.





The sculptural complex “The center of Asia”



The Buddhist temple “Tsechenling”

### Exercise 3. Read the text

#### Nature and culture

Tuva is famous for the contrasts of its nature. People visiting the region for the first time are very surprised when they see the great contrasts between the green forests and the dry steppes, the cold and snowy winters and the hot sunny summers. The plant life of the Republic is very rich. There are 1500 different kinds of plants in Tuva. The republic is well known in Siberia for its large forests of cedar pines. The animal life of Tuva is also rich. We can find in the region over 70 different kinds of animals, 240 kinds of birds, many kinds of fish. The forests are rich in sables, bears, elks, deer, roe deer, wolves.

Tuva is rich in mineral springs. Such springs with healing water are called *arzhaans* by the residents of Tuva. They are located in mountain areas. There are more than 100 mineral springs in Tuva. The biggest are the warm mineral springs *Ush-Beldir and Tarys*. Cold mineral springs and salt lakes are popular among the native population and the tourists for their medicine qualities. They are *Dustug-Khol, Argolic, Shivilig, Azhyg Sug*.

The horse became an indispensable assistant in labour, hunting, everyday life and war for many centuries. Therefore horse-racing is very popular in Tuva. Since childhood any Tuvan is able to ride a horse. Tuvans are famous all over the world for their astonishing throat singing which is called *Khoomei*. The uniqueness of *khoomai* is that a performer takes two or sometimes three notes at the same time. One person can perform a fully choir song. *Khoomei* is usually accompanied by Tuvan musical instruments *igil, chadagan, homus*. *Khoomei* often represents the sounds of local nature like horse's neighing, screams of an eagle or the sounds of a young camel. All these harmonically reflect the life in the steppe. Buddhism came to the region in the 9<sup>th</sup> century. Most Tuvans are Tibetan buddhists. Buddhism has many affects to the daily traditions of Tuvan culture like family festivals, seasons' holidays. Buddhism always coexists with local shamanic traditions. These two cultures are mixed in traditional medicine as well as rituals. Tuva is one of the last Russia's regions with real shamans whom the locals go for help.

The Tuvans' national sport is a traditional Tuvan wrestling called *Khuresh* which is similar to sumo. *Khuresh* is a purely Tuvan phenomenon. From generation to generation legends have been passed about the strongest man in Tuva, the unbeatable *Khuresh* wrestler. The Tuvans believe that wrestling instills aspiration, well and bravery in a person. *Khuresh* always begins with the eagle dance. During the dance a wrestler demonstrates the strength of the body. He really looks like a flying eagle. The main competitions are held at the **Naadym** holiday.



**Exercise 4.** Answer the questions

- 1 Where is the Republic of Tuva situated?**
- 2 What does Tuva border on in the north (south, east, west)?**
- 3 What language do the Tuvans speak?**
- 4 When was the independent Republic of Tannu Tuva founded?**
- 5 When did Buddhism come to the region?**
- 6 What are Tuvan national sports?**
- 7 What was the horse for the Tuvans many years ago?**
- 8 What is Khoomei?**
- 9 What musical instruments is khoomei accompanied?**
- 10 What are the main mineral springs (arzhaans) in Tuva?**

**Exercise 5. Writing an article about your Republic**

Name of the region:

Country:

Year of establishment:

Area:

Population:

Climate:

The main educational institutions:

The national sports:

The national holidays:

Interesting historical facts:

Agricultural enterprises:

The unique places of the region:

Rivers:

Lakes:

Arzhaans (mineral springs):

Mountains:

Famous people:

Works (novels, films, poems etc) where your region is mentioned:

**Exercise 6. Read these new words and word combinations and find the sentences with them in the text.**

**Vocabulary Notes**

to be located - находится

Russian Empire- российская империя

government -правительство

scientific- научный

prayer drum- молитвенный барабан

participant- участник

cavalryman- кавалерист

recreation park- парк отдыха

beach - пляж

Tuvan war volunteers- тувинские военные добровольцы

liberation - освобождение

attraction- достопримечательность

entertainment- развлечение



Mineral spring “Beavers”



Horse –racing

### **Exercise 7. Read the text**

#### Kyzyl

Kyzyl is the capital of the Republic of Tuva. The town is located on the left bank of the river Yenisei, next to the place where the rivers Kah-khem and Biy-khem bring their waters together, near the obelisk “Centre of Asia”. The obelisk is the symbol of the geographical centre of the Asian continent. The population of the town makes up 40 per cent of the total population of the Republic. The town was founded in 1914 when Tuva entered the Russian Empire. The first name of the town was Belotsarsk. When the Tannu-Tuva People’s Republic was proclaimed in 1921, the town became its capital. During the period between 1918 and 1926 the town was called Khem- Beldiri. In 1926 the town was given its present name.

Kyzyl is a political, industrial, cultural and scientific center of the Republic. The Tuvan Musical and Drama theatre is located in the centre of the town opposite the building of the government of the Republic. There is the Buddhist prayer drum between them. A prayer drum is especially valuable for believers of Tuva due to the fact that 115 million mantras are placed inside it. It became the biggest Buddhist drum in Russia at the moment. The main square of the town is Arat Square. All important meetings and events take place on the Arat Square. The main streets of the town are Lenin Street and Kochetov Street. At the beginning of Lenin Street there is the Victory Square. There is a monument to participants of the Great Patriotic War in 1941-1945 here. Tuvan soldiers participated in the fight of the Soviet people against the fascist aggressors. The busts of the heroes of the Soviet Union Churguy-ool Homushku, Tulush Kechil-ool and Mikhail Bukhtuyev you can see on the Victory Square in Kyzyl. There is the recreation park named after Nicolay Gastello near the Victory Square. The park is very large and beautiful, people of the town like to visit it and spend free time there. It is created by nature.



The boat station with water bicycles, a small beach is located here. There are many attractions, entertainments for children, sport constructions and the stadium “Khuresh” in the park. On the other side of the Square there is the Buddhist center “Tsechenling”.

The National Museum named after Aldan Maadyr is situated on Kochetova Street. The new architecture and art complex of Kyzyl appeared in 2008. The museum has a big history because it is one of the oldest cultural institutions based in 1929 in the Tuvan People’s Republic.

Red partisans Monument is situated on the left bank of the Yenisei. It was built in 1954. It is a tall monument to red partisans who died heroically for the socialist revolution.

In the very heart of the town there is the monument to Tuvan war volunteers of the Great Patriotic War in 1941-1945. On September 1, 1943, 220 cavalymen went to the front. Cavalymen participated in the liberation of the cities and the villages of Ukraine, Moldava, Romania, Hungary and Czechoslovakia. All Tuvan people are proud of them.

Kyzyl is famous for its educational institutions. There are many schools, lyceums, colleges in it. Tuvan State University was founded in 1952. Now the University trains specialists in different fields. It is famous for its scientists.



The Tuvan Musical and Drama theatre and Buddhist prayer drum



The monument to Tuvan war volunteers

**Exercise 7.** Answer the questions

1. Where is Kyzyl located?
2. What is the population of the town?
3. When was the town founded?
4. What are the main places of interest of Kyzyl?
5. How did Tuva help the Soviet Union during the Great Patriotic War?
6. How many cavalymen went to the front in 1943?
7. When was the town given the present name?
8. Where is the National Museum situated?
9. Where do children and people of the town like to spend their weekends?
10. What educational institution do you study?

**Exercise 8. Writing an article about your hometown (village)**

Name:

Region:

Country:

Year of establishment:

Area:  
Population:  
Airports:  
High streets:  
Museums:  
Places of interest:  
Parks, squares:  
Theatres, cinemas:  
Sport facilities:  
Popular restaurants, cafes:  
Hotels:  
Shopping centers:  
Famous people:  
Works (novels, films, poems, songs) where your town/village is mentioned:

### **The unique places of Tuva**

#### **Aldyn-Bulak, ethnocultural complex**

The ethnocultural complex Aldyn-Bulak is located in a picturesque place called Balyktyg Kharaar, near the river Ulug-Hem, 45 km from Kyzyl, the capital of Tuva. Officially the complex was opened in March, 2011 and in summer it received the first guests. The project of the complex has been developed by the Ministry of culture and Tourism of the Republic.

It has an important meaning and represents the model of the solar system. Tents (yurts) are arranged according with the ancient Eastern concept of Feng Shui in order to attract good fortune and profit and symbolize “the sun” and “planets”.

The architectural solution of the complex is based on two main ideas: ecological purity and national flavor.

Aldyn-Bulak consists of a yurt-restaurant, four VIP-yurts, 7 yurts of economy class with installed electricity, heating and water supply. Also there are 5 todzhi yurts with a fireplace, sports ground, observatories, sauna, bathhouses, souvenir shops, administration building and parking.

The interior of the complex is designed on ethnic style. It represents unique history and culture of the Republic of Tuva.

The restaurant Aldyn-Bulak is a combination of national spirit of Tuvan people and European level to service. Aldyn-Bulak invites residents of the republic and foreign tourists to get rest in the atmosphere of a rich Scythian royal style, taste traditional national food and enjoy the fresh air in a beautiful place in Tuva.





Aldyn-Bulak, ethnocultural complex



Aldyn-Bulak at night



## **Kezhege Mountain**

Valley of the Tes river is still the main habitat of the Tuvan tribe Soyan. There is a sacred ancestral mountain on the right bank of the river. Shamans believe that the mountain is their chief patron. Sacred mountain Kezhege (kezhege- a male pigtail) is located in a few kilometers from Mongolia. Many legends are associated with the mountain. For example, it is believed that the spirit of the mountain forbids girls from Soyan family marry with members of other families, and who violates the prohibition are expected with hard life, disease and early death.

Kezhege is a huge mountain in the shape of a ring, inside of which flows a small stream. Only a narrow cleft, where people can barely squeeze, separates stream. There is a feeling that the walls are going to gather now, and you'll stay in a stone cell forever. Inside the ring, some stone yard with porcelain figurines and other of objects of Buddhist worship are situated.



Kezhege Mountain

## **Ustuu- Khuree**

Ustuu- Khuree was situated in Khemchik valley, on the right bank of the Chadan river, 7 km to the north of Chadan, on the road leading to the village of Bazhin – Alaak. Ustuu- Khuree, literally upper monastery, is one of the largest temple complexes that were situated on the territory of Daa-kozhun, which included



more than half of Tuvan territory, and is considered to be a cradle of the Tuvan State. The monastery was one of the richest, but not the largest one.

Ustuu- Khuree became the crown of Buddhist construction in Tuva. In 1930, after the adoption of a special resolution Ustuu- Khuree was closed, and destroyed in 1937. Until 1956, a prayer tent had worked. The last lama brought the Buddhist attributes to the Republican Museum in Kyzyl, where they are still kept. The only things that left from the main temple are powerful, five-foot thick adobe walls of the first floor, which stand in the middle of a vast meadow now. In 1999, the Russian government, recognizing the historical and architectural value of the unique temple Ustuu- Khuree, decided to restore it. There was taken into consideration the fact of Buyan Badyrgy family estate existence, which shared the fate of the temple. Buyan Badyrgy was shot but he has been rehabilitated. The idea of restoring khuree was supported by musicians. They organize annual festival of live music Ustuu- Khuree in Chadan in order to attract attention and funds for the reconstruction of the temple and teaching lamas.



Ustuu- Khuree



### **Buddhist chapel**

Flooded monument. Buddhist chapel of the XII century, carved in the rock in the form of recess. The chapel was located on the left bank of the Chaa- Khol river, not far from the village of Chaa- Khol, at height of 4 meters from the base of the mountain Sume. The recess had height of 1 m, width of 60 cm, and depth of 86 cm. On the grey stone of back recess an ancient master's skillful hands engraved a bas-relief image of Buddha and two Bodhisattvas in intimidating poses. When the water level of the reservoir is low, the recess visible.



Buddhist chapel

### **Uttug-Khaya (Peircing rock)**

A rare work of nature- Peircing rock is situated before reaching 27 km to Kyzyl-Mazhalyk. On the road leading to Kyzyl-Mazhalyk at the kilometer post on the 273 km you can see a mountain with large stone ridge, and almost on top of the ridge a big notch. At the base of the ridge, just below the notch there is a black spot. At the base of the mountain, a stone quarry is set, 400 meters to asphalt. And then, a steep climb on the rocky ledge. Although to the right, the hollow way is raised to the top, it is better to go on the ridge, because the target is seen clearly.

Ascent becomes steeper; somewhere to climb on all fours. On the rocky slopes, tenacious Karagan is growing in small hollows, next to it, accustomed to the harsh mountains, rhododendron grows. After 45-60 min all the cliffs are gone by. And here is a gaping hole. It turns out to be that it is not so small as seemed during the way. And the ridge which we have seen at the bottom, turned into a fortified wall here with height of 15 meters. At the base of this wall, there is an arch with width of 5 m and height of 3.5 meters. Cool dampness emanates from there. The course extends for 23 m through the wall. Its height is 6 m, and width of stone corridor is 11 m. Wind, heat, cold, snow, rain, sun did a hard long work to create in limestone a haven for mountain goats and wild pigeons.



Uttug-Khaya (Peircing rock)

**Welcome to Tuva! It is a wonderful place for travelling, for active recreation!**

#### **Events to see**

- Shagaa- Tuvan national New Year Holiday (February, March )
- Regional festival of live music and faith Ustuu- khuree (July)
- Naadym- cattle breeder's holiday (August)
- Competition in Tuvan national wrestling (August)
- International festival of khoomei (September)

#### **События, которые нужно увидеть:**

- Шагаа- национальный тувинский праздник Нового года
- Региональный конкурс-фестиваль живой музыки и веры «Устуу-Хурээ»
- Наадым – тувинский национальный праздник животноводов
- Турнир по национальной борьбе «Хуреш»

- Международный фестиваль хоомя

### **Places to visit**

- The obelisk "The center of Asia"
- State nature biosphere preserve Ubsunur basin
- Scythian burial mound arzhaan
- Uyghur fortress Por-Bajyn on the island in the middle of the lake Tere-Khol
- Temple Ustuu- khuree
- Aldyn-Bulak, ethnocultural complex
- Aldan-Maadyr national regional museum of the Republic of Tuva
- The places of interest of the town of Kyzyl

### **Места, которые следует посетить**

Основные туристические достопримечательности и культурно-этнографические объекты

- Обелиск «Центр Азии»
- Природный биосферный заповедник «Убсунурская котловина»
- Скифский курган «Аржаан»
- крепость «Пор -Бажын» на острове посреди оз. Тере-Хол
- храмовый комплекс Устуу- Хурээ
- Алдын- Булак, этнокультурный комплекс
- Национальный краеведческий музей РТ им.Алдан- Маадыр
- Достопримечательности г.Кызыла

### **Information center of tourism of the Republic**

- Information services
- Promotion and excursion tours
- hotel reservation
- reservation in resorts, camps, recreation centers
- guides and interpreters for individual tourists and groups
- themed tours around Tuva

### **Информационный центр туризма Республики Тува**

- оказание информационно- справочных услуг
- организация рекламных и экскурсионных туров
- бронирование гостиничных номеров
- бронирование мест в домах отдыха, турбазах, кемпингах
- гиды- переводчики для индивидуального и группового сопровождения
- тематические экскурсии по Туве





# UNITED KINGDOM

**Exercise 1. Read these new words and word combinations and find the sentences with them in the text.**

the British Isles-Британские острова

the North Sea- Северное море

the Irish sea- Ирландское море

the English Channel- пролив Ла-Манш

the Atlantic Ocean- Атлантический океан

highlands-высокогорье

lowlands- низкогорье

the House of Lords- палата лордов

the House of Commons- палата общин

to consist- состоять

total area- общая площадь

to include-включать

surface- поверхность

to vary- меняться, разнообразить  
valley- долина  
plain- равнина  
deep- глубокий  
to influence- влиять  
the whole year round- целый год  
highly developed- высокоразвитый  
equipment- оборудование  
shipbuilding- кораблестроение  
law-закон  
legislative-законодательный  
vote- голосование  
education-образование  
tradition- традиция  
Queen- Королева  
to rule- управлять

## **Exercise 2. Read the text**

### **Great Britain**

The United Kingdom of Great Britain and Northern Ireland is situated on the British Isles. It consists of 4 parts: England, Wales, Scotland and Northern Ireland. England, Wales, Scotland occupy the territory of Great Britain and Northern Ireland is situated in the northern part of Ireland. The territory of the UK is about 244,000 square miles. The population is over 62 million people. The capital of the UK is London. The surface of the UK varies greatly.

The northern and the western parts of the country are mountainous and are called the Highlands. The rivers are not very long. The most important of them are the Severn and the Thames. There are many beautiful lakes in the mountainous part of the country. The mountains, the Atlantic Ocean and the warm waters of the Gulf

Stream influence the climate of Great Britain. It is mild the whole year round. Winters are not cold and summers are not very hot.

Great Britain is highly developed industrial country. It is known as one of the world's largest producers and exporters of iron and steel products, machinery and electronics, chemicals and textile. One of the industries is shipbuilding.

Great Britain is a country with old cultural traditions and customs. The most famous educational centers are Oxford and Cambridge Universities. They are considered to be the best intellectual centers of Europe. The education is not free, it is very expensive.

The United Kingdom is a monarchy and the Queen is the head of state. But in practice it is ruled by the government with the Prime Minister at the head.

The British Parliament consists of two chambers: the House of Lords and the House of Commons.

There are three main political parties in Great Britain: the Labour party, the Conservative Party and the Liberal party.





**Exercise 3.** Answer the questions

- 1 What is the official name of Great Britain?
- 2 Where is it situated?
- 3 What parts does it consist of?
- 4 What are the territory and the population?
- 5 What is the surface of the country?
- 6 What is the climate on the British Isles?
- 7 What goods does the British industry produce?
- 8 Are there any big educational centers in Great Britain?
- 9 Who is the Queen of Great Britain?
- 10 What are the main political parties in Great Britain?

**Exercise 4. Read these new words and word combinations and find the sentences with them in the text.**

palace- дворец

fortress- крепость

numerous- многочисленный

cathedral- собор

hotel- гостиница

prison- тюрьма

clock tower- часовая башня

memory- память

residence- житель



official- официальный

densely populated- густонаселенный

ancient- древний

battle- битва

priceless- бесценный

sculpture- скульптура

workshop- мастерская

poor- бедный

### **Exercise 5. Read the text**

#### **London**

London is the capital of Great Britain, its political, economic and commercial center. It is one of the largest cities in the world and the largest city in Europe. Its population is about 10 million. London is one of the oldest and the most interesting cities in the world. Traditionally it is divided into several parts: the City, Westminster, the West End and the East End. They are very different from each other and seem to belong to different towns and epochs.

The heart of London is the City, its financial and business center. Numerous banks, offices and firms are situated there, including the Bank of England, the Stock Exchange and the Old Bailey. Few people live here, but over 2 million people come to the City to work. There are some famous ancient buildings within the City. Perhaps the most striking of them is St Paul's Cathedral, the greatest of English churches. It was built in the 17<sup>th</sup> century by Sir Christopher Wren. The Tower of London was founded by Julius Caesar and in 1066 rebuilt by William the Conqueror. It was fortress, a royal palace and a prison. Now it is a museum.

Westminster is the historic, the governmental part of London.

Westminster Abbey has more historic associations than any other building in Britain. Nearly all English kings and queens have been crowned here. Many outstanding statesmen, scientists, writers, poets and painters are buried here: Newton, Darwin, Chaucer, Dickens, Tennyson, Kipling etc.

Across the road from the Westminster Abbey is Westminster Palace, or the Houses of the Parliament, the seat of the British Parliament. The clock tower of the Houses of Parliament is famous for its big hour bell, known as "Big Ben". Buckingham Palace is the official residence of the Queen.

The West End is the richest and the most beautiful part of London. It is the symbol of wealth and luxury. The best hotels, shops, restaurants, clubs and theatres are situated there. There are splendid houses and lovely gardens belonging to wealthy people.

Trafalgar Square is the geographical center of London. It was named in memory of Admiral Nelson's victory in the battle of Trafalgar in 1805.

The tall Nelson's Column stands in the middle of the square.

On the north of Trafalgar is the National Gallery and the National Portrait Gallery. Not far away is the British Museum- the biggest museum in London. It contains a priceless collection of ancient manuscripts, coins, sculptures and famous for its library. The East End is the poorest district of London. There are a lot of factories, workshops and docks here. The streets are narrow, the buildings are unimpressive. The East End is densely populated by working class families.

**Exercise 6.** Answer the questions

- 1 What is the population of London?
- 2 What parts is London divided *into*?
- 3 What do you know about the City?
- 4 Who was St.Paul's Cathedral built by?
- 5 What is the governmental part of London?
- 6 Who founded the Tower of London?
- 7 What is Big Ben?
- 8 Where do the working people of London live?
- 9 What are the most famous London museums and art galleries?
- 10 Is London the largest city in the world?



**Exercise 1. Read these new words and word combinations and find the sentences with them in the text.**

to stretch-тянуться, простираться

to include- включать

the Atlantic Ocean- Атлантический океан

the Pacific Ocean- Тихий океан

total area- общая площадь

wind- ветер

coast- побережье

Gulf of Mexico – Мексиканский залив

copper- медь

armaments- вооружение

furniture -мебель

iron ore- железная руда

legislative- законодательная власть

judicial- судебная власть

power- власть, полномочия

**Exercise 2. Read the text**



## **The USA**

The United States of America is the fourth largest country in the world (after Russia, Canada and China).

It occupies the southern part of North America and stretches from the Pacific to the Atlantic Ocean. It also includes Alaska in the north and Hawaii in the Pacific Ocean. The total area of the country is about nine and a half million square kilometers. The USA borders on Canada in the north and Mexico in the South. It also has a sea border with Russia.

The USA is made up of 50 states and the District of Columbia, a special federal area where the capital of the country, Washington, is situated. The population of the country is about 250 million.

If we look at the map of the USA, we can see lowlands and mountains. The highest mountains are the Rocky Mountains, the Cordillera and the Sierra Nevada. The highest peak is Mount McKinley which is located in Alaska.

America's largest rivers are the Mississippi, the Missouri, the Rio Grande and the Columbia. The Great lakes on the border with Canada are the largest and deepest in the USA.

The climate of the country varies greatly. The coldest regions are in the north. The climate of Alaska is arctic. The climate of the central regions is continental. The south has a subtropical climate. Hot winds blowing from the Gulf of Mexico often bring typhoons. The climate along the Pacific coast is much warmer than that on the Atlantic coast.

The USA is a highly developed industrial country. It is the world's leading producer of copper and the world's second producer of iron ore and coal. Among the most important manufacturing industries are aircrafts, cars, textiles, radio and television sets, armaments, furniture and paper.

Though mainly European in origin, Americans are made up from nearly all races and nations, including Chinese and native Americans.

The largest cities are: New York, Los Angeles, Chicago, Detroit, San-Francisco, Washington and others.

The United States is a federal union of 50 states, each of which has its own government. The seat of the central government is Washington, DC.

According to the USA Constitution the powers of the government are divided into 3 branches: the executive, headed by the President, the legislative exercised by the Congress and the judicial. The Congress consists of the Senate and the House of Representatives. There are two main political parties in the USA: the Republican and the Democratic.

### **Exercise 3. Answer the questions**

1. Where is the USA situated?
2. What is the total area of the country?
3. What countries does the USA border on?
4. How many states does the USA consist of?
5. What is the population of the USA?
6. What are the largest rivers?
7. What can you say about the climate of the country?
8. How many chambers does the Congress consist of?

9 What are the main political parties in the country?

10 Who is the President now?

**Exercise 4 Read these new words and word combinations and find the sentences with them in the text.**

the District of Columbia- округ Колумбия

Pierre L'Enfant- Пьер Ланфан

the Capitol - Капитолий

the Oval Office- Овальный кабинет

dome - купол

Supreme Court – верховный суд

pillar- столб, колонна

manuscript- рукопись

the Declaration of Independence- Декларация независимости

to contain- содержать

diamond- бриллиант

impressive- впечатляющий

**Exercise 5. Read the text**

**Washington, DC**

Washington is the capital of the United States of America. It is situated in the District of Columbia and is like no other city of the USA. It is the world's largest one-industrial city. And that industry is government. The White House, where the US President lives and works, the Capitol, the home of the US Congress, and the Supreme Court are all in Washington.

Washington was named after the first US President George Washington. He selected the place for the capital and Pierre L'Enfant, a French engineer, designed the city. Washington was first settled in 1790 and since 1800 it has been the Federal capital. In the very center of Washington is the Capitol a big white dome standing on a circle of pillars. The 535 members of the Congress meet here to

discuss the nation's affairs. It's easy to get lost in this huge building, full of painting and statues.

Not far from the Capitol is the library of Congress, the largest library in the States. It contains more than 13 million books, more than 19 million manuscripts, including the personal papers of the US presidents.

The White House is the official residence of the US President. He works in the Oval Office.

One can hardly find a park or a square without a monument or a memorial.

The most impressive and best-known ones are the Lincoln's memorial and the Washington Monument.

There are some important museums in Washington where you can see all kinds of things: famous paintings and sculptures, the dresses of Presidents' wives, the original of Declaration of Independence, the largest blue diamond in the world, etc. Thousands of tourists visit Washington every day. People from all parts of the United States come to see their capital.

#### **Exercise 6. Answer the questions**

- 1. Where is Washington situated?**
- 2. Who was George Washington?**
- 3. Where does the US president live and work?**
- 4. Who selected the place for the capital of the USA?**
- 5. When was Washington first settled?**
- 6. Who designed the capital of the USA?**
- 7. What places of interest in Washington do you know?**
- 8. Is Washington a typical American city?**

## Приграничные регионы Республики Тува

### **The Altai Territory**

The Altai Territory is one of the most beautiful and original places in the world. Its forests are rich in animals, its rivers are abundant in fish and its meadows are colourful.

The nature here is unique: relict pine forests that can be seen from space, caverns with traces of ancient people from that form an intricate underground maze, and the head of the Ob river.

The mild climate favours the growing of great gardens in the foothills a huge variety of agricultural products in the vast steppes. The Altai wheat is a world-class quality product, which is why Altai is called "the Granary of the country" . Altai honey, elite cheeses, maral breeding products, and many other goods are well known far beyond the region.

The Altai Territory is the perfect place for health improvement and therapy. Mineral springs, salubrious air, wild-growing medicinal herbs, therapeutic muds of steppe lakes...

There exists a wide range of medical products based on the antlers of marals that improve health and extend the human life. The main resort of the region, Belokurikha, is the only restorative medicine center beyond the Urals. It is situated by the thermal radon water spring and provides a wide range of hotel services.

Altai has always been a crossroad of civilizations. This cultural and historical centre of Russia has been formed by mixing ancient and modern, Asian flavor and Russian initiative. Nowadays there still can be found a good many places that, at the very sight of the old mines, weirs, and the remains of ancient fortifications, literally take away the breath of a person interested in history.

Today hundreds of thousands are attracted to the Altai territory. The interest in the region deepens year by year. Here people can hike or drive, ride a horse or bicycle, raft the white waters of mountain rivers, ski down the steep slopes, fly helicopter, paraglide, or explore the mysterious caverns with the help of special equipment. Nowadays it is hard to imagine a tourist activity that is impossible within the Altai territory. That is why visitors of Altai have no problems with choosing an interesting route.

One of the complex currently implementing projects is the Miner Golden Ring of Altai, which is bound to become a trademark of the region.



## **The Republic of Khakassia**

Amazing nature, healing lakes, ancient history Monuments, well-developed road-network every year attract more and more tourists to Khakassia. While travelling in Khakassia you can actually feel diversity of its nature, where dry steppe is next to forest-steppe areas, and mountain taiga changes to highlands covered with snow. Steppe occupies about 20% of the territory, and it is rich with herbs: about 300 types of plants grow here. Two –thirds of Khakassia are covered by forests, with particular value of cedar forests. Eight of them are specially protected natural areas of republic significance, including the three nature reserve and State Nature Reserve “ Khakassia”.

Khakassia is called “open-air museum”. Its territory was once a historic arena, where there were rises and falls of cultures and countries, migration waves. Huge variety of archaeological sites are concentrated here. Many monuments are famous in Russia and around the world.

Original culture of Khakas people – ceremonies, traditions, music, epics, crafts, costumes- is one of the components of the local tourism industry. There are 20 museums, some theatres and exhibition complexes and other cultural institutions in the republic.

Khakassia is also rich in water resources. The main reservoirs- Krasnoyarsk, Sayan- Shushenskskoe, Mainskoe- are located here, as well as more than 500 lakes and more than 300 rivers, and Yenisei, Abakan, Tom, Chulym rivers are among them.

Recreation area was developed on the base of a lake complex in the Shira areas: these are lakes Shira, Bele, Tus and a number of small lakes with water that has healing effect, mud, and unique natural landscapes in the surrounding areas.

### **The Krasnoyarsk territory**

Krasnoyarsk territory stretches from north to south more than 3,000 km, so there are landscapes of all natural zones: steppe and forest steppe of southern areas, boreal zones of central areas, tundra of Evenkia, tundra and arctic tundra of Taimyr, ice deserts of the Kara sea, its islands and Zemlya archipelago.

Landscape diversity provides various options for eco-tourism- recreational, educational and sport. All possible forms of sport tourism can be developed here: skiing, hiking, mountaineering, water tourism, including sailing and rafting.

In terms of biological resources, the number of species in the region exceeds the resources of any territory of Russia. And many species are hunted: brown bear, wolf, red deer, reindeer, hare...Some animals are the objects of educational tourism: polar bear, fox.

There are 185,000 lakes, more than 200,000 rivers in the region, many of them are rich in fishery resources, which makes them attractive for fishing lovers.

While healing lakes can be used for recreational and medical purposes, usual rivers and lakes can be used for recreation of active and physically healthy people.

Architectural and religious are mainly located in Krasnoyarsk and other old towns: 42 of them are of national significance, and 736-of local. The Spassky monastery, Bogoyavlensky cathedral and Trinity church in Yeniseisk are the best known. Thanks to them the city was included into preliminary list of UNESCO World Cultural Heritage.

### **The Republic of Buryatia**

More than 60% of the coastline of the Baikal Lake is situated in Buryatia. That's why the republic can rightfully have the Baikal Lake for keeps. Sunny beaches with wild fine sand and dunes create effect of a real sea. The locals have the same meaning about this tourist pearl.

Four mountain complexes such as Sayan-East Altai, Khमार-Daban, Barguzin and Baikal ranges let actively develop mountain tourism, climbing, Alpine skiing. A lot of lakes and rivers convenient for water tourism. There are more than 300 natural monuments and sightseeings.

Nowadays in Buryatia there is a wide range of tourism facilities: ecological, culture and educational, adventure, sports tourism, hunting and fishing, cruises. Tourist agencies offer interesting excursion tours such as "Avvakum's way", "Tea road", Buddhist closters visiting.

Tourists can discover a unique culture of Buryatia which is full of history and traditions of many tribes and locals which were changing each other on this area over a period of milleniums.

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