

1. Фразовые глаголы из текста

1. **pick up** — выучить что-то неформально, “нахвататься” знаний.
2. **build on** — развивать или дополнять уже имеющиеся знания.
3. **hold off** — откладывать, отсрочивать (в тексте — “задерживать симптомы”).
4. **come in handy** — пригодиться.
5. **spark** — вдохновить, пробудить интерес или идею.
6. **come up with** — придумать.
7. **mess up** — испортить, наделать ошибок.
8. **build up** — постепенно развивать или накапливать.
9. **open up** — стать более открытым, доверчивым.
10. **get along with** — ладить, иметь хорошие отношения.

2. Интересная лексика (B2)

- **workout** — тренировка (в переносном смысле — “тренировка для мозга”).
- **boost** — усиливать, улучшать.
- **sharpen your focus** — обострить внимание.
- **flexible mind** — гибкое мышление.
- **tiny differences** — крошечные различия.
- **perspectives** — точки зрения.
- **open-minded** — открытый новым идеям.
- **curiosity** — любопытство.

3. Задания

Task 1. Fill in the gaps with the correct phrasal verb from the list:

(pick up, build on, hold off, come in handy, come up with, mess up, build up, open up, get along with)

1. Learning a second language can help you ____ the effects of dementia.
2. If you already speak French, it's easier to ____ Spanish knowledge.
3. I always ____ new words when I watch films in English.
4. Don't be afraid to ____ — every mistake is a lesson.
5. These listening skills will ____ when you travel abroad.

Task 2. Match the words with their meanings:

- A) boost
- B) open-minded
- C) perspectives
- D) workout
- E) curiosity

1. Training for your body or mind.
2. Willing to accept new ideas.
3. Different ways of looking at something.
4. Strong desire to know or learn something.
5. To make something better or stronger.

Task 3. Discussion questions:

1. How has learning a language helped you in real life?
2. Which part of language learning do you enjoy the most: vocabulary, grammar, or speaking?
3. Do you agree that learning languages can improve creativity? Why/why not?

Language Adventures — Episode 1

Why Your Brain Loves Learning New Languages

Hi everyone, and welcome to *Language Adventures*! I'm Emma, and today I'm excited to dive into why your brain actually loves picking up new languages.

Learning a language isn't just about being able to chat with more people — it gives your brain a serious workout. Imagine your brain as a busy city, constantly building new roads and bridges every time you pick up a new word or phrase. This process helps boost your memory and sharpens your focus.

Have you ever noticed how, once you've picked up one language, it's easier to *pick up* another? That's because your brain starts to *build on* the knowledge it already has, making it quicker and more fun to learn related languages.

Research shows that bilinguals can *hold off* the effects of dementia by up to five years. That's because switching between languages keeps the brain active and flexible — like giving it a daily workout.

But it's not just about memory. Learning languages also *helps you catch* small details you might have missed before — like tiny differences in sounds or meanings. This skill can *come in handy* in many parts of your life, from work to everyday conversations.

And here's something cool: learning languages can actually *spark your creativity*. It opens up new ways of thinking and helps you *come up with* fresh ideas by seeing the world from different perspectives.

Of course, making mistakes is part of the journey. Don't be afraid to *mess up* — every mistake is a chance to learn and get better. That's how fluency *builds up* over time.

Plus, learning a language helps you *open up* to other cultures and understand different ways of thinking. This can *help you get along with* people from all over the world and become a more open-minded communicator.

So, whether you're just starting out or already on your language learning journey, keep going! Stay curious, keep practicing, and enjoy the amazing adventure of learning new languages.

Thanks for tuning in to *Language Adventures*. See you next time!

4. Ответы

Task 1:

1. hold off
2. build on
3. pick up
4. mess up
5. come in handy

Task 2:

- 1 — D
- 2 — B
- 3 — C
- 4 — E
- 5 — A