**NOSTRIFICATION ENGLISH**

**1. Traditions, festivals and holidays in my country**

I’m from Russia and thanks to its long and rich history my country has a lot of traditions. Russia is a truly unique country that, along with a highly developed modern culture, carefully preserves the traditions of its nation, deeply rooted not only in Orthodoxy, but even in paganism. Russians continue to celebrate pagan holidays, believe in numerous folk signs and legends. Taking about these holidays, I can mention Easter, Christmas, Maslenitsa, a holiday called “Ivanakupala” and a lot of other ones. Now I’m going to tell u about the most popular among them.

On Easter we usually paint and decorate eggs, cook or buy Easter cakes and go to the Church, because Easter is a holy holiday. Also we have kind of a symbol of Easter, that’s a small rabbit. He bring eggs and gives sweets to children.

Christmas isn’t as popular as a New Year in Russia, but anyway we used to celebrate it and we do it on the 7th of January. Before Christmas we have a forty-day Christmas fast, when believers mainly eat vegetables and fruits, fish can also be eaten. Meat and dairy products are not consumed. To tell the truth, not a lot of people keep this fast, but on Christmas we all stay with our family and have a wonderful Christmas dinner, full of tasty dishes and wine.

Besides, we have a lot of festivals, and some of them are really well-known in the world. For example a traditional festival of Graduates "Scarlet Sails", which is held on the 21st of June in St.Petersburg. The most beautiful night of the year, when a fairy-tale ship with scarlet sails sails along the Niva River. This sheep is a a symbol of dreams and hope from the story of Alexander Green

**2. Rules for a healthy way of life, keeping fit, diseases**

**3. Sports, sports in my life**

**4. Global problems, environmental problems**

**5. Problems in my country, problems of young people**

**6. My country and its capital city**

**7. My school studies**

**8. My present life: family, friends, daily routines, hobbies**

**9. My future profession, my future life and family concept**

**10. The best and worst experience I have ever had**

**11. Theatre, cinema and TV in my life**

**12. Shopping and services**

**13. Food**

**14. Travelling abroad**

**15. The person I admire (real or fictional)**