**O‘ZBEKISTON RESPUBLIKASI OLIY TA’LIM,
FAN VA INNOVATSIYALAR VAZIRLIGI**

FARG‘ONA DAVLAT UNIVERSITETI

AKADEMIK LITSEYI CHET TILLARI KAFEDRASI

INGLIZ TILI FANI O‘QITUVCHISI

ASHUROVA FERUZAXONNING

Ingliz tili fanidan I va II bosqich o‘quvchilari uchun

“CEFR MULTILEVEL WRITING TASK 2: Forum Posts at B1 and B2 Level”

USLUBIY KO‘RSATMASI

- 18 topics: Task 2 forum posts (about 200 words)
- B1 and B2 samples side by side with highlighted phrases
- Useful language phrases with Uzbek translations after every unit

2026-2027 academic year

SO‘Z BOSHI

Mazkur uslubiy ko‘rsatma CEFR Multilevel imtihonining Writing qismidagi Task 2 (forum post) topshirig‘iga tayyorlanayotgan o‘quvchilar uchun mo‘ljallangan. Imtihonda Task 2 uchun javob hajmi taxminan 200 so‘z bilan cheklanadi, shuning uchun barcha namunalar shu hajmga moslab (176–200 so‘z) yozilgan.

Har bir mavzu bo‘yicha bir xil savolga B1 va B2 darajasida yozilgan forum post yonma-yon (taqqoslanuvchi tuzilmalarda) berilgan. Foydali iboralar ajratib ko‘rsatilgan, har bir unit oxirida esa “Useful language phrases” jadvali o‘zbekcha tarjimalari bilan keltirilgan. Ushbu qo‘llanma writing bo‘limidan yuqori ball olish uchun qo‘llanma sifatida hizmat qiladi.

Tuzuvchi: F. M. Ashurova.

Ushbu uslubiy ko‘rsatma akademik litsey ingliz tillari kafedra muhokamasida ko‘rib chiqilgan va pedagogik kengashining 2026-yil 31-10 “3” - yig‘ilishi qarori bilan nashrga tavsiya etilgan.

How to use this guide

1. Read the question and the B1 sample. Notice the highlighted phrases **B1 phrases**.

2. Compare it with the B2 sample. Look at the highlighted **B2 phrases** in the same row (same structure, higher level).

3. Study the "Useful language phrases" table and make your own sentences with each phrase.

4. Write your own forum post (about 200 words) in 15–20 minutes: first at B1, then upgrade it to B2.

Structure of a 200-word forum post

Part	Aim	Length	Useful starters
Introduction	Present the topic and your position	25–40 words	In my opinion… / Opinions are divided as to whether…
Body 1	First idea or view with an example	55–70 words	Firstly… / Proponents argue that…
Body 2	Second idea, or the opposite view	55–70 words	On the other hand… / Nevertheless…
Conclusion	Summarise and restate your opinion	25–40 words	To sum up… / All things considered…

B1 and B2 compared

Feature	B1	B2
Ideas	Clear, simple ideas with basic examples	Developed ideas, balanced view, concession (Admittedly…)
Sentences	Mostly short; and / but / because / so	Mix of short and complex; relative clauses, which in turn…
Grammar	Present simple, will, can, first conditional	Inversion, passive, mixed conditionals, Were + subject…
Linkers	Firstly, Also, However, To sum up	Furthermore, Nevertheless, It follows that, All things considered
Vocabulary	Everyday words (good, bad, important)	Precise words (counterproductive, feasible, transferable)

CONTENTS

Unit 1. Online Learning Platform....4
Unit 2. City Public Transport....5
Unit 3. Healthy School Meals....6
Unit 4. Community Sports Facilities....7
Unit 5. Local Tourism Campaign....8
Unit 6. Library Opening Hours....9
Unit 7. Youth Volunteering....10
Unit 8. Café Customer Service....11
Unit 9. Workplace Training....12
Unit 10. Weekend Cultural Festival....13
Unit 11. Swimming Pool Schedule....14
Unit 12. Cinema Experience....15
Unit 13. Science Museum Visit....16
Unit 14. Bookshop Reading Events....17
Unit 15. Museum Digital Guides....18
Unit 16. Photography Competition....19
Unit 17. Neighbourhood Noise....20
Unit 18. Company Team Event....21
Phrase Bank: Task 2, B1 → B2....22

UNIT 1: Online Learning Platform

Task 2 – Forum Post

Some people believe online learning is as effective as studying in a classroom. To what extent do you agree or disagree? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**In my opinion**, online learning is not **as effective as** studying in a classroom, although it has some **important advantages**. **I partly agree** with this statement, and I will explain my reasons below.	**It is frequently claimed that** online learning is **on a par with** classroom study, but **I would argue that this is only partially true**. **While** digital courses offer undeniable convenience, they **rarely match** the depth of face-to-face teaching.
Body 1	**On the one hand**, online learning is very convenient. **First of all**, students can study at any time and in any place, so they save time and money on travelling. **For example**, a student who lives in a village can attend lessons from a good college in the city. **Also**, recorded lessons can be watched again, which helps students understand difficult topics.	**There is no denying that** online courses are remarkably flexible. Learners can **tailor their schedules** to their needs and avoid costly commutes, **which is particularly valuable for** those living in remote areas. **Furthermore**, recordings allow students to review challenging material as often as necessary, **something a single classroom lesson cannot offer**. **Self-paced study also suits** learners who need more time to absorb new concepts.
Body 2	**On the other hand**, classroom learning has **more benefits**. **Firstly**, students can ask questions and get answers immediately. In an online class, the teacher cannot always see who needs help. **Secondly**, studying together helps students make friends and learn teamwork. **In addition**, many students lose motivation at home because there are many distractions, such as phones and social media.	**Nevertheless**, the classroom **remains superior in several respects**. Teachers can **gauge understanding at a glance** and adjust their explanations, whereas an online instructor often **fails to notice** struggling students. **Equally important is** the social side of learning: group work builds teamwork and communication skills, **which are hard to develop through a screen**. Besides, home distractions **can seriously undermine motivation**.

Structure	B1 sample	B2 sample
Conclusion	**To sum up**, online learning is useful and flexible, but it is not as effective as classroom learning. **I believe the best solution is** to combine both methods, so students can enjoy the advantages of each.	**All things considered**, I **largely disagree** that the two formats are equally effective. **A blended approach, combining** the flexibility of online study with the interaction of the classroom, **would be the most sensible way forward**.

Word count: B1 – 190 words | B2 – 196 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Opinion	**In my opinion, … is not as effective as…**	**It is frequently claimed that… but I would argue that this is only partially true.**	… deb ko‘p da’vo qilinadi, lekin men bu faqat qisman to‘g‘ri deb hisoblayman
Acknowledging	**On the one hand, …**	**There is no denying that…**	… ekanini inkor etib bo‘lmaydi
Adding	**Also, … / In addition, …**	**Furthermore, … / Equally important is…**	Bundan tashqari, … / Xuddi shunday muhimi — …
Contrasting	**On the other hand, …**	**Nevertheless, … remains superior in several respects.**	Shunga qaramay, … bir qator jihatlardan ustun
Concluding	**To sum up, … I believe the best solution is…**	**All things considered, I largely disagree…**	Hammasini hisobga olganda, men asosan rozi emasman…

UNIT 2: City Public Transport

Task 2 – Forum Post

Reliable public transport can improve quality of life in cities. What problems does poor public transport cause, and what measures could solve them? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Reliable public transport is very important for quality of life in cities.** When it is poor, people face many **serious problems**. In this essay, I will describe these problems and suggest **some practical solutions**.	**There is no doubt that** dependable public transport **enhances urban living**. **Conversely**, an unreliable system creates **a range of difficulties**, **all of which can be tackled with the right measures**.
Problem 1	**The first problem is** time. When buses and trains are late or rare, people waste hours every week waiting. **As a result**, they arrive late at work or school and feel stressed. **For example**, a worker who must change two buses may spend three hours a day on the road, **which leaves little time for family and rest**.	**Perhaps the most obvious consequence is** wasted time. Unpredictable timetables **force commuters to** wait for long periods, **which in turn** causes lateness and stress. **Take, for instance,** a worker who must change buses twice: **such a journey may swallow three hours of the day**, **leaving little energy for family life**. **Such delays also carry an economic cost, since employers lose productivity.**
Solutions	**There are several measures that could solve these problems. First**, authorities should buy more buses and run them more often, especially at rush hour. **Second**, fares should be affordable, for example with discounts or monthly cards. **Finally**, cities can build special bus lanes, **so that** buses are not stuck in traffic. Cities can also build bike lanes for short trips.	**Several measures could address these shortcomings. Firstly**, **local authorities should invest in** a larger fleet and more frequent services. **Secondly**, **introducing** discounted monthly passes **would make travel affordable for all**. **Finally**, dedicated bus lanes **would allow** buses to bypass congestion **and keep to their schedules**. **Cleaner electric buses would further reduce emissions. Integrated ticketing across buses and**

Structure	B1 sample	B2 sample
		metro would simplify journeys and encourage use.
Conclusion	**In conclusion**, poor public transport wastes time, increases pollution and limits people's opportunities. **However**, with more buses, cheaper tickets and special lanes, cities can make life easier for everyone.	**To sum up**, inadequate public transport **takes a heavy toll on** both individuals and the environment. **Fortunately**, **a combination of investment, fair pricing and smart planning can turn the situation around**. **The benefits would be felt in every neighbourhood.**

Word count: B1 – 181 words | B2 – 194 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**Reliable public transport is very important…**	**There is no doubt that dependable public transport enhances urban living.**	Ishonchli jamoat transporti shahar hayotini yaxshilashi shubhasiz
Problem	**The first problem is…**	**Perhaps the most obvious consequence is…**	Eng yaqqol oqibat, ehtimol, …
Result	**As a result, …**	**…, which in turn…**	…, bu esa o‘z navbatida…
Solutions	**There are several measures that could solve these problems.**	**Several measures could address these shortcomings.**	Bu kamchiliklarni bartaraf etadigan bir necha chora bor
Concluding	**In conclusion, …**	**To sum up, … takes a heavy toll on…**	Xulosa qilib, … ga katta zarar yetkazadi

UNIT 3: Healthy School Meals

Task 2 – Forum Post

Some people think schools should be responsible for teaching children healthy eating habits. Do you agree or disagree? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**I agree that** schools should be responsible for teaching healthy eating habits, **but I think parents must also help**. Children spend many hours at school every day, so it is a good place to learn about food.	**I am largely in agreement with the view that** schools should take responsibility for teaching healthy eating, **although** families **cannot be excused from** their role. **Given that** children spend most of their waking hours at school, it is **a natural setting** for such education.
Body 1	**Firstly**, schools can give children correct information. In science and biology lessons, teachers can explain what vitamins, sugar and fat do to the body. **For example**, when students learn that fizzy drinks contain many spoonfuls of sugar, they may choose water. **Also**, school lunches are a good chance to practise what they have learned. They also see what their classmates eat and often copy them.	**To begin with**, schools are well placed to provide reliable information. **Biology and health lessons can explain how** sugar, fat and vitamins affect the body, **and pupils who discover** how much sugar a fizzy drink contains **may well think twice**. **Furthermore**, the canteen offers **a practical setting in which to apply this knowledge**. **Peer influence in a school canteen can also nudge children toward better choices.**
Body 3	**However**, schools cannot do everything alone. Children eat most of their meals at home, so parents' habits are very important. If a school offers salad but the family eats fried food every night, the lessons will not work. **That is why** schools and parents should cooperate. Teachers and parents can organise healthy-food days together.	**That said**, schools **cannot succeed single-handedly**. Children eat most meals at home, **where parental habits are decisive**. **A school that serves salad while the family dines on fried food every evening is unlikely to change behaviour**. **Hence, genuine progress depends on cooperation between both parties**. **Joint initiatives, such as healthy-eating days, could**

Structure	B1 sample	B2 sample
		bring teachers and families together.
Conclusion	**In conclusion**, I think schools have a big responsibility to teach healthy eating, because they reach every child. **At the same time**, parents should support these lessons at home. This is the best way to protect children's health in the future.	**All things considered**, schools **ought to take the lead** in promoting healthy eating, **while parents reinforce** these lessons at home. **Only through such a partnership can lasting habits be formed**.

Word count: B1 – 197 words | B2 – 197 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Agreeing	**I agree that…**	**I am largely in agreement with the view that…**	Men asosan … degan fikrga qo‘shilaman
Listing	**Firstly, …**	**To begin with, …**	Boshlash uchun, …
Contrast	**However, schools cannot do everything alone.**	**That said, schools cannot succeed single-handedly.**	Shunday bo‘lsa-da, maktablar yolg‘iz muvaffaqiyatga erisha olmaydi
Result	**That is why…**	**Hence, …**	Shu sababli, …
Concluding	**In conclusion, …**	**All things considered, …**	Hammasini hisobga olganda, …

UNIT 4: Community Sports Facilities

Task 2 – Forum Post

Many people do not exercise regularly despite knowing its benefits. Why does this happen, and how can people be encouraged to be more active? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**It is true that** many people know exercise is good for health, but they still do not do it regularly. In this essay, I will explain **the main reasons for this** and suggest **some ways to encourage people**.	**It is paradoxical that** so many people **are well aware of** the benefits of exercise yet fail to be active. **This essay will examine the underlying causes and propose several ways of motivating people**.
Causes 1	**The main reason is** lack of time. Many adults work long hours, and after work they feel tired. **For example**, an office worker who spends nine hours at a desk may prefer to rest at home instead of going to the gym. **Also**, students often spend their free time on phones and games.	**The most common excuse is** lack of time. **Many adults put in long working days** and feel too exhausted afterwards. **A typical office worker, who spends nine hours at a desk, is more likely to collapse on the sofa than head for the gym**. **Likewise**, young people **are easily lured by** screens. **Even thirty minutes of daily activity is sufficient, yet this advice is widely ignored.**
Solutions	**There are several ways to encourage people. First**, governments and communities can offer free or cheap activities, such as outdoor gyms and group walks. **Second**, employers can give workers short exercise breaks. **Finally**, people can exercise with friends, because it is more fun and they support each other. For example, schools can organise sports days for families.	**Several measures could help. Firstly, local authorities could provide** free outdoor gyms and community classes. **Secondly**, employers **might introduce** short exercise breaks **during the working day**. **Finally, exercising with a friend adds an element of accountability and enjoyment**. **Public awareness campaigns featuring relatable role models could also change attitudes. Apps that track progress and reward consistency might provide extra motivation.**
Conclusion	**In conclusion**, people do not exercise because of lack of time,	**To sum up, time pressure, cost and low confidence explain**

Structure	B1 sample	B2 sample
	money and motivation. **However**, cheap activities, workplace breaks and exercising with friends can help more people become active. I believe small steps are the best way to start.	**why many people remain inactive**. **Nevertheless**, accessible facilities, employer support and social exercise **could turn good intentions into lasting habits**. **Ultimately, small, achievable steps are more sustainable than ambitious resolutions.**

Word count: B1 – 187 words | B2 – 200 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**It is true that…**	**It is paradoxical that…**	Bu paradoksal holat: …
Cause	**The main reason is lack of time.**	**The most common excuse is lack of time.**	Eng keng tarqalgan bahona — vaqt yetishmasligi
Adding	**Also, …**	**Likewise, …**	Xuddi shunday, …
Solutions	**There are several ways to encourage people.**	**Several measures could help.**	Bir necha chora yordam berishi mumkin
Concluding	**However, cheap activities…**	**Nevertheless, … could turn good intentions into lasting habits.**	Shunga qaramay, … yaxshi niyatlarni doimiy odatlarga aylantirishi mumkin

UNIT 5: Local Tourism Campaign

Task 2 – Forum Post

Tourism brings economic benefits but can also create difficulties for local communities. Discuss both views and give your opinion. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Tourism has both advantages and disadvantages for local communities. Some people think it is very good for the economy, while others believe it causes problems. In my opinion, the benefits are bigger, but the problems must be controlled.**	**Opinions are divided on whether tourism is a blessing or a burden for host communities. While** some emphasise its economic value, others **draw attention to its social and environmental costs. I believe that, with proper management, the benefits outweigh the drawbacks**.
View 1	**On the one hand**, tourism creates jobs and brings money to the town. **For example**, hotels, cafés, guides and taxi drivers all earn money from visitors. **Also**, local people can sell traditional food and handicrafts, and the town can use the income to repair roads and old buildings. Many families also earn a good income from guest houses and souvenirs.	**Supporters point out that** tourism **generates employment and boosts local spending**. Hotels, restaurants, guides and drivers all **depend on visitors**, while artisans can sell their crafts. **Revenue can also be reinvested in** infrastructure and the restoration of historic sites. **Family-run guest houses and souvenir shops particularly benefit. Additional taxes can fund local services.**
View 2	**On the other hand**, tourism can cause problems. **Firstly**, too many visitors can make the town crowded and noisy, and prices of food and houses often go up. **Secondly**, tourists may leave rubbish or damage old buildings. **In addition**, some traditions may become commercial and lose their real meaning. Another problem is that houses may become too expensive for young local people.	**Critics, however, argue that** mass tourism **places a strain on** communities. **Overcrowding, noise and rising prices can make everyday life difficult for residents**. **Moreover**, careless visitors may litter or damage monuments, and **traditions risk being commercialised to the point of losing authenticity**. **Soaring rents may even drive younger residents out of the town altogether.**

Structure	B1 sample	B2 sample
Conclusion	**To sum up**, tourism is good for jobs and income, but it also creates problems. **That is why** towns need careful plans, so that visitors can enjoy the place and local people can still keep their way of life.	**All things considered**, tourism **can be a powerful force for good** provided that its impact is carefully controlled. **A balanced strategy would allow visitors to enjoy the town while residents preserve their way of life. In this way, the town's identity would remain intact for future generations.**

Word count: B1 – 199 words | B2 – 195 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Both views	**Some people think… while others believe…**	**Opinions are divided on whether…**	… haqida fikrlar bo‘lingan
View 1	**On the one hand, …**	**Supporters point out that…**	Tarafdorlar ta’kidlashicha, …
View 2	**On the other hand, …**	**Critics, however, argue that…**	Tanqidchilar esa bahslashadiki, …
Adding	**In addition, …**	**Moreover, …**	Bundan tashqari, …
Concluding	**To sum up, … That is why…**	**All things considered, … provided that…**	Hammasini hisobga olganda, … agar … bo‘lsa

UNIT 6: Library Opening Hours

Task 2 – Forum Post

Public libraries are still important even though much information is available online. Discuss the reasons for this and give your opinion. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Nowadays**, people can find almost any information online, but I **believe that** public libraries are still very important. **In my opinion**, they offer many things that the internet cannot give. In this essay, I will explain the main reasons.	**It is widely assumed that** the internet has made libraries obsolete, **yet I would argue the opposite**. **There are several compelling reasons why** public libraries remain indispensable, **and I will outline them below**.
Body 1	**The first reason is** that libraries are free and open to everyone. **Not everyone has** a computer or a good internet connection at home, and books can be expensive. **For example**, a student from a poor family can borrow textbooks and use the library's computers for free. **In this way**, libraries give all people equal chances to learn.	**First and foremost**, libraries **guarantee equal access to knowledge**. **Not everyone can afford** a computer, a reliable connection or costly books. **A student from a low-income family, for instance,** can borrow textbooks and use computers free of charge, **which helps to narrow the gap between rich and poor**. Older readers who find screens tiring **often prefer printed books**. **This is particularly valuable for job seekers who need to print CVs and apply online.**
Body 2	**Another reason is** that libraries are quiet places for studying. At home, it is often noisy, and there are many distractions, such as television and phones. **Also**, librarians can help people find reliable books and information, while on the internet there is a lot of false information. Besides, reading a paper book for an hour helps people to relax.	**Another significant advantage is** the environment they provide. Libraries offer calm, distraction-free spaces **that are hard to find at home**, where phones and television constantly compete for attention. **Furthermore**, librarians **act as trained guides**, **helping readers to distinguish reliable sources from misinformation**, **a skill that is increasingly valuable online**.
Conclusion	**To sum up**, public libraries are still important because they are	**All things considered**, libraries **remain a vital public resource**

Structure	B1 sample	B2 sample
	free, quiet and useful for the whole community. **In my opinion**, governments should support them and keep them open, because they help to build an educated society.	**despite the digital revolution**. **In my view**, governments **should continue to fund them generously**, **since they promote equality, literacy and community spirit**. **A society that closes its libraries risks widening educational inequality.**

Word count: B1 – 194 words | B2 – 196 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Opinion	**In my opinion, …**	**It is widely assumed that… yet I would argue the opposite.**	Keng tarqalgan taxmin: …, lekin men aksini ta’kidlayman
Reason	**The first reason is that…**	**First and foremost, …**	Eng avvalo, …
Result	**In this way, …**	**…, which helps to narrow the gap…**	…, bu esa tafovutni qisqartirishga yordam beradi
Adding	**Another reason is that…**	**Another significant advantage is…**	Yana bir muhim afzallik — …
Concluding	**In my opinion, governments should support them.**	**In my view, governments should continue to fund them generously.**	Mening fikrimcha, hukumatlar ularni saxiy moliyalashtirishda davom etishi kerak

UNIT 7: Youth Volunteering

Task 2 – Forum Post

Should all young people be required to do some community service before finishing school? Give reasons for your answer. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**In my opinion**, young people should not be forced to do community service, but schools should strongly encourage it. **There are good arguments on both sides**, and I will explain my view below.	**Whether community service should be mandatory before graduation is a contentious issue. Although I recognise its undeniable merits, I am convinced that it should remain voluntary. This essay will examine both sides before explaining why.**
Advantages	**On the one hand**, community service has many benefits. **Firstly**, young people learn useful skills, such as teamwork, communication and responsibility. **For example**, a student who helps in a hospital or a care home learns how to talk politely to different people. **Secondly**, service helps them understand real problems in society and become kinder and more caring.	**Proponents argue that** service **instils** empathy and responsibility. Students who assist in hospitals or care homes, for example, often **gain a deeper appreciation of** social problems and **acquire transferable skills such as teamwork and communication**. **These experiences can also broaden their horizons and even help them choose a career. Such exposure can be genuinely life-changing for teenagers.**
Disadvantages	**On the other hand**, making service compulsory may cause problems. Many students are already busy with lessons, homework and exams, so extra duties could make them tired and stressed. **Also**, if students do not want to help, they will not work well, and the service will lose its meaning. Some students may even start to hate volunteering because it feels like a punishment.	**Nevertheless, compulsion is likely to be counterproductive. A reluctant participant is unlikely to** show commitment, and **resentment may well outweigh any benefit**. **Moreover**, students **already juggling heavy workloads** could end up **overwhelmed**, **and service may come to be seen as a punishment rather than a privilege**. **In some cases, compulsory hours**

Structure	B1 sample	B2 sample
		encourage mere box-ticking rather than genuine engagement.
Conclusion	**To sum up**, community service is very useful for young people, but I do not think it should be compulsory. **In my opinion**, encouragement works better than pressure. Schools should also give students time during the school day for volunteering.	**In conclusion, encouragement, not coercion, is the key to** nurturing active citizens. **Schools should therefore promote volunteering vigorously without making it compulsory. Voluntary participation produces committed volunteers whose efforts truly benefit others, which is the real purpose of service.**

Word count: B1 – 193 words | B2 – 189 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**There are good arguments on both sides…**	**Whether community service should be mandatory before graduation is a contentious issue.**	Majburiy jamoat xizmati bahsli masala
Advantages	**On the one hand, …**	**Proponents argue that…**	Tarafdorlar ta’kidlashicha, …
Disadvantages	**On the other hand, …**	**Nevertheless, compulsion is likely to be counterproductive.**	Shunga qaramay, majburlash teskari natija berishi mumkin
Strong point	**Also, …**	**Moreover, …**	Bundan tashqari, …
Concluding	**To sum up, … In my opinion, …**	**In conclusion, encouragement, not coercion, is the key to…**	Xulosa qilib, … ning kaliti — majburlash emas, rag‘batlantirish

UNIT 8: Café Customer Service

Task 2 – Forum Post

Some people prefer eating at home, while others often eat in restaurants or cafés. Discuss both views and give your opinion. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Some people** prefer to eat at home, **while others** often eat in restaurants or cafés. **In this essay, I will discuss both views and give my opinion.**	**Opinions differ as to whether** it is preferable to dine at home or to eat out. **This essay will consider both perspectives before presenting my own view. Both approaches have devoted followers.**
View 1: home	**Those who prefer eating at home have good reasons. Firstly**, home cooking is cheaper than restaurants. A family can prepare a big meal for the price of one restaurant dish. **Secondly**, people can control the ingredients, so the food is usually healthier. **Also**, eating at home with family is warm and relaxing, and people can talk without noise.	**Advocates of home cooking point out that** it is considerably cheaper: **a family can prepare a generous meal for the price of a single restaurant dish**. **Moreover**, cooks **have full control over the ingredients, which usually results in healthier food. A shared meal at the kitchen table also fosters closer family ties. Cooking together can even become an enjoyable family activity.**
View 2: out	**On the other hand**, many people enjoy eating out. **First of all**, it is convenient, because they do not need to shop, cook or wash dishes. This is useful for busy people who work late. **Also**, restaurants and cafés are good places to meet friends and to try new kinds of food, such as Korean or Italian dishes. **For example**, a birthday dinner in a restaurant feels special.	**Conversely, eating out has its own appeal. It is undeniably convenient for** busy professionals who have neither the time nor the energy to cook. **Restaurants and cafés also offer an opportunity to socialise and sample unfamiliar cuisines, while celebrations such as birthdays feel more special in a restaurant. Cafés in particular double as informal meeting places and workspaces.**
Conclusion	**To sum up**, both ways of eating have advantages. **I believe the best solution is** to eat at home	**All things considered**, neither option is **inherently superior**; **the best choice depends on**

Structure	B1 sample	B2 sample
	regularly and to eat out for special occasions. This is healthy, cheap and enjoyable.	**one's budget, schedule and priorities. A balanced approach strikes a sensible compromise between economy, health and enjoyment. Each person must decide what suits their lifestyle.**

Word count: B1 – 186 words | B2 – 189 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Both views	**Some people… while others…**	**Opinions differ as to whether…**	… ekanligi haqida fikrlar turlicha
View 1	**Those who prefer eating at home have good reasons.**	**Advocates of home cooking point out that…**	Uyda ovqatlanish tarafdorlari ta’kidlashicha, …
View 2	**On the other hand, …**	**Conversely, eating out has its own appeal.**	Aksincha, tashqarida ovqatlanishning o‘z jozibasi bor
Listing	**Firstly… Secondly…**	**It is undeniably convenient for…**	… uchun shubhasiz qulay
Concluding	**To sum up, … I believe the best solution is…**	**All things considered, neither option is inherently superior…**	Hammasini hisobga olganda, hech bir variant o‘z-o‘zidan ustun emas

UNIT 9: Workplace Training

Task 2 – Forum Post

Some people think employers should pay for all professional training, while others believe employees should pay themselves. Discuss both views and give your opinion. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Some people believe that** employers should pay for all professional training, **while others think** employees should pay for it themselves. **In this essay, I will discuss both views, and then I will give my opinion.**	**There is ongoing debate over whether** employers should fund all professional training or whether the burden should fall on employees. **This essay will weigh both positions before stating my own view. Both sides raise legitimate points.**
View 1	**Those who support employer payment have strong arguments. Firstly**, companies get the main benefit, because trained workers make fewer mistakes and work faster. **For example**, a company that trains its staff in new software can serve customers better and earn more money. **Secondly**, many employees do not have enough money, and expensive courses can be too hard for them to pay for.	**Advocates of employer funding argue that** companies **are the primary beneficiaries, since well-trained staff make fewer errors and work more efficiently. A firm that trains its employees in new software, for instance, can serve clients better and boost profits. Furthermore**, costly courses **may be beyond the means of ordinary workers. Investing in staff also boosts morale and loyalty.**
View 2	**On the other hand**, some people think employees should pay for their own training. **They argue that** training improves a person's skills and salary, so it is a personal investment. **Also**, if employees pay, they will take the course more seriously and finish it. **In addition**, small companies cannot always afford to pay for many courses.	**Opponents counter that** training enhances an individual's skills and earning potential, **making it a personal investment. Employees who pay for courses themselves are also likely to take them more seriously. In addition**, small businesses **cannot realistically shoulder the cost of extensive programmes. Self-funding also encourages employees to choose courses that genuinely interest them.**

Structure	B1 sample	B2 sample
Conclusion	**To sum up**, both sides have good points. **However**, I believe that a shared payment is fair and useful for everyone, because it protects both the company and the employee.	**All things considered, neither side holds a monopoly on fairness; cost-sharing offers a pragmatic compromise that benefits both parties. Ultimately, a transparent agreement before training begins would prevent misunderstandings.**

Word count: B1 – 183 words | B2 – 176 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Both views	**Some people believe that… while others think…**	**There is ongoing debate over whether…**	… haqida bahslar davom etmoqda
View 1	**Those who support employer payment have strong arguments.**	**Advocates of employer funding argue that…**	Ish beruvchi to‘lovini yoqlovchilar ta’kidlashicha, …
View 2	**On the other hand, … They argue that…**	**Opponents counter that…**	Muxoliflar esa e’tiroz bildiradiki, …
Adding	**Also, … In addition, …**	**In addition, …**	Bundan tashqari, …
Concluding	**To sum up, … However, …**	**All things considered, neither side holds a monopoly on fairness.**	Hammasini hisobga olganda, adolat faqat bir tomonda emas

UNIT 10: Weekend Cultural Festival

Task 2 – Forum Post

Traditional festivals help preserve a country's culture. Why are they important, and how can they remain relevant to younger generations? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Traditional festivals are an important part of every country's culture. In this essay, I will explain why they are important and suggest how they can stay interesting for young people.**	**Traditional festivals play a pivotal role in safeguarding a nation's cultural identity. This essay will explore why they matter and how they can retain their appeal for younger generations. Their significance extends well beyond mere entertainment.**
Reason 1	**The first reason is** that festivals keep our history alive. Through songs, dances, clothes and food, people remember how their ancestors lived. **For example**, during Navruz families cook special dishes and meet relatives, and children learn old customs from their grandparents. **Without festivals**, many traditions could be forgotten.	**Above all**, festivals **serve as living archives of history**. **Through music, dance, dress and cuisine, people reconnect with the way their ancestors lived. During Navruz, for instance,** families prepare ceremonial dishes and gather with relatives, **and children absorb customs directly from their grandparents. Without such occasions, many traditions might fade into oblivion. Each region's distinctive costumes and recipes reinforce a sense of pride.**
Problem and solutions	**However**, many young people think old festivals are boring, because they prefer modern entertainment, such as concerts and online games. **Therefore**, it is important to find ways to keep them interesting. **First**, festivals can include modern elements, for example popular music, sports competitions and photo contests. **Second**, young people can take part in	**Nevertheless, many young people regard traditional celebrations as outdated, preferring concerts and online entertainment. Several measures could bridge this gap. Firstly, organisers could blend traditional elements with contemporary ones, such as popular music, sports contests and photography competitions. Secondly,**

Structure	B1 sample	B2 sample
	organising the event, **so they feel that it belongs to them**. **Finally**, schools can teach children about traditions through projects, and social media can share videos of the celebrations.	**involving young people in planning gives them a sense of ownership. Finally, schools and social media can raise awareness through projects, short films and shareable videos.**
Conclusion	**To sum up**, traditional festivals preserve history and strengthen communities. **If they combine old customs with new ideas, they will stay popular among young people** and will continue for many years. Therefore, governments should support festivals every year.	**In conclusion**, traditional festivals **preserve heritage and unite communities. By embracing innovation without abandoning their roots, they can remain meaningful to every generation. Preserving tradition is, after all, a shared responsibility across generations.**

Word count: B1 – 198 words | B2 – 197 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**Traditional festivals are an important part of every country's culture.**	**Traditional festivals play a pivotal role in safeguarding a nation's cultural identity.**	An’anaviy bayramlar millat madaniy o‘ziga xosligini asrashda hal qiluvchi rol o‘ynaydi
Reason	**The first reason is that…**	**Above all, festivals serve as living archives of history.**	Avvalo, bayramlar tarixning tirik arxivi vazifasini o‘taydi
Example	**For example, …**	**During Navruz, for instance, …**	Masalan, Navruz paytida …
Solutions	**First, … Second, … Finally, …**	**Several measures could bridge this gap.**	Bu tafovutni bartaraf etadigan bir necha chora bor
Concluding	**To sum up, …**	**In conclusion, … preserve heritage and unite communities.**	Xulosa qilib, … merosni asraydi va jamiyatni birlashtiradi

UNIT 11: Swimming Pool Schedule

Task 2 – Forum Post

Public sports facilities should be funded by the government rather than by users' fees. To what extent do you agree or disagree? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**I agree to a large extent that** public sports facilities should be paid for by the government, **but I think users can pay a small fee. There are several reasons for my opinion.**	**I largely agree that** public sports facilities should be financed by the government rather than by user fees, **although a modest contribution from users is not unreasonable. I will explain my position below.**
Reason 1: health	**Firstly**, sport is good for public health. When people exercise regularly, they have fewer illnesses, so the government spends less money on hospitals. **For example**, a free swimming pool encourages families to be active, and healthy citizens are good for the whole country. **Therefore**, it makes sense for the government to invest in sports facilities.	**The primary argument is** public health. **Regular exercise reduces the incidence of illness, thereby lowering the burden on hospitals. A free municipal pool, for example, encourages entire families to be active, and a healthier population benefits the country as a whole. Public investment is therefore economically sound. Preventive spending of this kind yields long-term savings. Sport also builds community spirit and social integration.**
Other side and solution	**On the other hand**, the government has limited money, and it must also pay for schools, roads and hospitals. **Also**, if everything is free, people may not take care of the facilities, and they may waste water and electricity. **A small fee** can help to keep the places clean and well managed.	**Admittedly, public budgets are limited**, and **governments must also finance schools, roads and healthcare. Moreover, free access can lead to carelessness**: **users who pay nothing may be less inclined to look after the facilities or avoid waste. On balance, a hybrid model appears most sensible. The state would cover construction and maintenance, while users would pay modest fees, with**

Structure	B1 sample	B2 sample
		concessions for children, students and retired people.
Conclusion	**To sum up**, public sports facilities should mostly be funded by the government, because sport is important for health and equality. **However**, small fees can be fair and helpful. Everyone deserves a chance to stay healthy.	**In conclusion, public funding should be the foundation of sports provision, supplemented by affordable user contributions. In this way, quality facilities remain available to every citizen.**

Word count: B1 – 176 words | B2 – 188 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Extent of agreement	**I agree to a large extent that…**	**I largely agree that…**	Men asosan … ga qo‘shilaman
Argument	**Firstly, …**	**The primary argument is…**	Asosiy dalil — …
Result	**Therefore, …**	**Public investment is therefore economically sound.**	Shu sababli, davlat sarmoyasi iqtisodiy jihatdan asosli
Concession	**On the other hand, …**	**Admittedly, public budgets are limited…**	Tan olish kerakki, davlat byudjetlari cheklangan…
Concluding	**To sum up, … However, …**	**In conclusion, … supplemented by affordable user contributions.**	Xulosa qilib, … arzon foydalanuvchi to‘lovlari bilan to‘ldirilishi kerak

UNIT 12: Cinema Experience

Task 2 – Forum Post

Streaming services have changed the way people watch films. Do the advantages of this development outweigh the disadvantages? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Streaming services, such as Netflix and YouTube, have changed the way people watch films. In my opinion, the advantages are bigger than the disadvantages, although there are some problems.**	**The rise of streaming platforms has revolutionised how films are consumed. On balance, I believe that the advantages outweigh the drawbacks, although the latter should not be overlooked.**
Advantage 1	**The main advantage is** convenience. People can watch any film at any time and in any place, on a phone, a laptop or a TV. They do not need to travel to a cinema or wait for a certain time on television. **For example**, a busy person can watch half of a film on the bus and finish it at home.	**The most obvious benefit is** convenience. **Viewers can watch whatever they want, whenever and wherever they like**, on a phone, laptop or television, **without having to travel or adhere to a broadcast schedule. A commuter, for example, can start a film on the bus and finish it at home. Such flexibility is especially welcome for people with irregular working hours.**
Disadvantages	**However**, there are some disadvantages. **Firstly**, people may spend too many hours in front of a screen, and this is bad for their eyes and health. **Secondly**, watching alone is less social than going to the cinema with friends, and a small screen cannot give the same feeling as a big screen with great sound. **Finally**, cinemas may close, and people who work there could lose their jobs.	**Nevertheless, there are genuine downsides. Excessive screen time can harm eyesight and encourage a sedentary lifestyle. Solitary viewing lacks the social dimension of a night out, and a small screen cannot replicate the immersive power of a large screen with powerful sound. In addition, the decline of cinemas threatens jobs in the industry. A further concern is that young viewers may access age-inappropriate**

Structure	B1 sample	B2 sample
		content that parents find hard to monitor.
Conclusion	**To sum up**, streaming is convenient, cheap and offers a lot of choice, **so I believe the advantages outweigh the disadvantages. However**, people should limit screen time and sometimes go to the cinema.	**All things considered, the convenience, choice and affordability of streaming outweigh its disadvantages. Viewers should nonetheless limit screen time and occasionally support their local cinema. Cinemas, for their part, could adapt by offering special events and premium experiences.**

Word count: B1 – 191 words | B2 – 196 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Opinion	**In my opinion, the advantages are bigger than the disadvantages…**	**On balance, I believe that the advantages outweigh the drawbacks…**	Umuman olganda, afzalliklar kamchiliklardan ustun deb hisoblayman
Main advantage	**The main advantage is convenience.**	**The most obvious benefit is convenience.**	Eng yaqqol foyda — qulaylik
Example	**For example, …**	**A commuter, for example, …**	Masalan, har kuni qatnovchi odam …
Disadvantages	**However, there are some disadvantages.**	**Nevertheless, there are genuine downsides.**	Shunga qaramay, haqiqiy kamchiliklar ham bor
Concluding	**To sum up, … However, …**	**All things considered, … outweigh its disadvantages.**	Hammasini hisobga olganda, … kamchiliklaridan ustun

UNIT 13: Science Museum Visit

Task 2 – Forum Post

Learning outside the classroom can be more effective than traditional lessons. Do you agree or disagree? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**In my opinion**, learning outside the classroom can be **more effective than** traditional lessons, **although it cannot replace them completely**. **I partly agree with the statement**, and I will explain why.	**It is often claimed that** learning outside the classroom is more effective than traditional lessons. **While I largely agree, I do not believe that it can fully replace formal instruction.**
Reason 1	**The first reason is** that students learn by doing. When they visit a museum, a farm or a factory, they can see, touch and try things themselves. **For example**, a student who watches a real experiment in a science museum understands the idea much faster than a student who only reads about it in a textbook. **Also**, new places make students curious, so they ask more questions.	**The principal advantage is** experiential learning. **When students visit a museum, a farm or a factory, they can observe, touch and experiment for themselves. A pupil who watches a real chemical reaction in a science museum, for example,** grasps the concept far more quickly than one who merely reads about it. **Moreover, unfamiliar surroundings stimulate curiosity and encourage questions.**
Other side	**However**, traditional lessons are still necessary. In class, teachers can explain difficult topics step by step and follow a clear programme. Outside the classroom, it is not easy to control the time, and some students may only play and not learn. **Also**, trips can be expensive, and not all schools can afford them, and bad weather can spoil plans. **That is why** I think the best method is a mixture.	**Nevertheless, traditional lessons remain indispensable. In the classroom, teachers can explain complex topics systematically and follow a structured curriculum. Outside school, time is harder to control, and some pupils may treat the occasion as a mere day off. In addition, trips can be costly, which puts them beyond the reach of some schools**, and bad weather can ruin even the best-laid plans.

Structure	B1 sample	B2 sample
Conclusion	**To sum up**, learning outside the classroom is often more interesting and effective, but it should support, not replace, traditional lessons. Students can then see how ideas work in real life.	**All things considered**, learning beyond the classroom **is often more effective and enjoyable, but it should complement rather than replace formal teaching. Students would then see how classroom theory works in the real world.**

Word count: B1 – 199 words | B2 – 185 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Opinion	**In my opinion, … more effective than…**	**It is often claimed that…**	… deb ko‘p da’vo qilinadi
Reason	**The first reason is that students learn by doing.**	**The principal advantage is experiential learning.**	Asosiy afzallik — tajriba orqali o‘rganish
Example	**For example, …**	**A pupil who watches a real chemical reaction…**	Haqiqiy kimyoviy reaksiyani ko‘rgan o‘quvchi …
Contrast	**However, traditional lessons are still necessary.**	**Nevertheless, traditional lessons remain indispensable.**	Shunga qaramay, an’anaviy darslar hamon zarur
Concluding	**To sum up, …**	**All things considered, … complement rather than replace formal teaching.**	Hammasini hisobga olganda, … rasmiy ta’limni almashtirmaydi, balki to‘ldiradi

UNIT 14: Bookshop Reading Events

Task 2 – Forum Post

In some countries, fewer people read books for pleasure than in the past. Why is this happening, and what could encourage more reading? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**It is true that** in many countries fewer people read books for pleasure than before. **In this essay, I will explain the main reasons for this and suggest some ways to encourage more reading.**	**It is undeniable that** reading for pleasure has declined in many countries. **This essay will examine the underlying causes and suggest practical ways of reviving the habit.**
Cause 1	**The main reason is** technology. Today people have smartphones, social media and streaming services, and these are faster and easier than books. **For example**, a teenager can watch a ten-minute video instead of reading a chapter. **As a result**, many young people lose the habit of reading and find long texts boring.	**The chief culprit is** digital technology. **Smartphones, social media and streaming platforms offer instant gratification that books cannot match. A teenager, for instance, may well choose a ten-minute video over a chapter of a novel. Over time, this erodes concentration and makes longer texts seem tedious. Short-form content is engineered to be addictive, which leaves little patience for slower pleasures.**
Solutions	**There are several ways to encourage reading. First**, parents should read to children from an early age and show them that reading is a pleasure. **Second**, schools can let students choose books that interest them and organise reading clubs. **Third**, libraries and bookshops can offer cheap or free books, e-books and audiobooks. **Also**, famous people and bloggers can recommend books on social media, because young people listen to them.	**Several measures could reverse this trend. Firstly**, parents **should read aloud to children from an early age, demonstrating that reading is a pleasure rather than a chore. Secondly**, schools could **allow pupils to choose books that genuinely interest them** and run reading clubs. **Thirdly**, libraries and bookshops could **offer affordable or free e-books and audiobooks. Celebrities and influencers could also recommend books**

Structure	B1 sample	B2 sample
		online, as young people tend to trust them.
Conclusion	**To sum up**, fewer people read because of technology, busy lifestyles and high prices. **However**, family support, interesting school programmes and easy access to books can bring readers back. Short challenges, such as ten pages a day, can also help people to build a habit.	**In conclusion, technology, time pressure and cost explain the decline in reading. Nevertheless, family encouragement, engaging school programmes and easy access to books could bring readers back. Modest challenges, such as ten pages a day, can help to establish a lasting habit.**

Word count: B1 – 200 words | B2 – 199 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**It is true that…**	**It is undeniable that…**	… ekanini inkor etib bo‘lmaydi
Cause	**The main reason is technology.**	**The chief culprit is digital technology.**	Asosiy aybdor — raqamli texnologiya
Example	**For example, …**	**A teenager, for instance, …**	Masalan, o‘smir …
Solutions	**There are several ways to encourage reading.**	**Several measures could reverse this trend.**	Bu yo‘nalishni teskari qaytara oladigan bir necha chora bor
Concluding	**To sum up, … However, …**	**In conclusion, … Nevertheless, …**	Xulosa qilib, … Shunga qaramay, …

UNIT 15: Museum Digital Guides

Task 2 – Forum Post

Modern technology is changing how people learn about history and culture. Do the benefits outweigh the drawbacks? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Modern technology is changing the way people learn about history and culture. In my opinion, the benefits are greater than the drawbacks, but we must be careful.**	**There is no doubt that** technology is transforming how people engage with history and culture. **On balance, I believe the benefits outweigh the drawbacks, provided that the technology is used wisely. Both aspects deserve consideration.**
Benefit 1	**The first benefit is** easy access. People can read about any country, watch documentaries and take virtual tours of museums from their own home. **For example**, a student in a small village can visit the Louvre online and see famous paintings in detail. **This gives everyone the same chance to learn**, even if they cannot travel or pay for tickets.	**The most significant advantage is** accessibility. **Anyone can read about distant countries, watch documentaries or take virtual tours of museums from the comfort of their own home. A student in a remote village, for instance, can examine famous paintings in the Louvre in remarkable detail, which democratises learning for those who cannot travel. Such access is invaluable for homeschooled pupils and isolated communities alike.**
Drawbacks	**On the other hand**, there are some drawbacks. **Firstly**, people may spend more time looking at their phones than at real objects in a museum, and they may miss the atmosphere. **Secondly**, not everything on the internet is true, and young people may believe wrong information about history. **Finally**, older people or people without money for devices may feel left out.	**Nevertheless, there are legitimate concerns. Visitors who are glued to their screens may overlook the real objects and atmosphere around them. Moreover, the internet is rife with misinformation, which may distort young people's understanding of the past. Elderly people or those who cannot afford devices may also feel excluded.**

Structure	B1 sample	B2 sample
Conclusion	**To sum up**, technology gives people more opportunities to learn about history and culture, and **I believe the benefits outweigh the drawbacks**, **if we use it carefully.** Both young and old people can profit. It is important to teach people to use it responsibly.	**All things considered, technology enriches our understanding of history and culture, and its benefits outweigh its drawbacks as long as it is used critically. Used critically, digital resources can deepen rather than dilute cultural appreciation.**

Word count: B1 – 192 words | B2 – 183 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Opinion	**In my opinion, the benefits are greater than the drawbacks…**	**There is no doubt that…**	… shubhasiz
Benefit	**The first benefit is easy access.**	**The most significant advantage is accessibility.**	Eng muhim afzallik — ochiqlik va qulaylik
Example	**For example, …**	**A student in a remote village, for instance, …**	Masalan, olis qishloqdagi o‘quvchi …
Drawbacks	**On the other hand, there are some drawbacks.**	**Nevertheless, there are legitimate concerns.**	Shunga qaramay, asosli xavotirlar ham bor
Concluding	**To sum up, … if we use it carefully.**	**All things considered, … as long as it is used critically.**	Hammasini hisobga olganda, … tanqidiy foydalanilsa

UNIT 16: Photography Competition

Task 2 – Forum Post

Competitions can motivate people to improve their skills, but they can also create stress. Discuss both sides and give your opinion. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Competitions can help people to improve their skills, but they can also cause stress. In this essay, I will discuss both sides and give my opinion.**	**Competitions are widely believed to boost motivation, yet they can also trigger considerable stress. This essay will examine both sides before presenting my own view.**
Advantages	**On the one hand**, competitions are very motivating. People who want to win practise harder and learn new techniques. **For example**, students who take part in a science competition read more books and ask more questions than usual. **Also**, a clear goal and a deadline help people to stay focused.	**Proponents point out that** competitions **provide a powerful incentive. Those who aspire to win practise harder and master new techniques. Pupils entering a science contest, for example,** read more widely and ask more questions than usual.
Disadvantages	**On the other hand**, competitions can create stress. Some people are afraid of losing, and they cannot sleep or enjoy the activity. **Children especially** may feel sad if they do not win, and they may think that they are not talented. **Also**, when winning is the only goal, some people may cheat or stop enjoying their hobby.	**Conversely, competitive environments can be a source of anxiety. Some individuals are so afraid of losing that they cannot sleep or enjoy the activity. Children, in particular, may interpret defeat as proof that they lack talent. Moreover, when winning becomes the sole objective, some participants may resort to cheating or lose their passion altogether.**
Opinion and conclusion	**In my opinion**, competitions are useful if they are organised in a friendly way. Everyone should get feedback and a small reward. Teachers and parents should remind children that effort is more important	**In my view, competitions are beneficial provided they are organised in a supportive spirit. Every entrant should receive constructive feedback and a modest reward, so that the result is not the only**

Structure	B1 sample	B2 sample
	than the prize. **To sum up**, competitions can motivate people and teach them important skills, but they can also be stressful. **I believe the advantages are bigger if the competition is fair and friendly.**	**measure of success. Teachers and parents have a role to play in reminding young people that effort matters more than the trophy. All things considered, their advantages prevail when the process is fair and friendly.**

Word count: B1 – 200 words | B2 – 182 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**In this essay, I will discuss both sides and give my opinion.**	**This essay will examine both sides before presenting my own view.**	Bu insho ikkala tomonni ko‘rib chiqib, o‘z fikrimni bildiradi
Advantages	**On the one hand, …**	**Proponents point out that…**	Tarafdorlar ta’kidlashicha, …
Disadvantages	**On the other hand, …**	**Conversely, competitive environments can be a source of anxiety.**	Aksincha, raqobat muhiti xavotir manbai bo‘lishi mumkin
Example	**For example, …**	**Pupils entering a science contest, for example, …**	Masalan, fan tanlovida qatnashayotgan o‘quvchilar …
Concluding	**In my opinion, … To sum up, …**	**In my view, … All things considered, …**	Mening fikrimcha, … Hammasini hisobga olganda, …

UNIT 17: Neighbourhood Noise

Task 2 – Forum Post

People in large cities often suffer from noise pollution. What causes this problem, and what can governments and individuals do about it? (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Noise pollution is a serious problem in large cities. In this essay, I will explain what causes it and what governments and individuals can do.**	**Noise pollution has become a defining problem of modern cities. This essay will analyse its causes and consider what governments and individuals can do about it.**
Causes	**The main cause is** traffic. Cars, buses, motorbikes and trams make noise all day, and horns are very loud in traffic jams. **Another cause is** construction work. New buildings and roads appear everywhere, and machines make a lot of noise, sometimes at night. **Also**, airports, factories, markets and loud entertainment places add to the problem.	**The primary cause is** road traffic: **cars, buses and motorbikes generate a constant din, and blaring horns make gridlock even more unbearable. Construction is another major contributor, with machinery operating at all hours as new roads and buildings spring up. Airports, factories, markets and nightlife venues add further layers of noise.**
Governments	**Governments can take several steps. First**, they can make strict laws about noise, for example limits for night time and fines for people who break them. **Second**, they can build sound barriers along busy roads and plant trees, which reduce noise.	**Governments can adopt several measures. Firstly, they could enforce strict noise regulations, with night-time limits and fines for offenders. Secondly, sound barriers and tree planting along busy roads would absorb much of the noise. Thirdly, investing in public transport and electric buses would reduce the number of cars and make streets quieter.**
Individuals and conclusion	**Individuals can also help. For example**, they can use headphones instead of loud speakers, avoid using car horns, and talk politely to neighbours	**Individuals also bear some responsibility. They can use headphones rather than loudspeakers, refrain from sounding their horns and**

Structure	B1 sample	B2 sample
	who are too loud. **To sum up**, noise pollution comes from traffic, building work and entertainment, and it harms health. **Both governments and ordinary people should work together to make cities quieter.**	**politely ask noisy neighbours to be considerate. In conclusion, traffic, construction and entertainment are the chief sources of urban noise. Only joint efforts by authorities and citizens can restore peace to our cities. A quieter city is a healthier, more productive and more pleasant place to live.**

Word count: B1 – 176 words | B2 – 194 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Introduction	**Noise pollution is a serious problem in large cities.**	**Noise pollution has become a defining problem of modern cities.**	Shovqin ifloslanishi zamonaviy shaharlarning asosiy muammosiga aylandi
Cause	**The main cause is traffic.**	**The primary cause is road traffic.**	Asosiy sabab — yo‘l harakati
Adding	**Another cause is construction work.**	**Construction is another major contributor.**	Qurilish ishlari ham katta hissa qo‘shadi
Solutions	**Governments can take several steps.**	**Governments can adopt several measures.**	Hukumatlar bir necha chora ko‘rishi mumkin
Individuals	**Individuals can also help.**	**Individuals also bear some responsibility.**	Shaxslar ham ma’lum mas’uliyatni o‘z zimmasiga oladi

UNIT 18: Company Team Event

Task 2 – Forum Post

Some people think team-building activities at work improve performance, while others see them as a waste of time. Discuss both views and give your opinion. (about 200 words)

Structure	B1 sample	B2 sample
Introduction	**Some people think** that team-building activities improve performance at work, **while others believe** they are a waste of time. **In this essay, I will discuss both views and give my opinion.**	**Opinions are divided as to whether** team-building activities enhance performance or merely waste time. **This essay will explore both viewpoints before stating my own position.**
View 1	**Those who support team-building have good arguments. Firstly**, these activities help colleagues to know each other better. When employees trust each other, they communicate more clearly and solve problems faster. **For example**, a team that played games together at a weekend event may later work together more easily on a difficult project.	**Advocates argue that** such activities help colleagues get to know one another. **When employees trust each other, they communicate more openly and solve problems more quickly. A team that has played games together at a weekend event, for example, may collaborate more smoothly on a demanding project.**
View 2	**On the other hand**, some people think team-building is a waste of time and money. **They say that** employees are already busy and would prefer to rest after work. **In addition**, some people are shy or do not like physical games, so they feel uncomfortable.	**Sceptics, however, contend that** team-building is a drain on time and money. **Employees are already busy and may prefer to rest after work. Introverted staff or those who dislike physical games may feel uncomfortable, and a single fun day cannot remedy deeper issues such as unfair pay or poor management. Mandatory 'fun' can ironically heighten tension.**
Opinion and conclusion	**In my opinion**, team-building is useful if it is organised well. The company should ask employees what they want, hold	**In my view, team-building is worthwhile if it is well planned. Employers should consult staff, hold events**

Structure	B1 sample	B2 sample
	the event during working hours and choose activities that suit everybody, such as quizzes, cooking classes or short trips. **It should also** not be compulsory. **To sum up**, team-building activities can improve cooperation and motivation. **I believe they are a good investment when employees enjoy them.**	**during working hours and choose inclusive activities such as quizzes, cooking classes or short excursions. Participation should never be compulsory. All things considered, team-building can strengthen cooperation and motivation, provided it is carefully designed. It is a sound investment when employees genuinely enjoy it. Success ultimately depends on the quality of planning.**

Word count: B1 – 194 words | B2 – 197 words

Useful language phrases: B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Both views	**Some people think… while others believe…**	**Opinions are divided as to whether…**	… ekanligi haqida fikrlar bo‘lingan
View 1	**Those who support team-building have good arguments.**	**Advocates argue that…**	Tarafdorlar ta’kidlashicha, …
View 2	**On the other hand, … They say that…**	**Sceptics, however, contend that…**	Shubhalanuvchilar esa ta’kidlaydiki, …
Example	**For example, …**	**A team that has played games together at a weekend event, for example, …**	Masalan, dam olish kuni birga o‘ynagan jamoa …
Concluding	**In my opinion, … To sum up, …**	**In my view, … All things considered, …**	Mening fikrimcha, … Hammasini hisobga olganda, …

PHRASE BANK: TASK 2, B1 → B2

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Giving an opinion	**In my opinion, …**	**In my view, … / I am convinced that…**	Mening fikrimcha, … / Men ishonamanki, …
Partial agreement	**I partly agree with this statement.**	**I would argue that this is only partially true.**	Men buni faqat qisman to‘g‘ri deb hisoblayman
Both views	**Some people think… while others believe…**	**Opinions are divided as to whether…**	… ekanligi haqida fikrlar bo‘lingan
First view	**On the one hand, …**	**Proponents argue that… / Advocates point out that…**	Tarafdorlar ta’kidlashicha, …
Opposite view	**On the other hand, …**	**Critics, however, argue that… / Conversely, …**	Tanqidchilar esa bahslashadiki, … / Aksincha, …
Adding a point	**Also, … / In addition, …**	**Furthermore, … / What is more, … / Equally important is…**	Bundan tashqari, … / Bundan ham muhimi, …
Giving an example	**For example, …**	**A … , for instance, … / Take, for instance, …**	Masalan, … ni olaylik
Concession	**However, there are some problems.**	**Admittedly, … / That said, …**	Tan olish kerakki, … / Shunday bo‘lsa-da, …
Cause and result	**As a result, … / That is why…**	**…, which in turn… / It follows that…**	…, bu esa o‘z navbatida… / Bundan kelib chiqadiki, …
Problem and solution	**The main problem is… A good solution is…**	**The primary cause is… Several measures could address this.**	Asosiy sabab … Bir necha chora buni hal qila oladi
Weighing up	**I believe the advantages are bigger.**	**On balance, the advantages outweigh the drawbacks.**	Umuman olganda, afzalliklar kamchiliklardan ustun

Function	B1 phrase	B2 upgrade	O‘zbekcha (B2)
Concluding	**To sum up, … / In conclusion, …**	**All things considered, … / Taking everything into account, …**	Hammasini hisobga olganda, …

Teacher's note: students should not memorise whole samples. The aim is to learn the highlighted phrases and use them in their own answers, adapting them to the topic and the reader.