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MULTILINGUALISM AND ITS INFLUENCE ON THE LIFESTYLE

Introduction. Definition of multilingualism is a subject of debate in the very same way as definition of language fluency. Myths about multilingual people, now denied by the scientists, earlier were acceptable in science and well-known in society. Instead of all myths, new data about being multilingual was found.

Review of recent publications. Ellen Bialystok, a professor of psychology at York University of Toronto, Canada, and her team studied the effect of bilingualism on cognitive activities of humans [1]. Also, recent studies show that being able to fluently speak two languages can be used as an aid in recovery. The article of Prof. Bialystok's group published in the journal *Cognition* earlier this year investigated the ability of bilinguals to switch from one task to the other – a skill that serves as an indicator of cognitive functioning. The study, conducted by Dr. Katherine Kinzler's lab, found that multilingual children were better at communication than children who spoke only one language [2]. Recent research from the University of Montréal has shown that being bilingual makes the brain more efficient and economical.

Objectives of the paper. Although the new data are not completely proved, and scientists still have some doubts, the purpose of the work was to prove or disapprove the above statements summing up literature data and the results of experiments and poll.

Results of the research. We made our own experiment to compare cognitive abilities in two groups of teens aged 13-16. The experimental group consisted of English learners of Harvard language school (Vinnytsia), and the control group included pupils of Vinnytsia secondary public school № 15. In our study we used the test for assessment of cognitive abilities designed by Japanese neuroscientist Ryuta Kawashima [3]. In addition, a poll of 80 students of Vinnytsia Medical University was conducted to study their experience of being multilingual. According to the results obtained, multilingual people either don't realize or don't think that benefits are related to them.

Conclusion. Knowing more than one language improves life having positive influence on cognitive abilities, health, focus, and attention though a person may not notice those advantages.

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ADVERBIAL PHRASEOLOGICAL UNITS: PECULIARITIES OF FUNCTIONING AND TRANSLATION INTO THE UKRAINIAN LANGUAGE

Introduction. Phraseology as a microsystem, a part of the general system of language, is truly considered to be a valuable linguistic heritage, which reflects the vision of the world and the national culture of the society. It accumulates in itself collective experience that is transmitted from generation to generation, allows one to explore the distant past not only of the language, but also the history and culture of its speakers, gives grounds to judge the cultural and national reflection of the subject. Phraseological composition of a language is a mirror in which a linguistic and cultural community identifies its national identity.