

ideas come together. Taking rest and keeping high energy levels may help you to be systematic and organized, and you will feel less tired in the afternoon.

On the other hand, the method may not suit everyone. Some people may dislike interrupting the activity with short breaks, since it may ruin their inspiration. Moreover, scheduled breaks may turn your day into monotonous routine. It seems also be difficult to follow a disciplined schedule of pomodoro if you work in a fast-paced organization or experience frequent interruptions from colleagues or customers. You should always resist the temptation to postpone the next pomodoro session. The technique itself can be made more flexible. You may vary a traditional method and have three pomodoro followed by a 20-minute break. It is quite possible that you will prefer five sessions followed by a 30-minute break. This system will suit you better. The Pomodoro Technique seems to be simple and easy to implement. It actually requires a timer and your in-born desire to improve your health and your productivity.

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COMPETENCE REQUIREMENTS FOR SPECIALISTS IN MULTINATIONAL COMPANIES (BY THE EXAMPLE OF «SCHLUMBERGER» AND «SHELL»)

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The world in the XX century has begun to change. The previous stereotypes and life points stopped working, the standards changed. Speaking about the way of thinking, special attention should be paid to its criteria, which is especially important for the last quarter of the century. There some changes occurred: the prohibitory way of thinking turned into a permissive one. Moreover, it received the connection with ethics, philosophy, politics, thus expanding the field of classical rationality. It included what was previously rejected as unacceptable: traditions, mythology, intuitive understanding of reality, and so on. The habitual skill restructuring of understanding occurred. But, by committing communication acts, a man faced with the Others as before and had to interpret them, carry out a reflection, explain and understand their speech. For these purposes the different theories of communication began intensively to develop.

The main purpose of communication process is the understanding of the information that is the subject of communication or a message. However, the information exchange does not guarantee the effectiveness of communication between people involved in the process. To understand better the information exchange and the conditions of its efficiency, you need to be aware of the communication stages which involve two or more people. The communication requires the obligatory level of competence and compliance with linguistic norms. The difficulty in establishing the communication is related to the fact that when you join another culture, the same words may have different definitions and even values. Some words can't be properly defined. The meanings of words can often be transferred indirectly. The dialogue involves the interpretation of concepts, context, creative intuition, imagination in the process of communication. Dialogue can't be achieved without the means of the poetic language [1].

The communication theory is of particular importance in the period of globalization processes in the world, especially when we are dealing with the formation of open and closely interacting and interconnected cultures. Our daily communication medium has a number of symbolic codes and specific set of tools for a communicative interaction. While communicating with other people, we use models and tactics of behavior that have been adopted and fixed in our socio-cultural environment in the course of historical development. Together with them, we perceive the stereotypes which are not always wrong.

The examples of intercultural communication problems can be represented by the example of Yuzhno-Sakhalinsk in Russia. In this city, a lot of foreign workers from other countries live. They even have their settlements there. For example, a residential complex "Winter" is built specifically for foreign employees of such companies as: "Sakhalin Energy", "Shell", "Schlumberger" and others. These people live in Russia and interact with Russian-speaking people. Both sides do not often have sufficient language knowledge to communicate with each other. There is a real problem of communication. Sometimes it can lead to a quarrel and aggression, because one word can have different meanings. Such words may offend the interlocutor, especially if they are said at the wrong tone or context. Therefore, the question of studying the local language norms and etiquette rises sharply. To solve the communication problems people should possess communication skills and competencies.

The active competence level, that is the use of conceptual knowledge in practice, represents a direct communication process, which aims to help the communicants to overcome language and cultural barriers as well as come to the understanding and/ or compromise. Any communication causes certain feelings and emotions among the participants. The result of the effective level formation of intercultural competence is a tolerant and polite response to

cultural differences. It is necessary to ensure that the communication does not cause negative emotions among communicants. It is only possible in the case of considering the peculiarities of each culture [2].

The companies "Schlumberger" and "Shell" are known as the world's leading oil companies. Both companies have a special program to recruit young professionals who do not have work experience or just graduated from university.

The main criterion for both companies is a good knowledge of the English language. At "Schlumberger" there is a division of the English language at different levels for different specialties such as the intermediate or upper-intermediate levels. Also, the employee must be sociable, able to cope with stressful situations, be a leader by nature.

The company "Schlumberger", cooperating greatly with leading technical universities, accepts graduates without work experience and actively uses opportunities of summer practice for students. Any new recruited engineer goes through a number of technical and non-technical courses. The ongoing training and professional development are the credo of "Schlumberger". The basis for employee motivation is an interesting job and real career growth. Usually the initial, starting position in the company for young professionals is the position of a field engineer. After 3-5 years of working, a person can choose any other business direction. The company management attracts to work unique young professionals who have shown themselves as leaders and organizers during their student years. Different criteria are used for different positions. But, the knowledge of the English language is an obligatory condition. At the first stages the career ladder is the same for all field engineers both for Russian and foreign ones. This means that the first three-five years they have to work in the field. The company's policy in relation to field engineers consists in the constant personnel rotation. They don't accept to the job the most intelligent, but the most enduring people who have great experience in the adaptation to new and not always loyal teams. During the interview the ability to work in a multinational company and culture shock resistance are assessed. The whole system of the selection of young engineers is based on the principle: "You must prove that you are the best for this position" [3].

The company "Shell" also has a program of recruitment and development of graduates and young professionals. This is a perfect start in the oil and gas industry for them.

The company "Shell" is looking for:

- graduates of technical and commercial oil and gas specialties with experience less than three years,
- persons with a good knowledge of the English language,
- persons who are winners by nature, good communicators with analytical mind.

The job in "Shell" is a complex of studies, training and real work. You work and develop in specially created conditions for you. You train and apply immediately the knowledge in practice. You can get a unique experience in various divisions of "Shell". The main objective of the company is to let you become a world-class professional in this sector within a short period. The internship in Shell is an individual training program, personal tutor, variety of serious problems, trips around the world, worthy salary and employee benefits as well. The participants are trained at the head office in Moscow, regional enterprises of the company (in Tyumen and Tver) as well as abroad. The company compensates travel and accommodation costs for participants from other cities [4].

Until recently, the problems of intercultural communication have been the subject of discussions mainly in the field of teaching foreign languages. Today there are some significant reasons to consider these problems in a broader educational context. In the modern world it is becoming increasingly evident that the humanity develops ways to expand the relationship and interdependence among countries, peoples and cultures. This process has covered various spheres of public life in all countries of the world. This problem is solved in such big companies as "Schlumberger" and "Shell", where the knowledge of the English language and culture are obligatory conditions to be accepted for the job and considered an important factor along with professional knowledge.

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FORMATION OF STUDENTS' COMMUNICATIVE AND INTERCULTURAL COMPETENCE VIA THE INTERNET

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The problem of intercultural competence has become more and more important during the past years. Globalization and worldwide contacts between companies, organizations and individuals need the ability to communicate in a successful way. It requires the understanding of behaviors and thoughts of other people as well as the ability to express one's own point of view in a transparent way with the aim to be understood and respected by staying flexible where it is possible, and being clear and transparent where it is necessary. The intercultural competence can be understood as the ability for successful communication with people of other cultures. It can be grown at the young age, and later be developed and improved thanks to willpower and competence. The bases for a successful intercultural