1 А UppI

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| **Workbook** |  | | | | | | | | |  |
| Criticizing past employers | [ˈkrɪtɪsaɪzɪŋ] | | | | | | | | | Критика прошлых работодателей |
| Talking too much |  | | | | | | | | | Слишком много болтают |
| Doubts about your CV | [daʊt] | | | | | | | | | Сомнения по поводу вашего резюме |
| Bringing a drink with you | [ˈbrɪŋɪŋ] | | | | | | | | | Приносить с собой напиток |
| Ignorance of the company | [ˈɪgnərəns] | | | | | | | | | Незнание компании |
| Most common interview mistakes | [məʊst ˈkɔmən]  [ˈɪntəvjuː mɪsˈteɪk] | | | | | | | | | Наиболее распространенные ошибки интервью |
| nerve-racking experience | [nɜːv ˈrækɪŋ ɪksˈpɪərɪəns] | | | | | | | | | испытание для нервов |
| racking | [ˈrækɪŋ] | | | | | | | | | мучительный |
| at the best of times |  | | | | | | | | | в лучшие времена |
| He's away with the fairies at the best of times. | [ˈfɛərɪ] | | | | | | | | | Он и в лучшие-то времена был на своей волне. |
| sure to ruin your chances | [ʧɑːns] | | | | | | | | | наверняка, разрушит ваши шансы. |
| as is dressing inappropriately | [ɪnəˈprəʊprɪətlɪ] | | | | | | | | | как и неуместная одежда |
| Read on for five more common blunders | [ˈblʌndəz] | | | | | | | | | Читайте пять распространенных ошибок |
| a serious inability to manage your time | [ɪnəˈbɪlɪtɪ] | | | | | | | | | серьезная неспособность управлять своим временем |
| you could have planned your schedule better | [ˈʃedjuːl] | | | | | | | | | вы могли бы лучше спланировать свое расписание |
| include a coffee stop beforehand | [bɪˈfɔːhænd] | | | | | | | | | заранее предусмотреть кофе |
| opportunity for distraction | [ɔpəˈtjuːnɪtɪ fɔː dɪsˈtrækʃn] | | | | | | | | | возможность отвлечься |
| fiddle with it | [fɪdl] | | | | | | | | | возиться с ним |
| a sip of coffee | [sɪp] | | | | | | | | | глоток кофе |
| Worse still | [wɜːs still] | | | | | | | | | Еще хуже, хуже всего |
| its contents may end up on the desk | | | | | | | | его содержимое может оказаться на столе | | |
| will result in |  | | | | | | | | | приведёт к |
| remember for all the wrong reasons | | | | | | | останутся плохие воспоминания | | | |
| inexcusable | [ɪnɪksˈkjuːzəbl] | | | | | | | | | непростительный |
| prospective employer | [prəsˈpektɪv ɪmˈplɔɪə] | | | | | | | | | потенциальный работодатель |
| division | [dɪˈvɪʒən] | | | | | | | | | отдел, подразделение, отделение |
| mission statement | [mɪʃn ˈsteɪtmənt] | | | | | | | | | миссия |
| you won't be stumped | [stʌmp] | | | | | | | | | вы не будете в тупике |
| Your responses should be focused and to the point. | | | | | | | | | Ваши ответы должны быть сфокусированы и по существу. | |
| Don't get -side-tracked | | | | | | | | | Не отвлекайтесь | |
| I think that it's very important to maintain a positive attitude. | | | | | | | | | Я считаю, очень важно сохранять позитивное отношение. | |
| attitude | [ˈætɪtjuːd] | | | | | | | | | отношение, подход |
| throughout the interview | [θruːˈaʊt] [ˈɪntəvjuː] | | | | | | | | | на протяжении всего интервью |
| leave on bad terms |  | | | | | | | | |  |
| I'm sorry we left on bad terms. | | | | | | Мне жаль, мы попрощались не очень хорошо. | | | | |
| Saying unpleasant things about your colleagues | | | | | | Говорить неприятные вещи о коллегах | | | | |
| history of employment | [ˈhɪstərɪ ɔv ɪmˈplɔɪmənt] | | | | | | | | | история занятости |
| It suggests that | [səˈʤest] | | | | | | | | | Это предполагает, что |
| Make sure you know the basic information by heart because the interviewer is sure to ask you about it. | | | | | | | Убедитесь, что вы знаете основную информацию наизусть, потому что интервьюер обязательно спросит вас об этом. | | | |
| If you really do have a bad memory, take a copy to refer to, but do not appear to be reading it out loud. | | | | | | | Если у вас действительно плохая память, возьмите копию для ссылки, но не читайте ее вслух. | | | |
| approach | [əˈprəʊʧ] | | | | | | | | | подход, метод, способ |
| bizarre | [bɪˈzɑː] | | | | | | | | | странный, неестественный |
| job candidate | [ʤɔb ˈkændɪdɪt] | | | | | | | | | кандидат на работу |
| crush (sb or sth) | [krʌʃ] | | | | | | | | |  |
| demanding | [dɪˈmɑːndɪŋ] | | | | | | | | | требующий, требовательный |
| flustered | [ˈflʌstəd] | | | | | | | | | взволнованный, возбужденный |
| job-seekers | [ʤɒb ˈsiːkəz] | | | | | | | | | ищущий работу, безработный |
| rather than | [ˈrɑːðə ðæn] | | | | | | | | | вместо того чтобы |
| recruitment agency | [rɪˈkruːtmənt ˈeɪʤənsɪ] | | | | | | | | | кадровое агентство |
| You have to be able to think on your feet. | | | | | Вы должны думать на ходу. | | | | | |
| **Students book** |  | | | | | | | | |  |
| I’m not thrilled about answering | [θrɪld] [ˈɑːnsərɪŋ] | | | | | | | | | Я не в восторге от ответов |
| If you were being mugged | [mʌg] | | | | | | | | | если бы вас грабили |
| light sabre | [laɪt ˈseɪbə] | | | | | | | | | световой меч |
| whip | [wɪp] | | | | | | | | | кнут, хлыст |
| biographical info | [baɪəʊˈgræfɪkəl ˈɪnfəʊ] | | | | | | | | | биографические данные |
| Have you seen any of the TV series or films that they have been in? | | | | | | | | Вы видели какие-нибудь сериалы или фильмы, в которых они были? | | |
| What did you think of them? |  | | | | | | | | | Что ты о них думал? |
| embarrassing experience | [ɪmˈbærəsɪŋ ɪksˈpɪərɪəns] | | | | | | | | | сомнительный (смущающий) опыт |
| finds it hard to make decisions |  | | | | | | | | | трудно принимать решения |
| often hesitates when they're speaking | [ˈhezɪteɪt] | | | | | | | | | часто колеблется (сомневается), когда они говорят |
| fond of | [fɔnd ɔv] | | | | | | | | | любить |
| has a favourite decade | [ˈfeɪvərɪt ˈdekeɪd] | | | | | | | | | есть любимое десятилетие |
| the morning after |  | | | | | | | | | на следующее утро |
| car-jacking | [ˈkɒʤækɪŋ] | | | | | | | | | the crime of forcing the  driver of a car to take you somewhere  or give you their car |
| forcing | [ˈfɔːsɪŋ] | | | | | | | | | принуждение |
| I got stung by a wasp in a Greek market. | [stʌŋ] [wɔsp] | | | | | | | | | Меня ужалила оса на греческом рынке. |
| sting | [stɪŋ] | | | | | | | | | жалить |
| A woman pulled down my pants and rubbed an onion on my bottom. | | | | | | | | Женщина стянула с меня штаны и потерла луковицу о мой зад. | | |
| I'm impatient, but also indecisive. | [ɪmˈpeɪʃənt] [ɪndɪˈsaɪsɪv] | | | | | | | | | Я нетерпелив, но и нерешителен. |
| It's a fancy-dress party. | [ˈfænsɪ dres ˈpɑːtɪ] | | | | | | | | | Это костюмированная вечеринка. |
| I rather enjoyed |  | | | | | | | | | Мне понравилось |
| I'm rather enjoying the anonymity. | [ænəˈnɪmɪtɪ] | | | | | | | | | Я предпочитаю анонимность. |
| Which words or phrases do you most overuse? | [freɪz] [əʊvəˈrjuːz] | | | | | | | | | Какие слова или фразы вы употребляете чаще всего? |
| overuse | [əʊvəˈrjuːz] | | | | | | | | | чрезмерное использование, злоупотребление |
| my first audition for him | [ɔːˈdɪʃn] | | | | | | | | | мое первое прослушивание для него |
| She has been in several very successful US TV dramas | | | | Она была в нескольких очень успешных американских телевизионных драмах | | | | | | |
| Going out into the backyard of my home in LA and pretending to build a vegetable garden with sticks and rocks. | | | | Выходя на задний двор моего дома в Лос-Анджелесе и делая вид, что строит огород с палками и камнями. | | | | | | |
| Which living person do you most admire? | | | | Каким живым человеком вы восхищаетесь больше всего? | | | | | | |
| Which living person do you most despise, and why? | | | | Кого из живущих вы больше всего презираете и почему? | | | | | | |
| I lost touch when I was little. | | | | Я потеряла связь, когда была маленькой. | | | | | | |
| This is kind of cheesy | | | | Это довольно слащаво. | | | | | | |
| I grew up in Los Angeles, in the hills, and there was always jasmine growing. | | | | Я вырос в Лос-Анджелесе, на холмах, и там всегда рос Жасмин. | | | | | | |
| If you could go back in time, where would you go? | | | | Если бы вы могли вернуться назад во времени, куда бы вы поехали? | | | | | | |
| got caught underneath a rowing boat | | | | попался под вёсельную лодку. | | | | | | |
| That was pretty scary. | | | | Это было довольно страшно. | | | | | | |
| cheesy | | | | too ernotional or romantic in a way that is embarrassing, e.g. a cheesy love song | | | | | | |
| interviewers throw bizarre questions at candidates to see how they react | | | | интервьюеры бросают странные вопросы кандидатам, чтобы увидеть, как они реагируют | | | | | | |
| It may seem like a game, but extreme interviewing is deadly serious. | | | | Это может показаться игрой, но экстремальные интервью совершенно серьезны. | | | | | | |
| at a time when 25% of recent graduates are unemployed | | | | в то время, когда 25% выпускников являются безработными | | | | | | |
| a new way of separating the brilliant candidates from the merely very good. | [ˈmɪəlɪ] | | | | | | | | | новый способ отделения блестящих кандидатов от просто очень хороших. |
| famous for its demanding interview process | | | | славится сложным процессом интервью | | | | | | |
| You are stranded on a desert island. | [ˈstrændɪd] | | | | | | | | | Вы застряли (оказались) на необитаемом острове. |
| choose people of 10 professions to come with you. | | | выберите людей 10 профессий, которых возьмёте с собой. | | | | | | | |
| pretended to be a chicken, flapping his arms and making clucking noises round the unfortunate applicant | [ˈflæpɪŋ]  [klʌk]  [ʌnˈfɔːʧnɪt] | | | | | | | | | притворился цыпленком, хлопая руками и издавая кудахтающие звуки вокруг несчастного претендента |
| David Moyle, a headhunter with the recruitment agency | [ˈhedhʌntər]  [rɪˈkruːtmənt ˈeɪʤənsɪ] | | | | | | | | | Дэвид Мойл, охотник за головами из кадрового агентства |
| who admits to using the dinosaur question when selecting candidates | [ˈdaɪnəʊsɔː]  [sɪˈlektɪd ˈkændɪdɪt] | | | | | | | | | который допускает (признаёт) использование вопроса про динозавра при выборе кандидатов |
| an opportunity to show they are smart and not easily flustered | | возможность показать, что они умны и их не легко смутить (сбить с толку) | | | | | | | | |
| demanding | | *adj* needing a lot of effort and skill | | | | | | | | |
| flustered | | *adj* nervous and confused, especially because you have been given a lot to do or are in a hurry | | | | | | | | |
| bizarre | | *adj* very strange or unusual | | | | | | | | |
| think on your feet | | **idm** to be able to think and react to things very quickly without any preparation | | | | | | | | |
| approach | | *noun* a way of doing or thinking about something | | | | | | | | |
| rather than | | *phrase* instead of | | | | | | | | |
| crush | | *verb* to destroy somebody's confidence | | | | | | | | |
| recruitment agency | | *noun* a specialist company which finds and interviews candidates to fill job vacancies in other companies | | | | | | | | |
| job seekers | | *noun* people who are looking for a job | | | | | | | | |
| flapping | | *verb* moving sch quickly up and down, e.g. wings | | | | | | | | |
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| **Workbook** |  | | |  |
| The dream destination for astrology addicts. | [əsˈtrɔləʤɪ] [əˈdɪkts] | | |  |
| The general belief in astrology is limited to glancing at horoscopes in newspapers and magazines. | | | Общая вера в астрологию сводится к просмотру гороскопов в газетах и журналах. | |
| glance | [glɑːns] | |  | бегло просмотреть |
| people take their star signs very seriously indeed | [saɪn] | |  | люди очень серьезно относятся к своим звездным знакам |
| At least a dozen stations are devoted entirely to astrology 24 hours a day. | | | Не менее десятка станций посвящены исключительно астрологии 24 часа в сутки. | |
| to find out | [faɪnd aʊt] | |  | выяснить |
| to find out what the day holds for her | | | чтобы узнать, что ждет ее в этот день. | |
| whether she will have to face any kind of domestic crisis | | | столкнется ли она с каким-либо внутренним (домашним) кризисом | |
| receives information on what food she should eat | | | получает информацию о том, какую пищу она должна есть | |
| It gives me the confidence I need to face the day | | | Это дает мне уверенность на целый день | |
| Americans go to a therapist every week to cope with life. | | | Американцы ходят к психотерапевту каждую неделю, чтобы справиться с жизнью. | |
| to cope with | [kəʊp wɪð] | |  | справляться |
| I get my sense of wellbeing from the advice I get from astrologers. | | | Я получаю свое чувство благополучия от советов астрологов. | |
| sense of wellbeing | [sens ɔv ˈwelˈbiːɪŋ] | |  | чувство благополучия |
| Astrology is important in India in all walks of life | | | Астрология важна в Индии во всех сферах жизни | |
| Some astrological combinations are considered unfavourable, for example when the planet Mars is in a certain position on a person's birth chart. | | | Некоторые астрологические комбинации считаются неблагоприятными, например, когда планета Марс находится в определенном положении на карте рождения (натальная карта) человека. | |
| The only way around this | | | Единственный способ обойти это | |
| Yet, it is not only in the field of love that Indians seek astrological advice. | | | Однако не только в области любви индийцы обращаются за астрологическими советами. | |
| with callers asking about health issues | | | с абонентами, спрашивающими о проблемах со здоровьем | |
| Others provide investment and business advice. | | | Другие предоставляют инвестиционные и Деловые консультации. | |
| general election | [ˈʤenərəl ɪˈlekʃn] | |  | всеобщие выборы |
| Nowadays it is almost obligatory for Indian parents to have a horoscope drawn up when a baby is born. | | | В настоящее время индийским родителям почти обязательно составлять гороскоп при рождении ребенка. | |
| They either visit the maternity wards or wait outside until new parents leave to offer their services. | | | Они либо посещают родильные отделения, либо ждут снаружи, пока новые родители не уйдут, чтобы предложить свои услуги. | |
| maternity ward | [məˈtɜːnɪtɪ wɔːd] | | | родильное отделение |
| for delighted parents | [dɪˈlaɪtɪd] [ˈpɛərənt] | | | для восхищенных родителей |
| The glamorous Sunita Menon, India's most famous fortune-teller, was an air hostess until a tarot reader predicted that she would change jobs. | | Очаровательная Сунита Менон, самая известная гадалка Индии, была стюардессой до тех пор, пока гадалка по Таро не предсказала, что она сменит работу. | | |
| hugely popular television programme | [ˈhjuːʤlɪ] | | | чрезвычайно популярная телевизионная программа |
| **Students book** |  | | |  |
| About six months ago, my husband Russ and I moved into a house in the country. | | | Около полугода назад мы с мужем Рассом переехали в загородный дом. | |
| Our house is the middle one of three terraced houses and it's more than a hundred years old. | | | Наш дом-средний из трех домов с террасами, и ему больше ста лет. | |
| A young couple live in the house on our right, but the house on our left was empty and for sale. | | | Молодая пара живет в доме справа от нас, но дом слева был пуст и выставлен на продажу. | |
| I can still remember it vividly | | | Я до сих пор отчетливо это помню. | |
| to train secondary school teachers in a school on the outskirts of Istanbul. | | | для подготовки учителей средней школы в школе на окраине Стамбула. | |
| I called her and we agreed to meet in a hotel in the centre of Istanbul. | | | Я позвонил ей и мы договорились встретиться в отеле в центре Стамбула. | |
| and the three of us had a very pleasant dinner together. | | | и мы втроем очень приятно поужинали. | |
| and we chatted for a while. |  | | и мы немного поболтали. | |
| I don't really believe in clairvoyants and fortune-telling. | [klɛəˈvɔɪənt] | | | Я не верю в ясновидящих и гадания. |
| But Chris immediately said he would be happy for her to read his coffee cup. | | | Но Крис сразу же сказал, что будет рад, если она прочтет его кофейную чашку. | |
| a strange shape in the familiar landscape | | | странная фигура в знакомом пейзаже | |
| It was a mile or so to the north, on the top of the next hill. | | | Это было примерно в миле к северу, на вершине следующего холма. | |
| it looked like a dome or an igloo | | | это было похоже на купол или иглу. | |
| I was carrying binoculars, so I could see it clearly. | | | В руках у меня был бинокль, так что я его хорошо видел. | |
| but it didn't seem to have any doors or windows | | | но в нем не было ни окон, ни дверей | |
| I kept staring at the dome. | [dəʊm] | | | Я продолжал смотреть на купол. |
| Not in the direction of the wind but almost directly against it. | | | Не в направлении ветра, а почти против него. | |
| It looked as if it might be gliding a few inches above the grass. | | | Казалось, он скользит в нескольких дюймах над травой. | |
| hallucination | [həluːsɪˈneɪʃn] | | | галлюцинация |
| (to be) spot on |  | | | (to be) exactly right |
| laid-back |  | | | relaxed *I* easy-going |
| weird |  | | | strange |
| spooky coincidence | strange and frightening fact of two things happening at the same time by chance, in a surprising way | | | |
| sceptical | /'skept1kl/ | | | not convinced that something is true or that something will happen |
| 1 Well, Carla, Chris's girlfriend at the time, was blonde, so that was spot on, too. | | | | |
| 2 But Chris is quite a laid-back sort of person and he didn't seem to be too worried by what she'd said. | | | | |
| 3 It was a slightly weird end to what had been a very enjoyable evening. | | | | |
| 4 So, was it just a spooky coincidence? | | | | |
| 5 I always used to be very sceptical about fortune-telling ... | | | | |
| coffee grounds | [ˈkɒfɪ graʊndz] | | | кофейная гуща |
| sacks of money | [sæk] | | | мешки денег |
| and said our goodbyes |  | | | и попрощались |
| It was a slightly weird end to what had been a very enjoyable evening. | [wɪəd] | | | Это был немного странный конец того, что было очень приятным вечером. |
| feeling quite relieved |  | | | чувствую облегчение |
| urgently | [ˈɜːʤəntlɪ] | | | срочно |
| I felt a shiver run down my spine | [ˈʃɪvə] [spaɪn] | | | я почувствовал, как по спине (позвоночник) пробежала дрожь. |
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2 А UppI

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| **Students book** |  | | | | |  |
| a cough | [kɔf] | | | | | кашель |
| a headache (earache, stomach ache, toothache, etc.) | [ˈhedeɪk] | | | | | головная боль |
| a rash | [ræʃ] | | | | | сыпь |
| a temperature | [ˈtemprɪʧə] | | | | | температура |
| sunburn | [ˈsʌnbɜːn] | | | | | загар |
| She's being sick |  | | | | | Ее тошнит |
| She's vomiting | [ˈvɒmɪtɪŋ] | | | | | Ее рвет (тошнит) |
| She's sneezing | [ˈsniːzɪŋ] | | | | | Она чихает |
| Her ankle is swollen | [æŋkl] [ˈswəʊlən] | | | | | Лодыжка распухла. |
| Her back hurts | [hɜːt] | | | | | У нее болит спина. |
| Her back aches | [eɪk] | | | | | У нее болит спина. |
| Her finger is bleeding | [ˈbliːdɪŋ] | | | | | У нее палец кровоточит |
| He has a sore throat. | [sɔː θrəʊt] | | | | | It hurts when he talks or swallows food. |
| He has diarrhoea. | [daɪəˈrɪə] | | | | | He's been to t he toilet five times this  morning. |
| He feels sick. | [fiːlz sik] | | | | | He feels that he's going to vomit. |
| He's fainted. | [feɪnt] | | | | | It's so hot in the room that he's lost  consciousness. |
| He has a blister on his foot. | [ˈblɪstə] | | | | | He's been walking in uncomfortable shoes. |
| He has a cold. | [kəʊld] | | | | | He's sneezing a lot and he has a cough. |
| He has flu. | [fluː] | | | | | He has a t emperature and he aches all over. |
| He feels dizzy. | [ˈdɪzɪ] | | | | | He feels that everything is spinning round. |
| He's cut himself. |  | | | | | He's bleeding. |
| He's unconscious. | [ʌnˈkɔnʃəs] | | | | | He's breathing, but his eyes are closed and he can't hear or feel anything. |
| He's had an allergic reaction. | [əˈlɜːʤɪk riːˈækʃn] | | | | | He was stung by a wasp and  now he has a rash and has difficulty breathing. |
| He's twisted his ankle. *I* He's sprained his ankle. | [ˈtwɪstɪd æŋkl]  [spreɪn] | | | | | He fell badly and now it's swollen. |
| He has high blood pressure. | [ˈblʌdpreʃə] | | | | | It's 18 over 14. |
| He has food poisoning. | [fuːd ˈpɔɪznɪŋ] | | | | | He ate some prawns that were off. |
| He's choking. | [ˈʧəʊkɪŋ] | | | | | He was eating a steak and a piece got stuck in his throat. |
| He's burnt himself. | [bɜːnt] | | | | | He spilt some boiling water on himself. |
| prawns | [prɔːn] | | | | | креветка |
| food poisoning | [fuːd ˈpɔɪznɪŋ] | | | | | пищевое отравление |
| take painkillers | [ˈpeɪnkɪləz] | | | | | принимать обезболивающие |
| take antibiotics | [teɪk æntɪbaɪˈɒtɪks] | | | | | принимать антибиотики |
| put ice on it and bandage it | [ˈbændɪʤ] | | | | | приложи лед и перевяжи. |
| ake antihistamine tablets or cream | [æntɪˈhɪstəmən ˈtæblɪt] | | | | | антигистаминные таблетки или крем |
| put a plaster on it (AmE band aid) and antiseptic cream | [ˈplɑːstə] [æntɪˈseptɪk] | | | | | наложите на него пластырь (Ame band aid) и антисептический крем |
| passed out | [pɑːs aʊt] | | | | | терять сознание, отключиться |
| come round | [kʌm raʊnd] | | | | | приходить в себя, опомниться |
| to throw up | [θrəʊ ʌp] | | | | | вырвать |
| get over flu | [ˈəʊvə fluː] | | | | | переболеть гриппом |
| Please lie down on the couch. | [kaʊʧ] | | | | | Пожалуйста, ложитесь на диван. |
| medical emergencies | [ˈmedɪkl ɪˈmɜːʤənsɪz] | | | | | экстренная медицинская помощь |
| If someone is choking, you should ... | | | | Если кто-то задыхается, вы должны ... | | |
| hit them on the back | | | | ударь их по спине | | |
| lean them backwards | | | | откиньте их назад | | |
| lie them on their side | | | | уложи их на бок | | |
| What is the best thing to put on a burn at first? | | | | Что лучше всего сначала поставить на ожог? | | |
| warm running water | | | | теплая проточная вода | | |
| kitchen film | | | | кухонная пленка | | |
| If someone has a cut which is bleeding badly, you should first ... | | | | Если у кого-то есть порез, который сильно кровоточит, вы должны сначала ... | | |
| press on the wound | [wuːnd] | | | | | надавите на рану |
| wash the wound under running water | | | | промыть рану под проточной водой | | |
| Which of these is the best way to treat a nose bleed? | | | | Какой из них лучший способ лечения кровотечения из носа? | | |
| lean your head forwards and pinch the soft part of the nose | | | | наклоните голову вперед и зажмите мягкую часть носа. | | |
| If you find someone collapsed on the ground, what should you do first? | [kəˈlæpst] | | | | | Если вы обнаружите, что кто-то упал на землю, что вы должны сделать в первую очередь? |
| put your jacket over them to keep them warm | | | | надень на них куртку, чтобы они не замерзли. | | |
| check if they are breathing | | | | проверьте, дышат ли они. | | |
| run off to find someone else to help | | | | беги, чтобы найти кого-то еще, кто поможет. | | |
| If someone has fallen and you think they may have broken  their leg, you should ... | | | | Если кто-то упал, и вы думаете, что он, возможно, сломался  их нога, ты должен ... | | |
| try to move their leg into a straight position | | | | старайтесь двигать ногами в прямом положении | | |
| make sure the leg is supported to prevent unnecessary movement | | | | убедитесь, что нога поддерживается, чтобы предотвратить ненужное движение | | |
| put a bandage on their leg where you think the break is | | | | наложи повязку на их ногу там, где, по-твоему, перелом. | | |
| **pass out** means faint  **lie down** means put your body in a horizontal position  **throw up** means vomit, be sick  **get over** means get better, recover from something  **come round** means become conscious again | | | | | |  |
| Minor illnesses and conditions | [ˈmaɪnə ˈɪlnɪs] | | | | | Незначительные заболевания и легкие недомогания |
| illness (n) = the general term for the state of being unwell | | | | | | |
| disease (n) = is used for infectious illnesses, e.g. malaria, and for illnesses affecting the organs, e.g. She has heart disease, and illnesses which have a person's name, e.g. Parkinson's disease. | | | | | | |
| antibiotics | [ˈæntɪbaɪˈɔtɪk] | | | | | антибиотики |
| symptom | [ˈsɪmptəm] | | | | | симптом |
| medicine | [ˈmedsɪn] | | | | | медицина, лекарство, лечение |
| emergency | [ɪˈmɜːʤənsɪ] | | | | | чрезвычайная ситуация |
| operation | [ɔpəˈreɪʃn] | | | | | операция |
| aspirin | [ˈæspərɪn] | | | | | аспирин |
| specialist | [ˈspeʃəlɪst] | | | | | специалист |
| paracetamol | [pærəˈstæməl] | | | | | парацетамол |
| X-ray | [ˈeksˈreɪ] | | | | | Рентгеновский |
| cholesterol | [kəˈlestərəl] | | | | | холестерин |
| injection | [ɪnˈʤekʃn] | | | | | инъекция |
| scan | [skæn] | | | | | сканирование |
| He has a sore throat. It hurts when he talks or swallows food.  He has diarrhoea. He's been to the toilet five times this morning.  He feels sick. He feels that he's going to vomit.  He's fainted. It's so hot in the room that he's lost consciousness.  He has a blister on his foot. He's been walking in uncomfortable shoes.  He has a cold. He's sneezing a lot and he has a cough.  He has flu. He has a temperature and he aches all over.  He feels dizzy. He feels that everything is spinning round.  He's cut himself. He's bleeding. | | | | | | |
| swallow | [ˈswɔləʊ] | | | | | глотание |
| choke (v) =to be unable to breathe because the passage to your lungs is blocked  lean (v) = to bend or move from a vertical position  burn (n) = an injury or a mark caused by fire, heat or acid  bleed (v) =to lose blood, especially from a wound or an injury  press (v) =to push something closely and firmly against something  wound /wu:nd/ (n) = a general word for an injury on the body, especially when there is a cut or hole  treat (v) = to give medical care or attention to a person, an illness, an injury, etc.  pinch (v) =to hold something tightly between the thumb and finger  collapse (n) =to fall down (and usually become unconscious), especially because you are very ill I sick  bandage (n) = a strip of cloth used for tying around a part of the body that | | | | | | |
| He's unconscious. He's breathing, but his eyes are closed and he can't hear or feel anything.  He's had an allergic reaction. He was stung by a wasp and now he has a rash and has difficulty breathing.  He's twisted his ankle. I He's sprained his ankle. He fell badly and now it's swollen.  He has high blood pressure. It's 18 over 14.  He has food poisoning. He ate some prawns that were off.  He's choking. He was eating a steak and a piece got stuck in his throat.  He's burnt himself. He spilt some boiling water on himself. | | | | | | |
| **GP** general practitioner (= family doctor) | | | | | | |
| **A&E** Accident and Emergency depar tment of a hospital | | | | | | |
| **ECG** machine electrocardiogram machine used to test people's heart rate | | | | | | |
| **scare stories** stories in the news, e.g. 'Mobile phones give you cancer' which make people worry about their health | | | | | | |
| sprain | [spreɪn] | | | | | растяжение связок, вывих |
| ligaments | [ˈlɪgəmənt] | | | | | связкаж, сухожилие |
| life-threatening **adj** sth very serious, which could kill you | | | | | | |
| mouth ulcer **noun** a small blister in the mouth that can be very painful, but is not serious | | | | | | |
| alternative remedies **noun** ways of curing illnesses that are not traditional medicine, e.g. herbal medicine | | | | | | |
| under the weather **IDM** not feeling very well | | | | | | |
| cancer **noun** a serious illness in which malignant cells form in the body and kill normal body cells | | | | | | |
| infection **noun** an illness that is caused by bacteria or a virus | | | | | | |
| heart rate **noun** the speed at which your heart beats | | | | | | |
| surgery **noun** the medical treatment of an illness or injury that involves an operation | | | | | | |
| pulse **noun** the number of times your heart beats in a minute | | | | | | |
| tumour **noun** a group of cells that are growing in a place where they should not be | | | | | | |
| miracle cures **noun** successful treatments for illnesses that were thought to be impossible to cure | | | | | | |
| confessions of cyberchondriac | [kənˈfeʃnz] | | | | | признания киберхондриков |
| I heard you were feeling under the weather. | | | | | Я слышала, вы плохо себя чувствуете. | |
| After examining me she sent me off to A&E to have some tests. | | | | | Осмотрев меня, она отправила меня в A&E, чтобы провести некоторые тесты. | |
| Did I go straight there? |  | | | | | Я сразу пошел туда? |
| First I took out my phone. |  | | | | | Сначала я достал телефон. |
| supraventricular tachycardia | [suːprəˈventrɪkjʊlər ˈtæʧɪkɔːdɪə] | | | | | суправентрикулярная тахикардия, наджелудочковая тахикардия |
| a list of possible causes |  | | | | | список возможных причин |
| I raced to the hospital |  | | | | | Я помчался в больницу |
| convinced that I probably needed | [kənˈvɪnst] |  | | | | убежденный, что мне, вероятно, нужно |
| chest infection | | инфекция грудной клетки, легкочная инфекция | | | | |
| The only consolation for the latter condition is that I'm in good company. | | Единственное утешение в последнем случае - я нахожусь в хорошей компании. | | | | |
| 2% of all searches were health-related | | 2% всех поисков были связаны со здоровьем | | | | |
| Since my trip to hospital, I have been obsessively checking my pulse, swapping symptoms in chatrooms, and reading all about worst-case scenarios. | [əbˈsesɪvlɪ]  [ˈswɒpɪŋ]  [ˈsɪmptəmz]  [sɪˈnɑːrɪəʊ] | | | | | После поездки в больницу я постоянно проверял свой пульс, обменивался симптомами в чатах и читал все о наихудших сценариях. |
| It's exhausting trying to convince yourself | [kənˈvɪns] | | | | | Это утомительно - пытаться убедить себя. |
| One in four of all articles thrown up by an internet search | | | Каждая четвертая статья, предложенная интернет-поиском | | | |
| in fact brain tumours develop in fewer than one in 50,000 people. | | | на самом деле опухоли мозга развиваются менее чем у одного из 50 000 человек. | | | |
| People also assume that the first answers that come up in searches | | | Люди также предполагают, что первые ответы, которые приходят в поиске | | | |
| However, this is not the case at all. | | | Однако это совсем не так. | | | |
| I'm off to buy | | | Я иду покупать | | | |
| bad-tempered |  | | | | | злой |
| good-tempered |  | | | | | добрый |
| open-minded |  | | | | | широких взглядов |
| narrow-minded |  | | | | | узколобый |
| absent-minded |  | | | | | рассеянный |
| easy-going |  | | | | | беспечный |
| laid-back |  | | | | | спокойный |
| tight-fisted |  | | | | | прижимистые |
| two-faced |  | | | | | двуличный |
| strong-willed |  | | | | | волевой |
| self-centred |  | | | | | эгоист |
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2 B UppI

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| **Students book** |  |  |
| loose fit/tight fit | [luːs fɪt] [taɪt fɪt] | свободная/плотная посадка |
| **Style** | [staɪl] | Стиль |
| hooded | [hʊd] | закрытый |
| long sleeved (also short sleeved) | [sliːvd] | с длинными рукавами (и короткими рукавами) |
| sleeveless | [ˈsliːvləs] | не имеющий рукавов |
| V-neck | [' vi: nek] | V-образный вырез |
| **Pattern** | [ˈpætən] | Узор |
| checked | [ʧekt] | клетчатый |
| patterned | [pætnd] | узорчатый |
| plain | [pleɪn] | простой (без узора) |
| spotted | [ˈspɔtɪd] | пятнистый |
| striped | [straɪpt] | полосатый |
| **Materials** | [məˈtɪərɪəlz] | материалы |
| a cotton vest | [kɔtn vest] | хлопковый жилет |
| a denim waistcoat | [ˈdenɪm ˈweɪskəʊt] | джинсовый жилет |
| a fur collar | [fɜː ˈkɔlə] | меховой воротник |
| a lace top | [leɪs tɔp] | кружевной топ |
| a linen suit | [ˈlɪnɪn sjuːt] | льняной костюм |
| a lycra swimsuit | [ˈlaɪkrə ˈswɪmsuːt] | купальник из лайкры |
| a silk scarf | [sɪlk skɑːf] | шелковый шарф |
| a velvet bow tie | [ˈvelvɪt baʊ taɪ] | бархатный галстук-бабочка |
| a wool(len) cardigan | [ˈwʊl(ən) ˈkɑːdɪgən] | шерстяной кардиган |
| leather sandals | [ˈleðər sændlz] | кожаные сандалии |
| suede boots | [sweɪd buːts] | замшевые сапоги |
| ***Fashionable*** is a general adjective, and means following a style that is popular at a particular time. ***Trendy*** is very similar, but is more informal. ***Stylish*** means fashionable and attractive. | | |
| Long skirts are really ***fashionable*** now.  She's very ***trendy***. She always wears the latest fashions.  The Italians have a reputation for being very ***stylish*** - they wear fashionable and attractive clothes.  He looks really ***scruffy***. His clothes are old and a bit dirty.  Jane looked very ***smart*** in her new suit. She wanted to make a good impression.  That tie's a bit ***old-fashioned***! Is it your dad's? | | |
| scruffy [ˈskrʌfɪ] | scruffy [ˈskrʌfɪ] | неряшливый, неопрятный |
| Jane looked very smart in her new suit. (elegant) |  | Джейн выглядела очень нарядно в своем новом костюме. |
| I'm going to ***dress up*** tonight. |  | Я собираюсь принарядиться сегодня вечером. |
| Please ***hang up*** your coat. |  | Пожалуйста, повесьте пальто. |
| These jeans don't ***fit*** me. |  | Эти джинсы мне не подходят. |
| That skirt really ***suits*** you. |  | Эта юбка тебе очень идет. |
| Your bag ***matches*** your shoes. |  | Твоя сумка подходит к твоим туфлям. |
| I need to ***get changed***. |  | Мне нужно переодеться. |
| Hurry up and ***get undressed***. |  | Поторопись и раздевайся. |
| Get up and ***get dressed***. |  | Вставай и одевайся. |
| That tie doesn't really ***go with*** your shirt. |  | Этот галстук не подходит к твоей рубашке. |
| lace | [leɪs] | кружево |
| slippers | [ˈslɪpəz] | шлепанцы |
| a loose linen suit  pink silk slippers  blue suede shoes  a tight lycra skirt  a red and white striped tie  a pale grey suede jacket |  | свободный льняной костюм  розовые шелковые тапочки  синие замшевые туфли  обтягивающая юбка из лайкры  галстук в красную и белую полоску  бледно-серая замшевая куртка |
| chinos | [ˈkiːnəʊz] | хлопчатобумажные брюки |
|  |  |  |
| wiser | [waɪz] | мудрее |
| absent-minded |  | рассеянный |
| adventurous | [ədˈvenʧərəs] | любитель острых ощущений |
| bad-tempered |  | скверный характер |
| clumsy | [ˈklʌmzɪ] | грубый, невоспитанный |
| moody | [ˈmuːdɪ] | угрюмый, грустный, капризный |
| narrow-minded | [ˈnærəʊ ˈmaɪndɪd] | узколобый |
| unenthusiastic | [ʌnɪnθjuːzɪˈæstɪk] | без энтузиазма |
| vulnerable | [ˈvʌlnərəbl] | чувствительный, ранимый |
| ***Old***and ***elderly***mean the same t hing, but ***elderly***is only used for people and is more polite. | | |
| adjectives in a truly describe. |  | прилагательные в самом деле описывают. |
| conform to the stereotypes | [kənˈfɔːm tuː ðiː ˈsterɪətaɪps] | соответствовать стереотипам |
| They were given synthetic wrinkled skin, false teeth, and grey wigs. | [rɪŋkld] | Им выдали синтетическую морщинистую кожу, вставные зубы и серые парики. |
| contact lenses | [ˈkɒntækt ˈlenzɪz] | контактные линзы |
| eyesight | [ˈaɪsaɪt] | зрение |
| They were also coached to walk and speak like people in their seventies. |  | Их также учили ходить и говорить, как людей за семьдесят. |
| Karoline was astonished to be ignored |  | Каролину удивило, что ее игнорируют. |
| astonished | [əˈstɒnɪʃt] | удивленный, пораженный |
| wolf-whistling | [wʊlf ˈwɪslɪŋ] | волчий свист |
| treat you | [triːt juː] | относиться к вам |
| On one occasion a bus driver treated him very rudely when he tried to pay his fare with a large note. |  | Однажды водитель автобуса обошелся с ним очень грубо, когда он попытался заплатить за проезд большой банкнотой. |
| Nick was also nearly robbed when he was taking money out of a cash machine. |  | Кроме того, Ника чуть не ограбили, когда он вынимал деньги из банкомата. |
| Karoline ***breaks down*** and cries |  | Каролин не выдерживает и плачет |
| feels guilty | [fiːl ˈgɪltɪ] | чувствует себя виноватым |
| They had ***been through*** so much. |  | Они через многое прошли. |
| It made me realize how ignorant I was. | [ˈɪgnərənt] | Это заставило меня понять, насколько я невежественна. |
| It was as if I was seeing the young people inside them. |  | Мне казалось, что я вижу в них молодых людей. |
| to understand them far better |  | чтобы понять их гораздо лучше |
| wisdom |  | мудрость |
| Rich people are usually meaner than poor people. |  | Богатые люди обычно злее, чем бедные люди. |
| ridiculous | [rɪˈdɪkjʊləs] | нелепый |
| empty second homes. |  | пустое вторичное жилье. |
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1 & 2 Revise and Check UppI

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| **Workbook** |  |  |
| drumbeat | [ˈdrʌmbiːt] | барабанный бой |
| The others present, their eyes closed, focus on the rhythmic sounds of the drums. |  | Остальные сидят с закрытыми глазами, сосредоточившись на ритмичных звуках барабанов. |
| fairly common experience | [ˈfɛəlɪ ˈkɔmən ɪksˈpɪərɪəns] | довольно распространенный опыт |
| former soldiers | [ˈfɔːmə ˈsəʊlʤə] | бывший военнослужащий |
| turning to shamanism |  | обращение к шаманизму |
| ancient spiritual practice |  | древняя духовная практика |
| practitioner communes with 'spirit guides' |  | практикующий общается с "духовными наставниками" |
| the oldest healing method of mankind |  | древнейший метод исцеления человечества |
| spiritual cause, which is reflected in the physical body | [rɪˈflektɪd] | духовная причина, которая отражается в физическом теле |
| whenever | [wenˈevə] | всякий раз |
| Soul loss manifests in most people through feelings of emptiness and depression. |  | Потеря души проявляется у большинства людей через чувство пустоты и депрессии. |
| manifests | [ˈmænɪfest] | проявляться |
| vitality | [vaɪˈtælɪtɪ] | энергичность |
| simplistic | [sɪmˈplɪstɪk] | упрощенный |
| Those who have undergone shamanic healing sessions seem to think so. |  | Те, кто прошел шаманские сеансы исцеления, похоже, думают так же. |
| degenerative condition that causes the loss of optic nerves leading to blindness. |  | дегенеративное состояние, которое вызывает потерю зрительных нервов, приводящую к слепоте. |
| As a last resort, he tried out shamanism. |  | В качестве последнего средства, он пытался шаманство. |
| his condition was starting to reverse |  | его состояние начало меняться |
| frozen shoulder |  | плечелопаточный периартрит |
| 80% of her pain vanished after the session |  | 80% ее боли исчезли после сеанса |
| I resolved to learn shamanism myself |  | Я решил сам изучать шаманизм. |
| placebo effect | [pləˈsiːbəʊ ɪˈfekt] | эффект плацебо |
| established tradition | [ɪsˈtæblɪʃt trəˈdɪʃn] | сложившаяся традиция |
| Believers stress that shamanic healing is an established tradition that has been tested time and again over centuries. |  | Верующие подчеркивают, что шаманское исцеление-это установившаяся традиция, которая проверялась снова и снова на протяжении веков. |
| I tend to say no to requests for quick healing. |  | Я склонен говорить " нет " просьбам о быстром исцелении. |
| curing | [ˈkjʊərɪŋ] | лечение, исцеление |
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3 А UppI The truth about air travel

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| **Workbook** |  |  |
| runway | [ˈrʌnweɪ] | взлётно-посадочная полоса |
| inside story | [ˈɪnˈsaɪd ˈstɔːrɪ] | история изнутри |
| whose identities must remain secret | [aɪˈdentɪtɪz] | чьи личности должны оставаться в тайне |
| Is it really worth listening to the safety demonstration? |  | Стоит ли слушать демонстрацию безопасности? |
| worth | [wɜːθ] | цена, стоимость, значимость |
| roast chicken | [rəʊst ˈʧɪkɪn] | жареный цыпленок |
| wheelchair | [ˈwiːlʧeər] | инвалидная коляска |
| laughable | [ˈlɑːfəbl] | смешной, смехотворный |
| will make any difference |  | будет иметь значение |
| hijack | [ˈhaɪʤæk] | похищать |
| Despite instructions from the cabin crew not to preinflate their lifejackets inside the plane |  | Несмотря на инструкции экипажа не надувать спасательные жилеты внутри самолета |
| They were unable to escape the rising water Inside the plane. |  | Им не удалось спастись от поднимающейся воды внутри самолета. |
| flight attendant is giving the safety demonstration |  | стюардесса проводит демонстрацию безопасности |
| customs officers are watching everywhere |  | таможенники повсюду следят |
| people who are trying to smuggle something finally let their guard down |  | люди, которые пытаются что-то пронести(контрабандой), в конце концов, теряют бдительность |
| As you walk past |  | Когда ты проходишь мимо ... |
| it makes you look taller and thinner. |  | так ты выглядишь выше и стройнее. |
| accident | [ˈæksɪdənt] | авария |
| totally destroying itself and the machinery |  | полностью уничтожая себя и механизм |
| Not only is there always a shortage of them |  | Мало того, что их всегда не хватает |
| but worth still |  | но, что еще хуже |
| porter | [ˈpɔːtə] | грузчик |
| courtesy | [ˈkɜːtɪsɪ] | вежливость, учтивость |
| Airport terminal | a building at an airport divided into Arrivals and Departures (domestic and international flights) | |
| Bag(gage) drop off | where you take your luggage to check it in if you already have your boarding pass | |
| Baggage reclaim | where you collect your luggage on arrival, and there are usually trolleys for carrying heavy cases | |
| Check-in desk | where you give in any checked-in luggage (bags, cases, etc.) and are given a boarding pass | |
| Customs | where your luggage may be checked to see if you are bringing illegal goods into the country | |
| Departures board | an electronic display showing flight times and if the flight is on time, boarding, closed, or delayed | |
| Gate | where you show your boarding pass and ID and board your flight | |
| Runway | where planes take off and land | |
| Security | where they check that you are not trying to take prohibited items (e.g. liquids or sharp objects) onto the plane, by scanning your hand luggage, and making you walk through a metal detector | |
| VIP lounge | where passengers who are travelling business or first class can wait for their flight | |
| lounge | [laʊnʤ] | холл |
| Baggage reclaim | [rɪˈkleɪm] | Выдача багажа |
| aisle | [aɪl] | проход |
| cabin crew | [ˈkæbɪn kruː] | кабина экипажа |
| seat belts | [siːt-belt] | ремень безопасности |
| connecting flight | [kəˈnektɪŋ flaɪt] | стыковочный рейс |
| turbulence | [ˈtɜːbjʊləns] | турбулентность |
| direct flights | [dɪˈrekt flaɪts] | прямое сообщение |
| jet lag | [ʤet læg] | смена часовых поясов |
| long-haul flights | [lɔŋ hɔːl flaɪt] | дальнемагистральные рейсы |
| aisle (seat) | the seat next to the passage between seats on a plane | |
| turbulence | sudden and sometimes violent movement of air | |
| jet lag | tiredness caused by long distance flight, especially when there is a big time difference between where you depart from and your destination | |
| ***Travel*** is normally used as a verb. However, it can be used as an uncountable noun.  The noun ***trip*** means to go somewhere and come back, including the time you stay there.  ***Journey*** is also normally used as a noun. It means the time when you travel from one place to another, but does not include the time you stay there. | | |
| **Phrasal verbs related to air travel**  My husband ***dropped*** me ***off*** at the airport two hours before the flight.  I ***checked in*** on line the day before I was going to fly.  As soon as I ***got on*** the plane I sat down in the first empty seat.  The plane ***took off*** late because of the bad weather.  I ***filled in*** the immigration form for the US, which the cabin crew gave me shortly before landing.  When I ***got off*** the plane I felt exhausted after the long flight.  When I ***picked up*** my luggage at baggage reclaim I bumped into an old friend who had been on the same flight.  Highlight that ***drop sby off***= take someone somewhere by car and stop briefly to let them get out, and that ***pick up*** (your luggage) = collect. Remind Sts that you can also pick up a person, e.g. I'll pick you up at the airport. | | |
| briefly | [ˈbriːflɪ] | кратко, коротко, вкратце, недолго |
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