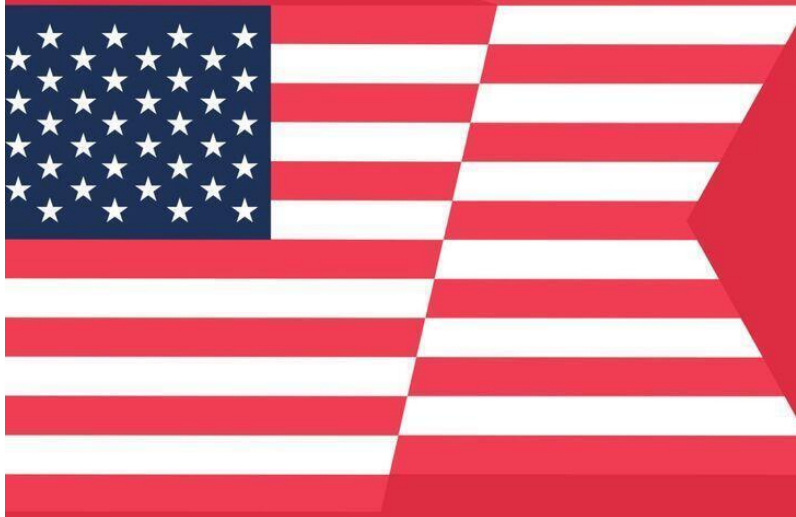


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ДЖОНАС ТИЧЕРМАН

Лексика английского для продолжающих

ИДИОМЫ И ФРАЗОВЫЕ
КОНСТРУКЦИИ



Джонас Тичерман
Лексика английского для
продолжающих. Идиомы
и фразовые конструкции

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Аннотация

Эта книга предназначена для продвинутых изучающих английский. В ней представлены устойчивые выражения и идиомы для повседневного общения, работы, учебы и путешествий. Каждая глава содержит текст, ключевую лексику с переводом и примерами, а также упражнения для закрепления. В конце книги — полный словарь выражений для быстрого поиска и эффективного изучения.

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Лексика английского для продолжающих Идиомы и фразовые конструкции

Джонас Тичерман

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Введение

Изучение и освоение устойчивых выражений в английском языке имеет важное значение для эффективного общения как в профессиональной, так и в социальной среде. Устойчивые выражения, включая идиомы, словосочетания и закреплённые фразы, позволяют учащимся передавать смысл точно, участвовать в разговорах свободно и корректно интерпретировать устные и письменные тексты.

Эта книга предназначена для структурированного изучения и практики устойчивых выражений в повседневных контекстах. Каждая глава посвящена определенной тематике, предоставляя соответствующую лексику, примеры текстов и упражнения для закрепления понимания и использования выражений. Выбранные выражения отражают практические ситуации общения, с которыми учащиеся вероятнее всего столкнутся, способствуя развитию как рецептивных, так и продуктивных языковых навыков.

Организация книги основана на контекстном подходе к обучению. Тексты демонстрируют естественное использование выражений, за которыми следуют разделы лексики с переводом и примерами использования. Упражнения направлены на закрепление знаний и стимулируют активное при-

менение материала. Такой подход способствует внутреннему усвоению выражений и поддерживает развитие языковой компетенции за пределами механического запоминания.

Целевая аудитория включает учащихся английского языка, стремящихся улучшить навыки разговорной речи, расширить словарный запас и повысить уверенность в письменной и устной коммуникации. Книга также может быть использована преподавателями в качестве вспомогательного материала для систематического обучения устойчивым выражениям в контексте.

Сосредоточение на тематических областях, практических примерах и структурированных упражнениях позволяет учащимся научиться распознавать, понимать и корректно использовать устойчивые выражения. Материал книги способствует регулярной практике и рефлексии, поддерживая развитие функциональных языковых навыков, необходимых для повседневного общения, профессиональной деятельности и личного самовыражения на английском языке.

Желаю успехов!

Daily Routines — Talking about Morning and Evening Habits

Text

Most people have routines that help them manage their day efficiently. A morning routine is especially important because it sets the tone for the entire day. Some people like to wake up at the crack of dawn, while others prefer to sleep in. After getting out of bed, many start their day with a cup of coffee or a glass of water to wake up. Some people hit the snooze button several times before finally rising.

After waking up, it's common to freshen up, brush your teeth, and take a shower. Some people work out in the morning to energize themselves. Others might go for a morning jog or do yoga. A healthy breakfast is also part of the routine for many. People often grab a quick bite if they are in a hurry or sit down for a proper meal if they have more time.

Work and school schedules usually dictate the next part of the day. People head to work or drop the kids off at school. During the day, it's common to check emails, attend meetings, and run

errands. Some people find time to catch up with friends during lunch breaks, while others grab lunch on the go.

Evening routines are equally important for winding down. After work, many like to kick back and unwind. Some hit the gym after work, while others cook dinner at home. Eating together with family is a common habit in many households. Some people watch TV or scroll through social media before going to bed.

Before sleep, people often brush their teeth again and wash their face. Some like to read a book or listen to music to relax. Many try to turn in early to get enough sleep for the next day. Following a consistent routine can make life more manageable and help reduce stress.

Vocabulary: Expressions with Translation and Examples

wake up at the crack of dawn — вставать на рассвете

Example: She likes to wake up at the crack of dawn to go for a run.

sleep in — поспать дольше

Example: On weekends, I usually sleep in until 10 a.m.

hit the snooze button — нажимать кнопку повтора будильника

Example: I always hit the snooze button at least twice before getting up.

freshen up — освежиться

Example: I like to freshen up before breakfast.

take a shower — принять душ

Example: He always takes a shower in the morning.

work out — заниматься спортом

Example: I work out three times a week to stay healthy.

go for a morning jog — пойти на утреннюю пробежку

Example: She goes for a morning jog every day.

grab a quick bite — быстро перекусить

Example: I grab a quick bite on my way to work.

sit down for a proper meal — сесть за полноценную еду

Example: On Sundays, we sit down for a proper meal with the whole family.

head to work — отправляться на работу

Example: After breakfast, I head to work.

drop the kids off at school — отвозить детей в школу

Example: I drop the kids off at school before going to the office.

run errands — выполнять мелкие дела

Example: On Saturdays, I run errands in the morning.

catch up with friends — встретиться с друзьями, наверстать
новости

Example: I love to catch up with friends over lunch.

grab lunch on the go — перекусить на бегу

Example: Sometimes I grab lunch on the go if I have no time.

kick back — расслабиться

Example: After a long day, I like to kick back on the sofa.

unwind — расслабляться

Example: A warm bath helps me unwind.

hit the gym — ходить в спортзал

Example: He hits the gym after work.

scroll through social media — листать соцсети

Example: She scrolls through social media before bed.

turn in early — ложиться спать рано

Example: I try to turn in early on weekdays.

make life more manageable — сделать жизнь проще

Example: Planning your day can make life more manageable.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

On weekends, I like to _____ until 10 a.m.

After work, I usually _____ on the sofa and watch TV.

Every morning, she _____ for a 30-minute run.

Before breakfast, I always _____ and brush my teeth.

On my way to work, I often _____ at a café.

He likes to _____ three times a week to stay healthy.

On weekdays, I try to _____ to get enough sleep.

During lunch break, I sometimes _____ with my coworkers.

To relax before bed, I _____ to catch up on the news.

Planning your day can _____ and reduce stress.

Time and Schedules — Making Appointments, Deadlines, and Planning

Text

Managing time effectively is essential in both work and personal life. Many people rely on routines, calendars, and planners to stay organized. Some prefer to plan ahead, while others are more spontaneous.

One common task is making appointments. This can involve checking availability, setting a time, and confirming the meeting. For example, you might call a doctor's office to book an appointment or schedule a business meeting with a colleague.

Deadlines are another important aspect of time management. People often need to meet deadlines for work, school, or personal projects. Missing a deadline can cause stress, so many rely on setting reminders to stay on track. Some people prioritize tasks to focus on the most important assignments first.

Planning your day or week can help you avoid last-minute

stress. Some people like to make a to-do list every morning. Others block time in their calendar for specific tasks. During the week, it's common to reschedule meetings if conflicts arise, or delegate tasks to others to manage workload.

Communication is also important. People often touch base with colleagues or friends to confirm plans. They might follow up after sending emails or messages to make sure tasks are progressing. Using expressions like «Can we pencil in a meeting?» or «Let's set a time that works for both of us» helps make planning smoother.

Even simple daily routines require some planning. Waking up on time, commuting, eating, exercising, and going to bed at regular times all require some time management. People who stick to a schedule often feel more organized and less stressed.

Vocabulary: Expressions with Translation and Examples

stay on top of your schedule — контролировать своё расписание

Example: I use a digital planner to stay on top of my schedule.

plan ahead — планировать заранее

Example: It's always better to plan ahead for holidays.

making appointments — назначать встречи

Example: I'm making appointments with clients for next week.

checking availability — проверять доступность

Example: Before setting a meeting, I always check availability.

setting a time — назначить время

Example: We need to set a time for our team discussion.

confirming the meeting — подтверждать встречу

Example: Don't forget to confirm the meeting tomorrow morning.

book an appointment — записаться на приём

Example: I need to book an appointment with my dentist.

meet deadlines — сдавать в срок

Example: It's important to meet deadlines at work.

setting reminders — устанавливать напоминания

Example: I use my phone for setting reminders for important tasks.

prioritize tasks — расставлять приоритеты

Example: I always prioritize tasks so I finish the most important ones first.

avoid last-minute stress — избежать стресса в последний момент

Example: Planning your day carefully can avoid last-minute stress.

make a to-do list — составлять список дел

Example: I like to make a to-do list every morning.

block time — выделять время

Example: I block time in my calendar for focused work.

reschedule meetings — переносить встречи

Example: We had to reschedule meetings due to a scheduling

conflict.

delegate tasks — поручать задачи

Example: A good manager knows how to delegate tasks effectively.

touch base — связываться для уточнения

Example: Let's touch base tomorrow to finalize the project.

follow up — связываться повторно

Example: I'll follow up with her about the contract.

Can we pencil in a meeting? — можем ли мы предварительно назначить встречу?

Example: Can we pencil in a meeting for next Wednesday?

Let's set a time that works for both of us — давай назначим время, удобное для нас обоих

Example: Let's set a time that works for both of us to discuss the report.

time management — управление временем

Example: Good time management helps reduce stress.

stick to a schedule — следовать расписанию

Example: She always sticks to a schedule and rarely misses

deadlines.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

I always try to _____ for work and personal tasks.

To finish everything on time, I need to _____ for next week.

Before we meet, let's _____ to see if we are free.

Don't forget to _____ after sending the email.

I use my phone for _____ for important deadlines.

To avoid stress, I like to _____ at the start of the day.

Our meeting was postponed, so we need to _____.

A good manager knows how to _____ efficiently.

Can we _____ for next Thursday?

Planning your day well helps _____ and feel more organized.

Travel and Transportation — Airports, Trains, Buses, and Directions

Text

Traveling can be exciting, but it also requires good planning and understanding of transportation systems. Airports, trains, and buses all have their own rules and routines. When traveling by plane, it's important to check in at the airport on time. Many people drop off their luggage at the counter and go through security before heading to the gate. Sometimes flights are delayed or cancelled, so it's wise to keep an eye on the departure board.

Train travel is another common way to get around. Passengers often buy tickets in advance to secure a seat. When boarding, people show their tickets and find their carriage or platform. Delays can happen, so it's good to ask for information at the station. On longer trips, travelers may grab a snack on the train or stretch their legs during stops.

Bus travel is usually more flexible but can also be unpredictable. Some people wait in line to buy tickets, while

others hop on a bus quickly if they have a pass. Knowing the route and stops is important, so many travelers ask for directions or check a timetable before leaving.

Getting around in a new city often involves asking for directions. People may turn left, turn right, or go straight depending on the route. Landmarks such as traffic lights, shops, or parks are often used to help navigate. Some travelers also use maps or navigation apps to find the quickest way.

Whether traveling for business or leisure, staying on schedule and planning ahead can make the journey smoother. Knowing common phrases for airports, trains, buses, and directions can help avoid confusion and make travel less stressful.

Vocabulary: Expressions with Translation and Examples

check in — зарегистрироваться

Example: You need to check in at least two hours before your flight.

drop off luggage — сдать багаж

Example: I dropped off my luggage at the airport counter.

go through security — пройти контроль безопасности

Example: Passengers must go through security before boarding.

delayed or cancelled — задержан или отменен

Example: The flight was delayed due to bad weather.

keep an eye on the departure board — следить за табло вылетов

Example: Make sure to keep an eye on the departure board for updates.

buy tickets in advance — покупать билеты заранее

Example: I always buy tickets in advance to avoid standing in line.

show their tickets — показывать билеты

Example: Passengers need to show their tickets before boarding.

find their carriage or platform — найти свой вагон или платформу

Example: He quickly found his platform and waited for the train.

ask for information — спрашивать информацию

Example: If you are lost, don't hesitate to ask for information.

grab a snack on the train — перекусить в поезде

Example: She grabbed a snack on the train before continuing her journey.

stretch their legs — размять ноги

Example: During a long trip, it's good to stretch your legs at stops.

wait in line — стоять в очереди

Example: People often wait in line to buy bus tickets.

hop on a bus — быстро сесть в автобус

Example: We hopped on a bus just before it left the station.

ask for directions — спрашивать дорогу

Example: Tourists often ask for directions in a new city.

turn left / turn right / go straight — повернуть налево / направо / идти прямо

Example: To get to the museum, turn left at the traffic lights.

landmarks — ориентиры

Example: Use landmarks like shops or parks to find your way.

maps or navigation apps — карты или навигационные приложения

Example: I always check maps or navigation apps when I travel.

on schedule — по расписанию

Example: The train arrived on schedule.

planning ahead — планирование заранее

Example: Planning ahead makes travel less stressful.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

Don't forget to _____ at the airport before your flight.

We need to _____ before going to the gate.

Passengers must _____ before boarding the plane.

The train was _____ because of technical issues.

Always _____ for updates at the station.

I like to _____ to secure my seat in advance.

Make sure to _____ when entering the train.

Travelers often _____ at stops to move around.

Tourists usually _____ in unfamiliar cities.

You can use _____ to find the fastest route.

Shopping and Stores — Buying Clothes, Groceries, and Haggling

Text

Shopping is a daily activity that can be both practical and enjoyable. People visit stores to buy clothes, groceries, or other essentials. When shopping for clothes, it's common to try on items to see if they fit. Customers may also ask for a different size or check the price tag before making a decision. Some stores have sales or discounts, which shoppers often look for to save money.

Grocery shopping usually involves creating a shopping list to remember everything needed. Many people browse the aisles to find fresh fruits, vegetables, or packaged goods. Some items may be on special offer, so it's wise to compare prices before buying. Using a shopping cart or basket makes it easier to carry multiple items.

In markets or smaller stores, haggling is common. Customers may ask for a lower price or negotiate to get a better deal. Phrases like «Can you give me a discount?» or «Is that the best price?»

are often used. Knowing how to pay in cash or by card is also important. After shopping, people often pack their purchases in bags before leaving the store.

Online shopping has become very popular. Shoppers can browse products online, add items to a cart, and proceed to checkout. It's important to check delivery times and read product reviews to ensure satisfaction.

Shopping also involves manners and etiquette. Being polite to store staff, asking for assistance, and returning items properly are part of good shopping habits. Following these tips can make shopping faster, easier, and more enjoyable.

Vocabulary: Expressions with Translation and Examples

try on items — примерять вещи

Example: I like to try on items before buying clothes.

ask for a different size — попросить другой размер

Example: She asked for a different size because the shirt was too small.

check the price tag — проверить ценник

Example: Always check the price tag before deciding to buy.

sales or discounts — распродажи или скидки

Example: I bought this jacket during the sales.

save money — экономить деньги

Example: Comparing prices helps me save money.

shopping list — список покупок

Example: I made a shopping list to remember everything I needed.

browse the aisles — осматривать полки

Example: We browsed the aisles to find fresh vegetables.

special offer — специальное предложение

Example: This item is on special offer today.

compare prices — сравнивать цены

Example: Always compare prices before making a purchase.

shopping cart / basket — тележка / корзина для покупок

Example: I put all the items in a shopping cart.

ask for a lower price / negotiate — попросить снизить цену /

торговаться

Example: He tried to negotiate for a better deal.

pay in cash / by card — платить наличными / картой

Example: You can pay by card or in cash.

pack purchases — упаковывать покупки

Example: She packed her purchases in reusable bags.

browse products online — просматривать товары онлайн

Example: I like to browse products online before visiting a store.

add items to a cart — добавить товары в корзину

Example: I added items to my cart and went to checkout.

proceed to checkout — переходить к оплате

Example: After selecting products, you proceed to checkout.

check delivery times — проверить сроки доставки

Example: Always check delivery times before ordering.

read product reviews — читать отзывы о товаре

Example: I read product reviews to avoid mistakes.

asking for assistance — просить помощи

Example: Don't hesitate to ask for assistance if needed.

return items properly — правильно возвращать товары

Example: She always returns items properly if they don't fit.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

I always like to _____ before buying clothes.

She wanted a larger size, so she _____.

Don't forget to _____ before making a purchase.

Stores often have _____ during the holiday season.

Making a _____ helps me remember everything I need.

We _____ to find fresh fruits and vegetables.

That item is on a _____ this week.

Some people like to _____ to get a better deal at the market.

You can _____ or pay in cash when shopping.

After shopping, I always _____ in reusable bags.

Food and Restaurants — Ordering, Cooking, and Talking About Meals

Text

Eating is an essential part of daily life, and talking about food is a common topic. When dining at a restaurant, it's polite to look at the menu before ordering. Customers may ask for recommendations from the waiter or check the specials of the day. Once ready, people place an order politely and may ask for a refill of drinks or request a side dish.

Cooking at home is another way to enjoy meals. Many people like to follow a recipe to prepare dishes accurately. Sometimes they chop vegetables, boil water, or preheat the oven before starting. Cooking together can also be social, as people set the table and serve the food to family or friends.

Talking about meals often includes describing taste, portion size, or preferences. People might say a dish is spicy, sweet, or salty. They may also compliment the chef or ask for seconds if they enjoyed the meal. Sharing opinions on food can include phrases like «I prefer vegetarian dishes» or «This meal is too rich

for me.»

At restaurants, paying the bill is the final step. Customers may ask for the check or split the bill with friends. It's important to tip the waiter appropriately in many countries.

Eating habits also involve planning and nutrition. People often plan meals for the week or buy ingredients in advance. Maintaining a balanced diet may include eating more fruits and vegetables, cutting down on sugar, or drinking plenty of water.

Food is more than just sustenance — it's culture, enjoyment, and social interaction. Knowing common phrases for ordering, cooking, and discussing meals can make everyday conversations easier and more natural.

Vocabulary: Expressions with Translation and Examples

look at the menu — смотреть меню

Example: Before ordering, we always look at the menu carefully.

ask for recommendations — попросить совет/рекомендации

Example: I asked for recommendations from the waiter.

check the specials — узнать блюда дня

Example: Let's check the specials before choosing our meals.

place an order — сделать заказ

Example: We placed our order and waited for the food.

ask for a refill — попросить добавить напиток

Example: He asked for a refill of water during lunch.

request a side dish — попросить гарнир

Example: She requested a side dish of vegetables.

follow a recipe — следовать рецепту

Example: I always follow a recipe when baking cakes.

chop vegetables — нарезать овощи

Example: She chopped vegetables for the salad.

boil water — вскипятить воду

Example: Don't forget to boil water for pasta.

preheat the oven — разогреть духовку

Example: Preheat the oven before baking the cookies.

set the table — накрыть на стол

Example: The children helped set the table for dinner.

serve the food — подавать еду

Example: The waiter served the food to our table.

spicy, sweet, salty — острое, сладкое, солёное

Example: The soup is very spicy, but the dessert is sweet.

compliment the chef — похвалить повара

Example: Guests often compliment the chef on delicious meals.

ask for seconds — попросить добавку

Example: I really enjoyed the pasta, so I asked for seconds.

ask for the check — попросить счёт

Example: After dinner, we asked for the check.

split the bill — разделить счёт

Example: Let's split the bill evenly among us.

tip the waiter — оставить чаевые

Example: Don't forget to tip the waiter after good service.

plan meals for the week — планировать питание на неделю

Example: I like to plan meals for the week to save time.

buy ingredients in advance — покупать ингредиенты заранее

Example: She buys ingredients in advance for all her recipes.

eat more fruits and vegetables — есть больше фруктов и овощей

Example: Doctors recommend to eat more fruits and vegetables.

cut down on sugar — уменьшить потребление сахара

Example: I try to cut down on sugar for better health.

drink plenty of water — пить достаточно воды

Example: It's important to drink plenty of water every day.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

Before ordering, we always _____ carefully.

I _____ from the waiter to decide what to eat.

She likes to _____ to prepare dinner accurately.

Don't forget to _____ for pasta.

The children helped _____ for dinner.

After enjoying the meal, I _____ because it was delicious.

We _____ evenly among friends after dinner.

He always _____ to thank the staff.

I try to _____ to eat healthier.

She likes to _____ to make cooking faster during the week.

Sports and Fitness — Exercises, Sports Events, Staying in Shape

Text

Sports and fitness play an important role in maintaining health and energy. Many people like to work out regularly to stay in shape. Some prefer cardio exercises, like running or cycling, while others enjoy strength training at the gym. Warm-ups and stretches are important to prevent injuries before starting any activity.

Participating in sports events can be exciting. People often join a team or compete in a race. Fans enjoy cheering for their favorite team during games or matches. Some athletes set personal goals to improve their performance and track their progress over time.

Fitness routines vary from person to person. Some people like to follow a workout plan, while others prefer a more flexible approach. Regular exercise can help boost energy, improve mood, and strengthen muscles. It's also important to stay hydrated and eat a balanced diet to support physical activity.

Outdoor activities like hiking, swimming, or playing tennis offer both fun and exercise. People often warm up before exercising and cool down after to relax their muscles. Group classes like yoga or aerobics can provide motivation and social interaction.

Sports and fitness are not just about physical health — they also teach discipline, teamwork, and perseverance. By making time for exercise and setting realistic goals, people can maintain a healthy lifestyle and enjoy the benefits of staying active.

Vocabulary: Expressions with Translation and Examples

work out regularly — тренироваться регулярно

Example: I try to work out regularly to stay fit.

cardio exercises — кардио-тренировки

Example: Running and cycling are popular cardio exercises.

strength training — силовые тренировки

Example: He prefers strength training at the gym.

prevent injuries — предотвращать травмы

Example: Warm-ups help prevent injuries during exercise.

join a team — вступить в команду

Example: She decided to join a team for soccer.

compete in a race — участвовать в гонке

Example: He will compete in a race next weekend.

cheer for their favorite team — болеть за любимую команду

Example: Fans cheer for their favorite team during matches.

set personal goals — ставить личные цели

Example: Athletes often set personal goals to improve performance.

track their progress — отслеживать прогресс

Example: I use an app to track my progress in running.

follow a workout plan — следовать плану тренировок

Example: Beginners should follow a workout plan to stay consistent.

boost energy — повысить энергию

Example: Exercise helps boost energy throughout the day.

improve mood — улучшить настроение

Example: Yoga classes can improve mood and reduce stress.

strengthen muscles — укреплять мышцы

Example: Strength training helps strengthen muscles.

stay hydrated — поддерживать водный баланс

Example: It's important to stay hydrated during exercise.

eat a balanced diet — питаться сбалансированно

Example: Athletes must eat a balanced diet to perform well.

hiking, swimming, or playing tennis — походы, плавание,

игра в теннис

Example: Outdoor activities like hiking, swimming, or playing tennis are great for fitness.

warm up before exercising — разогреваться перед тренировкой

Example: Always warm up before exercising.

cool down after — делать заминку после тренировки

Example: Don't forget to cool down after your workout.

motivation and social interaction — мотивация и общение

Example: Group classes provide motivation and social interaction.

making time for exercise — находить время для тренировок

Example: She is good at making time for exercise despite a busy schedule.

setting realistic goals — ставить реалистичные цели

Example: Setting realistic goals helps maintain progress without frustration.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

I try to _____ at least three times a week.

Running and cycling are examples of _____.

Beginners should _____ to stay consistent.

Warm-ups help _____ during workouts.

He decided to _____ to play basketball.

Athletes often _____ to improve performance.

I use an app to _____ in my training.

Yoga and aerobics classes provide _____.

Don't forget to _____ after running.

Maintaining a healthy lifestyle requires _____ and

_____.

Weather and Climate — Describing Conditions, Seasons, Forecasts

Text

Weather affects daily life in many ways. People often talk about the weather to start a conversation or plan activities. Common topics include temperature, precipitation, and wind conditions. Some days are sunny and warm, while others are cold and rainy. It's important to dress appropriately for the weather.

Seasons also influence routines and plans. In spring, people enjoy blooming flowers and mild temperatures. Summer often brings hot days and outdoor activities. Autumn is known for falling leaves and cooler weather, while winter can be snowy and freezing. Many people plan vacations or holidays based on seasonal changes.

Weather forecasts help people prepare for upcoming conditions. They might check the forecast on the news, on apps, or online. Some pay attention to storm warnings, heat waves, or heavy rainfall. Knowing the weather in advance helps plan outings, dress properly, and stay safe.

Talking about climate is slightly different from weather. Climate refers to long-term patterns, such as dry, humid, or temperate regions. People might discuss how climate affects lifestyle, agriculture, or travel. Understanding climate trends helps make informed decisions about where to live or when to visit certain places.

Weather can also affect moods and daily energy. People might feel cheerful on sunny days or gloomy during prolonged rain. Being able to describe weather accurately is useful for communication, travel, and even small talk with others.

Vocabulary: Expressions with Translation and Examples

talk about the weather — говорить о погоде

Example: It's common to talk about the weather when meeting someone new.

temperature — температура

Example: The temperature dropped to 5° C last night.

precipitation — осадки

Example: Heavy precipitation is expected tomorrow.

wind conditions — состояние ветра

Example: Strong wind conditions may cancel outdoor events.

sunny and warm / cold and rainy — солнечно и тепло / холодно и дождливо

Example: Today is sunny and warm, perfect for a picnic.

dress appropriately — одеваться соответственно

Example: Make sure to dress appropriately for the snow.

blooming flowers and mild temperatures — цветущие цветы и мягкая погода

Example: Spring brings blooming flowers and mild temperatures.

hot days and outdoor activities — жаркие дни и активный отдых

Example: Summer has hot days and outdoor activities.

falling leaves and cooler weather — опадающие листья и прохладная погода

Example: Autumn is known for falling leaves and cooler weather.

snowy and freezing — снежно и морозно

Example: Winter mornings are often snowy and freezing.

prepare for upcoming conditions — подготовиться к предстоящим условиям

Example: Checking the forecast helps prepare for upcoming conditions.

check the forecast — проверять прогноз

Example: I always check the forecast before traveling.

storm warnings / heat waves / heavy rainfall — предупреждения о шторме / жара / сильный дождь

Example: The weather app issued storm warnings for the

coast.

plan outings, dress properly, and stay safe — планировать мероприятия, одеваться правильно, быть в безопасности

Example: Knowing the weather allows you to plan outings, dress properly, and stay safe.

dry, humid, or temperate regions — сухие, влажные или умеренные районы

Example: Tropical countries are usually humid regions.

climate affects lifestyle — климат влияет на образ жизни

Example: The desert climate affects lifestyle and water usage.

make informed decisions — принимать обоснованные решения

Example: Studying climate trends helps make informed decisions about travel.

cheerful on sunny days / gloomy during prolonged rain — радостный в солнечные дни / угрюмый во время длительного дождя

Example: I feel cheerful on sunny days but gloomy during prolonged rain.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

People often _____ when starting a conversation.

The _____ dropped below zero last night.

Strong _____ may cancel outdoor events.

Today is _____ and perfect for a picnic.

Always _____ according to the weather forecast.

Spring is known for _____ and mild temperatures.

Winter mornings can be _____ and freezing.

It's important to _____ before traveling or going outside.

Tropical countries are usually _____ regions.

I feel _____ on sunny days but _____ during prolonged rain.

Work and Professions — Jobs, Offices, Responsibilities

Text

Work is an important part of most people's lives. Everyone has different jobs and responsibilities depending on their profession. Some people work in offices, while others work outdoors or in specialized environments. Many careers require specific skills, education, and experience.

In an office setting, employees often attend meetings, check emails, and complete tasks by deadlines. Communication with colleagues is essential. People often give reports, present ideas, and collaborate on projects. Some employees also supervise others or train new staff.

Jobs outside the office can be equally demanding. Healthcare workers, teachers, and engineers often follow strict schedules, manage multiple tasks, and solve problems quickly. Physical and mental effort may vary depending on the job, but responsibility and dedication are always important.

Professional growth often involves setting goals, taking training courses, or asking for feedback. Employees who stay organized and manage time effectively usually perform better and reduce stress. Many also balance work and personal life to maintain well-being.

Workplaces may have different rules, cultures, and expectations. Understanding professional etiquette, dressing appropriately, and being punctual help employees succeed. In addition, learning how to network and communicate professionally can open new opportunities.

Knowing vocabulary for jobs, offices, and responsibilities is important for both conversations and professional development. Being able to describe tasks, explain roles, and talk about work routines makes communication easier and more natural.

Vocabulary: Expressions with Translation and Examples

jobs and responsibilities — работа и обязанности

Example: Every employee has different jobs and responsibilities.

offices — офисы

Example: Many people spend most of their day in offices.

attend meetings — посещать собрания

Example: Employees attend meetings to discuss project progress.

check emails — проверять электронную почту

Example: I usually check emails first thing in the morning.

complete tasks by deadlines — выполнять задачи в срок

Example: She always completes tasks by deadlines.

give reports — давать отчеты

Example: Managers often give reports to the director.

present ideas — представлять идеи

Example: He presented his ideas during the team meeting.

collaborate on projects — сотрудничать над проектами
Example: Teams collaborate on projects to meet deadlines.

supervise others — руководить другими
Example: She supervises others in her department.

train new staff — обучать новых сотрудников
Example: Experienced employees often train new staff.

follow strict schedules — следовать строгому расписанию
Example: Nurses follow strict schedules during their shifts.

manage multiple tasks — справляться с несколькими задачами

Example: He can manage multiple tasks efficiently.

solve problems quickly — быстро решать проблемы
Example: Engineers need to solve problems quickly on site.

setting goals — постановка целей
Example: Setting goals helps employees improve performance.

taking training courses — проходить курсы повышения квалификации

Example: She is taking training courses to develop new skills.

asking for feedback — просить обратную связь

Example: Employees should ask for feedback to improve their work.

stay organized — быть организованным

Example: I try to stay organized using a daily planner.

manage time effectively — эффективно управлять временем

Example: He manages time effectively to meet deadlines.

balance work and personal life — балансировать работу и личную жизнь

Example: It's important to balance work and personal life.

dressing appropriately — одеваться соответствующе

Example: Employees should dress appropriately according to the company policy.

being punctual — быть пунктуальным

Example: Being punctual is highly valued in the workplace.

network — налаживать связи

Example: Professionals often network at conferences.

communicate professionally — общаться профессионально

Example: Learning to communicate professionally improves teamwork.

describe tasks / explain roles / talk about work routines —

описывать задачи / объяснять роли / рассказывать о рабочем распорядке

Example: It's useful to describe tasks clearly in job interviews.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

Employees often _____ to discuss projects.

I start my day by _____ first thing in the morning.

Managers need to _____ to the director regularly.

Teams _____ to meet deadlines.

She _____ new employees in the department.

Nurses _____ to ensure patient care.

He can _____ efficiently without getting stressed.

Professionals should _____ to improve skills.

It's important to _____ and _____ to succeed at work.

Conferences are a good way to _____ and _____.

Study and Education — School, Exams, Learning Strategies

Text

Education is a key part of personal development and career growth. Students attend school or university to gain knowledge and skills. Classes usually involve listening to lectures, taking notes, and participating in discussions. Teachers and professors often assign homework or give projects to help students apply what they learn.

Exams are a common part of academic life. Students need to prepare for tests, review materials, and practice problem-solving. Some exams are multiple-choice, while others require essays or presentations. Managing time effectively during exams is crucial for success.

Learning strategies can make studying more efficient. People often create a study schedule, highlight key information, or use flashcards to memorize important facts. Group study sessions can help students discuss difficult topics and explain concepts to others.

Education also involves setting goals. Students may aim for high grades, improve skills, or learn new subjects. Motivation and discipline are essential for maintaining focus. Teachers often give feedback to guide students and help them track their progress.

Online learning has become increasingly popular. Students can attend virtual classes, submit assignments online, and participate in discussion forums. It's important to stay organized and avoid distractions while studying remotely.

Understanding common expressions related to school, exams, and learning strategies helps students communicate effectively and perform better academically. Being able to talk about subjects, study routines, and academic goals is useful in both school and professional settings.

Vocabulary: Expressions with Translation and Examples

school or university — школа или университет

Example: Students attend school or university to learn new skills.

listening to lectures — слушать лекции

Example: Listening to lectures carefully helps students understand the material.

taking notes — делать заметки

Example: I spend the class taking notes to review later.

participating in discussions — участвовать в обсуждениях

Example: Students learn more by participating in discussions.

assign homework / give projects — задавать домашнее задание / давать проекты

Example: Teachers often assign homework to reinforce learning.

prepare for tests — готовиться к экзаменам

Example: I need to prepare for tests this week.

review materials — повторять материалы

Example: Before exams, I review materials from all classes.

practice problem-solving — практиковать решение задач

Example: Math students practice problem-solving every day.

multiple-choice / essays / presentations — тест с выбором ответа / эссе / презентации

Example: Some exams include multiple-choice questions, while others require essays.

create a study schedule — составлять расписание для учебы

Example: I create a study schedule to organize my time.

highlight key information — выделять ключевую информацию

Example: I highlight key information in my textbooks.

use flashcards — использовать карточки для запоминания

Example: Students use flashcards to memorize vocabulary.

discuss difficult topics — обсуждать сложные темы

Example: Group sessions help discuss difficult topics.

explain concepts to others — объяснять концепции другим

Example: Teaching someone else helps explain concepts to

others.

aim for high grades — стремиться к высоким оценкам

Example: She always aims for high grades.

improve skills — улучшать навыки

Example: Practicing daily helps improve skills.

learn new subjects — изучать новые предметы

Example: Students often learn new subjects each semester.

give feedback — давать обратную связь

Example: Teachers give feedback to help students improve.

track progress — отслеживать прогресс

Example: I track progress by checking my test scores.

attend virtual classes — посещать онлайн-занятия

Example: Many students attend virtual classes from home.

submit assignments online — сдавать задания онлайн

Example: Students submit assignments online through the platform.

participate in discussion forums — участвовать в форумах
обсуждений

Example: Online courses allow students to participate in discussion forums.

stay organized — быть организованным

Example: I stay organized by keeping a calendar.

avoid distractions — избегать отвлекающих факторов

Example: It's important to avoid distractions while studying.

talk about subjects, study routines, and academic goals — говорить о предметах, учебных распорядках и учебных целях

Example: Students should be able to talk about subjects, study routines, and academic goals in class discussions.

Exercise: Fill in the Gaps

Complete the sentences with expressions from the vocabulary above:

Students spend most of their day in _____.

Listening to lectures and _____ help understand the material.

Teachers often _____ to reinforce learning.

Before exams, I always _____ and _____ to remember key facts.

Group study sessions help _____ and _____ to others.

She always _____ to achieve academic success.

Конец ознакомительного фрагмента.

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