

# 3 Role models

## Glossary

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- 3.1 role model** (n) /'rəʊl ˌmɒdl/  
a person that you admire and try to copy  
• *Sports stars often act as role models for young people.* ❖ пример для подражания

## Reading Pages 30–31

- 3.2 potential** (n) /pə'tenʃl/  
sb's ability to develop or succeed • *I feel this job would allow me to achieve my full potential and show what I am capable of.* > potentially (adv) ❖ потенциал
- 3.3 mission** (n) /'mɪʃn/  
an important job that you feel you must do  
• *She made it her mission in life to help the homeless.* ❖ призвание, миссия
- 3.4 impact** (n) /'ɪmpækt/  
a powerful effect • *The new regulations had an impact on the way businesses worked.* ❖ влияние, воздействие
- 3.5 motivate** (v) /'məʊtɪveɪt/  
make sb want to do sth • *She managed to motivate her students to complete the project in two days.* > motivation (n), motivated (adj) ❖ побуждать, мотивировать
- 3.6 inspire** (v) /ɪn'spaɪə(r)/  
give sb the confidence to do sth • *Her father inspired her to work harder.* ❖ вдохновлять
- 3.7 criticise** (v) /'krɪtɪsaɪz/  
say what you think is wrong about sb/sth  
• *All you do is criticise; you never say anything positive.* > criticism (n) ❖ критиковать
- 3.8 point (sth) out** (phr v) /'pɔɪnt ('sʌmθɪŋ) aʊt/  
draw attention to sth • *The teacher pointed out the many spelling mistakes I had made.* ❖ указывать, отмечать
- 3.9 barrier** (n) /'bæriə(r)/  
sth that prevents people from going somewhere or doing sth • *The fact that he didn't speak the language was a barrier to communication with the local people.* ❖ барьер, препятствие
- 3.10 expectation** (n) /ˌekspek'teɪʃn/  
a strong belief about how sb should behave or how sth should happen • *She had to work really hard to live up to her parents' expectations.* > expect (v) ❖ ожидание, надежда

- 3.11 admire** (v) /əd'maɪə(r)/  
respect and approve of sb • *I really admire my sister for her courage.* > admiration (n) ❖ восхищаться
- 3.12 guide** (n) /gaɪd/  
sb/sth that shows you the way to do sth  
• *I try not to let feelings be my guide; I make my decisions based on logic.* > guidance (n), guide (v) ❖ проводник, руководство
- 3.13 trail** (n) /treɪl/  
path through a forest or in the countryside  
• *The trail along the river was covered with snow.* ❖ тропа
- 3.14 phenomenon** (n) /fə'nɒmɪnən/  
sb/sth that is extremely successful and well known • *Usain Bolt has been a phenomenon in the world of athletics.* ❖ феномен, явление  
📎 Plural: phenomena or phenomenon
- 3.15 remote** (adj) /rɪ'məʊt/  
far away from where most people live  
• *She lives in a remote village in the middle of the forest.* ❖ отдаленный
- 3.16 eldest** (adj) /'eldɪst/  
the oldest of three or more people in a family  
• *I have three younger brothers; I'm the eldest.* ❖ самый старший в семье

### LOOK!

We use the adjectives *elder* and *eldest* to talk about the age of members from the same family.

*Have you met my **elder** sister?*

*George is her **eldest** son.*

We don't use *than* after *elder*. We can use *elder* only before a noun. With *than*, we use the comparative form *older* even if we are talking about members of the same family:

*Jane is my **elder** sister; she's three years **older** than me.*

- 3.17 fetch** (v) /fetʃ/  
go, get and bring back sb/sth • *Could you fetch my bag from the other room, please?* ❖ принести что-либо, привести кого-либо
- 3.18 crop** (n) /krɒp/  
plants that are grown in large quantities especially as food • *Many farmers spray their crops with chemicals to protect them from insects.* ❖ урожай

- 3.19 afford** (v) /ə'fɔ:d/  
have the money or time to buy or do sth  
• *I know you want a swimming pool, but we just can't afford it.* > affordable (adj)  
❖ позволять себе
- 3.20 excel** (adj) /ɪk'sel/  
be extremely good at sth • *She always excelled in mathematics at school; she got top marks.* > excellent (adj) ❖ быть лучшим в каком-либо деле, превосходно делать что-либо
- 3.21 call for** (phr v) /kɔ:l fɔ:(r)/  
publicly ask for sth to happen • *The government has called for the President to resign.* ❖ призывать кого-либо что-либо сделать
- 3.22 donation** (n) /dəʊ'neɪʃən/  
money that you give to help a person or organisation • *He made a donation towards the building of the new hospital.* > donate (v)  
❖ пожертвование
- 3.23 compete** (v) /kəm'pi:t/  
take part in a race or competition • *The two athletes competed for the gold medal.*  
> competition (n), competitive (adj), competitor (n) ❖ соревноваться
- 3.24 attempt** (v) /ə'tempt/  
try to do sth • *Don't attempt to talk me into it. I'm not going to change my mind.* > attempt (n) ❖ пытаться
- 3.25 ultra-** (prefix) /'ʌltrə/  
extreme or extremely • *She likes ultra-modern furniture, but I have more traditional taste.*  
❖ ультра-, сверх-
- 3.26 look up to** (phr v) /lʊk ʌp tə/  
admire or respect very much • *Most teenagers look up to pop stars.* ❖ уважать, восхищаться
- 3.27 break the mould** (expr) /breɪk ðə məʊld/  
do sth in a different way from what people traditionally expect • *She has a fresh approach that completely breaks the mould.*  
❖ ломать стереотипы
- 3.28 right** (n) /raɪt/  
the expectation to be treated fairly and to have the things that are necessary in life • *In many cases, women still have to fight for their rights.*  
❖ право
- 3.29 to sb's surprise** (expr) /tə 'sʌmbədɪz sə'praɪz/  
in a way that sb didn't expect • *I thought he wouldn't like my idea, but, to my surprise, he loved it.* ❖ к моему / всеобщему и т.д. удивлению
- 3.30 recover** (v) /rɪ'kʌvə(r)/  
become well again after an injury or illness  
• *It took him more than a week to recover from his injury.* > recovery (n) ❖ выздоравливать, поправляться

- 3.31 surgery** (n) /'sɜ:dʒəri/  
medical operation that involves cutting open a person's body • *The doctor said I will probably need surgery on my left knee.*  
❖ хирургическая операция

## Vocabulary Page 32

- 3.32 cope** (v) /kəʊp/  
deal successfully with sth difficult • *I don't know how you manage to cope with two jobs and a young child.* ❖ справляться
- 3.33 overcome** (v) /əʊvə'kʌm/  
deal with (a problem) successfully • *You need to overcome your fear of flying or you'll never be able to travel far away.* ❖ преодолевать
- 3.34 gossip** (n) /'gɒsɪp/  
conversation about other people's private lives, usually unkind or untrue • *I've heard the gossip about his new girlfriend, but I don't believe any of it.* > gossip (v) ❖ сплетня
- 3.35 rumour** (n) /'ru:mə(r)/  
a story or piece of news, good or bad, that quickly spreads from person to person • *I heard a rumour that he was going to quit, but I know it's not true.* ❖ слух, молва
- 3.36 split up (with sb)** (phr v) /splɪt ʌp (wɪð 'sʌmbədi)/  
end a relationship or a marriage with sb  
• *He split up with his girlfriend last weekend.*  
❖ расстаться, закончить отношения
- 3.37 disgrace** (n) /dɪs'greɪs/  
the loss of people's respect because of unacceptable behaviour • *He brought disgrace on his whole family when he was sent to prison.* > disgrace (v) ❖ позор, бесчестье
- 3.38 scandal** (n) /'skændl/  
an action that causes the public to feel shock  
• *The accusations that the bank manager had stolen the money caused a scandal.*  
❖ скандал
- 3.39 breakthrough** (n) /'breɪkθru:/  
an important discovery that helps solve a problem • *The new drug is a major breakthrough in the fight against cancer.*  
❖ прорыв
- 3.40 comeback** (n) /'kʌmbæk/  
the return to fame or power of sb who was famous or powerful in the past • *The actor attempted a comeback with a new film after almost ten years.* ❖ возвращение (к власти, славе)
- 3.41 follow in (sb's) footsteps** (expr) /'fɒləʊ ɪn ('sʌmbədi's) 'fʊtstɛps/  
do the same thing in your life as sb else (especially sb in your family) did before • *She decided to follow in her mother's footsteps and become a journalist.* ❖ идти по чьим-либо стопам

- 3.42 out of nowhere** (expr) /aʊt əv 'nəʊwe(r)/  
suddenly and surprisingly • *As soon as I entered the room, a man appeared out of nowhere and asked how he could help me.*  
❖ откуда ни возьмись, внезапно
- 3.43 seize the opportunity** (expr) /'si:z ði ˌɒpə'tju:nəti/  
make use of a chance to do sth as soon as it appears • *As soon as he saw I was available, he seized the opportunity to come and talk to me.* ❖ не упустить момент
- 3.44 the secret of (sb's) success** (expr) /ðə 'si:krət əv ('sʌmbədi's) sʌkses/  
the way in which sb has achieved success  
• *The secret of Harry's success is that he always made the right choices.* ❖ секрет (чьего-либо) успеха
- 3.45 open doors for (sb)** (expr) /'əʊpən dɔ:z fə ('sʌmbədi)/  
provide opportunities for sb to do sth • *His marriage to the film director certainly opened doors for the young actor.* ❖ дать путевку в жизнь, предоставить возможность
- 3.46 claim to fame** (expr) /kleɪm tə feɪm/  
the reason why sb might say they are famous  
• *My only claim to fame is that I went to school with the President's daughter.* ❖ чья-либо претензия на знаменитость
- 3.47 never get anywhere** (expr) /'nevə get 'eniweə(r)/  
make no progress or have no success • *She kept trying to get a part in a film but she never got anywhere.* ❖ ничего не добиться
- 3.48 household name** (expr) /ˌhaʊshəʊld 'neɪm/  
a famous person that almost everyone knows  
• *He never became a household name but he was definitely a very good actor.*  
❖ общеизвестная личность
- 3.49 ambitious** (adj) /æm'bɪʃəs/  
having a strong wish to be successful • *I'm sure you'll become a great film director one day. You're so ambitious!* > ambition (n)  
❖ целеустремленный
- 3.50 determined** (adj) /dɪ'tɜ:mɪnd/  
with a strong desire to do what you plan even if there are difficulties • *He was determined to find out the truth, no matter how long it took.*  
> determine (v), determination (n)  
❖ полный решимости
- 3.51 influence** (n) /'ɪnfluəns/  
have an effect on sb • *Fashion didn't have any influence over her – she had her own personal style.* > influence (v), influencer (n), influential (adj) ❖ влияние
- 3.52 influencer** (n) /'ɪnfluənsə(r)/  
sb who is paid to show the products of a company on their own social media so as to influence people to buy them • *A lot of companies use influencers to promote their products instead of traditional advertising.*  
❖ лидер мнений, инфлюенсер
- 3.53 influential** (adj) /ɪnflu'entʃl/  
having a lot of influence, able to make others behave in a particular way • *She's a very influential artist; a lot of younger artists follow her example.* > influence (v, n), influencer (n)  
❖ влиятельный
- 3.54 reality** (n) /rɪ'æləti/  
the way things truly are • *He looked very young, but in reality he was over fifty.* > real (adj), realistic (adj) ❖ действительность
- 3.55 realistic** (adj) /rɪ'ælɪstɪk/  
accepting what is actually possible to do in a specific situation • *It isn't realistic to expect to finish the job in just two days!* > reality (n), real (adj) ❖ объективный, целесообразный
- 3.56 sponsor** (n) /'spɒnsə(r)/  
a person, organisation or company that agrees to give money to sb so that they complete an activity • *The main sponsor of the festival is the Ministry of Tourism.* > sponsor (v), sponsorship (n) ❖ спонсор
- 3.57 sponsorship** (n) /'spɒnsəʃɪp/  
money that is given to a person or organisation so that they can complete an activity • *The festival received 50,000 in sponsorship from banks.* > sponsor (v, n) ❖ финансирование
- 3.58 for the sake of** (expr) /'fə ðə seɪk əv/  
in order to get or keep sth • *She decided to quit smoking for the sake of her health.*  
❖ в целях чего-либо
- 3.59 aim** (v) /eɪm/  
plan, have as a purpose • *I'm aiming to finish the job by Friday.* ❖ ставить цель, стремиться
- 3.60 passion** (n) /'pæʃn/  
an activity or hobby that you are extremely interested in • *I like all sports, but my passion is rugby.* > passionate (adj) ❖ увлечение
- 3.61 concrete** (adj) /kɒŋkri:t/  
clear and certain • *A general idea will not do; we have to be concrete and specific.*  
❖ конкретный
- 3.62 in exchange** (phr) /ɪn ɪks'tʃeɪndʒ/  
in return • *I can help you with your homework if you wash the dishes in exchange.*  
❖ взамен
- 3.63 follower** (n) /'fɒləʊə(r)/  
sb that chooses to regularly see/receive sb else's posts on social media • *Some celebrities have millions of followers on their social media* ❖ последователь, подписчик

- 3.64 build (sth) up** (phr v) /bɪld ('sʌmθɪŋ) ʌp/  
make sth higher or stronger than before  
• *I do exercises every morning to build up my strength.* ❖ увеличивать, укреплять
- 3.65 keep going** (phr v) /ki:p ɡəʊɪŋ/  
continue to do sth in spite of difficulties • *I know it's difficult but keep going and you will succeed in the end.* ❖ продолжать идти намеченным курсом, не сдаваться

## Grammar Page 33

- 3.66 contestant** (n) /kən'testənt/  
sb who takes part in a competition • *The show features ten contestants from ten different countries.* > **contest** (n) ❖ участник соревнования
- 3.67 announce** (v) /ə'naʊns/  
make sth known to the public • *The presenter announced the winner of the competition.*  
> **announcement** (n), **announcer** (n)  
❖ объявлять, заявлять
- 3.68 single** (adj) /'sɪŋɡl/  
one only • *He told me every single detail of what had happened.* ❖ единственный
- 3.69 bench** (n) /bentʃ/  
a long, hard seat for two or more people found in a public place • *There was an old bench in the park, but it's been removed.*  
❖ скамейка
- 3.70 autograph** (n) /'ɔ:təɡrɑ:f/  
sb's signature, usually a celebrity's  
• *The singer gave me his autograph.*  
❖ автограф
- 3.71 run out** (phr v) /rʌn aʊt/  
be finished completely so that none is left  
• *The salt is running out; we have to get some.* ❖ заканчиваться, иссякать
- 3.72 escape** (v) /ɪ'skeɪp/  
get away from a place where you were not allowed to leave • *Three prisoners were caught while they were trying to escape.*  
> **escape** (n) ❖ совершать побег
- 3.73 skydive** (v) /'skaɪdaɪv/  
jump from an aircraft with a parachute  
• *I skydive every weekend, so I'm not afraid of heights.* > **skydiving** (n) ❖ прыгать с парашютом
- 3.74 volunteer** (v) /ˌvɒləntɪə(r)/  
offer to do sth that you don't have to do  
• *My friends and I volunteered to help clean up the beaches in our area.* > **voluntary** (adj), **volunteer** (n), **volunteering** (n) ❖ вызваться сделать что-либо

- 3.75 parachute** (n) /'pærəʃu:t/  
a piece of equipment made of thin cloth that you open when you are dropped from an aircraft so that you can fall slowly and safely • *She seemed to fall very fast at first but slowed down as soon as she opened her parachute.* ❖ парашют
- 3.76 key** (adj) /ki:/  
very important • *The key issue here is how much this will cost.* ❖ ключевой, важный
- 3.77 capsule** (n) /'kæpsju:l/  
the part of a spacecraft where the astronauts travel • *Conditions in a space capsule are cramped.* ❖ отсек, капсула
- 3.78 spacecraft** (n) /'speɪskra:ft/  
a vehicle that travels in space • *NASA is planning to send another spacecraft to the moon.* ❖ космический корабль

## Listening Page 34

- 3.79 hero** (n) /'hɪərəʊ/  
a person you admire very much because they have done sth great • *He fought bravely in the war and became a national hero.*  
> **heroic** (adj) ❖ герой
- 3.80 get into** (phr v) /get 'ɪntə/  
become interested in sth • *I first got into music when I was a child.* ❖ заинтересоваться, начать заниматься чем-либо
- 3.81 kind of** (expr) /kaɪnd əv/  
informal expression used to explain or talk about sth without being exact • *I kind of said I was sorry and then I changed the subject.*  
❖ что-то вроде, какой-то
- 3.82 fall in love** (expr) /fɔ:l ɪn lʌv/  
start to love • *I fell in love with opera when I first heard Maria Callas.* ❖ влюбиться
- 3.83 brilliant** (adj) /'brɪljənt/  
extremely skilled or clever • *That's a brilliant idea! I agree completely!* > **brilliantly** (adv)  
❖ гениальный
- 3.84 look forward to** (phr v) /lʊk 'fɔ:wəd tə/  
think with pleasure about sth that is going to happen • *It's been a difficult week and I'm really looking forward to the weekend.*  
❖ ждать чего-либо с нетерпением
- 3.85 flat** (adj) /flæt/  
without emotion or excitement • *After the excitement of the last few days, I'm feeling a little flat now.* ❖ унылый, подавленный
- 3.86 scan** (v) /skæn/  
look through (a text) in order to find information  
• *I scanned the list quickly for my name but couldn't find it.* ❖ пробегать глазами, берло осматривать



- 3.87 extract** (n) /'ekstrækt/  
a short passage taken from a longer text  
• *The magazine published an extract from his latest novel.* > extract (v) ♦ выдержка, отрывок
- 3.88 shy** (adj) /ʃaɪ/  
nervous and uncomfortable around people you don't know • *The little boy was very shy and just hid behind his mother.* > shyness (n)  
♦ застенчивый, стеснительный
- 3.89 sense of humour** (n) /sens əv 'hju:mə(r)/  
the ability to understand sth that is funny  
• *Adam's got no sense of humour, so don't play jokes on him.* ♦ чувство юмора
- 3.90 work (sth) out** (phr v) /wɜ:k ('sʌmθɪŋ) aʊt/  
find or calculate the answer to sth • *You can take your time to work out the solution to the problem.* ♦ соотносить, придумывать

## Speaking Page 35

- 3.91 similarity** (n) /ˌsɪmɪ'lærəti/  
the fact that people, things, places, etc. look or are the same • *There are some similarities between surfing and windsurfing.* > similar (adj), similarly (adv) ♦ сходство, подобие
- 3.92 theme** (adj) /θi:m/  
the main subject or topic • *He gave a talk on the theme of violence in modern music.*  
♦ тематический
- 3.93 follow-up** (adj) /'fɒləʊʊp/  
done after a related activity • *We can examine our options now and make final decisions in a follow-up meeting on Friday.* ♦ последующее мероприятие
- 3.94 in contrast** (phr) /ɪn 'kɒntrə:st/  
on the other hand • *I hated his new song. My sister, in contrast, loved it.* ♦ напротив, в отличие от этого
- 3.95 have in common** (expr) /hæv ɪn 'kɒmən/  
share sth with sb; have sth the same as sb else • *The two men have a lot in common: they're both young, married and work in banks.*  
♦ иметь что-то общее
- 3.96 whereas** (conj) /weə'ræz/  
but, while • *The reviewer claimed the film was amazing, whereas I thought it was terrible.*  
♦ в то время как, тогда как

## Grammar Page 36

- 3.97 award** (n) /ə'wɔ:d/  
a prize (for example, money) that you are given for a special achievement • *The winner will receive a cash award of 10,000 pounds.*  
> award (v) ♦ награда, вознаграждение

- 3.98 exhausted** (adj) /ɪg'zɔ:stɪd/  
very tired • *I'm too exhausted to do anything; I think I'll just go to bed.* > exhaust (v), exhaustion (n), exhausting (adj) ♦ сильно уставший, выдохшийся
- 3.99 check-in desk** (n) /'tʃekɪn ,desk/  
the place at the airport where you show your ticket and they tell you where to go and where to sit on the plane • *I forgot to check in online, so I had to wait for half an hour at the check-in desk.* ♦ стойка регистрации пассажиров
- 3.100 take off** (phr v) /teɪk ɒf/  
leave the ground and begin to fly • *Hurry up! Our plane takes off in 20 minutes.*  
♦ взлетать
- 3.101 sanctuary** (n) /'sæŋktʃuəri/  
a place where birds and animals can live and be protected • *The small island has been a wildlife sanctuary since the 1970s.*  
♦ заповедник
- 3.102 crash** (v) /kræʃ/  
hit violently and cause damage • *The car went out of control and crashed into the back of a bus.* > crash (n) ♦ врезаться, разбивать(ся)
- 3.103 bad** (adj) /bæd/  
painful • *He has a bad leg. He can't climb all those stairs.* ♦ больной, поврежденный
- 3.104 rescue** (v) /'reskju:/  
save from a dangerous situation • *The lifeguard managed to rescue the young man from drowning.* > rescue (n) ♦ спасать
- 3.105 promote** (v) /prə'məʊt/  
encourage people to buy or support sth • *They are promoting their new products through internet advertising.* > promotion (n)  
♦ рекламировать
- 3.106 conservation** (n) /ˌkɒnsə'veɪʃn/  
the protection of the natural environment from harmful human activities • *I love animals and fully support this wildlife conservation programme.* ♦ охрана природы
- 3.107 turn out** (phr v) /tɜ:n aʊt/  
prove to be • *I thought he wasn't very clever, but he turned out to be brilliant.* ♦ оказываться
- 3.108 performer** (n) /pə'fɔ:mə(r)/  
sb who entertains an audience • *She's not only a good singer, but also a brilliant performer.* > perform (v), performance (n)  
♦ актер, исполнитель
- 3.109 tangled** (adj) /'tæŋɡld/  
twisted together in an untidy way • *My hair was a tangled mess when I woke up this morning.* ♦ спутанный
- 3.110 fishing line** (n) /'fɪʃɪŋ ,laɪn/  
a piece of strong plastic string you use with a fishing rod to catch fish • *You have to hold the fishing line firmly if you want to catch anything.*  
♦ леска

- 3.111 get away with** (phr v) /get ə'wei wið/  
do sth wrong and avoid being punished or criticised • *He thought he would get away with cheating in the exam but he was caught and punished.* ♦ делать что-либо безнаказанно, выйти сухим из воды
- 3.112 live up to** (phr v) /lɪv ʌp tə/  
achieve what you or other people expect you will • *He studied very hard in order to live up to his parents' expectations.* ♦ оправдывать надежды
- 3.113 catch up on** (phr v) /kætʃ ʌp ɒn/  
spend extra time doing sth which you didn't complete when you should • *I think I'm going to stay in tonight to catch up on my reading.* ♦ наверстывать
- 3.114 come up with** (phr v) /kʌm ʌp wið/  
suggest or think of a plan or idea • *She came up with a great idea for promoting the party.* ♦ придумывать, разрабатывать
- 3.115 deserve** (v) /dɪ'zɜ:v/  
rightly get sth because of the way you behave or act • *I work very hard and I deserve all the money I get.* ♦ заслуживать
- 3.116 miss out on** (phr v) /mɪs aʊt ɒn/  
fail to do sth useful or enjoyable • *Of course I'm coming to the party. I wouldn't want to miss out on all the fun.* ♦ пропускать, упускать возможность
- 3.117 look down on** (phr v) /lʊk daʊn ɒn/  
feel or behave like you are better than sb else • *He looks down on people who haven't been to college.* ♦ смотреть свысока на кого-либо
- 3.118 make up for** (phr v) /meɪk ʌp fə(r)/  
do sth to correct sth that was wrong or was missing • *We started late, so we need to work really fast to make up for lost time.* ♦ наверстать, восполнить
- 3.119 draw attention to** (expr) /drɔ: ə'tenʃən tə/  
make people notice sth • *She was very quiet, as she didn't want to draw attention to herself.* ♦ привлекать внимание
- 3.120 lead the way** (expr) /li:d ðə wei/  
make more progress than others in sth • *This new company is already leading the way in space travel.* ♦ идти во главе
- 3.121 lose your passion for** (expr) /lʊz jɜ: 'pæʃən fə(r)/  
stop being interested in sth that you liked very much • *The teacher criticised me so much that I soon lost my passion for music.* ♦ терять страсть к

- 3.122 see the funny side** (expr) /si: ðə 'fʌni saɪd/  
appreciate the pleasant or funny aspects of an unpleasant situation • *Fortunately, the teacher saw the funny side of what we had done and didn't punish us.* ♦ увидеть плюсы, понять в чем юмор
- 3.123 set a good example** (expr) /set ə gʊd ɪg'zɑ:mpl/  
behave in a way that other people should copy • *You should be setting a good example for your younger sister instead of behaving like a spoilt child yourself.* ♦ подавать хороший пример
- 3.124 come over** (phr v) /kʌm 'əʊvə(r)/  
visit sb in their home • *My parents are coming over for dinner tonight.* ♦ посетить кого-либо, заглянуть в гости
- 3.125 head** (v) /hed/  
go in a particular direction • *I think it's time for us to head back home.* ♦ двигаться в определенном направлении

## Phrasal verbs

build up	get into	miss out on
call for	live up to	point out
catch up on	look down on	split up
come over	look for	take off
come up with	look up to	turn out
get away with	make up for	work out

## Writing Pages 38–39

- 3.126 convention** (n) /kən'venʃən/  
a commonly accepted way of doing sth • *For most people, it is not easy to break with social conventions.* > conventional (adj)  
♦ обычай, принятое правило
- 3.127 prompt** (n) /prɒmpt/  
words that tell you what you should write or talk about • *You can start talking when she gives you the prompt.* ♦ подсказка
- 3.128 fiction** (n) /'fɪkʃən/  
a story about imaginary characters and events, not real ones • *This is a work of fiction, none of the people described are real.* > fictional (adj)  
♦ беллетристика, вымысел
- 3.129 in advance** (phr) /ɪn əd'vɑ:ns/  
before a specific time or thing • *I'd like to thank you in advance. Your help really means a lot to me.* ♦ заранее
- 3.130 leap** (v) /li:p/  
jump very high, a long way or very quickly • *As soon as I stood up, the cat leaped onto my chair.* > leap (n) ♦ запрыгивать, перепрыгивать

- 3.131 submit** (v) /səb'mɪt/  
send a document to an organisation so that they can make a decision • *I submitted my job application last week and am now hoping to be invited for an interview.* ➤ submission (n)  
❖ подавать документы на рассмотрение
- 3.132 congratulate** (v) /kən'grætʃəleɪt/  
express your approval or pleasure for sb's achievement • *All his friends called to congratulate him on passing his exam.*  
➤ congratulations (n pl) ❖ поздравлять
- 3.133 can't believe my ears** (expr) /kænt br'i:lɪv maɪ ɪəz/  
be so surprised by sth you hear that you think you are imagining it • *Alex couldn't believe his ears when Wendy asked him to marry her.*  
❖ не верить своим ушам
- 3.134 desperately** (adv) /'despərətli/  
extremely • *He desperately tried to become a model, but he never managed to achieve his ambition.* ❖ отчаянно, безнадежно
- 3.135 bitterly** (adv) /'bɪtəli/  
extremely and unpleasantly • *I was bitterly disappointed when I didn't get the job.*  
❖ ужасно, сильно
- 3.136 flash** (n) /flæʃ/  
a sudden bright light that immediately disappears • *Suddenly, there was a flash of lightning so we all headed indoors.*  
❖ вспышка
- 3.137 beam** (n) /bi:m/  
a line of light coming from a bright object • *I could barely see the trail in the beam of my torch.* ❖ луч
- 3.138 at long last** (expr) /æt lɒŋ la:st/  
finally, after waiting for a long time • *It had been months since I wrote to him. At long last, he replied.* ❖ в конце концов
- 3.139 not in my wildest dreams** (expr) /nɒt ɪn maɪ 'waɪldɪst dri:mz/  
not even in your imagination • *I never thought we'd win, not even in my wildest dreams.*  
❖ такое и представить себе невозможно
- 3.140 out of the blue** (expr) /aʊt əv ðə blu:/  
suddenly and unexpectedly • *I hadn't seen him in years and then, out of the blue, he turned up on my doorstep.* ❖ внезапно, неожиданно
- 3.141 to make matters worse** (expr) /tə meɪk mətəz wɜ:s/  
to make the situation even more difficult • *His behaviour was terrible and, to make matters worse, he refused to apologise.*  
❖ в довершение всех бед, как нарочно
- 3.142 stunned** (adj) /stʌnd/  
shocked and surprised • *When she told me the terrible news, I was so stunned that I couldn't speak.* ❖ ошеломленный, потрясенный

- 3.143 meanwhile** (adv) /'mi:nwaɪl/  
at the same time as sth else is happening • *I'll pack the suitcases. Meanwhile, you can wash the dishes.* ❖ тем временем
- 3.144 warning** (n) /'wɔ:nɪŋ/  
a statement or sign that tells you sth bad may happen unless you try to avoid it • *It's his fault. I gave him a word of warning, but he decided to ignore it.* ❖ предупреждение

## Expressions

a household name	open doors for sb
claim to fame	out of nowhere
draw attention to	out of the blue
follow in sb's footsteps	the secret of sb's success
for the sake of	see the funny side
keep going	seize the opportunity
never get anywhere	set a good example
not in my wildest dreams	to make matters worse

# Live well, study well

## Page 40

- 3.145 management** (n) /'mænɪdʒmənt/  
the way you organise sth so as to get good results • *Good management of time and money is important in business.* ➤ manage (v), manager (n) ❖ управление, распоряжение
- 3.146 procrastination** (n) /prə'kræstɪ'neɪʃn/  
the act of not doing sth that must be done now and leaving it for later • *After days of procrastination, she finally decided to complete the report.* ➤ procrastinate (v)  
❖ промедление, откладывание
- 3.147 feed** (n) /fi:d/  
a web page that changes often and automatically to show the latest information • *You can check your Twitter feed on your phone or on your computer.* ❖ лента новостей в социальных сетях
- 3.148 challenge** (n) /'tʃælɪndʒ/  
an invitation to complete a task or beat sb in a game • *I've just reached level 7 and completed today's challenge.* ➤ challenge (v)  
❖ вызов (на состязание)
- 3.149 urgently** (adv) /'ɜ:dʒəntli/  
in a way that needs immediate attention • *Vaccines against the new virus are urgently needed.* ➤ urgent (adj) ❖ срочно
- 3.150 sort** (v) /sɔ:t/  
separate a number of things into groups • *The students were sorted into three groups: more advanced, average and less advanced.*  
❖ распределять, сортировать

- 3.151 according to** (prep) /ə'kɔːdɪŋ ,tə/  
in a way that agrees with sth • *I organised the books on the shelf according to their topic.*  
❖ согласно чему-либо, в соответствии с
- 3.152 waste** (n) /weɪst/  
an unnecessary or wrong use of sth  
• *You don't need a new phone – it would be a waste of money.* > waste (v) ❖ трата, расточительство
- 3.153 guilty** (adj) /'ɡɪlti/  
feeling bad about sth you did or sth you didn't do • *She felt guilty about not going to his party.*  
> guilt (n) ❖ виноватый
- 3.154 put (sth) off** (phr v) /pʊt ('sʌmθɪŋ) ɒf/  
delay sth until a later time • *They have put off the meeting for a week; it will take place next Tuesday.* ❖ откладывать, отстрочивать
- 3.155 report back** (phr v) /rɪ'pɔːt bæk/  
present information that you have been asked to find out • *See how much you can find out about the new plan and report back next week.*  
❖ отчитываться, докладывать о результатах
- 3.156 cut down on** (phr v) /kʌt daʊn ɒn/  
use less of sth or do sth less than before  
• *I'm trying to cut down on coffee so I only have one cup a day now.* ❖ сократить потребление чего-либо
- 3.157 mean (to do sth)** (v) /miːn (tə duː 'sʌmθɪŋ)/  
intend to do sth • *I didn't mean to be rude. I'm sorry.* ❖ наконец сделать что-либо
- 3.158 get round to** (phr v) /get raʊnd tə/  
find the time to do sth that you wanted or needed to do for a long time • *A week later, I finally got round to answering his email.*  
❖ намереваться, хотеть что-либо сделать