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**АНГЛИЙСКИЙ  
ЯЗЫК ДЛЯ  
ПОВСЕДНЕВНОЙ  
ЖИЗНИ**

Чтение, лексика и навыки  
общения для уровня А2

**Джуди Грэммер**  
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**Аннотация**

Книга предназначена для учащихся уровня А2 и ориентирована на развитие навыков чтения и расширение активного словарного запаса. Материалы структурированы по темам повседневной жизни, включают ключевые слова, фразовые глаголы и устойчивые выражения с примерами. Тексты просты и современны, упражнения помогают закрепить лексику, развить понимание текста и навыки коммуникации в реальных ситуациях.

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**Джуди Грэммер**

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# Предисловие

Изучение английского языка становится важным навыком для работы, путешествий и общения с людьми из разных стран. Эта книга предназначена для уровня А2 и помогает улучшать понимание текста на английском и расширять словарный запас.

Материал книги организован по темам, которые встречаются в повседневной жизни: работа, учёба, семья, свободное время, путешествия и личное развитие. Каждая глава включает важные слова, фразовые глаголы и устойчивые выражения с объяснением на русском языке и примерами употребления. Это помогает запомнить лексику и использовать её в реальных ситуациях.

Тексты для чтения написаны простым и естественным языком, с повторением ключевых слов и выражений. Они развивают умение понимать основную идею текста и делать выводы.

Каждая глава содержит вопросы на проверку понимания и упражнения для закрепления словарного запаса: Multiple Choice и Matching. Подробный ключ ответов позволяет самостоятельно проверять свои знания.

Рекомендуется работать по главам: сначала изучать новые слова, затем читать текст, отвечать на вопросы и выполнять упражнения. Такой способ помогает лучше запомнить лексику, уверенно использовать её в речи и постепенно развивать навыки английского языка.

Книга подходит как для самостоятельного изучения, так и в качестве поддержки учебного курса, позволяя использовать английский в реальной жизни.

# Daily Routines

## Word Power

1. wake up  
просыпаться

I usually wake up at 7 a.m. on weekdays.  
Я обычно просыпаюсь в 7 утра по будням.

She wakes up early to go for a run.  
Она просыпается рано, чтобы пойти на пробежку.

2. get ready  
собираться, готовиться (к выходу, к работе и т.д.)

It takes me 30 minutes to get ready in the morning.  
Мне требуется 30 минут, чтобы собраться утром.

He gets ready for work while listening to music.  
Он собирается на работу, слушая музыку.

3. have a quick breakfast  
быстро позавтракать

I usually have a quick breakfast before work.  
Я обычно быстро завтракаю перед работой.

She doesn't have a quick breakfast on weekends.  
По выходным она не завтракает на скорую руку.

4. be in a hurry  
спешить, торопиться

I am often in a hurry in the morning.  
Я часто спешу по утрам.

He was in a hurry and forgot his keys.  
Он спешил и забыл ключи.

# Reading Text

For many people, daily routines help organize the day. Anna usually wakes up at 6:30 because she likes to have a calm morning. After she wakes up, she checks her phone for a few minutes and then gets ready for work. It takes her about forty minutes to get ready, so she tries not to be in a hurry.

Anna always has a quick breakfast before leaving home. She often has coffee and a sandwich. If she wakes up late, she is in a hurry and has a very quick breakfast. On those days, she doesn't feel relaxed.

After work, Anna follows another routine. She goes for a short walk, cooks dinner, and spends time with her family. In the evening, she prepares for the next day so she won't be in a hurry in the morning. She believes that a simple routine helps her feel calm and productive. Even on weekends, she wakes up at the same time, but she doesn't get ready so quickly and never has a quick breakfast.

# Check Your Understanding

What time does Anna usually wake up?

What does she usually have for breakfast?

Why does Anna prepare for the next day in the evening?

How does she feel when she is in a hurry?

Do you prefer to follow a daily routine or not? Why?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

I usually \_\_\_\_\_ at 7 a.m.

- A) wake up
- B) get ready
- C) be in a hurry

It takes me 20 minutes to \_\_\_\_\_ for work.

- A) wake up
- B) get ready
- C) have a quick breakfast

When I am late, I am \_\_\_\_\_.

- A) ready
- B) in a hurry
- C) calm

She doesn't have much time, so she \_\_\_\_\_.

- A) has a quick breakfast
- B) wakes up
- C) relaxes

## Exercise 2 – Matching

Match the expressions with their meanings:

wake up

get ready

have a quick breakfast

be in a hurry

a) быстро позавтракать

b) спешить

c) просыпаться

d) собираться

# Answer Key

## Check Your Understanding

Anna usually wakes up at 6:30.

She usually has coffee and a sandwich for breakfast.

She prepares for the next day so she won't be in a hurry in the morning.

When she is in a hurry, she doesn't feel relaxed.

Possible answers:

I prefer to follow a routine because it helps me stay organized.

I don't like routines because I enjoy being flexible.

I follow a routine on weekdays but relax on weekends.

## Exercise 1 – Multiple Choice

1 – A

2 – B

3 – B

4 – A

Explanation:

«Wake up» means stop sleeping.

«Get ready» means prepare for something.

«Be in a hurry» means not having enough time.

«Have a quick breakfast» means eat breakfast fast.

Exercise 2 – Matching

1 – c

2 – d

3 – a

4 – b

# Free Time Activities

## Word Power

1. spend time on  
тратить время на что-либо

I spend time on my hobbies every weekend.  
Я трачу время на свои хобби каждые выходные.

She spends a lot of time on learning English.  
Она тратит много времени на изучение английского.

2. try something new  
пробовать что-то новое

I want to try something new this year.  
Я хочу попробовать что-то новое в этом году.

He tried something new and joined a photography club.  
Он попробовал что-то новое и вступил в фотоклуб.

3. relax after a long day  
расслабиться после долгого дня

I like to relax after a long day at work.

Мне нравится расслабляться после долгого рабочего дня.

She watches TV to relax after a long day.

Она смотрит телевизор, чтобы расслабиться после долгого дня.

4. be interested in

интересоваться чем-либо

I am interested in music and art.

Я интересуюсь музыкой и искусством.

He has always been interested in sports.

Он всегда интересовался спортом.

# Reading Text

Free time is an important part of life. Many people work or study during the day, so they look forward to their free time in the evening or on weekends. Different people spend time on different activities. Some people spend time on sports, while others prefer reading or watching films.

Maria works in an office and is often busy, but she always finds time to relax after a long day. She usually goes for a walk or listens to music. She believes it is important to relax after a long day because it helps her feel calm and positive.

Recently, Maria decided to try something new. She joined a cooking class because she is interested in healthy food. At first, she was nervous, but now she really enjoys it. She spends time on learning new recipes and often cooks for her friends.

Trying something new helped her discover a new hobby. Now she is even more interested in cooking and plans to try something new again next year.

# Check Your Understanding

When do many people usually have free time?

What does Maria do to relax after a long day?

Why did Maria join a cooking class?

How did trying something new change Maria's life?

What do you usually spend time on in your free time?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

I usually \_\_\_\_\_ my hobbies in the evening.

- A) spend time on
- B) try something new
- C) relax after a long day

She wants to \_\_\_\_\_ and learn to dance.

- A) be interested in
- B) try something new
- C) spend time on

After work, I like to \_\_\_\_\_.

- A) be interested in
- B) relax after a long day
- C) try something new

He is \_\_\_\_\_ photography.

- A) interested in
- B) relaxing after
- C) spending time

## Exercise 2 – Matching

Match the expressions with their meanings:

spend time on

try something new

relax after a long day

be interested in

a) интересоваться

b) пробовать что-то новое

c) тратить время на

d) расслабиться после долгого дня

# Answer Key

## Check Your Understanding

Many people usually have free time in the evening or on weekends.

Maria usually goes for a walk or listens to music to relax after a long day.

She joined a cooking class because she is interested in healthy food.

Trying something new helped her discover a new hobby and feel more positive.

Possible answers:

I spend time on sports and meeting friends.

I usually relax after a long day by watching films.

I like to try something new when I have free time.

Exercise 1 – Multiple Choice

- 1 – A
- 2 – B
- 3 – B
- 4 – A

Explanation:

«Spend time on» means use your time for something.

«Try something new» means do something different for the first time.

«Relax after a long day» means rest after work or study.

«Be interested in» means like something and want to know more about it.

Exercise 2 – Matching

- 1 – c
- 2 – b
- 3 – d
- 4 – a

# My Typical Week

## Word Power

1. during the week

в течение недели

I am very busy during the week.

Я очень занят в течение недели.

During the week, she doesn't have much free time.

В течение недели у неё немного свободного времени.

2. at the weekend

на выходных

I usually meet my friends at the weekend.

Я обычно встречаюсь с друзьями на выходных.

At the weekend, we don't wake up early.

На выходных мы не просыпаемся рано.

3. have a day off

иметь выходной

I have a day off on Friday.

У меня выходной в пятницу.

She usually relaxes when she has a day off.

Она обычно отдыхает, когда у неё выходной.

4. catch up on

наверстывать, заниматься тем, на что не хватало времени

I catch up on my emails in the evening.

Я наверстываю электронные письма вечером.

At the weekend, he catches up on sleep.

На выходных он отсыпается.

# Reading Text

Everyone has a different routine, but many people have a similar rhythm during the week and at the weekend. Daniel works in a small company, and his typical week is quite busy.

During the week, Daniel wakes up at 7 a.m. and leaves home at 8. He spends most of the day at work. In the evening, he usually cooks dinner and watches a series. Sometimes he needs to catch up on emails or finish small tasks from work. During the week, he doesn't have much free time, so he plans his days carefully.

On Wednesday, Daniel has a day off. When he has a day off, he tries to relax and spend time outdoors. He also uses this time to catch up on personal projects.

At the weekend, his routine is different. He doesn't set an alarm and often meets friends. At the weekend, he also catches up on sleep because he feels tired after a long week. For Daniel, the balance between work during the week and rest at the weekend is very important.

## **Check Your Understanding**

What time does Daniel wake up during the week?

What does he sometimes need to catch up on in the evening?

Why does Daniel plan his days carefully during the week?

Why does he catch up on sleep at the weekend?

Is your week similar to Daniel's typical week? Why or why not?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

I am very busy \_\_\_\_\_.

- A) at the weekend
- B) during the week
- C) have a day off

On Sunday, I usually relax \_\_\_\_\_.

- A) during the week
- B) catch up on
- C) at the weekend

I don't work today. I \_\_\_\_\_.

- A) catch up on
- B) have a day off
- C) during the week

In the evening, I \_\_\_\_\_ my homework.

- A) catch up on
- B) have a day off
- C) at the weekend

## Exercise 2 – Matching

Match the expressions with their meanings:

during the week

at the weekend

have a day off

catch up on

- a) иметь выходной
- b) на выходных
- c) в течение недели
- d) наверстывать

# Answer Key

## Check Your Understanding

Daniel wakes up at 7 a.m. during the week.

He sometimes needs to catch up on emails or finish small tasks from work.

He plans his days carefully because he doesn't have much free time during the week.

He catches up on sleep at the weekend because he feels tired after a long week.

Possible answers:

My week is similar because I am also busy during the week and relax at the weekend.

My week is different because I work at the weekend.

I don't have a fixed routine, so my week changes often.

Exercise 1 – Multiple Choice

- 1 – B
- 2 – C
- 3 – B
- 4 – A

Explanation:

«During the week» refers to Monday—Friday (or working days).

«At the weekend» refers to Saturday and Sunday.

«Have a day off» means not work on a particular day.

«Catch up on» means do something that you did not have time to do before.

Exercise 2 – Matching

- 1 – c
- 2 – b
- 3 – a
- 4 – d

# Food and Eating Out

## Word Power

1. eat out

есть вне дома, ходить в кафе или ресторан

We usually eat out on Friday evenings.

Мы обычно едим вне дома по пятницам.

They don't eat out very often.

Они не так часто ходят в рестораны.

2. try a new dish

попробовать новое блюдо

I like to try a new dish when I travel.

Мне нравится пробовать новое блюдо, когда я путешествую.

She tried a new dish at the Italian restaurant.

Она попробовала новое блюдо в итальянском ресторане.

3. book a table

забронировать столик

We need to book a table for Saturday night.

Нам нужно забронировать столик на субботний вечер.

He booked a table online.

Он забронировал столик онлайн.

4. be on a diet

быть на диете

I am on a diet, so I don't eat sweets.

Я на диете, поэтому не ем сладкое.

She is on a diet and chooses healthy food.

Она на диете и выбирает полезную еду.

# Reading Text

For many people, food is not only about eating but also about spending time with others. Some people prefer to cook at home, while others like to eat out. Eating out is popular at the weekend, especially after a busy week at work.

Tom and his wife usually eat out on Saturday evening. They like to try a new dish every time they visit a restaurant. Sometimes they choose Italian food, and sometimes they try something completely different. Before going out, Tom usually books a table because their favorite places are often full.

Recently, Tom decided to be on a diet. He still wants to eat out, but now he chooses healthier options. Even when he tries a new dish, he looks for something light and fresh. Being on a diet is not always easy, especially when the menu looks delicious.

For Tom, eating out is not just about food. It is a way to relax, talk, and enjoy the evening. Even when he is on a diet, he believes it is important to enjoy life and sometimes try a new dish.

# Check Your Understanding

When do Tom and his wife usually eat out?

Why does Tom book a table before going to a restaurant?

Why is being on a diet sometimes difficult for Tom?

Why is eating out important for Tom?

Do you prefer cooking at home or eating out? Why?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

We are going to \_\_\_\_\_ tonight.

- A) eat out
- B) be on a diet
- C) book a dish

I want to \_\_\_\_\_ from the menu.

- A) be on a diet
- B) try a new dish
- C) eat out

It's a popular restaurant, so we should \_\_\_\_\_.

- A) try a new dish
- B) book a table
- C) be on a diet

She doesn't eat fast food because she \_\_\_\_\_.

- A) eats out
- B) books a table
- C) is on a diet

## Exercise 2 – Matching

Match the expressions with their meanings:

eat out

try a new dish

book a table

be on a diet

- a) быть на диете
- b) забронировать столик
- c) есть вне дома
- d) попробовать новое блюдо

# Answer Key

## Check Your Understanding

Tom and his wife usually eat out on Saturday evening.

He books a table because their favorite restaurants are often full.

Being on a diet is difficult because the menu looks delicious and it is hard to choose healthy options.

Eating out is important for Tom because it helps him relax, talk, and enjoy the evening.

Possible answers:

I prefer cooking at home because it is cheaper and healthier.

I prefer eating out because I like trying new dishes.

I enjoy both cooking at home and eating out.

Exercise 1 – Multiple Choice

1 – A

2 – B

3 – B

4 – C

Explanation:

«Eat out» means eat at a restaurant.

«Try a new dish» means choose something different from the menu.

«Book a table» means reserve a place at a restaurant.

«Be on a diet» means follow a special eating plan.

Exercise 2 – Matching

1 – c

2 – d

3 – b

4 – a

# Shopping for Everyday Things

## Word Power

1. make a shopping list

составить список покупок

I always make a shopping list before going to the store.

Я всегда составляю список покупок перед тем, как идти в магазин.

She makes a shopping list to save time and money.

Она составляет список покупок, чтобы сэкономить время и деньги.

2. compare prices

сравнивать цены

It's important to compare prices before you buy something.

Важно сравнивать цены перед покупкой.

He compared prices online and found a better offer.

Он сравнил цены онлайн и нашёл более выгодное предложение.

3. be on sale

быть со скидкой

These shoes are on sale this week.

Эти туфли на распродаже на этой неделе.

I bought the jacket because it was on sale.

Я купил куртку, потому что она была со скидкой.

4. run out of

закончиться (о продуктах, вещах)

We ran out of milk this morning.

У нас закончилось молоко сегодня утром.

She doesn't like to run out of basic products.

Она не любит, когда заканчиваются основные продукты.

# Reading Text

For most people, shopping for everyday things is a regular part of life. Some people enjoy it, while others see it as a task they have to do. Lisa prefers to plan her shopping carefully. Before going to the supermarket, she always makes a shopping list. Making a shopping list helps her avoid buying unnecessary things.

Lisa also likes to compare prices. She sometimes checks prices online before going to the store. If a product is on sale, she may buy more than one. However, she tries not to buy something just because it is on sale.

Last week, Lisa ran out of rice and coffee at the same time. She realized that she forgot to make a shopping list. As a result, she had to go back to the supermarket the next day. Since then, she always makes a shopping list and checks what she needs before leaving home.

For Lisa, shopping is easier when she plans ahead. She believes that making a shopping list and comparing prices are simple ways to save money and time.

# Check Your Understanding

What does Lisa do before going to the supermarket?

Why does she sometimes check prices online?

Why did she have to go back to the supermarket last week?

Why does Lisa think planning is important?

Do you usually plan your shopping or buy things without a plan? Why?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

Before shopping, I usually \_\_\_\_\_.

- A) run out of
- B) make a shopping list
- C) be on sale

It's smart to \_\_\_\_\_ before buying electronics.

- A) compare prices
- B) run out of
- C) make a sale

I bought this shirt because it was \_\_\_\_\_.

- A) compared
- B) on sale
- C) run out of

We need to go to the store because we \_\_\_\_\_ bread.

- A) are on sale
- B) compared prices
- C) ran out of

## Exercise 2 – Matching

Match the expressions with their meanings:

make a shopping list

compare prices

be on sale

run out of

- a) закончиться
- b) составить список покупок
- c) быть со скидкой
- d) сравнивать цены

# Answer Key

## Check Your Understanding

Lisa makes a shopping list before going to the supermarket.

She checks prices online to compare prices and find better offers.

She had to go back to the supermarket because she ran out of rice and coffee and forgot to make a shopping list.

She thinks planning is important because it helps her save money and time.

Possible answers:

I usually make a shopping list because it helps me stay organized.

I sometimes buy things without a plan, especially when something is on sale.

I compare prices when I buy expensive products.

## Exercise 1 – Multiple Choice

1 – B

2 – A

3 – B

4 – C

### Explanation:

«Make a shopping list» means write down what you need to buy.

«Compare prices» means check different prices before buying.

«Be on sale» means be sold at a lower price.

«Run out of» means have nothing left.

## Exercise 2 – Matching

1 – b

2 – d

3 – c

4 – a

# At the Supermarket

## Word Power

1. go shopping

ходить за покупками

I usually go shopping on Saturdays.

Я обычно хожу за покупками по субботам.

She goes shopping every week to buy groceries.

Она ходит за покупками каждую неделю, чтобы купить продукты.

2. aisle

проход (в магазине между стеллажами)

The bread is in aisle 3.

Хлеб находится в проходе 3.

I always get lost when I walk down long aisles.

Я всегда теряюсь, когда иду по длинным проходам.

3. put items in the basket

класть товары в корзину

I put items in the basket before going to the cashier.

Я кладу товары в корзину перед тем, как идти к кассе.

She carefully puts items in the basket to avoid breaking anything.

Она аккуратно кладет товары в корзину, чтобы ничего не сломать.

4. pay at the checkout

оплатить на кассе

After shopping, I pay at the checkout.

После покупок я оплачиваю товары на кассе.

He forgot his wallet and couldn't pay at the checkout.

Он забыл кошелек и не смог оплатить на кассе.

# Reading Text

Going to the supermarket is a common activity for most people. Many people go shopping once or twice a week to buy food and other everyday items. A supermarket is usually organized in aisles, where similar products are placed together. For example, bread and bakery items are in one aisle, and drinks are in another.

Anna goes to the supermarket every Saturday. She puts items in the basket carefully because she doesn't want to damage anything. She often follows her shopping list, checking each aisle for what she needs. Sometimes she compares prices between brands before choosing a product.

After collecting everything, Anna goes to the checkout to pay at the checkout. She prefers to pay by card because it is faster. Sometimes the supermarket is busy, and she has to wait in line, but she doesn't mind. Shopping can be relaxing if you plan ahead.

For Anna, going to the supermarket is not only about buying food. It is a way to organize her week and make sure she has everything she needs. She believes that a well-planned shopping trip saves time and avoids stress.

# Check Your Understanding

How often does Anna go to the supermarket?

Why does she put items in the basket carefully?

What does she do before choosing a product sometimes?

Why does Anna prefer to pay by card?

How do you feel when you go shopping? Do you enjoy it or not?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

I need to buy milk and eggs, so I will \_\_\_\_\_.

- A) put items in the basket
- B) go shopping
- C) pay at the checkout

Bread and pastries are in one \_\_\_\_\_.

- A) checkout
- B) basket
- C) aisle

After choosing products, I \_\_\_\_\_.

- A) pay at the checkout
- B) put items in the basket
- C) go shopping

I carefully \_\_\_\_\_ so nothing breaks.

- A) put items in the basket
- B) go shopping
- C) pay at the checkout

## Exercise 2 – Matching

Match the expressions with their meanings:

go shopping

aisle

put items in the basket

pay at the checkout

- a) класть товары в корзину
- b) оплатить на кассе
- c) ходить за покупками
- d) проход между стеллажами

# Answer Key

## Check Your Understanding

Anna goes to the supermarket every Saturday.

She puts items in the basket carefully because she doesn't want to damage anything.

She compares prices between brands before choosing a product.

She prefers to pay by card because it is faster.

Possible answers:

I enjoy shopping because I like choosing food.

I don't enjoy shopping because it takes too much time.

I feel relaxed when I plan my shopping trip.

## Exercise 1 – Multiple Choice

1 – B

2 – C

3 – A

4 – A

Explanation:

«Go shopping» means visit a store to buy things.

«Aisle» is the space between shelves in a store.

«Put items in the basket» means place goods in your shopping basket.

«Pay at the checkout» means pay for your goods at the cash register.

Exercise 2 – Matching

1 – c

2 – d

3 – a

4 – b

# Using Public Transport

## Word Power

1. catch a bus/train

поймать автобус / поезд, сесть на транспорт

I usually catch the bus at 8 a.m.

Я обычно сажусь на автобус в 8 утра.

She missed the train because she didn't catch it on time.

Она опоздала на поезд, потому что не успела на него вовремя.

2. buy a ticket

купить билет

You need to buy a ticket before you get on the bus.

Вам нужно купить билет перед тем, как сесть в автобус.

He bought a ticket online to save time.

Он купил билет онлайн, чтобы сэкономить время.

3. get off

выходить (из автобуса, поезда и т.д.)

I get off at the next station.

Я выхожу на следующей станции.

She forgot to get off and had to go back.

Она забыла выйти и пришлось ехать обратно.

4. be crowded

быть переполненным, многолюдным

The bus is often crowded in the morning.

Автобус часто переполнен по утрам.

Trains can be crowded during rush hour.

Поезда могут быть переполнены в час пик.

# Reading Text

Many people use public transport to get to work, school, or other places. Buses, trains, and trams are common in big cities. Using public transport can be convenient, but it can also be crowded, especially in the morning and evening.

Tom takes the bus to work every day. He usually catches a bus at 7:30 a.m. and buys a ticket at the station. The bus is often crowded, so he prefers to stand near the door. He listens to music or reads a book while traveling. Tom gets off at the main street near his office.

Sometimes, the bus is delayed, and he has to wait. On those days, he feels stressed but tries to stay calm. Using public transport also saves money and is better for the environment compared to using a car.

Tom believes that planning his trips carefully makes traveling by public transport easier. He checks the bus schedule and leaves home a little earlier to avoid being late. Even when it is crowded, he enjoys reading or listening to music while traveling.

# Check Your Understanding

How does Tom usually get to work?

Why does he buy a ticket at the station?

Why is the bus often crowded?

How does Tom feel when the bus is delayed?

Do you prefer using public transport or a private car? Why?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

I need to \_\_\_\_\_ at 8 a.m. to reach school on time.

- A) get off
- B) catch a bus
- C) be crowded

Don't forget to \_\_\_\_\_ before entering the train.

- A) buy a ticket
- B) get off
- C) catch a bus

The train is very full. It's \_\_\_\_\_.

- A) crowded
- B) off
- C) buying

I usually \_\_\_\_\_ at the station near my home.

- A) catch a bus
- B) get off
- C) buy a ticket

## Exercise 2 – Matching

Match the expressions with their meanings:

catch a bus/train

buy a ticket

get off

be crowded

- a) быть переполненным
- b) выходить
- c) сесть на автобус / поезд
- d) купить билет

# Answer Key

Check Your Understanding

Tom usually takes the bus to work.

He buys a ticket at the station to be able to ride legally.

The bus is often crowded because many people travel in the morning and evening.

When the bus is delayed, Tom feels stressed but tries to stay calm.

Possible answers:

I prefer public transport because it is cheaper and better for the environment.

I prefer a private car because it is faster and more comfortable.

I use both depending on the situation.

Exercise 1 – Multiple Choice

1 – B

2 – A

3 – A

4 – B

Explanation:

«Catch a bus/train» means get on public transport.

«Buy a ticket» is necessary before boarding.

«Be crowded» means have many people.

«Get off» means exit the bus, train, or tram.

Exercise 2 – Matching

1 – c

2 – d

3 – b

4 – a

# Making Plans

## Word Power

1. arrange a meeting

организовать встречу

I need to arrange a meeting with my teacher.

Мне нужно организовать встречу с учителем.

She arranged a meeting with her friends for Saturday.

Она организовала встречу с друзьями на субботу.

2. agree on a time

согласовать время

We agreed on a time for the meeting at 3 p.m.

Мы согласовали время встречи на 3 часа дня.

It's difficult to agree on a time when everyone is busy.

Трудно согласовать время, когда все заняты.

3. cancel an appointment

отменить встречу / назначение

I had to cancel an appointment because I was sick.

Мне пришлось отменить встречу, потому что я был болен.

She canceled an appointment with the dentist.

Она отменила встречу с зубным врачом.

4. confirm the plan

подтвердить план

Please confirm the plan by email.

Пожалуйста, подтвердите план по электронной почте.

They confirmed the plan for the party on Friday.

Они подтвердили план вечеринки на пятницу.

# Reading Text

Making plans is an important part of daily life. People often need to meet friends, colleagues, or family members, and clear communication helps avoid misunderstandings. Tom and his friend Sarah are planning to meet on Saturday.

First, they arranged a meeting online. Then, they agreed on a time that suits both of them. Tom suggested 2 p.m., and Sarah agreed. After agreeing on a time, they discussed where to meet. They decided to meet at a café near the park. Before Saturday, Tom realized he had another commitment, so he had to cancel an appointment. He quickly sent a message to Sarah to inform her. Sarah understood and suggested another day.

Finally, they confirmed the plan for the following Saturday. Tom likes to confirm the plan in advance because it helps him avoid confusion. Making plans can be simple if both people communicate clearly. Clear planning ensures that everyone knows the time, place, and what they will do. For Tom and Sarah, careful planning makes meeting enjoyable and stress-free.

# Check Your Understanding

How did Tom and Sarah first arrange their meeting?

What time did they agree on?

Why did Tom have to cancel an appointment?

Why is confirming the plan important for Tom?

How do you usually make plans with your friends or colleagues?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

We need to \_\_\_\_\_ for next week.

- A) arrange a meeting
- B) cancel an appointment
- C) confirm the plan

They \_\_\_\_\_ on a time that suits everyone.

- A) agreed
- B) canceled
- C) confirmed

I had to \_\_\_\_\_ because I was busy.

- A) cancel an appointment
- B) confirm the plan
- C) arrange a meeting

Please \_\_\_\_\_ before coming.

- A) cancel an appointment
- B) confirm the plan
- C) agree on a time

## Exercise 2 – Matching

Match the expressions with their meanings:

arrange a meeting

agree on a time

cancel an appointment

confirm the plan

- a) согласовать время
- b) подтвердить план
- c) организовать встречу
- d) отменить встречу

# Answer Key

## Check Your Understanding

Tom and Sarah first arranged their meeting online.

They agreed on 2 p.m.

Tom had to cancel an appointment because he had another commitment.

Confirming the plan is important for Tom because it helps avoid confusion.

Possible answers:

I usually call or message my friends to make plans.

I prefer to use an app to arrange meetings with colleagues.

I like to confirm plans a day before to make sure everyone is ready.

Exercise 1 – Multiple Choice

1 – A

2 – A

3 – A

4 – B

Explanation:

«Arrange a meeting» means organize a meeting.

«Agree on a time» means find a time that suits everyone.

«Cancel an appointment» means decide not to go to a planned meeting.

«Confirm the plan» means check and approve the plan in advance.

Exercise 2 – Matching

1 – c

2 – a

3 – d

4 – b

# Family Life

## Word Power

1. get along with

ладить с кем-либо

I get along with my brother very well.

Я очень хорошо лажу с братом.

She doesn't get along with her neighbor.

Она не ладит со своей соседкой.

2. take care of

заботиться о ком-либо / чем-либо

Parents take care of their children.

Родители заботятся о своих детях.

He takes care of the garden every weekend.

Он ухаживает за садом каждые выходные.

3. spend time together

проводить время вместе

We like to spend time together on weekends.

Нам нравится проводить время вместе по выходным.

They spend time together cooking or watching movies.

Они проводят время вместе, готовя или смотря фильмы.

4. support each other

поддерживать друг друга

Family members should support each other.

Члены семьи должны поддерживать друг друга.

They always support each other in difficult situations.

Они всегда поддерживают друг друга в трудные моменты.

# Reading Text

Family life is very important for most people. Families can be a source of love, support, and happiness. In a healthy family, members get along with each other and take care of one another. Parents often take care of their children, but older children may also help younger siblings.

Maria lives with her parents and two younger brothers. They spend time together every evening. Sometimes they cook dinner together, and other times they watch a film or play games. Maria believes that spending time together helps strengthen their relationships and makes the family closer.

In addition to spending time together, family members support each other. If someone has a problem at school or work, others try to help. Maria thinks it is important to communicate openly and listen to each other. Arguments can happen, but understanding and respect help solve conflicts.

For Maria, family life is not only about living in the same house. It is about sharing experiences, helping each other, and creating a safe and happy environment. A strong family can make life more enjoyable and less stressful.

# Check Your Understanding

Who does Maria live with?

What activities does Maria do with her family?

How do family members support each other?

Why does Maria think spending time together is important?

How do you usually spend time with your family?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

I always try to \_\_\_\_\_ my sister.

- A) take care of
- B) support each other
- C) get along with

Families should \_\_\_\_\_ during difficult times.

- A) get along with
- B) support each other
- C) spend time together

We often \_\_\_\_\_ by watching movies or playing games.

- A) get along with
- B) take care of
- C) spend time together

I get along with my colleagues at work. I \_\_\_\_\_ them well.

- A) support
- B) take care of
- C) get along with

## Exercise 2 – Matching

Match the expressions with their meanings:

get along with

take care of

spend time together

support each other

- a) проводить время вместе
- b) заботиться о ком-либо
- c) ладить с кем-либо
- d) поддерживать друг друга

# Answer Key

## Check Your Understanding

Maria lives with her parents and two younger brothers.

She cooks dinner, watches films, and plays games with her family.

Family members support each other by helping in difficult situations.

Spending time together strengthens relationships and makes the family closer.

Possible answers:

I spend time with my family cooking or going for walks.

We watch movies together every weekend.

We talk and help each other with school or work tasks.

Exercise 1 – Multiple Choice

1 – A

2 – B

3 – C

4 – C

Explanation:

«Get along with» means have good relationships.

«Take care of» means look after someone or something.

«Spend time together» means do activities with others.

«Support each other» means help and encourage one another.

Exercise 2 – Matching

1 – c

2 – b

3 – a

4 – d

# Friendship

## Word Power

1. make friends

заводить друзей

It's easy to make friends at school.

Легко завести друзей в школе.

She made friends with new colleagues at work.

Она завела друзей среди новых коллег на работе.

2. trust someone

доверять кому-либо

I trust my best friend with my secrets.

Я доверяю своему лучшему другу свои секреты.

It's important to trust someone before sharing personal information.

Важно доверять человеку, прежде чем делиться личным.

3. rely on someone

полагаться на кого-либо

You can always rely on your close friends.

На своих близких друзей всегда можно положиться.

He relies on his teammates during difficult projects.

Он полагается на своих товарищей по команде в трудных проектах.

4. share experiences

делиться опытом, впечатлениями

Friends often share experiences and advice.

Друзья часто делятся впечатлениями и советами.

We shared experiences from our travel last summer.

Мы поделились впечатлениями от нашего путешествия прошлым летом.

# Reading Text

Friendship is an important part of life. Friends provide support, companionship, and enjoyment. People can make friends in many ways – at school, work, or through shared hobbies. Building strong friendships takes time, trust, and care.

Emma met her best friend, Anna, at university. They quickly became close and learned to trust each other. Over time, they realized they could rely on each other in difficult situations. Whether it was academic stress or personal problems, they knew they could count on their friendship.

Friends also share experiences, which strengthens the bond. Emma and Anna love traveling together and often share experiences about food, culture, and adventures. Sharing experiences allows them to understand each other better and create lasting memories.

Friendship requires effort from both sides. It is important to communicate openly, listen, and be reliable. A strong friendship can make life happier and easier. Emma believes that friends who trust and support each other are a valuable part of life.

# Check Your Understanding

How did Emma meet her best friend?

Why do Emma and Anna rely on each other?

What experiences do they often share?

Why is friendship important according to the text?

How do you usually support your friends?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

It's important to \_\_\_\_\_ new people to build connections.

- A) rely on someone
- B) make friends
- C) share experiences

I can \_\_\_\_\_ my best friend with my problems.

- A) trust someone
- B) make friends
- C) rely on someone

Friends often \_\_\_\_\_ advice or memories.

- A) rely on someone
- B) share experiences
- C) make friends

You can always \_\_\_\_\_ a close friend when you need help.

- A) trust someone
- B) share experiences
- C) make friends

## Exercise 2 – Matching

Match the expressions with their meanings:

make friends

trust someone

rely on someone

share experiences

a) делиться впечатлениями

b) полагаться на кого-либо

c) заводить друзей

d) доверять кому-либо

# Answer Key

## Check Your Understanding

Emma met her best friend, Anna, at university.

They rely on each other because they can count on each other in difficult situations.

They often share experiences about travel, food, culture, and adventures.

Friendship is important because it provides support, companionship, and enjoyment.

Possible answers:

I support my friends by listening to them and giving advice.

I rely on friends during hard times and help them when they need it.

We share experiences and spend time together to strengthen our friendship.

## Exercise 1 – Multiple Choice

1 – B

2 – A

3 – B

4 – A

Explanation:

«Make friends» means start a friendship.

«Trust someone» means believe in someone's honesty or reliability.

«Rely on someone» means depend on them.

«Share experiences» means talk about life events or adventures.

## Exercise 2 – Matching

1 – c

2 – d

3 – b

4 – a

# Meeting New People

## Word Power

1. introduce yourself

представляться

When you meet someone for the first time, it's polite to introduce yourself.

Когда встречаешь кого-то впервые, вежливо представиться.

He introduced himself to the new colleagues at work.

Он представился новым коллегам на работе.

2. start a conversation

начать разговор

It can be difficult to start a conversation with strangers.

Иногда сложно начать разговор с незнакомыми людьми.

She started a conversation with her neighbor about the weather.

Она завела разговор с соседкой о погоде.

### 3. ask questions

задавать вопросы

Asking questions helps you learn more about someone.

Задавая вопросы, можно узнать больше о человеке.

He asked questions to get to know his classmates better.

Он задавал вопросы, чтобы лучше узнать своих одноклассников.

### 4. make a good impression

произвести хорошее впечатление

It's important to make a good impression during a job interview.

Важно произвести хорошее впечатление на собеседовании.

She made a good impression on her new neighbors by being friendly.

Она произвела хорошее впечатление на новых соседей, будучи дружелюбной.

# Reading Text

Meeting new people can be exciting, but it can also be a little stressful. Knowing how to communicate and behave politely helps make the experience pleasant. When you meet someone for the first time, it's important to introduce yourself and smile. A friendly greeting can make a good impression and make the other person feel comfortable.

Starting a conversation can be easier if you ask questions about common topics, such as hobbies, work, or the local area. Listening carefully and showing interest helps build a connection. People often appreciate when others ask questions and listen to their answers.

Lucy recently moved to a new city. She wanted to meet new people, so she joined a local club. She introduced herself to several members and started conversations with them. She asked questions about the club's activities and shared her own experiences. By the end of the first meeting, Lucy made a good impression, and some members invited her to another event. She realized that introducing yourself, asking questions, and showing interest are key steps to meeting new people and making friends.

# Check Your Understanding

Why is it important to introduce yourself when meeting someone?

What topics can help start a conversation?

How did Lucy meet new people in her city?

Why did Lucy make a good impression on the club members?

How do you usually meet new people?

# Build Your Vocabulary

## Exercise 1 – Multiple Choice

When meeting someone for the first time, you should \_\_\_\_\_.

- A) ask questions
- B) introduce yourself
- C) make a good impression

Asking about hobbies is a way to \_\_\_\_\_.

- A) start a conversation
- B) introduce yourself
- C) make a good impression

If you listen carefully and show interest, you \_\_\_\_\_.

- A) make a good impression
- B) start a conversation
- C) ask questions

She smiled and was friendly to \_\_\_\_\_.

- A) introduce herself
- B) make a good impression
- C) start a conversation

## Exercise 2 – Matching

Match the expressions with their meanings:

introduce yourself

start a conversation

ask questions

make a good impression

a) начать разговор

b) произвести хорошее впечатление

c) представляться

d) задавать вопросы

# Answer Key

## Check Your Understanding

It is important to introduce yourself to make the other person feel comfortable and polite.

Topics like hobbies, work, or the local area can help start a conversation.

Lucy met new people by joining a local club and talking to members.

She made a good impression because she was friendly, asked questions, and showed interest.

Possible answers:

I usually meet new people through school, work, or clubs.

I introduce myself and try to ask questions to start a conversation.

I attend events or meet friends of friends to meet new people.

## Exercise 1 – Multiple Choice

1 – B

2 – A

3 – A

4 – B

### Explanation:

«Introduce yourself» means say your name and greet politely.

«Start a conversation» means begin talking with someone.

«Ask questions» means inquire to learn more.

«Make a good impression» means behave in a way that others like and respect.

## Exercise 2 – Matching

1 – c

2 – a

3 – d

4 – b

# Personality and Character

## Word Power

1. be outgoing

БЫТЬ ОБЩИТЕЛЬНЫМ

She is very outgoing and likes meeting new people.

Она очень общительная и любит знакомиться с новыми людьми.

Being outgoing helps him make friends quickly.

Быть общительным помогает ему быстро заводить друзей.

2. be shy

БЫТЬ ЗАСТЕНЧИВЫМ

He is shy and finds it hard to speak in public.

Он застенчивый и ему трудно говорить публично.

Some shy people prefer small gatherings to large parties.

Некоторые застенчивые люди предпочитают маленькие встречи большим вечеринкам.

3. be honest

быть честным

It's important to be honest with your friends.

Важно быть честным с друзьями.

She is honest and always tells the truth.

Она честная и всегда говорит правду.

4. be creative

быть креативным, творческим

Artists need to be creative.

Художникам нужно быть креативными.

He is creative and enjoys designing new things.

Он креативный и любит придумывать новые вещи.

# Reading Text

Personality and character shape how we behave and interact with others. Some people are outgoing and enjoy meeting new people, while others are shy and prefer quieter environments. Being honest is a trait that helps build trust, and being creative allows people to think differently and solve problems.

Anna is outgoing and creative. She loves joining clubs at university and sharing her ideas with others. Her friends appreciate her honesty and often ask for advice. Being outgoing helps Anna make friends easily, but she also respects those who are shy and gives them space when needed.

Shy people, like her classmate Mark, may feel nervous in large groups but can be very thoughtful and kind. Creativity is not only about art; it can also appear in solving daily problems or finding new ways to organize life. Honesty helps friends rely on each other and reduces misunderstandings. Understanding personality traits allows people to communicate more effectively and appreciate each other's strengths.

Everyone has unique traits, and knowing one's character helps in forming relationships and achieving personal goals.

# Check Your Understanding

What traits does Anna have?

How does being honest help friendships?

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