

Unit 1

Jump for joy

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1.1 jump for joy (expr) /dʒʌmp fə dʒɔɪ/ - skákat radostí
be extremely happy • *Helen jumped for joy when she heard she got the scholarship.* ❖

Reading

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1.2 harmful (adj) /'hɑ:mfl/ - škodlivý
causing damage or injury • *Smoking has many harmful effects.* ➤ harm (v, n) ❖

↖ Opp: harmless

1.3 irritating (adj) /'ɪrɪteɪɪŋ/ - otravný
making you feel angry • *I find it very irritating when people speak loudly on their mobile phones.* ➤ irritate (v), irritation (n), irritated (adj) ❖

1.4 upset (v) /ʌp'set/ - rozčilený
make sb feel worried and/or angry • *It upsets her when she thinks of her grandmother's illness.* ➤ upset (adj) ❖

1.5 take (sth) for granted (expr) /'teɪk ('sʌmθɪŋ) fə 'grɑ:ntɪd/ - brát (něco) jako samozřejmost

believe that sth is true without having any evidence • *You can't take it for granted that he will agree; you have to ask him first.* ❖

1.6 furious (adj) /'fjʊəriəs/ - rozzuřený
very angry • *He was furious with me because I was so late.* ❖

1.7 drive (sb) crazy (expr) /draɪv ('sʌmbədi) 'kreɪzi/ - dohánět (někoho) k šílenství

make sb very angry • *My roommate never cleans up his mess and it's driving me crazy.* ❖

1.8 extremely (adv) /ɪk'strɪmli/ - nesmírně
very • *She is extremely intelligent, probably the most intelligent woman I know.* ➤ extreme (adj, n) ❖

1.9 annoy (v) /ə'noɪ/ - štvát
make sb angry • *It really annoys me when people interrupt me.* ➤ annoyance (n), annoyed (adj), annoying (adj) ❖

1.10 behaviour (n) /bɪ'heɪvjə(r)/ - chování
the way that sb acts • *He was punished for his terrible behaviour.* ➤ behave (v) ❖

1.11 sight (n) /saɪt/ - pohled
sth that you see • *The flowers in the garden were a beautiful sight.* ❖

1.12 get stuck (expr) /get stʌk/ - zůstat trčet
be unable to move or continue • *The electricity was cut off and we got stuck in the lift for an hour.* ❖

1.13 wonder (v) /'wʌndə(r)/ - přemýšlet; uvažovat; chtít vědět
ask yourself; want to know • *My sister hasn't called or texted me all day; I wonder where she is.* ❖

1.14 noisily (adv) /'nɔɪzəli/ - hlasitě
loudly • *I couldn't concentrate because some children were playing noisily outside.* ➤ noise (n), noisy (adj) ❖

1.15 awful (adj) /'ɔ:fl/ - příšerný
very bad and unpleasant • *He's such an awful boss nobody in the office likes him.* ❖

1.16 packed (adj) /pækt/ - našlapaný; nacpaný
completely full • *The bus was so packed that there wasn't even any standing room.* ❖ ↖ Syn: crowded

1.17 push your way (expr) /pʊʃ jɔ: weɪ/ - protlačit se
push the people around you in order to get somewhere • *I pushed my way onto the crowded train.* ❖

1.18 distracted (adj) /dɪ'stræktɪd/ - rozrušený; roztěkaný
confused because you are thinking of sth else • *You seemed distracted in the meeting. Is everything OK?* ➤ distract (v), distraction (n) ❖

1.19 seriously (adv) /'sɪəriəsli/ - vážně
very or severely • *He wasn't seriously ill;*

he just had a cold. ❖

1.20 closely (adv) /'kləʊsli/ - důkladně
carefully, paying attention to details • *He
looked again more closely at what he had
written.* ❖

1.21 unpleasant (adj) /ʌn'pleznt/ -
nepříjemný
not enjoyable • *The exam results came as
an unpleasant surprise; I was very
disappointed.* ❖ ❖ Opp: pleasant

1.22 unpredictable (adj) /,ʌnpri'diktəbl/ -
nepředvídatelný
likely to change unexpectedly • *The
weather was very unpredictable so we
didn't know what clothes to pack.* >
predict (v), prediction (n) ❖ ❖ Opp:
predictable

1.23 bother (v) /'bɒðə(r)/ - obtěžovat
to make sb angry or upset • *Don't turn the
TV off. It doesn't bother me.* > bother (n)
❖

1.24 delayed (adj) /di'leɪd/ - zpožděný
happening later than expected • *Our flight
was delayed because of the weather
conditions.* > delay (v) ❖ ❖ Opp:
punctual, on time

1.25 tolerable (adj) /'tɒlərəbl/ - slušný;
snesitelný
just satisfactory; not too good, not bad •
*The conditions in the public hospital are
tolerable, but can definitely be improved.*
> tolerate (v), tolerance (n) ❖ ❖ Opp:
intolerable

1.26 context (n) /'kɒntekst/ - souvislost
the situation in which sth happens and
which can explain it • *To understand his
behaviour, you have to examine it in the
context of his family.* > contextualise (v)
❖

1.27 grow up (phr v) /grəʊ ʌp/ - dospět
develop from a child into an adult • *What
do you want to be when you grow up?* ❖

1.28 reliable (adj) /ri'laɪəbl/ - spolehlivý
that can be trusted • *She's very reliable,
so if she said she would do it you can be
sure she will do it.* > rely (v), reliability (n)

❖ ❖ Opp: unreliable

1.29 supply (n) /sə'plaɪ/ - dodávka; zásoby
an amount of sth that is available and
people can use • *They have turned off the
elektricity supply in our building.* > supply
(v) ❖

1.30 public transport (n) /,pʌblɪk
'trænsɒ:t/ - hromadná doprava
the system of buses, trains, etc. that can
be used by the public in a specific place
• *Unfortunately, there is no public
transport in this village. You have to walk
or use a private car.* ❖

1.31 interruption (n) /,ɪntə'rʌpʃn/ -
přerušení
the act of stopping sth for a short period
of time • *I managed to work continuously,
without interruption, for ten hours.* >
interrupt (v) ❖

1.32 bug (v) /bʌg/ - otravovat
annoy • *I don't know what he wants, but
he's been bugging me all day.* > bug (n) ❖

1.33 decade (n) /'dekeɪd/ - dekáda
a period of ten years • *Our lives have
changed a lot in the past decade.* ❖

1.34 research (n) /rɪ'sɜ:tʃ/ - výzkum
the study of sth in order to discover new
information • *There has been a lot of
research recently into people's shopping
habits.* > research (v), researcher (n) ❖

1.35 brain (n) /breɪn/ - mozek
the organ inside your head that controls
thoughts and feelings • *The human brain
is divided into two halves, the left and the
right.* ❖

1.36 receive (v) /rɪ'si:v/ - dostat; přijmout
get or be given sth • *I received a phone
call from your office.* > receipt (n),
receiver (n) ❖

1.37 condition (n) /kən'dɪʃn/ - podmínka;
potíže; choroba
a disease or medical problem • *She suffers
from a heart condition.* ❖

1.38 misophonia (n) /,mɪsə'fəʊniə/ -
misofonie

a medical condition in which certain sounds cause a strong negative reaction ● *People with misophonia often react negatively to everyday noises.* ❖

1.39 extreme (adj) /ɪk'stri:m/ - krajní to a much greater degree than expected/usual ● *In extreme cases, the disease can cause very serious problems.* ❖

1.40 emotional (adj) /ɪ'məʊʃənəl/ - citový related to feelings ● *A child's emotional development is as important as their physical development.* ➤ emotion (n) ❖

1.41 respond (v) /rɪ'spɒnd/ - reagovat; odpovědět react to sth by saying or doing sth ● *I asked John where he'd been, but he didn't respond.* ➤ response (n), responsive (adj) ❖

1.42 yawn (v) /jɔ:n/ - zívát open your mouth wide and take in a lot of air, when you are tired or sleepy ● *I was so tired that I couldn't stop yawning.* ➤ yawn (n) ❖

1.43 chew (v) /tʃu:/ - žvýkat bite food into small pieces with your teeth so that you can eat it ● *You should always chew your food thoroughly before you swallow it.* ❖

1.44 suffer (v) /'sʌfə(r)/ - trpět experience pain ● *Don't just suffer in silence. Let me know if there is a problem.* ➤ suffering (n) ❖

1.45 benefit (n) /'benɪfɪt/ - výhoda; přínos a good effect of sth ● *One of the benefits of owning a pet is that it makes you feel happier.* ➤ benefit (v), beneficial (adj) ❖

1.46 prevent (v) /prɪ'vent/ - zabránit stop sb from doing sth or stop sth from happening ● *I tried to prevent him from leaving, but he insisted.* ➤ prevention (n) ❖

1.47 stem (n) /stem/ - stonek; kmen the central part of sth, which other parts come from or to which other things can be

added ● *He cut the branches from the stem.* ❖

1.48 option (n) /'ɒpʃn/ - možnost one of the choices that you have ● *She had no other option but to leave her job.* ❖

1.49 correspond (v) /,kɒrɪ'spɒnd/ - odpovídat (čemu) match; be similar or equal to ● *The story he told does not correspond with my memory of the events.* ➤ correspondence (n) ❖

1.50 locate (v) /ləʊ'keɪt/ - najít find the position of sth ● *I couldn't locate the source of the problem.* ➤ location (n) ❖

1.51 purpose (n) /'pɜ:pəs/ - cíl; záměr the reason why you do sth ● *The purpose of the project is to collect information about students' preferences.* ❖

1.52 stressful (adj) /'stresfl/ - stresující making you feel anxious or worried ● *Taking an exam is quite a stressful situation.* ➤ stress (v, n) ❖

1.53 essential (adj) /ɪ'senʃl/ - zásadní necessary or needed ● *Water is essential for human beings; we can't live without it.* ❖

1.54 quality (n) /'kwɒləti/ - vlastnost characteristic ● *She has a lot of good qualities: she's intelligent, organised and punctual.* ❖

1.55 cure (v) /kjʊə(r)/ - vyléčit make sb who was ill healthy again ● *Doctors can cure most diseases nowadays.* ➤ cure (n) ❖

Vocabulary

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1.56 emotion (n) /ɪ'məʊʃn/ - cit; pocit a strong feeling ● *I sometimes find it hard to express my emotions.* ❖

1.57 amazement (n) /ə'meɪzmənt/ - úžas extreme surprise ● *To my amazement, my parents didn't give me any presents for my*

birthday. > amaze (v), amazed (adj), amazing (adj) ❖

1.58 anxiety (n) /æŋ'zaiəti/ - úzkost; silná obava

worry or nervousness about sth that is happening or will happen • *Most people feel a lot of anxiety about exams.* >

anxious (adj) ❖

1.59 despair (n) /di'speə(r)/ - zoufalství the feeling that there is no hope and nothing will get better • *He's in despair because he's lost all of his money.* > despair (v), desperate (adj), desperately (adv) ❖

1.60 embarrassment (n) /ɪm'bærəsmənt/ - stud

a feeling of shame and/or shyness • *He blushed with embarrassment when his son called his teacher a cow.* > embarrass (v), embarrassing (adj), embarrassed (adj) ❖

1.61 frustration (n) /frʌs'treɪʃn/ - pocit marnosti

the state of feeling bad because you cannot achieve what you want • *Our team's frustration was obvious when the other team scored again.* > frustrated (adj), frustrating (adj) ❖

1.62 guilt (n) /gɪlt/ - vina

a feeling of unhappiness you get because you have done sth wrong • *He suffered terrible feelings of guilt over leaving his family.* > guilty (adj) ❖

1.63 joy (n) /dʒɔɪ/ - radost

a feeling of happiness • *Sharing happy moments with your family is one of life's greatest joys.* > joyful (adj) ❖

1.64 relief (n) /rɪli:f/ - úleva

a feeling of happiness because sth bad has not happened or has ended • *It was such a relief to see that grandma was well again.* > relieve (v), relieved (adj) ❖

1.65 sympathy (n) /'sɪmpəθi/ - soucit the understanding that you show when sb else is suffering • *I have a lot of sympathy for him as his life is definitely not easy.* > sympathise (v), sympathetic (adj) ❖

1.66 agony (n) /'æɡəni/ - muka extreme pain or suffering • *He screamed in agony when the doctor touched his leg.* ❖

1.67 be on the edge of my seat (expr) /bi: ɒn ði: edʒ əv maɪ si:t/ - být napnutý thrilled, very excited • *I was on the edge of my seat at the end of the match when the score was still 1-1.* ❖

1.68 get under my skin (expr) /get 'ʌndə maɪ skɪn/ - otravovat; štvát annoy • *That kid at school really gets under my skin.* ❖

1.69 be lost for words (expr) /bi: lɒst fə wɜ:dz/ - nevědět, co říci not know what to say • *I was lost for words when I heard the bad news and couldn't speak.* ❖

1.70 regret (n) /rɪ'ɡret/ - lítost; politování a feeling of sadness about sth unpleasant you have to do or say • *It is with great regret that we have to announce the death of a great artist.* > regret (v), regretful (adj) ❖

1.71 aggressive (adj) /ə'ɡresɪv/ - útočný angry and violent • *Every time someone criticizes him, he gets aggressive and shouts.* > aggression (n) ❖

1.72 calm (adj) /kɑ:m/ - klidný peaceful and without worry • *I tried to keep calm and say nothing while he was shouting.* > calmness (n) ❖

1.73 arrogant (adj) /'ærəɡənt/ - namyšlený; domýšlivý behaving as if you were better and/or knew more than everyone else • *I hope it won't sound arrogant if I say I'm one of the best actors of my generation.* > arrogance (n) ❖

1.74 bad-tempered (adj) /,bæd'tempəd/ - nevrly; mrzutý that can easily become angry or annoyed • *He's very bad-tempered in the mornings, especially if he hasn't had any coffee.* ❖

1.75 loyal (adj) /'lɔɪəl/ - věrný; oddaný willing to support sb even at difficult times

• *Even when nobody wanted to speak to him, she remained his loyal friend.* ➤

loyalty (n) ❖

1.76 mature (adj) /mə'tʃʊə(r)/ - zralý;

dospělý; vyspělý

behaving like an adult • *I know she's only 12, but you can definitely trust her; she's very mature for her age.* ➤ maturity (n)

❖ ✎ Opp: immature

1.77 mean (adj) /mi:n/ - nerudný; lakomý unkind and unpleasant • *It was a bit mean not to invite her best friend's brother.* ❖

1.78 stubborn (adj) /'stʌbən/ - zatvrzelý;

tvrdohlavý

unwilling to listen to others or change what you think • *She's very stubborn and won't listen to anything you say.* ➤

stubbornness (n) ❖ ✎ Syn: obstinate

1.79 sensitive (adj) /'sensɪtɪv/ - citlivý

easily upset • *Be careful how you speak to him; he's very sensitive to criticism.*

➤ sensitivity (n) ❖

1.80 childish (adj) /'tʃaɪldɪʃ/ - dětský

behaving like a child • *Stop being so*

childish – you're a grown woman now! ❖

Grammar

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1.81 optimistic (adj) /,ɒptɪ'mɪstɪk/ -

optimistický

believing that good things will happen in the future • *I'm very optimistic about my chances of winning.* ➤ optimism (n) ❖

1.82 weigh (v) /weɪ/ - vážit

have a particular weight • *I was shocked when I saw I weighed 100 kilos.* ➤ weight (n) ❖

1.83 apologise (v) /ə'pɒlədʒaɪz/ - omluvit se

say you are sorry for sth wrong you have said or done • *The student apologised for his lateness.* ➤ apology (n), apologetic

(adj) ❖

1.84 commentary (n) /'kɒməntri/ -

komentář

a live description of an event that is broadcast • *The commentary on the football match was terrible.* ➤ comment (v, n) ❖

1.85 plot (n) /plɒt/ - zápletka

the story of a book, film, etc. • *The plot is very simple: he falls in love and then out of love.* ❖

1.86 temporary (adj) /'temp(ə)rəri/ - dočasný

that doesn't last for long • *This is just a temporary solution until we can repair the staircase properly.* ❖

1.87 drop off (phr v) /drɒp ɒf/ - usnout; odpadnout

start to sleep • *I think I dropped off at some point. I don't remember the end of the film.* ❖

1.88 take part (in) (expr) /teɪk pɑ:t (ɪn)/ - zúčastnit se

be involved in an activity • *I didn't take part in the game, because I wasn't feeling so well.* ❖ ✎ Syn: participate

1.89 experiment (n) /ɪk'sperɪmənt/ - pokus

a test you do to find out if sth is true or if sth works • *They didn't obtain very clear results in their experiment.* ➤ experiment (v) ❖

1.90 MRI scanner (n) /em ɑ:r 'aɪ ,skænə(r)/ - magnetická rezonance (přístroj)

a machine that makes images of organs in your body • *I listened to music while going through the MRI scanner.* ❖

1.91 measure (v) /'meʒə(r)/ - změřit discover the size or amount of sth • *Let's measure the shelves to see if they will fit.* ➤ measure (n), measurement (n) ❖

1.92 signal (n) /'sɪgnəl/ - znamení sth that gives information about sth else • *Inability to sleep is a signal that something is wrong with your health.* ❖

1.93 calculation (n) / ,kælkjə'leɪʃn/ - výpočet

the process of using mathematics to find the size or amount of sth • *She did a calculation of how much it would all cost.*

➤ calculate (v), incalculable (adj) ❖

1.94 identify (v) /aɪ'dentɪfaɪ/ - (roz)poznat recognise sb/sth and say who/what they are • *The witness identified the suspect as Moira Lair.* ➤ identification (n) ❖

1.95 witness (v) /'wɪtnəs/ - být svědkem see sth (especially a crime or accident) happen • *The neighbours witnessed the attack.* ➤ witness (n) ❖

1.96 kidnapping (n) /'kɪdnæpɪŋ/ - únos the crime of taking sb away by force and then asking for money to let them free • *The victim said he was going to try to forget the kidnapping and go on with his life.* ➤ kidnap (v), kidnapper (n) ❖

Listening

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1.97 severe (adj) /sɪ'vɪə/ - vážný; přísný very serious, unpleasant and worrying • *The head teacher warned the students that their punishment would be very severe.* ❖

1.98 mention (v) /'menʃn/ - zmínit refer to sb/sth • *Please don't mention anything about our trip – they don't know about it.* ➤ mention (n) ❖

1.99 water (v) /'wɔ:tə(r)/ - zalít pour water on plants to keep them healthy • *Will you water the flowers in the garden while I'm away?* ❖

1.100 load (v) /ləʊd/ - naložit; naplnit put things into a machine or car • *You shouldn't load different-coloured clothes into the washing machine.* ❖

1.101 class (n) /kla:s/ - hodina lesson • *My last class of the day is Mathematics.* ❖

1.102 concentration (n) /,kɒnsən'treɪʃn/ - soustředění the state of thinking carefully about what you are doing • *Concentration on the day*

of the exam is as important as studying for it. ➤ concentrate (v) ❖

1.103 poor (adj) /pʊə/ - chudý; špatný bad, not of good quality • *Andrew's health is poor, but he'll soon be out and about.* ❖

1.104 academic (adj) /,ækə'demɪk/ - studijní related to education, schools, colleges and universities • *The school is known for its high academic standards.* ❖

1.105 result (n) /rɪ'zʌlt/ - výsledek sth that happens because of sth else • *To ensure good results, you should only use fresh ingredients.* ➤ result (v) ❖

1.106 fail (v) /feɪl/ - selhat; neudělat (zkoušku) not succeed in what you are trying to do • *If you fail your exam, you can resit it next year.* ➤ failure (n) ❖ ❖ Opp: succeed

1.107 turn up (phr v) /tɜ:n ʌp/ - objevit se; dorazit

arrive or appear somewhere • *We had been waiting for two hours when she finally turned up at midnight.* ❖

1.108 cheer (sb) up (phr v) /tʃɪə(r) ('sʌmbədi) ʌp/ - rozveselit (někoho) make sb feel happier • *I tried to cheer him up, but he just kept staring out of the window.* ❖

1.109 lack (n) /læk/ - nedostatek the state of not being enough or not being available • *One of the biggest problems in the city centre is the lack of parking spaces.* ➤ lack (v) ❖

1.110 confidence (n) /'kɒnfɪdəns/ - důvěra; sebedůvěra the quality of having trust in your abilities, other people or the future • *When they lost their fourth game in a row, the team's confidence was shaken.* ➤ confide (v), confident (adj) ❖

1.111 overhear (v) /,əʊvə'hɪə(r)/ - zaslechnout hear what other people are saying without their knowledge • *I overheard him saying that he didn't like me at all.* ❖

1.112 be ashamed (adj) /ə'ʃeɪmd/ - stydět se

be guilty and embarrassed about sth you have done or about a quality of your personality • *She was ashamed to admit that it was all her fault.* > shame (v, n) ❖

1.113 lonely (adj) /'ləʊnli/ - osamělý
unhappy because you are alone • *He was far from home and was feeling very lonely.*
> loneliness (n) ❖

1.114 household job (n) /'haʊs,həʊld dʒɒb/ - domácí práce
a job (e.g. cleaning) that has to be done around the house • *I hate doing household jobs, such as vacuuming and washing the dishes.* ❖ ✎ Syn: household chore

Speaking

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1.115 examiner (n) /ɪg'zæmɪnə(r)/ - zkoušející
sb who is responsible for asking you questions and marking you during a test • *The examiner was very kind and professional, but I was still very nervous.*
> examine (v), examination (n) ❖

1.116 extend (v) /ɪk'stend/ - rozšířit; prodloužit
make sth bigger or longer • *She had to extend her working hours so as to finish the job in time.* > extension (n) ❖

1.117 linking word (n) /'lɪŋkɪŋ wɜ:d/ - spojka; spojující výraz
a word that connects two ideas or two sentences • *You should try to use appropriate linking words in your writing.*
❖

1.118 range (n) /reɪndʒ/ - rozsah; škála
a number of different things that belong to the same type • *There was a wide range of opinions about the topic in our class.* ❖

1.119 improve (v) /ɪm'pru:v/ - zlepšit; zdokonalit

make sth better • *She read a lot of novels to improve her English.* > improvement (n) ❖

Grammar

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1.120 chop (v) /tʃɒp/ - nasekat
cut sth into pieces • *You should chop the carrots into small pieces.* ❖

1.121 process (n) /'prəʊses/ - proces; postup
a series of actions that leads to a result
• *Learning a new language can be a long, complicated process.* > process (v), processor (n) ❖

1.122 neuroscience (n) /,njʊərəʊ'saɪəns/ - neurověda
the scientific study of the brain and the nervous system • *Neuroscience teaches us that our brains continue to change even when we are older.* > neuroscientist (n) ❖

1.123 recently (adv) /'ri:səntli/ -
v poslední době; nedávno
not long ago • *Until recently, he was unemployed, but he's now found a very good job.* > recent (adj) ❖

1.124 lately (adv) /'leɪtli/ - v poslední době; nedávno
not long ago • *I haven't been feeling very well lately; I think I should see a doctor.*
❖ ✎ Syn: recently

1.125 author (n) /'ɔ:θə(r)/ - autor
the writer of a book or article • *She is the author of three very successful novels.*
> author (v) ❖

1.126 order (v) /'ɔ:də(r)/ - objednat
ask for sth in a restaurant or shop • *I ordered a hamburger and some salad.* > order (n) ❖

1.127 beat (v) /bi:t/ - porazit
do better than sb else and defeat them • *Anna always beats me at chess; I don't know why I keep playing.* ❖

Use of English

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1.128 go off (sb) (phr v) /gəʊ ɒf ('sʌmbədi)/ - zanevřit na (někoho)
stop liking or being interested in sb • *I went off Tara when I realised how mean she was.* ❖

1.129 calm down (phr v) /kɑ:m daʊn/ - uklidnit se
stop feeling upset or angry • *I was furious but I took a couple of deep breaths and tried to calm down.* ❖

1.130 chill out (phr v) /tʃɪl aʊt/ - uvolnit se
relax without letting anything upset you
• *Chill out, Mum. We still have lots of time!* ❖

1.131 hit it off (with sb) (expr) /hɪt ɪt ɒf (wɪð 'sʌmbədi)/ - okamžitě se (s někým) spřátelit
become friends with sb immediately • *When we met we hit it off immediately. Two years later, we're still best friends.* ❖

1.132 fall out (with sb) (phr v) /fɔ:l aʊt (wɪð 'sʌmbədi)/ - nepohodnout se (s někým)
argue with sb and stop being friends with them • *He fell out with his sister years ago and they haven't spoken to each other since then.* ❖

1.133 argument (n) /'ɑ:gjʊmənt/ - hádka
an angry disagreement between people • *I got into an argument with my friends over football.* ➤ argue (v) ❖

1.134 get (sb) down (phr v) /get ('sʌmbədi) daʊn/ - ubíjet; deprimovat
make sb feel unhappy • *His boss's rude behaviour was starting to get him down.* ❖

1.135 stand (sb) up (phr v) /stænd ('sʌmbədi) ʌp/ - nepřijít na schůzku
not come to meet someone you had arranged to meet • *I waited for over an hour, but she stood me up.* ❖

1.136 lead (v) /li:d/ - vést
go in a particular direction or cause a particular result • *The clues led the detective to a small house outside the village.* ➤ leader (n) ❖

1.137 responsible (adj) /rɪ'spɒnsəbl/ - zodpovědný
having control over sth and the obligation to take care of it • *Teachers are responsible for the students in their class.*
➤ responsibility (n) ❖

1.138 focus (v) /'fəʊkəs/ - soustředit se
direct all your attention towards sth • *I decided to focus on my work and forget about everything else.* ➤ focus (n) ❖

1.139 burst into tears (expr) /bɜ:st 'ɪntə 'tiəz/ - propuknout v pláč
suddenly start to cry • *The young child burst into tears when he lost the ball.* ❖
↘ Opp: burst out laughing

1.140 make sense (expr) /meɪk sens/ - dávat smysl
be clear and easy to understand • *What he says never makes any sense – I can never understand him.* ❖

1.141 switch (sth) on (phr v) /swɪtʃ ('sʌmθɪŋ) ɒn/ - zapnout; rozsvítit
make sth (e.g. a machine) start working
• *He switched on the light and got out of bed.* ❖ ↘ Opp: switch off

1.142 recall (v) /rɪ'kɔ:l/ - vzpomenout si
remember sth so that you can describe it
• *The old man recalled the village as it had been 60 years ago.* ❖

1.143 figure (sth) out (phr v) /'fɪgə(r) ('sʌmθɪŋ) aʊt/ - přijít na (něco)
understand and solve • *It took me hours to figure out how to edit images on the computer.* ❖

1.144 conduct (v) /kən'dʌkt/ - provést
organise and do • *They are conducting a survey to find out how people spend their free time.* ➤ conductor (n) ❖

1.145 constantly (adv) /'kɒnstəntli/ - neustále
all the time or regularly • *My parents constantly complain about the time I come home.* ➤ constant (adj) ❖ ↘ Syn: continually

1.146 predict (v) /prɪ'dɪkt/ - předpovídat; předvídat

say what will happen in the future, based on your current knowledge or experience
● *Scientists are still unable to predict with accuracy when earthquakes will occur.*

➤ prediction (n) ❖

1.147 chemical (adj) /'kemɪkl/ - chemický related to reactions that involve changes in atoms ● *We learn a lot of chemical formulae in school.* ❖

1.148 reward (n) /rɪ'wɔ:d/ - odměna sth you get in return for sth good that you have done ● *He received a reward for helping find the lost dog.* ➤ reward (v), rewarding (adj) ❖

1.149 proof (n) /pru:f/ - důkaz a fact or information that shows that sth is true ● *Is there any proof that music can make us feel sad?* ➤ prove (v) ❖ ✎ Syn: evidence

Writing

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1.150 tone (n) /təʊn/ - tón; duch; nálada the general mood of sth ● *The tone of the article was very optimistic!* ❖

1.151 application (n) /,æplɪkeɪʃn/ - žádost an official request for sth ● *You need to fill in this application form for a new passport.* ➤ apply (v), applicant (n) ❖

1.152 formal (adj) /'fɔ:ml/ - úřední official ● *We usually use more formal language when we write than when we speak.* ❖ ✎ Opp: informal

1.153 direct (adj) /daɪ'rekt/ - přímý; přímočarý straight, open ● *I like his open and direct manner. It makes me trust him more.* ❖

1.154 Take care! (expr) /teɪk keə(r)/ - Měj se!

an expression used to say goodbye in a friendly way ● *Bye all and take care!* ❖

1.155 contracted (adj) /kən'træktɪd/ - stažený shortened, reduced ● *Contracted forms such as "I'd" should not normally be used in writing.* ➤ contraction (n) ❖

1.156 chatty (adj) /'tʃæti/ - upovídaný; přátelský friendly and informal ● *She had a very chatty style, which was easy to read.* ❖

1.157 abbreviation (n) /ə,bri:vi'eɪʃn/ - zkratka short form of a word or phrase ● *The abbreviation EU stands for European Union.* ➤ abbreviate (v) ❖

1.158 appropriate (adj) /ə'prəʊpriət/ - vhodný suitable for a particular situation ● *The film is not appropriate for young children, as it contains a lot of violence.* ❖

1.159 recommend (v) /,rekə'mend/ - doporučit suggest that sth should be done ● *I recommend that you discuss the matter with your doctor.* ➤ recommendation (n) ❖

1.160 grateful (adj) /'greɪtfl/ - vděčný showing or expressing thanks ● *I am very grateful for everything you have done for me!* ➤ gratefulness (n) ❖ ✎ Syn: thankful; Opp: ungrateful

1.161 assistance (n) /ə'sɪstəns/ - pomoc help ● *Teachers are not allowed to give students assistance in exams.* ➤ assist (v), assistant (n) ❖

1.162 hill (n) /hɪl/ - kopec an area of land that is higher than the rest of the land ● *There is a small church on top of the hill.* ❖

1.163 come along (phr v) /kʌm ə'lɒŋ/ - přidat se; jít společně go somewhere with sb ● *I'm going to the library. Would you like to come along?* ❖

1.164 personally (adv) /'pɜ:sənəli/ - osobně an expression used to stress that you are giving your own opinion ● *Personally, I think vocabulary is more important than grammar.* ❖

1.165 intend (v) /ɪn'tend/ - zamýšlet have as a plan ● *I intend to study at least three hours a day.* ➤ intention (n) ❖

1.166 give up on (phr v) /gɪv ʌp ɒn/ - vzdát to (s někým); odepsat (někoho)

lose hope in sb/sth, stop believing in sb/sth • *Her parents gave up on her when she failed her exams for the fourth time.* ❖

1.167 congratulations (n)

/kənˌgrætʃəˈleɪʒənz/ - Gratulujil!

Gratulujeme!

an expression that shows how pleased you are about sb else's success •

Congratulations on passing your final exams! ➤ congratulate (v) ❖

1.168 sign off (phr v) /saɪn ɒf/ - zakončit

end a conversation, letter or email • *I'm going to sign off now as I have a class in five minutes.* ❖

1.169 all the best (expr) /ɔ:l ðə best/ - měj

se hezky; pozdravuj

an expression used to say goodbye or to wish sb success and happiness • *Good bye now and all the best to your mother!* ❖

1.170 incredibly (adv) /ɪnˈkredəbli/ -

neuvěřitelně

extremely, so much that it is difficult to believe • *I was incredibly late and even if I ran, I would still miss the bus.* ➤ incredible (adj) ❖ ✎ Syn: unbelievably

1.171 reflection (n) /rɪˈflekʃn/ - přemítání
serious and careful thought • *After much reflection, he made the decision to quit his job.* ➤ reflect (v) ❖

Live well, study well

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1.172 mental (adj) /ˈmentl/ - duševní

related to the mind • *Many people suffer from mental illness at some point in their lives.* ➤ mentally (adv) ❖

1.173 resilience (n) /rɪˈzɪljəns/ - odolnost

the ability to be happy again after sth bad has happened • *His resilience helped him find a new job.* ➤ resilient (adj) ❖

1.174 cope with (v) /kəʊp/ - zvládnout;

vyrovnat se s

deal successfully with sth difficult • *I don't*

know how you manage to cope with two jobs and a young child. ❖

1.175 positivity (n) /ˌpɒzəˈtɪvəti/ -

pozitivnost

hope and confidence • *Positivity is*

necessary when making plans. ❖

1.176 ignore (v) /ɪˈɡnɔː(r)/ - nevsímat si

deliberately refuse to pay attention

• *I tried to explain to him, but he ignored me.* ➤ ignorance (n), ignorant (adj) ❖

1.177 pick yourself up (expr) /pɪk jəˈself

ʌp/ - sebrat se

try to make your life better after a difficult period • *Instead of being sorry for what had happened, she picked herself up and started over again.* ❖

1.178 keep going (expr) /ki:p gəʊɪŋ/ - jít

dál; žít dál

continue to live normally in a difficult situation • *It's important to keep going, even if you don't see the point.* ❖

1.179 analyse (v) /ˈænləaɪz/ - analyzovat;

rozebrat

examine sth in detail so as to understand or explain it • *I need to analyse the data before I make a decision.* ➤ analysis (n) ❖

1.180 network (n) /ˈnetwɜ:k/ - síť

a group of people that have the same interests • *She has built a network of personal friends that can help her with her new company.* ➤ network (v) ❖

1.181 reward (v) /rɪˈwɔ:d/ - odměnit

give sth in exchange for sth good that sb

has done • *Her efforts were rewarded with the first prize.* ➤ reward (n),

rewarding (adj) ❖

1.182 look on the bright side (expr) /lʊk

ɒn ðə braɪt saɪd/ - brát věci z té lepší stránky

find sth good in a bad situation • *I tried to look on the bright side, thinking that at least I had a job.* ❖

1.183 treat (v) /tri:t/ - chovat se k

behave in a particular way towards sb •

The teacher treated all her students in the same way. ➤ treatment (n) ❖

1.184 issue (n) /'ɪʃu:/ - věc; problém
a problem or worry that you have • *We
had some technical issues with the new
software.* ❖