

Unit 3

Role models

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3.1 role model (n) /'rəʊl ,mɒdl/ - vzor
a person that you admire and try to copy
● *Sports stars often act as role models for young people.* ❖

Reading

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3.2 potential (n) /pə'tenʃl/ - potenciál;
možnosti
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) ❖

3.3 mission (n) /'mɪʃn/ - poslání
an important job that you feel you must do ● *She made it her mission in life to help the homeless.* ❖

3.4 impact (n) /'ɪmpækt/ - vliv; dopad
a powerful effect ● *The new regulations had an impact on the way businesses worked.* ❖

3.5 motivate (v) /'məʊtɪveɪt/ - motivovat
make sb want to do sth ● *She managed to motivate her students to complete the project in two days.* ➤ *motivation* (n),
motivated (adj) ❖

3.6 inspire (v) /ɪn'spaɪə(r)/ - inspirovat
give sb the confidence to do sth ● *Her father inspired her to work harder.* ❖

3.7 criticise (v) /'krɪtɪsaɪz/ - kritizovat
say what you think is wrong about sb/sth
● *All you do is criticise; you never say anything positive.* ➤ *criticism* (n) ❖

3.8 point (sth) out (phr v) /'pɔɪnt ('sʌmθɪŋ) aʊt/ - upozornit na; poukázat na
draw attention to sth ● *The teacher pointed out the many spelling mistakes I had made.* ❖

3.9 barrier (n) /'bæriə(r)/ - překážka;
zábrana
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.* ❖

3.10 expectation (n) /,ekspek'teɪʃn/ -
očekávání

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) ❖

3.11 admire (v) /əd'maɪə(r)/ - obdivovat
respect and approve of sb ● *I really admire my sister for her courage.* ➤ *admiration* (n) ❖

3.12 guide (n) /gaɪd/ - rádce
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) ❖

3.13 trail (n) /treɪl/ - stezka
path through a forest or in the countryside
● *The trail along the river was covered with snow.* ❖

3.14 phenomenon (n) /fə'nɒmɪnən/ - jev;
úkaz; fenomén
sb/sth that is extremely successful and well known ● *Usain Bolt has been a phenomenon in the world of athletics.* ❖

✎ Plural: phenomena or phenomenon
3.15 remote (adj) /rɪ'məʊt/ - vzdálený;
odlehlý
far away from where most people live
● *She lives in a remote village in the middle of the forest.* ❖

3.16 eldest (adj) /'eldɪst/ - nejstarší (v
rodině)
the oldest of three or more people in a family ● *I have three younger brothers; I'm the eldest.* ❖

3.17 fetch (v) /fetʃ/ - dojít pro
go, get and bring back sb/sth ● *Could you fetch my bag from the other room, please?* ❖

3.18 crop (n) /krɒp/ - plodina; úroda
plants that are grown in large quantities especially as food ● *Many farmers spray*

their crops with chemicals to protect them from insects. ❖

3.19 afford (v) /ə'fɔ:d/ - dovolit si 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)
❖

3.20 excel (v) /ɪk'sel/ - vynikat be extremely good at sth ● *She always excelled in mathematics at school; she got top marks.* ➤ excellent (adj) ❖

3.21 call for (phr v) /kɔ:l fɔ:(r)/ - domáhat se; požádat publicly ask for sth to happen ● *The government has called for the President to resign.* ❖

3.22 donation (n) /dəʊ'neɪʃən/ - dar (charitě) money that you give to help a person or organisation ● *He made a donation towards the building of the new hospital.*
➤ donate (v) ❖

3.23 compete (v) /kəm'pi:t/ - soutěžit; závodit take part in a race or competition ● *The two athletes competed for the gold medal.*
➤ competition (n), competitive (adj), competitor (n) ❖

3.24 attempt (v) /ə'tempt/ - pokusit se try to do sth ● *Don't attempt to talk me into it. I'm not going to change my mind.*
➤ attempt (n) ❖

3.25 ultra- (prefix) /'ʌltrə/ - ultra-extreme or extremely ● *She likes ultra-modern furniture, but I have more traditional taste.* ❖

3.26 look up to (phr v) /lʊk ʌp tə/ - vzhlížet admire or respect very much ● *Most teenagers look up to pop stars.* ❖

3.27 break the mould (expr) /breɪk ðə məʊld/ - udělat něco jinak, než je zvykem do sth in a different way from what people traditionally expect ● *She has a fresh approach that completely breaks the mould.* ❖

3.28 right (n) /raɪt/ - právo 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.* ❖

3.29 to sb's surprise (expr) /tə 'sʌmbədiz sə'praɪz/ - k něčímu úžasu in a way that sb didn't expect ● *I thought he wouldn't like my idea, but, to my surprise, he loved it.* ❖

3.30 recover (v) /rɪ'kʌvə(r)/ - zotavit se become well again after an injury or illness ● *It took him more than a week to recover from his injury.* ➤ recovery (n) ❖

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

Vocabulary

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3.32 cope (v) /kəʊp/ - zvládat deal successfully with sth difficult ● *I don't know how you manage to cope with two jobs and a young child.* ❖

3.33 overcome (v) /,əʊvə'kʌm/ - překonat deal with (a problem) successfully ● *You need to overcome your fear of flying or you'll never be able to travel far away.* ❖

3.34 gossip (n) /'gɒsɪp/ - klepy 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) ❖

3.35 rumour (n) /'ru:mə(r)/ - fáma 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.* ❖

3.36 split up (with sb) (phr v) /splɪt ʌp (wɪð 'sʌmbədi)/ - rozejít se (s někým) end a relationship or a marriage with sb ● *He split up with his girlfriend last weekend.* ❖

3.37 disgrace (n) /dɪs'greɪs/ - ostuda
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) ❖

3.38 scandal (n) /'skændl/ - skandál
an action that causes the public to feel
shock • *The accusations that the bank
manager had stolen the money caused a
scandal.* ❖

3.39 breakthrough (n) /'breɪkθruː/ -
průlom
an important discovery that helps solve
a problem • *The new drug is a major
breakthrough in the fight against cancer.*
❖

3.40 comeback (n) /'kʌmbæk/ - návrat na
scénu
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.* ❖

3.41 follow in (sb's) footsteps (expr)
/'fɒləʊ ɪn ('sʌmbədi's) 'fʊtstɛps/ - jít
v něčích stopách
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.* ❖

3.42 out of nowhere (expr) /aʊt əv
'nəʊwe(r)/ - z ničeho nic
suddenly and surprisingly • *As soon as I
entered the room, a man appeared out of
nowhere and asked how he could help me.*
❖

3.43 seize the opportunity (expr) /'siːz ðɪ
,ɒpə'tʃuːnəti/ - chopit se příležitosti
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.* ❖

3.44 the secret of (sb's) success (expr) /ðə
'siːkrət əv ('sʌmbədi's) sʌ'kses/ - tajemství
(něčího) úspěchu
the way in which sb has achieved success
• *The secret of Harry's success is that he*

always made the right choices. ❖

3.45 open doors for (sb) (expr) /'əʊpən
dɔːz fə ('sʌmbədi)/ - otevřít (někomu)
dveře (přeneseně)

provide opportunities for sb to do sth •
*His marriage to the film director certainly
opened doors for the young actor.* ❖

3.46 claim to fame (expr) /kleɪm tə feɪm/ -
důvod, proč je někdo slavný
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.* ❖

3.47 never get anywhere (expr) /'nevə get
'eniweə(r)/ - nikam to nevede; není to k
ničemu

make no progress or have no success •
*She kept trying to get a part in a film but
she never got anywhere.* ❖

3.48 household name (expr) /,haʊshəʊld
'neɪm/ - obecně známé jméno
a famous person that almost everyone
knows • *He never became a household
name but he was definitely a very good
actor.* ❖

3.49 ambitious (adj) /æm'bɪʃəs/ -
ctižádostivý
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) ❖

3.50 determined (adj) /dɪ'tɜːmɪnd/ -
odhodlaný
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) ❖

3.51 influence (n) /'ɪnfluəns/ - vliv
an effect on sb • *Fashion didn't have any
influence over her – she had her own
personal style.* > influence (v), influencer
(n), influential (adj) ❖

3.52 influencer (n) /'ɪnfluənsə(r)/ -
influencer; vlivný uživatel
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.* ❖

3.53 influential (adj) /ɪnfluˈenʃl/ - vlivný 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) ❖

3.54 reality (n) /riˈæləti/ - skutečnost the way things truly are • *He looked very young, but in reality he was over fifty.* ➤ real (adj), realistic (adj) ❖

3.55 realistic (adj) /ˌrɪəˈlɪstɪk/ - realistický; střízlivý; dosažitelný 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) ❖

3.56 sponsor (n) /ˈspɒnsə(r)/ - sponzor a person, organisation or company that agree 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) ❖

3.57 sponsorship (n) /ˈspɒnsəʃɪp/ - sponzorská podpora; finanční záštita 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) ❖

3.58 for the sake of (expr) /ˈfə ðə seɪk əv/ - kvůli

in order to get or keep sth • *She decided to quit smoking for the sake of her health.*

❖
3.59 aim (v) /eɪm/ - snažit se; mít za cíl plan, have as a purpose • *I'm aiming to finish the job by Friday.* ❖

3.60 passion (n) /ˈpæʃn/ - vášeň an activity or hobby that you are extremely interested in • *I like all sports,*

but my passion is rugby. ➤ passionate (adj) ❖

3.61 concrete (adj) /kɒŋkri:t/ - konkrétní clear and certain • *A general idea will not do; we have to be concrete and specific.* ❖

3.62 in exchange (phr) /ɪn ɪksˈtʃeɪndʒ/ - výměnou za in return • *I can help you with your homework if you wash the dishes in exchange.* ❖

3.63 follower (n) /ˈfɒləʊə(r)/ - stoupenec; přívrženec sb that chooses to regularly see/receive sb else's posts on social media • *Some celebrities have millions of followers on their social media* ❖

3.64 build (sth) up (phr v) /bɪld (ˈsʌmθɪŋ) ʌp/ - posílit; upevnit; vybudovat make sth higher or stronger than before • *I do exercises every morning to build up my strength.* ❖

3.65 keep going (phr v) /ki:p ɡəʊɪŋ/ - jít/žít dál continue to do sth in spite of difficulties • *I know it's difficult but keep going and you will succeed in the end.* ❖

Grammar

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3.66 contestant (n) /kənˈtestənt/ - závodník sb who takes part in a competition • *The show features ten contestants from ten different countries.* ➤ contest (n) ❖

3.67 announce (v) /əˈnaʊns/ - oznámit make sth known to the public • *The presenter announced the winner of the competition.* ➤ announcement (n), announcer (n) ❖

3.68 single (adj) /ˈsɪŋɡl/ - jednotlivý one only • *He told me every single detail of what had happened.* ❖

3.69 bench (n) /bentʃ/ - lavička 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.* ❖

3.70 autograph (n) /'ɔ:təgrɑ:f/ - autogram sb's signature, usually a celebrity's

• *The singer gave me his autograph.* ❖

3.71 run out (phr v) /rʌn aʊt/ - dojit be finished completely so that none is left

• *The salt is running out; we have to get some.* ❖

3.72 escape (v) /ɪ'skeɪp/ - uniknout; utéci get away from a place where you were not allowed to leave • *Three prisoners were caught while they were trying to escape.*

➤ escape (n) ❖

3.73 skydive (v) /'skaɪdaɪv/ - skákat s padákem

jump from an aircraft with a parachute

• *I skydive every weekend, so I'm not afraid of heights.* ➤ skydiving (n) ❖

3.74 volunteer (v) /'vɒləntɪə(r)/ - dobrovolně se přihlásit

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) ❖

3.75 parachute (n) /'pærəʃu:t/ - padák 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.* ❖

3.76 key (adj) /ki:/ - klíčový very important • *The key issue here is how much this will cost.* ❖

3.77 capsule (n) /'kæpsju:l/ - kosmická kabina the part of a spacecraft where the astronauts travel • *Conditions in a space capsule are cramped.* ❖

3.78 spacecraft (n) /'speɪskra:ft/ - kosmická loď a vehicle that travels in space • *NASA is planning to send another spacecraft to the moon.* ❖

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3.79 hero (n) /'hɪərəʊ/ - hrdina 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) ❖

3.80 get into (phr v) /get 'ɪntə/ - začít se zajímat o; pustit se do become interested in sth • *I first got into music when I was a child.* ❖

3.81 kind of (expr) /kaɪnd əv/ - jaksi; tak nějak 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.* ❖

3.82 fall in love (expr) /fɔ:l ɪn lʌv/ - zamilovat se start to love • *I fell in love with opera when I first heard Maria Callas.* ❖

3.83 brilliant (adj) /'brɪljənt/ - geniální extremely skilled or clever • *That's a brilliant idea! I agree completely!* ➤ brilliantly (adv) ❖

3.84 look forward to (phr v) /lʊk 'fɔ:wəd tə/ - těšit se na 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.* ❖

3.85 flat (adj) /flæt/ - nudný; monotónní without emotion or excitement • *After the excitement of the last few days, I'm feeling a little flat now.* ❖

3.86 scan (v) /skæn/ - prolétnout look through (a text) in order to find information • *I scanned the list quickly for my name but couldn't find it.* ❖

3.87 extract (n) /'ekstrækt/ - úryvek a short passage taken from a longer text • *The magazine published an extract from his latest novel.* ➤ extract (v) ❖

3.88 shy (adj) /ʃaɪ/ - stydlivý; nesmělý nervous and uncomfortable around people you don't know • *The little boy*

Listening

was very shy and just hid behind his mother. > shyness (n) ❖

3.89 sense of humour (n) /sens əv 'hju:mə(r)/ - smysl pro humor
the ability to understand sth that is funny
● *Adam's got no sense of humour, so don't play jokes on him.* ❖

3.90 work (sth) out (phr v) /wɜ:k ('slmθɪŋ) aʊt/ - přijít na (něco)
find or calculate the answer to sth ● *You can take your time to work out the solution to the problem.* ❖

Speaking

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3.91 similarity (n) /,sɪmɪ'lærəti/ - podobnost
the fact that people, things, places, etc. Look or are the same ● *There are some similarities between surfing and windsurfing.* > similar (adj), similarly (adv)
❖

3.92 theme (adj) /θi:m/ - téma
the main subject or topic ● *He gave a talk on the theme of violence in modern music.*
❖

3.93 follow-up (adj) /'fɒləʊʌp/ - následující
done after a related activity ● *We can examine our options now and make final decisions in a follow-up meeting on Friday.*
❖

3.94 in contrast (phr) /ɪn 'kɒntrɑ:st/ - naproti tomu
on the other hand ● *I hated his new song. My sister, in contrast, loved it.* ❖

3.95 have something in common (expr) /ɪn 'kɒmən/ - mít něco společného
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.* ❖

3.96 whereas (conj) /weə'ræz/ - kdežto; zatímco

but, while ● *The reviewer claimed the film was amazing, whereas I thought it was terrible.* ❖

Grammar

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3.97 award (n) /ə'wɔ:d/ - cena; ocenění
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) ❖

3.98 exhausted (adj) /ɪg'zɔ:stɪd/ - vyčerpaný
very tired ● *I'm too exhausted to do anything; I think I'll just go to bed.* > exhaust (v), exhaustion (n), exhausting (adj) ❖

3.99 check-in desk (n) /'tʃekɪn ,desk/ - odbavovací přepážka
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.* ❖

3.100 take off (phr v) /teɪk ɒf/ - vzlétnout; odlétnout
leave the ground and begin to fly ● *Hurry up! Our plane takes off in 20 minutes.* ❖

3.101 sanctuary (n) /'sæŋktʃəri/ - útočiště; útulek; rezervace; svatyně
a place where birds and animals can live and be protected ● *The small island has been a wildlife sanctuary since the 1970s.*
❖

3.102 crash (v) /kræʃ/ - nabourat
hit violently and cause damage ● *The car went out of control and crashed into the back of a bus.* > crash (n) ❖

3.103 bad (adj) /bæd/ - zraněný; bolavý
painful ● *He has a bad leg. He can't climb all those stairs.* ❖

3.104 rescue (v) /'reskjʊ:/ - zachránit
save from a dangerous situation ● *The lifeguard managed to rescue the young man from drowning.* > rescue (n) ❖

3.105 promote (v) /prə'məʊt/ - propagovat
encourage people to buy or support sth ● *They are promoting their new products through internet advertising.* ➤

promotion (n) ❖

3.106 conservation (n) /,kɒnsə'veɪʃn/ - ochrana
the protection of the natural environment from harmful human activities ● *I love animals and fully support this wildlife conservation programme.* ❖

3.107 turn out (phr v) /tɜ:n aʊt/ - ukázat se
prove to be ● *I thought he wasn't very clever, but he turned out to be brilliant.* ❖

3.108 performer (n) /pə'fɔ:mə(r)/ - účinkující
sb who entertains an audience ● *She's not only a good singer, but also a brilliant performer.* ➤ perform (v), performance (n) ❖

3.109 tangled (adj) /'tæŋɡld/ - zamotaný; zašmodrchaný
twisted together in an untidy way ● *My hair was a tangled mess when I woke up this morning.* ❖

3.110 fishing line (n) /'fɪʃɪŋ ,laɪn/ - vlasec
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.* ❖

Use your English

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3.111 get away with (phr v) /get ə'wei wɪð/ - projít
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.* ❖

3.112 live up to (phr v) /lɪv ʌp tə/ - naplnit (očekávání)
achieve what you or other people expect you will ● *He studied very hard in order to live up to his parents' expectations.* ❖

3.113 catch up on (phr v) /kætʃ ʌp ɒn/ - dohnat
spend extra time doing sth which you didn't complete when you should ● *I thing I'm going to stay in tonight to catch up on my reading.* ❖

3.114 come up with (phr v) /kʌm ʌp wɪð/ - přijít s; vymyslet
suggest or think of a plan or idea ● *She came up with a great idea for promoting the party.* ❖

3.115 deserve (v) /dɪ'zɜ:v/ - zasloužit si
rightly get sth because of the way you behave or act ● *I work very hard and I deserve all the money I get.* ❖

3.116 miss out on (phr v) /mɪs aʊt ɒn/ - nechat si ujít; prošvihnout
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.* ❖

3.117 look down on (phr v) /lʊk daʊn ɒn/ - shlížet; dívat se spatra
feel or behave like you are better than sb else ● *He looks down on people who haven't been to college.* ❖

3.118 make up for (phr v) /meɪk ʌp fə(r)/ - vynahradiť; dohnat
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.* ❖

3.119 draw attention to (expr) /drɔ: ə'tenʃən tə/ - upozornit na
make people notice sth ● *She was very quiet, as she didn't want to draw attention to herself.* ❖

3.120 lead the way (expr) /li:d ðə wei/ - ukazovat cestu
make more progress than others in sth ● *This new company is already leading the way in space travel.* ❖

3.121 lose your passion for (expr) /lʊz jɔ: 'pəʃən fə(r)/ - ztratit zájem o
stop being interested in sth that you liked very much ● *The teacher criticised me so*

much that I soon lost my passion for music. ❖

3.122 see the funny side (expr) /si: ðə 'fʌni saɪd/ - vzít něco jako legraci 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.* ❖

3.123 set a good example (expr) /set ə ɡʊd ɪɡ'zɑ:mpl/ - jít dobrým příkladem 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.* ❖

3.124 come over (phr v) /kʌm 'əʊvə(r)/ - zastavit se; zaskočit visit sb in their home • *My parents are coming over for dinner tonight.* ❖

3.125 head (v) /hed/ - (za)mířit go in a particular direction • *I think it's time for us to head back home.* ❖

Writing

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3.126 convention (n) /kən'venʃən/ - zvyklost a commonly accepted way of doing sth • *For most people, it is not easy to break with social conventions.* ➤ conventional (adj) ❖

3.127 prompt (n) /prɒmpt/ - nápověda; pobídnutí words that tell you what you should write or talk about • *You can start talking when she gives you the prompt.* ❖

3.128 fiction (n) /'fɪkʃən/ - beletrie; fikce 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) ❖

3.129 in advance (phr) /ɪn əd'vɑ:ns/ - předem before a specific time or thing • *I'd like to thank you in advance. Your help really means a lot to me.* ❖

3.130 leap (v) /li:p/ - (vy)skočit

jump very high, a long way or very quickly • *As soon as I stood up, the cat leaped onto my chair.* ➤ leap (n) ❖

3.131 submit (v) /səb'mɪt/ - podat; odevzdat 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) ❖

3.132 congratulate (v) /kən'grætʃəleɪt/ - blahopřát express your approval or pleasure for sb's achievement • *All his friends called to congratulate him on passing his exam.* ➤ congratulations (n pl) ❖

3.133 I can't believe my ears (expr) /kænt bɪ'li:v maɪ iəz/ - nemohu uvěřit svým uším; mne klame sluch 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.* ❖

3.134 desperately (adv) /'despərətli/ - zoufale extremely • *He desperately tried to become a model, but he never managed to achieve his ambition.* ❖

3.135 bitterly (adv) /'bɪtəli/ - trpce extremely and unpleasantly • *I was bitterly disappointed when I didn't get the job.* ❖

3.136 flash (n) /flæʃ/ - záblesk a sudden bright light that immediately disappears • *Suddenly, there was a flash of lightning so we all headed indoors.* ❖

3.137 beam (n) /bi:m/ - paprsek; kužel světla a line of light coming from a bright object • *I could barely see the trail in the beam of my torch.* ❖

3.138 at long last (expr) /ət lɒŋ la:st/ - konečně; nakonec přece finally, after waiting for a long time • *It had been months since I wrote to him. At long last, he replied.* ❖

3.139 not in my wildest dreams (expr) /nɒt ɪn maɪ 'waɪldɪst dri:mz/ - ani v mých nejdivočejších snech
not even in your imagination • *I never thought we'd win, not even in my wildest dreams.* ❖

3.140 out of the blue (expr) /aʊt əv ðə blu:/ - z ničeho nic; zčistajasna suddenly and unexpectedly • *I hadn't seen him in years and then, out of the blue, he turned up on my doorstep.* ❖

3.141 to make matters worse (expr) /tə meɪk matəz wɜ:s/ - ještě zhoršit situaci to make the situation even more difficult • *His behaviour was terrible and, to make matters worse, he refused to apologise.* ❖

3.142 stunned (adj) /stʌnd/ - omráčený shocked and surprised • *When she told me the terrible news, I was so stunned that I couldn't speak.* ❖

3.143 meanwhile (adv) /'mi:nwaɪl/ - mezitím at the same time as sth else is happening • *I'll pack the suitcases. Meanwhile, you can wash the dishes.* ❖

3.144 warning (n) /'wɔ:nɪŋ/ - varování 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.* ❖

Live well, study well

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3.145 management (n) /'mænɪdʒmənt/ - organizace 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) ❖

3.146 procrastination (n) /prə,kɹæstɪ'neɪʃn/ - odkládání 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) ❖

3.147 feed (n) /fi:d/ - zdroj aktuálních zpráv 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.* ❖

3.148 challenge (n) /'tʃælɪndʒ/ - výzva 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) ❖

3.149 urgently (adv) /'ɜ:dʒəntli/ - naléhavě in a way that needs immediate attention • *Vaccines against the new virus are urgently needed.* ➤ urgent (adj) ❖

3.150 sort (v) /sɔ:t/ - třídít separate a number of things into groups • *The students were sorted into three groups: more advanced, average and less advanced.* ❖

3.151 according to (prep) /ə'kɔ:diŋ ,tə/ - podle in a way that agrees with sth • *I organised the books on the shelf according to their topic.* ❖

3.152 waste (n) /weɪst/ - plýtvání an unnecessary or wrong use of sth • *You don't need a new phone – it would be a waste of money.* ➤ waste (v) ❖

3.153 guilty (adj) /'gɪlti/ - vinný feeling bad about sth you did or sth you didn't do • *She felt guilty about not going to his party.* ➤ guilt (n) ❖

3.154 put (sth) off (phr v) /pʊt ('sʌmθɪŋ) ɒf/ - odkládat (něco) delay sth until a later time • *They have put off the meeting for a week; it will take place next Tuesday.* ❖

3.155 report back (phr v) /rɪ'pɔ:t bæk/ - podat zprávu 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.* ❖

3.156 cut down on (phr v) /kʌt daʊn ɒn/ -
omezit

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.* ❖

3.157 mean (to do sth) (v) /mi:n (tə du:
'sʌmθɪŋ)/ - mít v úmyslu (něco udělat)
intend to do sth ● *I didn't mean to be
rude. I'm sorry.* ❖

3.158 get round to (phr v) /get raʊnd tə/ -
dostat se k

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.* ❖