

Vocabulary worksheet

Понимать речь носителей легче чем ты думаешь! Главное — это регулярная практика.

В этом уроке ты сможешь самостоятельно изучить новые слова и закрепить их с помощью упражнений. Просматривай видео столько раз, сколько считаешь нужным. На последней странице есть словарь. Воспользуйся им после работы над заданиями. Постарайся тренировать слуховое восприятие и интуитивное понимание языка.

Good luck!

www.english-doma.ru
 engdomaru

https://www.youtube.com/watch?v=hP5iDc_-lw



Keira Knightley on confidence, criticism and love: Life Lessons | Bazaar UK



Harper's Bazaar UK
253 тыс. подписчиков

Для удобства выполнения заданий, видео разделено на 8 коротких фрагментов.

Как работать?

1. Посмотри видео и попробуй уловить основную мысль.
2. Начни работу с первым фрагментом. Соедини предложенные слова с их переводом.
3. Вставь данные слова в скрипт, просматривая фрагмент снова и снова.
4. Прослушивай короткие отрывки пока не услышишь пропущенное слово.
5. Прodelай этот процесс с каждым последующим фрагментом.
6. Все слова с переводом находятся на последней странице. Выучи их и посмотри видео еще несколько раз.

Part 1. 00:00 – 0:43

1 confident

2 confidence

3 sense

4 impossible

5 please

6 highs and lows

a взлеты и падения

b чувство

c угождать

d уверенность

e невозможно

f уверенный

Hello, I'm Keira Knightley. I'm here with Harper's Bazaar UK, and I'm going to give you some life lessons. You do get more as you get older. I don't know why that is. I guess you've experienced more; you've gone through the already. You just have kind of, like, a better of yourself. You also understand that you're never going to everybody, and that's an thing to go with. So, I think you just kind of have the confidence to go, "This is me, and you're not all going to like it, but that's fine." But it's really nice when you have a day when you're feeling really .

Part 2. 0:45 – 1:14

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Oh, is about doing what you want. Style's about making yourself feel good. And if you feel good, then you look good. When I was six, I had two , and they were *shell suits**. One was pink and white, and the other one was black, purple, and green. I loved them, and that's all I'd .

* shell suits – это вид спортивной одежды, который был особенно популярен в конце 1980-х и начале 1990-х годов.

Over the last year, the same thing has happened. I've got two tracksuits: one is blue, and one is green, and I've just worn that. So, I think style has gone out the *, but I've been, like, really .

Part 3. 1:15 – 1:43

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The best piece of beauty I've ever been given is taking makeup off at the end of the night. , actually, even that isn't completely true. Because although I think you should take your eye makeup off, quite often looks better the next day. You just kind of tidy it up a bit under the bottom. It looks very cool and smoky. What's made me feel made up is having red nails, which again, I haven't had for like the last year, and I feel a bit... I feel a bit .

* выражение "go out of the window" означает, что что-то было утеряно, забыто или проигнорировано, особенно принципы, правила или стандарты. Эта идиома часто используется для подчеркивания того, что определенные ожидания или нормы были нарушены.

* foundation – в данном контексте, это тональная основа (косметическое средство, которое наносится на кожу лица для создания единого тона)

Part 4. 1:45 – 2:29

1 worth

2 imperfect

3 freedom

4 treat

5 different

6 completely

7 stand up for

8 imperfections

a свобода

b стоять за, отстаивать

c несовершенный

d недостатки

e обращаться, обходиться

f совершенно

g разный

h ценность

The things that I think are beautiful are always the things, aren't they? It's always like somebody's which you end up falling in love with and finding absolutely beautiful. So, it's always . I think it's different in person to what it is in pictures or on film or whatever. How do I what I believe in, and how do I know my ? I think again, you get a sense of self, like, you get a sense of what you're okay with and what you're not okay with, not worrying as much about pleasing absolutely everybody. You have the to walk away. And through the freedom to walk away, I think you know what will make you stay. And you know the sort of people that you want to work with. And you know how you want to be treated and therefore how you're going to other people. So, I think that gives you a sort of sense of worth.

Part 5. 2:29 – 3:30

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I think is a funny one. I think because you can be incredibly and not feel successful. And I think success is different for everybody. So, I think you can't use other people as your . I think you have to find what feels right for you. I did always know that I wanted to work in , yes. I think you need to have a very . So, I think if you don't have one, then you need to go about trying to get one quite quickly. Oh, you never deal with criticism. I mean, it always hurts, doesn't matter how old you get. Really, generally speaking,

the people who are unfairly criticizing you, **8** fairly criticizing you, which is different, are normally the people that don't know you. And therefore, kind of what are they basing it on anyway? So, I think it always kind of helps to, sort of, take a **9** back and go, "Actually, what are we talking about?" And **10** you **11** that it's all just puff and it's a bit **12** , it kind of makes you feel better, but it hurts at the time. You always **13** the moment when it hurts before you can get the perspective on it to go like, "Oh no, I'm fine."

Part 6. 3:31 – 4:08

- 1 **decisions**
- 2 **respect**
- 3 **fight**
- 4 **counterpart**
- 5 **equality**
- 6 **autonomy**
- 7 **feminism**
- 8 **expect**

- a **независимость**
- b **феминизм**
- c **борьба**
- d **уважение**
- e **коллега**
- f **ожидать**
- g **равенство**
- h **решения**

What empowers me? I think a sense of **1** , freedom over choices, and a sense of being my own self and making my own **2** . And seeing other people do that as well. I learn about **3** .

Until we're all free, none of us are free. And until we all have none of us have equality. And so the continues. I hope that they continue the fight. I hope that they know their own worth. I hope that they that if they put as much work in as their male , then they should be rewarded in the same way. And that they should be treated with and treat others with respect.

Part 7. 4:08 – 4:59

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What have I learned about ? I think what's amazing is when you find people who you feel relaxed with, and actually, they're (I've found) really *few and far between**. And they're the ones that you want to hold on to.

* выражение "few and far between" означает, что что-то встречается редко или нечасто.

Love. What have I learned about love? Um... I think what's been really interesting, you know, when you're kind of... in your sort of late teens, early twenties, and you might for the first time. You with just that romantic love. And that romantic love is great. And then as you sort of , you find out that there are all sorts of different loves. And that they and that it's not something that stays the same. And you might have kids, and suddenly love is again a different thing. And the love for your friends is a completely different thing. So, I sort of love the fact that it's an , thing. Um, I think that makes it even more .

Part 8. 5:00 - 5:25

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Life advice from another woman. It's got to be my mum, which is " and .

Which I think is the only advice that you really need in life at all. Because it's up and down. It's always going to be up and down. Even when things go

well, you know, your , life , it's sort of like the weather. And when you've been through something bad, you just need to go, "Okay, dunk. Move ." So, she's always said "cancel and continue," and I found that very from being a kid to now.

Vocabulary list

acting - актёрское искусство

advice - совет

although - хотя

as opposed to - в отличие от

as soon as - как только

autonomy - независимость, автономия

benchmark - эталон

cancel - отменить

change - изменяться

comfortable - удобный

confident - уверенный

confidence - уверенность

continue - продолжать

counterpart - коллега

decision - решение

different - разный

emotional state - эмоциональное состояние

equality - равенство

equate - приравнивать

ever-changing - бесконечно меняющийся

evolving - развивающийся

expect - ожидать

fall in love - влюбиться

feminism - феминизм

fight - борьба

forward - вперёд

foundation - основание, тональная основа

freedom - свобода

friendship - дружба

get older - взрослеть, стареть

glamorous - гламурный

go through - пройти через

helpful - полезный

highs and lows - взлёты и падения

impossible - невозможно

incredibly - невероятно

instantly - мгновенно

imperfect - несовершенный

imperfections - недостатки

in general - вообще, в целом

instantly - немедленно

realize - осознать

respect - уважение

sense - чувство

silly - глупый

special - особенный

stand up for - стоять за, отстаивать

step - шаг

style - стиль

success - успех

successful - успешный

suddenly - внезапно

thick skin - толстая кожа

tracksuit - спортивный костюм

treat - обращаться, обходиться

utterly - крайне

wear - носить

window - окно

worth - ценность