



About myself



Структура

1. Общая информация. (*General information about myself*)
 2. Место, где я живу. (*The place where I live*)
 3. Моя семья. (*My family*)
 4. Мое образование. (*My education*)
 5. Моя работа. (*My job*)
 6. Мои хобби и интересы. (*My hobbies and interests*)
 7. Мой характер. (*My character*)
 8. Мои планы на будущее. (*My plans for the future*)
- 



Начинают тему обычно со слов:

Let me introduce myself . – Позвольте мне представиться.

Let me tell you a few words about myself. – Позвольте немного рассказать о себе.

Let me tell you a couple of words about myself. – Разрешите сказать пару слов о себе.





Начинают тему обычно со слов:

My name is... – *Меня зовут... .*

But my friends call me ... – *Но друзья обычно называют меня ...*

But you can call me ... – *Но вы можете называть меня ...*

But people usually call me ... – *Но меня обычно называют ...*





Если у вас необычное имя, можно указать его происхождение:

It is a Greek name. – Это греческое имя.

My name is quite unusual and I like it. – Мое имя довольно-таки необычное и мне это нравится.

I was named after my grandfather. – Меня назвали в честь дедушки.





После этого обычно указывают возраст:

I am ...years old. – Мне ... лет.

I was born in – Я родился в

I will be ... next September. – Мне исполнится ... в следующем сентябре.

I will be ... in two months. – Мне исполнится ... через два месяца.





Далее переходим к информации о месте, где вы живете:

I am from Moscow. – Я из Москвы.

I come from Russia, I live in Moscow. – Я из России, я живу в Москве.

I was born in Moscow and I have lived there all my life. – Я родился в Москве и живу здесь всю свою жизнь.

I was born in It is a small town near Moscow. When I was 10, I moved to Moscow with my family. – Я родился в Это небольшой город неподалеку от Москвы. Когда мне было 10 лет, я переехал в Москву с семьей.

I used to live in Samara, but now I live in Saint Petersburg. – Я раньше жил в Самаре, а теперь я живу в Санкт-Петербурге.



Если ваш родной город не знаком собеседнику, то можете вставить пару предложений о городе, его расположении, и о том, чем он известен:

My home town is not very big, only ten thousand people live there. – Мой родной город не очень большой, всего десять тысяч человек живут там.

My home town is famous for its architecture. – Мой родной город знаменит своей архитектурой.

It is located in the west of the country. – Он расположен на западе страны.

My home city is the centre of oil industry. – Мой родной город – центр нефтяной промышленности.



Можете упомянуть о своей семье:

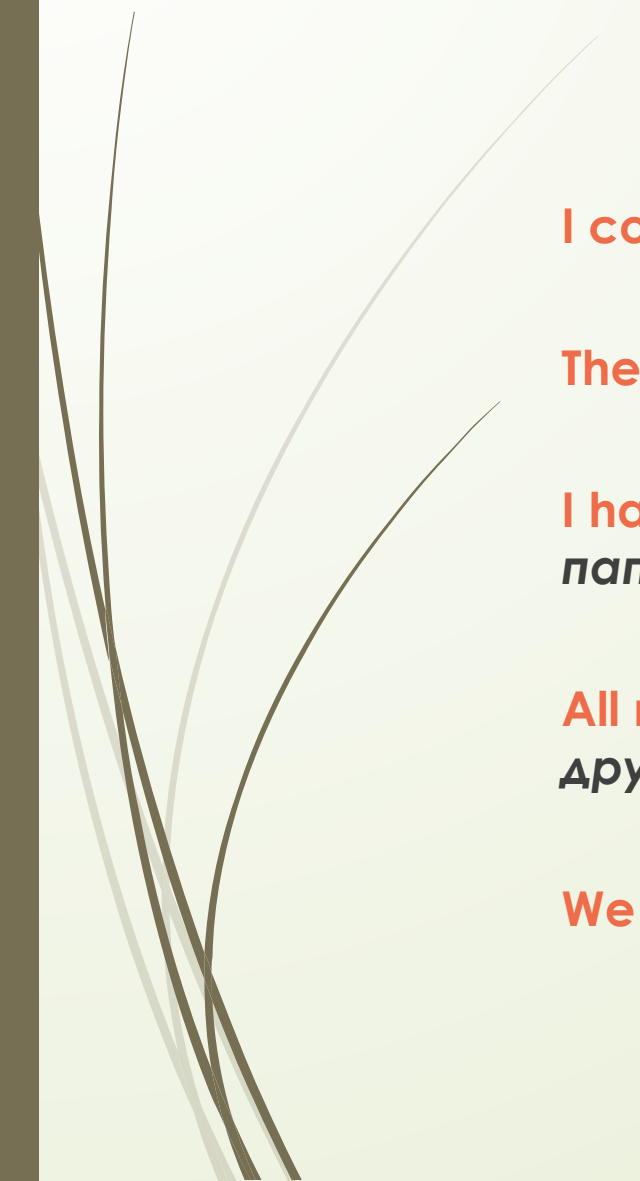
I come from a small/ large family. – Я из маленькой/большой семьи.

There are four of us in the family. – В семье нас четверо.

I have a mother, a father and a younger sister/brother. – У меня есть мама, папа и младшая сестра/брат.

All members of my family are friendly and helpful. – Все члены моей семьи дружелюбные и готовы помочь.

We get on well with each other. – Мы хорошо ладим друг с другом.





Если это уместно, предоставьте общие факты о членах своей семьи: расскажите о их возрасте, чем они занимаются. Но не забывайте, что рассказ о вас, а не о вашей семье.



В следующей части расскажем о вашем образовании:

I go to school. I am in the eighth form. – Я хожу в школу. Я учусь в 8 классе.

My favourite subjects are... . – Мои любимые предметы – это ...

I am good at English. – Я хорошо успеваю по английскому.

I finished school in 2005. – Я окончил школу в 2005 году.

I am a student of Moscow State Technical University. – Я студент Московского Государственного Технического университета.

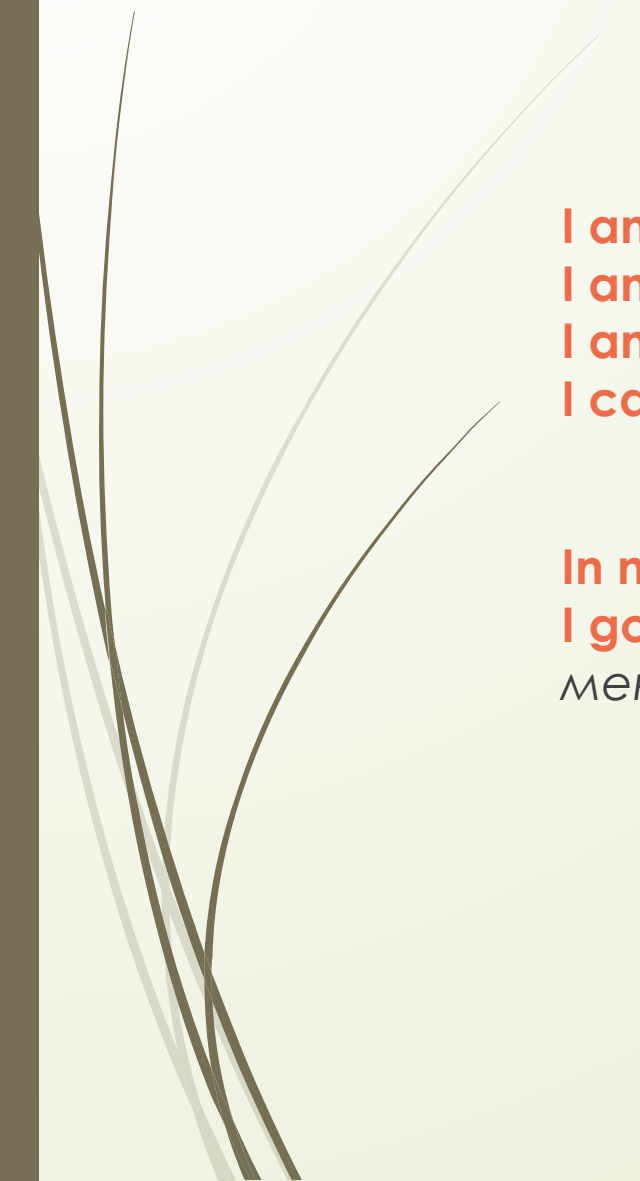
I am in my first/second/third year. – Я на первом/втором/третьем курсе.

I am a first-year/ second-year student. – Я на первом/втором курсе.

My major is / I major in Chemistry. – Моя специальность – химия.



Увлечения



I am fond of ... – Я увлекаюсь ...

I am interested in ... – Я интересуюсь ...

I am keen on ... – Я увлекаюсь ...

I can ski very well. – Я хорошо умею кататься на лыжах.

In my free time I usually read. – В свободное время я обычно читаю.

I go to the gym when I have some free time. – Я хожу в спортзал, когда у меня есть свободное время.



Appearance



□ **What do you look like?** – Как вы выглядите?

□ **How would you describe your physical appearance?**
– Как вы опишите свою внешность?

Обычно описывают цвет волос, глаз, кожи, рост, комплекцию + стиль в одежде

Скелет человека

bone — кость

jaw ['dʒɔ:] — челюсть

joint — сустав

rib — ребро

skeleton — скелет

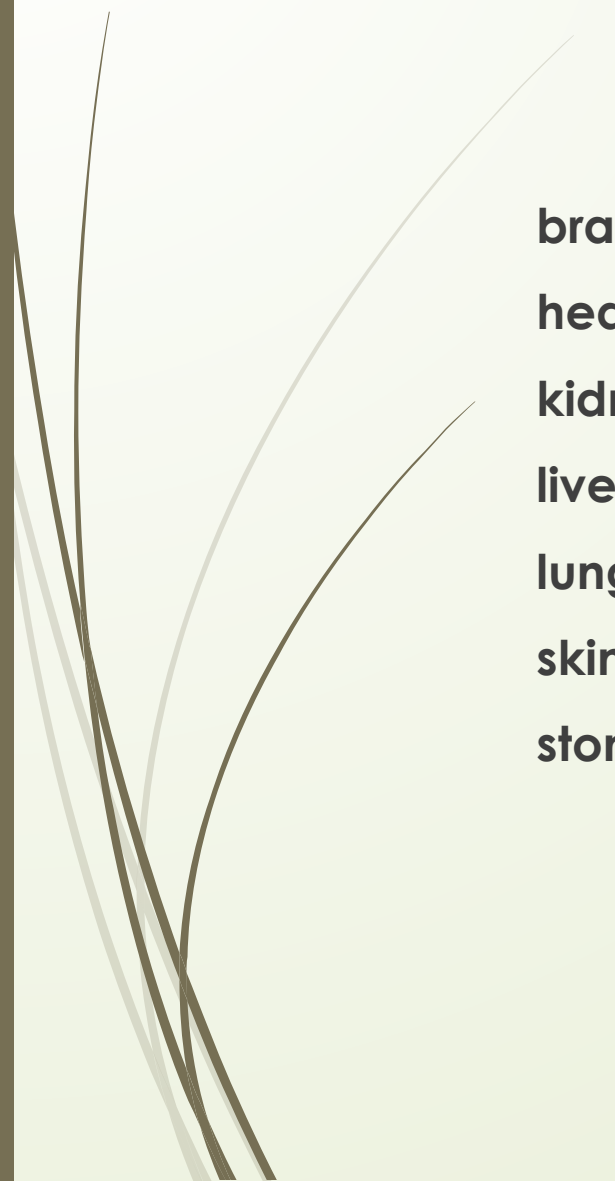
skull — череп

spine — позвоночник

Bear oneself well	Иметь хорошую осанку
Posture	Осанка, поза
Stooping	Сутулый, согбенный
Upright	Прямая, правильная осанка
To hold one's body upright	Иметь правильную осанку



Органы человека



brain — мозг

heart ['hɑ:t] — сердце

kidney — почка

liver ['livə] — печень

lungs — легкие

skin — кожа

stomach ['stʌmək] — желудок

Face

Hair

волосы

Forehead /'fɒrɪd/

лоб

Skin

кожа

Eyebrow

бровь

Temple

висок

Eyelash

ресница

Eye

глаз

/ɪə(r)/ Ear

ухо

Nose

нос

Cheek

щека

/məʊl/ Mole

родинка

Nostril

ноздря

Lip

губа

Mouth /maʊθ/

рот

Chin

подбородок

Jaw /dʒɔ:/

челюсть



Vocabulary



инглекс



blue

голубой



honey

медовый



gray

серый



brown

карий



turquoise

бирюзовый



amethyst

аметист



true sapphire

**настоящий
сапфир**



green

зеленый



hazel

орех



Голова

head — голова

cheekbones — скулы

chin — подбородок

eyelid / lid — веко

eyelash / lash — ресница

forehead ['fɔːrɪd] (BrE) / [for'hed] (AmE) — лоб

iris — радужная оболочка глаза

nape, back of the head — затылок

pupil — зрачок

tongue ['tʌŋ] — язык

tooth (мн. ч.: *teeth*) — зуб(ы)



Щеки

Ashen	Мертвенно бледные	Rouged	Нарумяненные
Blushing	Пылающие, залитые румянцем	Ruddy	Румяные, красные, свежие
Chubby	Полные	Scarlet	Алые
Flushed	Раскрасневшиеся	Smooth	Гладкие
Hamster, hamster-like	Как у хомяка	Soft	Мягкие, нежные
Hollow, sunken	Впалые, ввалившиеся	Tear-stained	Заплаканные
Pale, pallid	Бледные	Unshaven	Небритые
Pasty	Мертвенно бледные	Wet	Мокрые
Pink, rosy	Розовые	Wide	Широкие
Plump, stubby	Пухлые	with creases, with wrinkles	Морщинистые



Туловище

back — спина

belly — живот

breast — грудь (грудная железа)

buttocks — ягодицы

chest — грудь (грудная клетка)

genitals — половые органы

navel ['neɪvəl] / belly button — пуп, пупок

neck — шея

pelvis — таз

shoulder — плечо

waist — талия



Build — Телосложение

Anorexic	Анорексичный	Skinny, thin	Тощий, худой
Bonny	1) Здоровый, цветущий 2) Милый	Slender	Стройный
Chubby	Пухлый, полный	Slight	Изящный, хрупкий
Delicate	Хрупкого телосложения	Slim, spare	Худощавый
Fat	Жирный, толстый	Small	Мелкого телосложения, тщедушный, субтильный
Graceful	Грациозный	Solid	Плотный
Heavy	Грузный	Stocky	Коренастый
Large	Массивный	Strong	Сильный
Neat	Стройный, изящный	Sturdy	Крепкий, дюжий
Overweight	С избыточным весом	Tubby	Пузатый, толстый

Руки

arm — рука (от кисти до плеча)

armpit — подмышка

elbow — локоть

hand — рука (кисть)

finger — палец (руки)

thumb ['θʌm] — большой палец руки

index finger — указательный палец руки

middle finger — средний палец руки

ring finger — безымянный палец руки

little finger — мизинец, маленький палец руки

fist — кулак

knuckle ['nʌkl] — сустав пальца

nail — ноготь

palm — ладонь

wrist — запястье

Bony	Костлявые
Lank, lanky	Худощавые
Long	Длинные
Rounded	Округлые
Short	Короткие
Well-shaped	Рельефные, хорошо очерченные

Ноги

ankle ['æŋkl] — лодыжка

calf ['kɑ:f] (множественное число: *calves*) — икра (ноги)

heel — пятка

hip — бедро, бок (наружная сторона таза и верхней части ноги)

foot (мн. ч.: *feet*) — ступня, нога (ниже щиколотки)

knee ['ni:] — колено

leg — нога (от бедра до ступни)

thigh ['θaɪ] — бедро (от таза до колена)

toe ['təʊ] — палец ноги

big toe — большой палец ноги

little toe — мизинец ноги

shin / shank — голень

Hair



long
[lɒŋ]



short
[ʃɔ:t]



shoulder-length
[ˈʃəʊldəleŋθ]



straight
[streɪt]



wavy
[ˈweɪv]



curly
[ˈkɜ:li]



dark
[dɑ:k]



fair
[feə]



brown
[braʊn]



blonde
[blɒnd]



red
[red]



bald
[bɔ:ld]

Face



round
[raʊnd]



oval
[ˈəʊvəl]



triangular
[traɪˈæŋɡjələ]



square
[skweə]



long
[lɒŋ]



moustache
[məˈstɑ:ʃ]



beard
[biəd]



freckles
[ˈfreklz]



beautiful [ˈbi:ʊtɪfəl]
= pretty [ˈprɪti]



handsome [ˈhænsəm]
attractive [əˈtræktɪv]



ugly [ˈʌɡli]

HEIGHT



big

small



short



tall



medium height



old



middle-aged



young

BUILD



skinny



slim/thin



muscular



stocky



chubby



obese/overweight



fat

General appearance



pretty



handsome



cute



attractive



funny



elegant



beautiful/gorgeous



ugly



TICK THE RIGHT WORD

	☐ HAIR ☐ MOUTH		☐ HAND ☐ FINGER		☐ HEAD ☐ HAIR
	☐ KNEE ☐ TOE		☐ HEAD ☐ NECK		☐ ARM ☐ SHOULDER
	☐ HAND ☐ EYE		☐ FINGER ☐ TOE		☐ HEAD ☐ HAND
	☐ ARM ☐ LEG		☐ EAR ☐ EYE		☐ FOOT ☐ TOE
	☐ NECK ☐ KNEE		☐ ARM ☐ LEG		☐ SHOULDER ☐ NOSE



Personality (character, temper)

- **How would you describe yourself?** – Как бы вы описали себя (эмоционально-волевые и деловые качества)?
- 

Character



aggressive



ambitious



quiet



sensitive



insecure



generous



competitive



imaginative



mean



jealous



charming



spoilt

confident spontaneous demanding
eccentric witty practical
determined courageous reliable
zany modest optimistic selfless
independent logical enthusiastic
generous inventive
versatile trustworthy forgiving
tolerant sincere
humble tenacious



What is your character like?



FEELINGS



Happy



Sad



Angry



Surprised



Sleepy



Thoughtful



Healthy



Sick



Hungry



Ashamed



Scared



Bored





angry



sleepy



shy



tired



hot



surprised



in love



scared



Personality (character, temper)

absent-minded – рассеянный

active – активный

calm – спокойный

communicative – общительный

creative – творческий

friendly – дружелюбный

lazy – ленивый

reliable – надежный

sociable – общительный



Переведите:





People who know me well, say that I am a reliable person. – Люди, который хорошо меня знают, говорят, что я надёжный человек.

I am a communicative person and I have a lot of friends. – Я – общительный человек и у меня много друзей.

My best qualities are patience and creativity. – Мои лучшие качества – это терпение и творческий подход.

But sometimes I can be lazy. – Но иногда я могу быть ленивым.

Family





My nuclear family: ближайшие родственники

mother	мать	father	отец
son	сын	daughter	дочь
brother	брат	sister	сестра

My extended family: более дальние родственники

grandmother	бабушка	grandfather	дедушка
grandson	внук	granddaughter	внучка
aunt	тетя	uncle	дядя
nephew	племянник	niece	племянница
cousin	двоюродный брат / сестра	second cousin	троюродный брат / сестра



My extended family: более дальние родственники

В английском языке нет отдельных слов для обозначения шурина, деверя, золовки и т. д. Все они называются **brother-in-law** или **sister-in-law**. Либо, если вы, например, знакомите друга с родственниками, вы можете уточнить: “This is my wife’s brother” («Это брат моей жены») или “This is my husband’s sister” («Это сестра моего мужа»). Родители мужа или жены называются **mother-in-law** и **father-in-law**.





husband	муж	wife	жена
spouse	супруг(а)	engagement	помолвка
wedding	свадьба	marriage	брак
fiancé	жених (после помолвки)	fiancée	Невеста (после помолвки)
groom	жених (на свадьбе)	bride	невеста (на свадьбе)
married	женат / замужем	engaged	помолвлен(а)
single	холост / не замужем	divorced	разведен(а)



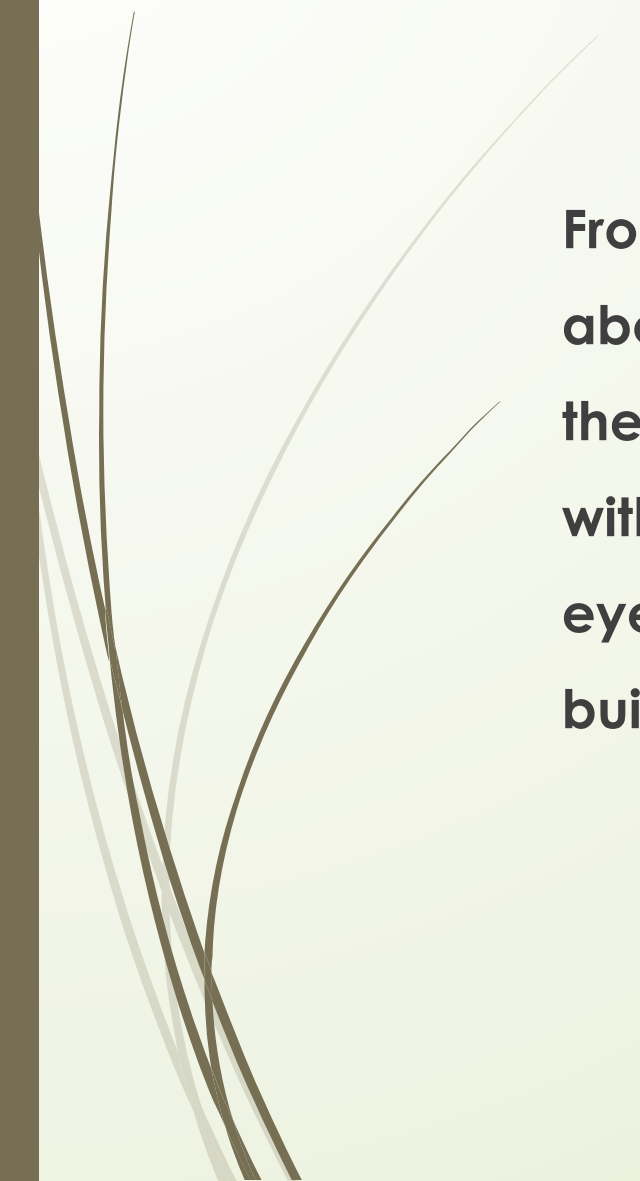
ex-wife	бывшая жена	ex-husband	бывший муж
stepmother	мачеха	stepfather	отчим
stepson	пасынок	stepdaughter	падчериц а
stepbrother	сводный брат	stepsister	сводная сестра
godfather	крестный отец	godmother	крестная мать
fellow sponsor	кум (кума)		



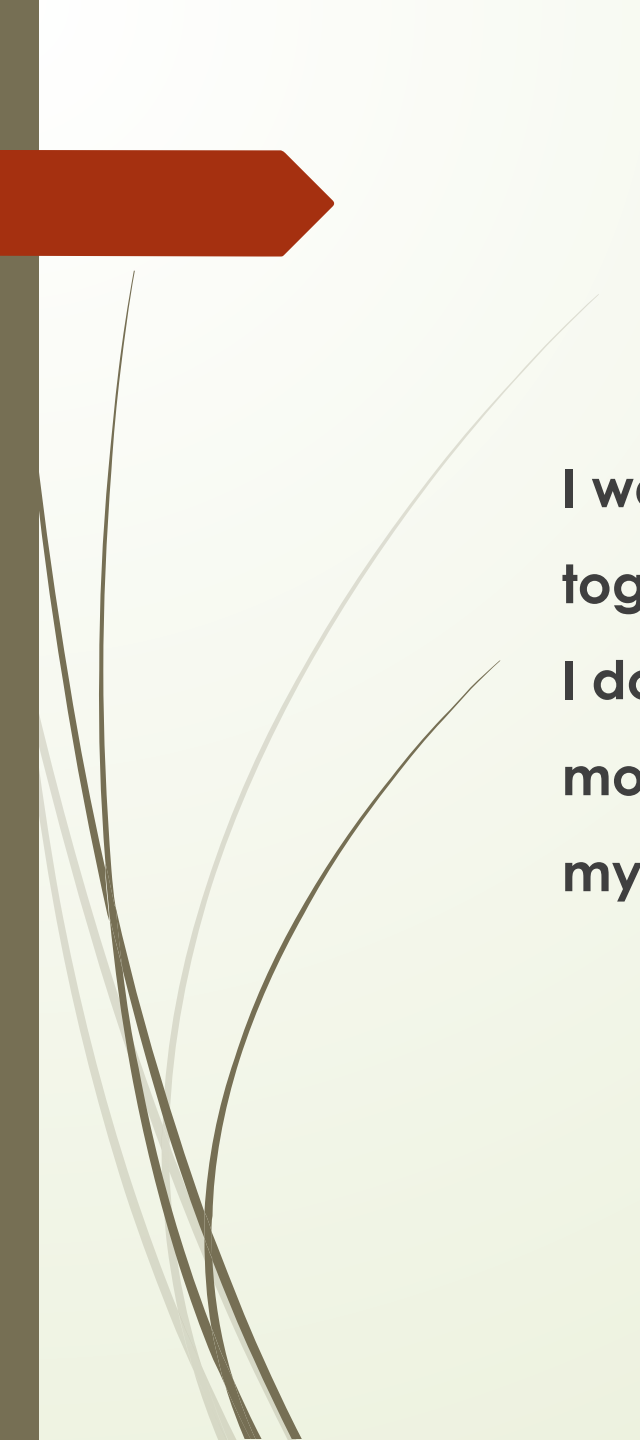
parents	родители	child	ребенок (мн. children)
grandpar ents	бабушки и дедушки	grandchild	внук / внучка (мн. grandchildren)
baby	малыш, младенец	toddler	ребенок в возрасте 1-3 лет
teenager	подросток	adult	взрослый
elder	пожилой человек, старик		



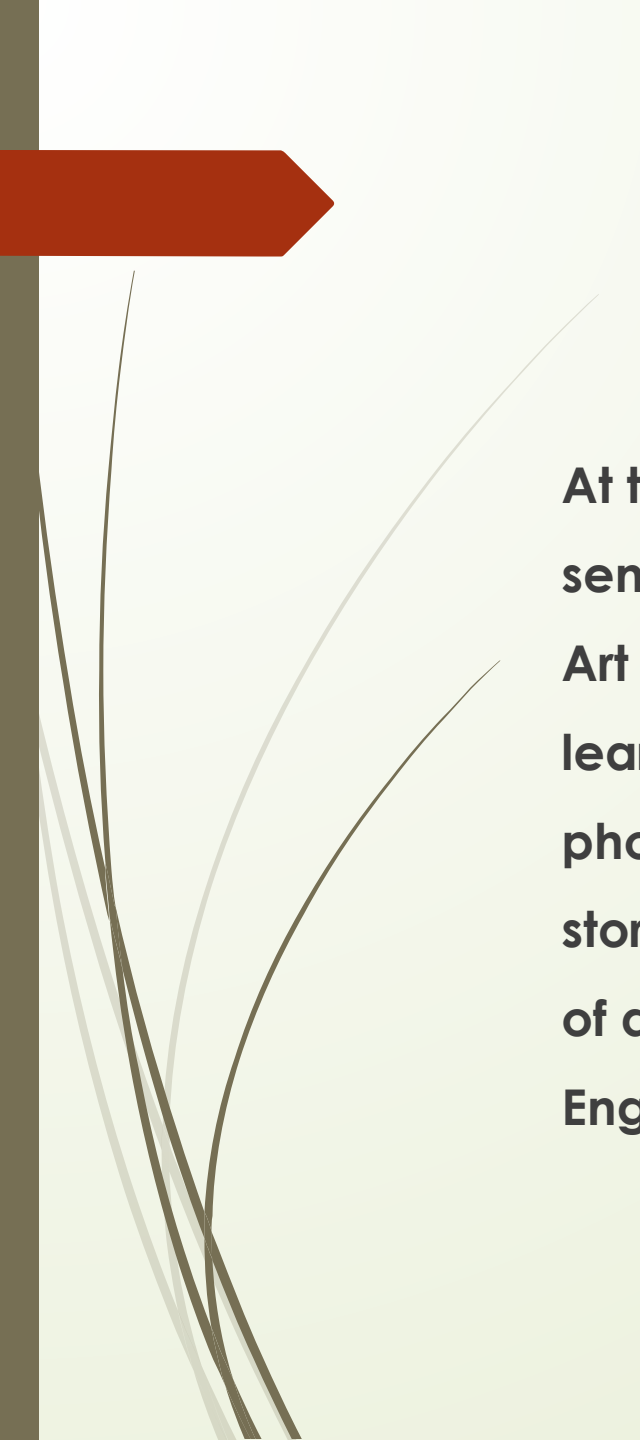
About myself 1



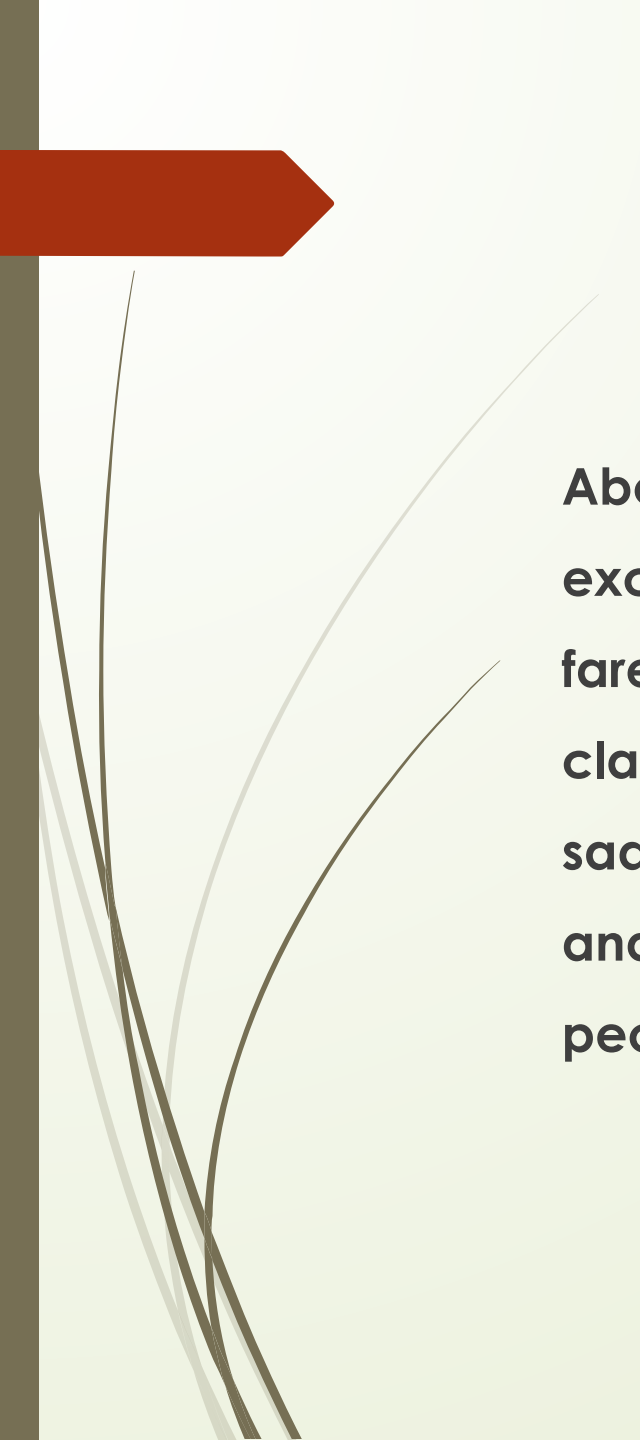
From the very start I should say that it's not an easy thing to speak about yourself as it's hard to have a look at yourself from aside, but at the same time who knows you better than you yourself do? So to begin with I should say that I am a boy of sixteen with dark hair and blue eyes. I am fairly tall, i.e. 180 centimetres tall, but not of a very powerful build. I am shortsighted and I have to wear glasses most of the time.



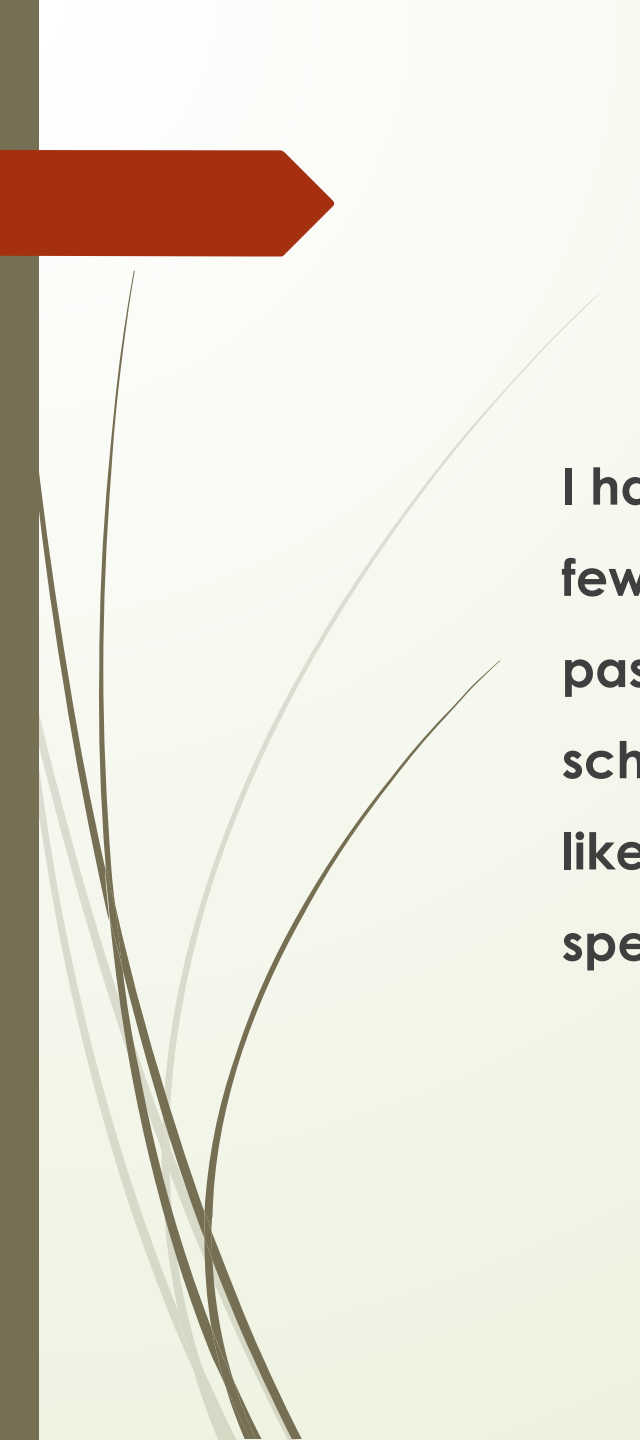
I was born on the 25th of April 1986 in Moscow where I live now together with my parents and my younger sister. My early years, which I don't remember well, were typical of a child living in a city, but unlike most other small children I was not sent to a kindergarten because of my delicate health. So I stayed at home with my mother.



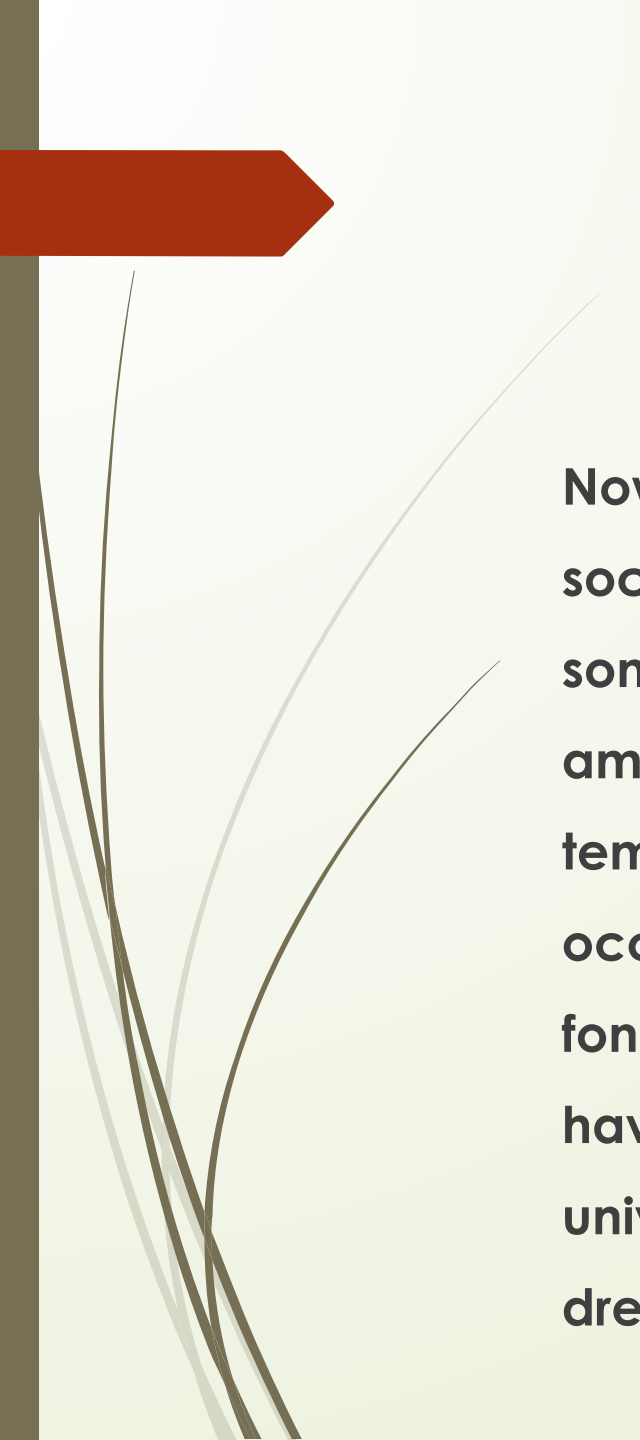
At the age of 7 I went to school. I studied at the same school for 11 years. In senior classes my favorite subjects were Russian literature, English, Biology, Art and Music. And I think I was rather good at those subjects. Besides learning school subjects, I did karate, attended a sports club and did a bit of photography. I was also a member of the school literary club and wrote stories and poems for our school newspaper. At school I got the qualification of a guide and last January I finished an additional two-year course of English. All these things were interesting to me.



About a month ago I passed my final exams at school. My marks were excellent in all the subjects and I got a golden medal. We had a wonderful farewell party at the end of June and I said good-bye to my teachers and classmates. I faced a new life without school with a mixed feeling of sadness and joy. School had meant a lot to me as it wasn't just learning and studying. I had made good friends there and met many interesting people.



I had asked myself a lot of times what I wanted to do when I left school. A few years ago it was difficult for me to give a definite answer. As the years passed I changed my mind several times. It was only in my last year at school that I finally made up my mind as to what profession I would most like to have in future. I realized that my strongest desire was to continue specializing in humanities and learn foreign languages in particular.



Now a few words about my character and interests. My friends say that I'm sociable, honest, helpful and cheerful. But my parents and my teachers sometimes say that I am not hardworking enough, and that sometimes I am stubborn and hard to deal with, but I don't think I am. I often lose my temper but never have a grudge against anybody. My favourite occupation is playing the guitar, reading and going to the theatre. I am fond of sport as well. Of late I have hardly had any time to do it since I have been extremely busy preparing for the entrance exams to the university. Of course I would be more than happy if I did well and my dream came true. That's all I can say about myself.



About Myself 2

First of all let me introduce myself. My name is Taras. I'm seventeen years old. I'm at 11-th grade. There are two more kids in the family besides - my elder brother Oleg and my younger sister Maria. Oleg is twenty-one, he attends a University, he will be a dentist. Maria is only twelve, she is a schoolgirl. I forgot to mention one more member of our family. It's our favourite poodle Tim.

My parents are not old at all. My Mum is forty, she works for newspaper. My Dad is forty-four, he is an engineer in computers. My parents love their jobs very much.

I'm doing quite well at school. My parents are proud of my marks. I go in for sports. I play basket-ball. In summer time I like yachting and windsurfing. I take part in different basket-ball competitions. In a year I shall finish my school and I have to decide what occupation to choose I have been studying English for seven years. I want to be a military interpreter. My grandparents are already retired. They like gardening and spend all their time growing tomatoes, potatoes, onions, strawberries, raspberries.



About Myself 3

I was born on the 3rd of June 1991 in Moscow. Like many other children when I was a child I went to a kindergarten.

At the age of 7 I went to school. I was very proud when I became a pupil.

But very soon I realized that I had to work hard if I wanted my parents to be pleased with me.

I am an outgoing person. I like to go to discos, to parties with my friends. Certainly we talk a lot about life, our problems.

Sometimes I like to stay home alone, especially when I need some relaxation. Then I listen to music, watch television or read books.

I am a school leaver now. I have good marks. I am going to enter the university. The most important thing now is to pass the entrance exams well and to enter the university.

About Myself 4

I was born on the 3rd of July 1990 in Moscow. Like many other children I went to a kindergarten. At the age of 6 I went to school. My school was next to my house. Many pupils of our primary school were my neighbors. I was very proud when I became a pupil.

But very soon I realized that this was not a game, and I had to work hard if I wanted my parents to be pleased with me. Now, when the school years have passed so quickly I see clearly that sometimes I succeeded and sometimes I failed in my intention.

I am an outgoing person. I think I took after my father. As a matter of fact my parents are friendly and hospitable. They like to invite our friends and neighbors.

I like to go to discos, to parties with my friends. We like to dance, have coffee and soft drinks. I like when somebody plays the guitar or the piano. But I myself don't play any musical instrument. Certainly we talk a lot about life, our problems. But now I can't afford to spend much time for entertainment.

Sometimes I like to stay home alone, especially when I need some relaxation. Then I listen to music, watch television or read books. I am fond of reading. I prefer historical novels. Some detective stories are very interesting too. It is considered that detective stories can't be regarded as the real literature. I don't agree with this. Everything depends on the skill and gift of the writer.

I don't go in for sport regularly. But if I have a possibility, I go to the swimming pool. I also like to play different ball games such as volleyball, basketball.

I am a school leaver now. I have good marks. I am going to enter the university. Our teachers say I am good at Literature. It seems to me that in fact I have some attitude for it.

My parents think that after graduating from the university it will be difficult to find a job I'll be trained for. But as for me it's early to discuss this question. The most important thing now is to pass the entrance exams well and to enter the university.

About Myself 5

First of all let me introduce myself. My name is Andrew Nazarov. I am seventeen years old. I am a pupil of the 11th form. My family lives in Moscow in one of the residential areas.

My family is rather large. My parents have two more kids besides me. Thus I have got an elder sister Marina and a younger brother Ivan. My brother is a schoolboy, too. He is thirteen. He is rather tall for his age. His hair is red and curly. His cheeks are freckled.

My sister is five years elder than I am. So she is twenty three already. She is tall and slim. She has big blue eyes and thick long eyelashes. She is a designer by profession. She is married. Her husband is a computer programmer. They are four in the family. She has two children — a son and a daughter. They are twins. They are lovely little kids with curly hair and dark blue eyes.

My parents are not old at all. Daddy is forty-four and Mum is one year younger than he is. My father is a journalist and my mother is a teacher of English at the University. They like their work very much. They have been married for twenty-five years.

They have much in common, but their views on music, films, books and sports are rather different. For example, my mother is fond of classical music, but my father is not. He prefers the same kind of music that I do. He likes rock. My mother doesn't like action or horror films. But my father does. My father likes detective stories, but mum prefers historical novels. My father is fond of tennis and my mother doesn't go in for sports.

My grandparents are already pensioners, but they are still full of life and energy. I have many relatives — aunts, uncles, cousins. Some of them live in our city. But the others live far from us. But we try not to miss a chance of seeing each other. They often stay with us during holidays. Or either we go to see them.

I am fond of reading books on history and fiction. I am going in for sports. I like playing football, basketball and chess. Especially I am good at chess. I take part in different chess competitions and tournaments.

In a year I shall finish my school and I have to decide what to do: either to apply for a job or for a study. Actually I study well and make some progress in liberal arts subjects. I am particularly interested in History, Literature and languages.

So I am going to enter the University. I am planning to become a teacher of History and to work in my school.

About Myself 6

It is both pleasant and a bit difficult to speak about myself. It is pleasant because every person enjoys speaking about his or her interests, likes or dislikes. But at the same time it is difficult because to study a person, especially yourself, it is a great journey, not a little walk.

Speaking about my character I'd like first of all to define what character is. These are some qualities that make a person different from others. People often say about me that I am not like others. I don't think that I am something special. When candles are out all cats are grey. But of course if you come closer and turn on the light you can see that some features are typical to me.

But to cut the long story short I think I am a good humoured, very responsible, hard working and emotional person. I like creativity and appreciate this trait in others. I don't like to be and I feel when others do. I try not to be late and I hate when others don't come on time. I prefer to associate with clever and polite people. It is very annoying when somebody whom I trust turns out to be unreliable.

But I try to treat other people so as I want them to treat me. I see the man whom I am looking for also as a person with a strong and sound body and mind. The person, who is interesting to talk to, whom I can trust and rely on.

As for my interests I am fond of psychology in the sphere of dealing with people and the questions of how to form your thoughts in the most favourable way. I adore travelling, seeing other people, their traditions, customs, to get acquainted with their culture, going sightseeing. Besides I like different kinds of music, I like music with rhythm you can dance to.

About Myself 7

- 1). Let me introduce myself.
- 2). My full name is Oleg Olegovitch Orlov.
- 3). I have been named after my father and I am very happy about it.
- 4). I was born on May 3, 1991 in Volgograd.
- 5). I descend from the family of the office-workers.
- 6). I am the only child in the family.
- 7). My father is a doctor, he works at a hospital.
- 8). My mother is a housewife.
- 9). I am a pupil of the eleventh form of a secondary school.
- 10). I want to enter the University of Volgograd.
- 11). That is why I have to study twice as hard as an ordinary pupil.
- 12). I do not only do my best at school, I take a preparatory course at the University.
- 13). My favourite subject at school is Literature.
- 14). My teacher of Literature is an well-educated man with broad outlook and deep knowledge of the subject.
- 15). He teaches us to understand Russian classics, to appreciate the language and style.
- 16). He also encourages me in my desire to enter the Philological Department of the Volgograd University.
- 17). Whether I shall be a teacher or a researcher we shall know later on.
- 18). I am always very busy, but when I am free I am fond of reading books and I am fond of sports.
- 19). I've got the first category in volleyball and have many friends among sportsmen, but my best friend is Paul.
- 20). I like to travel.
- 21). My parents and I have visited many ancient Russian towns.
- 22). I am on friendly terms with my parents.
- 23). I am very happy.



Homework

- Написать рассказ о себе;
 - Написать рассказ о своём соседе.
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