

استماع واستيعاب

listening & speaking 1

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► Chapter 1: Academic Life around the World

word	Definition	mean
Advisor	a person who helps you plan your courses , An expert who gives advice,	مرشد أو مستشار
Schedule	a list of activities and their times , A temporally organized plan for matters to be attended to	جدول أو برنامج
Facilities	places or areas for special activities , A building or place that provides a particular service or is used for a particular industry	مرافق أو منشآت
Orientation	an informational meetir , The act of orienting	اتجاه أو توجيه
Placement test	an exam to find a student's correct place or level , An examination that measures someone's ability in order to put that person in a particular class or group	امتحان توجيه المستويات
Call me	To give name to	اتصل بي - تدعوني
Came over(come over)	to move, arrive	أتى(يأتي)
Move into	To come or go into , return to	الانتقال إلى
Sound	Like, to have a particular tone or <u>seem</u> a certain way	صوت، لكن هنا جاءت بمعنى (كأنه)
Stop by	to visit someone or somewhere for a short time, usually on the way to another place	توقف من قبل
take	get	يأخذ أو اتخاذ
No kidding!	Truly, seriously, really , (used when you are surprised by what someone has just said)	

Chapter 2: Experiencing Nature

word	Definition	Mean
chance of	Opportunity, the happening of events without apparent cause	فرصه هطول
degrees	Measure, extent, amount, scale , grad	درجات أو درجه
Weather forecast	meteorological prediction, a statement of what the weather is likely to be for the next day or few days, usually broadcast on television or radio or printed in a newspaper	الطقس المتوقع
hiking	walking out in nature	التنزه، المشي مسافات طويلة
spring	the season of the year between winter and summer, when the weather becomes warmer, leaves and plants start to grow again and flowers appear	الربيع
summer	the season of the year between spring and autumn when the weather is warmest	الصيف
fall	Autumn, the season of the year between summer and winter, when fruits and crops become ripe and are picked, and leaves fall	الخريف
winter	the season between autumn and spring , when the weather is coldest	الشتاء
showers	short periods of rain, a brief fall of rain, or sometimes of hail, sleet, or snow	زخات مطر
fair skies	clear, not rainy	أجواء صافيه
get a tan	when your skin is brown from being in the sun	الحصول على الاسمرار (السمرة)
Partly cloudy	during the night clear in some places and cloudy in others	غائم جزئياً
How come	used to ask how or why something has happened	كيف حدث ذلك – كيف يأتي
It's raining cats and dogs	it's raining heavily , it's pouring down	إنها تمطر بغزاره
Couldn't wait (can't wait)	wanted to do something very much	لم يستطع الانتظار
Extra	in addition, spare	إضافي
Freezing	extremely cold , frigid	تجمّد أو برد قارص
Sick of (verb+ -ing)	to have experienced too much of someone or something with the result that you are annoyed	ضاق بي - الذعر
Clear	not cloudy	واضح
Incredible	unbelievable ; very surprising	لا يُصدّق
Muddy	covered with wet earth	طيني أو موحل
Scared	Afraid, frightening	خائف
Chilly	a little cold	بارد
overnight	for or during the night	الليله الماضية

Chapter 3: Living to Eat, or Eating to Live

word	Definition	mean
aisle	a long narrow space between the rows of shelves in a large shop, a long narrow space between rows of seats in an aircraft, cinema or church	ممر
groceries	a long, narrow space between rows of seats in an aircraft, theater, church, etc., or between the rows of shelves in a store	مواد البقالة
pound	the type of money used in Britain, a unit of measurement of weight equal to 0.453 kilogram	جنيه - رطل
produce	products of agriculture, particularly fruits and vegetables	منتجات الغذائية - محصول
quart	a unit of measurement of volume equal to 2 pints or about 0.95 liter	ربع
tofu	a soft, pale food with little flavor, but high in protein, that is made from soybeans	التوفو (أكله آسيويه)
source	a place where something comes from	مصدر
Vitamins and minerals	Helpful elements in many foods that we used by our bodies to grow	الفيتامينات والمعادن
decay	Weakening rotting	تدهور
calories	A unit for measuring the energy value of food	السرعات الحرارية
fiber	a food substance that comes from plants and that we need for digestion	ليف (مفرد ألياف)
take checks	is the bill a person receives at a restaurant or something a person writes to pay bills from their bank account	يأخذ شيكات
gain	To increase	ربح أو مكسب
skip	Not to do or have something	تخطي
cut down on	To reduce or have less of something	خفض أو تقليص أو تقليل من
beat	hit, strike	يخلط - يضرب
melt	to change something from solid to liquid by heating, or to dissolve a solid in a liquid	صهر - ذاب
dip	to put something into a liquid for a short time	غمس
fry	having been cooked in hot oil	قلي
serve	(bring to or to give) someone food or drink, especially as part of a meal or in a restaurant, bar etc	يخدم أو يُقدّم
in line	a long, thin mark on the surface of something	في الصف (صف من الانتظار)
ingredients	substances needed for a kind of food, one of the foods that you use to make a particular food or dish	المكونات أو العناصر

Chapter 4: *In the Community*

word	Definition	mean
dry cleaner	a place where clothes are cleaned with chemicals, not water	التنظيف الجاف
laundry	clothes that need to be washed	مغسله
debit card	a plastic card used to get money from a bank machine	بطاقة السحب الآلي
jaywalking	crossing a street illegally	المشي عكس النظام (عشوائي)
smog	dirty air	ضباب دخاني (هواء قذر)
advantage	a good or useful quality or positive point	ميزه أو فائدة
disadvantage	bad thing, negative point	مساوئ أو ضرر
give(someone)a ride	to take someone in your car	منح (شخص ما) عملية الركوب أو نزهه
run errands	to take short trips to stores or other places of business	قضاء حاجات أو القيام ببعض المهمات
drop off (something or someone)	to take something or someone to place	إنزال (شيء أو شخص ما)
have got to	must	حصل على
convenient	comfortable and easy	مريح
crowded	it is full of people	مزدحم أو مكتظ

Chapter 5: Home

word	Definition	mean
closet	a cupboard or a small room with a door, used for storing things, especially clothes	خزانة
fireplace	a space in the wall of a room for a fire to burn in, or the decorated part that surrounds this space	مدفأة أو موقد
landlord	a person who owns a building or an area of land and is paid by other people for the use of it	المالك
studio	one room flat	شقه غُرْفَهَا مفتوحة على بعض
vacancy	a space or place which is available to be used	شاغر أو فاضي
lease	a contract; a signed agreement to live in a home for a period of time	عقد الإيجار
leak	a crack or hole that allows liquid to escape	تسرب
pretty	pleasant to look at, or (esp. of girls or women or things connected with them) attractive or charming in a delicate way	جميل
Move (on / out)	to leave a place where you have lived or worked in order to go somewhere else	ينقل (داخل/خارج)
raise	to increase an amount or level	رفع أو زاد
fix	to repair; to make something work again	يصلح
month-to-month	without a yearly contract	من شهر إلى شهر
furnished	already having furniture in it	مفروشة
unfurnished	describes a room, house or other building without furniture in it	غير مفروشة
stressed out	worried and nervous, tired	متوتر جداً
available	able to be bought/rented/acquired	متاح أو متوفر

Chapter 6: *Cultures of the World*

word	Definition	mean
impression	an idea, feeling, or opinion about something or someone	الانطباع
doggie bag	a small bag that a restaurant provides so that you can take home any food you have not finished	كيس لبقايا الطعام
leftovers	food remaining after a meal	بقايا الطعام
the woods	Forest, an area thickly covered with trees	ألغابه (الغابات)
adult	a person who is grown up, not a child anymore	بالغ
adulthood	the time of life when a person is not a child anymore	سن البلوغ
ceremony	a formal or traditional way of celebrating an important event	مراسم أو حفل
passage	a movement to the next stage or level of something	مرور أو عبور
napkin	a piece of cloth or paper used to protect your clothes and wipe your mouth while eating	منديل أو مفرش لحماية الملابس أثناء تناول الطعام
silverware	objects, especially knives, forks, spoons, etc., made of silver	أواني فضيه
handle	the part of a tool that you hold in your hand	مقبض
utensil	any kind of kitchen too, a device or tool having a particular use in a kitchen	إناء أو أداة
look forward to (something)	to wait for an event with a feeling of pleasure	يتطلع إلى (شيء ما)
set the table	lay place settings for a meal, to put a cloth, knives and forks, dishes, plates ,glasses etc. on the table before a meal	أعد الطاولة – يعد المائدة
serve	to give or bring something to a customer	يخدم أو يقدم
lay	put something down	ضع
used to		اعتاد على
so far	until now	حتى الآن
exotic	unusual, interesting, and often foreign, strange. Being or from or characteristic of another place or part of the world	غريب
amazed	extremely surprised	مدهش
responsible for (something)	in control of something and taking care of it	المسئول عن (شيء ما)
logical	reasonable or sensible	منطقي
patio	an outside area with a solid floor next to a house, where people can sit	فناء

Chapter 7: Health

word	Definition	mean
boxing	a sport in which two people hit each other while wearing big, leather gloves	الملاكمة
cardio	of the heart	القلب
discount	a reduction in price	خصم
health club	fitness spa	النادي الصحي
locker room	sport: changing room, a room with lockers where people can leave their clothes while they exercise or play sports	غرفة الملابس في الملاعب
yoga	a set of exercises for the mind and body, based on the Hindu religion	اليوغا
lift weights	exercise do weight training	رفع الأثقال
jog	to run slowly for exercise	هروول
ought to	Should, used to say or ask what is the correct or best thing to do	يجب أن
show (someone) around	to lead someone through a place	عرض (شخص) حول
swim	to move through water by moving your body	سباحة
in good / bad shape	health or condition	في حالة جيدة / سيئة
aspirin	a drug taken to reduce pain, headaches, fever, and swelling	الأسبرين
fever	when someone's body temperature rises because they are ill	حمى
headache	a pain you feel inside your head	صداع
prescription	a piece of paper saying what medicine someone needs or the medicine itself	وصفة طبية
rest	a period of time when you relax or sleep	راحة
sore throat	painful throat infection	احتقان في الحلق
upset stomach	disturbance in the belly	اضطراب في المعدة
eat right	eat food that will keep you healthy	تناول غذاء متنوع
swollen	bigger than usual	متورم
weak	not strong, not powerful	ضعيف
bandage it	a strip of cloth that is used to cover an injury on someone's body to protect it	ضمادة عليه

Chapter 8: Entertainment and the Media

word	Definition	mean
top story	the first story in a news program, the most important event featured on the news	أعلى المقال
landed	arrived; touched the ground	هبطت
passenger	person in the car other than the driver	راكب
injuries	pain or damage caused by an accident	إصابات - جروح
hurt	places where the body is damaged,	يؤذي - ضرر
blocked	stopped something from moving	إغلاق - مسدود - حظر
ran out/run out of	had no more	نفد / نفذت
average	a standard or level that is considered to be typical or usual	معدل - متوسط
couch potato	a person who is spends a lot of time watching television	شخص مولى بالجلوس أمام التلفاز
remote control	device for operating from a distance	التحكم من بعد
the tv	television	التلفزيون
waste of time	to not make good use of the hours, etc. that you have available	مضيعة للوقت
change channels	alter	تغيير القنوات
channel surf	change; shift; switch : channels on television	تصفح قناة

Chapter 9: *Social Life*

word	Definition	mean
sci-fi movie	Science fiction film, stories about life in the future or in other parts of the universe	فيلم الخيال العلمي
show times	the point in time at which an entertainment (a movie, TV show, or so on) is scheduled to begin	عرض الأوقات
live music	Music A performance given by one or more singers or instrumentalists or both	الموسيقى المباشرة
cover charge	A fixed amount added to the bill at a nightclub or restaurant for entertainment or services	قيمة أو رسوم الدخول
service charge	An additional charge for a service for which there is already a basic fee. Also called service fee	رسوم الخدمة
box office	the place in a theatre, cinema, etc where you buy tickets	شباك التذاكر
make a reservation	to reserve a seat, as in an airplane, restaurant, or theater in advance; to reserve a room, as in a hotel in advance	حجز
graduation	when you receive your degree for finishing your education or a course of study	تخرج
pre-med	preparing for medical school	ما قبل الطب
sales rep	salesperson, someone whose job is to sell something	مندوب المبيعات
vacancy	a space or place which is available to be used	مكان شاغر - فراغ
be up to		أن تصل إلى
keep in touch	stay in contact	البقاء على اتصال
make sense	be logical,	من منطقي - معنى
good at	be talented or skilled in	جيد في
terrific	very good, excellent, enjoyable	رائع
on the road	driving or travelling, usually over a long distance	على الطريق

Chapter 10: Sports

word	Definition	mean
balance	Equilibrium, a state where things are of equal weight or force	توازن
confidence	trust, assurance	الثقة
flexibility	able to change or be changed easily according to the situation	مرونة
focus	to concentrate on one thing	تركيز
get in shape	to become physically fit	يحصل في شكل
get into	take an interest in; participate	يحصل على - يهتم بـ
stretch	to make your body or part of your body straighter and longer	تمدد
warm up	doing activities to prepare for playing sports, a set of gentle exercises you do to prepare your body for dancing, sport	تسخن - تسخين في الرياضة
loser	someone who does not win a game or competition	خاسر
rival	an important competitor	منافس
set		مجموعة
tennis match	a sport in which two or four people hit a small ball to each other over a net	مباراة تنس
tie	having the same number of points at the end of a competition, a draw in a game.	تعادل
winner	person who finishes in first place, someone or something that succeeds	الفائز
overtime	extra time added at the end of a sports game	إضافي
a close game	almost won , that the score of a game was very close, or that a team had a good chance to win the game up until the end	مباراة متشابهة أو متقاربة في النقاط
competed	try to win	تنافس
match	a game or contest	مباراة
beat	to win against another player	فاز
opponents	the other player or team in a competition	خصوم
scored	to make points in a sport or game	سجل - أحرز
scored	to earn a point	سجل - أحرز
overtime	extension of a sports competition, extra time added at the end of a sports game	إضافي
individual	one person, not a member of a group	فرد - فردية