



**Az „ÍZELÍTŐ” hanganyagok átirata**  
**Speak! Nyelviskola**

## **Az A-s csomag ízelítőjének átírata**

### **TELL ME ABOUT A TIME YOU WENT TO THE DOCTOR**

I live a healthy life and rarely go to the doctor. If you see me in the waiting room, you know there is big trouble! The last time I visited the doctor was three years ago. It was a cold winter, and as usual, it was flu season. Sometimes I catch a cold, but this time it was different. One morning, I woke up and had a temperature of 39 degrees. I had a sore throat, I coughed all the time, I could barely get out of bed. I got a taxi to take me to my general practitioner. My GP told me that it was nothing serious, but I had to stay in bed because my flu was contagious. After I bought the medicine, I stayed in bed for a whole week until I recovered. I went to the doctor one more time for a check-up, but everything was okay. That's it!

## **A B1-s csomag ízelítőjének átirata**

### **TELL ME ABOUT A TIME YOU DID SOMETHING BRAVELY**

This is a true story from two or three days ago. You can see that I'm not too big or strong, so it's hard for someone like me to be brave. I'm usually calm and I try to avoid trouble, but I hate it when people hurt others. I was travelling by tram when I heard shouting. I stood up and saw that a man was harassing a young girl. He was yelling at her and shaking his fist. She was telling him to leave her alone, but he kept on doing it. All of the passengers were looking at them, but no one did anything. I knew I couldn't let this go on. I took a deep breath and went over to the man. I told him to leave the girl alone and to get off at the next stop. To my surprise, he did exactly that without a word. My bravery paid off. That's all!

## A B2/I-s csomag ízelítőjének átirata

### CHEATING IN COLLEGE: WHERE, WHY, HOW? – SZÓKINCS

similarity	hasonlóság
bring sg forward	előterjeszt vmit
prestigious	rangos, tekintélyes
admit to cheating	bevallja a csalást
competitive	versengő
be accepting of sg	elfogadó vmivel
phenomenon	jelenség
prevalence	gyakoriság
ambiguous	kétértelmű
attitude	hozzáállás
institutional	intézményes
apathy	közöny, apátia
self-interest	önös érdek
stem from sg	ered valamiből
dishonesty	tisztességtelenség
plagiarism	plagizálás
stand out as sy	kiemelkedik
give in to sg	enged vminek, beadja a derekát
at the price of sg	valami árán
grading	osztályozás
instance	eset, példa
pose a threat	fenyegetést jelent

## CHEATING IN COLLEGE: WHERE, WHY, HOW?

In May 2012, a teacher at Harvard University started noticing some similarities between students' final exams that shouldn't have been there. The professor brought the case forward and it was discovered that about 125 students – nearly half the entire lecture class – had been cheating. If students at Harvard – the most prestigious school in the world – can be caught cheating in large numbers, it's sure that cheating happens on every campus much more often than we would like to think.

About 75% of college students admitted to cheating. This means that probably even more than three quarters of college students have done something against the rules to improve their grades. With an increasingly competitive atmosphere and a culture that is more accepting of cheating than it was in past generations, cheating has sadly become an expected phenomenon at universities across the country.

It's hard to say what makes cheating common and acceptable. There are many different opinions about the prevalence of cheating in the past and today and why students are so likely to take part.

A blog post by Ralph Heibutzki on *GlobalPost.com* put students' reasons for cheating in five different categories. These categories were ambiguous attitudes, competitive pressures, institutional apathy, lack of understanding, and self-interest. A student's decision to cheat could stem from any one of these five sources or a combination of more than one.

First, ambiguous attitudes among students about what qualifies as cheating may cause more academic dishonesty than intended by students. While most students will call plagiarism cheating, many of them will define it in a way that allows them to indirectly copy the work of others. Competitive pressures placed on children at a very young age stay with them through high school and college. With so much pressure to stand out as the best in a class, some students may give in to the opportunity to succeed at the price of integrity.

Also, if students don't believe their university deserves high standards, then they see no reason to follow all the rules about grading. Many students don't know what counts as cheating as most probably haven't read their student rules. This lack of understanding may lead students to cheat on accident. Lack of respect for the professors should also prevent students from reporting instances of cheating they see around them.

As our culture changes, college campuses become more competitive and internet gives cheating new forms, how can cheating be stopped? For example, instead of laughing about your

friend's story about cheating, confront them about it. And when you see someone cheating in class, don't be afraid to report it to a teacher. Cheating in college poses a threat to the entirety of our education, and it can only be reduced if we choose to stop it from happening.

## A B2/II-s csomag ízelítőjének átirata

### SELL YOURSELF THE STEVE JOBS WAY - SZÓKINCS

elevate	kiemel, megemel
corporate	céges, üzleti
entrepreneur	vállalkozó
unleash	szabadjára enged
fan for life	életre szóló rajongó
fulfill	beteljesít
stick to sg	ragaszkodik vmihez
chunk	darab
overload	túlterhel
in the course of sg	valami alatt, során
strive for sg	törekszik valamire
sophistication	kifinomultság
articulate	kifejez
remarkably	figyelemreméltóan
clutter	összevisszaság
effortless	könnyed
rehearse	elpróbál
settle for sg	megelégszik vmivel
setback	akadály, nehézség
cemetery	temető

## SELL YOURSELF THE STEVE JOBS WAY

At your level, people expect a good presentation — including the interview. Effective presentation skills will not only help you sell your ideas and products, but it will elevate your personal brand. Management guru Peter Drucker once said, “As you move one step up from the bottom, your effectiveness depends on your ability to reach others through the spoken and written word.” Apple CEO Steve Jobs was considered one of the best presenters in the corporate world. Whether you’re a CEO, manager, consultant, entrepreneur, professional – or especially, a job seeker – Steve Jobs has something to teach you. Here are five ways to sell yourself or your brand the Steve Jobs Way.

**Sell dreams.** Steve Jobs didn’t sell computers. He sold “tools to unleash your creativity.” Nobody cares about your job search, they care about themselves, their problems and their dreams. Tell them how you can help them reach their dreams, and you’ll have won a customer (or fan) for life. When Jobs introduced the iPod in 2001, he said that music transforms people’s lives and that in its own small way, Apple would be changing the world. Where most people saw an MP3 player, Jobs saw a better world. How do you make the world a better place? How do you improve the lives of your customers? How will hiring you help a manager fulfill his dreams? Don’t leave your listeners guessing.

**Create Twitter-friendly headlines.** Steve Jobs had a one-sentence description – or vision – for every product he introduced. What’s the MacBook Air? “It’s the world’s thinnest notebook.” What’s an iPod? “It’s one thousand songs in your pocket.” How would you describe the vision behind your personal brand? If you can’t explain yourself in 140 characters or fewer (a Twitter post), go back to the drawing board.

**Stick to the rule of three.** Most Steve Jobs presentations were divided into three parts. Neuroscientists are finding that humans think in “chunks” of three or four. Great presenters like Jobs don’t overload the brain with too many points. Executives are coached to do the same: they stick to three main points they want to deliver in the course of an interview. The same holds true for job interviews – stick to three main points that you want the recruiter to know about you and your experience.

**Strive for simplicity.** Steve Jobs once said, “Simplicity is the ultimate sophistication.” Not only are Apple’s products simple, so is the way the CEO articulated the vision behind those products. For example, Steve Jobs’ presentation slides are remarkably free from clutter. Your



resume should be as well. Strive for simplicity in oral communications and in presentation design.

**Practice like crazy.** Steve Jobs made presentations look effortless because he worked at it. He spent hours over many, many weeks rehearsing every segment of his keynote presentations. Jobs took nothing for granted, and neither should you. Practice presentations out loud, practice for job interviews as well. Have a friend sit across from you and ask you tough questions. Rehearse your responses. Better yet, record yourself and watch it back. It might be painful but well worth it!

**One more thing... Do what you love.** Steve Jobs revealed the secret to career success in a 2005 speech at Stanford University. He said, “Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle.” Many people are facing setbacks in their careers just like Steve Jobs did but he was convinced that the only thing which kept him going was the fact he had found his passion. Jobs once said his goal wasn't to be the richest man in the cemetery; it was going to bed at night thinking he had done something wonderful. Do something wonderful, and you'll know real career success and satisfaction. And that's the kind of manager employers would die for.

# A C-s csomag ízelítőjének átirata

## THE BIG FIVE PERSONALITY TRAITS - SZÓKINCS

contemporary	kortárs
agreeableness	kedvelhetőség
as follows	a következő
assertiveness	határozottság
expend	rááldoz, ráfordít
solitude	magány
make small talk	semmiségekről beszélget
altruism	önzetlenség, jótekonyság
belittle	lekicsinyel
procrastinate	halogat
moodiness	mogorvaság
insight	rálátás
struggle	küszködik, szenved
nurture	nevelés, gondozás

## THE BIG FIVE PERSONALITY TRAITS

Many contemporary personality psychologists believe that there are five basic dimensions of personality, often referred to as the "*Big 5*" personality traits. The five broad personality traits described by the theory are extraversion, agreeableness, openness, conscientiousness, and neuroticism. It is important to note that each of the five personality factors represents a range between two extremes. In the real world, most people lie somewhere in between the two polar ends of each dimension. These five categories are usually described as follows.

### **Extraversion**

Extraversion is characterized by excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness. People who are high in extraversion are outgoing and tend to gain energy in social situations. People who are low in extraversion (or introverted) tend to be more reserved and have to expend energy in social settings.

People who rate high on extraversion tend to enjoy being the center of attention, like to start conversations, enjoy meeting new people, have a wide social circle of friends and acquaintances, find it easy to make new friends, feel energized when they are around other people and say things before they think about them.

People who rate low on extraversion tend to prefer solitude, feel exhausted when they have to socialize a lot, find it difficult to start conversations, dislike making small talk, carefully think things through before they speak and dislike being the center of attention.

### **Agreeableness**

This personality dimension includes attributes such as trust, altruism, kindness, affection, and other pro-social behaviors. People who are high in agreeableness tend to be more cooperative while those low in this trait tend to be more competitive and even manipulative.

People who are high in the trait of agreeableness tend to have a great deal of interest in other people, care about others, feel empathy and concern for other people and enjoy helping and contributing to the happiness of other people.

Those who are low in this trait tend to take little interest in others, not care about how other people feel, have little interest in other people's problems and insult and belittle others.

### **Conscientiousness**

Standard features of this dimension include high levels of thoughtfulness, with good impulse control and goal-directed behaviors. Highly conscientious people tend to be organized and mindful of details.

Those who are high on the conscientiousness continuum also tend to spend time preparing, finish important tasks right away, pay attention to details and enjoy having a set schedule.

People who are low in this trait tend to dislike structure and schedules, make messes and not take care of things, fail to return things or put them back where they belong, procrastinate important tasks and fail to complete the things they are supposed to do.

### **Neuroticism**

Neuroticism is a trait characterized by sadness, moodiness, and emotional instability. Individuals who are high in this trait tend to experience mood swings, anxiety, irritability and sadness. Those low in this trait tend to be more emotionally stable.

Individuals who are high in neuroticism tend to experience a lot of stress, worry about many different things, get upset easily, experience dramatic shifts in mood and feel anxious.

Those who are low in this trait deal well with stress, rarely feel sad or depressed, don't worry much and are very relaxed.

### **Openness**

This trait features characteristics such as imagination and insight, and those high in this trait also tend to have a broad range of interests. People who are high in this trait tend to be more adventurous and creative. People low in this trait are often much more traditional and may struggle with abstract thinking.

People who are high on the openness continuum are typically very creative, open to trying new things, focused on tackling new challenges and happy to think about abstract concepts.

Those who are low on this trait dislike change, do not enjoy new things, resist new ideas, are not very imaginative and dislike abstract or theoretical concepts.

### **What Factors Influence the Big Five Traits?**

Research suggests that both biological and environmental influences play a role in shaping our personalities. Twin studies suggest that both nature and nurture play a role in the development of each of the five personality factors.

Studies have shown that maturation may have an impact on the five traits. As people age, they tend to become less extraverted, less neurotic, and less open to experience. Agreeableness and conscientiousness, on the other hand, tend to increase as people grow older.

# A Nyelvvizsga előkészítő ízelítőjének átirata

## GOING ON VACATION (NYARALÁS)

### Useful verbs/expressions – hasznos igék/kifejezések:

break away from it all – elszakad a hétköznapi gondoktól

need a valid passport – szüksége van érvényes útlevele

apply for a visa – vízumot igényel

need certificates of vaccination – szüksége van a védőoltások igazolásáról szóló papírra

prefer package holidays – jobban kedveli a szervezett utakat

arrange everything – mindent elrendez

include transport/food/accomodation – benne van az utazás/étkezés/szállás

stay at a hotel/hostel – hotelben, diákszálláson száll meg

camp at a campsite – egy táborhelyen táborozik

spend time in an active way – aktív programokkal tölti az idejét

unwind/relax/chill – lazít

get to know places – megismer helyeket

visit museums/exhibitions/galleries – múzeumokat/kiállításokat/galériákat néz meg

try new sports – új sportokat próbál ki

go on a business trip/travel on business – üzleti útra megy

go sightseeing – városnéző körútra megy

bother with organizing – a szervezéssel vesződik/bajlódik

get disappointed with travel agencies – csalódik az utazási irodákban

book the accommodation – lefoglalja a szállást

plan the itinerary in advance – előre megtervezi az útvonalat

go to out-of-the-way places – félreeső helyekre megy

take pleasure in hiking in nature – örömet leli a természetben való túrázásban

fill in the registration slip – kitölti a bejelentkezési lapot

write into the hotel register – ír a vendégeknyvbé

take out travel insurance – utasbiztosítást köt

ListenEZ

Az „ÍZELÍTŐ” hanganyagok átirata

13

[www.speaknyelviskola.hu](http://www.speaknyelviskola.hu) Tel: +36 1 255 2222

set off on a journey – útrakel  
broaden his mind – szélesíti az ismereteit  
be his own master – a saját maga ura  
make preparations – előkészületeket tesz  
carry a rucksack/backpack – hátizsákot visz  
change money – pénzt vált  
find the best exchange rate – megtalálja a legjobb árfolyamot  
pay duty on a large amount of spirits – vámot fizet nagy mennyiségű szeszesitalra  
have something/nothing to declare – van/nincs elvámolnivalója  
smuggle – csempészik  
fine – megbírságol  
confiscate – elkoboz  
travel light – kevés csomaggal utazik  
offer guarded parking places – őrzött parkolót kínál  
stay at a bungalow – nyaralóban száll meg  
camp rough – vadkempingezik  
pitch a tent – felver egy sátrat  
take a dip in the sea – megmártózik a tengerben  
sunbathe on the beach – napozik a tengerparton

### **Most common questions about the topic – leggyakoribb kérdések a témában:**

1. Do you like travelling? How often do you travel? (*Szeretsz utazni? Milyen gyakran szoktál utazni?*)

I absolutely love travelling because it is the best way to break away from it all. I'm interested in different cultures and I take pleasure in hiking in nature as well. I try to go abroad at least once a year. I also want to get to know my own country so I travel around Hungary as often as I can.

*(Egyszerűen imádok utazni mert ez a legjobb módja annak, hogy elszakadjak a hétköznapi gondoktól. Érdekelnek a különböző kultúrák és örömet lelem a természetben való túrázásban is. Igyekszem legalább évente egyszer külföldre menni. A saját országomat is szeretném megismeri, szóval Magyarországon belül is szoktam utani, amilyen gyakran csak tudok.)*

2. What is the difference between a package tour and independent travel? Which one do you prefer? (*Mi a különbség egy szervezett utazás és egy egyéni út között? Melyiket szereted jobban?*)

ListenEZ

Az „ÍZELÍTŐ” hanganyagok átirata

14

[www.speaknyelviskola.hu](http://www.speaknyelviskola.hu) Tel: +36 1 255 2222

In case of package tours your only task is to pay and enjoy the holiday. On the other hand, you have to spend your vacation with other and usually unknown people. I prefer independent travels. Although I must arrange everything, I don't mind it.

*(A szervezett utak esetében az egyetlen feladatod, hogy fizess és élvezd az utazást. Ugyanakkor más, általában ismeretlen emberekkel kell eltöltened a nyaralást. Én jobban szeretem az egyéni utakat. Habár mindent saját magamnak kell intéznem, ez nem zavar.)*

3. How do you prepare for a journey? *(Hogyan szoktál felkészülni egy utazásra?)*

I always book the accommodation online. I like to spend time in an active way so I usually plan the itinerary in advance. Before the journey I try to read as much as I can about my destination. I also look for information about public transport and eateries. I think it's a good idea to leave some unplanned time for going to out-of-the-way places.

*(Mindig a neten szoktam lefoglalni a szállást. Szeretem aktívan tölteni az időmet, tehát általában előre megtervezem az útitervet. Az út előtt igyekszem minél többet olvasni az úticélomról. A közlekedésről és az éttermekről is szoktam információt keresni. Szerintem jó ötlet néhány üresjáratot is hagyni, hogy félreeső helyekre is eljussunk.)*

4. What documents do you need if you go abroad? *(Milyen igazolványokra/papírokra van szükséged, ha külföldre mész?)*

It depends on your destination. If you travel around the European Union you only need your ID card. In other countries a passport is also needed. There are many countries where a visa is also required. In some cases you also need certificates of vaccination. And finally, don't forget to take out travel insurance.

*(Az az úticéltól függ. Ha az EU-n belül utazol, akkor csak a személyi igazolványodra lesz szükség. Más országokba útlevél is kell. Sok ország van, ahol vízumot is kérnek. Néhány esetben szükség lehet oltási igazolásra. Végezetül ne felejts el utasbiztosítást kötni.)*

5. What is the duty of customs officials? *(Mi a vámtestek feladata?)*

Customs officers are responsible for helping to prevent the importation and exportation of illegal or dangerous goods (e.g. weapons, drugs, alcohol, tobacco and endangered animals).

*(A vámtestek felelnek azért, hogy segítsenek megelőzni az illegális vagy veszélyes cikkek behozatalát (pl. fegyverek, drog, alkohol, dohány, és veszélyeztetett állatok.)*

6. What do you think of camping holidays? Have you ever been on one? *(Mit gondolsz a kempingezés nyaralásokról? Voltál már valaha ilyen?)*

I love camping holidays. When I was a child I used to go camping with my family. We gathered a lot of memorable experiences during these vacations. For me nature is the best place to unwind. We went canoeing on the Danube, swam in the river and built sandcastles. These were the best family holidays, I loved every minute of them.

*(Imádom a kempingezés nyaralásokat. Amikor gyerek voltam, jártunk kempingezni a családommal. Sok emlékezetes élményt gyűjtöttünk ezeken a nyaralásokon. Számomra a természet a legjobb hely arra, hogy kikapcsolódjak. Elmentünk kenuzni a Dunán, úsztunk a folyóban és homokvárakat építettünk. Ezek voltak a legjobb családi nyaralások, minden percüket imádtam.)*

7. What advantages does camping have over staying at a hotel? *(Milyen előnyei vannak a kempingezésnek a hotelekkel szemben?)*

If you love nature, camping is the best way to get close to it. Although around Lake Balaton camping is also expensive, it can be cheaper than staying at a hotel. I also have to mention that it can be more fun mostly for children. It is true that you need to make preparations before camping, but after pitching the tent you can be your own master.

*(Ha szereted a természetet, a kempingezés a legjobb módja annak, hogy közel kerülj hozzá. Habár a Balaton környékén a kempingezés is drága, olcsóbb lehet annál, mintha hotelben szállnánk meg. Azt is meg kell említeni, hogy ez szórakoztatóbb lehet, leginkább a gyerekek számára. Igaz, hogy előkészületeket kell tenni kempingezés előtt, de a sátor felverése után már a magad ura lehetsz.)*

8. How can you reserve a room in a hotel? *(Hogyan lehet lefoglalni egy hotelszobát?)*

There are many ways of reserving a hotel room. The fastest way is booking online, but sometimes it is easier to call up the reception (mainly if you have more questions about the accommodation). There are some websites that compare different hotels so they can help you to find the most suitable place.

*(Sok módja van annak, hogy hotelszobát foglalj. A leggyorsabb az, ha a neten foglalsz, de néha könnyebb felhívni a recepciót (főleg akkor, ha több kérdésed is van a szállással kapcsolatban). Van néhány weboldal, ami összehasonlítja a különböző hoteleket, hogy segítsen megtalálni a legmegfelelőbbet.)*

9. What do you have to make sure of while booking? *(Mire kell odafigyelned, amikor szobát foglalsz?)*

Make a list of your needs before booking. Breakfast, guarded parking places and free wi-fi are usually included in the price. There can be some extra fees as well (e.g. tourist tax) so don't forget to check everything thoroughly.

*(Készíts egy listát az igényeidről a foglalás előtt. A reggeli, az őrzött parkoló és az ingyenes wi-fi általában benne vannak az árban. Lehetnek extra költségek is (pl. idegenforgalmi adó), tehát ne felejts el mindent alaposan ellenőrizni.)*

10. Where can you exchange money? *(Hol lehet pénzt váltani?)*

There are a lot of exchange points in every city. You can find them at malls, in shopping centers and separately in city centers as well. You can also change money in banks. You had better change money in Hungary because it's not always easy to find a place with good exchange rates for forint abroad.

*(Minden városban sok pénzváltó hely van. Megtalálhatod őket a plázákban, bevásárlóközpontokban, és különállóan a városközpontokban is. Bankokban is válthatsz pénzt. Jobban teszed, ha Magyarországon váltasz pénzt, mert nem mindig könnyű olyan helyet találni külföldön, ahol jól váltják a forintot.)*



**Phrase box:****Nouns – főnevek:**

relaxation – lazítás, pihenés, kikapcsolódás  
recreation – felüdülés  
inland – belföld(ön)  
packaged tour – társasutazás  
itinerary – útvonal  
landmark – nevezetesség  
guide – idegenvezető  
cost estimate – költségbecslés  
reservation – foglalás  
boarder post – határállomás  
residence permit – lakcímkártya  
vacationer/holidaymaker – vakációzó, nyaraló személy  
caravan – lakókocsi  
stream – folyó  
valley – völgy  
pond – tó  
vacancy – üresedés, szabad szoba  
single/double room – egyágyas, franciaágyas szoba  
suite – lakosztály  
full board – teljes ellátás  
half board – félpanzió

**Adjectives – melléknevek:**

prearranged – előre elrendezett/megszervezett  
all-inclusive – mindent magában foglaló  
adaptable – alkalmazkodóképes  
unlimited – korlátlan  
valid – érvényes  
liable to duty – vámköteles  
sleepingbag – hálósák

sunscreen – naptej

calm – nyugodt

quiet, serene – csendes

buzzing – nyüzsgő

metropolitan – nagyvárosi

noisy – zajos

## Erősítsd meg az angoltudásod a ListenEZ csomagokkal

Az előbbieket **egy kis ízelítőt adtak a ListenEZ hanganyag csomagjainkból**. Ha hasznosnak találtad, akkor érdemes beszerezned – hiszen ezekkel egy teljesen új szintre emelheted az angoltudásod, és felkészülhetsz akár a nyelvvizsga sikeres letételére is.

A ListenEZ hanganyag csomagok **tartalmazzák a következőket:**

- **minden csomag több száz szónak az amerikai és brit kiejtését, hogy a füled megbarátkozzon a különböző akcentusokkal**
- **minden csomag rövid történetek és hosszabb olvasmányok hanganyagát 3 különböző akcentussal (amerikai, brit és ausztrál)**
- **a nyelvvizsga csomagok hallás utáni szövegértés hanganyagokat**
- **a kidolgozott nyelvvizsga szóbeli tételek hanganyagát**
- **minden csomaghoz az összes hanganyag átíratát, hogy megvalósulhasson a LISTEN and READ módszertan minden pozitív hatása**

Nagyon tartalmas és hasznos csomagok, amikkel kényelmesen és hatékonyan gyakorolhatsz. Hiszen az anyagokat hallgathatod akár utazás, házimunka, vagy sport közben is.

Egy ListenEZ hanganyag csomag ára bevezető áron 2020/08/14-ig 14.990 Ft.

Egy ListenEZ nyelvvizsga előkészítő csomag ára pedig bevezető áron 2020/08/14-ig 19.990 Ft.

**Kattints ide a csomagok részleteiért és a vásárláshoz: [www.speaknyelviskola.hu/listenez-hanganyagok](http://www.speaknyelviskola.hu/listenez-hanganyagok)**

ListenEZ

Az „ÍZELÍTŐ” hanganyagok átírata

19

[www.speaknyelviskola.hu](http://www.speaknyelviskola.hu) Tel: +36 1 255 2222