

## 4.1 Getting Ready for Work/School



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**Sally:** "My life seems to be very full of activities and obligations, so I never have much time for myself. During the week it is the worst. I usually have to get up at half past six, even though I would really prefer to sleep much later. After I get up I perform my usual morning routine of washing my face, brushing my teeth. I don't take a shower and wash my hair every day. Very often I don't have time for that. Then I decide what to wear. After I get dressed I do my hair. I usually have no time for breakfast in the morning because I have to catch a 7.15 bus. When I leave for work I'm usually in a hurry. I'm always looking for my keys and wallet."

## GETTING READY FOR WORK

**set the alarm clock (for 6 o'clock)** – установить будильник на  
**wake (smb) up** – разбудить  
**get up** – встать с постели  
**oversleep** – проспать  
**go jogging** – сделать пробежку  
**do morning exercises** – делать зарядку  
**have a shower/a bath** – принять душ/ванну  
**wash one's hair** – помыть голову  
**do one's hair** – уложить волосы  
**have a shave/a wash** – побриться/умыться  
**clean/brush one's teeth** – чистить зубы  
**have breakfast** – завтракать  
**get dressed** – одеться  
**leave for work** – уйти на работу  
**catch a (7.15) bus/train** – успеть (сесть)  
 на автобус/поезд



Mark: "I usually start my day doing all the things that everybody does in the morning: I get up, have a wash, have breakfast, etc. I'm also used to getting ready for college in the morning. I prepare all the things I need: the textbooks, notebooks, pens and pencils. I make sure that nothing is left behind. Sometimes if I have a late night, I oversleep in the morning. Fortunately, my father takes the car to go to work and he often drops me off at the college."

## Grammar

### EXPRESSING OBLIGATION AND NECESSITY

Forms:

MODAL VERB	PRESENT	PAST	FUTURE
Equivalent			
must	must	—	—
have to...	have to... has	had to...	will have to...

Meanings:

#### MUST

должен

1. The speaker is giving his own feelings saying he thinks it necessary.
  - I **must** visit my friend, he is ill.
  - I **must** call mother, I haven't called her since Sunday dinner.
2. A command, an urgent request.
  - The doctor says I **must** stay in bed for three days.

#### HAVE TO

должен – вынужден – придётся

1. Obligation or necessity arising out of circumstances.
  - I **have to** go back to Mike's. I've left my bag at his place.
  - We **had to** call the doctor. Dan had a fever.

We use **do / does / did** with **have to** in present and past questions and negative sentences.

- Did you **have to** wait long? No, I **didn't**. They opened up at 10 sharp.
- I **don't have to** get up early on Tuesday, it's my day off.



**Ex 2.** Ask what Sally and Mark have to do in the morning. Say what they don't have to do. Use the prompts to write sentences.

1. Sally / make her breakfast // no time

Does Sally have to make her breakfast? Sally doesn't have to make breakfast, she doesn't have time for that.

2. Sally / take her children to the kindergarten // go to school / school bus

3. Sally / do her hair at the hairdresser's / every morning // herself

4. Mark / do his homework / in the morning // prepare for college

5. Mark / help his mother / in the morning // in the evening

6. Mark / to his college / go by bus // his father / by car / drop him off

7. Mark / walk the dog / before leaving for college // his mother

### “SLEEPING” PHRASAL VERBS

**Ex 3.** Match the phrasal verbs below to their meanings and translate the verbs into Russian.

wake up • get up • sleep in • lie in • stay up

#### SOME USEFUL PHRASAL VERBS

1. Stop sleeping
2. Let yourself sleep later than usual in the morning
3. Get out of bed
4. Not go to bed at the usual time
5. Stay in bed late in the morning

**Ex 4.** In the box above choose the correct phrasal verb to complete the sentences.

1. I ..... by mistake and was very late for work.
2. I have to leave early in the morning and I am afraid I won't ..... in time.
3. The children wanted to ..... and watch the evening show.
4. I was so tired the day before that I couldn't ..... in the morning.
5. Though I wake up at 7 as usual I like to ..... until 9 am on Sundays.