

Why People Volunteer

#				EXAMPLE
1	volunteer <i>noun</i>	ko'ngillilik, volontyorlik	волонтерство, добровольчество	My sister volunteers at an animal shelter every Saturday.
2	effort <i>noun</i>	harakat, kuch	усилие	Learning a language takes time and effort .
3	without expecting payment <i>phrase</i>	haq talab qilmasdan	не ожидая оплаты	He fixes his neighbours' computers without expecting payment .
4	charity <i>noun</i>	xayriya tashkilotlari	благотворительные организации	We collected clothes for a local charity .
5	dedicate <i>verb</i>	bag'ishlash	посвящать	She dedicated her life to teaching children.
6	cause <i>noun</i>	maqsadlar, g'oyalar	дела, идеи (за которые борются)	Clean water is a cause I really care about.
7	deeply <i>adverb</i>	chuqur, juda	глубоко	I was deeply moved by the film.
8	reason <i>noun</i>	sabab	причина	What's the reason for your visit?
9	give back <i>phrase</i>	yaxshilik qaytarish	отдавать долг (обществу)	After he became rich, he wanted to give back to his village.
10	motivate <i>verb</i>	rag'batlantirilgan	мотивированы	Good teachers know how to motivate their students.
11	recover <i>verb</i>	tuzalayotgan, sog'ayayotgan	выздоровливающий	My grandfather is recovering well after his operation.
12	nurse <i>noun</i>	hamshira	медсестра	The nurses were very kind to my grandmother.
13	belief <i>noun</i>	e'tiqodlar, qarashlar	убеждения	Respect for elders is a strong belief in our culture.
14	in need <i>phrase</i>	muhtoj	нуждающиеся	The charity helps families in need during winter.
15	connected to society <i>phrase</i>	jamiyat bilan bog'liq	связанный с обществом	Volunteering helps older people feel connected to society .
16	take many forms <i>phrase</i>	turli shakllarda bo'lishi	принимать разные формы	Kindness can take many forms , from a smile to a gift.
17	protect the environment <i>phrase</i>	atrof-muhitni himoya qilish	защищать окружающую среду	We can protect the environment by using less plastic.
18	tutor <i>verb</i>	dars berish, repetitorlik qilish	заниматься репетиторством	I tutor two students in English after school.
19	struggle <i>verb</i>	qiynalayotgan	испытывающие трудности	Many new students struggle with the workload at first.
20	natural disaster <i>noun</i>	tabiiy ofatlar	стихийные бедствия	The town was hit by a terrible natural disaster .
21	deliver <i>verb</i>	yetkazib bermoq	доставлять	They deliver pizza until midnight.
22	medical supply <i>noun</i>	tibbiy buyumlar	медицинские принадлежности	The plane carried medical supplies to the hospital.
23	affected area <i>noun</i>	zararlangan hududlar	пострадавшие районы	Aid was sent to the affected areas after the earthquake.

24	nursing home <i>noun</i>	keksalar uyi	дома престарелых	My great-grandmother lives in a nursing home .
25	elderly <i>adjective</i>	keksa, qariya	пожилые	We should give our seats to elderly passengers.
26	patient <i>noun</i>	bemor	пациент	The doctor sees thirty patients a day.
27	comfort <i>noun</i>	taskin, tasalli	утешение, комфорт	Her words gave me comfort when I was sad.
28	study <i>noun</i>	tadqiqot	исследование	A new study shows that walking helps memory.
29	reduce stress <i>phrase</i>	stressni kamaytirish	снижать стресс	Walking in nature can reduce stress .
30	sense of purpose <i>noun</i>	maqsad hissi	чувство цели	Volunteering gave him a new sense of purpose .
31	teamwork <i>noun</i>	jamoaviy ish	командная работа	Building the school garden was great teamwork .
32	communication <i>noun</i>	muloqot	общение, коммуникация	Good communication is important in every job.
33	leadership <i>noun</i>	yetakchilik	лидерство	She showed real leadership during the project.
34	specifically <i>adverb</i>	aynan, maxsus	специально	This book is specifically for beginners.
35	gain experience <i>phrase</i>	tajriba orttirish	приобретать опыт	Students do internships to gain experience .
36	strengthen <i>verb</i>	mustahkamlamoq	укреплять	Swimming strengthens your back.
37	resume <i>noun</i>	rezyume	резюме	Add your volunteer work to your resume .
38	much-needed support <i>noun</i>	juda zarur yordam	крайне необходимая поддержка	The new clinic gives much-needed support to the village.
39	as long as <i>conjunction</i>	...ekan, ...sa bas	пока, при условии что	You can borrow my bike as long as you bring it back.
40	neighbor <i>noun</i>	qo'shnilar	соседи	Our neighbors helped us move the furniture.

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