

**regain****1. [rɪ'geɪn] n****1. восстановление**

a regain of position - восстановление положения

**2. возвращённая сумма**

expenses and regain - расходы и возвращённые суммы

**2. [rɪ'geɪn] v****1. 1) получить обратно; вновь приобрести или обрести; восстановить**

to regain consciousness - очнуться, прийти в себя

to regain one's feet /one's footing/ - встать /снова подняться/ на ноги

to regain one's freedom - вернуть /вновь обрести/ свободу

to regain one's health - поправиться, снова стать здоровым

the town was regaining its normal appearance - город снова приобретал свой обычный вид

**2) (from) отвоевать (что-л.)**

the island was regained from the French in the eighteenth century - остров был отвоеван у Франции в восемнадцатом веке

**2. 1) снова достичь (чего-л.)**

to regain contact - **воен.** восстановить соприкосновение

**2) догнать (кого-л.); вновь присоединиться (к кому-л.)**

he regained his company - он догнал своих

**regain**

Oxford Advanced Learners Dictionary 8th Ed.

**re·gain** [regain regains regained regaining] *BrE* [rɪ'geɪn] <sup>ⓘ</sup> *NAmE* [rɪ'geɪn] <sup>ⓘ</sup>

verb

**1. ~ sth to get back sth you no longer have, especially an ability or a quality**

• I struggled to regain some dignity.

• The party has regained control of the region.

• She paused on the edge, trying to **regain her balance** .

• He did not **regain consciousness**(= wake up after being unconscious) for several days.

**2. ~ sth (literary) to get back to a place that you have left**

• They finally managed to regain the beach.

Verb forms:

verb forms	
present simple	
I / you / we / they	regain
	<i>BrE</i> /rɪ'geɪn/
	<i>NAmE</i> /rɪ'geɪn/
he / she / it	regains
	<i>BrE</i> /rɪ'geɪnz/
	<i>NAmE</i> /rɪ'geɪnz/
past simple, past participle	regained
	<i>BrE</i> /rɪ'geɪnd/
	<i>NAmE</i> /rɪ'geɪnd/
-ing form	regaining
	<i>BrE</i> /rɪ'geɪnɪŋ/
	<i>NAmE</i> /rɪ'geɪnɪŋ/

Word Origin:

mid 16th cent.: from French **regagner** (see ↑re-, ↑gain).

Example Bank:

• He is making a bid to regain his World No 1 ranking.

• He was determined to regain what his father had lost.

• He was severely injured and never regained consciousness.

• She soon regained her composure.

• She struggled to regain her composure.

• The team are struggling to regain last season's form.

• a chance to regain the lead in the contest

• European car manufacturers have regained market share from imports.

• He did not regain consciousness for several days.

• She paused on the edge, trying to regain her balance.

• Wheat prices should soon regain their usual high price levels.

**regain**

Longman DOCE 5th Ed. (En-En)

**re·gain** /rɪ'geɪn/ *BrE* <sup>ⓘ</sup> *AmE* <sup>ⓘ</sup> verb [transitive]**1. to get something back, especially an ability or quality, that you have lost **SYN recover:****

• The family never quite regained its former influence.

• He somehow managed to regain his balance.

• Government forces have regained control of the city.

• When she regained consciousness (=woke up after being unconscious), she was lying on the floor.

• He looked stunned, but he soon regained his composure (=became calm again).

• The doctors don't know if he will ever regain the use of his legs.

**2. literary to reach a place again**

## COLLOCATIONS

### nouns

- **regain control** The authorities failed to regain control of the situation.
- **regain power** The central issue facing the Labour Party is how to regain power.
- **regain consciousness** (=be able to see, move, and understand what is happening around you again) He died three days later without regaining consciousness.
- **regain your balance** (=become steady again, so that you do not fall over) She staggered a little before regaining her balance.
- **regain your composure** (=become calm again) He paused for a few moments to regain his composure.
- **regain your strength/health** First he must rest and regain his strength.
- **regain your confidence** The players need help in regaining their confidence.
- **regain the lead** Hamilton regained the lead in the drivers' championship.
- **regain the initiative** (=get back into a position in which you are controlling a situation) In the months that followed, the government gradually regained the initiative.

## regain

Freakuency Pack

12500 **5340**<sup>MCW</sup>

15000 **3862**<sup>COCA</sup>

RANGE: **5k** REGAIN <sup>5283</sup>

regain <sup>2832</sup>

regains <sup>242</sup>

regained <sup>1555</sup>

regaining <sup>654</sup>

COCA 500k Unlemmatized

2248 **11740**<sup>2463</sup> *vvi*

351 **37923**<sup>369</sup> *vv0*